

**SILVER LAKE EXPERIENCE 2024**  
**FRIDAY, AUGUST 2, 2024 SCHEDULE**  
**SUBJECT TO CHANGE**

**7:15-8:15 AM      F1-BIRDING & GARDENING @ HANS & LESLIE KUNZE'S HOME**  
**(CONTINENTAL BREAKFAST INCLUDED) OS                      LIMIT 20**

Since the beginning of SLE, Hans and Leslie have graciously offered their home for this wonderful early morning birding experience. Hans will be your guide for both birding and gardening tips. A light continental breakfast will be provided. This has always been one of our most popular workshops!

**7:30-7:50      F2 DAILY DEVOTION: HOW DO YOU FEED YOUR SOUL?                      LIMIT 20**  
**BY REV. SUE RUSSELL**

Taking care of our soul is just as important as taking care of our bodies and minds. So much in this world distracts us. We need to find time and ways to refresh our souls. Come spend some time with God as we reflect on the words from John 6: 24 – 35.

**7:30-8:45 AM      CHECK IN/ON SITE REGISTRATION/ CONTINENTAL BREAKFAST**

**OS = OFF SITE, MT= MAKE & TAKE**

**9:00-10:30 AM      SESSION IV**

**F3 - PAINTING ON GLASS BY BONNIE BRIGHT    MT    LIMIT 12**

Create a 3x3x3 inch glass votive by painting a stenciled design or create one of your own. Tea-light included. Everyone will be painting on the same item. If you've never painted on glass and want to learn how~come and join us! All supplies included.

**F4 - JOSEPH ELLICOTT (OF HOLLAND LAND CO) PORTRAYAL BY DENNIS UPTON**  
**UNLIMITED**

**NEW!** Joseph Ellicott and the Holland Land Company are names that are interwoven in history with Ellicott's name found in all of the corners of WNY. However, very few know much about the man who surveyed and organized this part of New York State when it was a wilderness at the beginning of the 18th century. Dennis Upton will take you back to 1824 as he brings Joseph Ellicott to life in this living portrayal.

**F5 - ENGLISH PAPER PIECING (HEXIES) BY SARAH BALLINGER MT LIMIT 10**

**NEW!**

Shortly after returning to her native Castile, NY, Sarah Ballinger learned how to English Paper Piece, AKA “hexies”. Thirteen years later, it is by far her favorite hobby and travels with her everywhere from the couch to quilt retreats with friends to Adirondack mountaintops! Sarah also leads a monthly hexie group at The Quilter’s Daughter in Perry Center on the first Friday of the month. Join in the quilting fun! All materials are provided.

**F6 - TBD**

**F7- PLANT BASED FOODS THAT TASTE GOOD BY LINDA FRANKE. LIMIT 40**

**NEW!**

You know plant-based diets are good for you, but afraid that you will miss tasty foods? Never fear! We will review the benefits and challenges of a plant-based diet and try our hands at making some delicious recipes. No experience necessary!

**F8- MARY JEMISON, WHITE WOMAN OF THE GENESEE BY GRETCHEN SEPIK OS  
LIMIT 30**

Storyteller, actress, playwright, Gretchen Murray Sepik, will present “Mary Jemison, White Woman of the Genesee”. Mary Jemison is a well-known New York State historical figure who was captured by the Shawnee Indians and adopted by the Seneca Indians as a young girl. When offered her freedom she chose to remain with her Indian family whom she loved. There will be a discussion of research and a clothing display following the program.

**F9- HAVING A FUN EXPERIENCE WITH WATERCOLOR BY SANDRA TYLER MT  
LIMIT 12**

**SPECIAL TIME: 9AM -12 NOON**

Sandra has been part every single Silver Lake Experience program sharing her passion for watercolor with new “students” each time. Please join Sandra and explore the wonderful medium of Watercolor.-to be as children once again having fun. Who says watercolor has to be difficult? All supplies will be provided. This workshop always fills up quickly so do not delay!!

**F10- PURSUING A PASSION 2.0 BY JOHN KUCKO LIMIT 40**

From full-time sports anchor to part-time news anchor to full-time digital media creator, John Kucko’s career may have taken some atypical turns, but they have led him to

become known world-wide as an extraordinary photographer, videographer and storyteller. With over half a million Facebook followers and thousands on Instagram, John shares his love of waterfalls, trains, barns, and all-things-New York-State with his devoted and appreciative fans. He also shares the success of sales from his annual New York Scenes calendar with generous donations to worthy non-profit organizations, Come hear what John might be up to next!

**F11- SERENE SHORELINE CHAIR YOGA BY AMANDA GANGULY.                      LIMIT 15  
OF “LADY LAKE YOGA”**

**NEW!!** Serene Shoreline will feature chair yoga, a gentle and accessible form of yoga that takes place primarily while seated or using a chair for support. Modified yoga poses and gentle stretches will be paired with breath awareness, relaxation techniques, and gentle movements to promote flexibility, strength, and balance. Chair yoga is suitable for individuals of all ages and abilities, including those with limited mobility challenges.

Chairs will be provided for participants. You are welcome to bring your own adaptive equipment, such as a wheelchair, as needed. Please bring a water bottle to maintain hydration.

Following our session of yoga practice, immerse yourself in a guided meditation session outdoors, basking in the warmth of the sun and the tranquility of nature.

**10:50 AM-12:20 PM      SESSION V**

**F12 - IMPRESSIONISM BY DR. PATRICK MCGRADY    LIMIT 40**

**NEW!**

One of the more interesting incongruences in the history of art lies in the notion that Impressionism, an approach to painting that became an international phenomenon in the later years of the nineteenth century and which remains widely appreciated—and practiced—to this day, was implemented by most of its inventors for only a relatively brief period. This program offers an introduction to Impressionism by examining the paintings of its earliest proponents—principally Claude Monet, Auguste Renoir, Berthe Morisot, Camille Pissarro, Paul Cézanne, Mary Cassatt, Alfred Sisley, and Edgar Degas—all of whom appeared in one or more of the eight Impressionist exhibitions held between 1874 and 1886. The discussion begins with a look at the closely related realist work of Édouard Manet and concludes with the observation that by the time of the eighth exhibition, quite a few artists, including a number of the original Impressionists, were already painting in a new manner.

**F13- SELF-DISCOVERY THROUGH JOURNALING BY KATE STANFORD                      LIMIT 15**

Join me to learn ways to tap into your inner voice and begin the journey towards a happier, more fulfilling life. I am a mental health counselor who uses journaling techniques

in my practice to help people process challenges in their lives and move in new, often unexpected directions. I will be sharing with you a number of the techniques that have been very helpful in the process of self-discovery. We will be exploring different styles of journaling and helping you to get past the fear of having to "do it right". Discover the fun you can have in taking yourself to a deeper level. This workshop will be a combination of discussing techniques and an opportunity to see what resonates most with your inner self.

**F14 -KAYAKING BY ASBURY STAFF**

**LIMIT 10**

Have you ever wanted to learn how to kayak? Or maybe you just want to take some time to relax on the water. Participants will meet with the Asbury staff for a brief lesson on kayaking and will then glide out onto the lake in an ocean kayak.

**F15- PIONEER CABIN HISTORY TOUR BY BOB MURPHY OS**

**LIMIT 25**

This workshop will begin with a short history of The Walker area and its relationship to the Assembly Grounds (Silver Lake Institute) from 1872 to the 1950s. Following a brief presentation, there will be a tour of the 145 year old museum, 100 year old school house, and the church building from 1834. This is a family friendly educational tour.

**F16- INTRODUCTION TO ARTISTS' WAY BY SALLY STEINWACHS MT LIMIT 10**

**NEW!** This workshop is an introduction to "The Artists Way" by Julia Cameron, a book about the creative process.

The Artist's Way is a self-directed process, and I hope to entice you with some of the author's essential ideas.

You will explore your creative nature, available to all of us, expressed in your unique way, whether through writing, painting, music or any other creative pursuit...

You will begin to understand what blocks you from executing your creative goals.

**This will include interactive exercises and a hands-on artistic project that may help you in the future. We will use collage and paint to hand decorate boxes that will hold your "morning pages," a daily discipline that releases the inner creator.**

**F17 - ONE LOVE DRUM CIRCLE WITH JACKIE!  
BY JACKIE SWABY.**

**LIMIT 18**

(Jackie Swaby will conduct a simple drum circle with a focus on love and harmony through the hands.)

As the facilitator of this drum circle, my goal is to create an atmosphere of love and harmony through the power of music. Drumming has been used for centuries as a means of communication and connection, and I believe it has the ability to bring people together in a positive and uplifting way. Through rhythmic beats and collective energy, we will create a space that promotes love, acceptance, and unity. Our goal will be to embrace the power of the drum to spread love and harmony among all who join us in this circle. Together, we will create a beautiful and meaningful experience that celebrates the universal language of music.

**F18- INTRODUCTION TO PICKLEBALL BY MARK EMMERSON**

**LIMIT 12**

**NEW!** What the heck is “PICKLEBALL”? First and foremost, it is truly a sport for all ages 8 to 80 and beyond!. So don't worry, you will fit right in no matter what your age or skill level. We'll spend a little time on the background of the sport, the basic rules (included in handouts), introduce the equipment and demonstrate some techniques for serving and volleying. I will be joined by a few of my experienced Pickleball buddies to assist in the small groups. After some initial time, instructors will have a brief game demonstration, Most of the session will be spent on attendees getting some real serve and volley time. Equipment will be provided. Bring your own paddle if you have one. Pickle On!

**F19 - UNLOCKING YOUR DREAMS BY REV. CORY KEYES**

**LIMIT 20**

**NEW!!!!**

\*Unlocking Your Dreams\* is a brief exploration of Jungian dream work, focusing on a few basic principles to help you find meaning and discernment through this powerful conduit of the personal and collective unconscious.

**F20 - DISH GARDEN FLORAL ARRANGING BY LISA SEEWALDT MT**  
**LIMIT 15**

BACK BY POPULAR DEMAND!! Lisa Seewaldt had been a part of SLE for many years. Her floral workshops are always one of the first to fill up. This year Lisa will be guiding participants through the steps to making wonderful dish gardens to take home with them!

**12:30-1:30 F21 LUNCH @ KOINONIA OR LAKE FRONT**

**1:45-3:30**

**SESSION VI**

**F22-EUROPEAN ROMANESQUE AND GOTHIC STYLE CHURCHES: A REFLECTION OF  
MEDIEVAL CHRISTIANITY. BY DENNIS WIMER, PhD** **LIMIT 40**

**NEW!** Through the examination of history and existing architectural structures, you will learn how European Romanesque and Gothic style churches reflect Christianity in the Middle Ages

**F23- FASHION PLATES & COSTUME RENDERING BY MARA ROONEY MT**  
**LIMIT 15**

**NEW!** In this class you'll be using watercolors to bring costume and fashion designs to life. The creative process and designer inspiration will be discussed while learning how to translate fabric samples into a painting. No previous painting experience

required.

**F24- METAL DETECTING BY DAN BAKER**

**LIMIT 15**

**NEW!** Dan is a retired Perry history teacher who has a passion for archaeology and rediscovering lost artifacts. During this session Dan will share and discuss artifacts he found while metal detecting in England, at Civil War sites in Virginia and local yards and fields. He will also instruct on the how to's and supplies needed to start your own metal detecting.

**F25- INTRODUCTION TO LINE DANCING BY PAM FIEGL**

**LIMIT 30**

**NEW!** Line dancing is not just something that was done back in the 80s-it is still popular today all over the world. Think it is just done to country music? Nope! It can be done to any genre of music. It is a great form of exercise (that doesn't even feel like exercise) for mind, body and soul. Anyone can learn to line dance-all you need is time, patience, and a sense of humor. Join me for a session to learn some basic steps and some easy dances.

**F26- WALK ABOUT ARCHITECTURAL TOUR  
BY SHARON PRATT & CYNTHIA HOWK**

**LIMIT 12**

In 1873, the first architecture at Camp Wesley was rental platform tents. It was said that the women wanted something more substantial and roomy, so soon cottages were being built on 33x66 lots. We will stroll the streets and identify styles, porches, and decorative elements of cottages and our three historic buildings.

**F27 - DISCOVERING HISTORY of LEROY THROUGH ITS BARN QUILTS  
BY LYNN BELLUSCIA**

**LIMIT 40**

**NEW!** LeRoy's barn quilt project began in 2011 as a way to celebrate the Town of LeRoy's bicentennial. The quilt patterns which are painted on plywood and hung on barns, were a way of acknowledging the agricultural heritage of the community. Lynn Belluscia is the former Director of the LeRoy Historical Society and is currently serving as the LeRoy Municipal Historian. During this session, she will share some of the intriguing stories of the barn quilts.

**F28- CRAZY GRANDMA STORIES AND ACTIVITIES  
BY MARY RAMERMAN & KATHY SCHAEFER**

**LIMIT 20**

**NEW!** Calling all grandmas!! Do you have some crazy activities/traditions that you do with your grandkids? Are you looking for new ideas? Come join a unique group discussion on "grandma power". Share your stories and listen to others. Be sure to bring photographs of your grandkids.

**F29- BOAT TOUR OF SILVER LAKE BY ASBURY STAFF** **LIMIT 10**

Always a favorite! Enjoy a slow and easy boat ride on Silver Lake. Take in the views from the lake while listening to the legend of the sea serpent and other long and short tales.

**F30.- “THE POTTER’S WHEEL LET’S GIVE IT A SPIN” BY ED GREEN** **LIMIT 18**  
**(A PARTICIPATION SESSION)**  
**NEW SPECIAL TIME :1:45PM-5:00PM**

Come join us for a hands-on experience with the potter's wheel. Learn the first steps of making a pot, or if you have done it before, getting your hands dirty once again. Either way it will be a fun afternoon.

**(200 SPOTS)**

**4:00-5:00 SESSION VII**

**F31 -OPEN SWIM** **UNLIMITED**

**F32 -PORCH CHAT- “DOES ART HAVE MEANING AND IF SO, TO WHOM?”**  
**BY DR. PATRICK MCGRADY** **LIMIT 15**

**F33 - PORCH CHAT-BILL SCHAEFER : AN INFORMAL DISCUSSION ON SLI**  
**LIMIT 10**

**NEW!**

Have you ever wondered what the Silver Lake Institute is all about? Bill Schaefer, an active member of the SLI Community over the last 22 years, including time spent as the Vice President and President of the Board of Trustees, will give an overview of the institute’s unique community and explain how it became a stand alone 501(c)(3) non-profit, tax exempt organization. This is an opportunity to ask questions about this hidden gem and gain insight as to how it became a deeded community.

**F34- BOAT HOUSES AND LAKEFRONT GARDENS TOUR** **LIMIT 10**  
**BY CHUCK DUSEL & TINA TURNER**

**BACK BY POPULAR DEMAND!!!** Join us for a walking tour of the waterfront of the Silver Lake Institute. Visit some old boat houses, new decks, and beautiful gardens. The walking tour will include some stairs and uneven surfaces.

**F35 -BASIC HERBAL REMEDIES BY LINDA FRANKE** **LIMIT 20**

**NEW!** Learn to make teas, salves and syrups from the herbs that you have growing in your garden or in your window! Using common herbs and plants such as garlic,

thyme and more, we will be learning how plants can help support you in the day to day. Recipes will be included, beginner level

**F36- PORCH CHAT - THE GRANNY CIRCLE-SHARING THE WISDOM & FUN OF GRANDPARENTING  
WITH MARY RAMERMAN & KATHY SCHAEFER LIMIT 20**

**NEW!** Mary and Kathy will facilitate a discussion on the importance, value and joy of grandparenting . Join in as we all share ideas, strategies, and traditions in making the most of the gift of being a grandparent.

**F37-WHAT IS CREATIVITY AND DO I WANT TO GET ANY ON ME? BY BARBARA BRUCE. LIMIT 20**

This one hour class will focus on exercises in creative thinking to “prime the pump” and then will include a CREATIVE SCAVENGER HUNT. Enjoy some different, fun ways of thinking to cap off this day at the Silver Lake Experience.

**F38- “MY FREE TIME” WALK ALONG THE LAKE/VISIT THE SLE STORE. UNLIMITED**

**NEW!** Previous SLE participants recommended that we include time for relaxation to take in the beauty of the lake and surrounding areas. They also commented that they did not get enough time to check out the merchandise at the SLE store (in Epworth) Thus, we offer you the time to explore the unique grounds of the Silver Lake Institute and Asbury Retreat Center.

**F39- COLORFUL CANVAS: A TIE-DYE ADVENTURE MT LIMIT 12  
BY KAELYN AND BRANDON PHILLIPS**

Create a vibrant tie-dye masterpiece in our 60-minute program! Unleash your creativity as we walk you through unique folding and dyeing techniques. All materials provided including t-shirts– just bring your imagination! Perfect for An end of the day activity! Add a splash of color to the end of your day.

\*If there is something specific you would like tie dyed, bring it!\*



## 5:00-6:30 DINNER BREAK-ON YOUR OWN

### EVENING ACTIVITIES

#### 6:30-7:00 F40- PRE-CONCERT DESSERTS-ICE CREAM SUNDAES AND MILKSHAKES AN SLE FAVORITE!!!

Enjoy a summer cool treat before the evening concert!

#### 7:00-8:30 F41-CONCERT: TRIO AMUSEN. @EPWORTH HALL

Trio Amusen will perform an evening of fun classical vignettes and familiar favorites including works by Mark O'Connor, Ennio Morricone, and Astor Piazzolla. Movements from the classical repertoire will mingle with jazzier arrangements of song and dance in a concert sure to please all!

**Trio Amusen** has been together since 2015, sharing concerts of their favorite chamber music in and around Buffalo. When not working on a chamber program, members Susan Schuman, piano, Amélie Fradette, cello, and Loren Silvertrust, violin, can be found playing with the Buffalo Philharmonic Orchestra, with the Buffalo Chamber Players, or eating their way through Susan's kitchen.

#### 8:45-9:30 F42-LANTERN WALK WITH LISA SCHISKE LIMIT 20

#### BACK BY POPULAR DEMAND!

"There isn't enough darkness in the world to snuff out the light of one little candle"  
Siddharta Gautama

As the dark and cold take the place of light and warmth on the outside, we must bring our inner lightened warmth to shine forth. To celebrate a lantern walk is to cultivate generosity, kindness, selflessness, and a sense of light, power and love. Let our Lantern Walk inspire and awaken the light that lives within, and be a reminder to take your light, your gifts, and unique talent, gifts that we all have, and share them with family, friends, and perhaps a stranger or two you meet as you walk along your journey of life.

Lisa introduced participants to the Lantern Walk in 2022 and received rave reviews!!! It is of the utmost importance that you remain silent during this walk to get the full effect and to give other participants the chance to thoroughly enjoy this unique experience.