

Sedona Winds

Retirement Community

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

Elements & AL Block party

First Friday every month at 2PM Sedona winds mingling, laughing, smiling and making memories. Next Block Party July 3rd 2026!



Sedona Winds 4th of July BBQ

We invite you to enjoy fun and games from 10AM to 2PM. Water focused sensory activities, games, & tasty treats

Reminiscing

We love to talk about our life experiences. We encourage our families to send pictures that are important to each resident with any stories that go with them. We like to share these with the community to highlight how we are alike and different.

Entertainment

We love music on Elements and we love children. We would gladly appreciate anyone that would like to volunteer to sing or perform we would love to have you!

July 2026



Clothing Reminder

Just a friendly reminder that we try very hard to keep residents' clothing in their proper rooms. However, this can be challenging when we don't recognize the item or if there is no identifying label. Please make clothing with first initial and last name.

rec@sedonawinds.com

Please share your ideas! Good ideas come from everyone everywhere!! Please share your ideas or thoughts with Pam Tryon our REC on Elements. We look forward to hearing from you soon

Happy Birthday

Lois E. - 29th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:30 Brain Aerobics ¹ 9:30 Wellness Clinic 10:00 Health News Today (MT) 11:00 Daily Chronicles & Coffee Social 1:00 Nature Exploration (TR) 2:00 Outdoor enjoyment	9:30 Mindful Meditation ² 10:00 Room personalization 1:1 1:00 Daily Chronicles & Good News 3:00 Game Club 6:00 Movie Night	Independence Day ³ (substitute) 9:30 Dancercise 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh (AR) 2:00 4th of July Block Party!! (AR)	Independence Day ⁴ 9:00 Game Club (TR) 1:00 Daily Chronicles & discussions 2:00 Movie & Snacks
9:30 Sunday Funday ⁵ with Sonia 10:00 Daily Chronicles & Coffee Social 2:00 Movie or puzzles	9:45 Ladies Nail Spa ⁶ 11:00 Hydration & Back in the Day 1:00 Arizona Nature 2:00 Dog Therapy with Linda 3:00 Memory Card Matching	9:30 rhythm and movement ⁷ 11:00 Hydration & Music to remember 1:00 Bible Study & Hymns 2:30 Word Games 6:00 Movie Night	8:30 Brain Aerobics ⁸ 10:00 Health News Today (MT) 11:00 Daily Chronicles & Coffee Social 1:00 Nature Exploration (TR) 2:00 Outdoor enjoyment	10:00 Room personalization 1:1 ⁹ 1:00 Daily Chronicles & Good News 3:00 Game Club 6:00 Movie Night	9:30 Dancercise ¹⁰ 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh (AR) 2:00 Arts & Crafts	9:00 Game Club (TR) ¹¹ 1:00 Daily Chronicles & discussions 2:00 Movie & Snacks
9:30 Sunday Funday ¹² with Sonia 10:00 Daily Chronicles & Coffee Social 2:00 Movie or puzzles	9:45 Ladies Nail Spa ¹³ 11:00 Hydration & Back in the Day 1:00 Arizona Nature 2:00 Dog Therapy with Linda 3:00 Memory Card Matching	9:30 rhythm and movement ¹⁴ 11:00 Hydration & Music to remember 1:00 Bible Study & Hymns 2:30 Word Games 6:00 Movie Night	8:30 Brain Aerobics ¹⁵ 10:00 Health News Today (MT) 11:00 Daily Chronicles & Coffee Social 1:00 Nature Exploration (TR) 2:00 Outdoor enjoyment 3:00 Sing Along with Lansing	9:30 Mindful Meditation ¹⁶ 10:00 Room personalization 1:1 1:00 Daily Chronicles & Good News 3:00 Game Club 3:30 John Ziegler Concert! (L) 6:00 Movie Night	9:30 Dancercise ¹⁷ 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh (AR) 2:00 Arts & Crafts 2:00 Music by Robert Clarke! (DR)	9:00 Game Club (TR) ¹⁸ 1:00 Daily Chronicles & discussions 2:00 Movie & Snacks
9:30 Sunday Funday ¹⁹ with Sonia 10:00 Daily Chronicles & Coffee Social 2:00 Movie or puzzles	9:45 Ladies Nail Spa ²⁰ 11:00 Hydration & Back in the Day 1:00 Arizona Nature 2:00 Dog Therapy with Linda 3:00 Memory Card Matching	9:30 rhythm and movement ²¹ 11:00 Hydration & Music to remember 1:00 Bible Study & Hymns 2:30 Word Games 6:00 Movie Night	8:30 Brain Aerobics ²² 10:00 Health News Today (MT) 11:00 Daily Chronicles & Coffee Social 1:00 Nature Exploration (TR) 2:00 Outdoor enjoyment	9:30 Mindful Meditation ²³ 10:00 Room personalization 1:1 1:00 Daily Chronicles & Good News 2:00 Wind and Strings! (AR) 3:00 Game Club 6:00 Movie Night	9:30 Dancercise ²⁴ 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh (AR) 2:00 Arts & Crafts	9:00 Game Club (TR) ²⁵ 1:00 Daily Chronicles & discussions 2:00 Movie & Snacks
9:30 Sunday Funday ²⁶ with Sonia 10:00 Daily Chronicles & Coffee Social 2:00 Movie or puzzles	9:45 Ladies Nail Spa ²⁷ 11:00 Hydration & Back in the Day 1:00 Arizona Nature 2:00 Dog Therapy with Linda 3:00 Memory Card Matching	9:30 rhythm and movement ²⁸ 11:00 Hydration & Music to remember 12:15 Birthday Cake Celebration with Compassus!! (DR) 1:00 Bible Study & Hymns 2:30 Word Games 6:00 Movie Night	8:30 Brain Aerobics ²⁹ 10:00 Health News Today (MT) 11:00 Daily Chronicles & Coffee Social 1:00 Nature Exploration (TR) 2:00 Outdoor enjoyment	9:30 Mindful Meditation ³⁰ 10:00 Room personalization 1:1 1:00 Daily Chronicles & Good News 2:00 Benedetto Duo Concert! (AR) 2:00 Wind and Strings! (AR) 3:00 Game Club 6:00 Movie Night	9:30 Dancercise ³¹ 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh (AR) 2:00 Arts & Crafts	

