

# *Sedona Winds*

*Retirement Community*

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

"Everything good, everything magical happens between the months of June and August."

– Jenny Han



## **Some Trivia for July**

The official birthstone of July is the Ruby  
The official flower of July is the Water Lilly

July was named after Julius Caesar in 44 BC as part of the Julian calendar reform.

The United States Declaration of Independence was adopted on July 4, 1776, leading to the annual celebration of Independence Day.

The first atomic bomb was tested on July 16, 1945, in New Mexico, USA, as part of the Manhattan Project.

Neil Armstrong became the first person to walk on the moon on July 20, 1969, during the Apollo 11 mission.

## **July 2026**



## **July Birthdays** **Wishing all a Happy Day!**

Angelica Cernas(staff).....July 3  
Mick Siemion.....July 6  
Mary Power.....July 14  
Gary Brashear.....July 15  
Pat Burdick.....July 28  
Joni Meyer(staff).....July 28  
JJ Johnson.....July 29



*Gary  
& Ann  
Brashear  
July 3rd*

| Sunday                                                                                                                                                                                                                                                                                                                                                                               | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Saturday                                                                                                                                                                                                                                                                                                                                  |
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|                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>9:30</b> Sedona Van (L)<br><span style="color: blue;">●</span> <b>10:00</b> Fitness (AR)<br><span style="color: cyan;">●</span> <b>10:45</b> Visit with Taffy & Vicki (AR)<br><span style="color: yellow;">●</span> <b>11:15</b> A Word to the Wise (AR)<br><span style="color: orange;">●</span> <b>2:00</b> Bingo w/Will (AR)<br><span style="color: red;">●</span> <b>2:30</b> Wine Down Weds. (C)             | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>8:30</b> Morning Stretch (AR)<br><span style="color: red;">●</span> <b>9:30</b> Cottonwood Van (L)<br><span style="color: red;">●</span> <b>12:30</b> Village Van (L)<br><span style="color: blue;">●</span> <b>1:00</b> Bowling on Wii (AR)<br><span style="color: red;">●</span> <b>1:00</b> Pinochle (OCR)<br><span style="color: purple;">●</span> <b>6:45</b> Bible Study (AR)                                                                                                                                                          | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>10:00</b> Fitness (AR)<br><span style="color: red;">●</span> <b>10:30</b> Thrift Store Shopping - Cottonwood (L)<br><span style="color: purple;">●</span> <b>11:00</b> Being Mindful w/NAH-Carolyn (AR)<br><span style="color: orange;">●</span> <b>2:00</b> Meet & Greet Residents (AR)                                                                                                                                                                | <span style="color: blue;">●</span> <b>10:00</b> Chair Yoga w/Susannah (AR)<br><span style="color: red;">●</span> <b>1:00</b> Pinochle (OCR)<br><span style="color: red;">●</span> <b>2:00</b> Game Day - Learn to Play "Pegs & Jokers" (LI)                                                                                              |
| <span style="color: purple;">●</span> <b>10:00</b> Communion / Library (LI)<br><span style="color: green;">●</span> <b>11:30</b> Sunday Brunch (DR)<br><span style="color: green;">●</span> <b>1:30</b> Sunday Brunch (DR)<br><span style="color: red;">●</span> <b>3:00</b> Matinee Movie (AR)                                                                                      | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>10:00</b> Fitness (AR)<br><span style="color: orange;">●</span> <b>10:45</b> Trivia Fun (AR)<br><span style="color: red;">●</span> <b>11:00</b> Lunch @ Calavera's (L)<br><span style="color: red;">●</span> <b>1:00</b> Pinochle (OCR)<br><span style="color: red;">●</span> <b>2:00</b> Knit & Crochet w/Traude (AR)<br><span style="color: purple;">●</span> <b>3:00</b> Catholic Service (LI)                                                | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: red;">●</span> <b>8:30</b> Coffee Club w/Will - Edward Jones (C)<br><span style="color: blue;">●</span> <b>8:30</b> Morning Stretch (AR)<br><span style="color: red;">●</span> <b>9:30</b> Current Events w/Russ (LI)<br><span style="color: blue;">●</span> <b>9:30</b> Water Aerobics (P)<br><span style="color: blue;">●</span> <b>10:00</b> Village Van (L)<br><span style="color: purple;">●</span> <b>11:00</b> Bible Study (LI)<br><span style="color: orange;">●</span> <b>1:00</b> Card Bingo w/Norene (OCR)<br><span style="color: red;">●</span> <b>2:00</b> Painting w/Rachel (AR)                                                                       | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>9:30</b> Sedona Van (L)<br><span style="color: blue;">●</span> <b>10:00</b> Fitness (AR)<br><span style="color: blue;">●</span> <b>11:00</b> Wellness Clinic w/Angel's (AR)<br><span style="color: red;">●</span> <b>12:00</b> Crafts w/Debbie (AR)<br><span style="color: red;">●</span> <del><b>2:00</b> Bingo (AR)</del><br><span style="color: orange;">●</span> <b>2:00</b> Village Ukulele Band (AR)        | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>8:30</b> Morning Stretch (AR)<br><span style="color: red;">●</span> <b>9:30</b> Cottonwood Van (L)<br><span style="color: blue;">●</span> <b>9:30</b> Water Aerobics (P)<br><span style="color: red;">●</span> <b>12:30</b> Village Van (L)<br><span style="color: blue;">●</span> <b>1:00</b> Bowling on Wii (AR)<br><span style="color: red;">●</span> <b>1:00</b> Pinochle (OCR)<br><span style="color: orange;">●</span> <b>2:00</b> Music Hour: Robert Clark (AR)<br><span style="color: purple;">●</span> <b>6:45</b> Bible Study (AR) | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>10:00</b> Fitness (AR)<br><span style="color: red;">●</span> <b>10:30</b> Thrift Store Shopping - Camp Verde (L)<br><span style="color: yellow;">●</span> <b>11:00</b> Science for Seniors (AR)<br><span style="color: orange;">●</span> <b>11:30</b> Lunch Music: Chantal (DR)<br><span style="color: yellow;">●</span> <b>1:00</b> Hearing Aid Tune-ups w/Audio Nova (AR)<br><span style="color: orange;">●</span> <b>2:00</b> KJ The Poetry Guy (AR) | <span style="color: yellow;">●</span> <b>8:00</b> Musical Instrument Museum - Phoenix (L)<br><span style="color: blue;">●</span> <b>10:00</b> Chair Yoga w/Susannah (AR)<br><span style="color: red;">●</span> <b>1:00</b> Pinochle (OCR)<br><span style="color: red;">●</span> <b>2:00</b> Game Day - Learn to Play "Pegs & Jokers" (LI) |
| <span style="color: blue;">●</span> <b>9:30</b> Qigong w/Katharine (AR)<br><span style="color: purple;">●</span> <b>10:00</b> Communion / Library (LI)<br><span style="color: green;">●</span> <b>11:30</b> Sunday Brunch (DR)<br><span style="color: green;">●</span> <b>1:30</b> Sunday Brunch (DR)<br><span style="color: red;">●</span> <b>3:00</b> Matinee Movie (AR)           | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>10:00</b> Fitness (AR)<br><span style="color: orange;">●</span> <b>10:45</b> Trivia Fun (AR)<br><span style="color: red;">●</span> <b>11:00</b> Lunch @ PJ's Pub (L)<br><span style="color: red;">●</span> <b>1:00</b> Pinochle (OCR)<br><span style="color: yellow;">●</span> <b>2:00</b> Scam & Fraud Prevention w/AZ's Attorney General's Office (AR)<br><span style="color: purple;">●</span> <b>2:30</b> Confession / Catholic Service (LI) | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>8:30</b> Morning Stretch (AR)<br><span style="color: yellow;">●</span> <b>9:00</b> Technical Help w/Marcie (LI)<br><span style="color: red;">●</span> <b>9:30</b> Current Events w/Russ (LI)<br><span style="color: blue;">●</span> <b>9:30</b> Water Aerobics (P)<br><span style="color: blue;">●</span> <b>10:00</b> Village Van (L)<br><span style="color: purple;">●</span> <b>11:00</b> Bible Study (LI)<br><span style="color: red;">●</span> <b>1:00</b> "Vet-to-Vet" Veterans (LI)<br><span style="color: orange;">●</span> <b>1:00</b> Card Bingo w/Nick (OCR)<br><span style="color: red;">●</span> <b>2:00</b> Music Hour w/Kathi (AR) | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>9:30</b> Sedona Van (L)<br><span style="color: blue;">●</span> <b>10:00</b> Fitness (AR)<br><span style="color: yellow;">●</span> <b>10:45</b> A Word to the Wise (AR)<br><span style="color: yellow;">●</span> <b>12:30</b> Healthy U-No. Az. w/Rebecca (AR)<br><span style="color: red;">●</span> <b>2:00</b> Bingo w/Angel's, Kerry (AR)<br><span style="color: red;">●</span> <b>2:30</b> Wine Down Weds. (C) | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>8:30</b> Morning Stretch (AR)<br><span style="color: red;">●</span> <b>9:30</b> Cottonwood Van (L)<br><span style="color: blue;">●</span> <b>9:30</b> Water Aerobics (P)<br><span style="color: red;">●</span> <b>12:30</b> Village Van (L)<br><span style="color: blue;">●</span> <b>1:00</b> Bowling on Wii (AR)<br><span style="color: red;">●</span> <b>1:00</b> Pinochle (OCR)<br><span style="color: orange;">●</span> <b>2:00</b> Music Hour with John Z. (AR)<br><span style="color: purple;">●</span> <b>6:45</b> Bible Study (AR)  | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>10:00</b> Fitness (AR)<br><span style="color: red;">●</span> <b>10:30</b> Shopping - Flagstaff Mall (L)<br><span style="color: yellow;">●</span> <b>11:00</b> Historically Speaking w/Gary Every (AR)<br><span style="color: red;">●</span> <b>2:00</b> Pool Party (PP)                                                                                                                                                                                 | <span style="color: blue;">●</span> <b>10:00</b> Chair Yoga w/Susannah (AR)<br><span style="color: red;">●</span> <b>1:00</b> Pinochle (OCR)<br><span style="color: red;">●</span> <b>2:00</b> Game Day - Learn to Play "Pegs & Jokers" (LI)                                                                                              |
| <span style="color: purple;">●</span> <b>10:00</b> Communion / Library (LI)<br><span style="color: green;">●</span> <b>11:30</b> Sunday Brunch (DR)<br><span style="color: green;">●</span> <b>1:30</b> Sunday Brunch (DR)<br><span style="color: red;">●</span> <b>3:00</b> Matinee Movie (AR)                                                                                      | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>10:00</b> Fitness (AR)<br><span style="color: orange;">●</span> <b>10:45</b> Trivia Fun (AR)<br><span style="color: red;">●</span> <b>11:00</b> Lunch @ Judi's Restaurant (L)<br><span style="color: red;">●</span> <b>1:00</b> Pinochle (OCR)<br><span style="color: red;">●</span> <b>2:00</b> Knit & Crochet w/Traude (AR)<br><span style="color: purple;">●</span> <b>3:00</b> Catholic Service (LI)                                         | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>8:30</b> Morning Stretch (AR)<br><span style="color: red;">●</span> <b>9:30</b> Current Events w/Russ (LI)<br><span style="color: blue;">●</span> <b>9:30</b> Water Aerobics (P)<br><span style="color: blue;">●</span> <b>10:00</b> Village Van (L)<br><span style="color: purple;">●</span> <b>11:00</b> Bible Study (LI)<br><span style="color: orange;">●</span> <b>1:00</b> Card Bingo w/Norene (OCR)<br><span style="color: yellow;">●</span> <b>2:00</b> Resident Collaboration (AR)                                                                                                                                                       | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>9:30</b> Sedona Van (L)<br><span style="color: blue;">●</span> <b>10:00</b> Fitness (AR)<br><span style="color: yellow;">●</span> <b>10:45</b> A Word to the Wise (AR)<br><span style="color: red;">●</span> <b>12:00</b> Crafts w/Debbie (AR)<br><span style="color: red;">●</span> <b>2:00</b> Bingo w/Laura (AR)                                                                                               | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>8:30</b> Morning Stretch (AR)<br><span style="color: red;">●</span> <b>9:30</b> Cottonwood Van (L)<br><span style="color: blue;">●</span> <b>9:30</b> Water Aerobics (P)<br><span style="color: red;">●</span> <b>12:30</b> Village Van (L)<br><span style="color: blue;">●</span> <b>1:00</b> Bowling on Wii (AR)<br><span style="color: red;">●</span> <b>1:00</b> Pinochle (OCR)<br><span style="color: red;">●</span> <b>2:00</b> Food & Wine Paring (C)<br><span style="color: purple;">●</span> <b>6:45</b> Bible Study (AR)           | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>10:00</b> Fitness (AR)<br><span style="color: red;">●</span> <b>10:30</b> Shopping - Tlaquepaque (L)<br><span style="color: yellow;">●</span> <b>11:00</b> Science for Seniors (AR)<br><span style="color: yellow;">●</span> <b>1:00</b> Hearing Aid Tune-ups w/Audio Nova (AR)<br><span style="color: orange;">●</span> <b>2:00</b> Birthday Concert w/Greg & Lisa (AR)                                                                                | <span style="color: red;">●</span> <b>8:00</b> Grand Canyon Tour w/Alan (L)<br><span style="color: blue;">●</span> <b>10:00</b> Chair Yoga w/Susannah (AR)<br><span style="color: red;">●</span> <b>1:00</b> Pinochle (OCR)<br><span style="color: red;">●</span> <b>2:00</b> Game Day - Learn to Play "Pegs & Jokers" (LI)               |
| <span style="color: blue;">●</span> <b>9:30</b> Tai Chi & Qigong w/Katharine (AR)<br><span style="color: purple;">●</span> <b>10:00</b> Communion / Library (LI)<br><span style="color: green;">●</span> <b>11:30</b> Sunday Brunch (DR)<br><span style="color: green;">●</span> <b>1:30</b> Sunday Brunch (DR)<br><span style="color: red;">●</span> <b>3:00</b> Matinee Movie (AR) | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>10:00</b> Fitness (AR)<br><span style="color: orange;">●</span> <b>10:45</b> Trivia Fun (AR)<br><span style="color: red;">●</span> <b>11:00</b> Lunch @ Nick's West Side (L)<br><span style="color: red;">●</span> <b>1:00</b> Pinochle (OCR)<br><span style="color: purple;">●</span> <b>2:00</b> Sound Bowl Healing w/Aime (AR)<br><span style="color: purple;">●</span> <b>3:00</b> Catholic Service (LI)                                     | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>8:30</b> Morning Stretch (AR)<br><span style="color: red;">●</span> <b>9:30</b> Current Events w/Russ (LI)<br><span style="color: blue;">●</span> <b>9:30</b> Water Aerobics (P)<br><span style="color: blue;">●</span> <b>10:00</b> Village Van (L)<br><span style="color: purple;">●</span> <b>11:00</b> Bible Study (LI)<br><span style="color: orange;">●</span> <b>1:00</b> Card Bingo w/Nick (OCR)<br><span style="color: red;">●</span> <b>2:00</b> Music Hour w/Woody & Shelley (AR)                                                                                                                                                      | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>9:30</b> Sedona Van (L)<br><span style="color: blue;">●</span> <b>10:00</b> Fitness (AR)<br><span style="color: yellow;">●</span> <b>10:45</b> A Word to the Wise (AR)<br><span style="color: red;">●</span> <b>2:00</b> Bingo w/Norene (AR)<br><span style="color: red;">●</span> <b>2:30</b> Wine Down Weds. (C)                                                                                                | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>8:30</b> Morning Stretch (AR)<br><span style="color: red;">●</span> <b>9:30</b> Cottonwood Van (L)<br><span style="color: blue;">●</span> <b>9:30</b> Water Aerobics (P)<br><span style="color: red;">●</span> <b>12:30</b> Village Van (L)<br><span style="color: blue;">●</span> <b>1:00</b> Bowling on Wii (AR)<br><span style="color: red;">●</span> <b>1:00</b> Pinochle (OCR)<br><span style="color: purple;">●</span> <b>6:45</b> Bible Study (AR)                                                                                    | <span style="color: blue;">●</span> <b>7:30</b> Walk About (L)<br><span style="color: blue;">●</span> <b>10:00</b> Fitness (AR)<br><span style="color: red;">●</span> <b>10:30</b> Shopping - Prescott Mall (L)<br><span style="color: yellow;">●</span> <b>11:00</b> Historically Speaking w/Jimmy Miakawa (AR)<br><span style="color: red;">●</span> <b>3:00</b> Monthly Memories (AR)                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                           |

# July's Events!

## Come join the fun!

### Music Performances

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Village Ukulele Band.....July 8  
Music Hour w/Robert Clark.....July 9  
Lunch Music w/Chantal.....July 10  
Music Hour w/Kathi.....July 14  
Music Hour w/John Z.....July 16  
Birthday Concert w/Greg & Lisa.....July 24  
Music Hour w/Woody & Shelley.....July 28

### Health & Wellness

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Walk About.....Mon-Fri  
Fitness Classes.....Mon/Weds/Fri  
Morning Stretch.....Tues/Thurs  
Water Aerobics.....Tues/Thurs  
Chair Yoga.....Saturdays  
Tai Chi/Qigong.....Sundays  
Being Mindful: NAH-Carolyn.....July 3  
Wellness Clinic w/Angel's.....July 8th  
Healthy U w/NAH.....July 15th

### Special Events

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Meet & Greet Residents.....July 3  
Coffee Club w/Will.....July 7  
Painting w/Rachel.....July 7  
KJ The Poetry Guy.....July 10  
Musical Instrument Museum.....July 11  
Scam/Fraud  
Prevention.....July 13  
Vet-to-Vet for Veterans.....July 14  
Historically Speaking w/Gary.....July 17  
Pool Party.....July 17  
Resident Collaboration.....July 21  
Food & Wine Pairing.....July 23  
Grand Canyon Tour.....July 25  
Sound Bowl Healing w/Aime.....July 27  
Historically Speaking w/Jimmy .....July 31  
Monthly Memories & Drawing.....July 31

### Shopping Trips

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Thrift Shopping-CTWD.....July 3  
Thrift Shopping-Camp Verde.....July 10  
Flagstaff Mall.....July 17  
Cottonwood Dept. Stores.....July 24  
Prescott Mall.....July 31

### Lunch Trips

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Calavera Mexican.....July 6th  
PJ's Pub & Grill.....July 13th  
Judi's Cafe.....July 20th  
Nick's West Side.....July 27th

**Come have some fun!**

**We have a variety of events for everyone to enjoy!**