



## Sample Schedule – A Day in the Life of Camp Connect

600-700	Yoga with Natasha Scott	NIA	Hike	FREE	
700-800	FREE				
800-900	BREAKFAST				
900-1130	Managing Stress with Laurel Garner GROUP A	Writing Your Memoire GROUP B	Photography GROUP C	Watercolours GROUP D	Vocal with Sharon Tomczyk GROUP E
1130-100	LUNCH				
100-330	Managing Stress with Laurel Garner GROUP B	Writing Your Memoire GROUP C	Photography GROUP D	Watercolours GROUP E	Vocal with Sharon Tomczyk GROUP A
330-500	Managing Stress with Laurel Garner GROUP C	Writing Your Memoire GROUP D	Photography GROUP E	Watercolours GROUP A	Vocal with Sharon Tomczyk GROUP B
500-630	DINNER				
630-800	Yoga with Natasha Scott	NIA	Hike	FREE	
800-	CAMPFIRE Sharing Memories/Inspirational Stories				