

saturday

- 8:00am** Breakfast
- 8:45am** Session #2:
"Rooted in Truth"
- 9:45am** Activity Tracks #1
- 10:45am** Activity Tracks #2
- 12:00pm** Lunch
- 1:00pm** Free Time
 - See back for ideas
 - Optional: Salsa Dancing
(Meet in Depot)
- 2:30pm** Activity Tracks #3
- 4:00pm** DIY Terrariums
(Meet at Brightwood)
- 5:30pm** Dinner
- 6:30pm** Elbow Lake Hike
(Meet at Nisqually flagpole)
- 7:30pm** Session #3:
"Rooted in Grace"
- 8:45pm** Karaoke & Snacks
- 9:45pm** Sweet Dreams!

friday

- 6:00pm** Arrival/Name Tags
- 7:45pm** Welcome/Session #1:
"Rooted in Identity"
- 9:00pm** Bonfire &
Banana Boats
- 9:45pm** Sweet Dreams!

retail hours (sat. only)

- | Espresso | Gift Store |
|------------------|------------------|
| 7:30am - 9:00am | 8:30am - 9:00am |
| 11:30am - 2:15pm | 12:30pm - 1:00pm |

rooted

mothers & daughters 2019

activity tracks

- | | |
|---|---|
| Horse-Lovers Group A:
(Sunrise Ranch) | #1 - Arena Lesson
#2 - Pony Painting
#3 - Trail Ride |
| Horse-Lovers Group B:
(Sunrise Ranch) | #1 - Pony Painting
#2 - Arena Lesson
#3 - Trail Ride |
| Extreme Adventures:
(Timber Rock) | #1 - Zip Line
#2 - Climbing Wall
#3 - Army Truck Ride |
| DIY Crafting:
(Brightwood) | #1 - Stationary
#2 - Jewelry Making
#3 - Wood Burning |

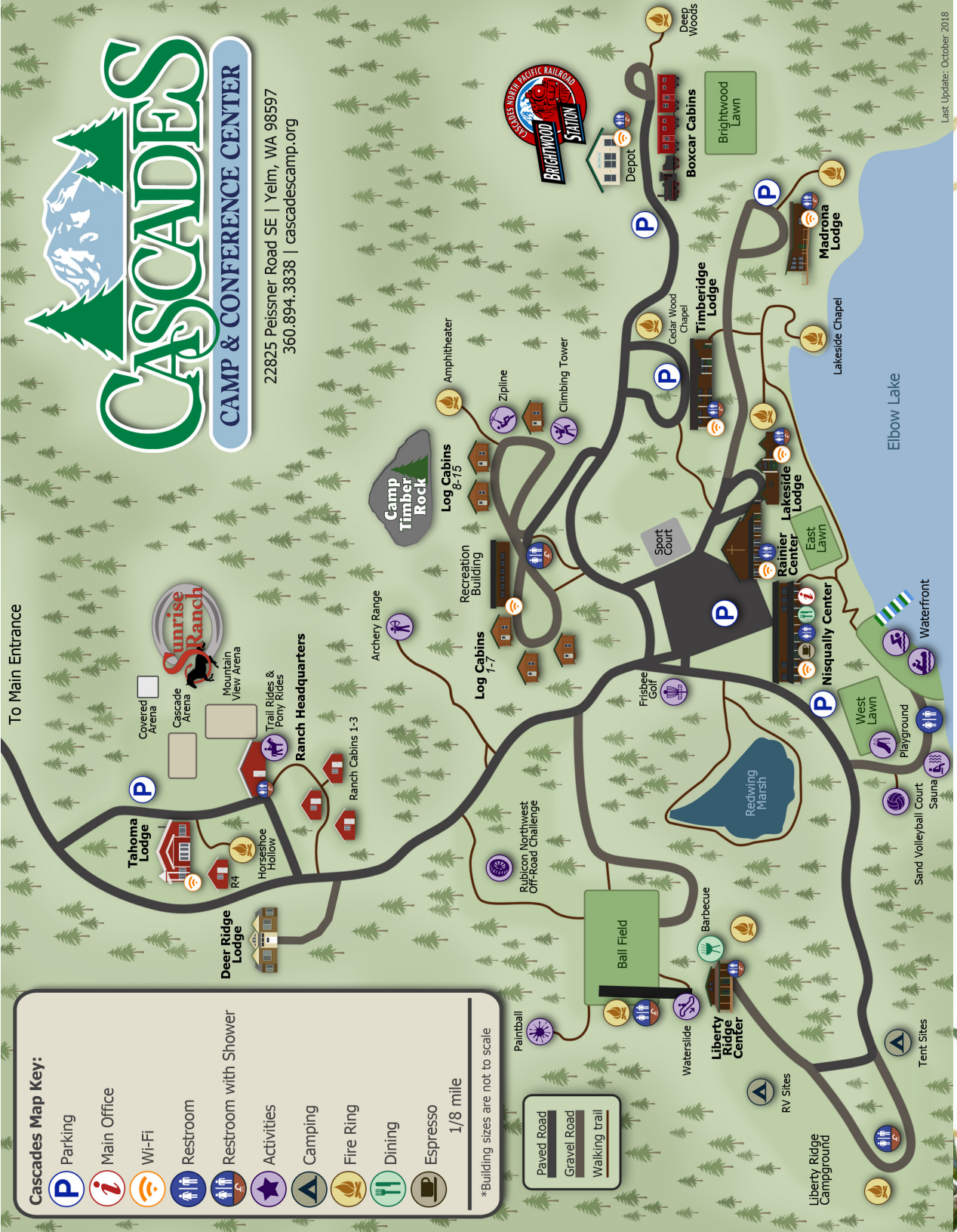
sunday

- 8:30am** Prayer Yoga at
Elbow Lake (Optional)
- 9:30am** Brunch
- 10:15am** Worship & Discussion:
"Rooted in Prayer"
- 11:00am** See You Next Year!

CASCADES

CAMP & CONFERENCE CENTER

22825 Peissner Road SE | Yelm, WA 98597
360.894.3838 | cascadescamp.org



Last Update: October 2018

free time ideas

- Basketball
- Tennis
- Boating
- Volleyball
- Carpet Ball
- Disc Golf
- Sauna
- Espresso
- Photo Challenge
- Conversation
- Coloring
- Bracelets
- Games
- Nature Walk
- Photo Booth
- Origami

weekend reminders

- Meals are served in Nisqually (doors will open at meal times)
- Sessions are in the Brightwood Depot
- Please respect quiet hours (10pm-7am)
- Sorry, swimming is not available (brrri!)
- Life jackets are required at all times while boating
- We're so glad you're with us! Please let us know if there is anything we can do to improve your stay!

