



Adventurous Adult Retreat: Living Life to the Fullest May 15-18, 2023

Schedule

Monday, May 15

4:00	Registration	Front Desk
5:30-7:00	Dinner	Dining Room
6:45-7:15	Announcements & Workshops	Strickland
7:15	Music	
7:30	Speaker	
8:30	Entertainment	
8:45	Refreshments and Fellowship time	

Tuesday, May 16

7:00-9:00	Breakfast	Dining Room
7:30-7:45	Morning Devotion	Lovely Lane
8:00	Morning Stretch	Culbreth
9:00-9:15	Announcements & Museum invitation	Strickland
9:15	Music & Thought for the Day	
9:30	Speaker	
10:30	Break with refreshments	Culbreth
10:45-12:00	Workshops: Cooking Exhibition Storytelling Painting Yoga Writing Your Story Therapy Dogs	
12:00-1:00	Lunch	Dining Room
12:45	Depart for Golf Clinic & 9 Holes Golf	Four-way Stop
1:00-4:00	Excursions: Moore Museum and Wesley Island Tour, Tour on own	
5:30-7:00	Dinner	Terry Thomas Pavilion
7:15	Music & Welcome Back	Strickland
7:30	Speaker	
8:30	Entertainment and Storytelling	
8:45	Refreshments	Pavilion

Wednesday, May 17

7:00-9:00	Breakfast	Dining Room
7:30-7:45	Morning Devotion	Lovely Lane
8:00	Morning Stretch	Culbreth
9:15	Music & Thought for the Day!	Strickland
9:30	Speaker	
10:30	Break with refreshments	Culbreth
10:45-12:00	Workshops: Cooking Exhibition Storytelling Painting Yoga Writing Your Story Therapy Dogs	
12:00-1:00	Lunch in Dining Room	Dining Room
1:00-5:00	Free time: Tour on own, relax and enjoy! Suggestions: WWII museum, St. Simons Island Lighthouse, Pier Village	
5:30-7:00	Dinner	Dining Room
7:15	Music & Welcome Back	Strickland
7:30	Speaker	
8:30	Andy Offutt Irwin in Concert	
9:00	Bonfire, Refreshments under pavilion	Terry Thomas Pavilion

Thursday, May 18

7:00-9:00	Breakfast	Dining Room
7:30-7:45	Morning Devotion	Lovely Lane Chapel
8:00	Morning Stretch	
9:30	Bonus workshops if needed Safe Journey Home	

Thank you to our generous sponsors:

