

# Sedona Winds

Retirement Community

475 Jacks Canyon Road | Sedona, AZ 86351 | 928-284-9077

## World Turtle Day May

As World Turtle Day approaches, it's a good time to take a moment to reflect both on action and attitude- towards ourselves, others, and towards all those lives' we share the Earth with.



## Learning from Turtles

Learning from turtles means remembering that steady effort, patience and respect for natural rhythms can carry us far. Sometimes slowing down isn't falling behind, but choosing a wiser way forward.

## May Birthday Facts

Flower: Lily of the Valley

Birthstone: Emerald

May Zodiacs: The Bull (May 1-20)

The Twins (May 21-31)

## May Birthday Blessing

John Klein	May 1st
Norma Hadley	May 8th
Lucille Redman	May 10th
Barbara Stewart	May 20th

## May 2026



## Life at Turtle Speed

One of the most enduring lessons turtles offer is the familiar phrase "slow and steady." They remind us that progress doesn't have to be rushed to be meaningful. Turtles move at a pace that suits them.

## Turtles and Symbolism

Turtles are associated with wisdom, patience, perseverance, and protection. Their shells are shelter. They move forward while carrying one's home, history and strength along the way.

## Turtles and Time

Turtles have been moving through Earth's waters and landscapes for more than 200 million years.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p><b>Please remember the calendar is subject to change. Thank you!</b></p>	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 9:30 Morning Walking Club</li> <li><span style="color: red;">●</span> 10:30 Bingo</li> <li><span style="color: yellow;">●</span> 11:00 Puzzles in the Library</li> <li><span style="color: orange;">●</span> 1:00 Movie</li> <li><span style="color: red;">●</span> 2:00 Ice Cream Social!</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 9:30 Rise &amp; Shine Exercise</li> <li><span style="color: orange;">●</span> 10:30 Bingo</li> <li><span style="color: yellow;">●</span> 2:00 Storybook &amp; Discussion Group</li> <li><span style="color: red;">●</span> 3:30 Games And More!</li> <li><span style="color: orange;">●</span> 6:00 Movie &amp; Popcorn</li> </ul>
<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 9:30 Rise &amp; Shine Exercise</li> <li><span style="color: red;">●</span> 10:30 Sunday Morning Surprise</li> <li><span style="color: purple;">●</span> 1:30 Church Service and Singing!</li> <li><span style="color: cyan;">●</span> 2:30 Spa Time!</li> <li><span style="color: yellow;">●</span> 3:30 Trivia &amp; Laughs</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: orange;">●</span> 8:00 Clark's Outing</li> <li><span style="color: blue;">●</span> 9:30 Morning Muscles</li> <li><span style="color: red;">●</span> 10:30 Bingo</li> <li><span style="color: red;">●</span> 2:00 Art Class with Rachel Tucker</li> <li><span style="color: yellow;">●</span> 3:00 Scrabble</li> <li><span style="color: yellow;">●</span> 6:00 Evening Movie &amp; Popcorn</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 9:30 Morning Walking Club</li> <li><span style="color: orange;">●</span> 10:30 Bingo</li> <li><span style="color: red;">●</span> 2:00 Cinco de Mayo Party!</li> <li><span style="color: yellow;">●</span> 6:00 Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> Morning Vitals Clinic</li> <li><span style="color: yellow;">●</span> 11:00 Puzzles in the Library</li> <li><span style="color: orange;">●</span> 12:00 Bobby Myhre Classic Sinatra &amp; Jazz Entertainment During Lunch</li> <li><span style="color: red;">●</span> 2:00 Bingo</li> <li><span style="color: yellow;">●</span> 6:00 Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 9:30 Morning Muscles</li> <li><span style="color: purple;">●</span> 10:30 Bible Study/Meditation</li> <li><span style="color: yellow;">●</span> 11:00 Puzzles in the Library</li> <li><span style="color: red;">●</span> 12:15 Birthday Cake Celebration with Compassus</li> <li><span style="color: red;">●</span> 1:00 Afternoon Movie</li> <li><span style="color: yellow;">●</span> 1:30 Arts &amp; Crafts/Garden Tending</li> <li><span style="color: yellow;">●</span> 2:00 Bridge</li> <li><span style="color: yellow;">●</span> 6:00 Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 9:30 Morning Walking Club</li> <li><span style="color: red;">●</span> 10:30 Bingo</li> <li><span style="color: yellow;">●</span> 11:00 Puzzles in the Library</li> <li><span style="color: orange;">●</span> 2:00 Horse Races!</li> <li><span style="color: yellow;">●</span> 6:00 Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">●</span> 9:30 Rise &amp; Shine Exercise</li> <li><span style="color: orange;">●</span> 10:30 Bingo</li> <li><span style="color: yellow;">●</span> 2:00 Storybook &amp; Discussion Group</li> <li><span style="color: yellow;">●</span> 3:30 Games And More!</li> <li><span style="color: yellow;">●</span> 6:00 Evening Movie</li> <li><span style="color: orange;">●</span> 6:00 Movie &amp; Popcorn</li> </ul>
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