



Sedona Winds

Retirement Community

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

Smile!

Put on a happy face on World Smile Day, the first Friday in October. Research shows that the simple act of smiling can help strengthen the immune system and reduce blood pressure, pain and stress.



Halloween Party

You'll have a bewitching time at our Halloween party! Join us for frighteningly good food, games, costume contest and fun! Costumes encouraged, but not required. October 31st at 2:00 p.m. Hope to see you there!



Halloween Dance

Please join us on Tuesday, October 29th from 6:00 to 7:30 p.m. for a dance with Will from Edward Jones and the Rotary Club.



October 2024



Walk to End Alzheimer's

The Alzheimer's Walk to End Alzheimer's is Saturday, October 19th. Show your support for the Sedona Winds Walking Team by purchasing a flower at the front desk or by joining us for the walk.

If interested in walking, please see Julie. Thank you in advance for supporting the team!



Go Pink in October

October is Breast Cancer Awareness Month, and we wear pink on Tuesdays throughout the month. Please help support this important cause and join us by wearing pink on Tuesdays!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>All Events Are Subject to Change</p>	<p>Wear Pink on Tuesdays</p> 	<p>8:30 Coffee Club with Will from Edward Jones 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Resident Town Hall Meeting</p>	<p>Rosh Hashanah Begins at Sundown 9:30 Sedona Van 10:00 Fitness 2:00 Hearing Presentation from Connect Hearing</p>	<p>Happy Birthday Christel 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 5:30 Mexican Train 6:30 Bible Study</p>	<p>World Smile Day 10:00 Fitness 2:00 Mediquip Presentation 5:30 Mexican Train</p>	<p>Happy Birthday Mitzie 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Ourselves with Patricia Yacker 5:30 Mexican Train</p>	
	<p>10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie 5:30 Mexican Train</p>	<p>10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service</p>	<p>8:45 Computer and Phone Help from Marcie 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Card Bingo</p>	<p>9:30 Sedona Van 10:00 Fitness 11:00 Wellness Clinic 2:00 Bingo</p>	<p>Happy Birthday Diane 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 5:30 Mexican Train 6:30 Bible Study</p>	<p>Yom Kippur Begins at Sundown 10:00 Fitness 10:30 Van to Prescott 2:00 Let's Play Skipbo 5:30 Mexican Train</p>	<p>10:00 Chair Yoga with Susannah 2:00 Loving & Healing Ourselves with Patricia Yacker 5:30 Mexican Train</p>
	<p>10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie 5:30 Mexican Train</p>	<p>Columbus Day 10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service</p>	<p>Happy Birthday Al 10:00 Fitness 10:00 Village Van 11:00 Bible Study 12:00 Out to eat at Dellepiane 2:00 Card Bingo</p>	<p>Happy Birthday Wendy & Marjorie 9:30 Sedona Van 10:00 Drumming, Rhythm & Fitness 10:00 Fitness 2:00 Crafts with Julie</p>	<p>9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 2:00 Happy Hour with John Z. 5:30 Mexican Train 6:30 Bible Study</p>	<p>10:00 Fitness 2:00 Mediquip Tune up 5:30 Mexican Train</p>	<p>8:30 Van to Alzheimer's Walk 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Ourselves with Patricia Yacker 5:30 Mexican Train</p>
	<p>Happy Birthday Pete & Stephen 10:00 Communion in the Library 11:30 Sunday Brunch 1:00 Van to Sedona Symphony Concert Mak Grgic 1:30 Sunday Brunch 3:00 Matinee Movie 5:30 Mexican Train</p>	<p>10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service</p>	<p>10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Ice Cream & Trivia Social with Gwen</p>	<p>9:30 Sedona Van 10:00 Fitness 2:00 Candy the Comedian</p>	<p>9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 5:30 Mexican Train 6:30 Bible Study</p>	<p>10:00 Fitness 2:00 Let's Play Uno 5:30 Mexican Train</p>	<p>Happy Birthday Mary Ann 2:00 Loving & Healing Ourselves with Patricia Yacker 5:30 Mexican Train</p>
	<p>10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie 5:30 Mexican Train</p>	<p>10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service</p>	<p>Happy Birthday Judy C. 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Card Bingo 6:00 Halloween Dance</p>	<p>9:30 Sedona Van 10:00 Fitness 2:00 Bingo with Laura</p>	<p>Halloween 9:30 Cottonwood Van 9:30 Library Book Talk 10:00 Fitness 2:00 Halloween Costume Party 5:30 Mexican Train 6:30 Bible Study</p>	 <p>October 4th is <i>World Smile Day</i></p>	



Join Us as We
WALK TO END

ALZHEIMER'S



HAPPY HALLOWEEN