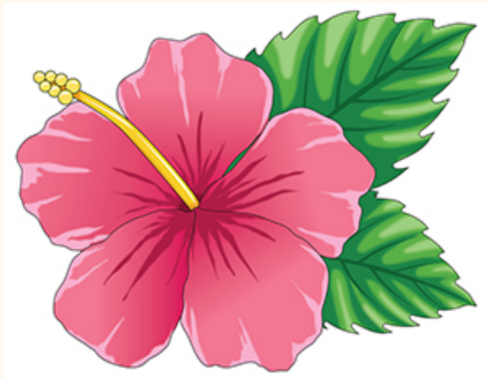


Sedona Winds

Retirement Community

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



August Theme: Tropical Paradise! 🌴

Our August theme is Tropical Paradise, and we're looking forward to a month filled with island-inspired fun! Residents will enjoy activities featuring tropical beaches, island culture, music, colorful decorations, and a festive luau celebration.

If you or your loved one has favorite beach or vacation photos, we would love for you to share them with us. Displaying these special memories helps spark conversations, encourages reminiscence, and brings smiles to our community.

We also invite family and friends to join us for our tropical-themed activities throughout the month. Your presence makes every event more meaningful, and we love having you participate.

You are an important part of our community, and we look forward to celebrating the spirit of the islands together!

Elements August 2026



Dog Days of Summer

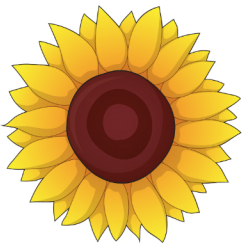
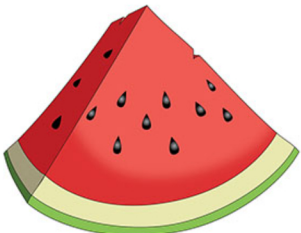
August brings some of the hottest days of the year, so staying cool and hydrated is especially important for everyone.

We're encouraging our residents to drink plenty of fluids, enjoy refreshing beverages and juicy fruits, and wear hats and lightweight, weather-appropriate clothing when spending time outdoors.

When visiting your loved one, please encourage them to enjoy a refreshing drink during your visit. If you need water, juice, or another beverage, our team is happy to provide it.

For our residents living with dementia, visits from family and friends can make a meaningful difference. They are often more likely to drink water or other beverages when sharing that time with someone they know and trust.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					It is a HOT Arizona Summer! Stay Hydrated!!	1 9:00 Movie & Snacks 2:00 Daily Chronicles & discussions
2 10:00 chair yoga (youtube) 10:00 Daily Chronicles & Coffee Social 2:00 Movie or puzzles	3 9:45 Ladies Nail Spa 11:00 Hydration & Back in the Day 1:00 Hawaii Nature 2:00 Dog Therapy 3:00 Hawaiian Smoothies & trivia	4 10:00 rhythm and movement 11:00 Hydration & Music to remember 1:00 Bible Study & Hymns 2:30 Word Games 6:00 Movie Night	5 8:30 Brain Aerobics 9:30 Health News Today 9:30 Wellness Clinic 10:00 Outdoor enjoyment 11:00 Daily Chronicles & Coffee Social 1:00 Nature Exploration	6 10:00 Mindful Island Meditation 10:00 Room personalization 1:1 1:00 Daily Chronicles & Good News 3:00 Game Club 6:00 Movie Night	7 10:00 Dancercise 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh 1:00 Water Games 3:00 Block Party!!	8 9:00 Movie & Snacks 2:00 Daily Chronicles & discussions
9 10:00 chair yoga (youtube) 10:00 Daily Chronicles & Coffee Social 2:00 Movie or puzzles	10 9:45 Ladies Nail Spa 11:00 Hydration & Back in the Day 1:00 Islands around the world 2:00 Dog Therapy 3:00 Memory Card Matching	11 10:00 rhythm and movement 11:00 Hydration & Music to remember 1:00 Bible Study & Hymns 1:30 Vet to Vet Cafe 2:30 Word Games 6:00 Movie Night	12 8:30 Brain Aerobics 9:30 Health News Today 10:00 Outdoor enjoyment 11:00 Daily Chronicles & Coffee Social 1:00 Nature Exploration	13 10:00 Mindful Meditation 10:00 Room personalization 1:1 1:00 Daily Chronicles & Good News 3:00 Game Club 6:00 Movie Night	14 10:00 Dancercise 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh 2:00 Arts & Crafts	15 9:00 Movie & Snacks 2:00 Daily Chronicles & discussions
16 10:00 chair yoga (youtube) 10:00 Daily Chronicles & Coffee Social 2:00 Movie or puzzles	17 9:45 Ladies Nail Spa 11:00 Hydration & Back in the Day 1:00 Islands around the world 2:00 Dog Therapy 3:00 Memory Card Matching	18 10:00 rhythm and movement 11:00 Hydration & Music to remember 1:00 Bible Study & Hymns 2:30 Word Games 6:00 Movie Night	19 8:30 Brain Aerobics 9:30 Health News Today 10:00 Outdoor enjoyment 11:00 Daily Chronicles & Coffee Social 1:00 Nature Exploration 3:00 Sing Along with Lansing	20 10:00 Mindful Meditation 10:00 Room personalization 1:1 1:00 Daily Chronicles & Good News 3:00 Game Club 3:30 John Ziegler Concert! 3:30 John Ziegler Concert! 6:00 Movie Night	21 10:00 Dancercise 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh 2:00 Arts & Crafts 2:00 Music by Robert Clarke!	22 9:00 Movie & Snacks 2:00 Daily Chronicles & discussions
23 10:00 chair yoga (youtube) 10:00 Daily Chronicles & Coffee Social 2:00 Movie or puzzles	24 9:45 Ladies Nail Spa 11:00 Hydration & Back in the Day 1:00 Islands around the world 2:00 Dog Therapy 3:00 Memory Card Matching	25 10:00 rhythm and movement 11:00 Hydration & Music to remember 12:15 Birthday Cake Celebration with Compassus!! 1:00 Bible Study & Hymns 2:30 Word Games 6:00 Movie Night	26 8:30 Brain Aerobics 9:30 Health News Today 10:00 Outdoor enjoyment 11:00 Daily Chronicles & Coffee Social 1:00 Nature Exploration	27 10:00 Mindful Meditation 10:00 Room personalization 1:1 1:00 Daily Chronicles & Good News 2:00 Benedetto Duo Concert! 3:00 Game Club 6:00 Movie Night	28 10:00 Dancercise 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh 2:00 Arts & Crafts	29 9:00 Movie & Snacks 2:00 Daily Chronicles & discussions
30 10:00 chair yoga (youtube) 10:00 Daily Chronicles & Coffee Social 2:00 Movie or puzzles	31 9:45 Ladies Nail Spa 11:00 Hydration & Back in the Day 1:00 Islands around the world 2:00 Dog Therapy 3:00 Memory Card Matching	This Calendar is subject to change			Dog days of Summer Please be mindful of the Heat	

