

## SWIM WORKSHOPS & ONSITE ACTIVITIES

### Wednesday, December 27, Registration Day

#### Afternoon 12/27

2:00-4 **Board Games & Cards** is an easy way to get acquainted with your fellow SWIMMERS. Alex Furnari has rounded up some favorites. Bring some of yours.

4:30-5:30 **Fellowship Hour** finds many of us, gathering either at the Pavilion on the River or on the Screened Porch, telling stories, singing songs and sharing our favorite beverages. This activity does not have a specific leader, just gather together and share.

#### Evening 12/27

8:00-9 **Concert- Latin American Music** with Jorge Medina featuring the Bosa Nova.

9:30-10:30 **Campfire** down by the River Pavilion

### Thursday, December 28, Day 1

#### Morning 12/28

7:40-8:00 **Easy Exercise.** As we get older, the chances of falling and injuring ourselves increases dramatically. Working on strength and balance can significantly reduce that likelihood. We will learn three easy exercises and learn to focus on our feet. Jon Hoskin is getting older every day and needs all the help he can get.

9:30-11 **I Ching for Women**, based on the ancient Chinese Book of Changes. Come join with a group of women to learn how to use this divination/guidance process with any issues you want to receive clarity on at the time. All you need bring are three coins to toss in an orderly fashion and pen and paper to document the throws you make. This process is much like the traditional male-oriented I Ching, only geared toward the feminine perspective. Group discussion will follow. When Sara May found this book, she was so impressed with it that she wanted to share it with others. Limited to 8. Bring 3 coins, pencil & paper.

11-12:30 **Rock Painting.** "Rocks are the perfect canvas for making beautiful art." Come and enjoy crafting with rocks and paint and all sorts of tools. Share in an art form that crosses generations. Create your own pattern or design or get inspiration from one of several books. Join Claire Smith, avid craftsperson to explore this activity. All ages welcome; no experience necessary. Cost \$10 for 1 rock, Bring \$5 for each after that. Please register early so Claire will know the number of rocks needed.

## Afternoon 12/28

2-3:30 **Reaching Across the Table.** Can we bridge the political divide? Have civilized discussion? Drawing on sociological study, psychology research, & advertising techniques we'll discuss & role play ways to find ideological commonality, improve communication, bridge the great divide. Led by Christine & Aidan, northerners living in the south, and touring musicians who interact with all sorts of people.

2:00-4:00 **Painting with Fiber.** We will create a work of art with colorful, fiber and then felt our creation with warm water and a bit of work. The result will be suitable for display in a frame or perhaps as a dresser scarf. No materials cost, Dee says she has a lot of fiber. Dee Medley has an amazing background in crafts of many sorts. She has been sharing her skills at SWIM for years.

4:00-4:30 **Meditation.** Each afternoon before dinner there will be offered a short **meditation practice.** A short reading will be presented followed by a period of silent mindfulness meditation. This daily experience will be offered by Grant Wilson. He is a longtime meditator at his U. U. Church in Tampa where he leads a weekly Mindful Meditation practice.

## Evening 12/28

8:00-9:30 **Wine and Chocolate Tasting.** We will taste four chocolates paired with four Wines. And we will talk about Food Science in general, pointing out similarities and differences between different fermented items. Jon Hoskin has a PhD in Food Science. \$15 per person

9:30 **Late Night at the Movies.** Watch the documentary movie "A Compassionate Spy". Russ Patterson was close friends with the subjects of the movie, Joan & Ted Hall when he lived in England. Here is a link about the movie: <https://www.rogerebert.com/reviews/a-compassionate-spy-movie-review-2023>.

## Friday, December 29, Day 2

### Morning 12/29

7:40-8:00 **Easy Exercise.** See Day 1 for details.

9:30-11:00 **Healthy Eating.** In the past I have focused on the nuts and bolts of difficulties with diet. I have been slowly evolving to address the complexities that we all face. Less well appreciated is the role of the food industry in this country compared to others, and how we need to change our habits to reflect a healthier lifestyle. Doing that is made all the more difficult by our culture. Jon Hoskin has a PhD in Food Science.

11:00-12:30 **Book Club.** For many SWIMs past, Christine Stay and Aidan Quinn of Friction Farm have led us in a book discussion. They always choose fascinating novels and lead an interesting discussion. Book title to be revealed.

### Afternoon 12/29

1:30-3:00 **Home Ownership Part 1.** Understanding our home's construction and systems, how to care for them, resolve and prevent problems. We will look at a basic summary of housing types in today's world and existing ones from the past. Marc Robinson has worked in South Florida construction and service for over 50 years, owns two 100 plus years old houses in Asheville, NC. We will review issues participants bring to the class to form plans of action to resolve to the extent time allows. Pictures of subjects to discuss are recommended, and any bids, estimates, contracts, which may help in decision making process.

3:00-4:30 **Writing with Ellé Session 1.** This workshop, led by long time SWIMmer, Ellé Long, has always been a favorite. Ellé has a way of drawing out writing skills, often ones that we didn't know we had. Part 2 is scheduled for Sunday afternoon. You are welcome to attend either session or both.

4:00-4:30 **Daily Meditation.** See Day 1, 4:00 for details.

### **Evening 12/29**

8:00-9:30 **Concert and Sing Along** with [Lily Jane Band](#).

9:30 **Board Games & Cards**

9:30 **Campfire**

### **Saturday, December 30, Day 3**

#### **Morning 12/30**

9:30-11 Time Slot Available

11:00-12:30 **To Tell the Truth.** Remember the old television game show where you had to guess whose story was true? Same thing here, but with your SWIM friends. What did they really do earlier in their lives? Teague VanBuren will moderate.

#### **Afternoon 12/30**

1:30-3 **Creating Mandalas.** The workshop will include an historical overview on the development and uses of mandalas or "sacred circles" in Sanskrit. Each time we color a mandala, we invite a little harmony into our lives, so we will then create our own designs after viewing lots of examples. No art background is needed to participate, and all supplies will be provided. Limited to 10 participants. Sara May

3:00-4 **Old Time Sing Along.** We will enjoy singing together many songs that we all remember from years past (1920s- '50s.) Paula will take requests, accompany us and lead us in song. Bring your cell phone so we can Google the lyrics. This will be a fun and relaxing workshop. Paula Heusinkveld has led workshops and created concerts at SWIM for many years.

4:00-4:30 **Meditation.** See Day 1, 4:00 for details.

### **Evening 12/30**

8:00-9 **Concert** with [Friction Farm](#)

9:30 **Late Night Movies** Elle' Long is bringing some of her favorites for us to choose from. Queen of the Desert; My Donkey, My Lover & Me; and Where to Invade Next: Prepare to be Liberated are a few of titles she has mentioned.

## **Sunday, December 31, Day 4**

### **Morning 12/31**

9:30-10:30 **Time Slot Available**

11-12:30 **Religion and Change.** Using a newer understanding of Neuroscience, we will address the subject of change and how religion has developed. Intentional and unintentional life-changing events can help us evolve and address difficulties as we get older. This has been a slowly evolving interest of Jon Hoskin which combines various interests.

### **Afternoon 12/31**

1:30-3 **Writing with Ellé Session 2** See Day 2, 3 pm for details.

2:00-4 **How to Fly a Drone.** The first hour of the workshop will cover basic drone operations and regulations. Starting indoors, we will practice basic flying. After that, around 2:45 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.

3:00-4 **Let's Dance.** Free style dance fun. Come and shake a leg with us. We will have a variety of tunes and we plan to have a good time! Rebecca Moon enjoys dancing and sharing good times with others.

4:00-4:30 **Meditation.** See Day 1, 4:00 for details.

### **Evening 12/31**

8:00-9:30 **Auction**

9:30-12:30 **New Year's Eve Celebration**

## **Monday, January 1, Day 5**

## Morning 1/1

9:30-11 **Learn to make a Beaded Lanyard.** Your kit will include everything you need to make a name tag lanyard of typical length. Each kit will include a couple of lamp work beads, some “fancy” beads, and enough small beads to complete the project. Limit 10. **Dee Medley** is a crafter with many skills. Beading is one of them. If you know Dee, you’ve seen the lovely jewelry she makes.

11-12:30 **Poncho’s Never-ending Workshop** Poncho Heavener has been leading this personal growth workshop at SWIM every year since 1976 and has changed many lives for the better. Folks, that is 47 years and counting! What is amazing is that each year is a little different, and we keep coming back for more. Come see what the magic is all about!

## Afternoon 1/1

2:00-4 **Cooking with a Smoker** This workshop will show how to use a Weber Smokey Mountain charcoal smoker to smoke a salmon fillet and some chicken breasts from start to finish. We will briefly cover the basics of smoking so the coals have time to get hot and then we will put the meat in the smoker; when it’s done, we will dish it up and eat it and talk about what you can do with the leftovers. Chris Woodard will also talk about some easy to make sauces (including a really fast Alabama White Sauce) to accent the food. Cost \$5,

3:00-4 **Home Ownership Part 2** This is a continuation from Part 1 – see listing for 1 p.m. 12/29. You can register for both sessions or either.

4:00-5 **Take a Trip with Candy & Russ** We’ve selected 25 or less picture highlights from our visits to Brazil, Cambodia, Thailand, Scotland, Ireland, European River cruise, Belize, and Caribbean cruises. If you have 25 or less pictures from a special trip bring them along. The group can choose which ones they want to view. We won’t have pictures from Alaska, though, because Candy fell and broke both shoulders and we had to cancel 😞

## Evening 1/1

8:00-9:30 **Board Games & Cards**

8:00-9:30 **Campfire**

