

CAU Week 2: July 16-22, 2023		Class: Delicious and Nutritious: Food for Healthy Living				Instructor: Emily Wilcox Gier	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM							
8:00 AM		Breakfast					
9-10 am		Intro to class topic Brief lecture w/Q&A					Check- out
10-10:15 am		Coffee Break: on campus					
10:15-12:15 pm		Prepare and cook recipes for today's topic.		Cooking Demonstration & Taste Testing	Prepare and cook recipes for today's topic.		
12:15-1:30 pm		Eat!					
1:30-2 pm		As a class, enjoy and discuss recipes from today's topic.					
		Clean-up	Clean-up	Spring Break	Clean-up	Clean-up	
4:00 PM		Happy Hour Botanical Gardens (4-6) Tour XXX Wine Tasting	Happy Hour	Happy Hour	Happy Hour Architectural Tour 4pm		
5:00 PM		Welcome Reception	Dinner on your own	Tuesday Community Dinner and Lecture	Dinner on your own	Dinner on your own	
6:00 PM	6:30 Welcome Dinner					Friday Banquet at Moakley House	
7:00 PM	7:15 Faculty Orientation			Summer Lecture Series in Klarman Hall			
8:00 PM	Ice Cream Social	Movie Night		Bingo	Stargazing		
9:00 PM	Hospitality Lounge						
10:00 PM	Hospitality Lounge opens for service from 6:30pm-10pm every evening.						