

Agenda filled with activities to make you “feel so good”

THURSDAY, SEPTEMBER 17TH PRE-GATHERING EVENT, TRAIN RIDE

11:00 AM-12:15 PM	Meet at the Heart of Dixie Train Museum, 1919 9th Street, Calera AL 35040. Snack provided. Board the train for 75-minute ride. Following ride, tour the museum.
12:15-3:30 PM	Travel to Petals from the Past Garden Center, enjoy refreshments and paint a Souvenir wine glass from Muscadine Vineyards in the Pavillion.
3:30-4:30 PM	REGISTRATION with Peach Bellini provided
4:30-5:30 PM	Business Meeting
5:30 PM	Dinner at “the Barn” Catered Italian buffet by Bertolone’s



FRIDAY, SEPTEMBER 18TH

9:00 AM	Meet at “the Barn”, Coffee & treats
9:15-10:45 AM	Pampering Yourself with Herbs by Deborah Boutelier
10:45-11:05 AM	Break, visit Ways & Means Tables
11:10 AM-12:10 PM	“MISO” Happy to Cook Peaches & Herbs! Cooking demonstration of Peach, Prosciutto & Basil Crostini by Linda Franzo Miso Magic: Making Authentic Japanese Miso Soup Presentation, Demonstration of Technique, Tasting and Recipe by Dr. Florene Johns, Nashville Unit of HSA
12:15-1:30 PM	BBQ Buffet OR Baked Potato Bar Lunch with Peach Ice Cream
1:30-2:30 PM	Tea Chi—Healthful Tea Blends by Julie Walsh
2:30-2:45 PM	Break, visit Ways & Means Tables
2:45-3:45 PM	Tai Chi Presentation & Activity by Bob Varley
3:45-4:45 PM	Tour Petals from the Past and shop!
4:45 PM	Depart time to drive to Durbin Farms for dinner and more shopping! (SELECT A SANDWICH & SOUP FOR DINNER ON REGISTRATION FORM.)
7:00-9:00PM	Pajama Party Mahjong (optional). Fee is \$35.00 per person. See optional activity information. Nibbles provided to enjoy.

SATURDAY, SEPTEMBER 19TH

9:00-10:00 AM	Shrubs & Oxymels by Kelley Cochran
10:00-10:30 AM	Break and visit the Ways & Means Tables Refreshments provided by the HSA Alabama Wild Thyme Unit
10:30-11:30 AM	Old Roses by Jason Powell Flower Petal Vinegar by Linda Franzo
11:30 AM-12:00 PM	Wrap up and shop. Lunch on your own.