



# Spring Wellness Week

## Friday, April 19th

Estate Tour Wagon Ride | Skytop History Tour | Guided Hike  
Guided Bike Ride | Ceramic Hour | Lanyard Making  
Family Feud | CASH Bingo | Campfire & Marshmallows

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## Saturday, April 20th

Yoga | Pilates | Yin Yoga | Edible Microgreens Demo | Spring  
Cleanse Talk | Candle Making | Edible Medicinal Plants & Teas with  
Rick | Guided Bike Ride | Bird House Painting | Food as Medicine  
Talk | Family Olympics | Mocktail Class | Jeopardy  
CASH Bingo | Campfire & Marshmallows  
Live Entertainment | Elimination Dance & Grand March

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## Sunday, April 21st

Pilates | Yoga | Yin Yoga | Estate Tour Wagon Ride  
Suncatchers | Ceramic Hour | Friendship Bracelets  
Nature Scavenger Hunt  
Campfire & Marshmallows