



# Sedona Winds

## Retirement Community

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



### Dog Days of Summer

The term “dog days” was first used by the ancient Romans to refer to late July and early August. That is when Sirius, the “dog star,” would rise and set in conjunction with the sun. The Romans believed the star added to the heat produced by the sun.

### Time for a Treat

National Root Beer Float Day is celebrated on Aug. 6. If you haven’t had a root beer float since you were a kid, perhaps it’s time to partake. Join us and we will simply put a scoop of vanilla ice cream in a tall glass and add root beer. At 2:00 p.m. in the Activity Room. Tastes like summer!

### Make ‘em Laugh

LOL! Aug. 16 is Tell a Joke Day!

### Lemonade Social

Is there anything more refreshing than a glass of cold lemonade on a hot, summer day? We’d love to have you join us for our lemonade social—we’ll beat the heat by sipping and listening to Peter Davis! National Lemonade Day is August 20th. Please join us on August 20th at 1:30 p.m. in the activity room.

August 2025



4 Generations of beautiful ladies: Lucy, her daughter, granddaughter and great-granddaughter.



### 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 H<sub>2</sub>O can help you stay better hydrated.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>All Events Are Subject to Change</b>				<div>1</div> <div>10:00 Fitness 2:00 Play a Game of Your Choice 5:30 Mexican Train</div>	<div>2</div> <div>10:00 Chair Yoga with Susannah 5:30 Mexican Train</div>
<div>3</div> <div>10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 5:30 Mexican Train</div>	<div>4</div> <div>10:00 Fitness 10:45 Trivia Fun <b>11:30 Out to Lunch at Red Chopsticks</b> 2:00 Sedona Downs 3:00 Catholic Service</div>	<div>5</div> <div>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</div>	<div>6</div> <div><b>9:30 Sedona Van</b> 10:00 Fitness 2:00 Bingo with Will from Edward Jones 2:00 Root Beer Floats</div>	<div>7</div> <div><b>Happy Birthday Stan</b> <b>9:30 Cottonwood Van</b> 10:00 Fitness 1:00 Bowling on Wii 5:30 Mexican Train 6:45 Bible Study</div>	<div>8</div> <div>10:00 Fitness 2:00 Play a Game of Your Choice 5:30 Mexican Train</div>	<div>9</div> <div>10:00 Chair Yoga with Susannah 2:00 Drawing &amp; Painting with Wendy &amp; Joan in the Activity Room 5:30 Mexican Train</div>
<div>10</div> <div>10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 5:30 Mexican Train</div>	<div>11</div> <div>10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 2:30 Confessions with Father David 3:00 Catholic Mass with Father David</div>	<div>12</div> <div>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</div>	<div>13</div> <div><b>Left Handers Day</b> <b>9:30 Sedona Van</b> 10:00 Fitness 11:00 Wellness Clinic <b>1:30 Van to General Dollar</b></div>	<div>14</div> <div><b>9:30 Cottonwood Van</b> 10:00 Fitness 1:00 Bowling on Wii 5:30 Mexican Train 6:45 Bible Study</div>	<div>15</div> <div>10:00 Fitness <b>11:30 Lunch at Delleplane</b> 2:00 Entertainment by Robert Clarke 5:30 Mexican Train</div>	<div>16</div> <div>10:00 Chair Yoga with Susannah 5:30 Mexican Train</div>
<div>17</div> <div>10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 5:30 Mexican Train</div>	<div>18</div> <div>10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service</div>	<div>19</div> <div>10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study 2:00 Ice Cream Social &amp; Trivia with Gwen</div>	<div>20</div> <div><b>National Lemonade Day</b> <b>9:30 Sedona Van</b> 10:00 Fitness 1:30 Music by Peter Davis 2:30 Health Talk with No. Az. Hospice</div>	<div>21</div> <div><b>9:30 Cottonwood Van</b> 10:00 Fitness 2:00 Happy Hour with John Z. 5:30 Mexican Train 6:45 Bible Study</div>	<div>22</div> <div>10:00 Fitness <b>10:30 Van to Prescott</b> 2:00 Play a Game of Your Choice 5:30 Mexican Train</div>	<div>23</div> <div>10:00 Chair Yoga with Susannah 2:00 Drawing &amp; Painting with Wendy &amp; Joan in the Activity Room 5:30 Mexican Train</div>
<div>24</div> <div>10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 5:30 Mexican Train</div>	<div>25</div> <div>10:00 Fitness 10:45 Trivia Fun 2:00 Birthday Concert with Lisa &amp; Greg 3:00 Catholic Service</div>	<div>26</div> <div><b>National Dog Day</b> 10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study 2:00 Card Bingo</div>	<div>27</div> <div><b>Happy Birthday Carol S.</b> <b>9:30 Sedona Van</b> 10:00 Fitness 2:00 Bingo with Laura 4:00 Dinner Music with Erroll</div>	<div>28</div> <div><b>9:30 Cottonwood Van</b> 10:00 Fitness 1:00 Bowling on Wii 5:30 Mexican Train 6:45 Bible Study</div>	<div>29</div> <div><b>Happy Birthday Fred</b> 10:00 Fitness 2:00 Show and Tell 5:30 Mexican Train</div>	<div>30</div> <div>10:00 Chair Yoga with Susannah 5:30 Mexican Train</div>
<div>31</div> <div>10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 5:30 Mexican Train</div>						



Whether you wag, shake or roll over  
celebrate man's best friend on

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**NATIONAL  
DOG DAY**  
★ ★ ★ ★ ★ ★ ★ ★ ★ ★  
AUG. 26

