

LADIES GET-A-WAY AGENDA

Here is the agenda for the weekends. Workshops and times are subject to change please be sure to pick-up the official schedule and booklet when you check-in.

Spa and Dinner Reservations could be made starting Tuesday, February 7 at 10:00am

Thursday 3/2 & 3/9

- 12:00pm – 11:00pm **Fitness Center Open**
3:00pm – 6:00pm **Spa Appointments Available (\$)**
5:00pm **Steamboat Lounge Opens**
6:00pm – 8:00pm **Dinner off Menu** – Lakeside Dining Room – Dinner Reservations Required.
9:00pm **Story Hour with the Crow Sisters** – Join the sisters as they share a few Stories of Spirit with a question and answers session. – **Card Room**
9:00pm – 11:00pm **Feature Movie** – “Mama Mia” Sophia has just one wish to make her wedding perfect: to have her father walk her down the aisle. Now she just has to find out who he is... Join the music, laughter and fun with this all-star cast including Meryl Streep, Pierce Brosnan, Colin Firth and Amanda Seyfried. It’s a feel-good movie that will leave you singing and dancing. Rated PG-13 - **Theater**

Friday 3/3 & 3/10

- 7:00am – 11:00pm **Fitness Center Open**
7:30am – 10:00am **Breakfast Buffet** – Lakeside Dining Room
8:00am – 9:00am **Yoga** – Carole Petrillo will be joining us for morning yoga – an ancient healing art. – **Waterlot Room**
Group Walk – Join other guests for this self-guided walk around the Lake and neighborhood. – **Meet in Lobby**
9:00am – 5:00pm **Spa Appointments Available (\$)**
10:00am – 11:00am **Boot Camp** – Patrick is here to make you work during this hour long class that includes many different exercise stations. – **Morey Room**
Stress Less – You will go beyond just stress management techniques (breeeeeathe...) and get into the root of what is really stressing you out and what to do about it. – **Lakeside East**
Pop-Up Cards – Discover a fun way to create your own lovely pop-up cards with readily available card stock. You will learn how the final card can be uniquely yours. – **Waterlot Room**
Jar-Tastic – Join Heather and magically transform a basic jar into a decorative vase, candle holder or gift. – **Waterlot Room**
11:30am – 12:30pm **Fun with Felt** - Join Susan to design and decorate a phone or jewelry bag with felt. Flat or 3-D, these techniques can be used with a variety of materials to make all kinds of decorations, such as wreaths, bouquets of felt flowers, jewelry and much more. – **Waterlot Room**
Gentle Tone and Stretch – Using techniques from Pilates and ballet, this body-weight strengthening class will also improve your range of motion. **Morey Room**

- 11:30am – 12:30pm **Zentangle Mindful Drawing** – Relax, unwind and tap into your own creativity without focusing on the outcome. This meditative drawing helps us to be present while letting go of thoughts, stress and negative thinking. Anyone can do this mindful drawing of structure and patterns that create beautiful images. – **Edgewater Room**
- 12:00pm – 2:00pm **Lunch Available – Steamboat Lounge (\$)**
- 1:00pm – 2:00pm **Self- Love – You are Worth It** – A gathering of amazing, like minded women who want to feel inspired and empowered. The focus of this session is to provide you with the tools to put yourself at the top of your “To Do” list. – **Lakeside West**
- Cooking Challenge** – Are you the next Iron Chef? Do you and your team have what it takes to win this culinary competition? Come find out.
Terrace Ballroom
- Shrinky Dinks Jewelry** – Not just for kids anymore..... Come make a key chain, pendant, earrings or bracelet. **Waterlot**
- 1:00pm-3:00pm **Blank Canvas** – Let your inner Van Gogh out. Learn some basic design and color concepts as you paint an acrylic landscape. - **Waterlot Room**
- 2:30pm – 4:30pm **Movie Matinee – “Brooklyn”** Oscar Nominee Saoirse Ronan lights up the screen as Ellis Lacey, a young Irish immigrant navigating through 1950s Brooklyn. Although her initial homesickness soon gives way to romance, when Ellis’s life is disrupted by news from her hometown, she is forced to choose between two countries and two men on opposite sides of the world. Based on the best-selling novel, Brooklyn is a warm and wonderful story about falling in love... and finding your way home. Rated PG-13 - **Theater**
- 2:30pm – 3:30pm **Make Your Own Vision Board** – What do Oprah and Steve Harvey have in common? They both believe in the power of vision boards. You’ll leave this workshop with your own vision board and a clearer vision of what you really want for your life. – **Lakeside West**
- Group Walk – Meet in Lobby**
- Entertainment Trivia** – Ready to test your teams knowledge on TV shows, movies, celebrities, music? Prizes for the winners – **Steamboat**
- Zentangle Mindful Drawing – Edgewater Room**
- 4:00pm – 5:00pm **Siesta Stretch** – Seated and lying stretches end with complete relaxation. This is a class where it is okay to fall asleep. – **Lakeside East**
- Fairlee Game Day** – Gretchen is here to test your skills. Charades, singing, clues all add up to a hysterical hour of competition. **Morey Room**
- Nutrition and You** – Are you as confused as everyone else when it comes to nutrition and what you can eat, what you can’t eat, gluten, low fat, low carb..... Jasson is here to sort it all out for you and point you in the right direction. – **Lakeside West**
- Edu-tainment** - Join the ladies from Pure Romance as they provide an opportunity for women to learn more about their bodies and become more comfortable in their skin. Go ahead feel sexy and undo the barricades in your head. **RATED - R ~ Captains Room**
- 5:30pm **Welcome Reception – Steamboat Lounge**

6:00pm – 8:30pm **Dinner Buffet – Lakeside Dining Room – Reservations Required**
 8:30pm – 11:00pm **80's Dance Party – Steamboat Lounge**
 9:00pm – 10:00pm **Psychic Gallery Reading** - Join Salicrow, Psychic Medium for an evening of messages from Beloved Dead. Salicrow is a natural Medium who has been communicating with Spirits since childhood. She is a multi-sensory Medium experiencing spirits through sight, hearing, smell and direct message. Gallery Readings are geared toward larger groups and therefore messages will not be passed to all guests. – **Terrace Ballroom**
 9:00pm – 11:00pm **Feature Movie – “Bad Moms”** In this outrageous comedy from the writers of The Hangover, Amy (Mila Kunis) has a seeming perfect life – a great marriage, over-achieving kids, a beautiful home and a career. However, she’s over-worked, over-committed and exhausted to the point that she’s about to snap. Fed up, she joins forces with two other over-stressed moms (Kristen bell and Kathryn Hahn) on a quest to liberate themselves from conventional responsibilities – going on a wild, un-mom-like binge of long-overdue freedom, fun and self-indulgence – putting them on a collision course with PTA Queen Bee Gwendolyn (Christina Applegate) and her clique of devoted perfect moms (Jada Pinkett Smith and Annie Mumolo). Rated R - **Theater**

Saturday 3/4 & 3/11

7:00am – 11:00pm **Fitness Center Open**
 7:30am – 10:00am **Breakfast Buffet – Lakeside Dining Room**
 8:00am – 9:00am **Zumba –** The Crew from the Z Factory in Southington CT are here to get get your booty shaking and get your juices flowing for the day. **Terrace Ballroom**
Water Aerobics – Join Gretchen in the pool for this non-impact aqua Workout – All ability levels welcome. **Pool**
Yoga – Waterlot Room
Group Walk – Meet in Lobby
Medi-Stretch - Come join Jasson for a morning wake up call. This is a meditation stretch class designed to charge, recharge or surcharged your body and mind to help you deal with the stress and challenges in your daily life. Stretching is something we all need but few of us do enough of. Meditation allows you to quiet, release and rest your mind enhancing the quality of everything you do. – **Morey Room**
 9:00am – 5:00pm **Spa Appointments Available (\$)**
 9:30am – 10:30am **Zumba Tone** - Combines targeted body-sculpting exercises and high-energy cardio work out. – **Terrace Ballroom**
Water Aerobics - Pool
YOUthful Anti-Aging Program – Aging is inevitable. Aging gracefully is your choice. Learn what you can do to slow the process down from the inside-out. ~ **Lakeside East**
All in Vane Art – Intrigued with New England folk arts from yesteryear? Create a traditional or self-inspired paper collaged weathervane suitable for framing. – **Captains Room**
Self - Love You are Worth It – Lakeside West

- 9:30am – 10:30am **Fun with Felt – Waterlot Room**
Shrinky Dink Jewelry – Waterlot Room
No Weights – No Worries Workout - Join Jasson for this fun and exhilarating workout. A full body high intensity cardio and resistance training blast! A must for anyone looking to push their limits and beyond. In a group setting this class is a body weight loaded program unlike any other. No weights, no equipment.... Just your body and what you can do with it – all ability levels welcome. – **Morey Room**
- 10:00am – 12:00pm **Morning Movie “Miracles from Heaven”** - Based on the incredible true story of the Beam family. When Christy (Jennifer Garner) discovers her 10 year old daughter Anna (Kyle Rogers) has a rare, incurable disease; she becomes a ferocious advocate for her daughter’s healing as she searches for a solution. After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored and their community inspired. Rated PG - **Theater**
- 11:00am – 12:00pm **Cooking Class** - Join Chef Brian & Chef Geoff as they share some tricks of the trade in this informative, interactive class. Of course there will be some yummy samples as well. – **Terrace Ballroom**
Take Back Your Life Workshop - A fabulous beginning to taking the necessary steps to fitness and a healthy lifestyle. Together we will discuss the challenges that come with getting and staying on a healthy regime. You will leave with tips and suggestions that could help you get on the right path to your fitness. – **Lakeside West**
All in Vane Art – Captains Room
Belly Dancing Workshop – Learn the ancient art of the Middle Eastern Dance with Raq-On Dance. Belly dancing is a low impact exercise, great for toning and a wonderful stress reliever. – **Morey Room**
Fearless Living Workshop – What fears are you allowing to hold you back? In this workshop you’ll learn the benefits of fear..... and how to tell it to take a hike. – **Lakeside East**
Pop-Up Animals – Waterlot Room
Jar-Tastic – Waterlot Room
Zentangle Mindful Drawing – Edgewater Room
- 12:00pm – 2:00pm **Lunch (\$)** – **Lakeside Dining Room**
Mid-Day Movie “Mother’s Day” - From Garry Marshall, the director of Pretty Women and Valentine’s Day, comes Mother’s Day, an all-star comedy that celebrates parenthood and family. Jennifer Aniston, Julia Roberts, Kate Hudson and Jason Sudeikis lead an incredible cast in a film that intersects the lives of a group of people maneuvering their way through a crazy week of difficult relationships and family dysfunction in the week leading up to Mother’s Day. It’s a comedy that will make you laugh, cry and cheer! Rated PG-13 - **Theater**

- 1:00pm – 2:00pm **A Cappella Workshop** - Ever considered trying out for the VOICE? Can you spell the word VOICE? Think your shower songs are wasted on the soap and shampoo? Do you use soap and shampoo? Then have we got news for you!!? Aged to Perfection quartet, internationally famous and beloved here at Lake Morey is excited to bring their a cappella stylings and skills (and of course humor) to a workshop venue designed especially for you. No audition needed – but if you’ve ever wanted to try four-part a Capella singing – you bring the voice we’ll do the rest. By the end who knows what opportunities abound – maybe even at the dramatic – **Terrace Ballroom**
- 1:00pm – 2:00pm **Siesta Stretch – Lakeside East**
Belly Dancing – Morey Room
Traveling Light – Have fun exploring how watercolors and wax -resist together create individualized paintings of the Northern Lights. – **Captains Room**
Shrinky Dink Jewelry – Waterlot Room
Self - Love – You are Worth It – Lakeside West
Nutrition and You - Edgewater
- 1:00pm – 3:00pm **Blank Canvas - Waterlot**
2:00pm – 4:00pm **Movie Matinee “Ghostbusters – Answer the Call”** Ghostbusters makes its long-awaited return with Director Paul Feig’s unique and hilarious take on the classic supernatural comedy, led by the freshest minds in comedy today, Melissa McCarthy, Kristen Wiig, Kate McKinnon, Leslie Jones and Chris Hemsworth. Together they team up to save Manhattan from a sudden invasion of spirits, spooks and slime that engulfs the city. Rated PG-13- Theater
- 2:30pm – 3:30pm **Mixology** - What creative cocktails will Chris and Jon come up with this year? With these guys who knows! - **Lakeside Dining Room**
Wine Tasting – Rick will take you through the wonderful world of dessert wines.~ **Morey Room**
Zumba Gold - Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. **Terrace Ballroom**
Make Your Own Vision Board ~ Lakeside West
- 3:30pm – 7:30pm **Live Music** – Acoustic guitarist Jason Cann – **Steamboat Lounge**
4:00pm – 5:00pm **Zumba – Terrace Ballroom**
Introduction to Crystals – Join the Crow Sisters as they introduce you to crystals and the tools for self-healing and awakening. – **Edgewater Room**
Sexy Chair Dancing - Leave your inhibitions at the door! This fun, sexy routine will have your partner paying you to come back next year. **Waterlot Room**
Blast from the Past Games – Memory, Twister and Musical Chairs are just a few of the games we have resurrected for what promises to be a rather comedic hour of fun. – **Morey Room**
Edu-tainment - RATED - R ~ Captains Room
- 5:00pm – 6:00pm **Energy and Healing** – This is part-2 of the Crow Sister’s tools for self-healing and awakening workshop. – **Edgewater Room**

6:00pm – 8:30pm **Dinner Buffet – Lakeside Dining Room – Reservations Required**
 8:30pm – 11:00pm **DJ Dance Party – Steamboat Lounge**
 9:00pm – 10:00pm **Kathy’s Kranium Krushers** – How many times have you said “someday, I’ll need to know this useless information”! Well get ready – grab a group of friends (up to six per team), enjoy a cocktail and join Kathy Pomer as she presents her own brand of trivia, music, humor and entertainment. You will be competing for 1st, 2nd and the coveted last prize. – **Morey Room**

9:00pm – 11:00pm **Feature Movie “Sisters”** - Tina Fey and Amy Poehler reunite in Sisters, the story of two disconnected sisters summoned home to clean out their childhood bedroom before their parents sell the family house. Looking to recapture their glory days, they throw one final high-school-style party for their classmates, which turns into the cathartic rager that a bunch of ground-down adults really need. Rated R - **Theater**

Sunday 3/5 & 3/12

7:00am – 1:00pm **Fitness Center Open**
 8:00am – 9:00am **Yoga – Waterlot Room**
Group Walk – Meet in Lobby
Zumba Tone – Terrace Ballroom
Boot Camp – Morey Room
 8:30am – 11:00am **Brunch Buffet – Lakeside Dining room**
 9:00am – 11:00am **Spa Appointments Available (\$)**
 9:30am – 10:30am **Zumba – Terrace Ballroom**
Medi-Stretch – Morey Room

WEEKEND EXTRA’S:

Retail Therapy – Friday, Saturday & Sunday featuring: CEO Originals, Chapmans Store, Crow Sisters & Pure Romance

One-on-One Personal Training / Fitness / Take Back Your Life Sessions with Jasson

Finney available Saturday & Sunday – Contact Jasson directly to make an appointment or for additional information jasson.finney@gmail.com

Carrie Myers Smith will be offering Authentically You One-on-One Discovery Sessions:

Tired of spinning your wheels and feeling like you’re getting nowhere? Sick of meeting everyone else’s needs and pushing yours to the back burner? Ready to become confident in both what you do and who you are? Let’s Talk! – Contact Carrie directly to make an appointment or for additional information. carriemeyerssmith@gmail.com / 603-991-7302.

Readings by Salicrow, Bodywork by Sandycrow available Thursday, Friday & Saturday. Sign-Up in the Lobby

Readings by Michelle available Friday evening – Sign-Up in the Lobby