



What's up?*

Thursday, May 16

1:00pm - 5:00pm

Arrivals at Holiday Inn St. Catharines

[The hotel has a 4pm check in time, however they are going to try their very best to have our participants in a little earlier than that. Please be patient with them. If you are in early and want to see the city, you can leave your luggage in the Conference Center. YACC staff will be in and around all day.]

2:00pm - 4:00pm

YACC Registration & Mingling (*Conference Center Lobby*)

5:00pm – 6:00pm

Getting the Lay of the Land (*great for both 'newbies' and alumni*)

6:00pm – 7:30pm

Supper (Royal Henley) For your first meal only, you will be seated at a particular table. This is intended for you to hopefully meet others with the same/similar diagnosis to yourself early in the program.

Starting at 7:30pm

Evening Agenda:

- Welcome & Introductions
- A very special evening just for you!

8:30pm

Restorative Yoga (Montebello)

9:00pm

Social Committee Free Time Activity: Spa Night! Your social committee will provide more info on this for you. This activity will take place in the Concord Ballroom.

Friday, May, 17

8:00-8:15 am	Mindfulness meditation (Montebello)
8:00am - 9:30am	Breakfast/Housekeeping (Royal Henley)
9:10am	YACCer Spotlight
Starting at 9:30am	Keynote Address: <i>You are not going crazy – you are grieving!</i> (Royal Henley)
10:30am – 11:00am	Break (Royal Henley)
11:00am – 12:30pm	Concurrent Workshops/Sessions
12:30pm - 1:30pm	Lunch
2:00pm – 5:30pm	FREE TIME: NIAGARA FALLS! [The buses will pick us up at the hotel at 2:00pm sharp. You will be dropped off AND picked up at Hershey Chocolate World (5685 Falls Ave). The buses will be returning at 5:30pm sharp , so make sure you are on them!]
6:30pm – 7:30pm	Supper (Royal Henley)
8:30pm	Free Time Social Committee Free Time Activities: Paint Night (Hotel); Karaoke Night (Downtown) Your social committee will provide more info on this for you.
8:30pm – 9:35pm	Meditation (Montebello)
8:30pm... ish	FREE TIME: Games Night! More info from your social committee to follow.

Saturday, May 18

8:00am	Mindful meditation (Montebello)
8:00am - 9:30am	<i>Breakfast/Housekeeping</i> (Royal Henley)
9:10am	YACCer Spotlight
9:30am - 10:30/11:00 am	Concurrent workshops/sessions
11:00am - 11:30am	<i>Break</i>
11:30am - 12:30/1:00pm	Concurrent workshops/sessions
1:00pm - 2:00pm	<i>Lunch</i> (Royal Henley)
2:00pm – 3:00pm	Panel: <i>If you only did one thing to live life and love life.</i> (Royal Henley)
3:00pm – 6:00pm	FREE TIME
TBD	Meditation (social committee) (Montebello)
6:00pm - 7:00pm	Supper (Royal Henley)
7:00pm – 8:00pm	Life after Cancer: A survivor’s story ten years later! (Royal Henley)
8:30pm	Free time: Yoga (Montebello) Social Committee Free Time Activities: Paint Night (Concord) Karaoke Night (Royal Henley)

Sunday, May 19

8:00am	Mindful meditation (Montebello)
8:00am - 9:30am	<i>Breakfast/Housekeeping</i> (Royal Henley)
9:10am	YACCer Spotlight
9:30am – 11:00am	Concurrent workshops/sessions
10:30am - 11:00am	Prep for Climb!
11:00am – 1:00pm	Climb Queenston Heights!
1:30pm/2:00pm – 3:00pm	Lunch (Royal Henley)
2:30pm – 4:00pm	Closing Ceremony/Group picture
4:00pm - 6:00pm	Free time
6:00pm – 7:00pm	Supper
7:00pm – 8:00pm	Free Time (Get ready for the afterparty!)
8:00pm – 1:00am	Beach Party! <i>Special night, fun, music and laughter guaranteed. We will have a DJ and there will be a cash bar onsite.</i>

Monday, June 5 2017

7:30am – 8:30am	Breakfast (Merlot Ballroom)
9:00am	BUSES LEAVE FOR PEARSON
11:00am	Check out time at Hotel/Gradual Departures all day... have a safe trip back home!

**Note: this is a draft of our weekend agenda. We are hoping there will be few changes between now and the Conference date, however, as is life – things can change. ☺*