Women's Mid-Week Retreat 2023

Wednesday May 3rd 2023

11:15 – 12:00	Arrive, Antigen Test* and Settle in and Sign up!	
	*Please remember to bring and wear a mask until your test results are complete	
12:30 - 1:30	Lunch- please note that all meals start promptly at the time indicated, and we do not have the capacity to	
	serve for more than 30 min after the meal bell rings.	
1:30	Afternoon Activities <u>Begin</u> .	
	Meet at the activity areas – please be prompt so you can hear necessary safety instructions.	
	Remember the 15 min change over between activities	
5:00	Social Hour on the Lodge Deck Light appetizers (+BYOB) will be served	
6:00	Dinner in the Dining area	
7:00 – 8:00	Casual Campfire	
8:00 - TBD	Relax, Socialize/Goodnight!	

Thursday May 4th 2023

8:00	Breakfast - please note that all meals start promptly at the time indicated, and we do not have the capacity to serve for more than 30 min after the meal bell rings.	
8:45	Morning Activities <u>Begin</u> .	
	Meet at the activity areas – <u>please be prompt so you can hear necessary safety instructions.</u>	
12:30 - 1:30	Lunch- please note that all meals start promptly at the time indicated, and we do not have the capacity to	
	serve for more than 30 min after the meal bell rings.	
1:30	Afternoon Activities <u>Begin</u> .	
	Meet at the activity areas – please be prompt so you can hear necessary safety instructions.	
	Remember the 15 min change over between activities	
5:00	Social Hour on the Lodge Deck Light appetizers (+BYOB) will be served	
6:00	Dinner in the Dining area	
7:00 – 8:00	Casual Campfire and a Few Surprises!	
8:00 - TBD	Relax, Socialize/Goodnight!	

Friday May 5th 2023

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8:00	Breakfast - please note that all meals start promptly at the time indicated, and we do not have the capacity to serve for
	more than 30 min after the meal bell rings.
8:45	Morning Activities Begin.
	Meet at the activity areas – please be prompt so you can hear necessary safety instructions.
11:15	Drop In Snack in the Dining Area!
	Enjoy a relaxed brunch and get together before departure Take home lunch provided
12:30	Farewell!

Please plan to arrive at activity areas by the assigned time

This is to maximize your activity time and to make sure that everyone hears all safety instructors. In some cases, if you are late, you may not be able to participate in that activity for that block

Activities Times			
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60 minutes long / 15 min. travel			
Clinic 1	1:30		
Clinic 2	2:45		
Clinic 3	4:00		
Clinic 4	8:45		
Clinic 5	10:00		
Clinic 6	11:15		
Clinic 7	1:30		
Clinic 8	2:45		
Clinic 9	4:00		
Clinic 10	8:45		
Clinic 11	10:00		

