



FRIDAY

JULY 11

- 8 a m - 8 p m** Conference / Room Check-In _____
- 8 a m - 6 p m** Recreation _____
- 8 a m - 6 p m** Explore Campus, Penn Yan, and Yates County on Your Own _____
- 12:30 - 1:30 p m** Yoga on the Lawn _____
- 3 p m - 4 p m** Guided Trail Walk _____
- 5 p m - 6 p m** Dinner _____
- 6 p m - 9 p m** Lakefront Welcome Reception, Bonfire & Dance _____

GROUP 1 TOUR ADD-ON TIMELINE:

- 9:30 - 10 a m** Bus Boards at 9:30am, Departs for Watkins Glen State Park at 10am
- 10 - 11 a m** Travel Time to Watkins Glen State Park
- 11 a m - 2 p m** Tour of Watkins Glen State Park (Boxed Lunch Served at the Park)
- 2 p m - 3 p m** Travel Time to Campus

GROUP 2 TOUR ADD-ON TIMELINE:

- 11 - 11:30 a m** Bus Boards at 11am, Departs for Corning Museum of Glass at 11:30am
- 11:30 a m - 12:30 p m** Travel Time to Corning Museum of Glass
- 12:30 - 2:30 p m** Tour of Corning Museum of Glass (Boxed Lunch Served at the Museum)
- 2:30 p m - 3:30 p m** Travel Time to Campus

GROUP 3 TOUR ADD-ON TIMELINE:

- 11:30 a m - 12 p m** Bus Boards at 11:30am, Departs for Farm Sanctuary at 12pm
- 12 - 1 p m** Travel Time to Farm Sanctuary
- 1 - 3 p m** Tour of Farm Sanctuary (Boxed Lunch Served at the Farm Sanctuary)
- 3 - 4 p m** Travel Time to Campus

AMENITIES HOURS:

- Gym/Workout Rooms - 8am-6pm*
- Lakefront - 8am-6pm*
- Wolf Den Cafe - 8am-2pm*
- Campus Bookstore - TBD*

SCHEDULE SUBJECT TO CHANGE

SATURDAY

JULY 12

MORNING

- 6 - 8:30 am** Breakfast _____
- 7 - 8 am** Guided Trail Walk _____
- 7 - 8 am** Yoga on the Lawn _____
- 8:30 - 9:45 am** Keynote Presentation by Dr. Kristi Funk _____
- 9:45 - 10 am** Break _____
- 10 - 11:30 am** Cooking Demonstration with Chef AJ _____
- 11:30 am - 12:30 pm** Lunch _____

AFTERNOON

- 11:30 am - 5 pm** Explore Campus, Penn Yan, and Yates County on Your Own _____
- 1 - 1:45 pm** Yoga on the Lawn _____
- 1 - 1:45 pm** Guided Trail Walk _____
- 2 - 3 pm** Keuka College Wellness Presentation _____
- 3:15 - 4 pm** Dance and Movement Class _____
- 4 - 5 pm** Book Signing/Meet and Greet with the Speakers _____
- 5 - 6 pm** Dinner _____
- 6 - 7:30 pm** Celebrating Wellness Milestones with Dr. Kerry Graff _____
- 7:30 - 9 pm** Campus Twilight Tour _____
- 7:30 - 9 pm** Trivia Night _____
- 9 - 10 pm** Evening Meditation _____

AMENITIES HOURS:

- Gym/Workout Rooms - 8am-6pm*
- Lakefront - 8am-6pm*
- Wolf Den Cafe - 8am-2pm*
- Campus Bookstore - TBD*

SCHEDULE SUBJECT TO CHANGE

SUNDAY

JULY 13

MORNING

- 6 - 8:30 am** Breakfast _____
7 - 8 am Guided Trail Walk _____
7 - 8 am Yoga on the Lawn _____
8:30 - 9:45 am Keynote Presentation with Dr. Alan Goldhamer _____
9:45 - 10 am Break _____
10 - 11:30 am Cooking Demonstration with Chef AJ _____
11:30 am - 12:30 pm Lunch _____

AFTERNOON

- 11:30 am - 2:30 pm** Explore Campus, Penn Yan, and Yates County on Your Own _____
1 - 2 pm Guided Trail Walk _____
1 - 2 pm Dance & Movement Class _____
2:30 - 3:45 pm Keynote Presentation with Gene Baur & Nate Salpeter _____
3:45 - 4 pm Break _____
4 - 5 pm Ask the Experts Panel _____
5 - 6 pm Dinner _____

AMENITIES HOURS:

Gym/Workout Rooms — 8am-6pm

Lakefront — 8am-6pm

Wolf Den Cafe — 8am-2pm

Campus Bookstore — TBD

SCHEDULE SUBJECT TO CHANGE



KEUKA COLLEGE
Believe in What We Can Do Together