

Pampering Treatments
Must be Paid with Registration
Non-Refundable

Massage
___ Upper Body
___ Full Body
___ Mini-Facial
___ Express Pedicure
___ Hairstyle
___ Cut/Style
___ Manicure

\$35.00
\$55.00
\$30.00
\$30.00
\$15.00
\$20.00
\$14.00

___ Relaxation Meditation w/reading
___ Reiki
___ Heart Chakra Meditation/aromatouch
___ technique hand massage
___ Tarot intuitive readings
___ Pamper and Paint
___ 3D Greeting Cards
___ Seacret Skincare
___ Basket weaving
___ Casino Party Bus

\$40.00
\$30.00
\$30.00
\$30.00
\$30.00
\$10.00
\$10.00
\$25.00
\$25.00

Workshop Sessions

*For Registered Participants

Room A - Bayside Ballroom
11:00 am-noon: Gorgeous Basketweaving
Con't 1:00-3:30pm Basketweaving
4:00-5:00 p.m Smart Phone Techniques

Room B - Bayside Ballroom
1:00-2:15 pm Nutrition
2:30-3:30 pm Seacret SkinCare
4:00-5:00 pm 3-D Greeting Cards

Room C - Bayside Ballroom
1:00-2:15 p.m. Gardening Session 1
2:30-3:30 p.m. Gardening Session 2
4:00-5:30 p.m. Public Speaking

List of Events

Name tags must be worn to all events and returned
at the end of weekend.

Friday, March 4, 2016

Registration 4:00 P.M. to 7:00 P.M.
Pampering Treatments 5:00 P.M. to 9:00 P.M.
Meet and Greet - Pirate's Bridge Mixer
Bring a wrapped White elephant gift
or Fee-\$5.00 7:00 P.M. to 8:00 P.M.
Take me to the Casino 8:00 P.M. to 1:00 A.M.
Meet in lobby-7:45pm-for bus departure
Movie Night. 9:30 P.M.
Bayside Ballroom

Saturday, March 5, 2016

Pampering Treatments 9:00 A.M. to 5:00 P.M.
Shopping Expo 9:00 A.M. to 5:00 P.M.
Workshops 11:00 A.M. to 5:30 P.M.
Morning workshop. 11:00 A.M. to 12:00 P.M.
Afternoon workshops. 1:00 P.M. to 5:30 P.M.
Continental Breakfast 7:30 A.M. to 9:30 A.M.
Lunch 12:00 P.M. to 1:00 P.M.
Dinner 7:00 P.M. to 9:00 P.M.
Theme: Circus Ideas
Bingo 9:00 P.M. to 11:00 P.M.
Lobby bar open 9:30 P.M. to 12:30 A.M.
Room 107 available for board games, socializing,
crafts, etc.

Sunday, March 6, 2016

Brunch 10:00 A.M. to 12:00 P.M.

Check out by Noon

**All Pampering Treatments are to be paid with
registration by check or cash
and are non-refundable.**

**Registration must be in by February, 2016
Your schedule will be provided at check-in.**

For Your Information

Places are available to play your board games and
cards.

**Dress Code: Nametags must be worn to all events
and returned at the end of the weekend.** Wear
comfortable clothes, sweats, leggings, T-shirt, etc.
for all pampered treatments and workshops.

TERMS Rates are per person for package. Overnight
accommodations for 2 nights, 2 breakfasts, 1 lunch,
1 dinner, tax and gratuities. **Package is non-
refundable.** Credits will not be issued for late
arrivals, early departures or missed meals. Credit
cards or prepayment required to guarantee room
beyond 4:00 p.m. Failure to cancel 24 hrs. in advance
will result in a one night room charge.

Package price of \$179.00 per person is based on
Double Occupancy. Single Occupancy - \$252.00
Saturday events only (no hotel) - fee \$99.00

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Your schedule will be provided at check-in.**

**[www.facebook.com/NYS-Women-Inc-
Chadwick-Bay-Chapter](http://www.facebook.com/NYS-Women-Inc-Chadwick-Bay-Chapter)**

Thank you and we look forward to
seeing you in March

Chadwick Bay NYS Women, Inc.
C/O Terri Pacos, Chairperson
P.O. Box 649
Dunkirk, New York 14048

17th Annual

Women's Weekend Get-Away

Sponsored by
**Chadwick Bay
NYS Women, Inc.**

March 4, 5, & 6, 2016
Friday, Saturday & Sunday

At

Clarion Hotel

Newly Renovated and Under New Management
**30 Lake Shore Drive East
Dunkirk, New York 14048**

Spend a Weekend with your Mother, Sister or Friends
****Public Welcome****

Pamper yourself, participate in learning workshops
and browse through our shopping expo.

Just \$169.00

with Reservations Paid by February 1, 2016
Based on Double Occupancy

This Exclusive Luxury Weekend
will be 2 nights accommodations and meals

Registration for the workshop and hands on Pampering Sessions will be made on a first-come, first-served basis. So, please complete your form as soon as possible.

Description of
Workshop Sessions

Pamper and Paint-You are An Artist

Tammie Steffan will assist you in creating your own lovely painting masterpiece-with step by step instructions. Everything supplied to create an 11x14 or 11x20 art piece. Following instructions is all you need and you will be amazed at your artistic talent. Tammie is considered an international artist as some of her work was sent to Europe. She has participated in many shows from Cuba, NY to Washington, DC. Come have some wine, be inspired, enjoy and create!
Fee-\$30.00

Smart Phone Answers

Think your kids are smarter than you when it comes to your cell phone? Do you have questions about your phone? A phone representative will give you the ins and outs of the I Phone and smart phone usages.

3-D Greeting Cards

Mary Miller, an avid rubber stamp enthusiast and crafter will assist you in creating 5 beautiful 3-D greeting cards. All supplies included.
Fee-\$10.00

Do You Love Antiques But Don’t Want to Look Like One?

This is a hands-on workshop with Brenda Lewis’ Seacret brand skin care products. To create or enhance your age defying or foundation skin care regimen attend this workshop to indulge in the healing powers of the Dead Sea. Cleanse, exfoliate, hydrate and nourish your largest body organ, your skin. Designed for mature skin

types and as a preventative solution for younger skin to reduce fine lines and wrinkles, balance your skins’ natural oils and replace moisture lost from aging and everyday exposure. Includes a take home Seacret regimen sample pack.
Fee-\$10.00

Basket weaving at Its Best

Local artisan, Joann Negro, will instruct you in creating a gorgeous wood base tote. The basket will have a wooden bottom with shaker tape handles. You will find many uses (magazines, grocery, personal items, towels, crafts, etc.) for this creative tote and it will be around for years. You won’t be disappointed and your friends will be envious!
All supplies are included.
Fee-\$25.00

Gardening

2 -in- 1 Spring Gardening sessions presented by Cornell Cooperative Extension-Chautauqua Co. Master Gardener volunteers (CCE-CC MGVs).

Session 1 - Easy Home Composting for a Happier, Healthier Garden by Steve Rees, CCE-CC MGV - Learn about home composting systems, from simple to complex, that provide the home gardener with free, abundant soil enrichment, while helping the environment by keeping large volumes of food and yard waste out of the landfills. The Perennial Flower Garden in Spring by Mary Rees, CCE-CC MGV What are some of the most reliable perennials for early and/or long-lasting color in the spring garden? Learn some tips for guaranteeing a profusion of spring blooms from April well into summer.

Session 2 - The Shade Garden, by Pat Martonis, CCE-CC MGV - What are the different types of shade in the garden? Explore plants that adapt well in the northern shade garden. Native Plants in the Home Garden by Mary Rees, CCE-CC MGV Find out why it is a good idea to include plants and shrubs in the home garden, as well as local sources of these sometimes hard-to find gems.

Public Speaking

Discover the reason for fearing to speak in front of an audience, getting over that fear, and how to prepare a speech from start to finish while keeping your audience incredibly interested. Learn the best beginnings and endings, topics to avoid, covering your errors, pitfalls and mistakes that we have all seen and heard in speeches and hopefully, a chance to practice a 2 minute talk at the conclusion of the seminar.
Fee \$20.00

Nutrition

Experience healthy eating on a budget and meal planning. Topics also included will be smart shopping for fruits and vegetables, basic cooking, food safety and even weight control and exercise ideas. “Eat Smart New York” “Eat Better for Less”

Workshops may conflict with Pampering Treatments. Please understand that we will do our best to accommodate you.

Dampered Treatments
(will be performed by licensed and certified business and professional people)

Non-refundable

Casino Party Bus

Fee - \$25.00. We must have a minimum attendees to get the bus. Since we aren’t having a casino this year-we are taking you to the casino! Come and enjoy the ride-it will definitely be a party!... (And who knows, you might be a big winner)



REGISTRATION FORM

Name: _____
Address: _____
City: _____
State: _____
Zip: _____
Phone: _____
Fax: _____
E-Mail: _____
Name of your room occupant: _____
____ Smoking ____ Non-smoking
Circle dinner choice:
Chicken Marsala or Prime Rib or Salmon
Casino trip (fee \$25.00). Yes or No
Planned Arrival Time Friday _____

If Non-refundable Registration is Postmarked by
February 1, 2016 - Registration is \$34.00
otherwise 44.00*

Registration

Registration Deposit (after 2/1/16)	\$ _____ 44.00*
Remainder Payable Now or at Registration	
Double Occupancy \$135.00/each person	\$ _____
Single Occupancy \$208.00	\$ _____
Saturday Events Only (no hotel) \$99.00	\$ _____
Total non-refundable-pampering treatments, workshops, casino bus FEES DUE NOW from other side	\$ _____
Total Enclosed	\$ _____

Please make check payable to Chadwick Bay NYS Women Inc.
Mail Check and this Form to: Chadwick Bay NYS Women Inc.
P.O. Box 649
Dunkirk, New York 14048