Sedona Winds Senior Living Community

Elements

Elements Neighborhood

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **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	**2** **9:45** Ladies Nail Spa **10:00** Hydration & Back in the Day **10:15** Room personalization 1:1 **2:00** **Dog Therapy** **3:00** Folding & More **3:30** Memory Matching	**3** Election Day **10:00** Rhythm and Movement **11:00** Hydration & Music to remember **1:00** **Bible Study & Hymns** **1:30** **Sound Healing (AR)** **3:30** Bad Dad Jokes **6:00** Movie Night	**4** **8:30** Brain Aerobics **9:30** Health News Today (MT) **9:30** Outdoor enjoyment **11:00** Daily Chronicles & Coffee Social **1:00** History Exploration	**5** **10:00** Mindful Meditation **10:00** Room personalization 1:1 **1:00** Daily Chronicles & Good News **2:30** Game Show madness **6:00** Movie Night	**6** **9:30** Garden Walks **10:30** Love to Laugh **11:00** Daily Chronicles & Coffee Social **2:30** Arts & Crafts **4:00** Afternoon Disscussions	**7** **9:00** chair yoga (youtube) **9:00** Movie & Snacks **10:00** Morning Strolls **10:30** Independent Book club **3:00** Flower Arranging
8 **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** **9:45** Ladies Nail Spa **10:00** Hydration & Back in the Day **10:15** Room personalization 1:1 **1:00** Travel the USA **2:00** **Dog Therapy** **3:00** Folding & More **3:30** Memory Matching	**10** **10:00** Rhythm and Movement **11:00** Hydration & Music to remember **1:00** **Bible Study & Hymns** **2:00** Word Games **2:30** **Cooking club** **3:30** Bad Dad Jokes **6:00** Movie Night	**11** Veterans Day **8:30** Brain Aerobics **9:30** Health News Today (MT) **9:30** Outdoor enjoyment **10:00** **VETERAN DAY CELEBRATION** **11:00** Daily Chronicles & Coffee Social **1:00** History Exploration **2:30** Bunco	**12** **10:00** Mindful Meditation **10:00** Room personalization 1:1 **1:00** Daily Chronicles & Good News **2:30** Game Club **6:00** Movie Night	**13** **9:30** Garden walks **10:30** Love to Laugh (AR) **11:00** Daily Chronicles & Coffee Social **1:00** Healing Harp **2:30** Arts & Crafts **4:00** Afternoon Disscussions	**14** **9:00** chair yoga (youtube) **9:00** Movie & Snacks **10:00** Morning Strolls **10:30** Independent Book club **2:00** Sunday Football **3:00** Flower Arranging
15 **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	**16** **9:45** Ladies Nail Spa **10:00** Hydration & Back in the Day **10:15** Room personalization 1:1 **1:00** Travel the USA **2:00** **Dog Therapy** **3:00** Folding & More **3:30** Memory Matching	**17** **10:00** Rhythm and Movement **11:00** Hydration & Music to remember **1:00** **Bible Study & Hymns** **2:00** Rob Clark (AR) **2:00** Word Games **2:30** **Cooking club** **3:30** Bad Dad Jokes **6:00** Movie Night	**18** **8:30** Brain Aerobics **9:30** Health News Today (MT) **9:30** Outdoor enjoyment **11:00** Daily Chronicles & Coffee Social **1:00** History Exploration **2:00** Bunco	**19** **10:00** Mindful Meditation **10:00** Room personalization 1:1 **1:00** Daily Chronicles & Good News **2:30** Game Club **3:30** **John ziggler** **6:00** Movie Night	**20** **9:30** Garden walks **10:30** Love to Laugh (AR) **11:00** Daily Chronicles & Coffee Social **2:00** **Winds & Strings** **4:00** Afternoon Disscussions	**21** **9:00** chair yoga (youtube) **9:00** Movie & Snacks **10:00** Morning Strolls **10:30** Independent Book club **2:00** Sunday Football **3:00** Flower Arranging
22 **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	**23** **9:45** Ladies Nail Spa **10:00** Hydration & Back in the Day **10:15** Room personalization 1:1 **1:00** Travel the USA **2:00** **Dog Therapy** **3:00** Folding & More **3:30** Memory Matching	**24** **10:00** Rhythm and Movement **11:00** Hydration & Music to remember **1:00** **Bible Study & Hymns** **2:00** Sound Healing! (AR) **2:00** Word Games **2:30** **Cooking club** **3:30** Bad Dad Jokes **3:30** **Music by Robert Clarke! (AR)** **6:00** Movie Night	**25** **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** Bunco	**26** Thanksgiving Day **10:00** **100th annual Macy's Day Parade** **10:00** Room personalization 1:1 **1:00** **Thanksgiving Football** **2:00** Deck the Halls **6:00** Movie Night	**27** Black Friday **9:30** Garden walks **10:30** Love to Laugh (AR) **11:00** Daily Chronicles & Coffee Social **1:00** Healing Harp **2:30** Deck the Halls **4:00** Afternoon Disscussions	**28** **9:00** chair yoga (youtube) **9:00** Movie & Snacks **10:00** Morning Strolls **10:30** Independent Book club **2:00** Sunday Football **3:00** Flower Arranging
29 **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	**30** **9:45** Ladies Nail Spa **10:00** Hydration & Back in the Day **10:15** Room personalization 1:1 **1:00** Travel the USA **2:00** **Dog Therapy** **3:00** Deck the Halls **3:30** Memory Matching					

Happy Birthday! Celebrating 4 special birthdays!

Calendar is subject to change