

# ALL About FUN Girls Getaway

**Liscombe Lodge**  
May 22-23, 2020

## Friday May 22nd

Get Friday off work :)

Arrive anytime after 12 noon and enjoy paddle boats & canoes

Restaurant opens at 4pm (dinner on your own)

5:00-7:00pm Get settled, relax and explore

8:00 – 9:30pm Meet & Greet.

Book your session with the card reader. (\$45 per 30 min Saturday and Sunday)

9:30-11:00am Bonfire and sing-a-long FUN

## May 23rd

7:00am Go for a pee and back to bed

8:00 – 9:00am Continental breakfast

9:30–10:30am Eye Opener Fitness ending with a meditation session by Kim Coleman

10:30-10:45am Nutrition Break

10:45-11:45pm Session with Kim Coleman

Light hearted, playful, fun and interactive conversations.

"Yay Men" - Did you know that men are actually incredibly deep listeners? What if there are a few tweaks in our conversations that can and will change everything?

12:00 – 1:00pm Lunch

1:15 – 2:15pm NEW-Acrylic Pour - bring clothes for painting

2:30-3:30pm Zumba Dance Party with a little drumming for fun  
(No Experience Necessary)

4:00-6:00pm Pool & hot tub party (bring your plastic cups and drinks)

6:00-7:00pm relax and get ready for dinner (do not wear your costume to dinner)

7:30pm Sharp - Dinner

9:00pm – 12:00am Bonnie & Clyde dance party

(Dress up in your version of Bonnie & Clyde days gone by)

## Sunday May 24th

8:00 – 9:00am Light Continental Breakfast

9:30-10:30am Hangover Workout OR Just Roll Over Bring your mat for flow/relaxation session

10:45-11:45pm Weekend Flow Relaxer-Closer with Kim

11:45 – 12:45pm Showers, change & check-out

12:45pm Special Farewell Brunch

Hostess - Elaine Fitzgerald-Muise

My partner in crime, Tracy Cipryk, will be away this year but will return next time!

**Call NOW to book the All About FUN Girls Getaway**

aka "Bad Mom's Retreat" May 22-24th, 2020: 1-800-665-6343

### Pricing

**Includes all meals and activities listed (card reader additional)**

Double Occupancy \$339.55 per person plus applicable taxes

Triple Occupancy \$306.25 per person plus applicable taxes

Quad Occupancy \$288.05 per person plus applicable taxes