

Weekend Retreat Schedule and Menu**

May 17-19, 2019

Friday	
4:30 - 5:15	Arrive at Camp Thunderbird, Unpack and Settle into Cabins
5:30- 6:15*	Dinner- Pasta with Marinara, Garlic Bread, Broccoli, Pound Cake
6:30 - 8:00*	Drum Circle with Piedmont Music Therapy
8:15 - 9:30*	Campfire + S'mores + Night Hike
9:45 - 10:30	Night Medications/ Prep for Bed; Cabin Card Games/Board Games, Decorate Beds
10:30- 10:45	Quiet Time
10:45	Lights Out
Saturday	
8:00 - 8:30	Wake Up/Cabin Clean Up
8:30 - 9:15*	Breakfast- Scrambled Eggs, Bacon, Biscuits, Grits, Cereal, Fresh Cut Fruit, Yogurt
9:30 - 10:30*	Activity 1 - Getting To Know You (Expectations, All About Me Chart and Partner Introductions), Team Activity- Hula Hoop Challenge
10:45 - 11:00	Activity 2 - Cooking Activity: Make Your Own Trail Mix
11:00 - 12:15*	Activity 3 - Haerfest Coffee Vocational Project with Toby
12:30 - 1:15*	Lunch- BBQ Pork Sandwich, Mac N' Cheese, Baked Beans, Coleslaw, Potato Salad, Chocolate Chip Cookie
1:30 - 2:00	Cabin Time – Card Games/Board Games
2:00 - 3:00*	Activity 4 - Boating (Life guards will be present)
3:15 - 3:45*	Snack- Trail Mix
4:00 - 5:00*	Activity 5 - Group Discovery (Who Are My Support People, Vocational Themes, Human Knot, Networking) and Team Sports
5:15 - 5:30	Prep For Dinner
5:30 - 6:15*	Dinner- Grilled Chicken Breast, Rice Pilaf, Sauteed Green Beans, Rolls, Salad Bar, Cake Squares
6:30 - 7:45*	Dance/ Karaoke/ Musical Chairs/ Tie Dye
8:00 - 9:30*	Fishing + Campfire + S'mores
9:45 - 10:30	Night Medications/ Prep for Bed/Cabin Card and Board Games
10:30	Quiet Time
10:45	Lights Out
Sunday	
8:00 - 8:30	Wake Up/Cabin Clean Up – Review Daily Schedule
8:30 - 9:15	Breakfast- Breakfast Burritos with Chorizo, Sausage Links, Fried Potato, Fresh Cut Fruit, Yogurt, Cereal
9:15 - 9:45*	Pack Up Belongings
10:00 - 10:45*	Activity 6 - Rinse out Tie Dye and Cooking Activity: Fruit Kabobs for Snack
11:00 - 11:45*	Activity 7 - Sports
12:00 -12:45	Lunch- Hamburgers, Roasted Red Potato, Corn on the Cob, Salad Bar, Brownies
12:45 - 1:45	Activity 8 - Camp Clean Up and Craft: Planting Seeds and Decorating Pots
1:45 - 2:00	Prepare for Departure

* Fifteen-minute transition times are built in for moving from one activity to another

** This schedule is tentative and subject to change. Sports and Games will be offered before and after meals for those interested. There may be extra time through the schedule to add in activities as well.

- Drinks at each meal include Water, Juice, Powerade, Sweet Tea, and Coffee. Campers may bring extra snacks to share if they choose. All meals are self-serve buffet style.

- We have added a Swimming Option in which Campers can use the Slip N' Slide. The time of that option is TBD.