



# Sedona Winds

## Retirement Community

405 Jacks Canyon Rd • Sedona, AZ 86351 • (928) 284-1021



### Springtime Adventures

Spring is here, and we're excited! We have several outings planned, and we'd love to have you join us as we celebrate the season. Look for spring events on the calendar, and remember to sign up at the front desk to reserve your spot on the bus.



### Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain and boost immunity.

## April 2024

### Licorice Bliss

Twists, laces, wheels and drops ... whatever form is your favorite, celebrate a classic confection on April 12, National Licorice Day.



### Jelly Bean Day

Jelly beans first surfaced in Boston in 1861. In the 1960s, California Gov. Ronald Reagan declared they were his favorite treat. Celebrate this small sweet on National Jelly Bean Day, April 22.



### A Day With a Twist

April 26 is National Pretzel Day, a time to celebrate pretzels of all shapes and sizes. If you can't decide which is your favorite, try mixing a variety of different types of pretzels in a big bowl.

### Appreciate Our Planet

In celebration of Earth Day on April 22, spend some time enjoying the beautiful sights of spring.

### Happy Passover!

We wish you all a blessed and joyous festival!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>April Fools' Day</b> 1 10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 6:00 Mexican Train	<b>Happy Birthday Anja</b> 2 8:30 Coffee Club with Will from Edward Jones 10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study 2:00 Card Bingo	9:30 Joan's Writing Group <b>9:30 Sedona Van</b> 10:00 Fitness 2:00 Bingo with Will from Edward Jones	<b>Happy Birthday Debby &amp; Gloria</b> 4 <b>9:30 Cottonwood Van</b> 10:00 Fitness 1:00 Bowling on Wii 2:00 Walking Competition 6:00 Mexican Train	<b>Happy 100th Birthday Beverly</b> 5 10:00 Fitness 2:00 Music Program with Erik Larsen 6:00 Mexican Train	<b>9:30 Van to Dorothy VandeLinde's Memorial Service</b> 2:00 Loving & Healing Ourselves Group with Patricia Yacker 6:00 Mexican Train
10:00 Communion in the Library 11:30 Sunday Brunch 12:00 Brunch Music by Kathi 1:30 Sunday Brunch 3:00 Matinee Movie & Popcorn 6:00 Mexican Train	10:00 Fitness 10:45 Trivia Fun <b>1:30 Van to Dollar General</b> 2:00 Sedona Downs 3:00 Catholic Service 6:00 Mexican Train	10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study 2:00 Card Bingo	<b>9:30 Sedona Van</b> 10:00 Fitness 11:00 Wellness Clinic 2:00 Bingo with Laura	<b>9:30 Cottonwood Van</b> 10:00 Fitness 1:00 Bowling on Wii 2:00 Crafts with Julie & Debby 6:00 Mexican Train	<b>Happy Birthday Margaret and National Licorice Day</b> 12 10:00 Fitness 11:30 Paint and Sip Happy Hour 2:00 Let's Play A Game with Michelle 6:00 Mexican Train	10:00 Chair Yoga with Susannah 2:00 Loving & Healing Ourselves Group with Patricia Yacker 6:00 Mexican Train
10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie & Popcorn 6:00 Mexican Train	<b>Happy Birthday Genevieve</b> 15 10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service and Mass with Father David 6:00 Mexican Train	8:30 Computer & Phone Help with Marcie 10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study 2:00 Card Bingo	<b>9:30 Sedona Van</b> 10:00 Drumming, Rhythm & Fitness 12:00 Shred-A-Thon 2:00 Ice Cream & Trivia Social with Gwen	<b>9:30 Cottonwood Van</b> 10:00 Fitness 1:00 Bowling on Wii 2:00 Happy Hour with John Z. 6:00 Mexican Train	<b>Happy Birthday Erik</b> 19 10:00 Fitness <b>10:00 Van to Prescott</b> 2:00 Bingo 6:00 Mexican Train	10:00 Chair Yoga with Susannah 2:00 Loving & Healing Ourselves Group with Patricia Yacker 6:00 Mexican Train
<b>Happy Birthday John I.</b> 21 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie & Popcorn 6:00 Mexican Train	<b>Earth Day &amp; Jelly Bean Day - Passover Begins at Sundown</b> 22 10:00 Fitness 10:45 Trivia Fun & Jelly Bean Day 2:00 Sedona Downs 3:00 Catholic Service 6:00 Mexican Train	<b>Happy Birthday Robert</b> 23 10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study 2:00 Birthday Concert with Lisa & Greg	<b>9:30 Sedona Van</b> 10:00 Fitness 2:00 Bingo with Laura 4:00 Dinner Music by Erroll	9:00 Library Book Talk <b>9:30 Cottonwood Van</b> 10:00 Fitness 1:00 Bowling on Wii 6:00 Mexican Train	<b>Pretzel Day</b> 26 10:00 Fitness 2:00 Show and Tell 6:00 Mexican Train	10:00 Chair Yoga with Susannah 2:00 Loving & Healing Ourselves Group with Patricia Yacker 6:00 Mexican Train
10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie & Popcorn 6:00 Mexican Train	<b>Happy Birthday Bev. &amp; Teresa</b> 29 10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service 6:00 Mexican Train	<b>8:30 Van to Breakfast at Red Rock Cafe</b> 30 10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study 2:00 Card Bingo		<b>All Events Are Subject to Change</b>		

spring  
is here!



Happy **April Fools' Day!**

**"A good time  
to laugh is any  
time you can."**

*—Linda Ellerbee*

