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SWIM Staff are working on the 2026 catalog.

In The Hammock of The Wisdom Tree
SWIM 2025 Catalog of **Onsite** Workshop and Program Descriptions
Let the FUN begin!

TUESDAY, January 28

Let's Make Lanyards, Tuesday 2 - 4 pm

Aye Aye! Matey! The word lanyard originates from the French word "lanier," meaning thong or strap. They were initially used by French soldiers and pirates in the 16th century to keep weapons at an easily accessible place while they climbed their ships' rigging or when in combat. No Pirates' booty or ship rigging will be accessed in this workshop, just colorful string or yarn, ornate baubles and beads and your unique creativity will adorn your new SWIM name tag! **Dee Medley** will guide us through the creative process to create a SWIM name tag lanyard. Supply Fee \$ 5.

Mindful Meditation Class, Tuesday 4 - 5 pm

Meditation is a personal practice that involves techniques to focus and 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. This afternoon there will be a short meditation practice instruction offered. 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.

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

Board Games & 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** loves to play games. After an orientation to the game room, come and play anytime, on your own!

Learn to Play Mah Jongg (part 1), Tuesday 3:30 - 5:30 pm

Come learn to play this ancient game of Chinese origin in an American card version, the cards 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 a 2 hour session.

Fellowship Hour, Daily 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 may not always have a specific leader, just gather together and share.

12 Step meeting, Daily 4:30 - 5:30 pm

12-step 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 - Opening Circle - Orientation, Tuesday 7- 8 pm

Our ingathering will be led by Carolyn Adler, Claudia VanBuren & Candy Gale

Get Acquainted Ice Breaker, Tuesday 8:15 pm

Learn everything you need to know in this activity with **Linda Plummer**

Late Night Movie, Tuesday 9:30 pm

Claudia said she has every streaming service so our choices are wide open.

WEDNESDAY, January 29**Easy Exercise, Wednesday 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.

Morning Circle, Daily 9 - 9:30 am

Gather in community as a group for the start to your day. Hear important announcements and ask questions.

How To Start a Conversation That Matters, Wednesday 9:30 - 10:45 am

Imagine you're at an event and you don't know anyone. When you walk in the room, how do you feel? If we just head straight for the snack table and wait for someone to approach us, then we may leave without having connected with anyone. If you want to get beyond surface-level small talk, then join us for this workshop where we will turn shallow conversations into deep connections. This will be a safe environment. You can "pass" if there is a question you prefer not to answer. Participants laugh and enjoy getting to know others in a meaningful way. **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 for the past 20 years, she has been an HR consultant and trainer. She is active in her Jacksonville UU church and has attended SUUSI for 45 years.

Let's Talk about Wildlife Rehab, Wednesday 11:00 - 12:15 pm

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 Rehabber in the great State of North Carolina.

Journaling to the Self, Wednesday 2:30 - 4 pm

Based on the book by Kaye Adams- This workshop will introduce participants to a few of the more than 22 journaling techniques introduced in the book. 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 recently has been the board president. She is a trained facilitator for the Journal to the Self and has conducted numerous workshops. This is her first time at SWIM.

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.

Margarita Making at Fellowship Hour, Wednesday 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. On this day, Jerry will teach us **Margarita making**.

12 Step Meeting, Daily 4:30 - 5:30 pm

12-step 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.

Worship, Wednesday 7 - 7:45 pm with Rev Bob Murphy

David Roth Concert, Wednesday 8 pm

David Roth strikes many chords, hearts, and minds with his unique songs, offbeat observations, moving stories, sense of hilarious, and powerful singing, and subject matter.

Campfire, Wednesday 9:30 pm At the Pavilion by the River (weather permitting)

THURSDAY, January 30th

Easy Exercise, Thursday 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.

Morning Circle, Daily 9 - 9:30 am

Rhymes with Breath!, Thursday, 9:45 - 10:45 am

Some folks have trouble with the D word! But we're talking about what happens when we take that final Breath! Let's face it...it's something we're all gonna have to do! This workshop will focus on practical things we can all take care of now to be ready. A few of the items we might want to deal with while we're still able: finances, family, pets, all our stuff, and more, so our loved ones don't have to. **Mary Ann Somervill** is not an attorney, accountant, or any of those things. She is a self-proclaimed little old lady of 84 who recognizes that her time is limited.

Fiction Book Club, Thursday 11 - 12:15 pm

This will be a thought-provoking book analysis and discussion. Book to be announced.

Christine Stay, of Friction Farm, will lead the book discussion.

Crafts with Dee Medley, Thursday, 1:30 - 3:30 pm

Did you know when trees fall on your house- sometimes you lose your craft supplies...

Crafters will be delighted with the crafts they will encounter in this workshop. Come be surprised and enjoy the opportunity to use your right brain. **Dee Medley** is a retired Educator and a dedicated crafter. Supply fee \$10.

Learn to Play Mah Jongg (part 2), Thursday 3:30 - 5:30 pm

Come learn to play this ancient game of Chinese origin in an American card version, the cards 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 a 2 hour session.

Games and Puzzles, Daily 2 - 4 pm**Mindful Meditation Group, Daily 4 - 4:30 pm****Fellowship Hour Daily, 4:30 - 5:30 pm****12 Step Meeting, Daily 4:30 - 5:30 pm****Evening Worship with Rev Bob, Thursday 7 - 7:45 pm****The Lily Jane Band, Thursday 8 - 9 pm**

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.

FRIDAY, January 31st**EASY Exercise, Friday, 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. **Candy Gale** is a wife, a friend, the outgoing board President of the Unitarian Universalist Church of Tampa, a long-time SWIM board member, and a past President. She loves to exercise and will make you laugh.

Morning Circle, Friday 9 - 9:30 am

Climate Change and the Unitarian Universalists, Friday 9:45 - 10:45 am

Explore the role UU's have played through history fighting for eco-justice and what the future of Green Sanctuary designation will look like. **Rev Bob Murphy** will lead this workshop.

Soundtrack to History, Friday 11 - 12:15 pm

Current events and historical events inspire and influence songwriters. But the songs they write also inform our view of history. We will look at music influenced by war throughout the 20th century US and discuss how the music we all listen to influences us. Plenty of opportunities to listen, sing along, and share. **Aidan Quinn and Christine Stay** of Friction Farm will lead this workshop as we sing our way through history.

Make a Cuban Sandwich, Friday 12:30 - 1:30 pm

The sandwich's roots are in the popular Cuban street food mixto, which means "mixed sandwich" and is made with a variety of meats and cheese. Cigar workers brought the sandwich to Key West, then to Ybor City and Tampa in the late 1800s and early 1900s and you can learn how to make them at SWIM! If you sign up for this workshop you will not receive a box lunch on Friday.

The Secrets to Aging Well, Friday 1:30 - 3 pm

In this interactive workshop, we will share our personal experiences/approaches to aging well and explore/consider concepts from three sources: 1. The 2020 book *Secrets of Aging: Get Outside*, 2. The Blue Zone Project on Aging, and 3. The 2021 Best Selling book *4000 Weeks: Time Management for Mortals*. A handout will include highlights of each source's key concepts and worksheets for participants to list action plans based on the concepts. **Mike Plummer** is a proud octogenarian and outdoor enthusiast who is putting the content of these sources to the test.

Games and Puzzles, Daily (on your own) 2 - 4 pm

Watercolors, Friday 3 - 4:30 pm

Learn how to use these kinds of paints and create a beautiful work of art. **Elle Long** is a talented painter and writer.

Worship with Rev Bob, Friday 7 - 7:45 pm

Friction Farm Concert, Friday 8 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.

Campfire, 9:30 pm

SATURDAY, February 1

Easy Exercise, Saturday 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. **Candy Gale** is a wife, a friend, the outgoing board President of the Unitarian Universalist Church of Tampa, a long-time SWIM board member, and past President. She loves exercise and will make you laugh.

Morning Circle, Saturday 9 - 9:30 am

This OLD House, Saturday 9:30 - 11 am

Marc will share his latest escapades in home remodeling, and the participants will have an opportunity to share their triumphs and challenges with home improvement. Marc Robinson will lead the discussion and offer great advice.

Visioning the Future, Saturday 11 - 12:30 pm

What does the future hold for us, in this intentional community, and our world? Join us to determine where we have been, where we are going and what our future holds in store for us. **Elle Long** is a visionary of the future and has led many SWIM workshops in the past.

Life and Happiness, Saturday 2 - 4 pm

In the workbook- "The Good Life - Lessons from the World's Longest Scientific Study of Happiness" by Robert Waldinger, the focus centers on a much more complex, yet profoundly important measure of success: our relationships with others. We will explore the lessons on finding happiness as presented in this book. Workshop leaders Candy Gale and Elle Long

Games and Puzzles, Daily (on your own) 2 - 4 pm

Learn to Play Mah Jongg (part 3), Saturday 3:30 - 5:30 pm

Come learn to play this ancient game of Chinese origin in an American card version, the cards 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 a 2 hour session.

Mindful Meditation (group led) Daily 4 - 4:30

Fellowship Hour, Saturday 4:30 - 5:30

12 Step Meeting, Saturday 4:30 - 5:30

Evening Worship, Saturday 7 - 7:45 pm

Auction, Saturday 8 pm

Let's Dance Party with Playlist, Saturday 9:30 pm

SUNDAY, February 2

What is worse, Sugar or Vegetable Oil?, Sunday 9:45 - 11 am

You've probably heard about the problems with sugar which we will discuss to make sure everyone is aware of issues like diabetes, heart disease, and PCOS to name a few. However, most people don't know about health-related problems with vegetable oils and how we were also lied to about these products you eat every day. Join Jon to learn the most recent science around connections between the food we eat, and our health and well-being. **Jon Hoskin** holds a PhD in Food Science and loves to talk about food!

Learn to Fly a Drone, Sunday 1 - 3 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.

Wine, Cheese, Chocolate and Beer Tasting, Sunday 3 - 4:30 pm

The best of fermented foods paired together. We will taste several small samples of each and using specific aroma/tasting wheels, get a better understanding of all. This workshop will help you understand the basics but won't make you an expert, that requires many more workshops. Inevitably this is also a very social event where Jon will also try to answer any questions you may have. **Jon Hoskin**, Food & Beverage Sommelier, has led around 200 various tastings

Games and Puzzles, Daily (on your own) 2 - 4 pm

ALL CAMP Meeting, Sunday 4:30 - 5:30 pm

Worship/Ritual Mary Ann Somervill 7:00 - 7:45 pm

To Tell the Truth, Sunday 8 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!

Late Night Movies, Sunday 9:30 pm

MONDAY, February 3

Closing Circle, Monday 9 - 9:30 am, Depart by 11 am

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