



Women's Retreat

Sample Schedule

Friday Evening

- 4:00-7:00 Check-in at Spruce Lodge
• Sign-up for massage sessions & activities
- 6:00 Dinner
- 7:15 Session 1
- 8:30 Wagon Rides and Campfire

Saturday

- 8:00 Breakfast
- 9:15 Session 2
- 10:30 Morning break
- 10:45 Session 3
- 12:00 Lunch
- 1:00-5:00 Afternoon Recreation & Activities:
• Massage sessions
• Nature Center, Snack Shop and Gift Shop
• Zip Line
• Guided hike and/or other outdoor activity
• Hiking, tennis, disc golf, mini golf, pickleball
• Paddle boats & kayaks
• Organized Craft
- 5:00 Dinner
- 7:00 Concert/Special Program
- 8:30 Coffeehouse and Campfire

Sunday

- 8:00 Breakfast
- 10:00 Session 4
- 12:00 Lunch

Room CHECKOUT @ 7 AM - NOON Sunday