

# 2019 Spring Creative Retreat Schedule

Adult Retreat Center (ARC)  
Thursday-Sunday, March 14-17, 2019

## **Thursday, March 14 – Early Bird Arrivals**

3:00pm Arrivals, registration, room assignments - ARC  
Creative Time  
\*Dinner on your own\*  
Evening snacks - ARC

## **Friday, March 15 – Early Bird Schedule**

8:00am Creative Time  
9:30am Brunch - Dining Hall  
10:15am Creative Time  
Afternoon snacks - ARC

## **Friday, March 15**

5:00pm Arrivals, registration, room assignments, massage sign-up & set-up - ARC  
6:00pm Dinner - Dining Hall  
6:45pm Orientation & Introductions - Dining Hall  
7:00pm Creative Time  
Evening snacks - ARC

## **Saturday, March 16**

8:30am Breakfast - Dining Hall  
9:15am Morning meditation - Dining Hall  
9:30am Creative Time  
12:00pm Lunch - Dining Hall (Camp Store will be open after lunch.)  
12:45pm Creative Time  
3:00pm Stretch Break  
3:15pm Creative Time  
5:30pm Dinner - Dining Hall  
6:15pm Creative Time  
Evening Snacks - ARC

## **Sunday, March 17**

9:30am Brunch - Dining Hall  
10:15am Morning meditation - Dining Hall  
10:30am Creative Time  
3:00pm Wrap up. Safe travels! We look forward to seeing you all again soon!

Sunday worship is offered at a number of churches in Alexandria:

Shalom Lutheran: 681 Voyager Drive: 8:30am & contemporary at 10:45am

First Lutheran: 822 Douglas Street: 8:30am, 9:45am & contemporary at 11:00am

Bethesda Lutheran: 1204 North Nokomis NE: 9:30am

Calvary Lutheran: 605 Douglas Street: 8:30am & 10:45am