

**Transitions and New Beginnings Retreat Schedule**  
**Sun City West, AZ February 4-8, 2026**

**Wednesday February 4**

3:00 – 5:15 pm Arrive and settle in  
5:15 pm Welcome / orientation –  
5:30 pm Supper  
6:30 pm **Opening circle**  
7:45 pm Moving meditation (optional)  
8:00 pm Quiet conversation (optional)

**Thursday February 5**

6:30 am AlAnon meeting (optional)  
7:45 am Moving meditation (optional)  
8:15 am Breakfast  
9:00 am **Session 1: Welcoming Our Transitions**  
11:00 am Free time  
12:00 pm Lunch  
1:00 pm **Session 2: Exploring Our Transitions**  
4:00 pm Free Time  
5:30 pm Supper  
6:30 pm **Flow Game**  
7:45 pm Moving meditation (optional)  
8:00 pm Quiet conversation (optional)

**Friday February 6**

6:30 am AlAnon meeting (optional)  
7:45 am Moving meditation (optional)  
8:15 am Breakfast and pack a lunch  
9:00 am **Session 3: Finding Meaning in Our Transitions**  
12:00 pm Lunch and free time (Farmer's Market/Craft market 9 – 2 PM, swimming, hiking, etc.)

5:30 pm Supper  
6:30 pm **Session 4: Grieving Our Losses**  
7:45 pm Moving meditation (optional)  
8:00 pm Quiet conversation (optional)

## **Saturday February 7**

6:30 am AlAnon meeting (optional)  
7:45 am Moving meditation (optional)  
8:15 am Breakfast  
9:00 am Group photo  
9:15 am **Session 5: Stepping into Our New Beginnings**  
12:00 pm Lunch  
1:00 pm Field trips (to be determined)  
5:30 pm Supper  
6:30 pm **Flow game (no focus question)**  
7:45 pm Moving meditation (optional)  
8:00 pm Quiet conversation (optional)

## **Sunday February 8**

6:30 am AlAnon meeting (optional)  
7:45 am Moving Meditation (optional)  
8:15 am Breakfast  
8:45 am Taize chanting (optional)  
9:00 am Evaluations  
9:30 am **Session 6: Blessing Our Journeys / Closing circle**  
11:30 am Departure