

**14th Annual Jewish Men's Retreat 2005**  
**October 28-30, 2005**

**Schedule of Activities**

Friday, October 28

**1:00-4:00 pm.**      **Construction Activity: Picnic Tables for EC**  
Outside Activity (behind main lodge)      Join us when you arrive

**4:00-6:00 p.m.**      **Mikveh Activity**  
Meet in the main lodge and proceed to mikveh in small groups

**6:15-8:15 p.m.**      **Kabbalat Shabbat/Dinner** (7:15 p.m.)

**8:15-9:00 pm**      **Welcome/ Outline of the Weekend**

**9:00-10:30 p.m.**      **Mispachah groups meet**  
Session One- you will be assigned to a mishpacha group and meeting room

**10:45 p.m.-?**      **Coffee House**

Saturday October 29

**7:00-8:00 a.m.**      **Yoga/Tai Chi/Meditation** (if someone is available to lead it)

**8:00-9:00 a.m.**      **Breakfast**

**9:15-12:00 noon**      **Davenning/Torah Service** (in the Yurt)

**12:15-1:00 p.m.**      **Lunch**

**1:15-3:45 p.m.**      **Archery Activity**  
Carpools will be arranged to travel to the archery range (very close to EC)

**4:00-5:30 p.m.**      **Free Time**

**5:30-7:00 p.m.**      **Tish**

**7:00-7:45 p.m.**      **Dinner**

**8:00-9:15 p.m.**      **Mishpacha Group**      Session II

**9:30 p.m.-10:45 p.m.**      **Havdaleh/Celebration of Special Events**  
**Drumming/Rhythmology**

**11:00p.m.**      **Wine/Cigars/Smoozing and Music in the Barn**

NOTE: we gain an hour of sleep due to the change in daylight savings time      (over)

Sunday October 30

7:30-8:30 a.m.            Yoga/Tai chi/Meditation (if there is interest and a leader)

8:15-9:15 a.m.            Breakfast

9:30-10:00 a.m.         Tefillin Instruction

10:00-11:00 p.m.       Mishpacha Groups Meet  
Session Three

11:00-12:30 p.m.       Ending Program

1:00 p.m.                 Lunch (optional)/Check-out