



# FRIDAY

## JULY 11

<b>8 a.m. – 8 p.m.</b>	<b>Conference / Room Check-In</b>	<i>Dahlstrom Student Center</i>
<b>8 a.m. – 6 p.m.</b>	<b>Recreation</b>	<i>Variable</i>
<b>8 a.m. – 5 p.m.</b>	<b>Explore Campus, Penn Yan, and Yates County on Your Own</b>	<i>Variable</i>
<b>5 – 6 p.m.</b>	<b>Dinner</b>	<i>Geiser Dining Commons</i>
<b>6 – 9 p.m.</b>	<b>Lakefront Welcome Reception &amp; Bonfire</b>	<i>Lakeside Lodge</i>

### GROUP 1 TOUR ADD-ON TIMELINE

<b>11 – 11:30 a.m.</b>	<b>Bus boards at 11 a.m., departs for Corning Museum of Glass at 11:30 a.m.</b>
<b>11:30 a.m. – 12:30 p.m.</b>	<b>Travel time to Corning Museum of Glass</b>
<b>12:30 – 2:30 p.m.</b>	<b>Tour of Corning Museum of Glass (boxed lunch served at the museum)</b>
<b>2:30 – 3:30 p.m.</b>	<b>Travel time to Campus</b>

### GROUP 2 TOUR ADD-ON TIMELINE

<b>11:30 a.m. – Noon</b>	<b>Bus boards at 11:30 a.m., departs for Farm Sanctuary at Noon</b>
<b>Noon – 1 p.m.</b>	<b>Travel time to Farm Sanctuary</b>
<b>1 – 3 p.m.</b>	<b>Tour of Farm Sanctuary (boxed lunch served at the Farm Sanctuary)</b>
<b>3 – 4 p.m.</b>	<b>Travel time to Campus</b>

### AMENITIES HOURS

*Gym/Workout Rooms: JMW Recreation Center: 8 a.m. – 6 p.m.*  
*Lakefront: Point Neamo: 8 a.m. – 6 p.m.*  
*Wolf Den Café: Keuka Commons: 8 a.m. – 2 p.m.*  
*Campus Bookstore: Keuka Commons: 9 a.m. – 3 p.m.*

SCHEDULE SUBJECT TO CHANGE

# SATURDAY

JULY 12

## MORNING

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6 – 8:30 a.m.	Breakfast	Geiser Dining Commons
7 – 8 a.m.	Guided Trail Walk	Meet at Burke Plaza
7 – 8 a.m.	Yoga on the Lawn	Chapel Lawn North
8:30 – 9:45 a.m.	Keynote Presentation by Dr. Kristi Funk	Hawkins Lounge
9:45 – 10 a.m.	Break	
10 – 11:30 a.m.	Cooking Demonstration with Chef AJ	Geiser Dining Commons
11:30 a.m. – 12:30 p.m.	Lunch	Geiser Dining Commons

## AFTERNOON

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1 – 2:15 p.m.	Keuka College Presentation – John Furlong	Hawkins Lounge
2:15 – 2:30 p.m.	Break	
2:30 – 3:30 p.m.	Yoga on the Lawn	Chapel Lawn North
2:30 – 3:30 p.m.	Guided Trail Walk	Meet at Burke Plaza
3:30 – 3:45 p.m.	Break	
3:45 – 4:45 p.m.	Dance and Movement Class	Chapel Lawn North
5 – 6 p.m.	Dinner	Geiser Dining Commons
6 – 7:30 p.m.	Celebrating Wellness Milestones with Dr. Kerry Graff	Geiser Dining Commons
7:30 – 9 p.m.	Trivia Night	Hawkins Lounge
8 – 9 p.m.	Campus Twilight Tour	Variable
9 – 10 p.m.	Evening Meditation	Norton Chapel

## AMENITIES HOURS

Gym/Workout Rooms: JMW Recreation Center: 8 a.m. – 6 p.m.

Lakefront: Point Neamo: 8 a.m. – 6 p.m.

Campus Bookstore: Keuka Commons: Noon – 5 p.m.

SCHEDULE SUBJECT TO CHANGE

# SUNDAY

JULY 13

## MORNING

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6 – 8:30 a.m.	Breakfast	Geiser Dining Commons
7 – 8 a.m.	Guided Trail Walk	Meet at Burke Plaza
7 – 8 a.m.	Yoga on the Lawn	Chapel Lawn North
8:30 – 9:45 a.m.	Keynote Presentation with Dr. Alan Goldhamer	Hawkins Lounge
9:45 – 10 a.m.	Break	
10 – 11:30 a.m.	Cooking Demonstration with Chef AJ	Geiser Dining Commons
11:30 a.m. – 12:30 p.m.	Lunch	Geiser Dining Commons

## AFTERNOON

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1 – 2 p.m.	Guided Trail Walk	Meet at Burke Plaza
1 – 2 p.m.	Dance & Movement Class	Chapel Lawn North
2:30 – 3:45 p.m.	Keynote Presentation with Gene Baur & Nate Salpeter	Hawkins Lounge
3:45 – 4 p.m.	Break	
4 – 5 p.m.	Ask the Experts Panel	Hawkins Lounge
5 – 6 p.m.	Dinner	Geiser Dining Commons

## AMENITIES HOURS

Gym/Workout Rooms: JMW Recreation Center: 8 a.m. – 6 p.m.

Lakefront: Point Neamo: 8 a.m. – 6 p.m.

Campus Bookstore: Keuka Commons: Noon – 5 p.m.

SCHEDULE SUBJECT TO CHANGE