



2020 ANNUAL & LEADERSHIP MEETING

November 16–20

November 10–13: Committee Meetings, Leadership Meeting Sessions

SOCIAL NETWORKING OPPORTUNITIES

| | DAY OF THE WEEK | | | | | | |
|---|---------------------------|--------------------------|------------------------|-------------------------|----------------------------------|---|------------------------|
| TIME | 2020 LEADERSHIP MEETING | | 2020 ANNUAL MEETING | | | | |
| | Wednesday, November 11 | Thursday, November 12 | Monday, November 16 | Tuesday, November 17 | Wednesday, November 18 | Thursday, November 19 | Friday, November 20 |
|  Morning (8 - 9 AM ET) | Zumba | Yoga | Zumba | Yoga | H.I.I.T. Workout | Barre Class | Meditation |
| | Coffee Tasting | Wine & Champagne Tasting | Coffee Tasting | Chocolate Tasting | Cheese Tasting | Tea Tasting | |
| | FIFA | | | | | Sake Tasting | |
|  Evening (7 - 8 PM ET) | Wine & Champagne Tasting | Masterful Mixology | FIFA | Skills Lab (Golf) | Skills Lab (Tennis) | Going Green: Home Edition | Grand Finale: DJ Party |
| | | Phone Photography | Beer Tasting | Sip and Sketch | Whiskey Tasting | Tequila Tasting | |
| | | | | | Chef Demonstration: Knife Skills | Musical Happy Hour | |
| | | | | | Virtual Escape Room | Chef Demonstration: Pasta Making Experience | |

Experiences

Sports

Tastings

Wellness

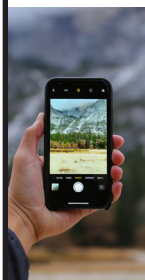
Experiences



Masterful Mixology

Mixologist and spirit expert, Dean Stojanov, will begin his engaging demonstration by discussing the basics on how to craft the perfect cocktail. Highlights of this session include simple syrups, garnishes, recipes and the basics of bartending. Dean will also prepare, step by step, crowd favorites such as a Margarita, Old Fashioned, Martini, Negroni, Daiquiri or a Mint Julep!

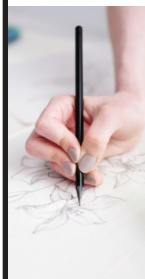
November 12, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)



Phone Photography

During this one hour class attendees will learn tips and tricks in order to capture and edit high quality photos from their smartphones. Topics will include basic composition, common features most people don't take advantage of, and frequent mistakes to avoid. More advanced topics like portrait photography, low light, and the right time of day to get the perfect shot, will be a game changer. Finally, guests will learn editing basics they can do right from their phone to produce photos that appear professional.

November 12, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)



Sip and Sketch

Channel your inner artist and learn the skill of sketching with Erin Hennessy. This interactive session requires only a pencil, marker, and paper as you follow along. Erin will demonstrate how to outline and a step by step approach for shading. The final step will be defining the line work with a black ink marker. The experience will conclude with the chance to show “ off your completed work to the class!

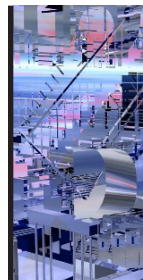
November 17, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)



Chef Demonstration: Knife Skills

This interactive lesson will take you through the fundamentals of how to “sharpen” your knives skills. Chef will teach the four types of cuts as he slices and dices his way through a salad demonstration. Tips, tricks and hacks will be shared throughout the class and will be a game changer in kitchens around the world.

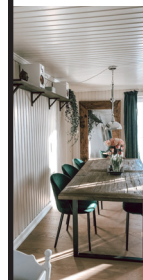
November 18, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)



Virtual Escape Room

Put your teamwork and problem solving skills to the test in this virtual room escape! Join your friends and colleagues in piecing together evidence to solve clues, crack, codes, and escape before the clock runs out. Think you are clever enough to escape? Sign up to find out and accept the challenge!

November 18, 7:00 pm – 8:30 pm (EST) (GMT - 4:00)



Going Green: Home Edition

Simple home changes make an impressive impact on our carbon footprints. Veronica Egan, Ph.D. in Chemistry from UCLA, will guide participants along the simple but powerful path of reducing electricity usage, understanding best practices for effective recycling, smarter, greener shopping hacks, and where to find the tools to promote an eco-friendly lifestyle.

November 19, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)



Musical Happy Hour

Join us for an hour of nonstop musical entertainment hosted by our renowned musical superstars!

Music and networking are central to the Virtual Happy Hour. Share stories about your first concerts, memorable songs, and favorite albums. A Rock & Roll Game Show will put your music knowledge and talents to the test. Afterwards, you'll be treated to a live performance of an original song — written by our musicians during the session — highlighting key moments and themes from the happy hour.

November 19, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)



Chef Demonstration: Pasta Making Experience

Learn the exciting art of making pasta dough from scratch. Our chef will explain the proper technique to mix and knead your pasta dough by hand. Learn how to choose the right flour for the right taste and texture, how to roll pasta with a pasta roller, how to properly store fresh pasta and balancing flavors for your delicious creation.

November 19, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)

Experiences



Grand Finale: DJ Party

Get ready to dance! Join our virtual Grand Finale to conclude our 2020 Annual Meeting and Leadership Meeting. Enjoy a curated list of tracks in this interactive “dance in your living room” experience. Song requests are highly encouraged but cutting loose is mandatory.

November 20, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)

Sports

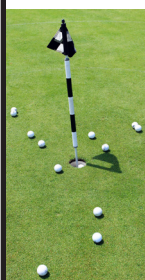


FIFA

Are you an avid FIFA fan? Join us as eight of our 2020 Annual Meeting and Leadership Meeting registrants face off in a 2v2 game of FIFA each night. Tune in to see if your favorite team will win.

November 11, 8:00 am – 9:00 am (EST) (GMT - 4:00)

November 16, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)



Skills Lab (Golf)

Join TJ Sullivan, PGA Master Professional in Teaching and Coaching in an informative session. TJ will demonstrate tips to elevate your golf game, common mistakes and take questions from the audience. This session is suitable for beginners and experts.

November 17, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)

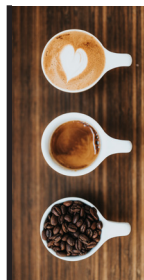


Skills Lab (Tennis)

Cindy Jones, 6-year GPTA Tennis Pro Am of the Year award winner, has extensive experience as both a tennis player and an instructor. Cindy brings a wealth of knowledge to this session and looks forward to an engaging discussion that will help you to improve your game.

November 18, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)

Tastings



Coffee Tasting

Ryan Dies prides himself on providing grade 1 direct trade coffee from mountain regions and small farms around the world. The only thing he loves more is speaking to others about it. This session will not only teach about distinct coffee regions, styles, and sustainability, but also allusive tasting techniques. Ryan is also an artist and loves to show off how to turn coffee into a masterpiece.

November 11 and 16, 8:00 am – 9:00 am (EST) (GMT - 4:00)



Wine & Champagne Tasting

Certified Sommelier, April Starkloff, has developed a Wine 101 program that is educational and highly entertaining all at once. Learn the intricacies of how to taste wine like an expert, the basic of food pairings, and an insider's perspective on what to look for when purchasing wine at the store.

November 11, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)

November 12, 8:00 am – 9:00 am (EST) (GMT - 4:00)



Beer Tasting

Brew Master, Alex Rydzewski, will take you on a journey through the ingredients that create the greatest beers. Style, regions and the difference between an Ale and a Lager will also be discussed. This session will also explore color, taste and aroma and how to taste and pour a beer like a pro.

November 16, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)



Chocolate Tasting

Food scientist, dietitian, and chocolatier, Yeli Marshall, will kick off this class with the fascinating history of chocolate. She will guide you through the origins of cacao, demonstrate how cacao pods and beans are turned into chocolate, and touch on the different varietals. You will learn the health benefits of chocolate and even recipes and hacks on how to make the best flavor infused truffles right in your own home.

November 17, 8:00 am – 9:00 am (EST) (GMT - 4:00)

Tastings



Cheese Tasting

Improve your cheese IQ with former President of the American Cheese Society and owner of award-winning Pastoral Artisan Cheese Bread and Wine, Greg O'Neill. Greg will discuss various aspects of the art of cheese including history, styles and tasting guidelines. Q&A tends to get very engaging in Greg's sessions!

November 18, 8:00 am – 9:00 am (EST) (GMT - 4:00)



Whiskey Tasting

Whiskey Expert Michael Karberg presents a compelling and interactive introduction to whiskey. The program involves stylistic differences and origin stories of some the world's most popular styles. Tastings take a global approach as Michael discusses the best that America, Ireland, Scotland, and Japan have to offer.

November 18, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)



Tea Tasting

Learn the magical qualities of high-quality tea with our Rishi Certified Tea Sommelier. This experience will walk you through tea 101, leaving you with a sound understanding of the different varieties of tea, the health benefits, and bagged vs. loose teas. The most important question; why do people chose tea over coffee?

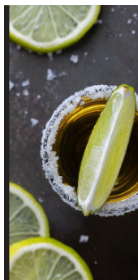
November 19, 8:00 am – 9:00 am (EST) (GMT - 4:00)



Sake Tasting

Sake Discoveries believes in spreading sake awareness through the art of conversation. In this interactive session, Chizuko Niikawa-Helton, accredited sake sommelier, and Sake Samurai, will cover a brief history of sake, categories, tasting profiles, and pairing options.

November 19, 8:00 am – 9:00 am (EST) (GMT - 4:00)

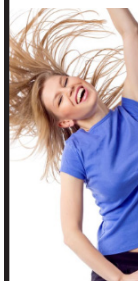


Tequila Tasting

Tequila & Mezcal expert, Dean Stojanov, has over 20 years in the field and is passionate about his craft. His engaging nature captivates as he discusses the history and regions of tequila, production, categories and how to properly taste this elegant spirit.

November 19, 7:00 pm – 8:00 pm (EST) (GMT - 4:00)

Wellness



Zumba

Add a little party to your fitness routine with this power duo! We combine worldwide dance fitness phenomenon, Zumba® with Rock Out Cardio Kickboxing to create a memorable, high-energy class! No experience is necessary to enjoy this heart rate elevating, fun-filled 50 minutes. Heather Christy and Veronica Egan will ensure this workout is fun and effective for all fitness levels.

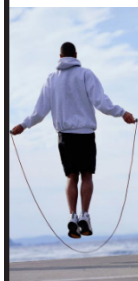
November 11 and 16, 8:00 am – 9:00 am (EST) (GMT - 4:00)



Yoga

Start the day with a mind-body connection and unleash the strength within you! Certified Fitness Professionals Kimberly Baker and Anita Pelak guide participants through a safe and inclusive yoga practice, incorporating strength postures, balance work, stretches and breathing techniques to center and empower participants.

November 12 and 17, 8:00 am – 9:00 am (EST) (GMT - 4:00)

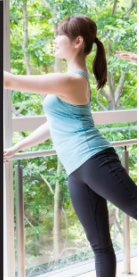


H.I.I.T. Workout

Music from the 80s will inspire you to move and break a sweat in this interval-based cardio and strength class. Discover how high intensity interval training helps you get an effective total body workout in a short amount of time. BONUS - Jane Fonda-inspired ab and "bun" finisher. No equipment needed but 80s workout attire encouraged!

November 18, 8:00 am – 9:00 am (EST) (GMT - 4:00)

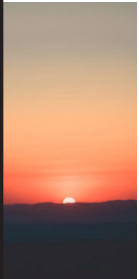
Wellness



Barre Workout

BARRE is the immensely popular fitness format that combines ballet-inspired moves with powerful elements from Pilates, dance, yoga and strength training. Certified Fitness Professionals Megan Haan and Heather Christy will challenge you with a low-impact, high-energy class using items you have at home - a chair, soup cans or water bottles and a towel.

November 19, 8:00 am – 9:00 am (EST) (GMT - 4:00)



Meditation

Experience mindfulness through meditation, breath awareness and muscle mobility exercises. This practice will help invoke feelings of wellbeing, clarity, relaxation and balance. Certified fitness professionals Laura Wagner and Veronica Egan provide tools that you can use beyond this session to take care of your mind and body.

November 20, 8:00 am – 9:00 am (EST) (GMT - 4:00)