









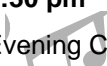



## NARAMATA CENTRE - SAMPLE SUMMER WEEK SCHEDULE 2011

	Sunday	Monday	Tuesday	Wednesday Sabbath Day	Thursday	Friday	Saturday
7:30 am		<b>Morning worship</b> 	<b>Morning worship</b> 		<b>Morning worship</b> 	<b>Morning worship</b> 	
7:45 – 8:15 *		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30		Community Singing 	Community Singing 		Community Singing 	Community Singing 	
9:00 – 12:00		<ul style="list-style-type: none"> <li>• Children and Youth Programs</li> <li>• Senior Teen Program</li> <li>• Adult Programs</li> </ul>	<ul style="list-style-type: none"> <li>• Children and Youth Programs</li> <li>• Senior Teen Program</li> <li>• Adult Programs</li> </ul>	9:00 – 10:30 ✚ ◆ Program Time for all ages  11:00 Community Worship at the Beach	<ul style="list-style-type: none"> <li>• Children and Youth Programs</li> <li>• Senior Teen Program</li> <li>• Adult Programs</li> </ul>	<ul style="list-style-type: none"> <li>• Children and Youth Programs</li> <li>• Senior Teen Program</li> <li>• Adult Programs</li> </ul>	10:00 Check-Out Time
12:15 *		Lunch	Lunch	BBQ at the Beach all are welcome	Lunch	Lunch	
	Registration Begins at 2:00 pm	Free time for beach, friends, walks, rests, Healing House session or Spiritual Direction	Free time for beach, friends, walks, rests, Healing House session or Spiritual Direction	Free time for beach, friends, walks, rests, Healing House session or Spiritual Direction	Free time for beach, friends, walks, rests, Healing House session or Spiritual Direction	Free time for beach, friends, walks, rests, Healing House session or Spiritual Direction	
5:30 *	Dinner	Dinner	Dinner	Dinner	Dinner	Buffet Dinner	
7:00	Community Opening Celebration: Welcome	Intergenerational Community Activities	Intergenerational Community Activities	7:30 pm Evening Concert! 	Intergenerational Community Activities	Closing Celebration! Intergenerational Community Dance	
Later evening	Youth Program	<b>Adult Later Evening Program:</b> a different topic every night  <b>Youth Program:</b> for Junior and Senior youth	<b>Adult Later Evening Program</b>  <b>Youth Programs</b>		<b>Adult Later Evening Program</b>  <b>Youth Programs</b>	 <b>Farewell</b>	

This is a summer week sample schedule. Each week a calendar is available listing events and location details available at the office.

See below for more details about Summer 2011:

\* In Columbia Hall Dining Room for those who have registered for meals.

🌀 **July 10-16** is our **NEW** simple week, see the **Summer Weeks** information on our website for details about “The Seventh Generation”

**July 17-23** and **August 21-27** have Intergenerational Morning Programs where children, youth and adults learn and play together. Most of the programs in these weeks are open to anyone entering grade 3 and older. Children up to and including grade 2 will have their own special morning programs. See the **Summer Weeks** information on our website for more details about these two weeks.)

◆ Young Adult Program:

- **July 24-30** and **July 31-Aug 6** there will be three Young Adult Evening Sessions offered in each of these weeks
- **August 7-13** there is a Young Adult Morning Program option
- **August 14-20** there is a Young Adult Choir option.
- **Wednesday BBQ at the Beach NEW** in summer 2011 this is a total community meal for everyone and is sponsored by donors to Naramata Centre. Contact Janet McDonald, Executive Director if you would like to be a sponsor.
- Early Morning Movement: A variety of options for Stretching, Yoga, Tai Chi will be available through the summer to connect with our bodies before going to Morning Programs. Details of these events and location details available at the office.
- **NEW** in Summer 2011 - **Spiritual Director in Residence** We're delighted to begin offering spiritual direction as an option for summer participants. Afternoon sessions will be offered Monday through Friday by each week's Spiritual Director in Residence on the sliding fee scale of \$30 - \$70.

**In this retreat setting, on our 23 acres, people are invited to take care of themselves opting in or out of activities depending on energy and interest. This time is for exploring the question, How then shall we live?**