Sedona Winds
Senior Living Community

Independent Living

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **8:30** Coffee Club (C) **10:00** Communion (L) **11:30** Sunday Brunch (DR) **1:30** Sunday Brunch (DR) **3:00** Matinee Movie (AR)	**2** **8:30** Coffee Club (C) **10:00** Fitness (AR) **10:45** Trivia (AR) **1:00** Pinochle (OCR) **2:00** Discovery – Stories Behind the Ordinary (AR) **3:00** Catholic Service (L)	**3** **8:30** Coffee Club w/Will – Edward Jones (C) **8:30** Morning Stretch (AR) **9:30** Current Events w/Russ (L) **10:00** Village Van (LO) **11:00** Bible Study (L) **1:00** Card Bingo w/Nick (OCR)	**4** **8:30** Coffee Club (C) **9:30** Sedona Van (LO) **10:00** Fitness (AR) **10:45** Word to the Wise (AR) **2:00** Bingo w/Will (AR) **3:00** Wine Down Weds. (C)	**5** **8:30** Coffee Club (C) **8:30** Morning Stretch (AR) **9:30** Cottonwood Van (LO) **12:30** Village Van (LO) **1:00** Pinochle (OCR) **1:00** Tai Chi w/Deb Pegg (AR) **6:45** Bible Study (AR)	**6** **8:30** Coffee Club (C) **10:00** Fitness (AR) **10:30** Shop: CTWD Thrifts (LO) **11:00** Mindfulness w/Carolyn (AR) **12:30** Senior Science: Science of Sound (AR) **2:00** Music w/Greg & Lisa (AR)	**7** **8:30** Coffee Club (C) **9:00** Resident Swap Meet (AR) **10:00** Chair Yoga (AR) **1:00** Pinochle (OCR) **2:00** Game Day (OCR)
8 **8:30** Coffee Club (C) **9:30** Qigong w/Katharine (AR) **10:00** Communion (L) **11:30** Sunday Brunch (DR) **1:30** Sunday Brunch (DR) **3:00** Matinee Movie (AR)	**9** **8:30** Coffee Club (C) **10:00** Fitness (AR) **10:45** Trivia (AR) **11:30** Picture Make-Up Day (AR) **1:00** Music w/Paloma Duo (AR) **1:00** Pinochle (OCR) **3:00** Catholic Service (L)	**10** **8:30** Coffee Club (C) **8:30** Morning Stretch (AR) **9:00** Technical Help w/Marcie (L) **9:30** Current Events w/Russ (L) **10:00** Village Van (LO) **11:00** Bible Study (L) **1:00** Card Bingo w/Norene (OCR)	**11** **8:30** Coffee Club (C) **9:30** Sedona Van (LO) **10:00** Fitness (AR) **11:00** Wellness Clinic: Angels (AR) **1:00** Veteran's Day Tribute (AR) **2:30** Bingo w/Vicki & Taffy (AR)	**12** **8:30** Coffee Club (C) **8:30** Morning Stretch (AR) **9:30** Cottonwood Van (LO) **12:30** Village Van (LO) **1:00** Pinochle (OCR) **1:00** Tai Chi w/Deb Pegg (AR) **2:00** Music w/Gina (AR) **6:45** Bible Study (AR)	**13** **8:30** Coffee Club (C) **10:00** Fitness (AR) **10:30** Shop: Sedona Thrifts (LO) **11:00** Historically Speaking – Who Was Sadie Hawkins? (AR) **11:30** Music w/Chantal (DR) **2:30** Sadie Hawkins Dance (AR)	**14** **8:30** Coffee Club (C) **10:00** Chair Yoga (AR) **1:00** Pinochle (OCR) **2:00** Game Day (OCR) **2:30** Worship Services w/Phillip Hayes (AR)
15 **8:30** Coffee Club (C) **10:00** Communion (L) **11:30** Sunday Brunch (DR) **1:30** Sunday Brunch (DR) **3:00** Matinee Movie (AR)	**16** **8:30** Coffee Club (C) **10:00** Fitness (AR) **10:45** Trivia (AR) **11:00** Lunch at Mesa Grill (LO) **1:00** Pinochle (OCR) **2:00** Discovery – Button Day (AR) **3:00** Catholic Service (L)	**17** **8:30** Coffee Club (C) **8:30** Morning Stretch (AR) **9:30** Current Events w/Russ (L) **10:00** Village Van (LO) **11:00** Bible Study (L) **1:00** Card Bingo w/Nick (OCR) **2:00** Resident Council Mtg (AR)	**18** **8:30** Coffee Club (C) **9:30** Sedona Van (LO) **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)	**19** **8:30** Coffee Club (C) **8:30** Morning Stretch (AR) **9:30** Cottonwood Van (LO) **12:30** Village Van (LO) **1:00** Pinochle (OCR) **1:00** Tai Chi w/Deb Pegg (AR) **2:00** Music Hour w/John Z. (AR)	**20** **8:30** Coffee Club (C) **10:00** Fitness (AR) **10:30** Shop: CTWD Dept Store (LO) **11:00** Senior Science: Radio to Television (AR) **1:00** Painting w/Rachel (AR)	**21** **8:30** Coffee Club (C) **10:00** No Chair Yoga Today (AR) **1:00** Pinochle (OCR) **2:00** Game Day (OCR)
22 **8:30** Coffee Club (C) **9:30** Qigong w/Katharine (AR) **10:00** Communion (L) **11:30** Sunday Brunch (DR) **1:30** Sunday Brunch (DR) **3:00** Matinee Movie (AR)	**23** **8:30** Coffee Club (C) **10:00** Fitness (AR) **10:45** Trivia (AR) **1:00** Pinochle (OCR) **2:00** Discovery: Fibonacci Day (AR) **3:00** Catholic Service (L)	**24** **8:30** Coffee Club (C) **8:30** Morning Stretch (AR) **9:30** Current Events w/Russ (L) **10:00** Village Van (LO) **11:00** Bible Study (L) **1:00** Card Bingo w/Norene (OCR) **2:00** Trivia w/Taffy (AR)	**25** **8:30** Coffee Club (C) **9:30** Sedona Van (LO) **10:00** Fitness (AR) **10:45** Visit w/Vicki & Taffy (AR) **11:15** Word to the Wise (AR) **2:00** Bingo w/Accord's Sarah (AR)	**26** **8:30** Coffee Club (C) **8:30** Morning Stretch (AR) **11:30** Holiday Brunch (DR) **1:00** Pinochle (OCR) **1:30** Holiday Brunch (DR) **6:45** Bible Study (AR)	**27** **8:30** Coffee Club (C) **9:30** Cottonwood Van (LO) **10:00** Fitness (AR) **11:00** Historically Speaking – Beyond the 1st Thanksgiving (AR) **12:30** Village Van (LO) **1:00** Crafts w/Norene (AR)	**28** **8:30** Coffee Club (C) **10:00** Chair Yoga w/Susannah (AR) **1:00** Pinochle (OCR) **2:00** Game Day (OCR)
29 **8:30** Coffee Club (C) **10:00** Communion (L) **11:30** Sunday Brunch (DR) **1:30** Sunday Brunch (DR) **3:00** Matinee Movie (AR)	**30** **8:30** Coffee Club (C) **10:00** Fitness (AR) **10:45** Trivia (AR) **1:00** Pinochle (OCR) **2:00** Discovery – Mysteries Left Behind (AR) **3:00** Catholic Service (L)					

Happy Birthday

01 – Karen T.
03 – Roy O.
06 – Jimmie M.
15 – Barb M.
16 – Joan A.
26 – Ron S.
27 – Nick K.
28 – Ale H.
29 – Mary J.

Welcome

Our newest resident
Ben L.

Happy Anniversary

Martin & Patricia Yacker
November 15th