

Sedona Winds

Retirement Community

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

Northern vs. Southern

In the northern hemisphere you may experience August as weeks of sun, sweet corn, fruit cobbler, and warm nights, but in the southern hemisphere, August is akin to February—the apex of winter.



Right- Handed or Left-Handed?

Celebrate the lefties in your life on August 13, International Left-handers Day. Around 10–12% of the population favor using their left hands, with males more likely to have this trait.

Right, Left or Both?

About 1% of people are ambidextrous, meaning they use both hands equally well. Being a lefty comes with challenges in a world designed for righties.

Left, or Right...Always Great!

Famous lefties include da Vinci, Einstein, Oprah, and Paul McCartney. Hug your left-handed people today!

August 2026



About August:

August is the eighth month of the year in the Julian and Gregorian calendars. It was named for Roman Emperor Augustus Caesar, the grandnephew and adopted son of Emperor Julius Caesar; honored in July.

What is Lucky in August:

Lucky Color: Green
Lucky Animal: Lion
Lucky Letters: J and L
Lucky Day: Sunday
Lucky Plant: Watermelon

August Birthday Blessings To:

Larry Nero - August 11th
We hope August will be a ray of sunshine and a zest-acular time for all!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						● 9:30 Rise & Shine Exercise 1 ● 10:30 Bingo ● 1:30 Storybook & Discussion Group ● 3:30 Games And More! ● 6:00 Evening Movie
● 9:30 Rise & Shine Exercise 2 ● 10:30 Sunday Morning Surprise ● 1:30 Church Service and Singing! ● 3:30 Trivia & Laughs	● 9:00 Clark's Outing 3 ● 10:30 Bingo ● 1:00 Afternoon Movie ● 2:00 Art Class with Rachel Tucker ● 3:30 Scrabble	● 9:30 Morning Exercise 4 ● 10:30 Bingo ● 1:00 Afternoon Movie ● 2:00 Sound Bath! ● 3:30 Black-Jack!	● Vitals Clinic 5 ● 11:00 Puzzles in the Library ● 12:00 Bobby Myhre! ● 2:00 Bingo ● 3:30 Scrabble	● 9:30 Morning Exercise 6 ● 10:30 Bingo ● 2:00 Meditation ● 3:30 Games! ● 6:00 Evening Movie	● 9:30 Morning Exercise 7 ● 10:30 Bingo ● 11:00 Puzzles in the Library ● 3:00 BP Luau Party ● 6:00 Evening Movie	● 9:30 Rise & Shine Exercise 8 ● 1:30 Storybook & Discussion Group ● 3:30 Games And More! ● 6:00 Evening Movie
● 9:30 Rise & Shine Exercise 9 ● 10:30 Sunday Morning Surprise ● 3:30 Trivia & Laughs	● 9:00 Walmart Outing 10 ● 1:00 Afternoon Movie ● 2:00 Bingo ● 3:30 Scrabble	● 9:30 Morning Exercise 11 ● 10:30 Bingo ● 1:30 Vet to Vet Cafe ● 3:30 Games	● 9:30 Morning Exercise 12 ● 10:30 Community Meeting ● 1:00 Afternoon Movie ● 2:00 Ukulele Performance ● 3:30 Scrabble	● 9:30 Morning Exercise 13 ● 10:30 Bingo ● 2:00 Meditation ● 3:00 Mystical Night (Marketing) ● 6:00 Evening Movie	● 9:30 Morning Exercise 14 ● 10:30 Bingo ● 11:00 Puzzles in the Library ● 3:30 Trivia & Laughs ● 6:00 Evening Movie	● 9:30 Rise & Shine Exercise 15 ● 1:30 Storybook & Discussion Group ● 3:30 Games And More! ● 6:00 Evening Movie
● 9:30 Rise & Shine Exercise 16 ● 10:30 Sunday Morning Surprise ● 3:30 Trivia & Laughs	● 9:30 Morning Exercise 17 ● 10:30 Bingo ● 1:00 Afternoon Movie ● 2:00 Visits w/Teddy! ● 3:30 Scrabble	● 9:30 Morning Exercise 18 ● 10:30 Bingo ● 1:00 Afternoon Movie ● 2:00 Arts & Crafts ● 3:00 Music by Robert Clarke!	● 9:30 Morning Exercise 19 ● 11:00 Puzzles in the Library ● 1:00 Afternoon Movie ● 2:00 Caregiver Meeting ● 3:30 Scrabble	● 9:30 Morning Exercise 20 ● 10:30 Bingo ● 2:00 Meditation ● 3:30 John Ziegler Concert! ● 5:00 Marketing Event ● 6:00 Evening Movie	● 9:30 Morning Exercise 21 ● 10:30 Bingo ● 11:00 Puzzles in the Library ● 2:30 Horse Races! ● 6:00 Evening Movie	● 9:30 Rise & Shine Exercise 22 ● 1:30 Storybook & Discussion Group ● 3:30 Games And More! ● 6:00 Evening Movie
● 9:30 Rise & Shine Exercise 23 ● 10:30 Sunday Morning Surprise ● 3:30 Trivia & Laughs	● 9:30 Morning Exercise 24 ● 10:30 Bingo ● 1:00 Afternoon Movie ● 2:00 Manicures with Accord ● 3:30 Scrabble	● 9:30 Morning Exercise 25 ● 10:30 Bingo ● 12:15 Birthday Celebration w/Compassus!! ● 1:00 Afternoon Movie ● 3:00 Luxury Show Case (Marketing)	● 9:30 Morning Exercise 26 ● 10:30 Bingo ● 11:00 Puzzles in the Library ● 1:00 Afternoon Movie ● 3:30 Scrabble	● 9:30 Morning Exercise 27 ● 10:30 Bingo ● 2:00 Benedetto Duo Concert! ● 3:30 Scrabble ● 6:00 Evening Movie	● 9:30 Morning Exercise 28 ● 10:30 Bingo ● 11:00 Puzzles in the Library ● 3:30 Trivia & Laughs ● 6:00 Evening Movie	● 9:30 Rise & Shine Exercise 29 ● 1:30 Storybook & Discussion Group ● 3:30 Games And More! ● 6:00 Evening Movie
● 9:30 Rise & Shine Exercise 30 ● 10:30 Sunday Morning Surprise ● 3:30 Trivia & Laughs	● 9:30 Morning Exercise 31 ● 10:30 Bingo ● 1:00 Afternoon Movie ● 2:00 Visits w/Teddy! ● 3:30 Scrabble				Please Remember Calendar is Subject to Change. Thank you!	

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