

23rd All-Congregation Retreat - "Don't Stop Thinking About Tomorrow"

SATURDAY, MAY 28, 2022 - **REVISED**

7:30 a.m. – All Day **Game tables set-up in Gullen Lounge**

7:30 a.m. – 9:00 a.m. **Breakfast – Dining Hall**

Morning Programs

9:30 a.m. – 11:30 a.m. **Climbing Wall – Silver Bay Staff – Fisher Gym**
All climbers under 18 must have a waiver signed by their parent.
Sign up at Front Desk

10:00 a.m. – 11:30 a.m. **Yoga – Suzanne Viverito – Gym dance studio – Bring a towel**

11:30 a.m. – 1:00 p.m. **Lunch – Dining Hall**

Afternoon Programs

1:00 p.m. – 3:00 p.m. **Silver Bay Retreat Choir– directed by Stephen Michael Smith – Auditorium**

1:30 p.m. – 3:00 p.m. **Electric Cars: Change, Choosing and Charging – Herb Waldren - Morse Hall**

1:30 p.m. & 3:30 p.m. **Boat Tour of Lake George on the "Silver Spirit" – Silver Bay Staff**
Sign up at the Front Desk.45 Minute trip: \$22 – Adult / \$11 - Child (0-18)

2:00 p.m. – 4:00 p.m. **Children's Pavilion – the pavilion will be open for younger children and their parents. Please do not remove anything from the pavilion.**

3:00 p.m. – 5:00 p.m. **5 Mile Hike – led by Brian Muellers with Gerry Matusiewicz**
(Please bring your own water and a snack.) Meet on the Inn Porch facing the lake.

3:15 p.m. – 5:15 p.m. **Mehndi Indian Henna Tattoos – Shanti Flot & Shyamali Sur - Watson Art Center**

4:00 p.m. – 5:00 p.m. **Rehearsal for Talent Show – Auditorium - Report to Bruce & Laura Torff and Paul Drezner - Ken Hughes, Gary Mitchell and Eric Titcomb will assist with the rehearsals.**

4:00 p.m. – 5:30 p.m. **Line-Dancing – Claire Paccione – Gym dance studio**

5:30 p.m. – 7:00 p.m. **Dinner – Dining Hall**

Evening Programs

7:00 p.m. – 11:00 p.m. **Games (Bridge, Mah Jongg, Scrabble, etc.) & Conversation - Gullen Lounge**

7:00 p.m. – 8:30 p.m. **Great Decisions Discussion – Sandra Frank – Morse Hall**

7:00 p.m. – 8:15 p.m. **Campfire, Sing-Along – Bay Beach**
Ken Hughes & Karin Lyngstad-Hughes and Audrey Murphy
S'mores for all! – Barbara Dilsner

8:30 p.m. – 11:00 p.m. **A Night at the Club – Frank & Maria Doyle & The Any Given Sunday Band**
William Boyd Center - Enjoy refreshments with wine and beer. ADULTS only.

Please turn over for Saturday Continued

23rd All-Congregation Retreat - "Don't Stop Thinking About Tomorrow"

SATURDAY, MAY 28, 2022 - CONTINUED

8:30 p.m. – 11:00 p.m.

PARENTS ARE RESPONSIBLE FOR SIGNING CHILDREN IN AT WATSON BY 8:30 P.M. AND, PICKING THEM UP AND SIGNING THEM OUT BY 11:00 P.M.



Climbing Wall

Saturday, May 28, 2022

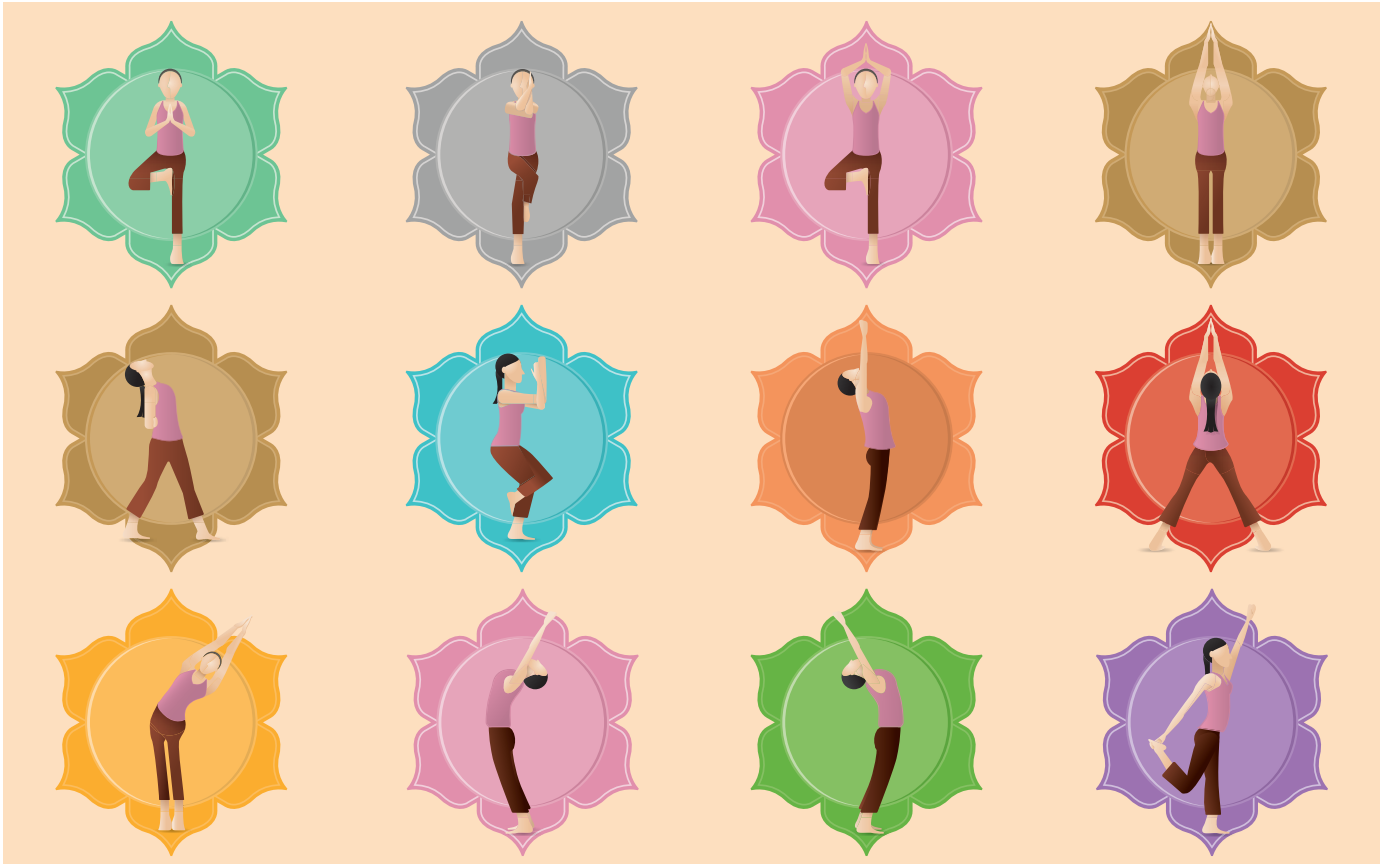
9:30–11:30 AM

Fisher Gym

Led by **Silver Bay Staff**

All climbers under 18 must have a waiver signed by their parent

Sign up at Front Desk



Yoga

Saturday, May 28, 2022

10:00–11:30 AM

Gym Dance Studio

Led by **Suzanne Viverito**

10:00–11:00 AM

Gentle Vinyasa Flow Yoga
All levels welcome!

11:00–11:30 AM

Pranayama (Breathwork)
Guided Meditation
Savasana

Please bring a towel to assist with stretching.



Silver Bay Retreat Choir

Saturday, May 28, 2022

1:00–3:00 PM

Auditorium

Sunday, May 29, 2022

1:30–3:00 PM

Auditorium

Directed by **Stephen Michael Smith**

Come learn the songs that will be sung at Sunday service and at the Memorial Day service.



Electric Cars: Change, Choosing and Charging

Saturday, May 28, 2022

1:30–3:00 PM

Morse Hall

Led by **Herb Waldren**

Compare electronic vehicles.



Boat Tour of Lake George on the “Silver Spirit”

Saturday, May 28, 2022

1:30 PM and 3:30 PM

Sunday, May 29, 2022

1:30 PM and 3:30 PM

Led by **Silver Bay Staff**

Sign up at the Front Desk

45-minute trip

Adult: \$22 | Child (0-18): \$11



5-Mile Hike

Saturday, May 28, 2022

3:00–5:00 PM

Meet on the Inn Porch
directly facing the lake

Led by **Brian Muellers** with **Gerry Matusiewicz**

Please bring your own water and a snack.



Mehndi Indian Henna Tattoos

Saturday, May 28, 2022

3:15–5:15 PM

Watson Art Center

Led by **Shanti Flot** and **Shyamali Sur**

Henna is a tree whose leaves can be dried, crushed to powder, and formed to a paste. This paste is used in the Middle Eastern and Asian countries to dye hair and also create body art. We will discuss Henna in this workshop and create body art.



Rehearsal for Talent Show

Saturday, May 28, 2022

4:00–5:00 PM

Auditorium

Sunday, May 29, 2022

4:00–5:30 PM

Auditorium

Report to
Bruce & Laura Torff and Paul Drezner

Ken Hughes, Gary Mitchell, and Eric Titcomb
will assist with the rehearsals



Line Dancing

Saturday, May 28, 2022

4:00–5:30 PM

Gym Dance Studio

Led by **Claire Paccione**

Kick up your heels and have a great time!

GREAT DECISIONS

1918 • FOREIGN POLICY ASSOCIATION

2022 EDITION



Great Decisions Discussion

Saturday, May 28, 2022

7:00–8:30 PM

Morse Hall

Led by **Sandra Frank**



Campfire, Sing-Along

Saturday, May 28, 2022

7:00–8:15 PM

Bay Beach

Led by

**Ken Hughes, Karin Lyngstad-Hughes
and Audrey Murphy**



S'mores for all!

Led by **Barbara Dilsner**



A Night at the Club

Saturday, May 28, 2022

8:30–11:00 PM

William Boyd Center

**Led by Frank & Maria Doyle and
The Any Given Sunday Band**

Come enjoy refreshments with wine and beer.

ADULTS ONLY