

Retreat for Seniors

Congregants of all ages are welcome at retreat and we want you to feel comfortable attending whether you are 5 or 95. There are activities for all ages and abilities.

Programming begins on Friday night with an ice-breaker, so we all get to know each other better. Saturday there will be choices of programming in the morning and evening with a group program in the afternoon. Programs will be varied, from a lecture/discussion type of program to outdoor activities. You pick the one you are interested in or able to do, no pressure!

Programs will be in a variety of buildings around camp. We will provide shuttles between locations for those who need them to get to programs or meals.

We have multiple accommodations at retreat. All rooms have two single beds. Most rooms have private baths. All buildings are handicap accessible and most have at least two handicapped equipped rooms. If you need a room which is handicap accessible please let us know.

The Bayit is considered our quiet building and is for adults only and many attending without children prefer it. All the rooms are on the second floor. If you are unable to climb stairs let us know so we are sure to house you somewhere else. If mobility is a problem we also have rooms in the Soref Center which is where all our services will be held and is next to the dining hall. If you prefer to be near your room and meals just let us know.

Meal times are set by camp so that they can properly staff the kitchen. With that said the times may not be what you are used to. If you are hungry at any time there is always something to eat! The dining hall is open 24hours and leaves food out for snacks including fresh fruit, dry cereal, bread, jelly, peanut butter and non-nut butter. Feel free to go to the dining hall for a snack if you need to. Also, all the buildings have kitchens with refrigerators in them. You can use the kitchen to store or prepare any food you bring.

We hope you consider coming to retreat and know that it will be a rewarding social and educational experience!