

Winter Retreat 2012 Schedule

Saturday, December 29th

Note: Adults have a separate Health Retreat schedule.

10:00-12:00	Registration & Move-in
12:00-1:00	Lunch
1:00-1:20	Song Session (Middle School, High School & Young Adults Together)
1:20-2:00	Welcome & Orientation
2:00-2:45	Ice-breakers in Groups
3:00-5:45	Education (Presentations, Discussions, & Activities) by Age Group
Elementary	Laurel Nakai
Middle School	Character Education with Igraine Convery
High School	Crescentia DeGoede Session 1: "Un-limit Yourself" - Challenge limiting paradigms Session 2: "Find Your Center" - Explore principle centered paradigms
Young Adults	Wayne Miller Session 1: "What's Your Why" Session 2: "Why Live a Principled Life"
6:00-7:30	Dinner
7:30-9:30	Family Challenge Activity
9:30-11:30	Free Time (gym open, board games available in dining room, optional movie)
12:00	Lights Out!

Sunday, December 30th

Note: Adults have a separate Health Retreat schedule.

7:00	Wake-up
7:15-8:00	HDK and Yoga in the main lecture hall
7:30-8:00	Exercise & HDH in dormitory
8:00-9:00	Breakfast
9:00-9:20	Song Session (Middle School, High School & Young Adults Together)
9:20-12:00	Education (Presentations, Discussions, & Activities) by Age Group
Elementary	Laurel Nakai
Middle School	Character Education with Igraine Convery
High School	Crescentia DeGoede Session 1: "Be the Driver of Your Life" - Be proactive versus reactive Session 2: "Become an Agent of Change" - Change unwanted habits
Young Adults	"Life Lessons From Historical Providential Figures' - Geoffrey Hinkle
12:00-1:30	Lunch
1:30-4:30	Inter-generational Volleyball Tournament
4:30-6:00	Free Time (gym open, board games available, crafts available, organized hike)
6:00-7:30	Dinner
7:30-9:30	Organized Fun Activity - scavenger hunt / smoothie making contest
9:30-11:30	Free Time (gym open, board games available, optional movie)
12:00	Lights Out!

Monday, December 31st

Note: Adults have a separate Health Retreat schedule.

7:00	Wake-up
7:15-8:00 am	HDH and Qi Gong
7:30-8:00	Exercise & HDH in dormitory
8:00-9:00	Breakfast
9:00-9:20	Song Session (Middle School, High School & Young Adults Together)
9:20-12:00	Education (Presentations, Discussions, & Activities) by Age Group
Elementary	Laurel Nakai
Middle School	Character Education with Igraine Convery
High School	Crescentia DeGoede Session 1: "Getting over Hurdles" - Identify obstacles to achieving your goals Session 2: "What's in Your Toolbox?" - Identify tools for achieving your goals
Young Adults	"Unification Thought" by Gerry Servito
12:00-1:00	Lunch
1:00-3:00	Free Time (Gym open, board games available in dining room, crafts available)
1:00-3:00	Optional Intentional Community Discussion - Led by Rob Sayre & Sue Stoia
3:00-5:00	Organized Fun Activity - Gingerbread house competition / messiah game
5:00-6:00	Free Time
6:00-7:30	Dinner
7:30-9:00	Testimonies
9:15-10:00	Reflection Guidance
10:00-11:30	Reflection & Quiet Time
11:30	Bonfire begins

David Cantrell will head the Tuesday, January 1st New Year's Festivities