

Updated: 20/07/2017	QuEST 1 Schedule - August 2017						
	Sunday Aug. 13	Monday Aug. 14	Tuesday Aug. 15	Wednesday Aug. 16	Thursday Aug. 17	Friday Aug. 18	
6:30 AM							
7:00 AM				Rise & Shine			
7:30 AM				Breakfast			
8:00 AM				Leonard Dining Hall			
8:30 AM				Group & Go			
9:00 AM				Workshop 1	Workshop 4	Final Activity	
9:30 AM				<i>HBDI: What are Your Colours?</i>	<i>Conflict Resolution &amp; Negotiation</i>		
10:00 AM				Erin LeBlanc	John Curtis		
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM				Lunch			
12:30 PM				Leonard Dining Hall			
1:00 PM				Workshop 2	Travel Time	QuEST 1 Departure	
1:30 PM				<i>Positive Psychology &amp; Mindfulness</i>	Leadership Retreat	Leggett Hall	
2:00 PM			QuEST 1 Arrival	Whitney Babcock			
2:30 PM							
3:00 PM							
3:30 PM			Leggett Hall				
4:00 PM			Journaling	Open Time			
4:30 PM				(Early) Dinner			
5:00 PM			Dinner	Leonard Dining Hall			
5:30 PM			Leonard Dining Hall	Travel Time			
6:00 PM			Open Time	Climbing / Downtown			
6:30 PM			Travel Time		Elbow Lake		
7:00 PM			Swimming		Travel Time		
7:30 PM			Tomlinson Aqua Park				
8:00 PM			Travel Time		Open Time		
8:30 PM			Journaling	The Boiler Room	Journaling		
9:00 PM				Travel Time			
9:30 PM				Open Time (Residence)			
10:00 PM				Open Time (Floor)			
10:30 PM				Quiet Time (Room)			
11:00 PM				Lights Out			
11:30 PM							

Updated: 20/07/2017	QuEST 2 Schedule - August 2017					
	Sunday Aug. 13	Monday Aug. 14	Tuesday Aug. 15	Wednesday Aug. 16	Thursday Aug. 17	Friday Aug. 18
6:30 AM						
7:00 AM			Rise & Shine			
7:30 AM			Breakfast			
8:00 AM			Leonard Dining Hall			
8:30 AM			Group & Go			
9:00 AM			Workshop 1	Workshop 2	Workshop 4	Final Activity
9:30 AM			<i>First Aid &amp; CPR</i>	<i>Teams &amp; Teambuilding Level II - Intermediate</i>	<i>Conflict Resolution &amp; Negotiation</i>	
10:00 AM			Wilma Sjonger	Walt Sepic	John Curtis	
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM			Lunch			
12:30 PM			Leonard Dining Hall			
1:00 PM			Workshop 1	Workshop 3	Travel Time	QuEST 2 Departure
1:30 PM			<i>First Aid &amp; CPR Continued...</i>	<i>Human Rights &amp; Anti-Stigma</i>		Leggett Hall
2:00 PM		QuEST 2 Arrival		Stephanie Simpson	Leadership Retreat	
2:30 PM						
3:00 PM						
3:30 PM		Leggett Hall				
4:00 PM		Journaling	Open Time	Open Time		
4:30 PM				(Early) Dinner		
5:00 PM				Leonard Dining Hall		
5:30 PM				Travel Time		
6:00 PM			Open Time	Climbing / Downtown		
6:30 PM		Activities	Travel Time		Elbow Lake	
7:00 PM			Swimming		Travel Time	
7:30 PM			Tomlinson Aqua Park			
8:00 PM			Travel Time		Open Time	
8:30 PM			Journaling	The Boiler Room	Journaling	
9:00 PM				Travel Time		
9:30 PM			Open Time (Residence)			
10:00 PM			Open Time (Floor)			
10:30 PM			Quiet Time (Room)			
11:00 PM			Lights Out			
11:30 PM						

Updated: 20/07/2017	QuEST 3 Schedule - August 2017					
	Sunday Aug. 13	Monday Aug. 14	Tuesday Aug. 15	Wednesday Aug. 16	Thursday Aug. 17	Friday Aug. 18
6:30 AM						
7:00 AM		Rise & Shine				
7:30 AM		Breakfast				Leadership Retreat
8:00 AM		Leonard Dining Hall				
8:30 AM		Group & Go				Elbow Lake
9:00 AM		Workshop 1 <i>Effective Communication &amp; Presentation Skills</i>  Carl Richards	Workshop 3 <i>Teams &amp; Teambuilding Level III - Advanced</i>  Walt Sepic	Workshop 5 <i>Health, Wellness, &amp; Balance</i>  Varsha Doguparty	Retreat Prep	Travel Time
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						Final Activity
12:00 PM		Lunch				
12:30 PM		Leonard Dining Hall				
1:00 PM		Workshop 2 <i>Values, Ethics, &amp; Decision Making</i>  Kathryn Gasse	Workshop 4 <i>Positive Space: Sexual &amp; Gender Diversity</i>  Mike Young	Workshop 6 <i>Event Planning</i>  Peter Norman	Travel Time	QuEST 3 Departure
1:30 PM						
2:00 PM	QuEST 3 Arrival				Leadership Retreat	
2:30 PM						
3:00 PM						
3:30 PM	Leggett Hall					
4:00 PM	Journaling	Retreat Prep	Open Time	Open Time		
4:30 PM				(Early) Dinner		
5:00 PM		Dinner		Leonard Dining Hall		
5:30 PM		Leonard Dining Hall			Travel Time	
6:00 PM		Open Time				
6:30 PM	Welcome Rally & Icebreakers	Activities	Travel Time	Climbing / Downtown	Elbow Lake	
7:00 PM			Swimming			
7:30 PM			Tomlinson Aqua Park			
8:00 PM			Travel Time			
8:30 PM			Journaling			
9:00 PM				The Boiler Room		
9:30 PM				Travel Time		
9:30 PM	Open Time (Residence)					
10:00 PM	Open Time (Floor)					
10:30 PM	Quiet Time (Room)					
11:00 PM	Lights Out					
11:30 PM						