

WNMC RETREAT SCHEDULE

	FRIDAY	SATURDAY	SUNDAY
7:30am to 8am		Rise & Shine, Yoga, Skiing	Rise & Shine, Yoga, Skiing
8:30am to 9:30am		Breakfast	Breakfast
9:30am-10am		Team Building	Team Building
10am to 11am		Morning Outdoor Activities & Dining Hall Activities	Worship
11am to 12pm			Pack Up
12pm - 1pm		Lunch	Lunch
1pm to 4pm		Afternoon Outdoor Activities & Dining Hall Activities	Departure by 3pm
4pm-- 6pm	Get Settled		
6pm - 7pm	Soup Supper		
7pm - 8pm	Campfire		
After Eight	Sauna, Dining Hall Open		
	Play games! Have a chat!		
		Singing Together (hymns & songs)	

Rise & Shine Yoga with Lorrie, Skiing with Paul & Betty

Morning Outdoor Activities

snowshoeing (snowshoes available)

broom ball (equipment available)

skating (bring skates! Don't have any, let us know and we'll try to figure it out!)

nature walk

Afternoon Outdoor Activities

snow sculptures!

snow ball adventures!

pizza oven cooking adventures!

off-site skiing (bring skis! Don't have any, let us know and we'll try to figure it out!)

Dining Hall Activities

Crafts

Games

Life-size Dutch Blitz

Conversation Circle