

FALL 2026 EMPTY NEST PLAN

WEEK	SUGGESTED DATES *	TOPIC/STUDY
1	August 30–September 5	<i>Group Launch, Part 1</i>
2	September 6–12	<i>Group Launch, Part 2</i>
3	September 13–19	Social
4	September 20–26	<i>Thriving in the Empty Nest, Part 1</i>
5	September 27–October 3	<i>Thriving in the Empty Nest, Part 2</i>
6	October 4–10	<i>Thriving in the Empty Nest, Part 3</i>
7	October 11–17	Break/Serve/Social
8	October 18–24	<i>Don't Be Gross</i>
9	October 25–31	<i>The Book of Jonah, Part 1</i>
10	November 1–7	<i>The Book of Jonah, Part 2</i>
11	November 8–14	<i>The Book of Jonah, Part 3</i>
12	November 15–21	Friendsgiving Social
13	November 22–28	Thanksgiving Break
14	November 29–December 5	Pause and Reflect or Celebrate

*Date ranges are a suggestion based on when groups generally begin meeting. Feel free to modify your group's suggested timeline based on the needs of the group members.