

Welcome to Women's Weekend!

We've planned a full weekend with plenty of activities from which to choose, with the understanding that you are free to do whatever you'd like—play tennis, read a book, sleep late, or sun on the beach. We hope you'll leave feeling refreshed, having tried some new things, and made new friends.

FRIDAY, September 13, 2024

1:30 pm - GATE IS OPEN - WELCOME TO PEMI! - CHECK-INTO ACCOMMODATIONS

2:15 pm and 3:15 PEMI WALKABOUT

Enjoy a 45 minute walking tour of camp to get your bearings, meet fellow attendees, and learn a bit about Pemi.
Two time options. Depart from the Lodge.

4:45 pm - Rat's Nest Beach Bar opens with appetizers and libations

SENIOR
BEACH

5:00 pm - TOAST to the TRAILBLAZERS! campfire circle

6:15 DINNER *served.* Announcements and heads-up on morning hike / activities

MESSHALL

7:30 PM - INTROS

SENIOR
LODGE

8:00 KEYNOTE SPEAKER: MORRA AARONS-MELE

followed by conversation and a celebratory dessert

10:30 PM - *shhhhh* (feel free to stay up, but "quiet time" 'til the morning)

SATURDAY, SEPTEMBER 14, 2024

Good Morning! - ENJOY A QUICK POLAR BEAR DIP?

Coffee & Tea
available at 7AM in
Small Dining Room

8:00 AM - BREAKFAST (*announcements at 8:30*)

9:30 - 12:15
**RATTLESNAKE
MOUNTAIN
HIKE**

Moderately
challenging

VAN
Johanna & Kim

9:30
**PEMI HILL SHELTER
& SPRING**

returning by 10:45AM

Or optional descent via the
LAKE SHORE ROUTE
w/ return by 12PM
with Allyson

9:30 - 10:15
AWAKEN THE BODY WITH QIGONG
with Joyce

11 - 12
INTRO TO REIKI
with Dorin
(solo sessions
available, too)

11:00 - 12:00
JOURNALING
with Kiersty

11:00 - 12:00
**WEIGHT-
TRAINING**
for **HEALTH**
with Jeanne

12:30 PM - LUNCH - Sign-ups for afternoon activities

2:00 - 5:00
**RATTLESNAKE
MOUNTAIN
HIKE**

Moderately
challenging

VAN
Johanna & Kim

NATURE WALKS
2-3pm
Camp's Natural World
with Deb

3:15-5pm
**Pemi Hill Shelter &
Spring**
30-min moderate
climb up/down

2 - 3
**WEIGHT-
TRAINING**
for **HEALTH**
with Jeanne

2 - 3
**BECOMING
A
SELF-CARE
WARRIOR**
with Joyce

2 - 3:30
ART WORLD
**GEL
PRINTING**
with Robin

2:00 - 4:00
lifeguard
on Senior
Beach.
Kayaks,
canoes,
and paddle-
boards

4 - 5 **OPEN WATER SWIM**
Group swim from Senior Beach to Junior Point

5:45 PM - BUFFET DINNER ON BEACH

6:30 PM - CAMPFIRE (*Sunset at 6:57*)

8:30 PM - TANGO LESSON AND DANCE PARTY IN THE LODGE!

10:30 PM - shhhhh (enjoy the campfire or head to bed, but "quiet time" 'til the morning)

SUNDAY, SEPTEMBER 15, 2024

7:00 - 10:00 AM

*Coffee, tea,
& light bites
available in the
Small Dining Room*

Good Morning! - ENJOY A QUICK POLAR BEAR DIP?

8:00 - 8:45

AWAKEN THE BODY WITH QIGONG
with Joyce

8:00 - 10:30

NATURE FIELD TRIP
QUINCY BOG

9:15 - 10:30 AM

ART WORLD
with Robin

9:15 - 10:15 AM
**MANAGING
STRESS**

with stretch and
relaxation
techniques
with Kim

9:15 - 10:15 AM
JOURNALING
with Kiersty

VAN
with Deb

10:45 - SUNDAY BRUNCH - *Closing Remarks.*
Wouldn't it be amazing if...? (brainstorm for WW 2025)

12 - 3:30

Enjoy Pemi's facilities
(beach, lake, tennis and pickleball courts, library...)
and the camaraderie of new friends.

3:30 PM - *Bye! 'til next year!*

Women's Weekend 2025

Keep an eye out for a survey in the coming days. We'd like to know what you enjoyed, suggestions for what could use improvement, and ideas for our next speaker and / or topic.