

Sedona Winds

Retirement Community

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

It's Summertime in Arizona!

Many of our residents with memory impairment may have difficulty recognizing the change in seasons. Even during the hot Arizona summer months, some residents may still want to bundle up or wear heavy winter clothing outdoors. To help keep everyone comfortable and safe, we are gently encouraging lighter clothing, fewer layers, and putting winter wear away for the season.

We encourage residents to wear lightweight clothing, sun hats, and sunglasses when spending time outdoors. Staff will continue to assist residents with dressing appropriately for the warm weather while maintaining comfort and dignity.

Hydration is also extremely important during the summer months. To encourage residents to drink more fluids, we are introducing fun and refreshing beverages throughout the day. From fruity waters and lemonades to colorful summer drinks, we are making hydration enjoyable while helping everyone stay healthy and cool.

Thank you for helping us keep our residents safe, comfortable, and enjoying the summertime season!

June 2026





Happy Father's Day

Fathers play a vital role in our lives. This Father's Day, we look forward to sharing memories and stories about our husbands, fathers, grandfathers, and the many male role models who helped shape and guide us throughout our lives.

We celebrate the love, strength, wisdom, and support they have given to their families and communities. Whether through kind words, hard work, laughter, or life lessons, fathers leave lasting impressions that are treasured forever.

Happy Father's Day to all the wonderful dads and father figures!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:45 Ladies Nail Spa ¹ 11:00 Hydration & Back in the Day 1:00 Arizona Nature 2:00 Dog Therapy with Linda 3:00 Memory Card Matching	9:30 Mindful Meditation ² 11:00 Hydration & Music to remember 1:00 Bible Study & Hymns 2:30 Word Games 6:00 Movie Night	9:30 Wellness Clinic ³ 10:00 Health News Today 11:00 Daily Chronicles & Coffee Social 1:00 Nature Exploration 2:00 Outdoor enjoyment	9:30 rhythm and movement ⁴ 10:00 Room personalization 1:1 12:15 Birthday Cake Celebration with Compassus 3:00 Game Club 6:00 Movie Night	9:30 Dancercise ⁵ 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh 2:00 Arts & Crafts	9:00 National Geographic (YouTube) ⁶ 1:00 Daily Chronicles & discussions 2:00 Movie & Snacks
9:30 Chair Yoga (YouTube) ⁷ 10:00 Daily Chronicles & Coffee Social 2:00 Movie or puzzles	9:45 Ladies Nail Spa ⁸ 11:00 Hydration & Back in the Day 1:00 Arizona Nature 2:00 Dog Therapy with Linda 3:00 Memory Card Matching	9:30 Mindful Meditation ⁹ 11:00 Hydration & Music to remember 1:00 Bible Study & Hymns 2:30 Word Games 6:00 Movie Night	9:30 Brain Aerobics ¹⁰ 10:00 Health News Today 11:00 Daily Chronicles & Coffee Social 1:00 Nature Exploration 2:00 Outdoor enjoyment	9:30 rhythm and movement ¹¹ 10:00 Room personalization 1:1 3:00 Game Club 6:00 Movie Night	9:30 Dancercise ¹² 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh 2:00 Arts & Crafts	9:00 National Geographic (YouTube) ¹³ 1:00 Daily Chronicles & discussions 2:00 Movie & Snacks
Flag Day ¹⁴ 9:30 Chair Yoga (YouTube) 10:00 Daily Chronicles & Coffee Social 2:00 Movie or puzzles	9:45 Ladies Nail Spa ¹⁵ 11:00 Hydration & Back in the Day 1:00 Arizona Nature 2:00 Dog Therapy with Linda 3:00 Memory Card Matching	9:30 Mindful Meditation ¹⁶ 11:00 Hydration & Music to remember 1:00 Bible Study & Hymns 2:30 Word Games 6:00 Movie Night	9:30 Brain Aerobics ¹⁷ 10:00 Health News Today 11:00 Daily Chronicles & Coffee Social 1:00 Nature Exploration 2:00 Outdoor enjoyment 3:00 Sing Along with Lansing	9:30 rhythm and movement ¹⁸ 10:00 Room personalization 1:1 3:00 Game Club 6:00 Movie Night	Juneteenth ¹⁹ 9:30 Dancercise 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh 2:00 Arts & Crafts	9:00 National Geographic (YouTube) ²⁰ 1:00 Daily Chronicles & discussions 2:00 Movie & Snacks
Father's Day ²¹ 9:30 Chair Yoga (YouTube) 10:00 Daily Chronicles & Coffee Social 2:00 Movie or puzzles	9:45 Ladies Nail Spa ²² 11:00 Hydration & Back in the Day 1:00 Arizona Nature 2:00 Dog Therapy with Linda 3:00 Memory Card Matching	9:30 Mindful Meditation ²³ 11:00 Hydration & Music to remember 1:00 Bible Study & Hymns 2:30 Word Games 6:00 Movie Night	9:30 Brain Aerobics ²⁴ 10:00 Health News Today 11:00 Daily Chronicles & Coffee Social 1:00 Nature Exploration 2:00 Outdoor enjoyment	9:30 rhythm and movement ²⁵ 10:00 Room personalization 1:1 3:00 Game Club 6:00 Movie Night	9:30 Dancercise ²⁶ 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh 2:00 Arts & Crafts	9:00 National Geographic (YouTube) ²⁷ 1:00 Daily Chronicles & discussions 2:00 Movie & Snacks
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Mother's Day Glam



Pet Therapy with Porca is a weekly joy