

BEN LOMOND QUAKER CENTER invites you to...



A Music and Dance Retreat



December 2 -4, 2011

Co-hosted by the Runyans with many participant leaders.

By popular request, we are hosting this weekend with a variety of opportunities to sing, play, dance, and listen to music. We invite those who attended in recent years and urge newcomers to come together for this light-hearted, spirit-rejuvenating retreat. Musicians, singers, dancers, and those who just enjoy listening are encouraged to attend.

You do not need to be a musician to enjoy the weekend, though pianists may be especially interested in this chance to play the grand piano in the Redwood Lodge. **You are welcome to bring your children.** There will be ample time for us to enjoy each other's company and the beauty of Quaker Center. This program will be participant-led and feature a variety show and a dance with live traditional music.

Some other possible activities include:

- **Group singing**
- **Folk Dancing**
- **Children's' songs**
- **Instrumental Jamming**
- **Sacred Circle Dancing**
- **An open mike session**
- **Rock, pop and doo-wop singing**
- **A drumming circle.** If you have a drum or any sort of percussion instrument please bring it with you!
- **A session you want to lead with your talent and passion:** songwriting, shape-note singing, dancing, etc.



Dancing during 2010 Music Weekend

Contact Kathy or Bob Runyan at Quaker Center with any questions, suggestions, or offers to lead activities.

QUAKER CENTER

Box 686, Ben Lomond, CA 95005

(831) 336-8333

mail@quakercenter.org

Friday night, December 2nd:

- 6 pm: Potluck dinner for early arrivals
- 7:30 pm: The program will begin with dessert, introductions, and a planning session.
- 8:30 pm: A sing and play along from *Rise Up Singing*

Saturday, December 3rd:

- 7:30 am: worship
- 8 am: simple breakfast
- 9 - 11:30: morning sessions
- 11:30 am: lunch prep
- 12:30 pm: simple lunch
- 1:30 pm: free time
- 2:30 - 5 pm: afternoon activities
- 5 pm: dinner prep
- 6 pm: simple dinner
- 7:30 pm: dancing in the Redwood Lodge, followed by more singing and playing

Sunday December 5:

- 8 am: light breakfast
- 9:00 - 11 am: worship followed by singing from *Worship in Song*
- 11 am: lunch prep
- 11:30 am: early lunch of leftovers
- 12:30 pm: final clean up
- 1:30 - 2:30 pm: closing session to be planned Friday night by participants

-----Detach Here-----

Name(s) _____

Address _____

City & State _____ Zip _____ Phone (____) _____ E-mail _____

Help save money and trees: Check here ____ to receive Quaker Center announcements exclusively by e-mail.

I/we will bring the following children (please provide names and ages) _____

Dietary needs: _____

Accommodation needs: _____

Costs: With no cook, Quaker Center's expenses for this weekend will be lower so we are offering a lower sliding scale than we do for more formal programs. **I/we plan to pay \$ _____/person on the \$60-\$140/person sliding scale.**

Quaker Center events are open to all people regardless of their ability to pay. Please consider supporting this Quaker Center policy by contributing more than the suggested amount.

I am willing to lead a session on: (please write a brief description of what you can offer on the line provided)

- singing _____
- dancing _____
- instrumental _____

Please complete and return this form to: Quaker Center, Box 686, Ben Lomond, CA 95005

Or register online at www.quakercenter.org or email us at mail@quakercenter.org