

2022 Women's Retreat Schedule

Thursday Evening, September 29, 2022

6:00 Arrive at LVR, check-in, unpack
7:00 Intros, Info, & Icebreakers
8:00 Opening Worship & "Life to the Full" Part 1
* Ice Cream Social, board games, hanging, laughing, talking! :)

Friday, 30, 2022

6:30-8:15 The Sweet Bean Café is open!!!
7:00-7:30 Body Drama with Jo Mama (Lodge, bring yoga mat if you have one)
7:30-8:15 Breakfast
8:30 Opening Hallelujah & Ti Talk
9:45 Choose Adventure(s) Session

- Short Hike to Eagles for Rock Climbing & Rappelling (10-12:30)
- Service Project (10-12:30)
- Zipline (10-12:30)
- Woodburning with Ashley (10-11)
- Archery & Tomahawks (10-12)
- Leisurely Hike on Inspiration (10-12)
- Horseback Rides (9:30 or 11, Sign up!)
- Get a Massage (apartment above dining hall; \$20 for 20 minutes; sign up!)
- Independent Bible Time or Crafts

12:30 Lunch

1:00 Country Store is open!

1:00 Horse Ride Session

1:00-1:45 The Sweet Bean Café is open!!

1:45 Ultimate Frisbee at the soccer field

2:30 Choose Adventure(s) Session

- High Ropes Challenge Course (2:30-5:30)
- Staff-led Hike Cedar Mountain (2:30-5)
- Tasharilla's Salsa Making (2:30-3:30)
- Horseback Rides (2:30)
- Get a Massage (sign up!)
- Independent Bible Time or Crafts

3:15-4:00 The Smoothie Bar is open!!!

4:00 Bouldering (meet in front of Moose)

4:00 Pickup Volleyball Game

6:00 Dinner

7:00 Evening Worship & "Life to the Full" Part 2

8:30 Chips & homemade salsa, wine, indoor games, talking, laughing

9:00 Hike or catch a shuttle ride to Amphitheater for Stargazing/Praying

Saturday, October 1, 2022

6:30-8:15 The Sweet Bean Café is open!!!
7:00-7:30 Body Drama with Jo Mama (Lodge, bring yoga mat if you have one)
7:30-8:15 Breakfast
8:30 Opening Hallelujah, Ti Talk
9:45 Choose Adventure(s) Session

- Hike to My Place with optional Rappel (9:45-12:00)
- Fly Fishing (10-12:30)
- Giant Swing (10-12)
- Shooting @ the Gun Range (10:30-12:30)
****Mandatory Range Safety Briefing 9:45 in the dining hall**
- Staff led hike to Stone Cabin (10-12:15)
- Spa Crafts with Trish (10:00-11:30)
- Potential Zipline (10-12:30)
- Get a Massage (sign up!)

12:30 Lunch

1:00 Country Store is open!!

1:00-1:45 The Sweet Bean Café is open!!

1:30 Choose Adventure(s) Session

- Fly Fishing (1:30-3:30)
- Shooting @ the Gun Range (1:30-3:45)
- Hike to My Place w/optional Rappel (1-4)
- Viney Kit Kat (1-4)
- Get a Massage (sign up!)
- Becoming a Non-anxious Presence in an Anxious World with Kathy Jackson
- Independent Bible Time or Crafts

2:30-3:20 The Smoothie Bar is open!!!

4:00 Evening Worship & "Life to the Full" Part 3

6:00 Dinner

7:00 Sip & Paint with Frieda Kahlo

8:00 Indoor games, wine, finish your painting!!

9:00 Campfire Worship with S'mores

Sunday, October 2, 2022

5:00 Sunrise Hike up Cedar Mountain

6:30-8:15 The Sweet Bean Café is open!!!

7:30-8:30 Breakfast

9:00 Closing Worship

10:30 Country Store is open!

Clean-up, Pack-up, Head-out