
MONTEAGLE SUNDAY SCHOOL ASSEMBLY

141st Platform

JUNE 11-AUGUST 6, 2023

Workshops, Events, Performances,
and Activities

***REGISTRATION POLICIES FOR ALL ADULT AND YOUTH
WORKSHOPS, EVENTS, AND ACTIVITIES***

1. MSSA gate tickets are required for all persons on the grounds of the Assembly, except those visiting for four hours or less, who will be issued a temporary pass. EVERYONE, members and non-members, MUST present their MSSA gate ticket at each workshop session. (A four-hour pass is not a substitute for a gate pass in attending a workshop.)
2. Registration for workshops may be made online or at the MSSA business office during regular hours: Monday – Friday, 8 a.m. to 4 p.m., and during the summer program season on Saturday, 9 a.m. to 3 p.m.
3. A name will not be added to the workshop registration until the fee has been paid by cash, check, credit card, or house account.
4. Refunds will be made only if a replacement participant can be secured from the waiting list. Otherwise, no refund will be given.
5. Assembly residents are eligible for priority registration from **April 1-May 15**. Assembly residents include: cottage owners, renters, and their guests, who have a purchased a gate pass and are in residence at the time of the workshop.
6. Non-residents may place their names on the waiting list between **April 1-May 15**. On May 16, registration is open to all and those on the waiting lists will be confirmed a place in a workshop as space becomes available.
7. Most adult workshops are also appropriate for mature teens, and in some cases for children as young as ten if accompanied by a registered parent.

WEEK ONE

June 11-17, 2023

Workshops, Events, Performances, and Activities

When required, payment and registration for workshops, events and activities may be made online or in the MSSA office. Remember to bring your gate pass to all workshops and show to the platform staff on duty. Complete registration details and policies may be found on page 22.

Sunday, June 11, 9 p.m., Nashville Home

First Night Activity: Buzzards & Falcons

Bring a memory to add to your 2023 Time Capsule. This capsule will be opened July 4, 2023. Participants are encouraged to write a note about their life during the pandemic and how it changed their lives. Kids can also bring something relevant to their generation/time. It could be a thumb drive of a TikTok dance, pictures of them with their friends in Monteagle, scrunchies, etc.

Mon. & Wed., Weeks 1-8, 8 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults, no fee, no sign-up

Mon.-Fri., June 12-16

Super Hero Week for Eaglets

Bring your favorite Super Hero costume or costumes for Week 1 activities. Don't have a favorite? You can create your own during crafts this week!

Mon., June 12, 10 a.m.-noon and 2:30-4:30 p.m., Pickleball Courts.

REGISTER HERE

#1-A Workshop: *New to Pickleball Introductory Workshop;* Stephanie Lane, instructor

For those who may or may not have played the game before and want to learn how to keep score or to get a refresher on the basics. Advance sign-up required, max 10 participants, \$45 fee.

**Adults may register for only one pickleball workshop – Introductory OR Intermediate

Mon., June 12, 6-7 p.m., Warren Chapel

Dinner on the Chapel Grounds: Come one and all! Everyone is invited to join the Chapel Committee on Monday evenings before Twilight Prayers for a Bring-a-Dish Dinner on the Chapel Grounds. Bring a dish to share with other families who are at the Assembly for the week. Meet new friends and greet old friends, too. The minister of the week will join us with their families to get to know us and it will be a great chance to get to know them as well. We will welcome them, and all of you, to the Assembly! The main dish is provided as well as paper products, water and lemonade. So bring a dish to add to our feast! When the bell rings for Twilight Prayers, we are all invited to join in the Twilight Prayers service. A great time of fellowship! No fee, no sign-up.

Mon.-Fri., June 12-16, 2:30-5 p.m., Shady Dell

REGISTER HERE

#1-B Workshop: *Creating Your Vision in Watercolors;* Judson Newbern, instructor

A different approach this year will focus on helping participants achieve finished paintings from a selection of images that they will be encouraged to bring to the class. Instruction will still cover the basic elements required to master painting in transparent watercolors. Attention will be on guiding each student to define what he or she wishes to capture in the choice of subject matter. Beginner to intermediate levels. Some drawing skills are helpful. Photographs of a range of subject matter provided for those who don't bring images. Students provide their own materials unless they arrange otherwise to purchase a starter kit containing brushes, pigments, and paper. Our goal is to have fun while appreciating how many variables come into play in creating paintings in this very expressive media – that often has a mind of its own! \$25 class materials fee, maximum 10; reserve a kit for \$50.

Tues. & Wed., Weeks 1-8, 9:00-9:30 a.m., Warren Chapel

Ring! Intergenerational Chime Choir: Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music. Pam Maloof, instructor.

Open to ages 4-100; No fee, no sign-up.

Tues. & Thurs., Weeks 1-8, 8:00 a.m., Gymnasium

Zumba®, Sara Yarworth, instructor

Zumba®, is a fun, aerobic dance class that usually lasts an hour. It is a dance class, but it is designed for all levels. You do not have to be coordinated to enjoy the class! You can expect to laugh, dance, and sweat to various genres of music! Please bring a water and a smile! Open to adults, no fee, no sign-up

Tues. & Thurs., Weeks 1-8, 8:30 a.m., Pool

Aqua Yoga, Megan Sparacio, instructor

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you! Open to adults, no fee, no sign-up

Tues., June 13, 10 a.m.-noon and 2:30-4:30 p.m., Pickleball Courts

REGISTER HERE

#1-C Workshop: Adult Pickleball Intermediate Workshop; Stephanie Lane, instructor

For those who have already played the game, know how to keep score, and how to position themselves on the court.

Advance sign-up required, max 10 participants, \$45 fee.

**Adults may register for only one pickleball workshop – Introductory OR Intermediate

Wed., June 14, 10:45 a.m. and 1:00 p.m.

Plateau Wednesday Talk and Walk with Karen Kuers

Explore Plateau topics with a morning lecture on foraging, followed by lunch and an experiential walk to do some foraging as a group. Join in any or all activities!

Thurs., June 15, 9-10 a.m., Warren Chapel

Bible Study for All: Led by our minister of the week. No fee, no sign-up.

Thurs., June 15, 2:30-4:00 p.m., Harton Hall

REGISTER HERE

#1-D Workshop, Foraged & Garden Herbs: Deep Dive on Wood Sorrell, Lavender, and Rosemary; Stephanie Colchado-Kelly, instructor

As a follow-up to the morning's lecture on Foraged & Garden Herbs, deep-dive into Wood Sorrell, Lavender, and Rosemary. Learn about identification of these herbs in the garden or in the wild, active compounds, specific traditions and stories, and work alongside each other to create culinary products from these plants. Advance registration required, max 20 participants, no fee.

Fri., June 16, 8-9 a.m., Warren Chapel

Prayer Time: On Fridays, prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri., June 16, 2:30 p.m., Writers' Grove (Warren Chapel is the rain location)

Readings in the Writers' Grove: Join Lynn Beck and Steve Brallier for readings from *Mitka's Secret*.

No fee, no sign-up

Fri., June 16, 6:00-7:00 p.m., Nashville Home Porch

Youth Porch Party, Eagles, Buzzards & Falcons

Dress up in your summer best and join your favorite Eagles, Buzzards & Falcons for a porch party on the Nashville Home Porch. Guests should bring an appetizer or dessert to share.

WEEK TWO
Wayne & Virginia Jervis Bible Week
Youth Pickleball Week
June 18 - 24, 2023

**Workshops, Events, Performances,
and Activities**

When required, payment and registration for workshops, events and activities may be made online or in the MSSA office. Remember to bring your gate pass to all workshops and show to the platform staff on duty. Complete registration details and policies may be found on page 22.

Mon. & Wed., Weeks 1-8, 8 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults, no fee, no sign-up

**Youth Pickleball Week, Pickleball Courts
Pickleball Clinic and Youth Tournament**

Start the week off with Pickleball Clinics led by Stephanie Lane. Buzzards and Falcons will get an opportunity to participate in their own tournaments. Sign-ups will be posted on the Auditorium bulletin board on Sunday, June 18. Last day to sign up will be on Tuesday, June 20 at noon. Participants are invited to a tournament kick-off party at the Floyds' cottage (#139) on Tues. at 7:00 p.m. Teams will be drawn out of a hat. Please bring an appetizer or snack to share. The tournament will run Wednesday and Thursday morning on the Pickleball Courts. Please check the Auditorium bulletin board and attend the Tuesday Parent's Meeting for more details.

Mon., June 19, 2:30-4:30 p.m., Pickleball Courts

[REGISTER HERE](#)

#2-A Pickleball Workshop for Buzzards & Falcons Stephanie Lane, instructor

Participants develop a love for the game by knowing basic shots, how to serve properly, simple strategy, and how to keep score. Expect fun games and activities. Tennis shoes required (no running shoes or flip flops). Participants need a pickleball paddle and may borrow one if needed.

Advance sign-up required, max 10 participants, \$25 fee.

Mon., June 19, 6-7 p.m., Warren Chapel

Dinner on the Chapel Grounds: Come one and all! Everyone is invited to join the Chapel Committee on Monday evenings before Twilight Prayers for a Bring-a-Dish Dinner on the Chapel Grounds. Bring a dish to share with other families who are at the Assembly for the week. Meet new friends and greet old friends, too. The minister of the week will join us with their families to get to know us, and it will be a great chance to get to know them as well. We will welcome them, and all of you, to the Assembly! The main dish is provided as well as paper products, water and lemonade. So bring a dish to add to our feast! When the bell rings for Twilight Prayers, we are all invited to join in the Twilight Prayers service. A great time of fellowship! No fee, no sign-up.

Tues. & Wed., Weeks 1-8, 9:00-9:30 a.m., Warren Chapel

Ring! Intergenerational Chime Choir: Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music. Pam Maloof, instructor.

Open to ages 4-100; No fee, no sign-up.

Tues. & Thurs., Weeks 1-8, 8:00 a.m., Gymnasium

Zumba@, Sara Yarworth, instructor

Zumba®, is a fun, aerobic dance class that usually lasts an hour. It is a dance class, but it is designed for all levels. You do not have to be coordinated to enjoy the class! You can expect to laugh, dance, and sweat to various genres of music! Please bring a water and a smile! Open to adults, no fee, no sign-up

Tues. & Thurs., Weeks 1-8, 8:30 a.m., Pool

Aqua Yoga, Megan Sparacio, instructor

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you! Open to adults, no fee, no sign-up

Tues.-Thurs., June 20-22, 2:30-5:00 p.m., Shady Dell

[REGISTER HERE](#)

#2-B Canvas Floor Cloth Workshop

Based on an art class their mothers took 20 years ago, Bradley Moody Mims and Colby Henderson Black will guide participants in creating canvas floor mats inspired by the colors and abundance of growth present in the Assembly during the summer. These floor mats will brighten up your day and your kitchen! Advance sign-up required, maximum 10 participants, \$30 class fee.

Tues.- Fri., June 20-23, 10:45 a.m., Warren Chapel

The Wayne and Virginia Jervis Bible Week Lectures, Allyn Steele

For more than 90 years, Highlander's educational methodologies for social change have inspired generations of educators, activists, historians, community organizers, scholars, and others across the US and the world. While not affiliated with any particular religious or spiritual tradition, Highlander's work has roots in the Social Gospel movements of the early 20th century and has often influenced (and been influenced by) religious and spiritual movements for social, economic, ecological, and cultural change. These lectures will bring two of Highlander's core educational methodologies, popular education and cultural organizing, into conversation with a selection of sacred texts chosen for what they can illustrate individual and community responses to learning, change, and transformation.

Tuesday: *To Gather "All Together in One Place" (Acts of the Apostles, Chapter 2)*

Wednesday: *"Good Soil": Teaching & Learning (Gospel of Jesus According to Luke, Chapter 8: 4-15)*

Thursday: *"Finding the Way": Transformation & Accompaniment (Acts of the Apostles, Chapter 9: 1-19)*

Friday: *"A Stranger to My Kindred": Learning to Change the World (Psalm 69: 7-18)*

The Wayne and Virginia Jervis Bible Week Fund

Wed., June 21, 4 p.m., Winfield Porch

Book Club #1 of 3: *Carrie Soto Is Back*, by Taylor Jenkins Reed

Thurs., June 22, 9-10 a.m., Warren Chapel

Bible Study for All: Led by our minister of the week. No fee, no sign-up

Fri., June 23, 8-9 a.m., Warren Chapel

Prayer Time: On Fridays, prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri., June 23, 2:30 p.m., Warren Chapel (rain location)

Readings in the Writers' Grove: Don Welch reads from his book *Opening Thoughts on Everyday Life: Digging Deeper, Looking Farther*.

Fri., June 23, TBD, Buzzards & Falcons Hiawassee Overnight

Buzzards and Falcons will travel to the Hiawassee River for a night of overnight camping. Departure time, fees, and items to bring will be announced and discussed at the Parents' Meeting on Tuesday, June 20. Participants will travel down the Hiawassee River the next morning. (advance sign-up required at Auditorium bulletin board)

Fri., June 23, 7:00 p.m., Auditorium

Songwriters Night: *Songs and Stories* with Marcus Hummon
Music Fund

Sat., June 24, All-Assembly Excursion, TBA

Hiawassee River, Meet at Auditorium (advance sign-up required at Auditorium bulletin board)

WEEK THREE

June 25–July 1, 2023

Workshops, Events, Performances, and Activities

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Mon. & Wed., Weeks 1-8, 8 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults, no fee, no sign-up

Mon., June 26, 6-7 p.m., Warren Chapel

Dinner on the Chapel Grounds: Come one and all! Everyone is invited to join the Chapel Committee on Monday evenings before Twilight Prayers for a Bring-a-Dish Dinner on the Chapel Grounds. Bring a dish to share with other families who are at the Assembly for the week. Meet new friends and greet old friends, too. The minister of the week will join us with their families to get to know us, and it will be a great chance to get to know them as well. We will welcome them, and all of you, to the Assembly! The main dish is provided as well as paper products, water and lemonade. So bring a dish to add to our feast! When the bell rings for Twilight Prayers, we are all invited to join in the Twilight Prayers service. A great time of fellowship! No fee, no sign-up.

Tues., June 27, 5-6 p.m., Pilcher Park

Insect Egg Hunt and Sack Supper

Hummingbirds will enjoy an insect egg hunt in June and a sack supper. Meet up at Pilcher Park for all the fun. Please keep us in mind when you are looking for a place to recycle your plastic Easter eggs.

Tues. & Wed., Weeks 1-8, 9:00-9:30 a.m., Warren Chapel

Ring! Intergenerational Chime Choir: Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music. Pam Maloof, instructor.

Open to ages 4-100; No fee, no sign-up

Tues. & Thurs., Weeks 1-8, 8:00 a.m., Gymnasium

Zumba®, Sara Yarworth, instructor

Zumba®, is a fun, aerobic dance class that usually lasts an hour. It is a dance class, but it is designed for all levels. You do not have to be coordinated to enjoy the class! You can expect to laugh, dance, and sweat to various genres of music! Please bring a water and a smile! Open to adults, no fee, no sign-up

Tues. & Thurs., Weeks 1-8, 8:30 a.m., Pool

Aqua Yoga, Megan Sparacio, instructor

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you! Open to adults, no fee, no sign-up

Wed., June 28, TBD

4th of July Float

Join us on Wednesday, July 28th to find out how you can help construct our 4th of July float for the Town of Monteagle's parade. All youth will be making red, white, and blue tie dye tee shirts for the event. Make sure to bring a white t-shirt to the when you're packing for Monteagle. All ages and helping hands are welcome to come and participate. Check the Auditorium bulletin board and attend the Tuesday Parents' Meeting for more details.

No fee, no sign-up

Wed., June 28, 10:45 a.m. and 1:00 p.m.

Plateau Wednesday Talk and Tour with Chris McDonough

Explore Plateau topics with a morning lecture on the history of mining on the Mountain, followed by lunch and an excursion to the Lone Rock Stockade Archaeology Project site. Join in any or all activities!

Wed., June 28, 5-7 p.m., Winfield Porch

REGISTER HERE

#3-A Arty Party: Register at the office by Tuesday at 4pm. Limit of 14 participants, adults only. \$40 fee. Bring your own snack & beverage.

Thurs., June 29, 9-10 am., Warren Chapel

Bible Study for All: Led by our minister of the week. No fee, no sign-up

Fri., June 30, 8-9 a.m., Warren Chapel

Prayer Time: On Fridays, prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri., June 30, 2:30 p.m. Writers' Grove (Warren Chapel rain location)

Readings in the Writers' Grove: Patrick Dean reads from *Mark Catesby and His Adventures in a New World*

No fee, no sign-up

Sat., July 1, TBA, East Tennis Courts

Adult Tennis Tournament: Men's Doubles. Advance sign-up required via email mcrixham@gmail.com or text (704) 287-6870 to Margaret Rixham. Deadline for sign-up is noon, Tues., June 27. Draw names for partners and play 10 games, no-ad scoring.

WEEK FOUR

July 2–July 8, 2023

Workshops, Events, Performances, and Activities

When required, payment and registration for workshops, events and activities may be made online or in the MSSA office. Remember to bring your gate pass to all workshops and show to the platform staff on duty. Complete registration details and policies may be found on page 22.

Mon., July 3, 8:00 a.m., Meet at North Gate

[REGISTER HERE](#)

#4-A 16th Annual Off-Road Classic: *Family Run/Walk in the Woods*

Slightly challenging 5k run/walk through the Assembly's Waldrop Woods, with t-shirts and trophies. Finish-line celebration with watermelon at the Pool! \$25 fee; registration required online or at MSSA office by Tues., June 27, 10:30 a.m.

Mon. & Wed., Weeks 1-8, 8 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults, no fee, no sign-up

Mon., July 3, 10 a.m., The Course at Sewanee

[REGISTER HERE](#)

#4-B Shakerag Classic: *Men's MSSA vs. Sewanee Challenge Golf Tournament*

Limited registration, advance sign-up required by Tues., June 27, 10:30 a.m.

\$125 registration fee includes greens fees, cart, range balls, lunch, and prizes

Mon., July 3, 2:30 p.m., Pilcher Park

July 4th Relay Games

Mon., July 3, 3:30 p.m., Pool

July 4th Penny Plunge & Pool Games

Tues., July 4, 8 a.m., Meet at Front Gate

[REGISTER HERE](#)

#4-C 44th Annual Monteagle-Sewanee Run/Walk

Run 6.4 miles to Shenanigans via the Mountain Goat Trail. Walkers may begin at trailhead at the Dollar General. Celebration and awards at Shenanigans; T-shirts and trophies!

\$25 fee; registration online or in office & MSSA gate ticket required by Tues., June 27, 10:30 a.m.

Tues. July 4, 12:00 p.m., Mall Bandstand

Family Entertainment: *Tracy City Jam Band*

Tracy City Jam provides a joyful accompaniment to your family's picnic. In the tradition of Appalachian bands, musicians pick up and play for most any event. The result is an energetic sound of musicians creating music in the moment. The little ones will dance!

Tues., July 4, 7:10 p.m., Mall Bandstand

Candlelight Service with brass faculty of the Sewanee Summer Music Festival.

Faculty brass will play a prelude and accompany the hymns during the service. The final piece of the prelude is a medley of the official song/hymn of each branch of the Armed Forces, during the playing of which active and retired members are invited to stand and be recognized.

Wed., Week 4, 9:00-9:30 a.m., Warren Chapel

Ring! *Intergenerational Chime Choir*: Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating

beautiful music. Pam Maloof, instructor.
Open to ages 4-100; No fee, no sign-up.

Wed., July 5, 10:45 a.m. and 1:00 p.m.

REGISTER HERE

#4-D Plateau Wednesday Talk and Tour with Keith Henley

Explore Plateau topics with a morning lecture on the Breslin Clock Tower, followed by lunch and an in-person tour of the clock tower in Sewanee. Join in any or all activities! Advance sign-up required for tour, no fee. (limited capacity for tour)

Wed., July 5, 4:00 p.m., Winfield Porch

Book Club #2 of 3: *Lessons in Chemistry* by Bonnie Garmus

Thurs., Week 4, 8:00 a.m., Gymnasium

Zumba®, Sara Yarworth, instructor

Zumba®, is a fun, aerobic dance class that usually lasts an hour. It is a dance class, but it is designed for all levels. You do not have to be coordinated to enjoy the class! You can expect to laugh, dance, and sweat to various genres of music! Please bring a water and a smile! Open to adults, no fee, no sign-up

Thurs., Weeks 4, 8:30 a.m., Pool

Aqua Yoga, Megan Sparacio, instructor

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you! Open to adults, no fee, no sign-up

Thursdays, Weeks 4-8, 10 a.m., East Courts

Adult Cardio Tennis: Get your heart pumping and work up a sweat.

No fee, no advance sign-up required.

Thurs., July 6, 9-10 a.m., Warren Chapel

Bible Study for All: Led by our minister of the week. No fee, no sign-up

Thurs., July 6, 2:30 p.m. Writers' Grove (Warren Chapel rain location)

Readings in the Writers' Grove: Andrew Siegrist reads from his book, *We Imagined It Was Rain*.

No fee, no sign-up

Fri., July 7, 8-9 a.m., Warren Chapel

Prayer Time: On Fridays, prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri., July 7, 10:45 a.m., Auditorium

MSSA Outreach Ministries Fair: Please join us to meet and visit with the outreach ministries that we as a community support both financially and as volunteers. You will have an opportunity to chat with these agencies and learn more about their good work that we support! Confirmed ministries include South Cumberland Community Fund, Isaiah 117 House, Sleep in Heavenly Peace, and Morton Memorial Food Ministry. Other outreach ministries will attend as well; check *Mountain Voices* and the kiosk for details.

Fri., July 7, 2:30 p.m., VFW Building

Build a Bed Day with Sleep in Heavenly Peace!

Come participate in building 50 beds for children in the area that do not have a bed to sleep on. Bring your grandparents and your children, as there will be jobs for all! All children deserve a safe, comfortable place to lay their heads. In Tennessee and across the US, too many boys and girls go without a bed—or even a pillow—to sleep on. These children end up sleeping on couches, blankets, and even floors. This can affect their happiness and health. Come out to the VFW and help us give back to the community!

Sat., July 8, TBA, Meet at Auditorium

River Adventure: Time and fee to be announced.

(Advance sign-up required at Auditorium bulletin board)

WEEK FIVE
July 9–July 15, 2023
Adult Tennis Tournament Week

**Workshops, Events, Performances,
and Activities**

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Mon. & Wed., Weeks 1-8, 8 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults, no fee, no sign-up

Mon., July 10–Fri., July 14, 2:30–5:00 p.m., Art Pavilion (Shady Dell rain location)

REGISTER HERE

#5-A Workshop: Oil Painting with Kim Barrick

Grab your brushes, paints, and canvases for a fun week learning new or refreshing old skills. Kim's engaging teaching style will inspire you to take artistic risks and expand your creative spirit. Kim will focus on florals, wildlife, and abstraction. Bring your photos and dreams. Students provide their own supplies. A suggested supply list can be found at kimbarrickstudio.com/artist-toolbox/

Advance sign-up required, max 10 participants, no fee

Mon., July 10, 6–7 p.m., Warren Chapel

Dinner on the Chapel Grounds: Come one and all! Everyone is invited to join the Chapel Committee on Monday evenings before Twilight Prayers for a Bring-a-Dish Dinner on the Chapel Grounds. Bring a dish to share with other families who are at the Assembly for the week. Meet new friends and greet old friends, too. The minister of the week will join us with their families to get to know us, and it will be a great chance to get to know them as well. We will welcome them, and all of you, to the Assembly! The main dish is provided as well as paper products, water and lemonade. So bring a dish to add to our feast! When the bell rings for Twilight Prayers, we are all invited to join in the Twilight Prayers service. A great time of fellowship! No fee, no sign-up.

Tues., July 11, Noon, Auditorium

Deadline for Adult Tennis Tournament registration

Wed.–Sun., July 12–16,

Adult Tennis Tournament

Sign up in the Auditorium for Mixed Doubles, Women's Doubles & M/W Singles (See Sat., July 1st for Men's Doubles event!) Deadline is Tuesday, July 11 @ noon. Brackets will be announced on Tuesday evening at the kickoff party to be held at Betsy Peebles' cottage #92. For Women's Doubles, we will randomly draw names for partners. There is no fee to play in the tournament.

Wed., July 12, 10:45 a.m. and 7:45 p.m.

Plateau Wednesday Talk and Walk with Gary McCracken

Explore Plateau topics with a morning lecture on bats and an evening walk to see bats in their natural environment. Join in any or all activities!

Tues. & Wed., Weeks 1-8, 9:00–9:30 a.m., Warren Chapel

Ring! Intergenerational Chime Choir: Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music. Pam Maloof, instructor.

Open to ages 4-100; No fee, no sign-up.

Tues. & Thurs., Weeks 1-8, 8:00 a.m., Gymnasium

Zumba®, Sara Yarworth, instructor

Zumba®, is a fun, aerobic dance class that usually lasts an hour. It is a dance class, but it is designed for all levels. You do not have to be coordinated to enjoy the class! You can expect to laugh, dance, and sweat to various genres of music! Please bring a water and a smile! Open to adults, no fee, no sign-up

Tues. & Thurs., Weeks 1-8, 8:30 a.m., Pool

Aqua Yoga, Megan Sparacio, instructor

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you! Open to adults, no fee, no sign-up

Wed., July 12, 5-7 p.m., Winfield Porch

REGISTER HERE

#5-B Arty Party: Register at the office by Tuesday at 4pm. Limit of 14 participants, adults only. \$40 fee. Bring your own snack & beverage.

Thursdays, Weeks 4-8, 10 a.m., East Courts

Adult Cardio Tennis: Get your heart pumping and work up a sweat.

No fee, no advance sign-up required.

Thurs., July 13, 9-10 a.m., Warren Chapel

Bible Study for All: Led by our minister of the week. No fee, no sign-up

Fri., July 14, 8-9 a.m., Warren Chapel

Prayer Time: On Fridays, prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri., July 14, 7:45 p.m., Auditorium

All Assembly Talent Show

Bring your costumes, props, musical instruments, and all those talents you know you have! Let your imagination go wild as you develop a skit, musical number, comedy routine, or dance. Robie Jackson, St. Andrews-Sewanee School legend, will be at the helm to help lead us towards a magical and memorable night. Start thinking about something fun! Adults are welcome and encouraged to participate. Don't miss this annual MSSA tradition! (Sign up to participate at the Auditorium bulletin board!)

Jazz Picnic: Sat., July 16, 5:30-8:15 p.m., Mall Bandstand

Jazz Picnic: Art Four Sale's all-original music draws from a variety of influences ranging from Pop and Brazilian to R & B and Jazz. From Nashville, TN, Art Four Sale has performed in various settings since 1999 as they create the perfect mood, from festivals to garden parties. Sit back, relax, and enjoy a live art experience.

Bring a picnic blanket or lawn chair. See *Mountain Voices* for food options.

No fee, no sign-up

WEEK SIX
Thomas Malone Trabue, III, Youth Week
July 16-July 22, 2023

**Workshops, Events, Performances,
and Activities**

When required, payment and registration for workshops, events and activities may be made online or in the MSSA office. Remember to bring your gate pass to all workshops and show to the platform staff on duty. Complete registration details and policies may be found on page 22.

Mon. & Wed., Weeks 1-8, 8 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults, no fee, no sign-up

Mon., July 17, 6-7 p.m., Warren Chapel

Dinner on the Chapel Grounds: Come one and all! Everyone is invited to join the Chapel Committee on Monday evenings before Twilight Prayers for a Bring-a-Dish Dinner on the Chapel Grounds. Bring a dish to share with other families who are at the Assembly for the week. Meet new friends and greet old friends, too. The minister of the week will join us with their families to get to know us, and it will be a great chance to get to know them as well. We will welcome them, and all of you, to the Assembly! The main dish is provided as well as paper products, water and lemonade. So bring a dish to add to our feast! When the bell rings for Twilight Prayers, we are all invited to join in the Twilight Prayers service. A great time of fellowship! No fee, no sign-up.

Tues.-Thurs., July 18-20, Shady Dell

Youth Art Workshops: Susie Elder, instructor

#6-A Monteaegle Masterworks: Tues. & Wed., 10:00 a.m.-Noon

REGISTER HERE

Eagles, express yourself and see how creative you can be! In this painting workshop, Eagles will explore various subjects and experiment with different types of paint to create magical gardens, whimsical animals, and colorful Monteaegle landscapes. Limited registration: advance sign-up and MSSA gate ticket required, max # of participants is 16.

#6-B Birds, Bugs and Blooms: Tues. & Thurs., 2:30-4:00 p.m.

REGISTER HERE

Eaglets will find inspiration in nature and the sites of Monteaegle before venturing into Shady Dell to make their own art and creatures. Eaglets will learn about birds, insects, flowers, and friendly beasts (dogs), then create beautiful artwork inspired by these natural subjects. Old clothes and happy faces required! Limited registration: advance sign-up and MSSA gate ticket required, max # of participants is 16.

#6-C One Day Painting Workshop - Expressive Animal Paintings: Thurs., 10:00 a.m.-Noon

REGISTER HERE

Buzzards and Falcons will explore acrylic on canvas in this morning painting workshop. Bring home beautiful work of a favorite animal on canvas. Bring a photo reference. Limited registration: advance sign-up and MSSA gate ticket required, max # of participants is 16.

Tues. & Wed., Weeks 1-8, 9:00-9:30 a.m., Warren Chapel

Ring! Intergenerational Chime Choir: Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music. Pam Maloof, instructor.

Open to ages 4-100; No fee, no sign-up.

Tues. & Thurs., Weeks 1-8, 8:00 a.m., Gymnasium

Zumba®, Sara Yarworth, instructor

Zumba®, is a fun, aerobic dance class that usually lasts an hour. It is a dance class, but it is designed for all levels. You do not

have to be coordinated to enjoy the class! You can expect to laugh, dance, and sweat to various genres of music! Please bring a water and a smile! Open to adults, no fee, no sign-up

Tues. & Thurs., Weeks 1-8, 8:30 a.m., Pool

Aqua Yoga, Megan Sparacio, instructor

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you! Open to adults, no fee, no sign-up

Wed., July 19, 10:45 a.m. and 1:00 p.m.

REGISTER HERE

#6-D Plateau Wednesday Talk and Tour with Bruno Durant

Explore Plateau topics with a morning lecture about worm farming, followed by lunch and an excursion to the Silver Bait Farm in Coalmont. Join in any or all activities! Advance sign-up required for tour, no fee. (limited capacity for tour)

Wed., July 19, 4:00 p.m., Winfield Porch

Book Club #3: *Beartown* by Fredrik Backman

Thursdays, Weeks 4-8, 10 a.m., East Courts

Adult Cardio Tennis: Get your heart pumping and work up a sweat.

No fee, no advance sign-up required.

Thurs., July 20, 9-10 a.m., Warren Chapel

Bible Study for All: Led by our minister of the week. No fee, no sign-up

Fri., July 21, 8-9 a.m., Warren Chapel

Prayer Time: On Fridays, prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri., July 21, 11 a.m. until 3 p.m., The Assembly Grounds

Woman's Association 59th Annual Cottage Tour & Bazaar

9 a.m.-3 p.m. - Bazaar Bake Sale, Butterfly Boutique

11 a.m.-3 p.m. - Cottage Tours. Advance tickets are \$20; same-day tickets are \$25. Parking in North Gate Field available for \$5.

Payment for tour tickets and box lunches may be made online or in the MSSA office.

Lecture by Margot Shaw at 10:45 a.m. in the Auditorium.

WEEK SEVEN
July 23–July 29, 2023
Youth Tennis Week
Adult Pickleball Tournament Week

**Workshops, Events, Performances,
and Activities**

When required, payment and registration for workshops, events and activities may be made online or in the MSSA office. Remember to bring your gate pass to all workshops and show to the platform staff on duty. Complete registration details and policies may be found on page 22.

Youth Tennis Week

Sign-up sheet will be posted Sunday evening and will run until Tuesday at noon. Felix Mann will post a schedule for matches and activities for the week. Check the Auditorium bulletin board and *Mountain Voices* for more details.

Mon. & Wed., Weeks 1-8, 8 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults, no fee, no sign-up

Mon., July 24, 6-7 p.m., Warren Chapel

Dinner on the Chapel Grounds: Come one and all! Everyone is invited to join the Chapel Committee on Monday evenings before Twilight Prayers for a Bring-a-Dish Dinner on the Chapel Grounds. Bring a dish to share with other families who are at the Assembly for the week. Meet new friends and greet old friends, too. The minister of the week will join us with their families to get to know us, and it will be a great chance to get to know them as well. We will welcome them, and all of you, to the Assembly! The main dish is provided as well as paper products, water and lemonade. So bring a dish to add to our feast! When the bell rings for Twilight Prayers, we are all invited to join in the Twilight Prayers service. A great time of fellowship! No fee, no sign-up.

Tues. & Wed., Weeks 1-8, 9:00-9:30 a.m., Warren Chapel

Ring! Intergenerational Chime Choir: Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music. Pam Maloof, instructor.

Open to ages 4-100; No fee, no sign-up.

Tues. & Thurs., Weeks 1-8, 8:00 a.m., Gymnasium

Zumba®, Sara Yarworth, instructor

Zumba®, is a fun, aerobic dance class that usually lasts an hour. It is a dance class, but it is designed for all levels. You do not have to be coordinated to enjoy the class! You can expect to laugh, dance, and sweat to various genres of music! Please bring a water and a smile! Open to adults, no fee, no sign-up

Tues. & Thurs., Weeks 1-8, 8:30 a.m., Pool

Aqua Yoga, Megan Sparacio, instructor

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you! Open to adults, no fee, no sign-up

Tues. & Wed., 2:30-5:00 p.m.

REGISTER HERE

#7-A Workshop: *Playing with Pattern: Block Printing on Cloth*, Christi Teasley, instructor

Join this two-day workshop to design and carve a block for printing, which you'll then use to print cloth napkins and festive garland flags for summer porch festivities. We will carve a simple block to use in the creation of more complex patterns through repetition. Plan to take home a set of cloth napkins and flags for stringing on the porch or for a party. No prior experience in necessary. Advance registration required, max 12 participants, no fee.

Adult Pickleball Tournament

Starting Wed., July 19, you can sign up in person using the posters that will be on display at the Pickleball courts. Another option is to email your registration to Margaret Rixham (mcrixham@gmail.com). All sign ups must be received by Sat. morning, July 23, at noon. Partners for all divisions will be determined by a random drawing of names at the kickoff party (TBA).

Wed., July 26, 10:45 a.m. and 1:00 p.m.

REGISTER HERE

#7-B Plateau Wednesday Talk and Tour: Midway Mushroom Farm

Explore Plateau topics with a morning lecture about growing and harvesting mushrooms, followed by lunch and an excursion to Midway Mushrooms. Join in any or all activities!

Advance sign-up required for tour, no fee. (limited capacity for tour)

Thursdays, Weeks 4-8, 10 a.m., East Courts

Adult Cardio Tennis: Get your heart pumping and work up a sweat.

No fee, no advance sign-up required.

Thurs., July 27, 9-10 a.m., Warren Chapel

Bible Study for All: Led by our minister of the week. No fee, no sign-up

Thurs., July 27, 2:30-5:00 p.m., Pulliam Center

REGISTER HERE

#7-C Writing Workshop with Kevin Wilson: *Narrative Machines: How to Develop and Build a Story*

Bring your creativity and most convenient writing tools (paper and pen or computer to type). Advance sign-up required, no fee. (limited capacity)

Fri., July 28, 8-9 a.m., Warren Chapel

Prayer Time: On Fridays, prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

WEEK EIGHT

July 30 - August 6, 2023

Workshops, Events, Performances, and Activities

When required, payment and registration for workshops, events and activities may be made online or in the MSSA office. Remember to bring your gate pass to all workshops and show to the platform staff on duty. Complete registration details and policies may be found on page 22.

Mon. & Wed., Weeks 1-8, 8 a.m., Gymnasium

Yoga Flow: Anneli Virkhaus, instructor

Come experience an hour of flowing yoga to strengthen and restore your body and mind. The class begins with focus on breathing, followed by gentle warm up poses, then moves into a flow based on the sun salutation series, and ends with some gentle cool down stretches. Every class ends with a long resting pose or savasana and Anneli plays live sound healing music with her guitar, voice, and singing bowls. This class is appropriate for all levels and modifications will be offered.

Open to adults, no fee, no sign-up

Mon., July 31, 6-7 p.m., Warren Chapel

Dinner on the Chapel Grounds: Come one and all! Everyone is invited to join the Chapel Committee on Monday evenings before Twilight Prayers for a Bring-a-Dish Dinner on the Chapel Grounds. Bring a dish to share with other families who are at the Assembly for the week. Meet new friends and greet old friends, too. The minister of the week will join us with their families to get to know us, and it will be a great chance to get to know them as well. We will welcome them, and all of you, to the Assembly! The main dish is provided as well as paper products, water and lemonade. So bring a dish to add to our feast! When the bell rings for Twilight Prayers, we are all invited to join in the Twilight Prayers service. A great time of fellowship! No fee, no sign-up.

Mon., July 32, 2:30-4:30 p.m.

REGISTER HERE

Tues.-Fri., Aug. 1-4, 9:30-11:30 a.m., and 2:30-4:30 p.m., Pulliam Center

#8-A Bridge Workshop: *Modern Bridge – It's All About The Play!* Jerry Bull, instructor

Casual and enjoyable bridge lessons: Following up on seven prior years (!) of successful "Somewhat Advanced Bridge Class" sessions, the instructor will forgo conventional bidding issues in favor of concentrating on the play of the hand from both the offensive and defensive viewpoints. Monday afternoon and Tuesday through Friday mornings will feature a combination of lecture and detailed hand analysis; remaining afternoons will be actual duplicate play supported by the Bridgemate electronic scoring system. Some special topics will include Declaring at No-Trump, including the "Rule of 7"; Declaring at Trump, including proper finessing techniques; and defensive signaling, including suit preference signals. As always, a valuable detailed handout booklet will be provided.

Advance sign-up required, no fee. Max # of participants is 48.

Roberts Family Fund

Tues. & Wed., Weeks 1-8, 9:00-9:30 a.m., Warren Chapel

Ring! Intergenerational Chime Choir: Using a harmony bell method participants create a melody accompanied by a CD. The color-coded system allows everyone to participate. Grandparents, parents, and older siblings are encouraged to join in creating beautiful music. Pam Maloof, instructor.

Open to ages 4-100; No fee, no sign-up.

Tues. & Thurs., Weeks 1-8, 8:00 a.m., Gymnasium

Zumba®, Sara Yarworth, instructor

Zumba®, is a fun, aerobic dance class that usually lasts an hour. It is a dance class, but it is designed for all levels. You do not have to be coordinated to enjoy the class! You can expect to laugh, dance, and sweat to various genres of music! Please bring a water and a smile! Open to adults, no fee, no sign-up

Open to adults, no fee, no sign-up

Tues. & Thurs., Weeks 1-8, 8:30 a.m., Pool

Aqua Yoga, Megan Sparacio, instructor

Aqua yoga moves traditional yoga postures into the water, to better support joints and lessen the cardio impact of the practice. These classes will also be gentle, in that we will move from one pose to the next at a relatively slow pace and hold the poses longer. Our goal will be to stretch big muscle groups (especially hips, back, and legs) and calm the nervous system. This accessible yoga class will leave you feeling refreshed and calmed. It's open to everyone, regardless of body type/shape, gender, yoga experience (or lack thereof), or mobility challenge. If you can get in and out of the pool, we will make this class work for you! Open to adults, no fee, no sign-up

Tues.-Thurs., Aug. 1-3, 10-noon

REGISTER HERE

#8-B Youth Art Workshop: Still Life Painting: Creating Your Own Cottage Heirlooms

Buzzards & Falcons will explore the creative world of drawing, composition, light, and shadow, color theory, and brushwork with acrylic paint as a medium. Participants are encouraged to bring items from their cottages to compose their own meaningful still life arrangement. This workshop reviews drawing fundamentals, elements of strong composition, and the application of value, light and shadow, and color theory to create expressive paintings. These and other artistic techniques will be reviewed to enhance this workshop experience. Limited to 10 participants. Beginner to intermediate levels are welcome.

Cheryl Lankhaar, instructor

Advance sign-up required, no fee, Max # of participants is 10

Catherine Williams Youth Art Fund

Wed., August 2, 10:45 a.m. and 1:00 p.m.

Plateau Wednesday Talk and Walk with Stephanie Colchado-Kelley

Explore Plateau topics with a morning lecture on what we learn from the land and local indigenous cultures, followed by lunch and a walk to the Native Plant Space. Join in any or all activities!

Wed., August 2, 5-7 p.m., Winfield Porch

REGISTER HERE

#8-C Arty Party: Register at the office by Tuesday at 4pm. Limit of 14 participants, adults only. \$40 fee. Bring your own snack & beverage.

Thursdays, Weeks 4-8, 10 a.m., East Courts

Adult Cardio Tennis: Get your heart pumping and work up a sweat.

No fee, no advance sign-up required.

Thurs., August 3, 9-10 a.m., Warren Chapel

Bible Study for All: Led by our minister of the week. No fee, no sign-up

Fri., August 4, 8-9 a.m., Warren Chapel

Prayer Time: On Fridays, prayers will be offered for our Assembly, its members, guests, activities, programs, and more. These prayers will be led by a member of the Chapel committee from a list prepared for each participant to follow. The Chapel is open at all times for group or individual prayers, rest, and meditation.

Fri.-Sat., Aug. 5-6, TBD

Ocoee River and Overnight Adventure: Buzzards & Falcons

Buzzards and Falcons will travel to the Ocoee River for a night of camping and Saturday's river trip. Departure time, fees, and items to bring will be announced and discussed at the Parents' Meeting on Tuesday. (Advance sign-up required at the Auditorium.)