



Sedona Winds

Retirement Community

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

Smile!

Put on a happy face on World Smile Day, the first Friday in October. Research shows that the simple act of smiling can help strengthen the immune system and reduce blood pressure, pain and stress.



Enjoy Autumn

The days are shorter, the air is cooler and the trees are spectacular—fall is officially here! We hope you can take some time out to enjoy a walk through our beautiful community.

Hit Parade

The big bands of the 1930s often had theme songs, and the theme for Tommy Dorsey's band was "The Music Goes 'Round and Around." Dorsey's Clambake Seven, with singer Edythe Wright, took the swing tune to No. 1 in 1936. The song's lyrics joyfully illustrate music's progression from a trumpet's mouthpiece to the pressing of the valves to the horn's bell, where "it comes out here."

There are few opportunities to hear and remember songs that were featured on the radio show "Your Hit Parade" many decades ago. If you enjoy music that is memorable, mark your calendars for the October 29th show starting at 2:00 p.m. with Erik Larson.

October 2025



Go Pink in October

October is Breast Cancer Awareness Month, and we wear pink on Tuesdays throughout the month. Please help support this important cause and join us by wearing pink on Tuesdays!

Halloween Dance



Please join us on Thursday, October 30th, from 6:00 to 7:30 p.m. for a dance with Will from Edward Jones and the Rotary Club.



Halloween Party

You'll have a bewitching time at our Halloween party! Join us for frighteningly good food, games, costume contest and fun! Costumes encouraged, but not required. October 31st at 2:00 p.m. Hope to see you there!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Events Are Subject to Change		1 9:30 Sedona Van 10:00 Fitness 2:00 Bingo with Will from Edward Jones 4:00 Dinner Music with Erroll	2 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 2:00 Town Hall meeting 5:30 Mexican Train 6:45 Bible Study	3 10:00 Fitness 11:30 Out to Lunch 5:30 Mexican Train	4 Happy Birthday Deloris 10:00 Chair Yoga with Susannah 5:30 Mexican Train
5 Happy Birthday Mitzie 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Sunday Matinee Movie 5:30 Mexican Train	6 Happy Birthday Diane 10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service	7 8:30 Coffee Club with Will from Edward Jones 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Card Bingo	8 9:30 Sedona Van 10:00 Fitness 11:00 Wellness Clinic 2:00 Crafts with Julie	9 9:30 Cottonwood Van 10:00 Fitness 1:00 Employee Meeting with Lunch in the Activity Room 5:30 Mexican Train 6:45 Bible Study	10 10:00 Fitness 1:00 Bowling on Wii 5:30 Mexican Train	11 10:00 Chair Yoga with Susannah 5:30 Mexican Train
12 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Sunday Matinee Movie 5:30 Mexican Train	13 Columbus Day & National M&M's Day 10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service	14 8:45 Computer and Phone Help from Marcie 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Card Bingo	15 Happy Birthday Nora & Al 9:30 Sedona Van 10:00 Fitness 11:00 Vet Clinic in the Activity Room 2:00 Health Talk with No. Az. Hospice & Home Health	16 Happy Birthday Wendy & Marjorie 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 2:00 Happy Hour with John Z. 5:30 Mexican Train 6:45 Bible Study	17 10:00 Fitness 10:30 Van to Prescott 2:00 Birthday Party 5:30 Mexican Train	18 10:00 Chair Yoga with Susannah 5:30 Mexican Train
19 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Sunday Matinee Movie 5:30 Mexican Train	20 10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service	21 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Ice Cream Social & Trivia with Gwen	22 9:30 Sedona Van 10:00 Fitness 12:00 Out to Lunch at Pagos 2:00 Bingo	23 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 5:30 Mexican Train 6:45 Bible Study	24 10:00 Fitness 2:00 Show and Tell 5:30 Mexican Train	25 10:00 Chair Yoga with Susannah 2:00 Drawing & Painting with Wendy & Joan in the Activity Room 5:30 Mexican Train
26 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Sunday Matinee Movie 5:30 Mexican Train	27 10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service	28 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Card Bingo	29 Happy Birthday Judy C. 9:30 Sedona Van 10:00 Fitness 2:00 Hit Parade Music with Erik Larson 4:00 Dinner Music with Erroll	30 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 5:30 Mexican Train 6:00 Halloween Dance 6:45 Bible Study	31 Happy Halloween 10:00 Fitness 2:00 Halloween Costume Party 5:30 Mexican Train	