

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 AAnon 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 AAnon 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