



Sedona Winds

Retirement Community

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



Happy Cinco de Mayo!

We hope our residents have a bright and festive holiday!

Here's to You, Mom

Happy Mother's Day to all of the mothers and grandmothers in our community! We hope you enjoy your special day.



Mother's Day Celebration

Moms, it's your day to shine! Join us for our Mother's Day events, where we will be celebrating YOU! Check the calendar for details.

Please join us on Sunday, May 11, for a Special Brunch honoring mothers. Brunch Times are 11:30 a.m. and 1:30 p.m. Hope to see you there!

May 2025



Remember and Honor

This Memorial Day, we remember all the brave men and women who gave their lives for our country. Our heartfelt thanks goes out to them and to all of our community's veterans for their service.

Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated.



Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat." —Laura Ingalls Wilder

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|--|--|
|  | All Events Are Subject to Change |  |  | May Day 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 5:30 Mexican Train 6:30 Bible Study | 10:00 Fitness 2:00 Play a game of your choice 5:30 Mexican Train | 10:00 Chair Yoga with Susannah 5:30 Mexican Train |
| 4 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 5:30 Mexican Train | 5 Cinco de Mayo & Happy Birthday Ruben G. 10:00 Fitness 10:45 Trivia Fun & Cinco de Mayo Trivia 2:00 Sedona Downs 3:00 Catholic Service | 6 8:30 Coffee Club with Will from Edward Jones 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Card Bingo | 7 9:30 Sedona Van 10:00 Fitness 1:30 Concert with Peter Davis 2:30 Bingo with Will from Edward Jones | 8 Happy Birthday Judy M. 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 5:30 Mexican Train 6:30 Bible Study | 9 10:00 Fitness 2:00 Activity with Hope from All Ways Caring 5:30 Mexican Train | 10 5:30 Mexican Train |
| 11 Mother's Day 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 5:30 Mexican Train | 12 10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 2:30 Confessions with Father David 3:00 Catholic Mass with Father David | 13 8:45 Computer and Phone Help from Marcie 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Card Bingo | 14 Happy Birthday Eva 9:30 Sedona Van 10:00 Fitness 11:00 Wellness Clinic 2:00 Village Ukulele Band | 15 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 2:00 Medication Talk with Angels Care 5:30 Mexican Train 6:30 Bible Study | 16 10:00 Fitness 10:30 Van to Sissy's Cottage & Consignment Boutique 2:00 Play a game of your choice 5:30 Mexican Train | 17 10:00 Chair Yoga with Susannah 5:30 Mexican Train |
| 18 Happy Birthday Laura 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 5:30 Mexican Train | 19 Happy Birthday Lucy 10:00 Fitness 10:45 Trivia Fun 12:00 Van to Lunch Resident's Choice 2:00 Sedona Downs 3:00 Catholic Service | 20 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Ice Cream & Trivia Social with Hospice Compassus | 21 Happy Birthday Brian 9:30 Sedona Van 10:15 Drumming, Rhythm & Fitness with Ann 2:00 Bingo with Will from Edward Jones | 22 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 2:00 Happy Hour with John Z. 5:30 Mexican Train 6:30 Bible Study | 23 10:00 Fitness 2:00 Play a game of your choice 5:30 Mexican Train | 24 Happy Birthday Don T. 10:00 Chair Yoga with Susannah 5:30 Mexican Train |
| 25 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 5:30 Mexican Train | 26 Memorial Day 10:00 Fitness 10:45 Trivia Fun 11:30 Holiday Brunch 1:30 Holiday Brunch 3:00 Catholic Service | 27 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Card Bingo | 28 9:30 Sedona Van 10:00 Fitness 2:00 Bingo with Laura | 29 Happy Birthday Terri and Lois 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 5:30 Mexican Train 6:30 Bible Study | 30 Happy Birthday Mary 10:00 Fitness 2:00 Show and Tell 5:30 Mexican Train | 31 10:00 Chair Yoga with Susannah 5:30 Mexican Train |

