

Sedona Winds

Retirement Community

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

“Live in the sunshine. Swim in the sea. Drink in the wild air.”
– Ralph Waldo Emerson



August 2026



August Trivia

- * Peridot is the Birthstone of August
- * The Poppy is the Flower of August
- * August was named after the Roman Emperor, Augustus Caesar
- * The Declaration of Independence was signed on August 2, 1776
- * Mt. Vesuvius erupted and destroyed the city of Pompei on August 24, 79 A.D.
- * Martin Luther King Jr.'s “I Have a Dream” speech was delivered on August 28, 1963
- * On August 17, 1978, three Americans crossed the Atlantic in a hot-air balloon
- * On August 18, 1920, the 19th Amendment was ratified granting women the right to vote

August Birthdays

George Vantusko.....Aug 5
Stan Kroll.....Aug 7
Joan Pister.....Aug 11
Ruth Sease.....Aug 17
Barbara Shambach.....Aug 19
Jason Locher (Chef).....Aug 19
Hiro Miyakawa.....Aug 24
Carol Schmalenberger.....Aug 27
Fred Grove.....Aug 29



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10:00 Chair Yoga w/Susannah (AR) 12:15 Live School Performance - Peter & Wendy (L) 1:00 Pinochle (OCR)
10:00 Communion / Library (LI) 11:30 Sunday Brunch (DR) 1:30 Sunday Brunch (DR) 3:00 Matinee Movie (AR)	7:30 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia Fun (AR) 11:00 Lunch@Peachtree Cafe (L) 1:00 Pinochle (OCR) 3:00 Catholic Service (LI)	7:30 Walk About (L) 8:30 Coffee Club w/Will (C) 8:30 Morning Stretch (AR) 9:30 Current Events w/Russ (LI) 9:30 Freeform Watercise (P) 10:00 Village Van (L) 11:00 Bible Study (LI) 1:00 Card Bingo w/Norene (OCR)	7:30 Walk About (L) 9:30 Sedona Van (L) 10:00 Fitness (AR) 11:00 Low Vision Living w/Donna (AR) 1:00 Word to the Wise (AR) 2:00 Bingo w/Will (AR) 6:00 Games - Pegs & Jokers (OCR)	7:30 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Cottonwood Van (L) 9:30 Freeform Watercise (P) 11:00 ProMedix Presented by Mandy (AR) 12:30 Village Van (L) 1:00 Bowling on Wii (AR) 1:00 Pinochle (OCR) 2:00 Train Day w/Colin (AR) 6:45 Bible Study (AR)	7:30 Walk About (L) 10:00 Fitness (AR) 10:30 Thrift Store Shopping - Cottonwood (L) 11:00 Being Mindful w/NAH-Carolyn (AR) 12:00 Science for Seniors (AR) 4:00 Dinner Music w/Solomon (DR)	10:00 Chair Yoga w/Susannah (AR) 1:00 Pinochle (OCR)
9:30 Qigong w/Katharine (AR) 10:00 Communion / Library (LI) 11:30 Sunday Brunch (DR) 1:30 Sunday Brunch (DR) 3:00 Matinee Movie (AR)	7:30 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia Fun (AR) 11:00 Lunch@MaiThai-Main (L) 1:00 Pinochle (OCR) 2:00 Knitting & Crochet (AR) 2:30 Confession/Catholic Svc (LI)	7:30 Walk About (L) 8:30 Morning Stretch (AR) 9:00 Technical Help w/Marcie (LI) 9:30 Current Events w/Russ (LI) 9:30 Freeform Watercise (P) 10:00 Village Van (L) 11:00 Bible Study (LI) 1:00 "Vet-to-Vet" For Veterans (LI) 1:00 Card Bingo w/Nick (OCR)	7:30 Walk About (L) 9:30 Sedona Van (L) 10:00 Fitness (AR) 11:00 WellnessClinic-Angels (AR) 12:00 Crafts w/Debbie (AR) 2:00 Bingo w/Vicki & Taffy (AR) 2:30 Wine Down Weds. (C) 6:00 Games - Pegs & Jokers (OCR)	7:30 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Cottonwood Van (L) 9:30 Freeform Watercise (P) 11:00 Arizona Life - Hospice : Fact vs Fiction (AR) 12:30 Village Van (L) 1:00 Bowling on Wii (AR) 1:00 Pinochle (OCR) 6:45 Bible Study (AR)	7:30 Walk About (L) 10:00 Fitness (AR) 10:30 Thrift Store Shopping - Sedona (L) 11:30 Lunch Music w/Chantal (DR) 1:30 Pool Party w/Accord (P) 2:00 Harp Hour w/Kathi (AR)	10:00 Chair Yoga w/Susannah (AR) 1:00 Pinochle (OCR)
10:00 Communion / Library (LI) 11:30 Sunday Brunch (DR) 1:30 Sunday Brunch (DR) 3:00 Matinee Movie (AR)	7:30 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia Fun (AR) 11:00 Lunch@The Hive Eatery (L) 1:00 Pinochle (OCR) 1:00 Third Ear Musical Improv (AR) 3:00 Catholic Service (LI)	7:30 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Current Events w/Russ (LI) 9:30 Freeform Watercise (P) 10:00 Village Van (L) 11:00 Bible Study (LI) 1:00 Card Bingo w/Norene (OCR) 2:00 Resident Collaboration (AR)	7:30 Walk About (L) 9:30 Sedona Van (L) 10:00 Fitness (AR) 10:45 Word to the Wise (AR) 1:00 Healthy U-No. Az. w/Rebecca (AR) 2:00 Bingo w/Angel's, Kerry (AR) 6:00 Games - Pegs & Jokers (OCR)	7:30 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Cottonwood Van (L) 9:30 Freeform Watercise (P) 12:30 Village Van (L) 1:00 Bowling on Wii (AR) 1:00 Pinochle (OCR) 2:00 Music Hour w/John Z. (AR) 6:45 Bible Study (AR)	7:30 Walk About (L) 10:00 Fitness (AR) 10:30 Dept. Store Shopping - Cottonwood (L) 11:00 Historically Speaking w/Gary Every (AR) 2:00 Music Hour w/Robert Clark (AR)	10:00 Chair Yoga w/Susannah (AR) 1:00 Pinochle (OCR)
9:30 Qigong w/Katharine (AR) 10:00 Communion / Library (LI) 11:30 Sunday Brunch (DR) 1:30 Sunday Brunch (DR) 3:00 Matinee Movie (AR)	7:30 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia Fun (AR) 11:00 Lunch@Randall's (L) 1:00 Pinochle (OCR) 2:00 Knitting & Crochet (L) 3:00 Catholic Service (LI)	7:30 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Current Events w/Russ (LI) 9:30 Freeform Watercise (P) 10:00 Village Van (L) 11:00 Bible Study (LI) 1:00 Card Bingo w/Nick (OCR) 2:00 African Drums & Folktales w/ Baba Shibambo (AR)	7:30 Walk About (L) 9:30 Sedona Van (L) 10:00 Fitness (AR) 10:45 Word to the Wise (AR) 12:00 Crafts w/Debbie (AR) 2:00 Bingo w/Laura (AR) 2:30 Wine Down Weds. (C) 6:00 Games - Pegs & Jokers (OCR)	7:30 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Cottonwood Van (L) 9:30 Freeform Watercise (P) 12:30 Village Van (L) 1:00 Bowling on Wii (AR) 1:00 Pinochle (OCR) 6:45 Bible Study (AR)	7:30 Walk About (L) 10:00 Fitness (AR) 10:30 Shopping-Flagstaff Mall (L) 12:00 Science for Seniors (AR) 2:00 Birthday Concert w/Greg & Lisa (AR) 3:00 Monthly Memories (AR)	10:00 Chair Yoga w/Susannah (AR) 1:00 Pinochle (OCR)
10:00 Communion / Library (LI) 11:30 Sunday Brunch (DR) 1:30 Sunday Brunch (DR) 3:00 Matinee Movie (AR)	7:30 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia Fun (AR) 11:00 Lunch@Golden Goose (L) 1:00 Pinochle (OCR) 3:00 Catholic Service (LI)					

2

August Events

Sign Up & Have Fun!

Music Performances

Dinner Music w/Solomon.....Aug 7
Lunch Music w/Chantal.....Aug 14
Harp Hour w/Kathi.....Aug 14
Third Ear Musical Improv.....Aug 17
Music Hour w/John Z.....Aug 20
Music Hour w/Robert Clark.....Aug 21
Baba Shibambo.....Aug 25
Birthday Concert w/Greg & Lisa.....Aug 28

Special Events

Coffee Club w/Will.....Aug 4
Low Vision Living w/Donna.....Aug 5
ProMedix w/Mandy.....Aug 6
Train Day w/Colin.....Aug 6
Vet-to-Vet for Veterans.....Aug 11
AZ Life Hospice: Fraud vs Fact.....Aug 13
Pool Party w/Accord's Laura.....Aug 14
Third Ear Musical Improv.....Aug 17
Resident Council Meeting.....Aug 18
Historically Speaking w/Gary.....Aug 21
Drums w/Baba Shibambo.....Aug 25
Monthly Memories & Drawing.....Aug 28

Health & Wellness

Walk About.....Mon-Fri
Fitness Classes.....Mon/Weds/Fri
Morning Stretch.....Tues/Thurs
Freeform Watercise.....Tues/Thurs
Chair Yoga.....Saturdays
Tai Chi/Qigong.....2nd & 4th Sundays
Low Vision Living w/Donna.....Aug 5
ProMedix w/Mandy.....Aug 6
Being Mindful: NAH-Carolyn.....Aug 7
Wellness Clinic w/Angel's.....Aug 12
AZ Life Hospice: Fact vs Fiction.....Aug 13
Healthy U w/NAH.....Aug 19

Shopping Trips

Thrift Shopping-CTWD.....Aug 7
Thrift Shopping-Sedona.....Aug 14
Dept Stores - Cottonwood.....Aug 21
Flagstaff Mall.....Aug 28

Lunch Trips

Peachtree Cafe.....Aug 3
MaiThai on Main.....Aug 10
The Hive Eatery.....Aug 17
Randall's.....Aug 24
The Golden Goose.....Aug 31

Come have some fun!

We have a variety of events for everyone to enjoy!