

Women's Retreat Vacation Planning Guide

An outdoor lakefront setting with the likelihood of still warm fall days (70°), cool nights (50°) and the possibility of a rainy morning suggests your clothing needs. Dress at Camp Arcadia is casual. You'll want a warm jacket, warm pajamas, and most likely both shorts and pants. Tennis shoes are appropriate for all areas, including our hiking trails. Lake Michigan can still be warm during the early fall -- swimming enthusiasts will want to bring their suits for an afternoon dip! Sunday morning worship is on site and dress remains casual.

Rooms are assigned on a first come, first served basis according to needed bed space and health considerations. While the sleeping rooms are not heated, the bathrooms, central lounge, dining room and lecture hall are.

Coin-operated laundry facilities for guests are located in the basement of the Wigwam adjacent to the women's beach showers. Laundry detergent is provided; there is also an iron and ironing board.

Rooms are provided with bedding; bath towels will be refreshed on Saturday; you may wish to **bring your own beach towels and hand towels.**

Delicious meals are served in the Inn's dining room: both breakfasts are from 7:30-9:00 a.m., Saturday lunch is at 12:30 p.m. and dinner is at 6 p.m. Sunday lunch is at 11:30 a.m. **Sorry, but we cannot accommodate anyone requiring a special diet.**

Camp Arcadia is on **EASTERN DAYLIGHT TIME.** The first session on Friday evening will begin at 7:30 p.m. Massages will be available at a reasonable rate on Friday and Saturday during free time.

ITEMS TO BRING TO CAMP ARCADIA TO MAKE YOUR STAY ABSOLUTELY PERFECT!

Insect repellent, aspirin, Band-Aids
Notepaper & pen
Flashlight
Facial tissues
Bath soap
Books, Needlework
Sun Glasses, Sunscreen
Jacket, sweatshirt, shorts and jeans

Bible
Camera & film
Alarm clock
Umbrella
Walking or tennis shoes
Scrabble, Cards, etc.
Bathrobe and slippers

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Camp Arcadia Women's Retreats

Dress for the weekend is casual—this is your time to unwind and leave your daily routine behind. Please arrange to have all children and spouses cared for at home. We will conduct our own Sunday morning worship, so leave the heels and hose at home! Guests will want a sweatshirt or jacket for evenings; jeans or shorts for daytime activities. Bring your suit for sunning or swimming.

Friday

4:00 - 7:30 PM	Check-in
4:00 - 7:30	Trading Post Open - Soup & Snacks
7:30	Welcome & "Reflections" with Phyllis Wallace
9:45 - 10:05	Arcadia Evening Prayer
After Program-10:30	Trading Post Open for snacks

Saturday

7:30 - 9:00 AM	Breakfast Buffet
9:15	Session I
10:30	Break
11:00	Session II
12:30 PM	Lunch
1:45 - 3:00	Breakout Sessions
3:00	Free Time
3:00 - 5:00	Trading Post Open
6:00	Dinner
7:30	Saturday Night LIVELY
9:45 - 10:05	Arcadia Evening Prayer
10:15	Campfire - weather permitting
9:00 - 10:30	Trading Post Open

Sunday

7:30 - 9:00 AM	Breakfast Buffet
8:30	Bible Study Class in the Assembly
10:00	Worship Service in Assembly
11:30	Lunch & Farewell