



# Refresh

Ladies Retreat

September 14 - 15, 2018

Please note the schedule is tentative and subject to change.

## Friday, September 14

- 10am - 12pm Check-In
- 10am - 12pm Red Canoe Open
- 12pm Lunch
- 1-6pm Activities & Free Time
- 6pm Dinner
- 7-9pm Late Check-In
- 7pm Session with speaker Tara-Leigh Cobble
- 8:45pm Snack & Fellowship
- 8:45-9:45pm Red Canoe Open
- 9:45pm Laser Tag
- 9:45pm Campfire

## Saturday, September 15

- 8-10am Red Canoe Open
- 8:15am Lakeside Prayer
- 8:45am Breakfast
- 9-10:15am Saturday Check-In
- 10am Chapel doors open for Simulcast
- 10:30am Simulcast Begins - Session #1
- 12:30pm Lunch
- 12:30-1:45pm Red Canoe Open
- 2pm Worship
- 2:30pm Simulcast - Session #2
- 4pm Invitation & Break
- 4-4:30pm Red Canoe Open
- 4:30pm Worship
- 4:40pm Simulcast - Session #3
- 5:10pm Closing Worship
- 5:15pm Simulcast Concludes/Head for home
- 5:15-6pm Red Canoe Open

## Friday Free Time Activities

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|--|-----------------------|
| 1-6pm  | Red Canoe Open        |
| 1-6pm  | ARC Open              |
| 1-6pm  | Laura's Crafts Open   |
| 1-6pm  | Massages              |
| 1-6pm  | Manicures & Pedicures |
| 1:15-3:15pm  | Zipline (Group #1)    |
| 1:45pm   | Camp Tram Tour        |
| 3-5:30pm   | Pyramid Point Hike    |
| <i>(stop for ice cream on the way back to camp!)</i> |                       |
| 3pm  | Camp Tram Tour        |
| 3:45-5:45pm  | Zipline (Group #2)    |