

MTOI SUKKOT 2026 - SCHEDULE

Friday, September 25, 2026

10:00am - 4:00pm [Registration and Check-in and MTOI Marketplace](#)
 5:30pm - 9:00pm Erev Shabbat Service and Meal ([Meal Plan](#))

Shabbat / Holy Day

Saturday, September 26, 2026

Sukkot Day 1

10:00am - 10:30am [Check-in / NO Registration](#)
 10:00am - 11:00am Meet the Staff and YMTOI Program Intro
 11:30am - 12:45pm Lunch ([Meal Plan](#))
 1:15pm - 5:30pm Shabbat / Holy Day Service YMTOI Class #1
 6:30pm - 8:00pm Dinner ([Meal Plan](#))

Sunday, September 27, 2026

Sukkot Day 2

10:00am - 11:30am Bess Howard, NP-C - "Optimum Wellness in Uncertain Times" YMTOI Class #2
 You will learn a practical path to steadier energy, clearer thinking, and stronger resilience when health, stress, and the world feel unpredictable. We'll take a look at some hidden drivers of fatigue, brain fog, weight gain, pain, and chronic and acute infection. We will focus on what you can measure and change - hormones, inflammation, sleep, nutrition, and herbals for recovery - so you stay well even when circumstances are not ideal.
 11:30am - 1:00pm Dr. Kyle Koser, Chiropractor - "Diagnosing Your Pain" YMTOI Class #2
 In order to fix any issue, you have to know what the "cause" of the issue is first. This presentation will help you know the "cause" so you can make a plan to address it.
 1:00pm - 3:00pm Lunch [Marketplace 1:00-1:30](#)
 3:00pm - 6:00pm MTOI Jeopardy YMTOI Class #3
 3:00pm - 6:00pm Counseling/Meet and Greet w/Rabbi - schedule with Elder YMTOI Class #3

Monday, September 28, 2026

Sukkot Day 3

10:00am - 1:00pm The Book of James - Readings and Discussion YMTOI Class #4
 1:00pm - 3:00pm Lunch [Marketplace 1:00-1:30](#)
 3:00pm - 6:00pm Group Therapy - Ask the Rabbi YMTOI Class #5

MTOI SUKKOT 2026 - SCHEDULE

Family Day		Tuesday, September 29, 2026	Sukkot Day 4
10:00am - 11:00am	MTOI Marketplace / Check-in		
12:00pm - 5:00pm	Family Day Picnic and Mikvah		Group Photo
	Pidyon HaBen - Redeeming of the first born		
12:00pm - 5:00pm	Counseling/Meet and Greet w/Rabbi - schedule with Elder		
Free Day		Wednesday, September 30, 2026	Sukkot Day 5
All Day	Free Day		
		Thursday, October 1, 2026	Sukkot Day 6
10:00am - 1:00pm	The Book of 1 Peter - Readings and Discussion		YMTOI Class #6
1:00pm - 3:00pm	Lunch	Marketplace 1:00-1:30	
3:00pm - 6:00pm	The Book of 1 John - Readings and Discussion		YMTOI Class #7
		Friday, October 2, 2026	Sukkot Day 7
11:00am - 1:00pm	YMTOI Program Rehearsal		
1:00pm - 6:00pm	Lunch and Shabbat Prep		
6:30pm - 8:00pm	Erev Shabbat Service and Meal (Meal Plan)		
Shabbat / Holy Day	Saturday, October 3, 2026		Shemini Atzeret
9:30am - 11:00am	YMTOI Presentation		
11:30am - 12:45pm	Lunch (Meal Plan)		
1:15pm - 5:30pm	Shabbat / Holy Day Service		YMTOI Class
6:30pm - 8:00pm	Dinner (Meal Plan)		
		Sunday, October 4, 2026	
10:00am - 1:00pm	Site Clean-up		

NOTE: This schedule is subject to change. Please pay attention to the daily announcements.

Any changes to the schedule will also be updated during the Feast on the www.mtoi.org/Sukkot page.