

# LIFE IS GOOD

## Thursday April 3rd

### **Early Check-in**

4:00 pm Dining Hall

### **Open Discussion Meeting**

7:30 pm - 8:30 pm Fire Pit

Chair - Scott J.

### **Socializing**

10:00 - 12:00 am Fire Pit

### Meals Times Each Day

#### **Breakfast**

7:30 - 9:00 am Dining Hall

#### **Lunch**

12:30 - 1:30 pm Dining Hall

#### **Dinner**

6:00 - 7:00 pm Dining Hall

## Friday April 4th

### **Optional Trip: Ichetucknee Springs**

9:00am Dining Hall

### **Check-in & Name Tag Adornment**

All day - Dining Hall

### **Hospitality Room Opens**

12:00pm Dining Hall

### **Round Robin Welcome Meeting**

2:00-3:00pm Outdoor Meeting

Chair - Mark Y.

### ***We Surrender to Win Panel***

Chris B (Uncoast) Shanna (Uncoast)

4:00-5:00pm Viking Hall

Chair - Mark B.

### **Sunset Yoga**

6:30 - 7:30 pm Viking Hall

Leah C. (Uncoast)

### **Speaker Patty K (Fort Meyers)**

8:00 - 9:00 pm Viking Hall

Chair - Juan P.

### **Socializing**

Dining Hall & Fire Pit

### **Newcomer First Step Meeting**

12:00 pm - 1:00 am Fire Pit

## Saturday April 5th

### ***We Work Steps Panel***

Kemar F. (Forest) Amanda B (Uncoast)

9:15 - 10:30 am Viking Hall

Chair - Jon H.

### **Nature Time**

Hike or Outdoor Games

10:45 am - 12:15 pm Trails & Field

### **Speaker Tish R (First Coast)**

1:45 - 3:00 pm Viking Hall

Chair - Loretta N.

### **Tie Dye**

3:15 - 4:15 pm Dining Hall

### ***We Practice Traditions Panel***

Grace T. (Uncoast) Charles D. (Forest)

4:30 - 5:45 pm Viking Hall

Chair - Lea E.

### **Speaker Allen R. (Bay Area)**

7:30 - 9:00 pm Viking Hall

Chair - Mark G.

Clean time countdown - Jay W.

### **Karaoke**

9:30 - 11:00 pm Viking Hall

### **Socializing around the fire**

## Sunday April 6th

### **Speaker Bob F. (St. Augustine)**

9:30 - 10:45 am Dining Hall

Chair - Lou P.

### **NA Trivia (Team Prize)**

11:00 am - 12:00 pm Dining Hall

### ***We Build Community Panel***

Pam (Uncoast) Leslie (Uncoast)

1:30 - 2:30 pm Viking Hall

Chair - Jess D.

### **Round Robin Closing Meeting**

3:00 - 4:00 pm Outdoor Meeting

Chair - Michael D.

### **Final Check-out**

Monday 10:00 am

# Life is Good Retreat April 3-6, 2025

**Phone numbers to use  
before you pick up and use**

[illegible]

**My gratitude speaks when I  
care and share with others  
the NA way**

