

## Relay For Life of Franklin Bellingham Wrentham Entertainment Schedule

June 3<sup>rd</sup> 2016, 6 PM – 6 AM

### Lap Themes and Activities:

**7:00 PM: Dr. Seuss Lap**

Start off the night with our event theme

**7:30 PM: Scrabble Lap Activity**

Each lap you walk, pick up a letter, and try to make words as you Relay For Life!

**8:00 PM: Decades**

Are you feeling more like the 50's, 60's, 70's or any other decade? Show us on the track!

**8:30: Hula Hoop Activity**

Can you walk the track while hula hooping?

**9 PM: Luminaria ceremony**

**9:30 PM: Holding hands around the track**

Join us as we honor the luminaria ceremony and hold hands as we walk the track in remembrance

**10 PM: Country**

Giddy up and show us your western wear on the track!

**10:30 PM: Cotton Eye Joe Activity**

Where did you come from, where did you go? Join us as we dance around the track!

**11 PM: USA**

Show your support for the armed forces and march along to some military music from the ages

**11:30 PM: Armed Forces**

Let's all take the time to take part in the 22 pushups challenge to raise awareness for mental health in the armed forces

**12 AM: Purple**

Show your Relay For Life spirit and wear purple around the track!

**12:30 AM: Trivia Activity**

**1 AM: Glow in the Dark**

The sun may be down but we still light up the track!

**1:30 AM: Three legged lap Activity**

Grab a friend and see how far you can get around the track with three legs!

**2 AM: Boston Pride**

Show your Boston spirit!

**2:30 AM: Backwards lap Activity**

How far can you make it around the track walking backwards?

**3 AM: Hawaiian**

Grab your sunglasses and sun hats and walk the track! Beach not included.

**3:30 AM: Limbo Activity**

How low can you go?

**4 AM: PJ**

Get cozy and walk a few laps in your favorite jammies

**4:30 AM: Yoga**

Wake up with some stretching and power poses

**5 AM: Fight Back**

Show your Relay For Life pride as the event comes to close and we walk the final laps

**5:30 AM: Closing Ceremony**

**Event Schedule:**

**Participants arrive: 4:30 PM (Please do not arrive before this time!)**

Come and set up your campsite for the afternoon and evening and get ready for fantastic event!

**Opening ceremony: 6:00 PM**

**Opening Lap: 6:15 PM**

Survivors and caregivers walk the first lap together to kick off the Relay For Life!

**Co-Pilot: 6:15 PM**

Listen to some live music from Co-Pilot!

**Feet and Motion Demonstration: 7:30 PM**

Come see one of the two dance demonstrations of the evening

**Elite Dance Studio Demonstration: 8:00 PM**

Come watch the second dance performance of the night

**ABD Karate Demonstration: 8:30 PM**

Come watch a karate performance and learn a few moves afterwards in a small tutorial

**Luminaria Ceremony: 9:00**

Our signature ceremony where we take time to remember those we've lost to cancer and those still fighting

**Bingo in the survivor tent: 11:30 PM**

Come spend some time with your fellow Relayees and try to win the bingo prize!

**Movie in the survivor tent: 12:00 AM**

**Yoga: 4:30 AM**

Stay awake with some stretches and power poses!

**Fight Back and Closing Ceremony: 9:00 AM**

Let's all make a pledge to fight back another year!

Other things to note:

- Salon Sorella will be on site for haircuts to donate to Pantene Beautiful Lengths
- Launch Norwood will be handing out coupons on the track
- A massage therapist from Massage Envy is donating 2 hours of time to give massages! All tips go towards the event!
- T.C. Scoops, Central Pizza, and PJ's will be providing food for purchase with 20% of sales to be donated to the event!