

## Program Schedule

### Friday (10/1)

- 12p                    Open Registration Woodland (foyer)
- Sign up for Sat. 8:30 - 9:30 a.m.      Spontaneous Breakout Group
  - Drop off Silent Auction items to Shirley Galvin
- 3p                     Hotel Registration
- 4p                     Newcomers Meeting (1 Hour) Lapham #4
- 6p                     Dinner Pizza / Silent Auction Open Woodland
- 7p                     Ice Breaker (Break Ice) Woodland
- 7:30 - 8:30p        Opening Keynote (Notekey): Culture & Communication Dynamics:  
Coda Siblings Perspective (0.1 CEUs) — Woodland
- Announce Saturday morning breakout info.
- 10p - 12a            Bonfire — The Village Park (behind waterpark)  
Hospitality Room Open — Room 204

**Saturday (10/2)**

- 7a Friends of Bill W.\*
- 7:30a Breakfast (on your own/snacks available in hospital room)  
Silent Auction Opens - Woodland
- 8:30a - 9:30a Breakout Sessions/Activities\*\*  
Lapham 2 — spontaneous option or table activities  
Lapham 3 — spontaneous option
- 9:45a - 10:45a Workshop: Navigating Medical System (0.1 CEUs)\*\*\* — Lapham 2
- 11:00a - 12:00p Breakout Sessions/Activities\*\*  
Lapham 2 — spontaneous option or table activities  
Lapham 3 — Elderly Parents Breakout
- 12:15p - 1:15 p.m. Box Lunch/Coda Midwest R-3 Business Meeting — Woodland
- 1:30p. - 3:00p Workshop: Transgenerational Trauma (0.15 CEUs)\*\*\* — Lapham 2
- 3:30p - 5:00p Breakout Sessions / Recreation Time\*\*  
Lapham 1 — Coda Guys Only  
Lapham 2 — Newcomers  
Lapham 3 —Grief & Loss
- 6:00p Dinner — Woodland
- 7:00p Silent Auction Closes — Woodland
- 7:30p Entertainment / Storytelling — Woodland  
The Village Park after 8:30 p.m.

**Sunday (10/3)**

- 7a Friends of Bill W.\*
- 8:00a - 9:00a Rise & Shine / Pack Bags / Breakfast — Woodland
- 9:30a Letting Go (0.1 CEUs)\*\*\* — Lapham 3
- 9:30a Coda movie discussion (breakout) — Woodland
- 10:30a Check out of hotel before 11 a.m.
- 11:00a - 12:00p Notekey Close: A Day in the Life of a Local Black Interpreter (0.1 CEUs)\*\*\* — Woodland
- 12:00p Wrap Up - Closing Activity — Woodland
- 1:00p Safe Travels home

## **\*\*BREAKOUT SESSIONS / RECREATION / ACTIVITIES**

### Discussion of "Coda" the movie

A breakout group for participants to discuss perspectives and insights about the recently released movie. (Sunday am)

### Elderly Parents

A breakout group for Codas who are caring for their aging/elderly parents to discuss concerns and challenges that arise. (Saturday 11 a.m.)

### Grief and Loss

This session provides an opportunity for participants to share their grief over the loss of a loved one and to gain support from others who have had similar experiences.

(Saturday 3:30 p.m.)

### Newcomers Group

A check-in for newcomers in follow-up to the Friday afternoon Newcomers Group.

(Saturday 3:30)

### CODA Guys

A breakout group for men to discuss particular issues pertaining to them. (Saturday 3:30)

### Spontaneous Breakout Sessions

Are you interested in forming a discussion group that isn't listed here? Start a list posted on the Communication Board, post a contact number on the Communication Board, or post on the 2021 Udderly Coda Time FaceBook page.

Suggestions may include coda artists, coda siblings, coda vets, Non-signing codas... Friends of Bill W.

## RECREATION AND ACTIVITIES (Subject to Change - activities available all day)

Lawn Jenga, Corn Hole Game, Croquet, Bocci Ball, card and board games

### NOTE regarding rooms

Lapham 1 — tables cannot be moved and will need to pass the baton

Lapham 2 — classroom and tables cannot be moved

Lapham 3 — chairs only

Woodland — silent auction will be set up in this room

\*Similar to 12-steps

\*\*Breakouts / Recreation

\*\*\* RID CEUS