

Sedona Winds

Retirement Community

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

“May is the month of expectation, the month of wishes, the month of hope.”
— Emily Brontë



May Facts & Fun

The birthstone for May is an Emerald.

Lilly of the Valley is the official flower of May.

The first known observance of a Mother's Day was in 1887 in a Henderson, KY school house. It became a National Holiday 100 years ago in 1926.

Memorial Day was first known as Decoration Day and was intended to commemorate the men and women who died while serving our country.

The Kentucky Derby has run the first Saturday in May every year since 1875 except for 2 years: 1945 during the war-time ban on horse racing, and 2020 when the race was delayed to September due to the Covid pandemic.

May 2026



May Birthdays!!
We have so many!!
Wish them a Happy Day!!

Ruben Gonzalez (staff)	May 5
Judy Matteson	May 8
Sandy Olson	May 13
Eva Bullock	May 14
Patricia Bales	May 16
Laura Brown (staff)	May 18
Lucy VanDoorne	May 19
Barbara Vantusko	May 21
Don Tautkus	May 24
Lois Reger	May 29
Mary Guilford	May 30

Also...Happy Anniversary
Karoline Aroz - 1 year - May 8th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<ul style="list-style-type: none"> ● 9:00 Walk About (L) ● 10:00 Fitness (AR) ● 10:30 Shopping - Prescott (L) ● 1:30 Penny Ante Poker (OC) ● 2:00 Meet & Greet New Residents (AR) 	<ul style="list-style-type: none"> ● 10:00 Chair Yoga w/Susannah (AR) ● 11:30 Phoenix Girls Chorus Performance (AR) ● 2:00 Drawing & Painting w/Joan (AR)
<ul style="list-style-type: none"> ● 10:00 Communion in the Library (LI) ● 11:30 Sunday Brunch (DR) ● 1:30 Sunday Brunch (DR) ● 2:00 Soul Stretch w/Johanna - Intro (AR) ● 3:00 Matinee Movie (AR) 	<ul style="list-style-type: none"> ● 9:00 Walk About (L) ● 10:00 Fitness (AR) ● 10:45 Trivia Fun (AR) ● 11:00 Did You Know (AR) ● 11:30 Lunch @ PeachTree Cafe in Rimrock (L) ● 2:00 Crafts w/Traude - Begin to Knit & Crochet (AR) ● 3:00 Catholic Service (AR) 	<ul style="list-style-type: none"> ● 8:30 Coffee Club w/Will - Edward Jones (CA) ● 8:30 Morning Stretch (AR) ● 9:00 Walk About (L) ● 10:00 Current Event Discussions (LI) ● 10:00 Village Van (L) ● 11:00 Bible Study (LI) ● 1:00 Card Bingo w/Norene (OC) ● 4:00 Dinner Music w/Richard (DR) 	<ul style="list-style-type: none"> ● 9:00 Walk About (L) ● 9:30 Sedona Van (L) ● 10:00 Fitness (AR) ● 10:45 A word to the Wise (AR) ● 11:15 Have you ever (AR) ● 1:30 Ukulele Band - Free-Outdoors, VOCA Park (L) ● 2:00 Bingo w/Will (AR) ● 3:00 Wine Down Weds. (CA) 	<ul style="list-style-type: none"> ● 8:30 Morning Stretch (AR) ● 9:00 Walk About (L) ● 9:30 Cottonwood Van (L) ● 11:00 Historically Speaking (AR) ● 12:30 Village Van (L) ● 1:00 Bowling on Wii (AR) ● 1:00 Pinochle (OC) ● 2:00 Red Rock Acapella (AR) ● 6:45 Bible Study (AR) 	<ul style="list-style-type: none"> ● 9:00 Walk About (L) ● 10:00 Fitness (AR) ● 10:30 Shopping-Flag Mall (L) ● 11:30 Lunch Music w/Chantal (DR) ● 1:30 Penny Ante Poker (OC) 	<ul style="list-style-type: none"> ● 10:00 Chair Yoga w/Susannah (AR) ● 5:30 Mexican Train (OC)
<ul style="list-style-type: none"> ● 10:00 Communion in the Library (LI) ● 11:30 Sunday Brunch (DR) ● 1:30 Sunday Brunch (DR) ● 1:45 Cottonwood Community Band - Free, Camp Verde (L) ● 3:00 Matinee Movie (AR) 	<ul style="list-style-type: none"> ● 9:00 Walk About (L) ● 10:00 Fitness (AR) ● 10:45 Trivia Fun (AR) ● 11:00 Did You Know (AR) ● 11:30 Lunch at G's Burgers (L) ● 2:00 Sedona Downs w/Norene (LI) ● 3:00 Catholic Service (AR) 	<ul style="list-style-type: none"> ● 8:30 Morning Stretch (AR) ● 9:00 Technical Help w/Marcie (LI) ● 9:00 Walk About (L) ● 10:00 Senior Transitions Fair (BP) ● 10:00 Village Van (L) ● 11:00 Bible Study (LI) ● 12:00 Craft w/Debbie-Make Cards (AR) ● 1:00 Card Bingo w/Nick (OC) ● 4:00 Dinner Music w/Solomon (DR) 	<ul style="list-style-type: none"> ● 9:00 Walk About (L) ● 9:30 Sedona Van (L) ● 10:00 Fitness (AR) ● 11:00 Wellness Clinic w/Angel's Care (AR) ● 11:15 Have you ever (AR) ● 11:45 A word to the Wise (AR) ● 2:00 Village Ukulele Band (AR) 	<ul style="list-style-type: none"> ● 8:30 Morning Stretch (AR) ● 9:00 Walk About (L) ● 9:30 Cottonwood Van (L) ● 11:00 Science for Seniors (AR) ● 12:30 Village Van (L) ● 1:00 Bowling on Wii (AR) ● 1:00 Pinochle (OC) ● 2:00 Music w/Woody & Shelley (AR) ● 6:45 Bible Study (AR) 	<ul style="list-style-type: none"> ● 9:00 Walk About (L) ● 10:00 Fitness (AR) ● 10:30 Fraud Prevention w/Sheriff Steve (AR) ● 11:30 Shopping & Lunch-CTNWD (L) ● 1:30 Penny Ante Poker (OC) ● 2:00 Would You Rather.... (AR) 	<ul style="list-style-type: none"> ● 10:00 Chair Yoga w/Susannah (AR) ● 2:00 Drawing & Painting w/Joan (AR)
<ul style="list-style-type: none"> ● 10:00 Communion in the Library (LI) ● 11:30 Sunday Brunch (DR) ● 1:15 Acapella Sedona - Free, Church of the Red Rocks (L) ● 1:30 Sunday Brunch (DR) ● 2:00 Soul Stretch #1 w/Johanna (AR) ● 3:00 Matinee Movie (AR) 	<ul style="list-style-type: none"> ● 9:00 Walk About (L) ● 10:00 Fitness (AR) ● 10:45 Trivia Fun (AR) ● 11:00 Did You Know (AR) ● 11:30 Lunch at WZ Asian Bistro, Cottonwood (L) ● 2:00 Crafts w/Norene (AR) ● 3:00 Catholic Service (AR) 	<ul style="list-style-type: none"> ● 8:30 Morning Stretch (AR) ● 9:00 Walk About (L) ● 10:00 Current Event Discussions (LI) ● 10:00 Village Van (L) ● 11:00 Bible Study (LI) ● 1:00 Card Bingo w/Norene (1:00) (OC) ● 2:00 Resident Collaboration (AR) 	<ul style="list-style-type: none"> ● 9:00 Walk About (L) ● 9:30 Sedona Van (L) ● 10:00 Fitness (AR) ● 10:45 Meet Joni & her dog, Riley (AR) ● 11:15 A word to the Wise (AR) ● 11:45 Have you ever (AR) ● 1:00 Healthy U-No. Az. w/Carolyn (AR) ● 2:00 Bingo w/Angel's, Kerry (AR) ● 2:30 Wine Down Weds. (CA) 	<ul style="list-style-type: none"> ● 8:30 Morning Stretch (AR) ● 9:00 Walk About (L) ● 9:30 Cottonwood Van (L) ● 11:00 Meet Jessica Holman, NP (AR) ● 12:30 Village Van (L) ● 1:00 Bowling on Wii (AR) ● 1:00 Pinochle (OC) ● 2:00 Music Hour with John Z. (AR) ● 6:45 Bible Study (AR) 	<ul style="list-style-type: none"> ● 9:00 Walk About (L) ● 10:00 Fitness (AR) ● 10:30 Thrift Store Shopping-CTWD (L) ● 1:30 Penny Ante Poker (OC) ● 5:30 Would You Rather.... (OC) 	<ul style="list-style-type: none"> ● 7:00 Fishing w/Teri, Dead Horse Ranch (L) ● 2:00 Music w/Quinn & Shirley (AR)
<ul style="list-style-type: none"> ● 10:00 Communion in the Library (LI) ● 11:30 Sunday Brunch (DR) ● 1:30 Sunday Brunch (DR) ● 2:00 Soul Stretch #2 w/Johanna (AR) ● 3:00 Matinee Movie (AR) 	<ul style="list-style-type: none"> ● 9:00 Walk About (L) ● 10:00 Fitness (AR) ● 10:45 Trivia Fun (AR) ● 11:30 Holiday Brunch (DR) ● 1:30 Holiday Brunch (DR) ● 3:00 Catholic Service (AR) 	<ul style="list-style-type: none"> ● 8:30 Morning Stretch (AR) ● 9:00 Walk About (L) ● 10:00 Village Van (L) ● 11:00 Bible Study (LI) ● 1:00 Card Bingo w/Nick (1:00) (OC) ● 2:00 Harp Hour w/Kathi Bellucci (AR) 	<ul style="list-style-type: none"> ● 9:00 Walk About (L) ● 9:30 Sedona Van (L) ● 10:00 Fitness (AR) ● 10:45 A word to the Wise (AR) ● 11:15 Have you ever (AR) ● 2:00 Bingo w/Laura (AR) 	<ul style="list-style-type: none"> ● 8:30 Morning Stretch (AR) ● 9:00 Walk About (L) ● 9:30 Cottonwood Van (L) ● 11:00 Science for Seniors (AR) ● 12:30 Village Van (L) ● 1:00 Bowling on Wii (AR) ● 1:00 Pinochle (OC) ● 6:45 Bible Study (AR) 	<ul style="list-style-type: none"> ● 9:00 Walk About (L) ● 10:00 Fitness (AR) ● 10:30 Thrift Stores & Ice Cream - VOC (L) ● 1:30 Penny Ante Poker (OC) ● 2:00 Birthday Concert--Greg & Lisa (AR) ● 3:00 Monthly Memories & Quilt Drawing (AR) 	<ul style="list-style-type: none"> ● 10:00 Chair Yoga w/Susannah (AR) ● 2:00 Drawing & Painting w/Joan (AR)
<ul style="list-style-type: none"> ● 10:00 Communion in the Library (LI) ● 11:30 Sunday Brunch (DR) ● 1:30 Sunday Brunch (DR) ● 2:00 Soul Stretch #3 w/Johanna (AR) ● 3:00 Matinee Movie (AR) 						

May's Events!

Come join the fun!

Music Performances

PHX Girls Chorus.....May 2nd
Dinner Music w/ Richard.....May 5th
Ukulele Band - VOC Park.....May 6th
Red Rock Acapella.....May 7th
Lunch Music w/Chantal.....May 8th
Cottonwood Comm Band.....May 10th
Village Ukulele Band.....May 13th
Music w/Woody & Shelley.....May 14th
Acapella Sedona - Church RR.....May 17th
Music Hour w/John Z.....May 21st
Harp Hour w/Kathi.....May 26th
Birthday Concert w/Greg & Lisa...May 29th

Special Events

Meet & Greet New Residents.....May 1st
Soul Stretch w/Johanna.....May 3rd
Crafts-Begin to Knit/Crochet.....May 4th
Coffee Club w/Will.....May 5th
Wine Down Weds.....May 6th & 20th
Phone & Computer Help.....May 12th
Crafts - Create Cards w/Debbie....May 12th
Fraud Prevention - Sheriff Steve...May 15th
Resident Collaboration.....May 19th
Meet Jessica Holman, NP.....May 21st
Fishing at Dead Horse SP.....May 23rd
Monthly Memories & Drawing.....May 29th

Health & Wellness

Walk About.....Mon-Fri
Fitness Classes.....Mon/Weds/Fri
Morning Stretch.....Tues/Thurs
Chair Yoga.....Saturdays
Soul Stretch w/Johanna.....Sundays
Wellness Clinic w/Angel's.....May 13th
Healthy U w/NAH.....May 20th

Shopping Trips

Prescott Shopping.....May 1st
Flagstaff Shopping.....May 8th
Cottonwood Shopping.....May 15th
Thrift Stores - Cottonwood.....May 22nd
Thrift Stores & Ice Cream-VOC.....May 29th

Lunch Trips

Peach Tree Cafe'.....May 4th
G's Burgers.....May 11th
WZ Asian Bistro.....May 18th
Calavera Mexican Restaurant.....May 25th

Come have some fun!

A lot of events are on schedule for May!