

Spouse Program

SATURDAY, FEBRUARY 4

Early Arrivals' Reception

5:30 – 7:00 pm

SUNDAY, FEBRUARY 5

Spouse Breakfast

8:00 – 9:00 am

Spa and Smoothie Social at the Spa Pool

9:00 – 11:00 am



Usually reserved for those getting a spa treatment, as a spouse program guest you will have full access to the spa facilities. Relax with a good book, use the sauna or whirlpool, catch up with old friends or simply take a poolside nap. *(Spa treatments are not included but you will receive a 10% discount. Please book in advance).*

Recreation

11:45 am – 4:30 pm *(See page 10 for details)*

Super Bowl XLVI Party

5:00 – 11:00 pm

MONDAY, FEBRUARY 6

Yoga or Street Jazz

8:00 – 9:00 am

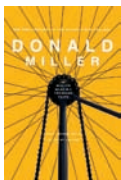
Yoga: from beginner to advanced, this instruction will be personalized to your needs. **Street Jazz:** funky street jazz combinations all set to upbeat music giving you an excellent cardio conditioning workout.

Spouse Breakfast

9:00 – 10:00 am

Spouse Book Club

9:30 – 10:30 am



Book Club Selection:

A Million Miles in a Thousand Years
by Donald Miller

Requires Sign up this year! After writing a successful memoir, Donald Miller's life stalled.

He found himself unwilling to get out of bed, avoiding responsibility, and questioning the meaning of life. But

when two movie producers proposed turning his memoir into a movie, he found himself launched into a new story filled with risk, possibility, beauty, and meaning.

BBQ Lunch

12:00 – 2:00 pm

Recreation

1:30 – 5:30 pm *(See page 11 for details)*

Reception/Dinner/After Dinner Social

6:30 – 10:30 pm

TUESDAY, FEBRUARY 7

Broadway Cardio or Pilates

8:00 – 9:00 am



Broadway Cardio: burn off calories to a Broadway classic. You are sure to get that “Singular Sensation with every little step you take!”

Pilates: a method of physical and mental exercise involving stretches

and breathing techniques.

Breakfast & Book Raffle

9:00 – 10:00 am

What's the best book you've read this year? Email me name and author by 1/15/2012. Ten books will be selected from your entries and raffled off at Tuesday's breakfast.

Spouse Board Meeting

9:30 – 10:30 am

Would you like to help plan our 2013 spouse program? Join us in a brainstorming session for next year's event.

Closing Keynote with James Heywood, PatientsLikeME

11:00 am – 12:00 pm



I'm looking forward to seeing all the Home Care 100 spouses this year. Please contact me if you have questions: jjandrositz@lincolnchc.com.

–Janine, Spouse Program Director

Attire: Conference attire is business casual except Monday evening when we request jackets for men and equivalent attire for women.