

Sedona Winds Senior Living Community  Elements		Elements Neighborhood					October 2026	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
				10:00 Mindful Meditation 10:00 Room personalization 1:1 1:00 Daily Chronicles & Good News 2:00 Benedetto Duo Concert! (AR) 3:00 Game Show 6:00 Movie Night	9:30 Gardening 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh (AR) 2:00 Movie Comedy 4:00 Afternoon Discussions	9:00 chair yoga (youtube) 9:00 Movie & Snacks 10:00 Morning Strolls 10:30 Independent Book club 2:00 Daily Chronicles & discussions 3:00 Flower Arranging		
9:00 Outdoor enjoyment 10:00 chair yoga (youtube) 11:00 Daily Chronicles & Coffee Social 1:00 History Exploration 2:00 Movie or puzzles 3:00 Folding & More	9:15 Garden Club 9:45 Ladies Nail Spa 10:00 Hydration & Back in the Day 10:15 Room personalization 1:1 1:00 Simple Trivia 2:00 Dog Therapy 3:00 Folding & More 3:30 Memory Matching	10:00 Rhythm and Movement 11:00 Hydration & Music to remember 1:00 Bible Study & Hymns 2:00 Cooking club 2:30 Word Games 3:30 Bad Dad Jokes 6:00 Movie Night	8:30 Brain Aerobics 9:30 Health News Today (MT) 9:30 Outdoor enjoyment 9:30 Wellness Clinic 11:00 Daily Chronicles & Coffee Social 1:00 History Exploration 2:30 Bingo	10:00 Mindful Meditation 10:00 Room personalization 1:1 1:00 Daily Chronicles & Good News 2:00 Benedetto Duo Concert! (AR) 3:00 Game Club 6:00 Movie Night	9:30 Gardening 10:30 Healing Harp 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh (AR) 2:00 Arts & Crafts 4:00 Afternoon Discussions	9:00 chair yoga (youtube) 9:00 Movie & Snacks 10:00 Morning Strolls 10:30 Independent Book club 2:00 Daily Chronicles & discussions 3:00 Flower Arranging		
9:00 Outdoor enjoyment 10:00 chair yoga (youtube) 11:00 Daily Chronicles & Coffee Social 1:00 History Exploration 2:00 Movie or puzzles 3:00 Folding & More	Indigenous Peoples' Day 9:15 Garden Club 9:45 Ladies Nail Spa 10:00 Hydration & Back in the Day 10:15 Room personalization 1:1 1:00 Simple Trivia 2:00 Dog Therapy 3:00 Folding & More 3:30 Memory Matching	10:00 Rhythm and Movement 11:00 Hydration & Music to remember 1:00 Bible Study & Hymns 2:00 Cooking club 2:30 Word Games 3:30 Bad Dad Jokes 6:00 Movie Night	8:30 Brain Aerobics 9:30 Health News Today (MT) 9:30 Outdoor enjoyment 11:00 Daily Chronicles & Coffee Social 1:00 History Exploration 2:30 Bingo	9:15 Scenic Drive 1:00 Daily Chronicles & Good News 2:00 Benedetto Duo Concert! (AR) 3:00 Game Club 3:30 John Ziegler Concert! (L) 6:00 Movie Night	9:30 Gardening 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh (AR) 2:00 Arts & Crafts 2:00 Music by Robert Clarke! (DR) 4:00 Afternoon Discussions	9:00 chair yoga (youtube) 9:00 Movie & Snacks 10:00 Morning Strolls 10:30 Independent Book club 2:00 Daily Chronicles & discussions 3:00 Flower Arranging		
9:00 Outdoor enjoyment 10:00 chair yoga (youtube) 11:00 Daily Chronicles & Coffee Social 1:00 History Exploration 2:00 Movie or puzzles 3:00 Folding & More	9:15 Garden Club 9:45 Ladies Nail Spa 10:00 Hydration & Back in the Day 10:15 Room personalization 1:1 1:00 Simple Trivia 2:00 Dog Therapy 3:00 Folding & More 3:30 Memory Matching	10:00 Rhythm and Movement 11:00 Hydration & Music to remember 1:00 Bible Study & Hymns 2:00 Cooking club 2:30 Word Games 3:30 Bad Dad Jokes 6:00 Movie Night	8:30 Brain Aerobics 9:30 Health News Today (MT) 9:30 Outdoor enjoyment 11:00 Daily Chronicles & Coffee Social 1:00 History Exploration 2:30 Bingo 3:00 Sing Along with Lansing	10:00 Mindful Meditation 10:00 Room personalization 1:1 1:00 Daily Chronicles & Good News 2:00 Benedetto Duo Concert! (AR) 3:00 Game Club 6:00 Movie Night	9:30 Gardening 10:30 Healing Harp 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh (AR) 2:00 Arts & Crafts 4:00 Afternoon Discussions	9:00 chair yoga (youtube) 9:00 Movie & Snacks 10:00 Morning Strolls 10:30 Independent Book club 2:00 Daily Chronicles & discussions 3:00 Flower Arranging		
9:00 Outdoor enjoyment 10:00 chair yoga (youtube) 11:00 Daily Chronicles & Coffee Social 1:00 History Exploration 2:00 Movie or puzzles 3:00 Folding & More	9:15 Garden Club 9:45 Ladies Nail Spa 10:00 Hydration & Back in the Day 10:15 Room personalization 1:1 1:00 Simple Trivia 2:00 Dog Therapy 3:00 Folding & More 3:30 Memory Matching	10:00 Rhythm and Movement 11:00 Hydration & Music to remember 12:15 Birthday Cake Celebration with Compassus!! (DR) 1:00 Bible Study & Hymns 2:00 Cooking club 2:30 Word Games 3:30 Bad Dad Jokes 6:00 Movie Night	8:30 Brain Aerobics 9:30 Health News Today (MT) 9:30 Outdoor enjoyment 11:00 Daily Chronicles & Coffee Social 1:00 History Exploration 2:30 Bingo 5:00 Element's Memory Support Group	10:00 Mindful Meditation 10:00 Room personalization 1:1 1:00 Daily Chronicles & Good News 2:00 Benedetto Duo Concert! (AR) 3:30 Fall Halloween Carnival (AR) 6:00 Movie Night	9:30 Gardening 11:00 Daily Chronicles & Coffee Social 1:00 Love to Laugh (AR) 2:00 Arts & Crafts 4:00 Afternoon Discussions	Halloween 9:00 chair yoga (youtube) 9:00 Movie & Snacks 10:00 Morning Strolls 10:30 Independent Book club 2:00 Daily Chronicles & discussions 3:00 Flower Arranging		
Happy Birthday!	Elements has one special birthday this month				Calendar is subject to change			