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## Rivers of Connection SWIM 2026 Catalog of Activities Let the FUN begin!

**BLUE = Activities Onsite at the Franciscan Center**

**Red = Offsite Outings (carpool)**

**Fuchsia - No leader/leaders for this activity have volunteered. THIS activity needs YOU!**

**Check-In Opens Friday, January 2nd, 2026, 12:30 p.m.**

**Massage by Appointment.** Massage Therapist Darin Graves specializes in structural energetic therapy, a type of body alignment therapy, as well as cranial release for trapped emotional energy. Tactile pressure can be adjusted to the client's comfort level. \$60 per 50 minute session. **Text or call Darin at 813-300-5992 to schedule.**

**Morning Circle- Daily 9:00 - 9:20 am**

**Games and Puzzles, Daily 2 - 4 pm**

**Mindful Meditation Group, Daily 4 - 4:30 pm**

**Fellowship Hour Daily, 4:30 - 5:30 pm\***

**CACHE, Daily 4:30 - 5:30 pm**

**Evening Worship 7 - 7:45 pm**

### FRIDAY AFTERNOON, JANUARY 2

**Board Games and Puzzles, Friday Orientation (then daily on your own) 2 - 3:30 pm**

A Board Game or Cards is an easy way to get acquainted with your fellow SWIMMERS. We have rounded up some favorites. Bring some of yours. **Mary Beth Meyer** enjoys playing games. After an orientation to the game room, come and play anytime, on your own! **Limit 30**

**Learn to Play Mah Jongg (part 1), Friday Part 1 of three classes 3:30 - 5:30 pm**

Come learn to play this ancient game of Chinese origin in an American card version. The tiles that bear various designs are drawn and discarded until one player has an entire hand of winning combinations. **Quentin and Mary Beth Meyer** will instruct 8-16 participants through this interesting Gin Rummy-like game. Three-part class - each is a 1.5 to 2-hour session. **Limit 16.**

**Tour the Franciscan Center, Friday 3:30 - 4:00 Claudia Van Buren & Janine Sunshine** will lead a tour of our host facility and invite people who might have questions about how to "SWIM." Whether it's your first time or your 47th time, you're invited to come along. **Meet at the front door at 3:30 or 3:45.**

**Mindful Meditation Class, Friday 4:00 - 5:00 pm**

Meditation is a personal practice that involves techniques to focus & redirect thoughts, and increase awareness of oneself and one's surroundings. This ancient tradition, with roots in various religious and spiritual contexts, has evolved into a secular tool for enhancing mental and physical well-being. A short reading will be presented, followed by a period of silent mindfulness meditation. Learn to center your thoughts, find peace in chaos, lower your blood pressure, and improve your concentration and sleep. **Grant Wilson will lead this one-time event.** A meditation group will meet up from 4 - 4:30 p.m. on the other days. Grant might be there to help lead, or other leaders may emerge. Grant Wilson is a member of the UU Church of Tampa and a practiced meditator. **Limit 20.**

### **Fellowship Hour, Daily Friday through Tuesday, 4:30 - 5:30 pm**

Fellowship Hour will take place at either at the Pavilion on the River (weather permitting) or on the Screened Porch. Find us singing songs, telling stories, and sharing our favorite beverages. This activity will always have a specific volunteer leader; Gather In Spirit Harvest the Power!

### **CACHE (Clean Air, Clear Heads Everyone) Daily, 4:30 - 5:30 pm**

12-step, AA, and NA programs are powerful peer support groups that help people recover from substance use disorders, behavioral addictions, and sometimes other co-occurring mental health conditions. 12-step programs also help people achieve and maintain abstinence from substances.

### **Welcome - Ingathering - Orientation - Getting to know you, Friday 6:45 pm - 7:30 pm**

Our ingathering will be led by **Carolyn Adler, Claudia VanBuren & Linda Plummer**

**Born this Way - Friday, 7:30 pm - 8:15 pm** Birth order – only child, oldest, middle, or youngest? Have you ever wondered why you and your siblings are so different, even though you grew up in the same house? Is your oldest sibling a natural-born leader, while you, the youngest, are the creative, rebellious one? The family you're born into and your place within it can have a surprising impact on your personality, career, and relationships. This interactive icebreaker is designed to explore the fascinating—and often revealing—dynamics of sibling birth order. Drawing on the foundational theories of psychologist Alfred Adler, you will learn to identify the common personality traits associated with being a firstborn, middle, youngest, or only child and get to know your fellow Swimmers! **Linda Plummer** will lead us through this exercise.

**Amy Steinberg Concert, 8:30 pm - 9:30 pm** Amy Steinberg is a dynamic performer and newly licensed New Thought Minister from Asheville, NC, who rocks the stage with soulful songs and hilarious stories.

### **Movie Night 9:30 pm**

## **SATURDAY MORNING, JANUARY 3**

### **Easy Exercise 7:30 - 8 am**

When you get past 65, the likelihood of falling dramatically increases, and consequently, the likelihood of not living another year. Some easy balance and strength training will reduce that possibility. Take a few minutes to learn a few exercises that can reduce falling and keep you mobile and active. **Jon Hoskin** is 75, still does 8-10 mile walks on occasion, and hardly ever falls, even if he can't dance. **Leader**  
**Volunteers needed for the other mornings. Limit 20.**

### **Morning Circle, Daily 9 - 9:20 am**

Gather in community as we reflect in gratitude to start each day. Hear important announcements and schedule details, ask questions.

**Visit the Seminole Heights Community Garden & the Ybor Street Community Garden, Saturday 9:30 - 12:30** Join us for a visit to the Seminole Heights Community Garden, which has been an active garden for 30 years (voted best community garden by Creative Loafing Tampa in 2020). The Ybor Street Community Garden believes everyone should have access to fresh food. They use agriculture and urban gardening as tools for education to foster growth and cohesion in urban communities. As part of the WellBuilt City organization, they connect and serve members of the Ybor community with access to food and education. **Led by Carolyn Adler and Ellen Leedy, Limit 15.**

**Beginner's Watercolor Offsite: Painting the Wilds of Starkey 9:30 - 2:30** Discover the peaceful and rewarding art of watercolor painting in the heart of Florida's natural beauty. This beginner-friendly

workshop is held at the Jay B. Starkey Wilderness Park, offering a unique opportunity to capture the vibrant landscapes and diverse wildlife of the preserve. Our beloved **Elle Long**, a lifelong painter, will guide you through the fundamental techniques of watercolor, from initial sketches to finished paintings. **Bring your box lunch. Cost \$10 Limit 12.**

**Reflecting on Our Past- Illuminating Our Future, 9:30-10:45 am** Join Linda Plummer for an opportunity to reflect on the past year and create light illuminating the way to the future ahead. In this interactive workshop, you'll let go of the old and take on the new knowledge and healthy habits that will help you continue to thrive. **Linda Plummer** has 40+ years of experience in Human Resources, specializing in workshop design and facilitation, employee relations, and coaching. She worked in HR for AT&T and has been an HR consultant and trainer for the past 20 years. She is active in her Jacksonville UU church and has attended SUUSI for 45 years. **Limit 30.**

**Song Writing 101, 9:30 - 12:30** Ever had the desire to take those original themes playing in your head and create a great song out of them? Join your fellow SWIMMERS to create a song originating from "groupthink." This FUN collaborative musical exercise promises to be a creative blast. Offering a glimpse into our different perspectives on a subject, creating ways to come to a consensus, then work together to create a masterpiece. Good for people who are not musicians or writers. With **Friction Farm members, Aidan Quinn and Christine Stay. Limit 20.**

## SATURDAY AFTERNOON, JANUARY 3

**Lettuce Lake Park\* - Hike or Canoe, 1:00 - 4:00 pm** At the north edge of Tampa, Lettuce Lake Park protects 240 acres along the Hillsborough River, providing a getaway for hikers, canoers, and picnickers. This is an easy self-guided hike with well-marked trails. There are several elevated wildlife viewing areas that allow bird watching and aquatic views. \*Please note that due to past hurricane activity, the location of this activity may change. The canoe option for this trip will be led by **Marc Robinson Cost \$2 per car of up to 8 people. \$25 per canoe rental. Limit 30.**

**Unfinished fiber projects: Knit/Crochet/ Embroidery/Crewel Circle, (Meets Saturday, Monday, & Wednesday) 1:30 - 2:30 pm.** Three sessions. A workshop for finishing fiber arts projects. A focused, supportive environment for crocheters, knitters, embroiderers, and crewelers who struggle with or procrastinate on the final steps of their work. It will be less of a class and more of a structured "finish-along" with group guidance and community support to help participants complete their unfinished projects. **Mary Beth Meyers** learned to knit and crochet at the knee of her Aunties, she has been crafting for 60 years. She currently crochets hats for the homeless. **This is a drop-in workshop.**

### **Journaling to the Self, 2:30 - 4 pm**

Created in 1985 by Kathleen Adams, LPC, PTR, this course was designed to teach journaling techniques on how to keep a journal for personal growth, creative expression, and life enrichment. There will be opportunities to practice as well as share in a non-threatening writing circle. **Meg Rohal** is a retired educator, serves on the board of the Unitarian Universalist Church of Jacksonville, and has served as Board President of her congregation. She is a trained facilitator for the Journal to the Self and has conducted numerous journaling workshops. This is her second time at SWIM. Welcome back, Meg! **Limit 20.**

**Card Game Oh Hell! 3:30 - 5:30 pm,** This is a workshop to teach the card game Oh Hell!, a trick-taking game that combines strategy, prediction, and luck. The workshop is divided into three parts: an introduction and rules explanation, a practice round, and a full game with strategy discussion. **Amber Deleon** will lead you through it. **Limit 12.**

### Intro to Beer, 3:30 - 4:30 pm

THIS is not a tasting. Discover the art and science behind brewing beer. Participants will gain a deeper appreciation for their favorite pint by exploring the four core ingredients, the key steps of the brewing process, and the equipment required to transform simple grains into a complex beverage. This workshop will help you understand the basics, but it won't make you an expert; that requires many more workshops. Those who wish to bring a six-pack to share will taste and compare at the Fellowship hour that directly follows. **Jon Hoskin**, Food & Beverage Sommelier, has led more than 200 various workshops on foods, wines, beers, and teas. **Limit 30**.

### Mindful Meditation Group, 4 - 4:30 pm

Meditation is a personal practice that involves techniques to focus and redirect thoughts and increase awareness of oneself and one's surroundings. Volunteers may emerge to lead meditations, or you can take time for self-reflection.

### CACHE (Clean Air, Clear Heads Everyone,) Daily 4:30 - 5:30 pm

12-step, AA, and NA programs are powerful peer support groups that help people recover from substance use disorders, behavioral addictions, and sometimes other co-occurring mental health conditions. 12-step programs also help people achieve and maintain abstinence from substances. If you have experience in this area and would volunteer to lead, we need you. **Needs leader**

**Tides of Tethered Terror: Tampa Ghost Tours, 7: 30 - 10:00 pm** End up SWIM week with a spooky tour. Unless you're a history buff, history tours can sometimes feel a bit dry and stuffy. Instead, opt for this Walking Ghost Tour in Tampa that adds a mysterious touch to the city's past, making for a scary-good time. You'll see places such as the Tampa Theatre, Old City Hall, and other landmarks and streets where the true stories are sure to give you chills. Hear about Tampa's haunted history at one of the spookiest times—at night. **Led by Candy Gale and Russ Patterson**. For more info, click here: [Aviator](#). **Cost \$35 Limit 15**.

### Campfire with S'mores & camp songs, 7:45 - 9 pm

## SUNDAY MORNING, JANUARY 4

### Easy Exercise, 7:30 - 8 am

When you get past 65, the likelihood of falling dramatically increases, and consequently, the likelihood of not living another year. Some easy balance and strength training will reduce that possibility. Take a few minutes to learn a few exercises that can reduce falling and keep you mobile and active. **Needs leader**.

### Morning Circle, Daily 9 - 9:30 am daily

Gather in community as we reflect in gratitude to start each day. Hear important announcements and schedule details, ask questions.

### Thai Buddhist Temple of Tampa Wat-Mongkolratanaram, 8:30 - 10:00 am

Don't miss a visit to Wat Mongkolratanaram, the Thai Buddhist Temple of Tampa Wat-Mongkolratanaram. Have a warm bowl of traditional Thai soup for breakfast, Mango and sticky rice for dessert, and eat it on one of the many outdoor picnic tables beside the Hillsborough River. There is a Thai market with produce, plants, and other prepared foods available. Russ and Candy will leave from

this outing to go to the Sunday Services at Tampa UU Church. You need not attend both if that is not your preference. Check with your driver. **YOU will need to pay with cash.** **Russ Patterson and Candy Gale will lead. Limit 30.**

**Sunday Services at the Tampa UU Church, 10:30 - 12:00.** This trip leaves from the Thai Temple location. The Tampa Unitarian Universalist Church has about 120 members. Join us for Sunday's service, they will be expecting us. Wear a SWIM shirt if you have one. Plan to stay for Coffee Hour. **Russ Patterson and Candy Gale will lead. Limit 30.**

### **Intro to Artificial Intelligence, 9:30 - 11 am**

This workshop provides a clear, practical, and hands-on introduction to artificial intelligence (AI), tailored for beginners with no prior technical experience. Participants will cut through the jargon to understand the core concepts of AI and its key applications, from everyday chatbots to powerful generative tools.

**Laura Martis** is an experienced trainer, speaker, and facilitator specializing in personal growth, mindfulness, and practical applications of emerging technologies. With a background in healthcare, education, and business development, she combines evidence-based strategies with hands-on learning to empower participants of all ages. Laura is passionate about helping people stay curious, resilient, and engaged in a rapidly changing world. **Limit 20.**

### **Introduction to the Enneagram (Part 1 of 2,) 09:30 - 12:30**

**See Tuesday, Jan 6th, Afternoon for Part 2.** Most people are familiar with the phrase "If only we came with Operating Instructions." Well, maybe our **distinct personalities** might be a clue to the way we interact and form connections? Over 35 years ago, I became involved with a small group of friends who learned the Enneagram from a renowned psychotherapist who uses the information in their practice to help their clients. We practice it as a group to this day! The Enneagram is used in business and in spirituality for greater insight. Join me for this most exciting journey, Pat Harris. **Limit 20.**

## **SUNDAY AFTERNOON, JANUARY 4**

**No Particular Place to Go, Sunday 1:30 pm - 2:30 pm** "No Particular Place to Go" is Bo Diddley's snapshot of car culture in the 1960s, when autos were the ultimate social capital, playing a part in the destination, and at least in this case, occasionally holding their riders captive. Fast forward to 2026- **Join Aidan Quinn** to discuss the social capital of the electric car and what he has learned since buying his Tesla. **Limit 20.**

### **Fiction Book Club, 2:30 - 4:00 pm**

This will be a thought-provoking book analysis and discussion. **Happy Land** by Dolan Perkins Valdez is the book. **Christine Stay**, of Friction Farm, will lead the book discussion. **Limit 20.**

### **Learn to Play Mah Jongg (Part 2), 3:30 - 5:30 pm**

This is the second class in a 3 class series.

**Golf Cart Tour of Tampa, 3:30 - 6:00 pm** Enjoy Tampa's #1 City Tour as you cruise around the City learning the History while Exploring the Best Areas & Sites of Tampa. Learn the Best Places to Go, How to Get There, and our History & Culture with Short Stops for Photos, Sites, Info, Bathroom Breaks, Promises to entertain and make you laugh. See Tampa's many neighborhood boroughs; Ybor City, Downtown, Bayshore Blvd, Hyde Park Village, Channelside, Davis Island & Harbor Island. **Russ Patterson and Candy Gale** will lead. **Cost \$49 Limit 7.**



**SWIM Toes, 4:30 - 5:30 pm** This whimsical workshop will bring old friends and new together for a creative and relaxing session of painting each other's toenails. As the title playfully suggests, participants can dip their feet into a fun, artistic experience. This social gathering offers a playful twist on a traditional spa day, with a focus on connection, creativity, and laughter. **Amber Deleon** will lead. **Limit 20.**

**Mindful Meditation Group, Daily 4 - 4:30 pm**

Meditation is a personal practice that involves techniques to focus and redirect thoughts and increase awareness of oneself and one's surroundings. Volunteers may emerge to lead meditations, or you can take time for self-reflection.

**Outdoor Games, 4:00 - 5:00 pm**

**Lily Jane Concert Sunday 8 - 9:30.** The Lily Jane Band has a rich collection of music, including old-time traditional songs, originals, and unique arrangements of contemporary Americana covers. Their music features beautifully blended vocals accompanied by acoustic instruments that include guitar, banjo, fiddle, mandolin, ukulele, accordion, Irish penny whistle, and bass.

**Movie Night, 9:30 pm**

**MONDAY MORNING JANUARY 5**

**EASY Exercise, 7:30 - 8 am**

Sweatin' to the oldies... for balance and strength. Home workouts are a great way to build muscle and get fit. These exercises can be done with almost no equipment and can be incorporated into a full-body workout routine. We will start slow and gradually increase the intensity and duration of workouts as we go. **Needs leader**

**Morning Circle, Daily 9 - 9:30 am** Gather in community as we reflect in gratitude to start each day. Hear important announcements and schedule details, ask questions.

**Tarpon Springs- The Innes Collection, 9:00 - 3:00 pm** The Tarpon Springs Unitarian Universalist Church is proud to be the home of George Inness, Jr.'s paintings. Their collection spans paintings of old Florida to highly renowned works that hung in the Louvre for thirty years. The paintings show an artist's love of nature and spirituality. Inness, Jr. (1854-1926) was one of America's foremost figures and landscape painters and a respected philanthropist. He has been recognized as a great Florida artist for his depiction of the state's unspoiled landscapes, full of the flora and fauna of his time. He was the son of George Inness (1825- 1894), one of the most influential American artists of the nineteenth century. **Lunch out in Tarpon Springs. Led by Rev. Bob Murphy. Limit 12.**

**Active Hikers Medard Park, 9:30am - 2:30 pm** Originally called Pleasant Grove Park and Reservoir, Edward Medard Park underwent many transformations before it was donated in 1969 by a mining company. In 1972, Hillsborough County developed the park as one of the County's largest regional parks. Among its main attractions is a 700-acre reservoir used for canoeing, boating, and fishing. Also included is a 3-mile trail that offers equestrians, hikers, and bird watchers a pleasant trip through pine flatwoods and hardwood hammocks. Wear appropriate footwear; this is a moderate to strenuous hike. **Bring your boxed lunch. Chris Woodard will lead. Limit 12.**

**Create a Chalice, 9:30-10:30 am**

This workshop invites you to handcraft a small, unique and personalized chalice, blending the use of

clay with the vibrant technique of mosaic. In this craft class, you will first learn to shape and form a clay chalice, creating either a traditional design or a form of your own imagination. **Carolyn Adler**, Coordinator of the Seminole Heights Mosaic Artists Collective, will lead the workshop. **Cost \$5 Limit 15.**

**The Last Song: We will explore the importance of an end-of-life playlist, 10:30 - 12:30 am** The powerful connection between music, memory, and legacy at the end of life. "The Last Song," a guided musical workshop focusing on creating a personal end-of-life playlist. In this safe and reflective space, participants will delve into the soundtracks of their lives, discovering the tunes that have shaped their most poignant moments. Led by **Aidan Quinn and Christine Stay** of Friction Farm. **Limit 30.**

**Tampa History Cruise, 11:30 -3:00** Explore one of Florida's most picturesque harbors on this Tampa history cruise that transports travelers back in time across stunning blue waters. See the real-life pirate ship known as Gasparilla up close and take in views of million-dollar homes, popular museums, and the famous 'Plant Hotel' as you listen to expert commentary about the city's rich past. Listen to live on-board commentary while you sail. **Gratuities (optional). Led by Candy Gale click to link - [Tampa History Cruise](#). Cost \$35. Limit 15.**

## MONDAY AFTERNOON, JANUARY 5th

**Unfinished Fiber Projects: Knit/Crochet/Embroidery/Crewel Circle, 1:30 - 2:30 pm** A workshop for finishing fiber arts projects. A focused, supportive environment for crocheters, knitters, and embroiderers who struggle with or procrastinate on the final steps of their work. It will be less of a class and more of a structured "finish-along" with group guidance and community support to help participants complete their unfinished projects. Mary Beth Meyers will start us off. **Limit 20.**

**Design on a Budget, 1:30 - 4:30** Unlock your inner creative design talent and transform any space without emptying your wallet. Come discover current design trends that could help sell your house, or help you with "quick refreshers". This workshop will focus on major design elements and resources to make your design ideas cohesive. **Pat Harris, Certified & Licensed Interior Designer, will lead. Limit 20.**

**How to Pivot: A bravery development workshop, 2:30 - 4:30 pm** We are all faced with decisions we are able to control, but many we cannot. These current times call for an ability to stretch our bravery muscles and learn to PIVOT. Based on Brianna Wiest's book, *The Pivot Year*, Janine will lead a guided meditation, a sharing session, and an instructive workshop on how to lean into the ability to pivot successfully throughout our lives. "Day 137: Everything that is meant for you is still waiting for you. Even if you have failed in the past, even if you feel so stuck you cannot imagine making it through one more day. Even if you mess up every shot you were given, if you don't believe in yourself, if you are afraid, if you aren't sure how things will work out, and even if nobody else would understand. You still contain within you the potential of all you ever wanted to be. It is never too late." Brianna Wiest Materials needed: an ability to disconnect from all electronics and immerse yourself in a quiet, safe space to explore your deepest desires. **Janine Sunshine**, of Longmont, Colorado, has recently completed Growth Facilitator Training from Kayla Shaw and has developed a bravery workshop that she presented in Tuscany, Italy, this summer. She is eager to share this workshop with the SWIM community. **Limit 20.**

**Margarita Monday at Fellowship Hour, 4:30 - 5:30 pm** Fellowship Hour will take place at either the

Screened Porch or the Pavilion on the River (weather permitting.) **Jerry Elsenrath** will share his mixology knowledge of **Margarita Making**.

**To Tell the Truth, 7:30 - 9 pm** Based on an old television game show, three contestants present their version of a real event in one of the contestants' lives. The audience acts as the panel of judges, asking the contestants questions to determine who is telling the truth. Is it Number 1? Number 2? Number 3? Sometimes the questions and the lies are funnier than the story! **Teague VanBuren** is a long-time SWIM participant and anxiously seeks to provide our community with the kind of laughter that only comes with great audience participation. We hope you will help him, To. Tell.The. Truth!

**Sundae Monday Social 9:00-9:30 pm.** Greet your old friends and make some new ones! We'll start off with friendly get-to-know-you snacks earlier in the evening, then around 9 pm, serve ice cream via a sundae bar at about 9:00-9:30 pm.

**Campfire, 9:30 pm**

## **TUESDAY MORNING, JANUARY 6th**

**EASY Exercise, 7:30 - 8 am**

**Intro to Teas, 9:30 - 11:00** Taste and compare fine teas (White, Green, Oolong, Black and Pu Erh) and learn about all aspects of tea. Jon Hoskin has a Ph.D. in Food Science. He has led tea tasting workshops in a variety of venues. **Cost \$5 Limit 12.**

**Multi-Media Book Creation 9:30 - 11** Learn how to express your creativity with mixed papers, photos, images, and small trinkets to develop a book that is uniquely yours. These small books tell a story that only you can envision. Join your creativity leader, Janine Sunshine, in embellishing your pages with poetry, stickers, and prints for a book that you will treasure forever. The skills taught will allow you to make your own books in the future at church and social functions. Materials needed: a few of your favorite photos or images based on a theme of your choice (think new beginnings, old friends, favorite vacations), old stationery, and scissors. Materials provided: needle and thread for binding, images, paper materials, collage material, and small trinkets. Trained by a curious mind and Kat Kirby of Kat2Studios in Arizona, **Janine Sunshine** has loved making and sharing multi-media art projects with her friends and family. Janine lives in Longmont, Colorado, where she is a member of the Boulder Valley Unitarian Universalist Fellowship and a member of the choir. Janine was a first timer at SWIM in 2025 and looks forward to returning in 2026. **Limit 12.**

**Kayak the Little Manatee River, 9:30 - 3:00** The Canoe Outpost is less than an hour from The Franciscan Center. We will take trip 1, approximately 2.5 hours of easy downstream paddling, plus time to stop and have our box lunches. The river is calm, partly shaded, and mostly shallow. Sighting birds, turtles, and other wildlife is a possibility. Most participants select a kayak for the trip, but canoes are available as well as 2-person kayaks. Participants will pay at the launch site for their choice of boat. Outpost will shuttle us back to our vehicle(s). **Marc Robinson**, who must have been born under a water Zodiac sign, expertly leads most of our water excursions to the delight of participants. **Bring your box lunch. Limit 16. Cost \$43- \$55 - Pay when you get there.**

**Sunken Gardens, 9:30 am - 3:00 pm** Sunken Gardens is a 4-acre, well-established botanical garden, located in the Historic Old Northeast neighborhood of St. Petersburg, Florida, at 1825 4th Street North.



The Gardens have existed for more than a century, and are one of the oldest roadside tourist attractions in the United States. Bring your box lunch. Trip Leader **Rev Bob Murphy**. **Cost \$15 Limit 16.**

### **Welcome to Wildlife Rehab, 11:00- 12:30**

Contact between humans and wildlife grows daily as humans expand into or destroy wildlife habitats, and major storms or fires displace animals in their ever-limited natural world. In most cases, when humans and wildlife collide, wildlife suffers. Wildlife rehabilitation gives these wild animals a second chance to live free in their natural habitat. In an increasingly urbanized world, people are less likely to have personal knowledge of and experience with nature and wildlife. When they encounter wildlife in their communities, people want and need information about how to co-exist with their wild neighbors. Reducing human-wildlife conflicts can help both wildlife and humans. **Sarah Summers** is an Educator and WildLife rehabilitator in the great State of South Carolina. **Limit 30.**

**The History of SWIM, 11:00 - 12:30.** Join us for a special retrospective workshop celebrating 50 years of SWIM, the Southeast Winter Institute. This session will explore the rich history of this Unitarian Universalist (UU) retreat and family camp. **Besides that, it's a whole lot of fun!** Participants will be invited to share memories and stories from past SWIM events, with a focus on how the camp has evolved. Learn about SWIM's foundational years, its growth, and its enduring traditions. Engage with SWIM's long-standing culture of community, music, and intergenerational connection. Consider what the future holds for SWIM and how the camp can continue to thrive for decades to come. **MaryAnn Somervill** has been a SWIM enthusiast and active in SWIM almost since its inception. She has served as both director, co-director and has led community time and various SWIM services for many decades. **Limit 30.**

## **TUESDAY AFTERNOON, JANUARY 6th**

**ESCAPE the City Scavenger Hunt 1:00 - 4:00 pm** Explore the city in an all-new way. Our group will have a box of clues to solve to find out interesting things about Tampa. Walking involved. Escapely.com. **Candy Gale** will lead us on our adventure. **Cost \$15. Limit 12.**

**A Guide to your "SECRET" self Discover the ENNEAGRAM, (Part 2 of 2) 1:30 - 4:30 Please see Jan 4th Sunday morning for Part 1.** Whether you are new to the Enneagram or seeking to deepen your understanding, part 2 of this workshop offers deeper practical insights for more conscious living and more meaningful connections with others. **Pat Harris** is a trained Enneagram presenter and has taught this class in the past, and finds it very useful. **Limit 20.**

## **TUESDAY AFTERNOON, JANUARY 6th con't**

### **Learn to Fly a Drone, 1:30 - 3:00 pm**

The first part of the workshop will cover basic drone operations and regulations. We will then practice basic flying both indoors and out (weather permitting) with camera-equipped drones. If you have a drone, bring it; otherwise, the leader has several available, so everyone can give it a try. **Chris Woodard** is an IOS developer in Tampa, Florida, who loves drones as a hobby and has obtained a commercial drone license. **Limit 16.**

**Stress Management and Science, 2:30 - 4:30 pm Includes Meditation** This comprehensive workshop will explore the science behind the curtain, Heart rate variability, and self-pacing, and include hands-on application of techniques for accomplishing these, such as Deep Breathing, Progressive Muscle relaxation, and Guided Meditation. **Laura Martis will lead. Limit 20.**

**Learn to Play Mah Jongg, Part 3 of three classes. 3:30 - 5:30 pm**

**Outdoor Games, 4 - 5 pm**

**The Secrets of Aging Well, 2026 - Part 2, 3:00 - 4:30** Part 1 of this workshop was held in 2025. In this 2026 workshop, we will continue to share our personal experiences/approaches to aging well and explore in small group discussions. Advanced background reading on current aging well concepts will be provided, along with a summary of the sources used in the 2025 workshop. An updated advanced online survey will be conducted to assess participant scores on key aspects of aging well and their current approaches. A key emphasis in the 2026 workshop will be to explore alternate approaches to retirement, including part-time jobs, volunteering, and building robust social connections. **Mike Plummer** is an active octogenarian and outdoor enthusiast (cyclist, kayaker, hiker, golfer) who also enjoys his part-time job in REI's bike department. **Limit 30.**

**Learn to Play Mah Jongg, Part 3 of three classes. 3:30 - 5:30 pm**

**Outdoor Games, 4 - 5 pm**

**Friction Farm Concert, 8:00 - 9:00 pm** Modern-folk duo Friction Farm is a husband and wife team of internationally traveling troubadours. Aidan Quinn and Christine Stay combine storytelling, social commentary, and humor to create songs of everyday life, local heroes, and quirky observations. From ballads to anthems, each song is filled with harmony and hope.

**Movies 9:30 pm**

## **WEDNESDAY MORNING, JANUARY 7**

**Morning Worship 9:00 - 9:45 am Bob Murphy**, Announcements for the day will happen at the end of the worship service. Worship is in the morning on Wednesday, as our party is that night.

**Climate Change and Gardening in the South, 9:45 - 11 am**

Join Bob Murphy for this two-hour workshop, which provides Southern gardeners with the tools and knowledge to adapt to the region's changing climate. Participants will learn how to build garden resilience and implement sustainable practices to ensure their gardens thrive despite hotter summers, more intense rainfall, and unpredictable weather patterns. The session combines a focused presentation with practical, hands-on activities and Q&A to address the specific challenges of Southern gardening directly. **Limit 30.**

**Nonviolent Communication (NVC), 09:45- 11:00.** This is an interactive and experiential training session where people learn and practice a specific communication framework. Rather than a lecture, the workshop is an immersive, hands-on learning environment focused on building empathy and creating compassionate, honest connections with others. The workshop's foundation is built on the "four components" of NVC, which participants explore through discussion and practice. Observations: Learning to describe what is happening factually without adding judgment or evaluation. Feelings: Connecting to and expressing your own feelings, while taking responsibility for them. Needs: Identifying

the universal human needs that are the source of your feelings. Requests: Making clear, specific requests for actions that could help meet your needs. **Elle Long** will lead this workshop. **Limit 20.**

### **Poncho's Workshop, 11 - 12:30**

An existential deep dive into the meaning of life. Led by the Infamous **Poncho Heavener**. **Limit 30.**

### **This OLD House, 11 - 12:30**

Marc will share his latest escapades in home remodeling, and participants will have an opportunity to share their triumphs and challenges with home improvement. Marc Robinson will lead the discussion and offer great advice. **Marc Robinson** has worked in the construction industry from 1970 to 2016 full-time and part-time as an owner/ builder/ investor since retirement. First in electrical construction, later in carpentry, and in construction management. He has a Bachelor of Science in Construction Management from Florida International University. Marc and his partner currently own three houses and are remodeling a 1904 rooming house in Asheville, NC. **Limit 20.**

**Manatee Viewing, 10 - 2,** At Tampa Electric's Manatee Viewing Center, there is a lot to see and do! Visitors can wander along boardwalks overlooking the warm-water area where manatees gather; visit a newly remodeled education center to learn about the plant-eating, warm-blooded "*gentle giants*;" and even get a bite to eat at the Southshore Café. Manatees often swim in water less than six feet deep, where underwater vegetation is most abundant. **Bring your box lunch. Limit 30.**

**Thrifting, 10 - 1:30** There are no tariffs on thrift store clothes, & if 1 million of us bought our next piece of clothing from a thrift store, we'd keep millions of pounds of textiles out of landfills, slash our carbon footprint, and funnel millions of dollars back into local jobs and nonprofits. **Janine Sunshine will lead. Limit 12.**

## **WEDNESDAY AFTERNOON, JANUARY 7**

**Unfinished fiber projects: Knit/Crochet/ Embroidery/Crewel Circle Saturday/Monday/ Wednesday 1:30-2:30** Three sessions. A workshop for finishing fiber arts projects. A focused, supportive environment for crocheters, knitters, embroiderers, and crewelers who struggle with or procrastinate on the final steps of their work. It will be less of a class and more of a structured "finish-along" with group guidance and community support to help participants complete their unfinished projects. **Led by Mary Beth Meyers. Limit 14**

**Intro to the Art of Origami: Learn to Fold Classic Shapes, 1:30 - 2:30 pm** Transform a simple square of paper into a work of art in this fun and relaxing workshop. You'll learn the ancient Japanese art of origami from an experienced instructor who will guide you step-by-step through the basics. Led by our own **Amber Deleon. Limit 16.**

**Geocaching 101 2 - 4 pm**, Open to a new fun, free hobby you can do anywhere in the world? Come learn about Geocaching. Geocaching is a real-world treasure hunting game where participants use a GPS-enabled device to find hidden containers called "geocaches" at specific locations around the world. It encourages outdoor exploration, provides exercise, and can be played in urban areas or natural settings. Since its start in 2000, this hobby has grown into a worldwide phenomenon, with more than 3 million registered caches available for seekers to find. We will cover topics and examples in the classroom and then head outside to find a few sample caches on the property. Afterward, time is included to drive to a few close by caches to get you started. Join **Mike and Wendy McCleskey** to learn about this fun activity. They have geocached in 30 states and 10 countries. You will leave with some sample items to start your own small caching bag. **Limit 12**

**All CAMP MEETING (4:30 - 5:30 pm)** followed by Cocktails, Dinner, Music, Dancing, the Silent Auction

[and Raffle](#) Let's come together to celebrate our new friends, say goodbye to our old friends and **PARTY!**

## **THURSDAY, JANUARY 8**

### **Closing Circle, 9 - 9:30 am, Depart by 11 am**

Please bag your trash and place it outside your door.

Strip your bed and place all used linens in a pillowcase outside your door.

Turn off the lights and leave the door open.

We will be contributing to a fund for the housecleaning staff and our kitchen staff for the week. Please plan to contribute to a tip fund covering our week together.

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