



# Sedona Winds

## Retirement Community

405 Jacks Canyon Rd • Sedona, AZ 86351 • (928) 284-1021

### Happy April Fools' Day

Did you know we prank one another on April 1?

### Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain and boost immunity.

### Licorice Bliss

Twists, laces, wheels and drops ... whatever form is your favorite, celebrate a classic confection on April 12, National Licorice Day.

### Jelly Bean Day

Jelly beans first surfaced in Boston in 1861. In the 1960s, California Gov. Ronald Reagan declared they were his favorite treat. Celebrate this small sweet on National Jelly Bean Day, April 22.



St. Patrick's Day Fun!  
Joan poses for a photo.  
Thank you to the Culinary Department for a Wonderful Meal and to Kathi for a Hour of Music to celebrate St. Patrick's Day.

## April 2025



### Happy Easter!

It's a time of rebirth and renewal. Whether you're celebrating the arrival of spring, bunnies bearing eggs or the religious significance of Easter, our staff wishes all of you a wonderful holiday.



### Easter Egg Hunt

We are hosting an Easter Egg Hunt for Running River School on Thursday, April 17, at 10:00 a.m. outside the dining room.

If you are interested in donating candy, please see Julie for details. Come join the fun and help fill Easter Eggs for the kids. Check calendar for dates and times and come watch them find them. Hope to see you there!

### A Day With a Twist

April 26 is National Pretzel Day, a time to celebrate pretzels of all shapes and sizes. If you can't decide which is your favorite, try mixing a variety of different types of pretzels in a big bowl.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>April Fools' Day</b> 1 8:30 Coffee Club with Will from Edward Jones 10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study 2:00 Card Bingo	<b>Happy Birthday Anja</b> 2 9:30 Joan's Writing Group <b>9:30 Sedona Van</b> 10:00 Fitness 11:00 National Peanut Butter & Jelly Day 2:00 Bingo with Will from Edward Jones	<b>9:30 Cottonwood Van</b> 3 10:00 Fitness 1:00 Bowling on Wii 2:00 Fill Easter Eggs for the Kids 5:30 Mexican Train 6:30 Bible Study	<b>Happy Birthday Mario</b> 4 10:00 Fitness 2:00 Play a game of your choice 5:30 Mexican Train	5 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Group with Marty & Patricia 5:30 Mexican Train
6 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie 5:30 Mexican Train	7 10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service	8 8:45 Computer and Phone Help from Marcie 10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study 2:00 Card Bingo	9 <b>9:30 Sedona Van</b> 10:00 Fitness 11:00 Wellness Clinic <b>12:00 Van to BoSa Donuts</b> 2:00 Bingo	10 <b>9:30 Cottonwood Van</b> 10:00 Fitness 1:00 Bowling on Wii 2:00 Fill Easter Eggs for the Kids 5:30 Mexican Train 6:30 Bible Study	11 10:00 Fitness 2:00 Crafts with Hope from All Ways Caring 5:30 Mexican Train	12 <b>Passover Begins at Sundown and Happy Birthday Margaret and Licorice Day</b> 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Group with Marty & Patricia 5:30 Mexican Train
13 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie 5:30 Mexican Train	14 <b>9:30 Van to Casino</b> 10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service	15 10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study <b>11:30 Out to Lunch at Pago's</b> 2:00 Card Bingo	16 9:30 Joan's Writing Group <b>9:30 Sedona Van</b> 10:15 Drumming, Rhythm & Fitness with Ann 2:00 Bingo with Will from Edward Jones	17 <b>9:30 Cottonwood Van</b> 10:00 Easter Egg Hunt with Running River School 1:00 Bowling on Wii 2:00 Happy Hour with John Z 5:30 Mexican Train 6:30 Bible Study	18 10:00 Fitness <b>10:30 Van to Prescott</b> 2:00 Play a game of your choice 5:30 Mexican Train	19 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Group with Marty & Patricia 5:30 Mexican Train
<b>Easter</b> 20 10:00 Communion in the Library 11:30 Easter Sunday Brunch 1:30 Easter Sunday Brunch 3:00 Matinee Movie 5:30 Mexican Train	21 <b>Happy Birthday John I.</b> 10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service	22 <b>Earth Day &amp; Jelly Bean Day</b> 10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study 2:00 Ice Cream & Trivia Social with Hospice Compassus	23 <b>9:30 Sedona Van</b> 10:00 Fitness 11:00 Rain Showers 2:00 Humor Fun 2:30 The Littlest Big Band	24 <b>9:30 Cottonwood Van</b> 10:00 Fitness 1:00 Bowling on Wii 5:30 Mexican Train 6:30 Bible Study	25 10:00 Fitness 2:00 Show & Tell 5:30 Mexican Train	26 <b>Pretzel Day</b> 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Group with Marty & Patricia 5:30 Mexican Train
27 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie 5:30 Mexican Train	28 10:00 Fitness 10:45 Trivia Fun <b>11:30 Out to Lunch at Oak Creek Bistro</b> 2:00 Sedona Downs 3:00 Catholic Service	29 <b>Happy Birthday Bev.</b> 10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study 2:00 Card Bingo	30 9:30 Joan's Writing Group <b>9:30 Sedona Van</b> 10:00 Fitness 2:00 Bingo with Laura 4:00 Dinner Music with Erroll			<b>All Events Are Subject to Change</b>



*Happy Easter!*

*We hope your holiday  
is filled with*

*Joy!*

