



Uncoast NA

Life is Good Retreat

March 15-17 2024

Friday

Check-in & Name Tag Glow-Up Begins

10:00am Dining Hall

Hospitality Room Opens

12:00pm Dining Hall

I wanna get it through to you, you're not

alone- Round Robin Welcome Meeting

2:00-3:00pm Outdoor Meeting

I am who I am meant to be, this is me

-Hope Panel, Shannon N. (Uncoast) &

Mark B. (Bay)

4:00-5:00pm Viking Hall

Dinner

6:00 - 7:00 pm Dining Hall

There's only now, there's only here

-Selfie Scavenger Hunt (With prizes!)

7:00 - 8:00 pm Dining Hall

Speaker Angel D (Daytona)

8:00 - 9:00 pm Dining Hall

Music and Dancing

9:30 -11:00 pm Dining Hall

Socializing

10:00 - 12:00 am Fire Pit

Ain't it hard keeping it so hardcore.

-Newcomer Open Discussion Meeting

12:00 am - 1:00 am Fire Pit

Saturday

Rise up this morning, smiled with the rising sun

-Meditation Meeting Shanna T. (Uncoast)

7:00 - 8:00 pm Outdoor Meeting

Breakfast

7:30 - 9:00 am Dining Hall

I ain't turning back to living that old life no more

-Surrender Panel, Nick B. (South Jefferson Shelby)

& Amanda L. (Uncoast)

9:15 - 10:30 am Viking Hall

We'll walk in the rays of a beautiful sun

-Nature Hike and Outdoor Games

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

Lunch

12:30 - 1:30 pm Dining Hall

Speaker Kenny Blu (Funcoast)

1:45 - 3:00 pm Dining Hall

Tie Dye

3:15 - 4:15 pm Field

We go down the highway, We're the best of friends

-Road Recovery, Liz D. (First Coast) & Lou P (Uncoast Area)

4:30 - 5:45 pm Viking Hall

Dinner

6:00 - 7:00 pm Dining Hall

Speaker Lisa T (Funcoast)

Clean time countdown

7:30 - 9:00 pm Dining Hall

Addicts Got Talent Show

9:30 - 11:00 pm Dining Hall

Socializing

11:00 pm - 1:00 am Fire Pit

Sunday

Breakfast

7:30 - 9:00 am Dining Hall

I can see the light of a clear blue morning

-Stretch and Meditation, Leah C. (Uncoast)

8:30 - 9:30 am Field

Speaker Kris W. (Uncoast)

9:45 - 11:00 am Dining Hall

NA Trivia (Team Prize)

11:15 am - 12:00 pm Dining Hall

Lunch

12:00 - 1:00 pm Dining Hall

I'm still standing better than I ever did

-Staying Clean with Wendy S. (Uncoast) & Tracey B. (Uncoast)

1:30 - 2:30 pm Viking Hall

We all need someone to lean on

-Round Robin Closing Meeting

3:00 - 4:00 pm Outdoor Meeting

