

# Sedona Winds

## Retirement Community

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

### Trivia for March

Days are longer and warming up! Spring is in the air, flowers are blooming! Step into March with hope in your heart! This is where we say goodbye to Winter and welcome in Spring!

"Behold, my friends, the spring is come, the earth has gladly received the embraces of the sun."  
 ~~Sitting Bull



### Trivia for March

- \* Aquamarine is the birthstone of March.
- \* The Daffodil is the official flower of March.
- \* Dr. Suess was born March 2, 1904.
- \* Albert Einstein was born March 14, 1879.
- \* The Vernal Equinox is March 20th when daylight and darkness are equal.
- \* Penicillin was discovered in March 1928.
- \* The planet Uranus was discovered by William Herschel in March 1781.

### Springtime Quotes to Consider

*"Where flowers bloom so does hope." – Lady Bird Johnson*

*"Wherever you go, no matter what the weather, always bring your own sunshine." – Anthony J. D'Angelo*

*"The Earth has it's music for those who listen"  
 –Reginald Holmes*

### March 2026



### February Anniversaries

Dennis Reeder.....Mar 10, 2025.....1 year  
 Brian Green.....Mar 15, 2025.....1 year

### Lots of Birthdays in March!!

Rose Marie Licher.....Mar 7  
 Debbi Meing (staff).....Mar 13  
 Debbie Stevens (staff).....Mar 13  
 Billy McClure (staff).....Mar 15  
 Wendy Williams.....Mar 15  
 Alma Enyeart.....Mar 15  
 Norene Re' (staff) .....Mar 23  
 Jennifer McCollough (staff).....Mar 25  
 Evelyn Giardina.....Mar 26  
 Nick Bellucci.....Mar 29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 10:00 Communion in the Library</li> <li><span style="color: green;">●</span> 11:30 Sunday Brunch</li> <li><span style="color: green;">●</span> 1:30 Sunday Brunch</li> <li><span style="color: red;">●</span> 3:00 Matinee Movie</li> <li><span style="color: orange;">●</span> 5:30 Mexican Train</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: red;">●</span> 9:30 Breakfast @ Red Rock Cafe</li> <li><span style="color: blue;">●</span> 10:00 Fitness</li> <li><span style="color: orange;">●</span> 10:45 Trivia Fun</li> <li><span style="color: yellow;">●</span> 11:00 Did You Know</li> <li><span style="color: orange;">●</span> 2:00 Sedona Downs</li> <li><span style="color: purple;">●</span> 3:00 Catholic Service</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: red;">●</span> 8:30 Coffee Club w/Will - Edward Jones</li> <li><span style="color: blue;">●</span> 8:30 Morning Stretch</li> <li><span style="color: blue;">●</span> 10:00 Village Van</li> <li><span style="color: purple;">●</span> 11:00 Bible Study</li> <li><span style="color: orange;">●</span> 11:00 You be the Judge</li> <li><span style="color: orange;">●</span> 2:00 Card Bingo w/Norene</li> <li><span style="color: orange;">●</span> 4:00 Dinner Music w/Richard</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 9:30 Sedona Van</li> <li><span style="color: blue;">●</span> 10:00 Fitness</li> <li><span style="color: yellow;">●</span> 11:00 A word to the Wise</li> <li><span style="color: yellow;">●</span> 11:30 Have you ever</li> <li><span style="color: orange;">●</span> 2:00 Bingo w/Will</li> <li><span style="color: red;">●</span> 3:00 Crafts - St. Patrick's</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 8:30 Morning Stretch</li> <li><span style="color: red;">●</span> 9:30 Cottonwood Van</li> <li><span style="color: yellow;">●</span> 11:00 Science for Seniors</li> <li><span style="color: red;">●</span> 12:30 Village Van</li> <li><span style="color: blue;">●</span> 1:00 Bowling on Wii</li> <li><span style="color: red;">●</span> 1:00 Pinochle</li> <li><span style="color: orange;">●</span> 2:00 Happy Hour w/Robert Clark</li> <li><span style="color: orange;">●</span> 5:30 Mexican Train</li> <li><span style="color: purple;">●</span> 6:45 Bible Study</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 10:00 Fitness</li> <li><span style="color: red;">●</span> 10:30 Thrift Store Shopping &amp; Lunch - Cottonwood</li> <li><span style="color: red;">●</span> 1:30 Penny Ante Poker</li> <li><span style="color: orange;">●</span> 2:00 Would you rather...</li> <li><span style="color: orange;">●</span> 5:30 Mexican Train</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: red;">●</span> 2:00 Drawing &amp; Painting w/Joan</li> <li><span style="color: orange;">●</span> 5:30 Mexican Train</li> </ul>
<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 10:00 Communion in the Library</li> <li><span style="color: green;">●</span> 11:30 Sunday Brunch</li> <li><span style="color: green;">●</span> 1:30 Sunday Brunch</li> <li><span style="color: red;">●</span> 2:00 Cottonwood Community Band--Camp Verde</li> <li><span style="color: red;">●</span> 3:00 Matinee Movie</li> <li><span style="color: orange;">●</span> 5:30 Mexican Train</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: red;">●</span> 9:30 Breakfast @ Miley's</li> <li><span style="color: blue;">●</span> 10:00 Fitness</li> <li><span style="color: cyan;">●</span> 11:00 Transitions &amp; Grief Support w/Sound Bath Healing</li> <li><span style="color: orange;">●</span> 2:00 Sedona Downs</li> <li><span style="color: yellow;">●</span> 2:00 Trivia Fun</li> <li><span style="color: yellow;">●</span> 2:30 Did You Know</li> <li><span style="color: purple;">●</span> 3:00 Catholic Service</li> <li><span style="color: yellow;">●</span> 3:00 Wellness Breakthrough w/Lisa</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 8:30 Morning Stretch</li> <li><span style="color: yellow;">●</span> 9:00 Phone &amp; Computer Help w/Marcie</li> <li><span style="color: blue;">●</span> 10:00 Village Van</li> <li><span style="color: purple;">●</span> 11:00 Bible Study</li> <li><span style="color: orange;">●</span> 11:00 You be the Judge</li> <li><span style="color: orange;">●</span> 2:00 Card Bingo w/Norene</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 9:30 Sedona Van</li> <li><span style="color: blue;">●</span> 10:00 Fitness</li> <li><span style="color: blue;">●</span> 11:00 Wellness Clinic w/Angel's Care</li> <li><span style="color: yellow;">●</span> 12:00 A word to the Wise</li> <li><span style="color: orange;">●</span> 12:30 Have you ever</li> <li><span style="color: orange;">●</span> 2:00 Village Ukulele Band</li> <li><span style="color: red;">●</span> 3:00 Crafts - Easter</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 8:30 Morning Stretch</li> <li><span style="color: red;">●</span> 9:30 Cottonwood Van</li> <li><span style="color: yellow;">●</span> 11:00 Historically Speaking</li> <li><span style="color: red;">●</span> 12:30 Village Van</li> <li><span style="color: blue;">●</span> 1:00 Bowling on Wii</li> <li><span style="color: red;">●</span> 1:00 Pinochle</li> <li><span style="color: orange;">●</span> 5:30 Mexican Train</li> <li><span style="color: purple;">●</span> 6:45 Bible Study</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 10:00 Fitness</li> <li><span style="color: red;">●</span> 10:30 Flagstaff Mall Shopping &amp; Lunch</li> <li><span style="color: red;">●</span> 1:30 Penny Ante Poker</li> <li><span style="color: orange;">●</span> 2:00 Would you rather...</li> <li><span style="color: orange;">●</span> 5:30 Mexican Train</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: red;">●</span> 9:00 St. Patrick's Parade - Uptown</li> <li><span style="color: blue;">●</span> 10:00 Chair Yoga with Susannah</li> <li><span style="color: orange;">●</span> 5:30 Mexican Train</li> </ul>
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# Events in March

## Mark Your Calendars!

### Music Performances

Dinner Music w/Richard.....Mar 3rd  
Happy Hour w/ Robert.....Mar 5th  
Village Ukulele Band.....Mar 11th  
Happy Hour w/John Z.....Mar 19th  
The Harp Hour w/Kathi.....Mar 24th  
Birthday Concert w/Greg & Lisa....Mar 27th  
Dinner Music w/Solomon.....Mar 31st

### Health & Wellness

Fitness Classes.....Mon/Weds/Fri  
Morning Stretch.....Tues/Thurs  
Chair Yoga.....Saturdays  
Transitions & Grief Support.....Mondays  
Wellness Breakthrough w/Lisa.....Mar 9th  
Wellness Clinic w/Angel's.....Mar 11th  
Healthy U w/NAH.....Mar 18th

### Breakfast/Brunch Trips

Red Rock Cafe.....Mar 2nd  
Miley's.....Mar 9th  
Juniper Grill.....Mar 16th  
Coffee Pot Restaurant.....Mar 23rd  
Jose's Cafe.....Mar 30th

### Shopping Trips

Thrift Store in Cottonwood.....Mar 6th  
Flagstaff Mall Shopping.....Mar 13th  
Cottonwood Dept. Stores.....Mar 20th  
Flagstaff Center Shopping.....Mar 27th

### Special Events

Coffee Club w/Will.....Mar 3rd  
Crafts for St. Patrick's Day.....Mar 4th  
Cottonwood Community Band....Mar 8th  
Phone & Computer Help.....Mar 10th  
Crafts for Easter.....Mar 11th  
St. Patrick's Parade.....Mar 14th  
Ice Cream Social w/Gwen.....Mar 17th  
Welcome Chef Jason!.....Mar 19th  
Crafts for Spring.....Mar 25th  
Historically Speaking w/Wyona..Mar 26th  
Monthly Memories & Drawing....Mar 26th

### Fun & Games

Trivia & Did You Know.....Mondays  
You be the Judge.....Tuesdays  
Card Bingo.....Tuesdays  
A Word to the Wise.....Wednesdays  
Have You Ever.....Wednesdays  
Bingo.....Wednesdays  
Crafts (check calendars).....Wednesdays  
Science for Seniors.....Thursdays  
Historically Speaking.....Thursdays  
Bowling on Wii.....Thursdays  
Would You Rather.....Fridays  
Drawing & Painting.....Saturdays

**Come have some fun!**  
**Sign-up sheets are at the Front Desk!**