

Time	Activity	Facilitator	Location
Monday, 24 October, Day 1			
TBD-1600	Travel to Pipestem Resort State Park		
1600-1630	Check-in and group welcome	George Nunez, Tatiana Puschnigg	McKeever Lodge Lobby
1630-1730	Personal time		
1730-1800	Venue and schedule orientation, cohort icebreaker, and buddy pairing	George Nunez, Tatiana Puschnigg	McKeever Lodge Breezeway
1800-1900	Buffet dinner		Bluestone Dining Room
1900-TBD	Personal time		
Tuesday, 25 October, Day 2			
0700-0800	Buffet breakfast		Bluestone Dining Room
0800-0815	Morning accountability check, plan of the day review, and morning gratitude exercise	Sandra Dareing	Faulconer Room
0815-0930	Financial Counseling: budget basics and financial transitions from military to civilian life	Kaitlyn Brooks	Faulconer Room
0930-0945	Comfort break		
0945-1045	Stress Management Strategies: identifying stressors and common challenges, and introduction of cognitive behavioral therapy techniques	Anne Nytes, Crystal Suetholz	Faulconer Room
1045-1100	Comfort break		
1100-1215	Stress Management Strategies: identifying stressors and common challenges, and introduction of cognitive behavioral therapy techniques	Anne Nytes, Crystal Suetholz	Faulconer Room
1215-1300	Buffet lunch		Bluestone Dining Room
1300-1330	Review optional recreational activities, attire change as needed, and movement to activities	George Nunez, Tatiana Puschnigg	Faulconer Room
1330-1500	Horse Ride: Andrews, Bell, Delaney, Giles, Hannah, Lowder, Palarino, Pospisil, Spraglin-Wilson, Wilson	Jody Giles	
1330-1500	Skeet: Barr, Brooks, Nytes, Suetholz	Kaitlyn Brooks, Anne Nytes, Crystal Suetholz	
1330-1500	eBiking: Copen, Hill, Lawson, McQueen	N/A	
1330-1500	Axe Throwing: Allen, Dareing, McWhorter	Sandra Dareing	

Time	Activity	Facilitator	Location
1330-1500	Disc Golf: Ferguson, Nunez, Pratt, Ward	George Nunez	
1330-1500	Mini Golf: Collins, Puschnigg	Tatiana Puschnigg	
1500-1630	Axe Throwing: Andrews, Barr, Delaney, Lowder, McQueen, Puschnigg, Suetholz,	Tatiana Puschnigg	
1500-1630	3D Archery: Allen, Collins, Copen, Nunez, Palarino, Pospisil, Ward, Wilson	George Nunez	
1500-1630	Skeet: Bell, Dareing, Hannah, Hill, Lawson, McWhorter	Sandra Dareing	
1500-1630	Mini Golf: Brooks, Ferguson, Giles, Nytes, Pratt, Spraglin-Wilson,	Kaitlyn Brooks, Anne Nytes, Jody Giles	
1630-1800	Axe Throwing: Brooks, Collins, Ferguson, Giles, Hill, Nytes, Pratt, Ward	Kaitlyn Brooks, Anne Nytes, Jody Giles	
1630-1800	Skeet: Allen, Copen, Delaney, Nunez, Puschnigg, Spraglin-Wilson	George Nunez, Tatiana Puschnigg	
1630-1800	eBiking: Barr, Hannah, Pospisil, Wilson	N/A	
1630-1800	Mini Golf: Bell, Lawson, McWhorter, Suetholz,	Crystal Suetholz	
1630-1800	3D Archery: Andrews, Dareing, Lowder, McQueen,	Sandra Dareing	
1630-1800	Indoor Pool: Palarino	N/A	
1800-1815	Return to Lodge		
1815-1900	Buffet dinner		Bluestone Dining Room
1900-2000	Optional facilitator-lead exercise: Guided Meditation	Jody Giles, Crystal Suetholz	Faulconer Room
1900-2100	Optional after-hours facilitator support services	Jody Giles, Crystal Suetholz	Faulconer Room
1900-TBD	Personal time		
Wednesday, 26 October, Day 3			
0700-0800	Buffet breakfast		Bluestone Dining Room
0800-0820	Morning accountability check, plan of the day review and morning gratitude exercise	Jody Giles	Faulconer Room
0820-0930	Isolation, Trust, and MST/PTSD: exploring trauma impacts and strategies for identifying triggers	Jody Giles	Faulconer Room
0930-0945	Comfort break		

Time	Activity	Facilitator	Location
0945-1045	Isolation, Trust, and MST/PTSD: discussing behaviors related to isolation, trust, and trauma, reaffirming core values, and reframing negative thought patterns	Jody Giles	Faulconer Room
1045-1100	Comfort break		
1100-1215	Creating and Maintaining Boundaries: understanding value of healthy boundaries and strategies to empower appropriate relationship limits	Anne Nytes, Crystal Suetholz	Faulconer Room
1215-1300	Buffet lunch		Bluestone Dining Room
1300-1330	Review optional recreational activities, attire change as needed, and movement to activities	George Nunez, Tatiana Puschnigg	Faulconer Room
1330-1730	Zip Line: Andrews, Bell, Delaney, Hannah, Lowder, Palarino, Pospisil, Wilson	Two Pipestem Guides	
1330-1500	Horse Ride: Barr, Collins, Ferguson, Hill, Lawson, McQueen, McWhorter, Suetholz, Ward	Crystal Suetholz	
1330-1500	eBiking: Brooks, Giles, Pratt, Spraglin-Wilson	Kaitlyn Brooks, Jody Giles	
1330-1500	Mini Golf: Allen, Copen	TBD	
TBD-1800	Return to Lodge and personal time		
1800-1900	Buffet dinner		Bluestone Dining Room
1900-2000	Optional facilitator-lead exercise: Process Not Perfection	Kaitlyn Brooks, Anne Nytes	Faulconer Room
1900-2100	Optional after-hours facilitator support services	Kaitlyn Brooks, Anne Nytes	Faulconer Room
1900-TBD	Personal time		
Thursday, 27 October, Day 4			
0700-0800	Buffet breakfast		Bluestone Dining Room
0800-0900	Confirm Veterans' travel reimbursement information, collect retreat feedback forms, and team farewell	George, Tatiana	McKeever Lodge Breezeway
0900-1000	Personal time		
1000-TBD	Check-out and travel home	George, Tatiana	Lodge Lobby