

## LADIES GET-A-WAY AGENDA

Here is the agenda for the weekend. 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 can be made starting Wednesday, February 7 at 9:00am

### Thursday, March 8

- 12:00pm – 11:00pm **Fitness Center Open**
- 1:00pm – 6:00pm **“Friends” Marathon – Theater**
- 3:00pm **Steamboat Lounge Opens (\$)**
- 3:00pm – 4:00pm **Arts & Crafts – Wire Flowers** – Make a bouquet of decorative wire flowers that can brighten up a desk or used as a decoration for many items used on a daily basis - **Waterlot Room (class size limited)**
- Enlighten Up** – In this “outside of the box” workshop you will have 30 seconds of guided meditation to discover your inner dream world, 30 minutes setting up your intentions and finding your matching theme song and 15 minutes toning the chakras to get high naturally – **Lakeside East Chocoholics 101** - Lisa is back with her always popular chocolate class. She will teach you how to make some sweet treats and if you are good maybe even let you sample some – **Edgewater**
- 4:30pm – 5:30pm **Arts & Crafts – Photo Frame** – Kristy and Kerry will teach you how to make a decorative photo frame using scrapbooking paper, ribbons and Mod Podge. Create your very own LMR Ladies keepsake – **Waterlot (class size limited)**
- Arts & Crafts – Glass Etching** – Learn the art of glass etching using stencils and etching cream to create a permanent waterproof design on a stemless glass. Perfect for your home or as a gift. – **Waterlot (class size limited)**
- Dances of Universal Peace** – Join the circle of ladies as Janet leads you in many different dances some deep and sacred and some fun and playful. Leave feeling very light – **Terrace**
- 5:30pm – 8:30pm **Dinner off Menu – Lakeside Dining Room** – Dinner Reservations Required.
- 9:00pm **Book Signing, Readings and Q & A with the Crow Sisters - Lobby**
- 9:00pm – 11:00pm **Feature Movie – “Lion”** - Five year old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home. Rate PG-13 - **Theater**

### Friday, March 9

- 7:00am – 11:00pm **Fitness Center Open**
- 7:30am – 10:30am **Breakfast Buffet** – Lakeside Dining Room
- 8:00am – 9:00am **Yoga** – Carole Petrillo will be joining us for morning yoga – an ancient healing art. – **Terrace**

**Morning Stretch** – Get those juices flowing and get ready to face the day with this guided stretching class. It is suggested to bring a blanket and pillow. – **Lakeside East**

**FUNDamentals of Fitness** – This is a 50 minute whole body strength training workout that will help increase overall energy, muscle endurance, body flexibility, mobility and coordination. Strengthen your belief in yourself while you improve your health, and let's do it together while we have some F-U-N in the process! – **Morey**

**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

**Arts & Crafts – Wire Flowers – Waterlot (class size limited)**

**Chocoholics 101 - Edgewater**

**Tabata** – This 45 minute class is fast paced and guaranteed to get your heart rate pumping. Based upon the popular Tabata style workout involving short bursts of all-out effort followed by shorter recovery times in a high intensity interval based format. Exercises include cardiovascular, strength and core concentrated movements. Tabata workouts are known for their “after burn effect” meaning you keep burning calories hours after the workout. – **Morey**

10:00am – 12:00pm

**Morning Movie – “27 Dresses”** - Perpetual bridesmaid Jane (Katherine Heigl) always puts the needs of others before her own, making her the go-to gal whenever someone needs help with wedding plans. So when Jane's younger sister Tess (Malin Akerman) snags the man (Edward Burns) Jane secretly loves, Jane finds herself questioning her role as a wedding junkie for the first time in her life. Meanwhile, a handsome reporter (James Marsden) sees Jane's unusual story as his ticket off the bridal beat. Rated PG -13 - **Theater**

11:30am – 12:30pm

**Card Magic** – Vickie will teach you how to make your own greeting cards for any occasion – **Waterlot (class size limited)**

**Cardio Fusion** – This 50 minute workout is total body conditioning paired with cardiovascular exercise. Class is designed to utilize strength and cardiovascular training while combining resistance intervals, plyometrics, power and isometric movements. Push yourself to the next level with this powerful and dynamic workout. – **Morey**

**Arts & Crafts – Shrinky Dinks** – Back by popular demand discover why they aren't just for kids anymore. **Captains**

**How to Do a Five Day Whole Foods Detox** – Have you looked into trying to make it through some extreme juice detox and just said NO WAY, fortunately you have options. Learn the basics of a five-day whole foods detox and jumpstart your healthy eating plan. – **Lakeside West**

**Unleash Your Shakti** – Stephanie is back - In this interactive workshop you will be guided in how to release stagnant energy through movement, sound, healing and journaling exercises. Shakti energy is responsible for the creation of our deepest desires and is an incredible catalyst for change. – **Lakeside East**

**Learn to Love Your Feet (and why it is so important)** – During this interactive workshop Diane will share observations she makes as a Reflexologist, fun foot facts, self-help key points on your feet, and foot

- exercises that everyone can do. Appreciate your feet they are your foundation. - **Terrace**
- 12:00pm – 2:00pm **Lunch Available – Lakeside Dining Room (\$)**
- 12:00pm **Steamboat Lounge Opens (\$)**
- 1:00pm – 2:00pm **About Face** – Slow facial aging with facial yoga, hydration, nutrition and essential oils. – **Lakeside West**
- Learn to Love Your Feet (and why it is so important) - Terrace**
- Arts & Crafts – Photo Frame – Waterlot (class size limited)**
- Arts & Crafts – Glass Etching – Waterlot (class size limited)**
- Cooking Class** – Cauliflower is the latest “mock” for almost everything, come learn a few fun recipes and sample what the buzz is all about. - **Edgewater**
- Find Your Balance** – We all take on many roles in our lives from the workplace to our personal lives with family and friends. Being pulled in so many directions creates unbalance. In this workshop, you will be guided in steps to finding your authentic self and find the balance that works for you. You will ignite the leader within you and learn tools to empower you both in your personal and professional life. **Lakeside East**
- Dances of Universal Peace – Morey Room**
- 2:00pm – 4:00pm **Movie Matinee – “Coyote Ugly”** - Graced with a velvet voice, 21-year-old Violet Sanford heads to New York to pursue her dream of becoming a songwriter only to find her aspirations sidelined by the accolades and notoriety she receives at her "day" job as a barmaid at Coyote Ugly. The "Coyotes" as they are affectionately called tantalize customers and the media alike with their outrageous antics, making Coyote Ugly the watering hole for guys on the prowl. Unrated Extended Cut - **Theater**
- 2:30pm – 3:30pm **CORK (Create Oil-infused Reusable Keepsake)** – Noticing essential oils in the news, at vendor fairs and on social media? Wondering what it is all about? Attend this session to safely explore and experience 11 basic oils and blends. Learn how these tiny drops can be used to enhance your day to day wellness. – **Edgewater (class size limited)**
- Sound Medicine** – Nurture and restore your whole being by taking a sound bath. Leave your troubles behind and learn how to balance your own energy with toning. This is fun and easy and something you can do whenever you need it. – **Lakeside East**
- Arts & Crafts – Shrinky Dinks – Captains**
- ZUMBA** – Crazy Paula is here once again to help you move and shake your way to your happy place! - **Morey**
- 4:00pm – 5:00pm **Enlighten Up – Lakeside East**
- Banish the Bloat** – Tired of having to unbutton your pants midday because you’re so bloated? Does it seem like it doesn’t matter what you eat it makes you gassy? You need this informative class to start to feel better today! – **Lakeside West**
- Arts & Crafts – Wire Flowers – Waterlot (class size limited)**
- Thieves in Your Home** – Don’t let nasty chemicals rob you of your health and wellness! Discover how using a plant-based household cleaner and essential oils can attack your spring cleaning without compromising your health. – **Edgewater Room**

**Yoga Nidra/Meditation** – Yoga Nidra, known as the “sleepless sleep” is a form of deep relaxation and guided meditation used to help manage stress, work through pain and many other things. This class will consist of breathing exercises, light stretches and relaxation techniques to focus, open up and balance the mind and body. It is suggested to bring a blanket and pillow. - **Terrace**

5:00pm

**Welcome Reception – Steamboat Lounge**

5:30pm – 8:30pm

**Dinner Buffet – Lakeside Dining Room – Reservations Required**

8:30pm – 11:00pm

**DJ Dance Party – Morey Room**

9:00pm – 11:00pm

**Feature Movie** – “The Mountain Between Us” - Stranded on a mountain after a tragic plane crash, two strangers must work together to endure the extreme elements of the remote, snow-covered terrain. Realizing that help is not on the way, they embark on a perilous journey across hundreds of miles of wilderness, pushing each other to survive and discovering their inner strength. Rated PG -13 – **Theater**

9:30pm – 10:15pm

Comedian – Linda Belt – She’s BACK and funnier than ever. Rated R  
**Morey Room**

### **Saturday, March 10**

7:00am – 11:00pm

**Fitness Center Open**

7:30am – 10:30am

**Breakfast Buffet – Lakeside Dining Room**

8:00am – 9:00am

**Yoga – Terrace**

**Tabata – Morey Room**

**Working with Chakras** – Chakras are energy centers that are part of our subtle body system. When our chakras are too open or closed, we become depleted and /or stuck. Understanding their meanings and how to work with the chakras can help create balance and flow in our lives. – **Lakeside East**

9:00am – 5:00pm

**Group Walk - Lobby**

9:30am – 10:30am

**Spa Appointments Available (\$)**

**Learn to Love Your Feet (and why it is so important) – Terrace**

**CORK – Edgewater (class size limited)**

**Unleash Your Shakti – Lakeside East**

**Got Vision? – Vision Boards** – Back by popular demand, join the crew and tell us what on last year’s vision board has come to fruition, and make a brand new board for 2018. – **Lakeside West (class size limited)**

**Arts & Crafts – Watercolors** – Dreaming of spring? Paint Spring! Have fun exploring how watercolors can brighten your days and lift your heart by painting spring flowers. – **Captains Room (class size limited)**

**Arts & Crafts – Wire Flowers – Waterlot (class size limited)**

**Arts & Crafts – Photo Frames – Waterlot (class size limited)**

**FUNDamentals of Fitness - Morey**

10:00am – 12:00pm

**Morning Movie – “The Proposal”** - Faced with deportation high-powered book editor Margaret Tate (Sandra Bullock) says she's engaged to marry Andrew Paxton (Ryan Reynolds), her hapless assistant. Andrew agrees to the charade, but imposes a few conditions of his own, including flying to Alaska to meet his eccentric family. With a suspicious immigration official always lurking nearby, Margaret and Andrew must

- stick to their wedding plan despite numerous mishaps. Rated PG-13 -  
**Theater**
- 11:00am – 12:00pm **Learn to Love Your Feet (and why it is so important) - Terrace**  
**Cooking with “The Boys”** – Chef Bryan and Chef Zack will teach you the secret to one of our most requested entrees (you may even enjoy it this weekend) – **Edgewater**  
**Find Your Balance – Lakeside East**  
**Whole Foods Detox – Lakeside West**  
**Arts & Crafts - Watercolors – Captains Room (class size limited)**  
**Arts & Crafts – Photo Frame – Waterlot (class size limited)**  
**Arts & Crafts – Glass Etching – Waterlot (class size limited)**  
**Dances of Universal Peace - Morey**
- 12:00pm – 2:00pm **Lunch – Lakeside Dining Room (\$)**  
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 – **Terrace Ballroom**  
**The Journey** – Brandi and Joe from Bizzy Bodies Fitness will share their Journey(s) to health and fitness and where they are today. They will discuss the ups and downs, the inspiration, the costs and reality of transforming their lives. You are encouraged to ask questions bring your own stories and have an open discussion. - **Edgewater**  
**Arts & Crafts - Shrinky Dinks – Waterlot Room**  
**Enlighten Up – Lakeside East**  
**About Face – Lakeside West**  
**Arts & Crafts – Watercolors – Captains (class size limited)**  
**Zumba - Morey**
- 2:00pm – 4:00pm **Movie Matinee – “Battle of the Sexes”** - The 1973 tennis match between Billie Jean King and Bobby Riggs became the most watched televised sports event of all time. Trapped in the media glare, King and Riggs were on opposites sides of a binary argument, but off-court each was fighting more personal and complex battles. With her husband urging her to fight for equal pay, the private King was also struggling to come to terms with her own sexuality, while Riggs gambled his legacy and reputation in a bid to relive the glories of his past. Rated PG-13 - **Theater**
- 2:30pm – 3:30pm **Mixology** - What creative cocktails will the crew come up with this year? With these guys who knows! - **Morey**  
**Wine Tasting** – It’s a Sparking World – This year will we be tasting many examples of “bubbly” and discussing how each is uniquely different ~  
**Edgewater**  
**Banish the Bloat – Lakeside West**  
**Arts & Crafts – Card Magic – Waterlot (class size limited)**
- 4:00pm – 5:00pm **Yoga Nidra/Meditation – Terrace**  
4:00pm – 5:30pm **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**

4:30pm – 8:30pm

**Live Music** – Acoustic guitarist Jason Cann – **Steamboat Lounge**

5:00pm – 6:00pm

**Crow Sister's Workshop – Animal Spirit Medicine.** This workshop is an introduction to Power Animals and the symbolism of animal totems.

**Terrace**

5:30pm – 8:30pm

**Dinner Buffet – Lakeside Dining Room – Reservations Required**

8:30pm – 11:00pm

**Disco Party w/ Photo Booth – Morey**

9:00pm – 11:00pm

**Feature Movie "Victoria & Abdul"** - The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Academy Award winner Judi Dench) remarkable rule. When Abdul Karim (Ali Fazal), a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity. Rated PG-13 - **Theater**

**Sunday, March 11**

7:00am – 1:00pm

**Fitness Center Open**

8:00am – 9:00am

**Yoga – Terrace**

**Group Walk – Meet in Lobby**

**Morning Stretch – Lakeside East**

**Tabata – Morey Room**

8:30am – 11:00am

**Brunch Buffet – Lakeside Dining room**

9:30am – 10:30am

**Yoga Nidra / Meditation - Terrace**

**Retail Therapy – Gardenview**

**Joy the Bra Lady, Courtney Originals, Crow Sisters, Pure Living**

**Psychic Readings with Sali-Crow**

**Thursday, Friday & Saturday – Sign-up in the Lobby**

**Psychic Readings with Janet Heartson**

**Friday 9:00 – 11:30 & Saturday 9:00 – 10:30 – Sign-up in Lobby**

**Your LGAW Gift will be available for you on Sunday morning in the Lobby.**

**Have a wonderful weekend and we can't wait to see you for the 19<sup>th</sup> Annual Ladies Get-a-Way Weekend March 7 – 10, 2019. Reservations requests can be made via e-mail starting April 11.**