

Well Retreat 2024

Schedule

Friday 10/25	6:30 pm	Dinner	Soup, salads, bread, beverages, misc. desserts	Friday dinner crew
	7:30 pm	Welcome	Introduce True belonging theme	Lexy & Deb
	8:00 pm	Campfire conversations	Game: Get to know you questions	Mary
Saturday 10/26	7:00 am	Yoga & stretching	45 minutes	Amanda
	8:30 am	Breakfast	Pancakes, fruit, juice, coffee	Saturday breakfast crew
	10:30 am	Art for breakfast	Art project with Patti	Patti
	Noon	Lunch	Bring lunch for yourself and something to share if you'd like	Everyone
	2:00 pm	Nature walk & foraging	Walk led by Flower- searching for botanicals to make our own ink Living eulogies	Flower
	6:30 pm	Dinner	Chicken & sides (from local restaurant)	Dinner pick up person & Saturday dinner crew
	7:30 pm	Campfire conversations	Collaborative story telling	
Sunday 10/27	7:00 am	Yoga & stretching	45 minutes	Amanda & Adrien
	8:30 am	Breakfast	Pancakes, fruit, juice, coffee (eggs? bacon?)	Sunday breakfast crew
	9:30 am	Gathering		Susan
	10:30 am	Clean up		Everyone
		Check out		

Food crews

Friday	Dinner	5 people	
Saturday	Breakfast	5 people	
	Lunch	2 people	
	Dinner	1 to pick up order 5 people on organizing & clean up	Tim & Annie will order and pick up food
Sunday	Breakfast	5 people	
Crew Duties	Set up food and needed utensils & plates		

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| | <ul style="list-style-type: none">• Clean up• Store extra food• Wash reusable items |
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Food needed (See sign up sheet: <https://signup.com/go/vfKRkCJ>)

Friday DINNER	4 soups (6-8 servings) 1. Cheryl 2. Lexy/Flower 3. Patti 4. Linda 4 Breads (8-10 servings) 1. Mary Elizabeth 3 Salads (6-8 servings) Beverages (soda, tea, lemonade) Misc. desserts
Saturday BREAKFAST	Butter - Lexy Pancake Mix - Lexy Syrup - Lexy Juice Coffee Creamers & sweeteners Cooking spray Eggs
Saturday LUNCH	BYO lunch Beverages (soda, tea, lemonade)
Saturday DINNER	Chicken and sides (purchased from local restaurant) Beverages (soda, tea, lemonade) S'mores supplies
Sunday BREAKFAST	Butter - Lexy Pancake Mix - Lexy Syrup - Lexy Juice Coffee Creamers & sweeteners Eggs (2 x dozen) 1. Linda and Charlie
MISC.	Gallon drinking water (3)

Other supplies needed (See sign up sheet: <https://signup.com/go/vfKRkCJ>)

Tables (8)	Greg & Cheryl (2), Linda (1)
Chairs (8)	Deb W. (4), Linda & Charlie (4)
Canopies (3)	Greg & Cheryl (1), Deb (2)
Belonging Banners & supplies	Lexy
Chalkboard (for schedule)	Linda
Yoga mats or towels	Anyone who wants to participate in morning yoga/stretching

Get to know you Game	Mary
Foraging/Ink supplies	Flower
Art supplies	Patti
Dishwashing supplies (dish soap, brush, cloth towels)	
Griddles & pancake flippers (2)	Susan (1), Lexy (1)
Large coffee maker	Deb
Coffee	Deb
Foil & plastic wrap	
Ziploc bags (for leftovers)	
Tablecloths	
Microphone	Susan
Butcher paper & pens	
Serving spoons	

Everyone brings

Bug spray	
Sunscreen	
Refillable water bottle	
Coffee mug	
Chair for around the campfire	
Lunch for Saturday	
Optional: • Cloth napkins • Soup bowls • Silverware • Plates • Board games • Hat • Flashlights • Yoga mat/beach towel • Swimsuits	

Questions about:

Firewood	Tim & Annie
Saturday night dinner order	Tim & Annie
Yoga/Stretching	Amanda & Lexy
Campfire conversations	Cheryl
Nature walk & living eulogies	Flower
Art project	Patti