

The Art of Aging Fearlessly

Unity of Fox Valley Women's Retreat 2024

- 8 Set UP (volunteer opportunity)
- 8:30 Registration, coffee, tea, etc (volunteer opportunity)
- 8:55 Opening Prayer
- 9 Overview / Name That Tune/Decade /, Opportunity to Dance
- 9:30 Fun Relay Races and/or NIA(holistic movement and wellness)
- 10:15 10 Minute Break (volunteer set up opportunity)
- 10:30 Guest Speaker "Use it or Lose It"
- 11 Small Group Sharing/Discussion
- 12 Gentle Yoga / Meditation
- 12:30 Lunch (volunteer set up opportunity)
- 1:00 Sharing Resources: Life Long Learning, Resources: Park District, Libraries....
- 1:15 Choices 15 minutes each: pick 6
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| Walk outside | Chair Massage (separate cost \$15, 15 minutes |
| Make a fall craft | (Pay when register) |
| Chat and Color | More NIA |
| Falls:: Prevention/Balance | Game |
| Pelvic Floor Info/exercise | Visit with Prayer Chaplin |
| Stopping Pain Sensations | |
| Book Discussion (Spiritual Keys to Aging Well) | |
- 2:45 15 Minute Break (volunteer set up opportunity)...
- 3:00 Large Group Discussion/Sharing (flip chart note taking opportunity)
- 3:30 Music Together (singing encouraged)
- Closing Prayer, Evaluation

\$40 Fee

Schedules and Events subject to minor changes