




Couple's Retreat
Reconnect, Renew, Refresh
Friday April 27th, 2007

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
11:30 - 12:15	Registration Light Snack	Retreat Center
12:30 - 1:30	Opening Circle & Introductions Larry Terlouw, Chaplain Kimberly Beroset, Camp Director & Bluebird Staff	Retreat Center
2:00 - 4:00	Gentle Partner Yoga Pam Schap, RYT www.lakeshoreyoga.com (wear comfortable clothes and bring your blanket!)	Retreat Center
5:00 - 6:15	Dinner	Dining Hall
6:30 - 7:30***	Craft: Bluebird Blanket of Hope	Creation Corner
7:30 - 8:30***	Ice Cream Social with the Ransom Street Big Band St. Cecilia's Music Society	Retreat Center
9:00 pm weather permitting	Camp Fire	TBA

***In order to prepare for the Ice Cream Social and Ransom Street Big Band, we ask that all retreat attendees please remain clear of the main retreat area between 6:30 and 7:30. Please join us at Creation Corner for the making of our Bluebird Blanket of Hope.

Couple's Retreat Schedule - Saturday April 28th, 2007

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
7:30 - 8:30	Breakfast	Dining Hall
9:00 - 10:30 (bring your journals)	<u>Talk it out:</u> Communication Tips for Cancer Survivors Irene Swerdlow-Freed, Psy.D.	Retreat Center
10:30 - 12:00 (bring your journals)	<u>Take it in:</u> Communication Tips for Spouses/Significant Others of Cancer Survivors Irene Swerdlow-Freed, Psy.D.	Retreat Center
AND		
9:00 - 10:30	Caring for the Caregiver Robi Thomas, PhDc, RN, CNS	Creation Corner
10:30 - 12:00	Surviving- and Perhaps Thriving- While on a Difficult Journey Robi Thomas, PhDc, RN, CNS	Creation Corner
12:15 - 1:00***	Lunch	Dining Hall
1:30 - 2:30***	Walk and Talk with Retreat Staff/Fellow Couples (meet in lobby of Retreat Center)	Geneva Shores Grounds
	OR	
	Yi Chi Chin (Intention, Energy and Strength) Eddie Chacon-Lontin, CMT	Retreat Center
2:30 - 5:00	Healing Touch, Massage Therapy, Reflexology	Creation Corner
	Building Bluebird Houses	
		Pavilion or Retreat Center (weather depending)
5:45 - 6:30	Dinner	Dining Hall

Couple's Retreat Schedule - Saturday April 28th, 2007 CONTINUED

7:15 7:30 - 8:30 pm	Bluebird No Talent "Talent" Review How Well Do You Know Your Partner! Game	Retreat Center
9:00 pm weather permitting	Camp Fire	TBA

***Camp Store is open from 11:30 am to 2:30 pm on Saturday. In order to prepare for the Bluebird Houses and Yi Chi Chin, we ask that all retreat attendees please remain clear of the main retreat area between 12:00 and 1:15 pm.

Couple's Retreat Schedule - Sunday April 29th, 2007

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
7:30 - 9:15	Continental Breakfast and Coffee (will be available before and after the optional Morning Service)	Retreat Center
8:00 - 8:30	Morning Service (optional) Larry Terlouw, Camp Chaplain	Retreat Center
9:15 - 9:45***	Free Time Staff will be available to help with luggage. ☺	Retreat Center
9:45 - 11:00	CommonUnity in Rhythm Barb Pitcher www.commonunityinrhythm.com	Retreat Center
11:30 - 12:30	Closing Circle Larry Terlouw, Camp Chaplain Kimberly Beronet, Camp Director And Camp Bluebird Staff	Retreat Center
12:45	Group Picture	TBA
1:00 - 1:45***	Lunch and Farewell (check out time is 1 pm)	Dining Hall

***Check out time is 1 pm. Please make sure that you have gathered all of your personal belongings from your room before going to lunch, the final meal of our retreat. Staff will be available to help carry your luggage to your vehicle from 9:15 am to 9:45 am.



Acknowledgments

Thank you to all the organizations, sponsors, and talented individuals who gave their time, resources and energy to the 2007 Couple's Retreat.

Organizations/Sponsors

Grand Haven Area Community Foundation
Camp Geneva
Ransom Street Big Band
Sweet Temptations (ice cream)
West Michigan Auto Body (snacks, beverages and flowers)
Gwen Glatz (hats)

Volunteers

Yvette Cole
Robi Thomas
Mike Beronet
Gloria LeMaire
Rich Ashley
Larry Terlouw
Jeanne Farrer
Dale Bjorklund
Marge Collinge
Kathy Bandol
Kathleen Hardy
Irene Swerdlow-Freed

Speakers/Sessions

Eddy Chacon-Lontin, CMT
Irene Swerdlow-Freed, Psy. D.
Robi Thomas, PhDc, RN, CNS
Pam Schap, Lakeshore Yoga Center
Barb Pitcher, Common Unity in Rhythm

Massages, Reflexology and Energy Touch

- Ann Ross, Reflexologist, Bear Heart Reflexology and Scar Repair in Muskegon
- Neelie Vietor, CMT, of Bella Vita Salon in Saugatuck (Neelie also provides massage therapy independently)
- Cathy Caldwell, CMT, of Hands To Health Acupressure and Massage Therapy in Muskegon
- Roberta Leenhouts, Energy Touch Practitioner in Spring Lake
- Francine Anton, CMT, of Bending Tree Massage in Spring Lake
- Martha Plantenga, CMT, West Michigan