

# LIVING A LEGACY

## 2024 SENIOR RETREAT - SCHEDULE

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### WEDNESDAY - SEPTEMBER 25

**11:00 AM** - Registration Begins - Connections Café hallway

*Axe throwing & Zipline - sign up*

**Noon-1:00 PM** - Cookout - Connections Café patio

**1:00-1:30 PM** - Welcome/Orientation

**1:30-2:30 PM** - Room Check-in/Unpack

**2:30-3:45 PM** - Workshop Choices:

***The Teachings of Jesus in the Midst of our Cultural and Political Chaos*** - Pastor Jeremy Henson - Grant Room

***Meeting the Challenges of Solo Aging*** - Deborah Wallace - AC 101

***Senior Adult Health & Wellness*** - Kim Hurley - Lincoln Room

***Resources for Audio Books, Podcasts, Video Casts, other Digital Resources*** - Kathy Salazar - AC 205

**3:45-5:15 PM** - Free Time

Inside Recreation: swimming, racquetball, basketball, 9-square, wallyball, billiards, ping-pong, blacklight mini golf, fitness center, board games

Outside Recreation: horseshoes, mini golf, archery, bocce ball, disc golf, relax by the fountain, fishing at the lake gazebo, ladder golf

**4:00-5:15 PM** - Axe Throwing - *sign up required*

**5:30 PM** - Dinner - Moen Dining Hall

**7:00 PM** - Evening Service with Chris Stanley - AC 207

**After service** - Trivia with Pastor Roy - AC 205

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### THURSDAY - SEPTEMBER 26

**7:30 AM** - Walk around the lake - meet in front of the Activities Center

**8:00-9:00 AM** - Breakfast - Moen Dining Hall

**9:00-10:15 AM** - Legacy Praise & Worship/Morning Devotions - Office Building Chapel

**10:30-11:45 AM** - Workshop Choices - same as Wednesday

**Noon-1:00 PM** - Lunch - Moen Dining Hall

**1:15-2:30 PM** - "Seniors Have Talent" - AC 207

**2:30-5:30 PM** - Free time - see suggestions from Wednesday

**2:45-5:30 PM** - Blacklight Mini Golf tournament - *sign up in Activity Center*

**2:45-3:45 PM** - Crafts

**4:00-4:45 PM** - Exploring the history of Lake Williamson Christian Center

**3:00-5:00 PM** - Axe Throwing & Zipline - *sign up required*

**5:30 PM** - Dinner - Moen Dining Hall

**7:00 PM** - Evening concert with "The Wanda Mountain Boys" - AC 207

**After service** - Bonfire, Smores & Hayride - outside Activities Center

### FRIDAY - SEPTEMBER 27

**7:30 AM** - Walk around the lake - meet in front of the Activities Center

**8:00-9:00 AM** - Breakfast - Moen Dining Hall

**9:00-10:30 AM** - Closing Service with Pastor Phil/Communion - Office Building Chapel

**After service** - Group photo in the Atrium of the Office Building