

Sedona Winds

Retirement Community

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

Life is better with a little laughter
—let's turn up the fun this month!

Life is too short for serious faces;
let laughter lead the way!



April Facts & Fun

- * The Diamond is the birthstone of April.
- * The Daisy is the official flower of the month, representing new beginnings, hope and joy.
- * William Shakespeare was born April 23, 1564 and it's believed he passed April 23, 1616!
- * The RMS Titanic sank on April 15, 1912.
- * On April 12, 1981, the space shuttle Columbia was launched, inaugurating Shuttle Program.
- * Thomas Jefferson, the 3rd US President, was born April 13, 1743

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- \* A good joke is like a warm hug, unexpected and delightful!
- \* When faced with challenges, remember: a smile can turn the tide!
- \* Curiosity is the heartbeat of creativity; let it lead you to joyful discoveries!

## April 2026



## April Anniversaries

April 4th - Fred & Wendy Grove  
Celebrating 68 years together!!

April 20th - Steve Woolf  
Our Driver for 5 years!!

## April Birthdays!

Bernie Gurstein.....April 4  
Margaret Dougherty.....April 12  
Roselyn Kraft.....April 12  
John Ingallina.....April 21  
Karoline Aroz (staff).....April 25  
Bev Hagerman.....April 29

| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Saturday                                                                                                                                                                                                                                                                          |
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| <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: blue;">●</span> 9:00 Walk About</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: red;">●</span> 11:30 Lunch - CoffeePot Restaurant</li> <li><span style="color: red;">●</span> 1:30 Crafts - Easy Origami</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> 1:00 Card Bingo w/Nick (1:00)</li> <li><span style="color: yellow;">●</span> 2:00 Route 66 Presentation</li> <li><span style="color: blue;">●</span> 3:30 Walk About</li> </ul>        | <ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 9:00 Walk About</li> <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: red;">●</span> 2:00 Bingo w/Will</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> 2:00 Music Hour w/Robert Clark</li> <li><span style="color: blue;">●</span> 3:30 Walk About</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: yellow;">●</span> 9:00 Living Trusts w/Rachel</li> <li><span style="color: blue;">●</span> 9:00 Walk About</li> <li><span style="color: blue;">●</span> 10:00 Fitness</li> <li><span style="color: red;">●</span> 10:30 Dept. Store Shopping - Cottonwood</li> <li><span style="color: orange;">●</span> 11:30 Lunch Music w/Chantal</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: blue;">●</span> 10:00 Chair Yoga w/Susannah</li> <li><span style="color: yellow;">●</span> 11:00 Rock Springs Cafe - Lunch &amp; Shopping</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> 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: blue;">●</span> 9:00 Walk About</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: red;">●</span> 11:30 Lunch - Johnny Rockets &amp; Casino Fun</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: 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> 1:00 Card Bingo w/Norene (1:00)</li> <li><span style="color: blue;">●</span> 3:30 Walk About</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> 9:00 Walk About</li> <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> 10:45 A word to the Wise</li> <li><span style="color: orange;">●</span> 11:15 Have you ever</li> <li><span style="color: yellow;">●</span> 1:00 Healthy U with No. Az. Homecare &amp; Hospice, Carolyn</li> <li><span style="color: red;">●</span> 2:00 Bingo w/Angel's, Kerry</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 with John Z.</li> <li><span style="color: blue;">●</span> 3:30 Walk About</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> 9:00 Walk About</li> <li><span style="color: blue;">●</span> 10:00 Fitness</li> <li><span style="color: red;">●</span> 10:30 Thrift Store Shopping - Sedona</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: blue;">●</span> 11:15 Chair Yoga w/Susannah</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: blue;">●</span> 9:00 Walk About</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: red;">●</span> 11:30 Lunch - Jose's Cafe</li> <li><span style="color: red;">●</span> 1:30 Crafts - Plant a Garden</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: 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> 1:00 Card Bingo w/Nick (1:00)</li> <li><span style="color: red;">●</span> 2:00 Resident Collaboration</li> <li><span style="color: blue;">●</span> 3:30 Walk About</li> </ul>                                                                                             | <ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 9:00 Walk About</li> <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> 10:45 A word to the Wise</li> <li><span style="color: orange;">●</span> 11:15 Have you ever</li> <li><span style="color: red;">●</span> 1:00 Bingo w/Norene (1:00pm)</li> <li><span style="color: red;">●</span> 2:00 Earth Day in the Garden</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 w/Wyona Jaffee</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: blue;">●</span> 3:30 Walk About</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> 9:00 Walk About</li> <li><span style="color: blue;">●</span> 10:00 Fitness</li> <li><span style="color: red;">●</span> 10:30 Dept. Store Shopping - Flagstaff</li> <li><span style="color: red;">●</span> 1:00 Show and Tell</li> <li><span style="color: red;">●</span> 1:30 Penny Ante Poker</li> <li><span style="color: orange;">●</span> 2:00 Birthday Concert w/Greg &amp; Lisa</li> <li><span style="color: orange;">●</span> 5:30 Mexican Train</li> </ul>                                                                          | <ul style="list-style-type: none"> <li><span style="color: yellow;">●</span> 11:00 Field Trip - Montezuma's Castle (\$10)</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> 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: blue;">●</span> 9:00 Walk About</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: red;">●</span> 11:30 Lunch - Szechuan Restaurant</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: 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> 1:00 Card Bingo w/Norene (1:00)</li> <li><span style="color: orange;">●</span> 2:00 Music Hour w/Kathi</li> <li><span style="color: blue;">●</span> 3:30 Walk About</li> </ul>                                                                                            | <ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 9:00 Walk About</li> <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> 10:45 A Word to the Wise</li> <li><span style="color: orange;">●</span> 11:15 Have you ever</li> <li><span style="color: red;">●</span> 2:00 Bingo w/Laura</li> <li><span style="color: orange;">●</span> 4:00 Dinner Music w/Solomon</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: red;">●</span> 2:00 Memories &amp; Quilt Drawing</li> <li><span style="color: blue;">●</span> 3:30 Walk About</li> <li><span style="color: orange;">●</span> 5:30 Mexican Train</li> <li><span style="color: purple;">●</span> 6:45 Bible Study</li> </ul>   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                   |

# April Events!

## Come out to join the fun!

### Music Performances

Music Hour w/ Robert.....Apr 9th  
Lunch Music w/Chantal.....Apr 10th  
Dinner Music w/Richard.....Apr 14th  
Happy Hour w/John Z.....Apr 16th  
Birthday Concert w/Greg & Lisa...Apr 24th  
Music Hour w/Kathi.....Apr 28th  
Dinner Music w/Solomon.....Apr 29th

### Health & Wellness

Walk About.....Mon/Tue/Wed/Thur/Fri  
Fitness Classes.....Mon/Weds/Fri  
Morning Stretch.....Tues/Thurs  
Chair Yoga.....Saturdays  
Wellness Clinic w/Angel's.....Apr 8th  
Healthy U w/NAH.....Apr15th

### Breakfast/Brunch Trips

Coffee Pot Restaurant.....Apr 6th  
Rock Springs Cafe.....Apr 11th  
Johnny Rocket's/Casino.....Apr 13th  
Jose's Cafe.....Apr 20th  
Szechuan Restaurant.....Apr 27th

### Shopping Trips

Thrift Stores in Cottonwood.....Apr 3rd  
Dept. Stores in Cottonwood.....Apr 10th  
Thrift Stores in Sedona.....Apr 17th  
Dept. Stores in Flagstaff.....Apr 24th

### Special Events

Visit with Taffy & Vickie.....Apr 1st  
Meet & Greet Teri Choen.....Apr 2nd  
Crafts - Easy Origami.....Apr 6th  
Coffee Club w/Will.....Apr 7th  
Route 66 Presentation.....Apr 7th  
Living Trusts w/Rachel.....Apr 10th  
Phone & Computer Help.....Apr 14th  
Crafts - Plant a Garden.....Apr 20th  
Resident Collaboration.....Apr 21st  
Earth Day in the Garden.....Apr 22nd  
Historically Speaking w/Wyona.....Apr 23rd  
Monthly Memories & Drawing.....Apr 30th

### Fun & Games

Trivia & Did You Know.....Mondays  
Crafts (check calendars).....Mondays  
You be the Judge.....Tuesdays  
Card Bingo.....Tuesdays  
A Word to the Wise.....Wednesdays  
Have You Ever.....Wednesdays  
Bingo.....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!**