

WOMEN'S DAY

MAY 14, 2022

Schedule of Activities

(OLT members will be engaging in regular activities and you are welcome to join them at any point during your visit.)

Women's Day participants are welcome to attend any and all activities.

MEMBERSHIP GIVEAWAY! Each adult female, who is not currently a member, will be entered in a drawing for a FREE 3-month membership (\$95 value)! Drawing will take place at the beginning of the Dance at 8:30pm. Must be present to win!

10:00am - **Registration** opens for those who are visiting for Women's Day. Once you've checked in at the office, take some time to get settled in at the park by visiting the facilities through a golf cart tour or setting up by the pool. Restrooms are available in the clubhouse, behind the MD Bare Buns Bistro and at the Meadow Pavilion.

11:00am – **Bloody Mary Meet & Greet:** All women are invited to attend to meet one another. We will welcome newcomers and introduce long-time Oaklake Trails female members and residents.

**Meal vouchers will be given out during this time. (Meadow Pavilion)

12:00pm – **Gentle Trail Hike:** Join our Activities Director, Shawna, for a hike through the woods. A gentle stroll through the forest is one of the best ways to fully enjoy a portion of the more than 400 acres of land and commune with nature. The hike will last 30-45 minutes. (Depart from the Meadow Pavilion.)

12:30pm - **Ladies' Lunch:** Each attendee will receive a meal voucher** good for **\$10.00** at MD Bare Buns Bistro during her visit to OLT on May 14th. The meal voucher may be used for lunch or dinner – no "change" will be returned from the \$10 amount. Ladies are encouraged to eat together at the Bistro (inside or outside). (MD Bare Buns Bistro)

1:30pm – **Goddess Gathering:** *Goddess Gathering* is a women's only group that serves as a mirror group to *The Green Man Group*. Each theme represents an aspect of our existence based on the chakra system. Within this sacred space, participants will be invited to drum, rattle, and move through specifically designed sets of kriyas (combination of yoga postures/positions, breathwork, mudras and mantras) connected to each theme. The intention of each gathering is to provide tools that support women in their daily efforts to relieve stress, release physical tension, maintain balance, increase energy, connect to the self and others, and promote overall health and well-being as vessels of divine feminine energy. *DAY'S THEME: CREATIVITY* (Cost: Donation-based; Location: Meadow Pavilion)

2:45pm – **Pool Time:** Join in the Water Volleyball Tournament, enjoy some relaxation time on one of our many chaise loungers in the conversation pool or take a soak in the NEW adjacent hot tub.

4:00pm – **Shuffleboard Game:** Women are encouraged to gather at the shuffleboard courts to join in a friendly game. Pair up with someone you already know or a new found friend. Two games will be played simultaneously. (Shuffleboard Courts)

6:00pm - **Ladies' Dinner:** Each attendee will receive a meal voucher** good for **\$10.00** at MD Bare Buns Bistro during her visit to OLT on May 14th. The meal voucher may be used for lunch or dinner – no "change" will be returned from the \$10 amount. Ladies are encouraged to eat together at the Bistro (inside or outside). (MD Bare Buns Bistro)

6:30pm – **Ladies' Casino Night:** The fellas will run all the games while the ladies play. Poker chips will be available for purchase at the door with special chip packages for the ladies. We will have lots of casino games going. Join your fellow naturists for some blackjack, Texas Hold 'Em, Roulette and many more. (Clubhouse)

8:30pm – **Membership Giveaway and Co-ed Dance:** Join us at the Meadow Pavilion to enter our Membership Giveaway drawing (must be present to win). Then at 9:00pm, our resident DJ will be spinning tunes for your dancing enjoyment. (Meadow Pavilion)