



Sixties+ Retreat Information

We are excited to offer this life-giving gathering of thoughtful fellowship, worship, and growth at our Sixties+ Retreat! You'll experience a number of relaxing and engaging activities that include:

- exploring the outdoors through adventure activities and nature walks,
- relishing delicious food,
- engrossing yourself in meaningful conversations with friends new and old,
- captivating messages,
- worship, workshops, and unique, specialized activities for you to enjoy.

ARRIVAL to Cascades:

- **Arrival:** On Friday, please arrive between **2:00-3:00pm** and head to Summit Chapel to check in (attached to Rainier Center - see Cascades map).
- **Meals:** At Cascades, we eat family style. The first meal served will be dinner on Friday evening. The last meal will be breakfast on Sunday. If you have dietary restrictions, be sure to include them in your profile on the Cascades online registration portal.

DEPARTURE:

- **Departure:** The retreat will conclude on Sunday around **11:00am**.

IMPORTANT INFORMATION:

- **Lodging:** You will stay in cozy lodging with a queen-size bed and twin-size bunk beds. Each room has a private bathroom and shower.
- **What to Pack?** Here is a list of needed items:
 - Queen or twin size bedding (sheets and blankets or sleeping bags)
 - Pillow
 - Towels – both bath towels and hand towel
 - Toiletries
 - Clothing for all kinds of weather – rain or shine
 - Flashlight, insect repellent
 - Bible and journal
 - Shopping money for the Cascades Gift Store or Espresso Stand

Contact us at 360-894-3838 with any questions you may have!