

Friday

- 6:00pm: Check In & Move In @ Earl Schmidt Lodge
Activity Sign Up
- 7:30pm: Opening Gathering @ ES Lodge
Group Photo
- 8:00pm: Trivia Night & Hot Chocolate Bar
- 11:00pm: Quiet Hours Begin

Saturday

- 8:00am: Breakfast @ Lodge
- 9:15am: Activities Session 1
- 10:45am: Activities Session 2
- 12:00pm: Lunch @ Lodge
- 1:15pm: Activities Session 3
- 2:45pm: Activities Session 4
- 5:30pm: Dinner @ Lodge
- 7:00pm: Wine Tasting @ Lodge
- 11:00pm: Quiet Hours Begin

Sunday

- 8:45am: Breakfast @ Lodge
- 9:15am: Activities Session 5
- 10:45am: Activities Session 6
- 12:00pm: Trail Mix Bar @ Lodge and Departure

Activities

Descriptions of all activities available at Check-In

Session 1

- Jazzercise @ ES Lodge
- Fen Mud Facials @ Alumni Lodge

Session 2

- Jazzercise @ ES Lodge
- Calligraphy and Hand Lettering @ Alumni Lodge

Session 3

- Galaxy Painting @ Alumni Lodge
- Alpine Tower & Giant Swing @ Alpine Tower

Session 4

- Alpine Tower & Giant Swing @ Alpine Tower
- 'Turning Stumbling Blocks into Stepping Stones' with Michelle Shepherd @ Lodge

Session 5

- 'Using Nature for Beauty and Healing' with Meteria Medica @ ES Lodge
- Hatha Yoga @ Alumni Lodge

Session 6

- 'Food as Medicine' with Chef Wendell @ ES Lodge
- Hatha Yoga @ Alumni Lodge

Open Activities-Available at all times

- Self-Care Crafts
- Meditative Coloring
- Massage Therapy
- Winter Hikes