



# Sedona Winds

## Retirement Community

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

### 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.



### Sit Back and Relax

Long, lazy summer days are made for relaxing—and you shouldn't feel guilty about it. Experts say taking time to rest your body and mind is vital to good health. Regular relaxation can also help you cope with stress related to chronic conditions.



July 2025



### Fourth of July Fun

Residents, come on out and join your friends and neighbors for a Fourth of July feast. We're putting on the dogs—the hot dogs, that is—along with burgers and drinks for everyone. Bring along your friends and family when you join us. But wait; we have more on our Independence Day schedule.

Join us for a BBQ on Friday, July 4th, from 12 to 3:00 p.m. Dine inside or come join the fun outside the dining room.

Look forward to seeing you there!

We'll also have a few surprises for our patriotic residents. So show your community spirit—put on your stars and stripes and celebrate the Fourth with us.



### An Official Fourth

With the adoption of the Declaration of Independence, America's identity as a free nation famously began on July 4, 1776. But Independence Day didn't actually become a federal holiday until nearly 100 years later, by an act of Congress in June 1870. Celebrating Independence Day with fanfare, food and friends remains a cherished tradition.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div>1</div> <div>8:30 Coffee Club with Will from Edward Jones</div> <div>10:00 Fitness</div> <div>10:00 Village Van</div> <div>11:00 Bible Study</div> <div>2:00 Card Bingo</div>	<div>2</div> <div>9:30 Sedona Van</div> <div>10:00 Fitness</div> <div>1:30 Happy Hour with Peter Davis</div>	<div>3</div> <div>Happy Anniversary Gary &amp; Ann</div> <div>9:30 Cottonwood Van</div> <div>10:00 Fitness</div> <div>1:00 Bowling on Wii</div> <div>5:30 Mexican Train</div> <div>6:45 Bible Study</div>	<div>4</div> <div>Independence Day</div> <div>10:00 Fitness</div> <div>12:00 - 3:00 p.m. Fourth of July BBQ</div> <div>5:30 Mexican Train</div>	<div>5</div> <div>10:00 Chair Yoga with Susannah</div> <div>5:30 Mexican Train</div>
<div>6</div> <div>10:00 Communion in the Library</div> <div>11:30 Sunday Brunch</div> <div>1:30 Sunday Brunch</div> <div>5:30 Mexican Train</div>	<div>7</div> <div>10:00 Fitness</div> <div>10:45 Trivia Fun</div> <div>2:00 Sedona Downs</div> <div>3:00 Catholic Service</div>	<div>8</div> <div>8:45 Computer and Phone Help from Marcie</div> <div>10:00 Fitness</div> <div>10:00 Village Van</div> <div>11:00 Bible Study</div> <div>2:00 Card Bingo</div>	<div>9</div> <div>Sugar Cookie Day</div> <div>9:30 Sedona Van</div> <div>10:00 Fitness</div> <div>11:00 Wellness Clinic</div> <div>2:00 Bingo with Will from Edward Jones</div>	<div>10</div> <div>9:30 Cottonwood Van</div> <div>10:00 Fitness</div> <div>1:00 Bowling on Wii</div> <div>2:30 Van to The Kachina House</div> <div>5:30 Mexican Train</div> <div>6:45 Bible Study</div>	<div>11</div> <div>10:00 Fitness</div> <div>2:00 Play a Game of your choice</div> <div>5:30 Mexican Train</div>	<div>12</div> <div>10:00 Chair Yoga with Susannah</div> <div>2:00 Painting Fun in the Activity Room</div> <div>5:30 Mexican Train</div>
<div>13</div> <div>10:00 Communion in the Library</div> <div>11:30 Sunday Brunch</div> <div>1:30 Sunday Brunch</div> <div>5:30 Mexican Train</div>	<div>14</div> <div>Happy Birthday Mary P.</div> <div>10:00 Fitness</div> <div>10:45 Trivia Fun</div> <div>2:00 Sedona Downs</div> <div>2:30 Confessions with Father David</div> <div>3:00 Catholic Mass with Father David</div>	<div>15</div> <div>Happy Birthday Gary</div> <div>10:00 Fitness</div> <div>10:00 Village Van</div> <div>11:00 Bible Study</div> <div>2:00 Ice Cream Social &amp; Trivia with Hospice Compassus</div>	<div>16</div> <div>9:30 Sedona Van</div> <div>10:00 Drumming, Rhythm &amp; Fitness with Ann</div> <div>12:00 Out to Lunch at Red Chopstick</div> <div>2:00 Health Talk with No. Az. Hospice</div>	<div>17</div> <div>Happy Birthday Phyllis</div> <div>9:30 Cottonwood Van</div> <div>10:00 Fitness</div> <div>1:00 Bowling on Wii</div> <div>2:00 Happy Hour with John Z.</div> <div>5:30 Mexican Train</div> <div>6:45 Bible Study</div>	<div>18</div> <div>10:00 Fitness</div> <div>10:30 Van to Prescott</div> <div>2:00 Play a Game of your choice</div> <div>5:30 Mexican Train</div>	<div>19</div> <div>10:00 Chair Yoga with Susannah</div> <div>5:30 Mexican Train</div>
<div>20</div> <div>Moon Day</div> <div>10:00 Communion in the Library</div> <div>11:30 Sunday Brunch</div> <div>1:30 Sunday Brunch</div> <div>5:30 Mexican Train</div>	<div>21</div> <div>Happy Birthday Camille And National Hot Dog Day</div> <div>10:00 Fitness</div> <div>10:45 Trivia Fun</div> <div>2:00 Sedona Downs</div> <div>3:00 Catholic Service</div>	<div>22</div> <div>10:00 Fitness</div> <div>10:00 Village Van</div> <div>11:00 Bible Study</div> <div>2:30 Red Rock Appella performs</div>	<div>23</div> <div>9:30 Sedona Van</div> <div>10:00 Fitness</div> <div>2:00 Crafts</div>	<div>24</div> <div>9:30 Cottonwood Van</div> <div>10:00 Fitness</div> <div>1:00 Bowling on Wii</div> <div>5:30 Mexican Train</div> <div>6:45 Bible Study</div>	<div>25</div> <div>10:00 Fitness</div> <div>2:00 Show and Tell</div> <div>5:30 Mexican Train</div>	<div>26</div> <div>10:00 Chair Yoga with Susannah</div> <div>5:30 Mexican Train</div>
<div>27</div> <div>10:00 Communion in the Library</div> <div>11:30 Sunday Brunch</div> <div>1:30 Sunday Brunch</div> <div>5:30 Mexican Train</div>	<div>28</div> <div>Happy Birthday Joni</div> <div>10:00 Fitness</div> <div>10:45 Trivia Fun</div> <div>2:00 Sedona Downs</div> <div>3:00 Catholic Service</div>	<div>29</div> <div>Happy Birthday J J</div> <div>10:00 Fitness</div> <div>10:00 Village Van</div> <div>11:00 Bible Study</div> <div>2:00 Card Bingo</div>	<div>30</div> <div>International Friendship Day</div> <div>9:30 Sedona Van</div> <div>10:00 Fitness</div> <div>2:00 Bingo with Laura</div> <div>4:00 Dinner Music with Erroll</div>	<div>31</div> <div>9:30 Cottonwood Van</div> <div>10:00 Fitness</div> <div>1:00 Bowling on Wii</div> <div>5:30 Mexican Train</div> <div>6:45 Bible Study</div>	<div>All Events Are Subject to Change</div>	<div>  </div>



