



2018 BREAST CANCER SURVIVOR RETRREAT



Sunday

MORNING

7:00 - 10:00 BREAKFAST

Continental breakfast in King Hall

7:00 - 8:15 WATERFRONT

Early morning kayaking & swimming at the waterfront

8:00 - 8:30 READINGS AND DISCUSSION

Reading & discussion on finding inner peace - King Hall

8:30 - 9:30 LAUGHTER YOGA

Triangle Lodge

9:30 - 10:30 PILATES

Pilates with Ann Ross of Bangor Pilates in King Hall

9:00 - 11:00 KAYAKING & SWIMMING

at the waterfront

9:30 - 2:00 MASSAGE & REIKI

A retreat tradition! Time to receive a stress-relieving massage offered by the students of The Therapeutic Bodywork Learning Center (Donna Kraft-Smith, LMT Instructor). The students are trained/educated in both therapeutic methods.

9:30 - 2:00 HEALING TOUCH AND REIKI

We are excited to offer Reiki & Healing Touch again this year!
(Reiki and Healing Touch are both energy therapies that provide relaxation and stress reduction.)

10:30 - 11:30 - IT'S NOT YOUR BROTHERS POT!

Join us for an informative talk on CBD Oil presented by Patricia Conant of Community Herbals & Oils. Learn the facts about CBD and how it may be beneficial in your life

AFTERNOON

11:00 - 2:00 LUNCH

Serve yourself in King Hall

12:00 - 2:00 SWIMMING & KAYAKING

Your last chance to swim and kayak at the waterfront!

2:00 - 3:00 CLOSING CIRCLE

One last moment for reflection

3:00 EVALUATIONS & CLEAN UP

Please stay to help clean up if you can!
Your help is greatly appreciated

THANK YOU SO
MUCH FOR
JOINING US!
WE HOPE YOU
HAD FUN!





2018 BREAST CANCER SURVIVOR RETRREAT



Saturday

MORNING

9:00 WELCOME SURIVORS

Unpack, Choose sleeping quarters and move in. Take in the beautiful surroundings

9:00 - 10:00 BREAKFAST

Continental breakfast in King Hall

10:30 - 12 GETTING TO KNOW YOU! GROUP BONDING ACTIVITIES

Group activities to get to know each other & have a little fun

AFTERNOON

12 - 12:15 PICTURE TIME

Group photo in front of King Hall

12:15 - 1:15 LUNCH

Buffet style lunch at King Hall
Please honor those women who are currently or were recently in active treatment as well as our members who practice special diets to join the food line first.

Early bird registration prize drawings.

Announcements

1:15 - 4:00 KAYAKING & SWIMMING

at the waterfront

1:15-4:00 AFTERNOON ACTIVITIES

See options on the right

EVENING

4:00 - 5:00 IMPROV

Keep Laughing with Queen City Improv

4:00 - 8:00 PHOTO BOOTH

Memory Makers Photography

4:30 - 6:30 DINNER

Appetizers and Dinner at the Lovin' Spoonful Diner

6-7:30 DANCE

Time to pull out those groovy dance moves and have some fun

7:30 - 9:00 MOVIE

Watch a hit movie from the 60's

7:45

Campfire

TIME FOR SLEEP! WE HAVE MORE FUN PLANNED FOR TOMORROW!

AFTERNOON ACTIVITIES

1:30 - 3:00p.m. Laughing Yoga! With Mary Dempsey [Triangle Lodge]

1:30 - 3:00 p.m. Loving Yourself/Loving Others a workshop on body image with Anne-Marie Miller, LCSW oncology social worker from CCOM.

1:15 - 4:00 p.m. Craft Options
Jewelry Making

Tie Dyeing!

*Bring an article of clothing to dye!

Love Beads!

Flower Power!

And some of our old favorites