

Meal & Accommodations Information

FOOD YOU'LL ACTUALLY WANT TO EAT!

This isn't bland cafeteria food. We try to give our women's weekend guests a variety. For example, if we are having a lunch with beef, we offer chicken, a vegetarian option, or accommodation for any other food allergy or concern. We take extraordinary pride in serving nutritious and delicious meals made fresh in our own kitchen and locally grown are just a part of making you feel at home when you attend. Listed below is a sample menu. As we try to take full advantage of what is available seasonally, so meals will vary from what is listed.

Example Retreat Menu:

6am – 10pm Non-Alcoholic Beverage hot and cold served, and grab and go snacks. Ie. Iced Tea, Hot Coffee / Tea, Flat or Sparkling Water, Lemonade, Nuts, Chocolate, Popcorn, Pretzels, Granola Bars, Whole Fruit, Cookies.

BREAKFAST: 2 kinds of quiche, sweet potato home fries, bacon, scones, fresh fruit and yogurt parfait bar, cold cereal, toast with spreads.

LUNCH: Soup & Salad Bar with all the fixings, tofu / vegetable or chicken / vegetable stir fry with white or brown rice and homemade cookies or brownies for dessert.

DINNER: Roasted Corn Soup, Baked Potato Bar, Mixed Green Salad with toasted almonds, parmesan, & citrus vinaigrette, Lemon Pepper Cod Filet or Lemon Pepper Chicken Breast, fresh baked rolls and butter.

DESSERT: Homemade desserts, make-your-own ice cream sundaes & campfire s'more cart during campfire.

What about food allergies or other dietary needs?

In advance of the retreat, please inform us of any food allergies or dietary needs using the registration form or call our office. We do our best to accommodate, so that guests don't have to bring their own food. For example, gluten-free and dairy-free diets can be accommodated.

Accommodations:

We offer the following for sleeping accommodations:

14 Cabins: each cabin sleeps 6-8 people, you can request a cabin mate(s) during the registration process, and if you are a single participant you will be grouped with other participants at random (typically no more than 4 per cabin). Each cabin bunk comes with a twin size mattress (you are asked to bring your own linens, a packing list will be emailed to a few weeks before check in). Each cabin has screens on the windows and doors, but no locks.

12 Canvas Platform Tents: each tent sleeps 2-3 people comfortably with cots and mattresses offered. No screens, but can bring netting.

Green Space to pitch your own tent!

3 Bathhouses: each with bathroom stalls, hot water, flushable toilets, electrical outlets, sinks and showers. All bath houses are within a very short walking distance from most sleeping accommodations. (Bathhouses are ADA accessible and we also have single stall / bathrooms and shower facilities available.)

Camp Grounds: 30 beautiful acres to explore, direct waterfront access too!

- The Lodge: indoor dining space with seating for 150 people and a fully functional commercial kitchen. Enjoy delicious meals and plenty of room for programming, dining and entertainment. Bathrooms available. Large wrap around porch with breathtaking views.
- Performing Arts Center with beautiful hardwood floors and space for 100 people, this space is used for workshop break outs & evening program offerings.
- Multiple large mowed areas / fields with mountain and lake views well suited to outdoor gatherings, play, field games and fun!
- Arts & Crafts Building, Archery Range and Camp Store
- Waterfront Access: complete with swimming areas and wide array of boating equipment and large water trampoline.
- Campfire Circle: the main campfire circle accommodates 40-50 people, with smaller camp fire sites around camp.
- Health House, on staff medical tech, plus private nursing suite, refrigeration for breast milk storage, or medical prescriptions available.
- Human Foosball, a GaGa pit, Volleyball, Basketball, Tennis Courts, and Tetherball areas.