

Sedona Winds

Retirement Community

405 Jacks Canyon Road | Sedona, AZ 86351 | 928-284-1021

Happy Valentine's Day!

Share your love and give hugs this month! You never know how much this can turn someone's day around! Smile, be kind, do what you can to spread love and joy this February!



This Month's Trivia

Amethyst is the birthstone of February.
February's flower is the Iris or the Violet.
President Lincoln was born Feb. 12, 1809.
The 13th Amendment abolishing slavery was adopted on February 1, 1865.
England was the first country to begin giving Valentine's cards in the early 1800's.



"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." – Lao Tzu

February 2026



February Anniversaries

Jim Watson.....	Feb. 26, 2024.....	1 year
Lamar Lewis	Feb. 26, 2024.....	1 year

February Birthdays

Margie Godown.....	Feb. 11
Don Otis.....	Feb. 11
Andy Kerr.....	Feb. 15
Susan Stevens.....	Feb. 17
Ron Enyeart.....	Feb. 17
Terry Williams (staff).....	Feb. 21
Abraham Williams (staff).....	Feb. 26
Lamar Lewis (staff).....	Feb. 27
Burt Jackson.....	Feb. 28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Communion in the Library</p> <p>11:30 Sunday Brunch (DR)</p> <p>1:30 Sunday Brunch (DR)</p> <p>3:00 Matinee Movie (AR)</p> <p>5:30 Mexican Train</p>	<p>10:00 Fitness (AR)</p> <p>10:45 Trivia Fun (AR)</p> <p>11:00 Did You Know (AR)</p> <p>11:30 Lunch at Tortas de'Fuego (L)</p> <p>2:00 Sedona Downs (LI)</p> <p>3:00 Catholic Service (AR)</p>	<p>8:30 Coffee Club w/Will - Edward Jones (CA)</p> <p>8:30 Morning Stretch (AR)</p> <p>10:00 Village Van</p> <p>11:00 Bible Study</p> <p>11:00 You be the Judge (AR)</p> <p>2:00 Card Bingo w/Nick (OC)</p>	<p>9:30 Sedona Van</p> <p>10:00 Fitness (AR)</p> <p>11:00 A word to the Wise (AR)</p> <p>2:00 Bingo w/Will (AR)</p> <p>3:00 Happy Hour w/Erik Larson (AR)</p>	<p>8:30 Morning Stretch (AR)</p> <p>9:30 Cottonwood Van (W)</p> <p>11:00 Science for Seniors (AR)</p> <p>1:00 Bowling on Wii</p> <p>1:00 Pinochle (OC)</p> <p>1:45 Village Van (CL)</p> <p>2:00 Crafts - Sensory Jars w/Norene (AR)</p> <p>5:30 Mexican Train</p> <p>6:45 Bible Study (AR)</p>	<p>10:00 Fitness (AR)</p> <p>12:00 Shopping - Sedona Village Ctr. (L)</p> <p>1:30 Penny Ante Poker (OC)</p> <p>2:00 Would you rather... (AR)</p> <p>5:30 Mexican Train</p>	<p>10:00 Chair Yoga with Susannah</p> <p>2:00 Drawing & Painting w/Joan (AR)</p> <p>5:30 Mexican Train</p>
<p>10:00 Communion in the Library</p> <p>11:30 Sunday Brunch (DR)</p> <p>1:30 Sunday Brunch (DR)</p> <p>3:00 Matinee Movie (AR)</p> <p>4:00 Super Bowl Party (AR)</p> <p>5:30 Mexican Train</p>	<p>10:00 Fitness (AR)</p> <p>10:45 Trivia Fun (AR)</p> <p>11:00 Did You Know (AR)</p> <p>11:30 Lunch at The Secret Garden (L)</p> <p>2:00 Sedona Downs (LI)</p> <p>3:00 Catholic Service (AR)</p>	<p>8:30 Morning Stretch (AR)</p> <p>9:00 Phone & Computer Help w/Marcie (OC)</p> <p>10:00 Village Van</p> <p>11:00 Bible Study</p> <p>11:00 You be the Judge (AR)</p> <p>2:00 Card Bingo w/Norene (OC)</p> <p>4:00 Dinner Music w/Richard (DR)</p>	<p>9:30 Sedona Van</p> <p>10:00 Fitness (AR)</p> <p>11:00 Wellness Clinic w/Brooklyn (AR)</p> <p>12:00 A word to the Wise (AR)</p> <p>2:00 Bingo w/Norene (AR)</p> <p>3:00 Have you ever (AR)</p>	<p>8:30 Morning Stretch (AR)</p> <p>9:30 Cottonwood Van (W)</p> <p>11:00 Science for Seniors (AR)</p> <p>1:00 Bowling on Wii</p> <p>1:00 Pinochle (OC)</p> <p>1:45 Village Van (CL)</p> <p>2:00 Happy Hour w/Robert Clark (AR)</p> <p>5:30 Mexican Train</p> <p>6:00 Valentine Dance w/Will (AR)</p> <p>6:45 Bible Study (AR)</p>	<p>10:00 Fitness (AR)</p> <p>12:00 Shopping Bonanza! (L)</p> <p>1:30 Penny Ante Poker (OC)</p> <p>2:00 Would you rather... (AR)</p> <p>5:30 Mexican Train</p>	<p>10:00 Chair Yoga with Susannah</p> <p>10:30 Scenic Drive - Red Rock Loop w/lunch at G's (L)</p> <p>11:00 Visit with Taffy & Vickie (AR)</p> <p>5:30 Mexican Train</p>
<p>10:00 Communion in the Library</p> <p>11:30 Sunday Brunch (DR)</p> <p>1:30 Sunday Brunch (DR)</p> <p>3:00 Matinee Movie (AR)</p> <p>5:30 Mexican Train</p>	<p>10:00 Fitness (AR)</p> <p>10:45 Trivia Fun (AR)</p> <p>11:00 Did You Know (AR)</p> <p>11:30 Holiday Brunch Hours (DR)</p> <p>11:30 Lunch at Wildflower (L)</p> <p>1:30 Holiday Brunch Hours (DR)</p> <p>2:00 Sedona Downs (LI)</p> <p>3:00 Catholic Service (AR)</p>	<p>8:30 Morning Stretch (AR)</p> <p>10:00 Village Van</p> <p>11:00 Bible Study</p> <p>11:00 You be the Judge (AR)</p> <p>2:00 Card Bingo w/Nick (OC)</p> <p>2:00 Ice Cream Social & Trivia w/Gwen (AR)</p>	<p>9:30 Sedona Van</p> <p>10:00 Fitness (AR)</p> <p>10:00 Red Cross Blood Drive (ALB)</p> <p>11:00 A word to the Wise (AR)</p> <p>1:30 Healthy U with No. Az. Homecare & Hospice (AR)</p> <p>2:30 Bingo w/Brooklyn</p>	<p>8:30 Morning Stretch (AR)</p> <p>9:30 Cottonwood Van (W)</p> <p>11:00 Science for Seniors (AR)</p> <p>1:00 Bowling on Wii</p> <p>1:00 Pinochle (OC)</p> <p>1:45 Village Van (CL)</p> <p>2:00 Happy Hour with John Z. (AR)</p> <p>5:30 Mexican Train</p> <p>6:45 Bible Study (AR)</p>	<p>10:00 Fitness (AR)</p> <p>12:00 Thrift Shopping (L)</p> <p>1:30 Penny Ante Poker (OC)</p> <p>2:00 Karaoke - Sing Your Heart Out! (AR)</p> <p>5:30 Mexican Train</p>	<p>2:00 Drawing & Painting w/Joan (AR)</p> <p>5:30 Mexican Train</p>
<p>10:00 Communion in the Library</p> <p>11:15 Chair Yoga w/Susannah (AR)</p> <p>11:30 Sunday Brunch (DR)</p> <p>1:30 Sunday Brunch (DR)</p> <p>3:00 Matinee Movie (AR)</p> <p>5:30 Mexican Train</p>	<p>10:00 Fitness (AR)</p> <p>10:45 Trivia Fun (AR)</p> <p>11:00 Did You Know (AR)</p> <p>11:30 Lunch at Mesa Grill (L)</p> <p>2:00 Sedona Downs (LI)</p> <p>3:00 Catholic Service (AR)</p>	<p>8:30 Morning Stretch (AR)</p> <p>10:00 Village Van</p> <p>11:00 Bible Study</p> <p>11:00 You be the Judge (AR)</p> <p>2:00 Farewell & Welcome!! w/Music by Kathi (AR)</p>	<p>9:00 Sedona Van</p> <p>10:00 Fitness (AR)</p> <p>11:00 A word to the Wise (AR)</p> <p>2:00 Bingo w/Laura (AR)</p> <p>3:00 Have you ever (AR)</p> <p>4:00 Dinner Music w/Solomon (DR)</p>	<p>8:30 Morning Stretch (AR)</p> <p>9:30 Cottonwood Van (W)</p> <p>11:00 Science for Seniors (AR)</p> <p>1:00 Bowling on Wii</p> <p>1:00 Pinochle (OC)</p> <p>1:45 Village Van (CL)</p> <p>2:00 Monthly Memories & Quilt Drawing (AR)</p> <p>5:30 Mexican Train</p> <p>6:45 Bible Study (AR)</p>	<p>10:00 Fitness (AR)</p> <p>10:30 Prescott Shopping Van (L)</p> <p>1:00 Show and Tell (AR)</p> <p>1:30 Penny Ante Poker (OC)</p> <p>2:00 Birthday Concert w/Greg & Lisa (AR)</p> <p>3:00 Would you rather... (AR)</p> <p>5:30 Mexican Train</p>	<p>10:00 Chair Yoga with Susannah</p> <p>10:30 Fort Verde & the Archaeology Ctr w/You-Pick-Lunch-Out (L)</p> <p>5:30 Mexican Train</p>

Special Events In February

Mark Your Calendars

Music Performances

Dinner Music w/Richard.....Feb.10th
Happy Hour w/Robert Clark.....Feb.12th
Happy Hour w/John Z.....Feb.19th
Dinner Music w/Solomon.....Feb.25th
Birthday Concert w/Greg & LisaFeb.27th

Shopping Trips

Shopping – Sedona Village.....Feb.6th
Shopping Bonanza – Cottonwood....Feb.13th
Thrift Shopping – Dollar Stores.....Feb.20th
Prescott Shopping Van.....Feb.27th

Lunch Dates

Lunch At Tortas deFuego.....Feb.2nd
Lunch at Secret Garden Cafe.....Feb.9th
Lunch at Wild Flower.....Feb.16th
Lunch at Mesa Grill.....Feb.23rd

Health & Wellness

Wellness Clinic w/Brooklyn..... Feb.11th
Vicki & Taffy VisitFeb.14th
Fitness.....Mon/Wed/Fri
Morning Stretch.....Tues/Thurs
Chair Yoga.....Saturdays

Special Events

Super Bowl Party.....Feb. 8th
Ice Cream Social w/Gwen.....Feb. 17th
Red Cross Blood Drive.....Feb.18th
Farewell & Welcome.....Feb 24th

Fun & Games

Crafts – Sensory Jars w/Norene.....Feb. 3rd
Superbowl Party.....Feb. 8th
Valentine Dance.....Feb. 12th
Karaoke – Sing Your Heart Out.....Feb. 20th
Monthly Memories & Drawing.....Feb.26th

Spring is right around the corner!!
Sign up for your next event!
Sign-up sheets are at the front desk!
Let's get out and make some memories!