Back to SWIM Homepage

SWIM 2027
Many Voices One Community
Catalog of Activities
Let the FUN begin!
Please note: If only a few sign up for an activity, it may be canceled
BLUE = Workshop Activities Onsite at the Franciscan Center *
Red = Offsite Outings (carpool)*
Fuchsia - No leader/leaders for this activity have volunteered. THIS activity needs YOU!
NEED Confirmation from workshop leader

*** PLEASE NOTE: Some offerings could be canceled if the number of participants doesn't reach the workshop/offsite leaders' designated minimum.**

You may sign up for an early arrival on January 26th, Tuesday* Night stay - We will celebrate January Birthdays. Perhaps dinner at Rick's on the river and have a movie night. *No other programming on this day.

Registration check-in begins Wednesday, January 27, 2027, 12:30 p.m.

>>>Daily Activities starting Wednesday Afternoon<<<
Morning Exercise 07:30 - 08:00
Morning Circle- Daily 9:00 - 9:20 am
Free Play Time, Daily 4:30 - 5:30 pm
Mindful Meditation Group, Daily 4 - 4:30 pm
Evening Worship 7 - 7:45 pm

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.

Wednesday AFTERNOON, JANUARY 27th

Newbies Tour of the Franciscan Center, Wednesday 3:30 - 4:00 Franciscan Center Facility Director 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. This will be led by the Franciscan facility Director.**

(Intro) Learn to Play Mah Jongg (part 1), Wednesday, 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**.

Wednesday AFTERNOON, JANUARY 27th cont'd

Meditation **Wednesday** **4-4:30, Limit 20**

Community Time FREE PLAY: Daily Thursday through Monday, 4:30 - 5:30 pm: Community time - Board Games, Lawn Games, Puzzles, and more. Wednesday Orientation (then daily on your own). A Board Game, Cards, or bocce ball is an easy way to get acquainted with your fellow SWIMMERs. We have rounded up some favorites. Bring some of yours. After an orientation to the game room and lawn games, you may play anytime, on your own!

Fellowship Hour will take place 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, Wednesday - Monday 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. Volunteer-led.

Many Voices, One Community! In gathering - Wednesday 6:45 pm - 7:30 pm
Welcome -Orientation - led by **Marc Robinson, Board President**
Meet and Greet: Claudia Van Buren

Campfire & camp songs, 9:30-10:30 pm

Thursday MORNING, JANUARY 28th, 2027

Morning Workout, Daily Thursday- Monday 7:30 - 8 am
A 30-minute light-to-moderate exercise workshop that combines gentle warm-ups, low-impact cardio, functional strength, balance, and cool-down stretches to build mobility and prevent falls. **Leaders: Needed**

Daily Morning Circle, Daily 9 - 9:20 am Thursday - Tuesday
On Thursday, we will gather the four directions. We aspire to be a loving community and reflect gratitude as we start each day. We will share important announcements and schedule details; ask and answer questions. **Thursday, led by Mary Ann Somervil.**

Florida Aquarium, Thursday 9:30 - 12:30, $ 35. Dive into one of Tampa's top attractions—your gateway to vibrant marine life, unforgettable exhibits, and family-friendly adventures. Get ready for an aquatic experience like no other. 701 Channelside Drive, Tampa https://www.flaquarium.org/
813-273-4000, Led by Elizabeth Norval. Limit 15

Thrifting Safari, Thursday 10 - 1:30. Join us in the hunt for uniquely wild finds. We will discover the world of no-tariff thrifted clothes. If 1 million of us shopped secondhand, we would keep millions of pounds of already produced goods out of landfills, cut carbon, and support local jobs and nonprofits.
Led by Judy Lane.

Thursday MORNING, JANUARY 28th, 2027 con't

The Jungle Prada History Tour **Thursday, Jan. 28 10:00-11:30** $16, meet at 10 a.m. with your box lunch to carpool. This tour takes place at a historic site in west St. Petersburg where 1,000 years of Florida history collide. This scenic waterfront location was part of a Tocobaga Indian village for approximately 600 years (1,000 C.E. – 1,600 C.E.). It features one of Florida's best-preserved American Indian mounds, along with part of the central raised village plaza. **Led by Lynn Diazel & Bob Murphy** https://sacredlandspreservation.org/history-tours/ 8322 Elbow Ln N, St. Petersburg, FL 33710

Ukulele loves beginners and Singers! 3-part class: **Thursday 09:30-11:00, Saturday 09:30-11:00, Monday 1:00-2:30.** The ukulele is one of the easiest and friendliest instruments for beginners to learn. It has only four nylon strings, a small size that is easy to hold, and simple chord shapes that let you play full songs in your very first session. And we will SING! **Leader: John McGill.** Limit 12. Bring your own uke, or John can provide one.

Discovering Your True Colors (and the color personalities around you…) **Thursday 09:30-11:30** In this fast-paced, laugh-out-loud workshop, we are ditching the dense psychology textbooks and breaking out the color wheel. Using a dynamic personality assessment, you'll discover if you're a structured Gold, an analytical Green, an enthusiastic Blue, or a spontaneous Orange. But this isn't just about labeling quirks—it's a masterclass in covenantal community survival. Through hilarious interactive skits and group exercises, you'll learn how to pitch data to a Green, connect deeply with a Blue, and keep an Orange from rewriting the agenda mid-meeting. Come discover how to color-code your way to fewer misunderstandings, deeper empathy, and radical hospitality for every hue in our beloved community. **Led by Tanya Field**

Drop IN Bridge or 5 Crown! Part 1 of a three-part series. **Thursday, 11:00-12:30, Saturday 11:00-12:30, Monday 11:00 - 12:30** Discover the timeless strategy and social fun of these fun engaging, hands-on games. Designed to get you playing right away, this series of three sessions combines plenty of table time to practice your skills and a relaxed, supportive, and welcoming environment. **Hands-On Play:** Enjoy 1.5 hours of active gameplay in every session to build your confidence with bidding, scoring, and card play. Whether you are brand new to these games or looking to brush up on your basics, this class is ideal.

Thursday AFTERNOON, JANUARY 28

Possible Date for Audubon (not confirmed)

Sing Along with Aidan **Monday 1:00 - 2:30.** Step back in time and experience the joy of collective music-making. The **Old-Fashioned Community Sing-Along** is an interactive, welcoming workshop where we gather in a circle to raise our voices in timeless folk tunes, historic American ballads, gospel spirituals, and cheerful campfire favorites. Whether you sing like a meadowlark or only in the shower, this space is built on participation, warmth, and shared acoustic harmony—no pressure, no auditions, and no microphones needed. Aidan Quinn will lead. Limit 40

Thursday AFTERNOON, JANUARY 28 con't

This OLD House, Thursday Part 1, 1:00 - 2:30
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** 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**.

Craft with Dee Thursday 1:00-2:30 Unlearn the rush of the everyday and rediscover the quiet satisfaction of working with your hands. This open-ended workshop invites you to slow down, test tactile materials, and shape something entirely your own. **Dee Medley will lead limit 15 Materials fee $10**

Methods of Meditation, Thursday 2:30-4:30; the last half hour will be an actual meditation
We will explore how meditation works and what it is, and is not. Then we will practice different techniques for meditating. We will explore how inner thoughts both hinder and help our experiences of living. The workshop is very informal, lighthearted, and non-threatening. No meditation experience is necessary, so if you're just curious, you are invited. Limit 20. Led by Grant Wilson
Meditation with Grant, 4-4:30. Limit 20

Tampa History Cruise, Thursday 4:00 to 6 PM, $35. 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. **Click the link: Tampa History Cruise. Gratuities (optional). 801 Old Water St. Blue boat with a yellow top. Led by Judy Lane. Limit 8**
Free play: CACHE, indoor and outdoor games, social hour 4:30 - 5:30

Amy Steinberg Concert, 8:00 pm - 9:00 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.

Friday MORNING, JANUARY 29th, 2027

Morning Workout, Daily Friday 7:30 - 8 am
A 30-minute light-to-moderate exercise workshop that combines gentle warm-ups, low-impact cardio, functional strength, balance, and cool-down stretches to build mobility and prevent falls. **Leaders: Needed**

Morning Circle, Daily Friday 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.

Friday MORNING, and lunch span offerings JANUARY 29th, 2027 con't

Eureka Springs Conservation Park **Friday, 9:30 - 12:30.** Founded in 1938 by world traveler and botanist Albert Greenburg, Eureka Springs Conservation Park originated as a haven for unique, exotic flora, established alongside Florida's pioneering tropical fish hatchery. Greenburg gifted this treasured sanctuary to Hillsborough County in 1967, establishing it as the sole botanical garden within the county's park network. Plant enthusiasts will delight in exploring 31 acres of pristine wilderness, highlighting Florida's most expansive public fern collection. Guests can admire the vibrant orchid display and rose garden, or wander peaceful boardwalks and paths passing through scenic floodplain woods filled with tupelo, cypress, and maple trees. Facilities feature an active greenhouse, scenic picnic areas, a gathering pavilion available for reservation, and informative nature trails. Parking is $2 per car. **6400 Eureka Springs Rd. Tampa, FL 33610** Eureka Springs Trail Map | Park brochure (813) 744-5536

The Ultimate ALL in ONE tour from Star Trolley, Friday, January 29, 10:00- 11:30, Limit 10, $45. Drive through Tampa's historic Ybor City, once known as the "Cigar Capital of the World." This district is rich in Cuban heritage, colorful architecture, and lively streets filled with cafés, boutiques, and history — offering a unique glimpse into Tampa's cultural roots. Includes stops at the iconic Flan Factory in historic Ybor City, Hyde Park, Channel District, River Walk, Tampa Heights. Led by Candy Gale

Kayak Little Manatee River **ALL DAY Friday 9:30 -3:00.** We will have approximately 2.5 hours of easy downstream paddling, plus time to stop and have our box lunch in a shelter. The river is calm, partly shaded, and mostly shallow. Sighting birds, turtles, and other wildlife is possible. 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, currently $43. Outpost will shuttle us back to our vehicle(s). Canoe Outpost https://thecanoeoutpost.com is a 45-minute drive from The Franciscan Center. **Marc**, who must have been born under a water Zodiac sign, expertly leads most of our water excursions to the delight of SWIM participants.

Cigar Factory Tour, Spans over lunch Friday 11:45- 3:00, $13. Come and experience the rebirth of Handmade cigars in the USA by passionate Cuban-born artisans. As you tour the factory, you will be intrigued by how Old World Havana has been recreated at a time when relations with Cuba appear to be headed in a new direction. Experience the methods used to make the world's finest cigars in Historic Ybor City, the world's past and future cigar capital. **Grant Wilson will lead. Limit 15**

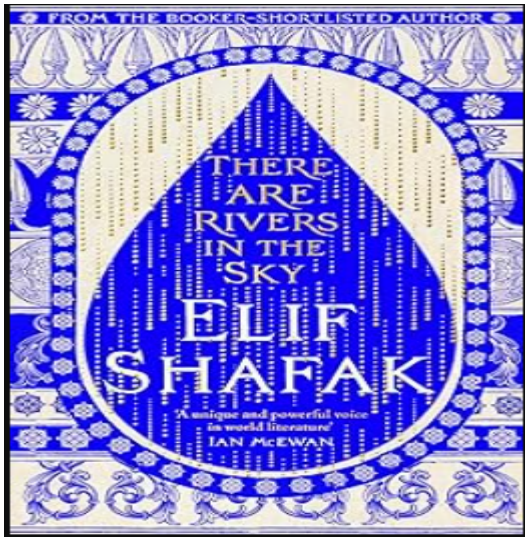
Pirates and Unitarian Universalists **Friday 09:00-11:00**: Join the resistance. Unitarian Universalists are organizing mutual aid arrangements to promote diversity, equity, and inclusion during an era of climate change and oppression. If you seek a life of liberation, generosity, and wellness, maybe you're a pirate. Rev. Bob Murphy, a Unitarian Universalist Community Minister, will explain the Unitarian Universalist connection to piracy and the Mystic Krewe de Palms. **Led by Rev. Bob Murphy**

AI Applications Review, **Friday, 11:00 - 12:30**
AI use and applications have exploded since 2026. In this 90-minute session, we will review current best practices on using AI effectively and share participants' uses of AI. Mike Plummer will share two very useful AI applications he made in 2026: 1. Generate Book Club Facilitator Guides and 2. Plan and implement a People Connections Platform to help UU members join groups that interest them. **Led by Mike Plummer**

Friday Afternoon, JANUARY 29th, 2027

James Museum, Friday, January 29th, 3:00 - 5:00, Pay at door: Adult $23, Senior $18, Teacher $10. The James Museum of Western & Wildlife Art grew from Tom and Mary James' shared love of culture and the city of St. Pete, their home. Tom began collecting art while a student. When their travels took them west, they both became captivated by the art, landscape, and wildlife of the West. They began to collect what moved them – an attention to a place made by contemporary artists. They collected for their pleasure, and in hopes of helping living artists make a living from their art alone. They collected works in oil, ink, stone and steel; works that defy genres and labels; works that evoke the spirit of a wide open frontier and the beauty of life in the wild. Since their first acquisition, a vast artistic legacy has grown – one filled with emerging artists and living legends, tribal tradition and classical finesse.https://thejamesmuseum.org, **Led by Barb Toepke Limit 15,**

Beginner's Watercolor Onsite Friday: 1: 00-2:30. This beginner-friendly workshop will be led by our beloved **Elle Long**, a lifelong painter. She will guide you through the fundamental techniques of watercolor, from initial sketches to finished paintings. Limit 8



Fiction Book Club- Friday 2:30- 3:30. There Are Rivers In the Sky is a sweeping, multi-layered historical and contemporary novel by Turkish-British author Elif Shafak, published in 2024. Come and join the most popular workshop of SWIM. An opportunity to reflect on the book chosen by our leader, **Christine Stay. Limit 30**

Intro to non-alcoholic wines (and beer), Friday 3:30 pm-4:30 pm $10. How they are different from alcoholic products, including production. Tasting and comparison of competing products, **Leader Jon Hoskin**

Learn to Play Mah Jongg, Friday Part 2 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**.

Friday Afternoon, JANUARY 29th, 2027 con't

The Science of Calm **Friday** 2:30 - 4:30, with meditation in the final half hour
Stress is not a character flaw. It is a nervous system doing its job badly under modern conditions. We will look at what is actually happening in the body - heart rate variability, the pacing of the breath, the stress response and its off switch - and then practice the techniques that work: deep breathing, progressive muscle relaxation, and a closing guided meditation. Every technique can be done seated in a chair. Mats and floor space are optional this year, not required, and no one will be asked to get down on the floor or back up again. Everything taught is free to do at home. The session closes with a half-hour meditation. **Leader Laura Martis** is a trainer, facilitator, and project manager (PMP) who works at the intersection of practical technology and human wellbeing. She has owned and run a licensed non-medical home care agency in Pasco County, volunteers with Spirit of Life UU in Odessa, and has led workshops on artificial intelligence, stress physiology, and LGBTQIA+ inclusion. She is a hands-on teacher who believes no one should have to already understand a subject in order to be welcome in the room. **Limit: 20**

Community time, Free play: CACHE, indoor and outdoor games, Fellowship hour 4:30 - 5:30

Friday EVENING January 29th, 2027

Spirited Pub Crawl: Tampa Ghost Tours, Friday, 7: 30 - 10:00 pm, $35. 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. For more info, click here: Aviator**. Led by Judy Lane. Limit 10.**

Concert: David Roth 8-9:00 https://davidrothmusic.com

Movie Night 930-11:00

Saturday January 30th 2027 Morning & Lunchspan Offerings

Morning Workout, Daily-Saturday 7:30 - 8 am
A 30-minute light-to-moderate exercise workshop that combines gentle warm-ups, low-impact cardio, functional strength, balance, and cool-down stretches to build mobility and prevent falls. **Leaders: Needed**

Daily Morning Circle 9 - 9:20 am Saturday, David Roth will lead us in song
Gather in community as we reflect in gratitude to start each day. Hear important announcements and schedule details; ask questions.

Part 1: Community Gardens Tour Saturday 9:00 - 12:30
Part 2: Urban Hike along the river: Continuation of a walk after the Community Garden tour with an Urban Hike along the Hillsborough River north of the FC. Participants will see a linear park, a recreational park, the community garden, and look for manatees off of a friend's private dock along the way. About 3.5 miles round trip, led by Chris Woodard and Carolyn Adler, Limit16

*This is a part 1 and/or part 2 outing; you can do both or end your experience after part 1

Manatee Viewing, Saturday 10 - 2, Located at the 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*." Manatees often swim in water less than six feet deep, where underwater vegetation is most abundant. 6990 Dickman Rd., Apollo Beach, FL 33572. Bring your box lunch. **Led by Candy Gale. Limit 30.**

Discussion of Aging with a Little Old Woman and a Big Old Man 9:30 - 11:00
Aging has its challenges. Mary Ann Somervill and Teague Van Buren, both in their 80s, will guide our conversation about the difficulties we face. No flat-out solutions are offered, because, let's face it…age happens! But we hope to find positive ways of dealing with it all. **MaryAnn Somervill** (a little old lady) and **Teague Van Buren** (a big old man) will lead.

Ukuleles love beginners and Singers! 3-part workshop, Thursday 09:30-11:00, Saturday 09:30-11:00, Monday 1:00-2:30.
Have you ever wanted to play the ukulele? Here's your chance to give it a try! In this fun, welcoming, hands-on workshop, you'll learn the basics of ukulele playing, including how to hold and tune your instrument, play a few simple chords, and strum along to familiar songs. No musical experience is necessary, and beginners of all ages are welcome. Bring your own ukulele if you have one, or check with the workshop organizer about instrument availability. Come ready to learn, laugh, and discover how a small instrument can make a whole lot of music. This workshop, led by John McGill, is limited to 12**.**

Saturday, January 30th 2027 Morning & Lunchspan Offerings con't

Drop IN Bridge or 5 Crown! Part 2 of a three-part series. **Saturday 11:00-12:30,** of a Thursday, 11:00-12:30, **Saturday 11:00-12:30,**Monday 11:00 - 12:30 series. Discover the timeless strategy and social fun of these fun engaging, hands-on games. Designed to get you playing right away, this series of three sessions combines plenty of table time to practice your skills and a relaxed, supportive, and welcoming environment. **Hands-On Play:** Enjoy 1.5 hours of active gameplay in every session to build your confidence with bidding, scoring, and card play. Whether you are brand new to these games or looking to brush up on your basics, this class is ideal.

Cuban Sandwich Workshop 12:30 - 2:00 (No box lunch required for participants)
Cuban immigrants introduced the Cuban sandwich to Florida, especially in Miami and Tampa, which brought both the Tampa Cuban sandwich and the Miami Cuban sandwich to the United States. The sandwich consists of roasted pork, ham, pickles, cheese, and mustard served on Cuban bread. Learn how to make one, and also enjoy traditional black beans & flan. **Bob Murphy & Lynn Daizell** will lead this workshop**. Ellen Leedy** will explain how to make excellent black beans. You will not pick up a box lunch that day. The fee is $15.

Saturday, January 30th, 2027 Afternoon

This OLD House, Part 2 1:00 - 2:30
Group share of your latest escapades in home remodeling. 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** worked in the construction industry from 1970 to 2016, full-time and part-time, and has been an owner/builder/investor since retiring. 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**.

Craft with Dee **Saturday 1:00-2:30** Unlearn the rush of the everyday and rediscover the quiet satisfaction of working with your hands. This open-ended workshop invites you to slow down, test tactile materials, and shape something entirely your own. **Dee Medley will lead; limit 15**

Gender and Sexuality, Untangled **Saturday 1:30 - 2:30**
Many of us have a grandchild, a niece or nephew, or a friend who has come out, and we want to get it right without making fools of ourselves. This is a warm, judgment-free space to ask the questions people are afraid to ask out loud - language and pronouns, what has changed since we were young and why, what an LGBTQIA+ or trans person actually needs from their family and their congregation, and how to recover gracefully when you get it wrong. No one will be corrected or embarrassed. Laura developed and led this workshop with a co-facilitator at Spirit of Life UU in Odessa, along with a companion service. It works for people at every starting point, including those who arrive skeptical. Handouts provided.
Led by Laura Martis. Laura is a trainer, facilitator, and project manager (PMP) who works at the intersection of practical technology and human wellbeing. She has owned and run a licensed non-medical home care agency in Pasco County and volunteers with Spirit of Life UU in Odessa. She has led workshops on artificial intelligence, stress physiology, and LGBTQIA+ inclusion. She is a hands-on teacher who believes no one should have to understand a subject before being welcome in the room.

NAME THAT Tune 2:30-4:30- A two-hour "Name That Tune" workshop combines team building, musical nostalgia, and active listening into a fast-paced, interactive session. Rather than just playing trivia, a workshop format breaks the game into themed skill rounds—like rhythm analysis, lyric decoding, and cross-generational teamwork—to keep energy high and ensure everyone contributes. Aidan Quinn and Christine Stay will lead. Limit 40.

Meditation, Saturday 4-4:30, Limit 20

Margarita Making 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**.

Saturday, January 30th, 2027 Afternoon con't

Free play: CACHE, indoor and outdoor games, social hour **4:30 - 5:30**

SATURDAY NIGHT LIVE Concert Friction Farm 8:00PM - 9:00PM A Modern-folk duo, Friction Farm is a husband-and-wife team of traveling troubadours. Aidan Quinn and Christine Stay combine storytelling, social commentary, and humor to create songs of everyday life, local heroes, and quirky observations. Their lyrically rich, harmony-driven songs earned them spots as Kerrville New Folk Finalists, Falcon Ridge Emerging Artists, and South Florida Folk Festival Songwriter winners on their latest CD, "Stone By Stone", which reached #3 on the Folk Radio Chart. **https://frictionfarm.com/**

Campfire 9:30-10:30

Sunday Morning January 31st 2027

Morning Workout, Daily - Sunday 7:30 - 8 am

A 30-minute light-to-moderate exercise workshop that combines gentle warm-ups, low-impact cardio, functional strength, balance, and cool-down stretches to build mobility and prevent falls. **Leaders: Needed**

Thai Temple, Sunday, Jan 31st, 8:30 - 10:00, Wat Mongkolratanaram Buddhist Temple
Sunday, January 31, 8:30. Great Thai food and an open-air market on the river that is cash only. I recommend the soup! When entering a Thai temple (wat), you must cover your shoulders and knees, remove your shoes and hats before entering sacred buildings, and avoid pointing your feet at Buddha statues. Temples are active places of worship, so respectful behavior and quiet voices are required at all times. 5306 Palm River Rd. Tampa. **Led by Candy Gale and Russell Patterson**

UU Church of Tampa, Sunday Jan 31st,t 10:00 - 1., UUC Tampa is a beautiful dome in the woods with just over 100 members. They have wonderful members and an after-service coffee hour. Service will be led by Rev. Bob Murphy. Wear a SWIM shirt if you have one. UU Church of Tampa, 11400 Morris Bridge Road. **Led by Candy Gale and Russell Patterson, former members.**

Isometrics and Yoga Sunday 09:30-11:00. We will go through a few different styles of isometric exercises; bring your own yoga mat. **Jon Hoskin will lead.**

It's All in the Sauce: Sunday Jan 31st, 11-12:30
Sauces enhance the flavor of many foods. They can be quick & easy to make from common kitchen ingredients, plus much healthier due to your control of the ingredients. This workshop will demonstrate how to make tasty, customizable sauces with no cooking required. Samples included! **Led by Chris Woodard**, a chemistry major who turned that interest into cooking. **$5 fee for supplies.**

SUNDAY AFTERNOON, JANUARY 31st 2027

Lettuce Lake Park* - **Sunday, 1:00 - 4:00 pm** Hike or Canoe. 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, pay onsite. Limit 30.

Golf Cart Tour of Tampa, Sunday, 3:30 - 6:00 pm, Cost: $49. 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, and info. 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. 725 S Harbour Island Blvd, Tampa. Bring ID. **Led by Judy Lane. Limit 7.**

SUNDAY AFTERNOON, JANUARY 31st 2027 con't

Charting your next 51 weeks Sunday 1:00 - 2:30. Join us for a facilitated journey to chart a meaningful next 51 weeks. We'll explore the areas of: Spiritual, Physical, Personal, Key Relationships, Work, and Finances. You select one focus area, and with radical collaboration from others in your group, you'll be ready with your action plan when we bid farewell from SWIM. **Presenter: Linda Plummer**

Learn to Play Mah Jongg Sunday (Part 3), 3:30 - 5:30 pm
This is the last class in a 3-class series. **Limit 16**

Meditation with Grant, Sunday 4-4:30, Limit 20

Free play: CACHE, indoor and outdoor games, Fellowship hour 4:30 - 5:30

Lily Jane Concert, Sunday Jan 31st, 8 :00PM - 9:00PM. 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, including guitar, banjo, fiddle, mandolin, ukulele, accordion, Irish penny whistle, and bass.

Movie Night, 9:30 pm

MONDAY MORNING February 1st 2027

Morning Workout, Daily- Monday 7:30 - 8:00 am
A 30-minute light-to-moderate exercise workshop that combines gentle warm-ups, low-impact cardio, functional strength, balance, and cool-down stretches to build mobility and prevent falls.
Leaders: Needed

Morning Worship Monday 9:00 - 9:45 am. Worship will take place Monday morning instead of Morning Circle to accommodate the all-camp meeting Monday night.

Ukuleles love beginners and singers! Monday 09:30-11:00. Part three of a 3-part workshop, Thursday 09:30-11:00, Saturday 09:30-11:00, Monday 09: 30-11: 00. Have you ever wanted to play the ukulele? Here's your chance to give it a try! In this fun, welcoming, hands-on workshop, you'll learn the basics of ukulele playing, including how to hold and tune your instrument, play a few simple chords, and strum along to familiar songs. No musical experience is necessary, and beginners of all ages are welcome. Bring your own ukulele if you have one, or check with the workshop organizer about instrument availability. Come ready to learn, laugh, and discover how a small instrument can make a whole lot of music. This workshop, **led by John McGill**, is limited to 12**.**

The Way Back 9:45 - 11:30 Limit 8
This workshop will be based on a book by the same name written by a friend, Patti Bryant, in Denver. We will have copies of the book available at SWIM to borrow or buy. It is also available on Amazon for about $16 if you want your own. Volunteers will choose a page in the book to read to the group. The group will then discuss their reactions to the reading. Patti holds this meeting weekly for us at our apartment in Denver for the residents to have an opportunity to get to know each other and themselves better. Led by **Candy Gale**

Poncho's Workshop, 11:30- 12:30
An existential deep dive into the meaning of life. Led by the Infamous **Poncho Heavener**. **Limit 30**.

Drop In Bridge or 5 Crown! **Monday 11:00-12:30 part 3 of a 3-part workshop; Thursday 11:00-12:30; Saturday 11:00-12:30; Monday 11:00-12:30** Part 3 of a three-part series. Discover the timeless strategy and social fun of this engaging, hands-on game. Designed to get you playing right away, combines plenty of table time to practice your skills and a relaxed, supportive, and welcoming environment. **Hands-On Play:** Enjoy 1.5 hours of active gameplay in every session to build your confidence with bidding, scoring, and card play. Whether you are brand new to the games or looking to brush up on your basics, this class is ideal for anyone eager to learn by doing.

MONDAY AM offerings February 1st 2027 cont'd.

All Day

Sunken Gardens, Monday 9:30 am - 3:00 pm, $1. 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. Limit 16**.

MONDAY AFTERNOON, February 1, 2027

Possible Audubon presentation slot

Ukuleles love beginners and Singers! Monday 1:00-2:30. Part thee of a 3-part workshop, Thursday 09:30-11:00, Saturday 09:30-11:00, Monday 1:00-2:30. Have you ever wanted to play the ukulele? Here's your chance to give it a try! In this fun, welcoming, hands-on workshop, you'll learn the basics of ukulele playing, including how to hold and tune your instrument, play a few simple chords, and strum along to familiar songs. No musical experience is necessary, and beginners of all ages are welcome. Bring your own ukulele if you have one, or check with the workshop organizer about instrument availability. Come ready to learn, laugh, and discover how a small instrument can make a whole lot of music. This workshop, **led by John McGill**, is limited to 12**:**

Tampa Museum of Art, 11:30 - 4, Pay on site $15, https://tampamuseum.or.g
Tampa Museum of Art is a 66,000 SF prominent cultural institution located downtown and along the Tampa Riverwalk. We will carpool to the museum for a docent-led tour just for us, presented by their staff! There are currently four major exhibits on view, including Mysteries of the Nile, a David Hockney "Moving Focus" print series, and "Here and Now" selections from the Contemporary Collection. We can choose to focus on an exhibition or elect to learn of highlights from their permanent collection. Please sign up early so we can make this our own. $15 museum admission at the door & lunch (you buy) at a nearby spot along the Riverwalk.*"Pat is a 10-year veteran docent of the Southeast's largest art museum, the High Museum of Art in Atlanta. She will provide an after-dinner introductory PowerPoint preview the evening before this trip."* **Led by Pat Harris**

Game On! **Games Games Games All afternoon 1;00-4:00** Skip the lectures, slide decks, and

awkward icebreakers—this 3-hour session is dedicated 100% to playing games. Whether you love fast-paced party games, deep strategy board games, or cooperative group challenges, this workshop lets you unplug, compete, collaborate, and have fun. What to Expect: No rules-studying required. Games are pre-set, and host Judy will quickly teach you how to play and provide a variety of games. Weather will dictate whether it's indoors or out. Switch tables and game styles every hour or so; you never get stuck playing something you don't like. Judy will lead. Limit?

MONDAY AFTERNOON, February 1, 2027 con't

Meditation with Grant, Monday 4-4:30, Limit 20

All CAMP MEETING +++ MONDAY 4:30 - ????. Please come and share your vision of the future of SWIM. 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**!

Tuesday February 2nd, 2027

Closing Circle, **9 - 9:30 am**
We will close the four directions, say our goodbyes, and share our blessings.

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.

Have a safe journey home! See you next year!

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