

Workshops and Other Onsite Activities

Tuesday, December 27

Afternoon Tea, 2 - 3 p.m., no fee

If you missed lunch, or just want to start meeting your new SWIM friends join us for Afternoon Tea in the Dining Hall.

Lawn Games, 2 - 4 p.m., no fee

We will have Bocce Ball, Axe Throwing and a few other fun activities. Bring badminton, croquet, lawn darts, or a corn hole game to share.

Board Games, 2 - 4 p.m., no fee

Bring your favorites, or come play some of ours in the Dining Hall.

Fellowship Hour, 4:30 - 5:30 p.m. every night, bring something to share

This gathering, led by Jon Hoskin, meets every afternoon at the pavilion by the river. We have red, white & bottled water. Bring a beverage to share and a funny story. Jon will share information from his wide depth of knowledge (scientific, as well as experiential) about our favorite beverages.

Worship, 7 - 7:45 p.m. every night, all are welcome

Worship happens every night from 7 - 7:45 p.m. The first night is our Opening Circle. Jone Lewis, our chaplain, will lead the service on the next 3 nights. On New Year's Eve Mary Ann Sommervill will lead us in a Pagan service with rituals at the campfire.

Campfire Sing Along, 8 - 9 p.m., all are welcome

We will meet down by the river with our accomplished staff musicians Pat Harris and Dave Smith for a campfire and singing. Does anyone want to bring the S'mores?

Wednesday, December 28

Morning Circle, 9 - 9:15 a.m. every day, no fee

Gather right after breakfast every day to check in with each other, and hear about the day ahead.

Better Sleep Book Talk, 11 - 12:30 p.m., no fee

Many people have problems sleeping. Dr. Bill Sacco, University of South Florida Psychology Professor Emeritus, and Clinical Psychologist Dr. David Reed wrote a self-help book explaining how getting a good night's sleep is not a mysterious, uncontrollable event. The goal is to eliminate habits that interfere with a good night's sleep, while developing habits that improve sleep. These are called SomniSkills. The SomniSkills Workbook: A Do-It-Yourself Guide to

Cognitive Behavioral Therapy for Insomnia is available on Amazon. You can also check out Bills blog at www.somniskills.com. Bill is interested in facilitating a discussion based on his book, your questions, comments, and experiences. Naps after!

Painting with Paper, 1:30 – 3:30 p.m., \$ 7 materials fee

This workshop will provide step-by-step instruction on how to create a colorful collage painting using paper scraps. Course content includes creating or transferring a sketch to canvas, paper selection, and planning/assembling your collage. You can select your subject from one of our line drawings or sketch your own. Eileen Sacco was an assistive technology specialist who discovered her talent for mosaics & collage when she retired. She now does commissioned pet portraits for clients and is also a pickle ball enthusiast!

Bocce Ball Session A, 3:30 – 4:30 p.m., no fee

Bocce, originally an Italian game, may be played on courts, or on the ground, with up to 8 players. At SWIM, we enjoy the nice grass with a makeshift court. Instruction is available on the first day of Community games then players may play at any time. Steve and Carolyn Baker have brought bocce to SWIM for many years.



Concert- Jorge Medina with Music from the 50s & 60s, 8 – 9 p.m., all are welcome

Jorge's music reaches across boundaries; it tears down barriers caused by negative stereotypes and builds bridges of mutual understanding. Jorge and his wife Paula are longtime SWIM staff musicians, and play many different flavors of music.

Serendipity Dancing, 9:30 – 11 p.m., all are welcome

Our DJs, Dave & Chris, will be trying out their skills so they can be accomplished DJs by New Year's Eve. Dave is somewhat experienced; Chris was fired (many, many) years ago for playing Great Balls of Fire over a radio broadcast church service (a mistake, but they did not forgive him). We think they will be great and much dancing will take place!

Thursday, December 29

Introduction to Energy Healing, 11:15 – 12:30, no fee

We will learn a simple set of exercises that can help us cope with the stress of living in the polluted, nature-alien, energy-scrambling environment that marks our technological progress. The techniques are simple, but potent, and the effects are cumulative. There will also be a brief introduction to the underlying principles of energy medicine from which the exercises are drawn. A technical writer for many years, Claire Smith is a formerly certified practitioner of Energy Medicine who is now retired and lives in Boynton Beach, Florida.

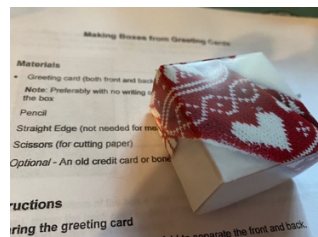
Fiction Book Club, 1:30 – 3 p.m., no fee

Christine Stay always leads a very interesting discussion. The title this year is *The Cellist of Sarajevo* by Steven Galloway.

Sewing, Knitting, Quilting, Crocheting & Crafts Circle, 2 – 3 p.m., no fee

Bring your handwork for show & tell. We can all sit and work on our projects together.

Make a Tiny Box, 3 – 4 p.m., materials cost \$ 1



We will make tiny boxes that could be used for tiny gifts. We will make these boxes by preparing and folding a greeting card. Dee Medley has a gift for all kinds of crafts. This is one she recently learned and is enthusiastic about sharing it with others.

Games & Cards, 3 – 5 p.m., no fee

You have a good chance here of finding people who like to play the same games you do. Anyone for spades, or bridge. Bring your favorites. Anyone have a puzzle? Boggle? Dominoes? Scrabble?

Line Dancing, Session A, 4 – 5:30 p.m., no fee

This form of dance is easy for beginners, just follow some easy steps to fun music! Emme Anderson has tried and ditched many other forms of dance and has settled on line dancing as her favorite. She will share some beginner dances with us at SWIM.

Campfire, 8 – 9 p.m., no fee

Join us at a traditional campfire with tonight's campfire builder Sara Summers. Bring funny stories & your favorite songs to sing. Musicians are welcome to bring their instruments to play along.

Friday, December 30

Co-Housing Basics, 9:30 – 10:30 a.m., no fee

Chris McCormack is a member of Harmony Terrace of Tampa Bay, a new co-housing project with plans to break ground in 2023. She will share what she has learned during the past year first-hand, and by studying the options and possibilities at <https://www.ic.org>, a website about Intentional Communities.

Religious Healing, 11 – 12:30 p.m., no fee

People come to SWIM from a variety of backgrounds. Some may have left a childhood religion that was traumatic, some from little or no religion, others were dissatisfied but not traumatized. Religion, from fundamentalism to humanism, can be a powerful experience. If one experiences manipulation, abuse, indoctrination, shame, inequity, lack of acceptance or inclusion in a religious community, the hurt may be experienced more powerfully than in other realms of human culture. In this workshop, we'll look at some of the symptoms of hurtful religion, and also look at some tools for healing. This workshop is not therapy. We'll take some time to hear others' stories and practice some healing tools. Jone Johnson Lewis is our SWIM chaplain, and has been for the last 4 years. Ordained as a UU Minister and in ethical culture, she currently serves as a minister of the Ethical Culture Congregation in the Bronx.

Exercise and More: Positive Life Changes, 2 – 3:15, no fee

Over a year ago, Paula Heusinkveld took a bad fall that fractured her right hip and led to months of rehabilitative physical therapy. Also, she has been managing the challenges of Parkinson's for over 16 years. The positive life changes Paula has learned through these challenges have enriched her life and are of value to anyone. She will teach us how to exercise smarter, pace ourselves, reduce stress, and "see the glass as half full." You will learn some of her secrets for getting "more bang for your buck" during exercise. You will leave this workshop with a smile, having learned how to experience joy as we age.

Ice Dye a Cotton Scarf, 3:30 – 4:30 p.m., \$ 6 materials fee



Ice dye makes everything you do look like an artistic masterpiece while creating a useful, fun accessory. This is a very simple process. Wear something that will not stain just in case there's a

splash - which has actually never happened, but its worth being careful! Instructor, Dee Medley, has shared this craft with others. Her enthusiasm for whatever craft she is working on is easily shared with those in the group.

Bocce Ball Session B, 3:30 – 4:30, no fee

Bocce, originally an Italian game, may be played on courts or on the ground with up to 8 players. At SWIM, we enjoy the nice grass with a makeshift court. Instruction is available and then players may play at any time. Steve and Carolyn Baker love to bring Bocce to SWIM.

Concert- Friction Farm, 8 – 9 p.m., all are welcome (we will pass a tip jar for the musicians)

Modern-folk duo Friction Farm is a husband/wife team of internationally traveling troubadours. Aidan Quinn and Christine Stay combine storytelling, social commentary and humor to create songs of everyday life, local heroes, and quirky observations. From ballads to anthems each song is filled with harmony and hope. SWIM loves these two and we are so glad to have them return this year.

Saturday, December 21

Neuro-Science of Religion, 10 – 11 a.m., no fee

The human brain is an unparalleled learning and predicting machine. Understanding how the brain works may provide some insight on how and why religions started. Perceived mistakes are usually correctly recognized but we aren't perfect. We can address substance abuse, depression, PTSD and other issues by changing who we are. These are all related topics. Attend and learn why. Jon Hoskin has led numerous SWIM and SUUSI workshops mostly related to enjoying foods, beverages and staying healthy.

Wildlife Rehab, 11:15 – 12:15 p.m., no fee

You find an injured squirrel, or an orphaned opossum or songbird. What do you do? Is it ok to feed the deer? It's awful hot outside - do they need water? What about the coyotes? In this workshop, participants will get an in-depth look into the work of a wildlife rehabilitator. Wildlife rehabilitators seek to provide care for orphaned, injured or critically ill wildlife, with the goal of eventual release back into the wild. Participants will gain a better understanding of the native and introduced wildlife in their community, and be given tips on how they can avoid human/wildlife conflict. Sara Summers is a recently retired science educator and veteran wildlife rehabilitator who gains tremendous satisfaction providing wildlife with the help they need to return to nature's fold.

How to Fly a Drone- Part 1 Onsite, 1:30 – 2:30 p.m., no fee

The first hour of the workshop will cover basic drone operations and regulations. Starting indoors, we will practice basic flying. After that, around 2:30 p.m., weather permitting, we will go to a local park for **Part 2** and fly some camera equipped drones. If you have a drone, bring it, otherwise the leader has several available so everyone can give it a try. Chris Woodard, an IOS

developer in Tampa, Florida, has taken up drones as a hobby and is in the process of obtaining a commercial drone license.

Poncho's Never-Ending Workshop, 2:30 – 4 p.m., no fee

Get yourself mentally and emotionally prepared for the New Year. Poncho Heavener has been bringing this workshop to SWIMs for many years. We always leave the workshop feeling better about ourselves, everyone else, and the challenges & excitement of the year to come!

Line Dancing Session B, 4 – 5:30 p.m., no fee

This form of dance is easy for beginners, just follow some easy steps to fun music! Emme Anderson has tried and ditched many other forms of dance and has settled on line dancing as her favorite. She will share some beginner dances with us at SWIM.

New Year's Eve Party, 9:30 – 12:30 p.m., no fee

This will be a fun filled night of celebration. Our infamous DJ duo, Chris & Dave will be on tap. What dancing songs do you request? We have a team on decorating & on food that is going all out for us. It is very possible that we will be able to see the Tampa fireworks from our spot on the river. Join in as we celebrate the week we have had together. We are also celebrating SWIMs 50th birthday! BYOB