



Learning to Love Midlife Sample Schedule

We look forward to welcoming you to Learning to Love Midlife. Below you will find a schedule of programming. **Please note: This program has a workshop start time of 3:00 p.m. on Friday, April 25;** we invite you to check in between 2:00-5:00 p.m. to settle into your guest room and become acquainted with campus. A final schedule with workshop and class locations will be distributed to you upon check-in at 1440. Please email inquiries@1440.org with any questions you may have.



THREE-DAY SAMPLE SCHEDULE		
	TIME	ACTIVITY
DAY 1	2:00 – 5:00 p.m.	Guest Arrivals
	3:00 – 5:00 p.m.	Workshop Session - Reframing Aging & Longevity
	5:00 – 6:00 p.m.	Guestroom Check-in
	6:00 – 7:00 p.m.	Dinner (Kitchen Table)
	7:30 – 8:30 p.m.	Signature Class
	8:30 – 10:00 p.m.	Leisure Time (Common Grounds & Fire Pits)
DAY 2	7:00 – 7:45 a.m.	Signature Class
	7:30 – 8:30 a.m.	Breakfast (Kitchen Table)
	9:30 a.m. – 12:00 p.m.	Workshop Session: Navigating Midlife Transitions
	12:00 – 1:10 p.m.	Lunch (Kitchen Table)
	1:15 – 5:00 p.m.	Workshop Session: Cultivating Purpose
	6:00 – 7:00 p.m.	Dinner (Kitchen Table)
	7:30 – 8:30 p.m.	Signature Class
	8:30 – 10:00 p.m.	Leisure Time (Common Grounds & Fire Pits)
DAY 3	7:00 – 7:45 a.m.	Signature Class
	7:30 – 8:30 a.m.	Breakfast (Kitchen Table)
	9:00 a.m. – 12:00 p.m.	Workshop Session: Learning How to Own Your Wisdom
	12:00 – 1:30 p.m.	Lunch (Kitchen Table)



***Please Note:** The final schedule for meals and signature classes is determined after 1440 has verified guest counts, weather conditions and health mandates. Services and schedules are subject to change.