

## Food for the Soul Retreat Schedule

### Saturday September 26

<b>Time</b>	<b>Activity</b>	<b>Location</b>
9 am- 9:45 am	ARRIVAL	Check in at office Porch Window
10 am - 10:30 am	Introductions	Bluff
10:30 am- noon	Service Project/ Planters	TBD
Noon- 1 pm	Lunch	Dining Hall
1 pm - 2 pm	Eileen's Mindful Eating	Dining Hall
2 pm- 3:30 pm	Wine Tasting	Flournoy
3:30 pm - 5 pm	Chef Time	TBD
5 pm - 6 pm	Dinner	Dining Hall
6 pm - 7 pm	Passover Experience	Flournoy
7 pm - 8 pm	Silent Reflection and Meditation	Various
8 pm - bedtime	Campfire treats featuring Eclairs with Juli	Bluff

### Sunday September 27

<b>Time</b>	<b>Activity</b>	<b>Location</b>
8 am- 9 am	Breakfast	Dining Hall
9 am- 10 am	Service	Bluff
10 am - 10:30 am	Check out	Office Porch Window

Remember to bring your own pillow and lawn chair!

Our wine tasting event will provide you the opportunity to buy wine from Rivah Vineyards Winery, owned by Bryce Taylor, a Chanco alumnus.