

# Spouse Program



I'm looking forward to seeing all the LTC 100 spouses this year! Contact me with any questions: [jjandroscit@lincolnhc.com](mailto:jjandroscit@lincolnhc.com)  
-Janine, Spouse Program Director

**SATURDAY, APRIL 30**

## Great Escape to Catalina Island

9:00 am - 5:00 pm

(See page 8 for details).

## Spouse Reception

5:00 - 5:30 pm



Get to know other spouses over hors d'oeuvres and cocktails.  
(Spouses Only)

## Early Arrivals' Reception

5:30 - 7:00 pm

**SUNDAY, MAY 1**

## Spouse Sea Life Rescue Tour

9:00 - 11:30 am

Get a behind-the-scenes, interactive, hands-on tour of Pacific Marine Mammal Center - a non-profit organization dedicated to the rescue, rehabilitation, and release of marine mammals stranded along the Orange County coastline. In operation since 1971, this facility is one of only six on the West coast. Operated by a small staff and large army of volunteers, it has been a haven for sick and injured seals and sea lions. You'll observe a feeding up close, see how animals move from rescue to recovery to release, and have a Q&A session with one of the Center's veterinarians. It's an inspiring way to spend your morning.

## Recreation

12:30 - 4:45 pm



Outrigger Canoeing, Nixon Library Tour, Newport Walk & Hike, Whale & Dolphin

Expedition (See page 8 for details).

## Newcomer Reception

6:00 - 6:30 pm

## Opening Reception & Dinner

6:30 - 9:00 pm

**MONDAY, MAY 2**

## Spouse Yoga

8:00 - 9:00 am



Relax with this session of gentle stretching and relaxation.

## Spouse Boot Camp

8:00 - 9:00 am

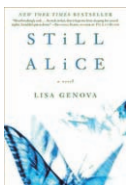
Push your body to the limit during this intense workout with calisthenics, pushups, jumping jacks, crunches and weights.

## Spouse Breakfast

9:00 - 9:45 am

## Spouse Book Club

9:45 - 10:30 am



**Selection:** *Still Alice*

A compelling novel about a 50-year-old woman's sudden descent into early onset Alzheimer's.

Alice Howland first becomes forgetful then struggles to maintain her lifestyle and live in the moment as her sense of self is stripped away by the disease. Heartbreaking, inspiring and terrifying, *Still Alice* captures in remarkable detail what it's like to literally lose your mind.

### ► Attire

Please note that the conference attire is business casual throughout except Monday evening when we request jackets for men and equivalent attire for women.

## Recreation

2:15 - 5:30 pm



Afternoon at the Beach, Laguna Beach Art Walk, Wine Tasting, Coastal Cycling, Dolphin Expedition (See page 8 for details).

## A Night in Wonderland

6:30 - 10:30 pm

Reception, Dinner & Tea Party

**TUESDAY, MAY 3**

## Spouse T'ai Chi

8:00 - 9:00 am

T'ai Chi is the technique of moving slowly and continuously, without strain, through a sequence of poses. It taps into your inner strength and is excellent for joints and circulation.

## Spouse Zumba

8:00 - 9:00 am



Zumba fuses Latin dance rhythms to create a one-of-a-kind fitness routine that tones and burns fat.

## Spouse Breakfast

9:00 - 9:45 am

## Spouse Board Meeting

9:45 - 10:30 am

Would you like to help plan our 2012 spouse program? Join us to start developing our next annual event!

## Closing Keynote with Peter Diamandis

11:15 am - 12:15 pm

See page 6 for details.