

Women's Wellness Weekend
Sample Schedule
THIS IS JUST A SAMPLE: ACTUAL ACTIVITIES MAY DIFFER

Friday

5:00pm onward

Check-in, Meet and Greet Social Hour, DIY Crafts, @ Spruce

8:00-9:00

Star Gazing— Enjoy a short walk while learning about the constellations, departs from Spruce.

9:15

Campfire & S'mores @ Spruce Fire Ring

Saturday

8:30

Breakfast @ the Dining Hall

9:30-11:00

Catfish Fire Tower Hike— Take a scenic trail up to the top of a Mountain and enjoy the view, departs from Spruce.

Arts & Crafts- Embrace your creative side and choose to make something from the variety of crafts we have to offer, meets @ Algonquin Rec Lodge.

11:15-12:45

Giant Swing— Get your blood pumping on this high ropes element, departs from the flagpole.

Vision Boarding— Take some time to reflect on your long-term or short-term goals and then create a vision board to help keep you on track.

1:00

Lunch @ the Dining Hall

2:00-3:00

Bridges & Streams Hike— Enjoy a scenic hike around camp.

Intuition Exploration— Join a guest to “explore your intuitive pathways how to trust this inner guidance we all have. Learn simple techniques to help you bypass your thoughts.”

3:15-4:45

Self Defense— Join a guest in learning some basic self-defense techniques.

Outdoor Cooking— Come make a tasty afternoon snack. Vegan, vegetarian, and gluten free options available.

5:00-6:15

Archery— Enjoy shooting archery to end your day of activities.

Riflery— Complete your day by learning to shoot a rifle.

6:15

Dinner

7:30

Wine Tasting— End your day of activities enjoying a wine tasting. Wines will be available to purchase.

Mosaic Making— Enjoy a relaxing evening by creating your own mosaic. In Spruce Lodge.

9:00

Campfire & S'mores— End the evening around the fire, meets @ Spruce Fire Ring.

Sunday

8:30

Breakfast

9:30-11:00

Blue Mountain Lake Hike— Start your day by taking a scenic hike around beautiful Blue Mountain Lake.

Candle Making— Relax and use your creative side while learning how to make candles, meets @ the Candle Making Building.

11:15-12:45

Aerial Silks— Spend some time learning a new skill while stretching out your muscles.

Boating & Canoeing— Spend some time relaxing on Lake Mason.

1:00

Lunch & Departure