





Get an idea of a typical Wise Aging retreat by checking out a **past schedule below!**

**All activities are OPTIONAL:** It's an action-packed weekend with options for personal quiet time if you so choose.

 <p><b>Friday Afternoon: Sample Schedule</b></p> <p>3:00 pm   Registration</p> <p>5:00 pm   Welcome + Ice-Breaker</p> <p>5:50 pm   Candle Lighting, Kiddush, Hamotzi, Dinner</p> <p>7:00 pm   Shabbat Service</p>	 <p><b>Saturday Morning: Sample Schedule</b></p> <p>7:30 am   Mindful Meditation</p> <p>8:10 am   Breakfast</p> <p>9:00 am   Shabbat Service</p> <p>10:15 am   Personal time</p>
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7:45 pm | Movie Night

9:00 pm | Movie Discussion

10:45 am | Book Talk

12 noon | Lunch



**Saturday Evening:  
Sample Schedule**

1:00 pm | Free time

2:00 pm | Torah Study

3:15 pm | Workshops (options:  
Creativity, Dance, Basketmaking,  
Jewish Humor)

5:30 pm | Appetizers

6:00 pm | Dinner

7:30 pm | Campfire + songs



**Sunday Morning:  
Sample Schedule**

7:30 am | Chanting

8:10 am | Breakfast

9:00 am | Free time

10:00 am | Workshops (options:  
Poetry, Glass, Hike)

12 noon | Lunch

1:15 pm | Wrap-Up