

2023 AUW Spring Retreat Being a Bad Ass Women

Program

Open all the time:

Labyrinth..... see map
 Massage Health Ctr.
 Creation Station..... Craft Shop
 Games Rotary dining room

FRIDAY

4:00-6:00 Welcome/Check-in..... Dining Hall

DINNER.....Dining Hall – **need to learn time**

7:15-8:30 Opening RitualCabin 3 lower level

8:30 Games.....Rotary dining room
Campfire singalongnear Cabin 3 by lake
Fireside chat Cabin 3

SATURDAY

BREAKFAST.....Dining Hall – **need to learn time**

9:30 KeynoteCabin 3 lower level

10:30 SESSION ONE

<i>Schedule</i>	<i>Topic</i>	<i>Workshop Name</i>	<i>Presenter</i>
9:00 – 10:00	Vigina Obscura		Evelyn Brown
9:00 – 10:00	Poetry – Badass Style		Val Garber
9:00 – 10:00	Felting		Sydney

LUNCH.....Dining Hall **need to learn time**

1:15-3:00 SESSION TWO

<i>Schedule</i>	<i>Topic</i>	<i>Workshop Name</i>	<i>Presenter</i>
1:15 – 3:00	Letting Go		Mary Helmin
1:15 – 3:00	Nature Walk		Suzann Willhite
1:15 – 3:00	Tell your Badass Story		Liz Parmer

3:15 – 5:00 SESSION THREE

<i>Schedule</i>	<i>Topic</i>	<i>Workshop Name</i>	<i>Presenter</i>
3:15 – 5:00	Joy Harjo -poetry		Colleen Cavell
3:15 – 5:00	Saying No! or yes?		Martha Easter Wells
3:15 – 5:00	Water Aerobics		Jane

DINNER.....Dining Hall – need to confirm time

7:30 Talent ShowCabin 3 lower level

Start planning the talent/skill/ability to share now. Art, storytelling, act a play with others, tell jokes, dance, sing, tell about art, share a the joy of pottery or anything else, know the tricks to do crosswords or something else, read a story, play an instrument, could there be kazoo group?, why everyone needs to read THIS book, dramatic or undramatic reading, etc

Open Time

SUNDAY

BREAKFAST..... Dining Hall – need to confirm time

10:30 Closing Ritual.....

LUNCH.....Dining Hall

Make your own sandwich to take away or eat at camp. Bags provided.

By 2:00 Checkout

Remind to pack

- Material to share talent
- Swimsuit
- Treats to share in cabin