



May 2-5, 2025

We are Not a Glum Lot

Friday

- 1:00 - Arrival and Check-in at Ausable
- 3:00 - Orientation/Ice Breaker/Introductions/Scavenger Hunt (Club)
- 5:30 - Dinner – Captains Table
- 7:00 – 8:00 pm - AA Meeting (AR) Read pages 132-133 in BB – (AR)
- 8:15 – To Tell The Truth
- 9:00 – Hot tub, game room, etc.
- 9:30 – Night time (Yoga Nidra) guided meditation (live or zoom in your room)

Saturday

- 7:00 -7:45 am- Yoga/Meditation- East Lodge with Renee
- 8:00 - Breakfast- Captains Table
- 9:00 -10:15 – All small teams meet for further instructions (AR)
- 10:30 – 11:45 – AA Meeting (Fun in Sobriety) by one of the teams **(Choice 1)**
- 12:00 noon- Lunch- Captains Table
- 1:00 – 2:30 – Journal Workshop (how to journal) limit 20 – sign up
- 1:00 – 2:30 – Chakra meditation with sound bath – Club Room
- 2:45 – 5:00 – AA Trivia
- 5:30 - Dinner- Captains Table
- 6:30 - 8:00- AA Meeting (reading/topic) **(Choice 2)**
- 8:15 pm-9:30- Journey to your Soul, A spiritual experience (AR)
- 9:30 – Hot Tub, Game Room, late-night pop-up meetings.

Sunday

7:00 -7:30 am Yoga/Meditation (East Lodge with Renee)

8:00 – Breakfast

9:00 -10:30- AA Meeting - Fun in Sobriety by small group **(Choice 3)**

10:45 - Journaling workshop (20 people) (sign up)

10:45 - Chakra Meditation with sound bath – Club Room

Noon - Lunch

12:30 - 2:00 - **Camp Store open (Boat House)**

1:00 – 2:30 - Free time (Frisbee golf, hot tub, walk, etc.)

1:45 – 2:00 – Memorial for Lynn B - fire pit

2:30 – 3:30 - coffee bar and ice cream (compliments of SITA)

3:30 – 5:00 – Women’s/Men’s/LGBTQ Meeting **(Choice 4)**

5:30 – Dinner

6:30-8:00- AA Meeting – Fun in Sobriety – **(Choice 5)**

8:30 – Talent Show – by sign up sheet

10:00 – Hot Tub, game room, late-night pop-up meetings, (Zoom in room/or live yoga nidra, guided meditation)

Monday

7:00-7:30- Yoga and Meditation (East Lodge with Renee)

8:00 – Breakfast (please have rooms emptied before meeting)

8:30 -10:00- Closing AA Meeting – One Last Laugh **(Choice 6) start with laughing yoga by renee**

10:00 - Say Goodbye/Check Out

Please be sure to strip your bed and take your linens and towels to the laundry room in your dwelling either before 10:30.

Check out is 10:30 am Monday Morning

- Please wear your lanyard with your nametag and your key throughout the weekend
- Coffee and tea available at the Coffee Station 24/7, popcorn machine will be in Adirondack Room
- All meals will be in The Village Inn, at the Captain’s Table dining room.
- Any Pop-Up meetings and late-night meetings will be in the East Lodge
- Prospect Point is the game room building.