



most effective way to communicate? How to research an issue. How to find out what legislative bills are in play. We'll look over a couple of them. We'll focus on health care since there are bills in play at the federal and state levels.

- 9:30-10:30 Silver Spirit boat tour Advance sign up required Main Dock
- 10:30-12:15 27<sup>th</sup> Annual Hike to Sunrise Mountain with the Mannings Meet near the Flag Pole in front of Inn  
2 mile moderate/difficult hike has an elevation change of about 900 feet with pretty continual ascent and the last part is almost a "scramble. Bring water bottle, masks, camera and personal snack.
- 10:45-12:15 Family Kite Making, Decorating and Flying with Karyn Doke, Mike Stratton, Ann Gullen  
D'Attilio, Mary Cady  
Playground Fun with Children's Playground  
Come join us on the Playground at the Children's Pavilion for outdoor fun.
- Drumming Circle with Lois Porter Watson  
Lois will lead a facilitated drumming circle for ages 8 and older. No drumming experience necessary. Drums will be provided to the first 9 people who arrive. Individuals are invited to bring their own body drums rather than frame drums. Let's have fun and make music together.
- Beatles and Spirituality with Tom Mercer Boathouse  
Many of the Beatle's songs were inspired by their individual and collective spiritual quests. They studied at an Indian Ashram, experimented with psychedelics, and learned to meditate. The background and spiritual context for a selection of Beatle's songs will be explored in this auditory workshop.
- Annual Talk with Betsey Miller & Reese Satin Morse  
Description coming
- 12 -12:45 Give an Animal a Home with Gullen  
Mike Levi has made wooden cut out animals that kids might especially like. You can name and take home; decorating optional. Stop by and get one while quantities last.
- 12:15-12:45 Tarot Card Readings with Philomena Moriarty Inn Lobby  
Tattoo Parlour (temporary) with Inn Lobby
- 12:45-1:30 Lunch Dining Room
- 1- 5 Archery, Boathouse (kayaks, canoes), Disc Golf, Shuffleboard, Tennis, Outdoor Labyrinth Walk
- 1:30-3:15 Shuttles to and from Inn and Programs available, call Robert at 239-877-2652.
- 1:30-2:10 Silver Spirit boat tour Advance sign up required Main Dock
- 1:30-2:30 Star Island Bead Making with Boathouse  
A tradition from Star Island using strips of paper and melted wax to create beads you can string.  
Capture the Flag with Matt Lesniak, meet near shuffleboard court  
Involves two teams each with a FLAG. Object is to capture the other team's flag from their base and bring it safely back to your base without being tagged and going to jail until freed by a team member.
- 1:45-3:15 Keynote Speaker: TBA a motivating and humorous presentation Morse  
In negotiations with a national speaker located in Florida  
Description.....
- 2:30-3:15 Yoga for Children 4-10 years old with Arlana Young Boathouse  
Yoga with young children is done with games, stories and activities that introduce the concepts of yoga: breathing deeply; quieting the body and mind; stretching and flexibility.
- 2:30-3:15 Twister and Limbo for Kids with Watson
- 3:30-4:30 Silver Spirit boat tour Advance sign up required Main Dock
- 3:30-5 The New Auction with Barb Manning, Barb Metz, Susan Kushner, Ann Boyd Conference Room  
D'Attilio and many more
- 3:30-5:30 Not Too Social Social Music with the Oldies but Goodies 5 piece Band Boyd Conference Room  
Four instrumentalist and singer organized by Doc Levi, recently retired Music Professor.  
Beer, wine, non-alcohol beverages and snacks.
- 5:30-6:15 Volunteers Change over the Boyd Room so ready for evenings entertainment. Coordinated by
- 6:15-7 Dinner Dining Room

- 7:15-8:45 InSync: Sing, Move, Play with Roberta Kirn of BeWellSing Boyd Conference Room  
Description coming
- 8:30 Snacks available; bring your own water bottle Gullen
- 8:45-9:45 Open Mic with Host David MacLeod Morse  
Come share your talents. Fun and entertainment for all ages. Sign up ahead of time or on the spot.  
Additional description potentially added.
- 9:45-10:15 Star Gazing Potential Program weather permitting with..... Shuffleboard Courts  
Description.....
- 9:45-11:00 Campfire with entertainment by ..... Boathouse  
Come join us in the heated Boathouse overlooking the lake and night sky. Enjoy the roaring and crackling fire. Enjoy the musical talents of the .....
- 11:00 Quiet Hours - be considerate of your neighbors.

## SUNDAY

- 7-8:15 Chair Yoga with Arlana Young Morse  
A gentle beginner's class in which we use the chair for support through all poses, either standing next to the chair or sitting on it. Emphasis is on exploring range of motion; breathing exercises; and developing greater flexibility. No mat needed, just comfortable, stretch clothing. An excellent class for those with injuries, stiffness, or decreased mobility due to surgery, this class can be done in a wheelchair or seated for entire class. Options and suggestions are given so participants can make the class more or less challenging as they desire. Bring a yoga block and strap if you have them.
- 7-8 Campus Walk with meet on Inn Front Porch
- 8-10 Advance sign up for Silver Spirit boat tours; limited to \_\_; \$22/adult, \$1/6-17 Inn Desk
- 8:15 - 9 Breakfast Dining Room
- 9:00-12 Archery, Boathouse (kayaks, canoes), Disc Golf, Shuffleboard, Tennis, Outdoor Labyrinth Walk
- 9-1:30 Gift Shop Open Coffee and Tea for sale Boyd Center
- 9-10:30 Shuttles to and from Inn and Programs available, call Alice 646-269-7229
- 9:15-10:30 Hike to Inspiration Point with Elizabeth Berberian meet at Flag Pole  
Join us for a hike to Inspiration Point. A gorgeous panoramic view after a short and easy hike.  
Kid friendly. Memories to last all winter long! Bring water bottle, masks, camera and personal snack.  
Kids Music Program with Roberta Kirn assistants: Sigrin Newell Morse  
Roberta will.....  
Additional description coming
- Theater Style Charades with Robert Knepp and friends Gullen  
Kids and adults can act out in this theatrical form of charades. Fun and laughter for all.
- From Global Warming to Climate Emergency: what we can do now with Paul Fisk Watson  
Presentation and discussion on the causes, effects and solutions to the climate crisis. We'll use materials developed by Al Gore and his Climate Reality Project plus Climate Interactive's policy simulation computer model En-ROADS, co-developed with MIT Sloan Sustainability Initiative, where you can test out your favorite solutions. Science-based, eye-opening and hopeful.
- Swinging & Swaying to the Music with Felice Best Boathouse  
Learn to do some basic steps of the East Coast Swing. Swing and Sway by yourself or with a partner doing the rock-step and turns.
- Practicing Empathy with Philomena Moriarty LCSW Boyd Board Room  
Let's break out of our bubbles. Listening to others and being listening to is a muscle that needs to be exercised. Distinguish between empathy and non-empathy and really get to know someone.  
Compassionate communication tells us "everyone is beautiful in their own way".
- 9:30-10:30 Silver Spirit boat tour Advance sign up required Main Dock
- 10:45-12 Unique Mind Games for challenging the minds of kids and adults with Robert Knepp, Alice Ottah, Ayal Kushner, Mike D'Attilio, Mackenzie Cady cp Boathouse  
Kids and adults will learn over twelve games that will seem like magic tricks or telepathic exercises. Maybe they can teach you to read minds.

	<u>God/Goddess Eye Making Craft</u> with.....	Watson
	Create a God/Goddess Eye craft with a couple of sticks and yarn by weaving the yarn to create interesting and beautiful ornaments or wall hangings. Also known as Ojo de Dios and Eye of God.	
10:45-12:30	<u>Golden Era Recorded Music Project</u> with Sally Strasser	Bayview
	The GERM project is a weekly one-hour listening program featuring music recorded on LP records From 1948-1988. We listen to music from every culture on the planet in the original analog LP.	
11-12	<u>Service:</u> with Rev Tricia Hart, Senior Minister FUUS of Burlington VT;	Chapel
	Description coming	
11-12:30	<u>Shuttles</u> to parking lot available with Alice. Ask at the Inn Desk	
12:45-1:30	<u>Lunch and Evaluations</u> Bring cell phone to do evaluation with Jaye Holly	Dining Room
1:15- 2	<u>Shuttles</u> to parking lot available with Robert. Ask at the Inn Desk	

**Schedule subject to change; this is a work in progress.**

**HAVE A SAFE TRIP HOME**

**MARK YOUR CALENDAR: 29<sup>th</sup> annual UU Weekend at Silver Bay Oct 14-16, 2022**