

Refresh

WOMEN'S RETREAT

02.08 | SATURDAY

8:00AM - 9:30AM

REGO

Location: Henry Kendall Ballroom
Come to the Registration table to tick of your name and start the Women's Retreat!

10:00AM - 11:30AM

REFRESH MAIN SESSION

Location: Henry Kendall Ballroom
Worship, Testimony & Lesson by Megan Bliley

12:00PM - 1:30PM

LUNCH

Find a nice spot close to the venue for lunch and fellowship with sisters!

2:00PM - 3:00PM

CLASSES:

REFRESH: AGING WITH GRACE (Over 40s)

Location: Avoca Room
For women over 40yrs designed to equip you with biblical wisdom and practical tools to confidently embrace and thrive in the later seasons of life

REFRESH: LIFE BALANCE (Under 40s)

Location: Wamberal Room 160
For women under 40yrs with a panel of women who can give godly principles and practical tools for having a balanced life

3:30PM - 4:30PM

CLASSES:

REFRESH FOR MUMS: EARLY CHILDHOOD

Location: Avoca Room
For women with children 5yrs and under designed to equip mums to find peace, joy and purpose in parenting

REFRESH FOR MUMS: SCHOOL AGE KIDS

Location: Wamberal Room
A Class designed to encourage mums during the school age years to parent with godly principles and purpose

REFRESH: GODLY FRIENDSHIPS

Location: Henry Kendall 1
A class to learn tools to make and build life long friendships

REFRESH: KNOWING GOD

Location: Henry Kendall 2
A class to learn how to get the most out of your personal times spent with God.

5:00PM - 6:00PM

ACTIVITIES:

JEWELLERY MAKING

Location: Avoca Room
Extra cost of **\$10pp**
Limit of **35 people**

BEACH WALK

Location: Meet in Lobby

ZUMBA

Location: Henry Kendall 2
Limit of **50 people**

6:00PM - 7:30PM

DINNER

Find a nice spot close to the venue for dinner and fellowship with sisters!

8:00PM - 11:30PM

REFRESH QUIZ NIGHT

Location: Henry Kendall Ballroom
Join us for a fun filled pub style quiz!

03.08 | SUNDAY

7:30AM - 8:00AM

ACTIVITY: PRAYER WALK

Location: Meet in lobby

8:00AM - 9:30AM

BREAKFAST

Find a nice spot close to the venue for breakfast and fellowship with sisters!

9:00AM - 10:00AM

ACTIVITIES / CLASSES:

YOGA

Location: Wamberal
Bring a mat or towel
Limit of **40 people**

SPIRITUAL MEDITATION

Location: Henry Kendall 2
Come learn the skill of meditation using scripture and prayer

JOURNALING

Location: Avoca Room
Come be equipped in effective journaling that draws out your heart
Limit of **42 people**

11:00AM - 1:00PM

CHURCH

Location: Henry Kendall Ballroom
Worship, Testimony & Lesson by Brooke Mey

1:30PM - 3:00PM

LUNCH

Find a nice spot close to the venue for lunch and fellowship with sisters!



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