

Sedona Winds Senior Living Community		Independent Living					October 2026	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
				8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Cottonwood Van (L) 12:30 Village Van (L) 1:00 Pinochle (OCR) 1:00 Tai Chi w/Deb Pegg (AR) 2:00 Music w/Woody & Shelley (AR) 6:45 Bible Study (AR)	8:00 Walk About (L) 10:00 Fitness (AR) 10:30 Thrift Store Shopping – Cottonwood (L) 11:00 Being Mindful w/NAH–Carolyn (AR) 12:30 Science for Seniors: Nobel Prizes (AR) 2:00 Meet & Greet Residents (AR)	8:00 Walk About (L) 9:00 Resident Swap Meet (AR) 10:00 Chair Yoga w/Susannah (AR) 1:00 Pinochle (OCR) 2:00 Game Day (OCR)		
8:00 Walk About (L) 10:00 Communion / Library (LI) 11:30 Sunday Brunch (DR) 1:30 Sunday Brunch (DR) 1:45 Ctwd Commuinity Band Concert (L) 3:00 Matinee Movie (AR)	8:00 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia--Discovery Monday (AR) 11:00 Lunch @ Vespa Italian 1:00 Pinochle (OCR) 2:00 Herbal Wisdom w/Jennifer (AR) 3:00 Catholic Service (LI)	8:00 Walk About (L) 8:30 Coffee Club w/Will – Edward Jones (C) 8:30 Morning Stretch (AR) 9:30 Current Events w/Russ (LI) 10:00 Village Van (L) 11:00 Bible Study (LI) 1:00 Card Bingo w/Nick (OCR) 2:00 Sound Bowl Healing w/Aime (AR)	8:00 Walk About (L) 9:30 Sedona Van (L) 10:00 Fitness (AR) 10:45 Word to the Wise (AR) 11:30 Low Vision Living w/Donna (AR) 1:00 Crafts w/Norene (AR) 2:00 Bingo w/Will (AR) 2:30 Wine Down Weds. (C)	8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Cottonwood Van (L) 12:30 Village Van (L) 1:00 Pinochle (OCR) 1:00 Tai Chi w/Deb Pegg (AR) 2:00 Music w/Gina Machovina (AR) 6:45 Bible Study (AR)	8:00 Walk About (L) 10:00 Fitness (AR) 10:30 Shopping – Camp Verde (L) 11:30 Lunch Music w/Chantal (DR) 12:30 Historically Speaking w/Nate Meyers (AR) 2:00 Scam Awareness w/Norene (AR)	8:00 Walk About (L) 10:00 Chair Yoga w/Susannah (AR) 1:00 Pinochle (OCR) 2:00 Game Day (OCR) 2:30 Worship Services w/Phillip Hayes (AR)		
8:00 Walk About (L) 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)	8:00 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia--Discovery Monday (AR) 11:00 Lunch @ Rascall's Diner (L) 1:00 Pinochle (OCR) 2:00 Columbus Day w/Norene (AR) 2:30 Catholic Service (LI)	8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:00 Technical Help w/Marcie (LI) 9:30 Current Events w/Russ (LI) 10:00 Village Van (L) 11:00 Bible Study (LI) 1:00 "Vet-to-Vet" For Veterans (LI) 1:00 Card Bingo w/Norene (OCR)	8:00 Walk About (L) 9:30 Sedona Van (L) 10:00 Fitness (AR) 11:00 Wellness Clinic w/Angel's (AR) 1:00 Word to the Wise (AR) 2:00 Bingo w/Vicki & Taffy (AR)	8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Cottonwood Van (L) 12:30 Village Van (L) 1:00 Pinochle (OCR) 1:00 Tai Chi w/Deb Pegg (AR) 2:00 Music Hour w/John Z. (AR) 6:45 Bible Study (AR)	8:00 Walk About (L) 10:00 Fitness (AR) 10:30 Dept. Store Shopping – CTWD (L) 11:00 Science for Seniors (AR) 2:00 Music w/Robert Clark & Adriana (AR)	8:00 Walk About (L) 10:00 Chair Yoga w/Susannah (AR) 1:00 Pinochle (OCR) 2:00 Game Day (OCR)		
8:00 Walk About (L) 10:00 Communion / Library (LI) 11:30 Sunday Brunch (DR) 1:30 Sunday Brunch (DR) 3:00 Matinee Movie (AR)	8:00 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia--Discovery Monday (AR) 11:00 Lunch @ Tortas deFuego (VOC) (L) 1:00 Pinochle (OCR) 2:00 Celebrating Your Life! (AR) 3:00 Catholic Service (LI)	8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Current Events w/Russ (LI) 10:00 Village Van (L) 11:00 Bible Study (LI) 1:00 Card Bingo w/Nick (OCR) 2:00 Resident Council Mtg (AR)	8:00 Walk About (L) 9:30 Sedona Van (L) 10:00 Fitness (AR) 10:45 Word to the Wise (AR) 12:30 Healthy U–No. Az. w/Rebecca (AR) 2:00 Bingo w/Angel's, Kerry (AR) 2:30 Wine Down Weds. (C)	8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Cottonwood Van (L) 12:30 Village Van (L) 1:00 Pinochle (OCR) 1:00 Tai Chi w/Deb Pegg (AR) 6:45 Bible Study (AR)	8:00 Walk About (L) 10:00 Fitness (AR) 10:30 Thrift Store Shopping – Sedona (L) 11:00 Historically Speaking Field Trip: Sedona Heritage Museum (L) 2:00 National Canning Day w/Norene (AR)	8:00 Walk About (L) 10:00 Chair Yoga w/Susannah (AR) 1:00 Pinochle (OCR) 2:00 Game Day (OCR)		
8:00 Walk About (L) 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)	8:00 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia--Discovery Monday (AR) 11:00 Lunch at Doc's BBQ (L) 1:00 Pinochle (OCR) 2:00 The Great Pumpkin: Crafts, Trivia & Treats (AR) 3:00 Catholic Service (LI)	8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Current Events w/Russ (LI) 10:00 Village Van (L) 11:00 Bible Study (LI) 1:00 Card Bingo w/Norene (OCR) 2:00 Trivia w/Taffy (AR)	8:00 Walk About (L) 9:30 Sedona Van (L) 10:00 Fitness (AR) 10:45 Visit w/Vicki & Taffy (AR) 11:15 Word to the Wise (AR) 12:30 Crafts w/Norene – Potting Plants (AR) 2:00 Bingo w/Accord's Sarah (AR)	8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Cottonwood Van (L) 12:30 Village Van (L) 1:00 Pinochle (OCR) 1:00 Tai Chi w/Deb Pegg (AR) 6:00 Halloween Dance w/Will (AR) 6:45 Bible Study (AR)	8:00 Walk About (L) 10:00 Fitness (AR) 10:30 Shopping – Prescott (L) 11:30 Lunch Music w/Chantal (DR) 12:00 Science for Seniors: On Fear (AR) 2:00 Halloween Costume Parade & Party (AR)	8:00 Walk About (L) 10:00 Chair Yoga w/Susannah (AR) 1:00 Pinochle (OCR) 2:00 Game Day (OCR)		
Happy Birthday!				Location Key:				