

Sedona Winds

Retirement Community

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

Monarch Butterflies

Monarch butterflies are migratory insects that travel southward for a yearly 3,000-mile journey from Canada and the United States to winter in Mexico and California.



From Egg to Gorgeous Creature

These gorgeous creatures transform from eggs to caterpillars to pupae to stunning butterflies that WOW with their bright orange, black, and white wings. This metamorphosis from egg to adult lasts about 4 weeks.

Built in Protection

Monarch eggs are laid on milkweed plants, giving them a ready source of food. In caterpillar form they feast on the milkweed which makes them toxic to predators.

More Monarch Facts

As butterflies, they dine on nectar and can fly close to 25mph. Monarch eggs hatch in 3-4 days. Most only live a few weeks, but those that migrate can live for 9 months!

June 2026



Married in June?




June is the 6th month of the year in Julian and Gregorian calendars. Some claim June is named for Juno, the Roman goddess of marriage, protector of all things female and is considered good luck to be married during this month!

What is Lucky in June?

Lucky Color: Fuchsia
Lucky Animal: Lizard
Lucky Day: Wednesday
Lucky Plant: Strawberry

June Birthday Blessings To:

Sharon Bird June 10th
Rosalie Martinez June 17th
Barbara Reiche June 21st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>Please remember the calendar is subject to change. Thank you!</p>	<ul style="list-style-type: none"> ● 9:30 Morning Walking Club ● 10:30 Bingo ● 1:00 Movie ● 2:00 Ice Cream Social! ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Rise & Shine Exercise ● 10:30 Bingo ● 2:00 Storybook & Discussion Group ● 3:30 Games And More! ● 6:00 Movie & Popcorn
<ul style="list-style-type: none"> ● 10:30 Sunday Morning Surprise ● 1:30 Church Service and Singing! ● 2:30 Spa Time! ● 3:30 Trivia & Laughs 	<ul style="list-style-type: none"> ● 10:30 Bingo ● 2:00 Art Class with Rachel Tucker ● 3:00 Scrabble ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 10:30 Bingo ● 2:00 Cinco de Mayo Party! ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● Morning Vitals Clinic ● 11:00 Puzzles in the Library ● 12:00 Bobby Myhre Classic Sinatra & Jazz Entertainment During Lunch ● 2:00 Bingo ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Morning Muscles/Exercise ● 10:30 Bible Study/Meditation ● 11:00 Puzzles in the Library ● 1:00 Afternoon Movie ● 1:30 Arts & Crafts/Garden Tending ● 2:00 Bridge ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Morning Walking Club ● 10:30 Bingo ● 11:00 Puzzles in the Library ● 2:00 Horse Races! ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Rise & Shine Exercise ● 10:30 Bingo ● 2:00 Storybook & Discussion Group ● 6:00 Movie & Popcorn
<ul style="list-style-type: none"> ● 9:30 Rise & Shine Exercise ● 10:30 Sunday Morning Surprise ● 2:00 Mother's Day Tea Party! ● 3:30 Trivia & Laughs ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Morning Muscles ● 1:30 Arts & Crafts/Garden Tending ● 2:00 Bingo ● 3:00 Scrabble ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Morning Walking Club/Excercise ● 10:30 Bingo ● 1:00 Afternoon Movie ● 2:00 Arts & Crafts/Garden Tending ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Morning Muscles/Excercise ● 10:30 Community Meeting ● 1:30 Filling Hummingbird Feeders! ● 2:00 Bingo ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Morning Muscles/Excercise ● 10:30 Bible Study/Meditation ● 11:00 Puzzles in the Library ● 1:00 Afternoon Movie ● 1:30 Arts & Crafts/Garden Tending ● 2:00 Meet The Tort!!! ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Morning Walking Club/Excercise ● 10:30 Bingo ● 11:00 Puzzles in the Library ● 2:00 Gathering in the Garden ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Rise & Shine Exercise ● 10:30 Bingo ● 2:00 Storybook & Discussion Group ● 3:30 Games And More! ● 6:00 Movie & Popcorn
<ul style="list-style-type: none"> ● 9:30 Rise & Shine Exercise ● 10:30 Sunday Morning Surprise ● 2:00 Canace's Kids Piano Recital! ● 3:30 Trivia & Laughs 	<ul style="list-style-type: none"> ● 9:30 Morning Muscles/Exercise ● 10:30 Manicures and Mimosas! ● 2:30 Verde Valley Ringers Performance ● 3:00 Scrabble ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 8:00 Evening Movie ● 9:30 Morning Walking Club/Excercise ● 10:30 Bingo ● 1:00 Afternoon Movie ● 2:00 Arts & Crafts/Garden Tending ● 2:00 Bridge ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Coffee and Conversations ● 10:30 Bingo ● 11:00 Puzzles in the Library ● 2:00 Caregiver Meeting ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Morning Muscles/Exercise ● 10:30 Bible Study/Meditation ● 11:00 Puzzles in the Library ● 1:00 Afternoon Movie ● 2:00 Bridge ● 3:30 John Ziegler Concert! ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Morning Walking Club/Excercise ● 10:30 Bingo ● 11:00 Puzzles in the Library ● 2:00 Jeopardy/Trivia ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Rise & Shine Exercise ● 10:30 Bingo ● 2:00 Storybook & Discussion Group ● 3:30 Games And More! ● 6:00 Evening Movie ● 6:00 Movie & Popcorn
<ul style="list-style-type: none"> ● 9:30 Rise & Shine Exercise ● 10:30 Sunday Morning Surprise ● 2:00 Sunday Social Club ● 3:30 Trivia & Laughs ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Morning Muscles/Exercise ● 10:30 Coffee and Conversations ● 2:00 Moment of Remembrance ● 3:00 Scrabble ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Morning Walking Club/Excercise ● 10:30 Bingo ● 12:15 Birthday Cake Celebration with Compassus!! ● 1:00 Afternoon Movie ● 2:00 Arts & Crafts/Garden Tending ● 2:00 Bridge ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Coffee and Conversations ● 10:30 Bingo ● 11:00 Puzzles in the Library ● 1:00 Afternoon Movie ● 3:00 Scrabble ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Morning Muscles/Exercise ● 10:30 Bible Study/Meditation ● 11:00 Puzzles in the Library ● 1:00 Afternoon Movie ● 2:00 Benedetto Duo Concert! ● 2:00 Bridge ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Morning Walking Club/Excercise ● 10:30 Bingo ● 11:00 Puzzles in the Library ● 2:00 Gathering in the Garden ● 6:00 Evening Movie 	<ul style="list-style-type: none"> ● 9:30 Rise & Shine Exercise ● 10:30 Bingo ● 2:00 Storybook & Discussion Group ● 3:30 Games And More! ● 6:00 Evening Movie ● 6:00 Movie & Popcorn
<ul style="list-style-type: none"> ● 9:30 Rise & Shine Exercise ● 10:30 Sunday Morning Surprise ● 2:00 Name That Tune! ● 3:30 Trivia & Laughs ● 6:00 Evening Movie 						