

Event Worksheet
 Wellness Retreat—Body, Mind, Spirit
 August 17-21, 2014
 Rocky Mountain Village
 Empire, CO

Day/ Time	Event	Location	Presenter	Supplies	Equipment
Wed 8-20 8:00 a.m.	Breakfast	Main dining hall	Margaret with help from ?	*Trivial Questions *prizes *pens or pencils *individual schedules for the day (with meal seating assignments) *colored dots	*Sound System and Mic *Breakfast served family style
9:00—10:15 a.m.	General session—Spirit	Genessee Hall	Tom Guidera & Ben Roe (will be Retreat attendees)		*Sound system and Mic *wireless mic *Tables and chairs for 60 facing stage and room for wheel chairs between
10:30—11:30 a.m.	Mini-Hike--Plants	Camp trail	Christine Crouse, Director/Agent—Clear Creek County Extension 303-679-2424 1111 Rose Street P.O. Box 2000 Georgetown, CO 80444 OFFICE: 303-679-2424 CELL: 970-389-8724 FAX: 303-569-1103 christine.crouse@colostate.edu www.clearcreek.colostate.edu	Trail Map	Trail Map
10:30-11:30 am	Exercise Sessions	Genessee Hall	Physical Therapists		10 chairs in circle in 4 corners of room
12:00 noon	Lunch	Main Dining hall			Lunch served family style

1:00-3:15 p.m.	Horseback Riding	Corral			*Golf Cart transportation? *Wranglers
	Tie Dye Activity	Craft cottage	Kathy Maynard	Tie Dye kits T-shirts Tote bags	Camp crafts person, if needed? Open craft cottage
	Greeting Card construction	Craft cottage	TBD	Greeting card supplies	Camp crafts person if needed?
	Fatigue	Homebuilders lower level	Dr. Fred Maynard		
	Wilderness on Wheels & ParaOlympics	Genessee Hall	Barb Cramer Lunch for she & her husband, Bill Cramer		Two tables in room where presenting
3:30—5:30	Begin to Write Your Life Story	Homebuilders Lodge Lobby/dining area	Margaret Hinman	*Journals *Pens or pencils *Lists of starter topics	Tables and chairs for about 10 people—probably already there
	Ask a Doctor	Homebuilders Porch	Dr. Fred Maynard		
	Upper extremity devices	Main Lodge Lobby	Barb Hardcastle, OT		
	Communication with Professionals	Genessee Hall	Dave Elliott		
	Sexuality	Homebuilders Lower Level conf. area	Ben Roe		TV set or monitor to show VHS movie—Ben will bring VHS player
6:00-7:00 p.m.	Dinner	Main dining hall			*Sound system and mic *Dinner served family style
7:30 p.m.	Spoke-N-Motion dance troupe	Genessee Hall	Dinner—8 to 9; see list of restrictions for 4		Sound System for iPod. Room set-up= Auditorium style
	Print drawing		Sue?	Names in a hat	
<u>Thurs 8-21</u> 8:00 a.m.	Breakfast	Main dining hall	Staff	Announcements and good bye stuff	*Sound system and mic

					*Breakfast served family style
11:00 a.m.	Be checked out				