

CAMP GOOD DAYS & SPECIAL TIMES

# ADULT RETREATS



EXPERIENCE THE MAGIC OF CAMP GOOD DAYS  
AT OUR SUMMER  
RECREATIONAL FACILITY!



# *Summer Camp isn't Just for Kids!*



Camp Good Days is excited to provide a fun and meaningful camping experiences for adults diagnosed with cancer.

Participants can relax and enjoy social time meeting others with similar experiences at our beautiful recreational facility on Keuka Lake.

# ADULT RETREATS



23 ▶

CANVA STORIES

## WOMENS WELLNESS WEEKEND

A weekend retreat for women (18+) who have been diagnosed or relapsed with any type of cancer in the last 10 years.



23 ▶

CANVA STORIES

## CAMP S.O.A.R.

A *Supportive Oncology Adult Retreat* for all adults (18+) who have been diagnosed or relapsed with any type of cancer in the last 10 years and their spouse/partner/ friend.



23 ▶

CANVA STORIES

## MEN'S PROSTATE RETREAT

For men (18+) facing prostate cancer to have the opportunity to network, learn, and exchange ideas in a relaxing and fun setting.

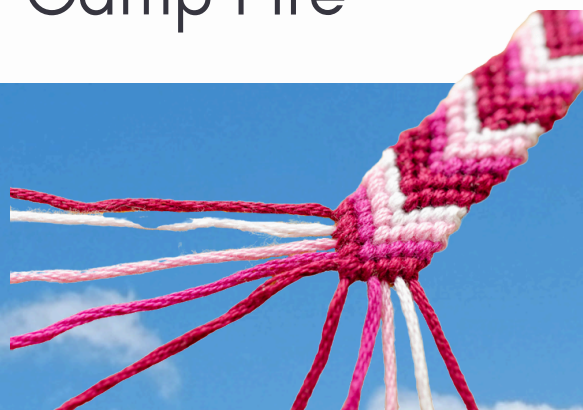
# PROGRAM ACTIVITIES

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**We are proud to change up our activities year after year. Below are some of the activities we have planned for our adult participants.**

**Please note: the Men's Prostate Retreat is more conference-style to allow for education and networking with professionals in the medical field.**

- Jewlery Making
- Arts & Crafts
- Woodworking
- Candle Making
- Nature Hike
- Hatchet Throwing
- Archery
- Boat Rides
- Painting Class
- Massages
- Manicures
- Reiki
- Movie Night
- Casino Night
- Disco
- Wine Tasting
- Game Night
- Camp Fire



# LIVING ARRANGMENTS

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## MEALS

- No one goes hungry at Camp! Meals are prepared on site and typically served at 8:30 am, 12:30 pm, and 6 pm, with plenty of snacks and refreshments in between!
- Water filling stations are available throughout the property.
- Coffee, water, juice, and milk are available throughout the day in our dining hall.
- Please list all dietary needs/restrictions and food allergies on your medical form.
- Use of hot plates, grills, or any other portable appliance is prohibited... we promise we have the food covered!

## HOUSING

- Housing is provided in our spacious cabins.
- Cabins have shared sleeping quarters with bunk beds spaced throughout. We cannot provide private sleeping areas.
- Each cabin has a fully functional facility including toilets, sinks, and shower stalls.
- Cabins for Camp S.O.A.R. are divided by gender.
- Please note, none of our cabins are equipped with AC, so we recommend bringing a fan.

# HEALTH & SAFETY

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## MEDICAL NEEDS

- For Adult Retreats, participants are responsible for bringing, administering, and storing prescribed medication or medical care.
- Our infirmary and nursing team is available in case of an emergency.
- Our infirmary is stocked with basic over the counter medication and first aid supplies.
- If medication requires refrigeration, we can provide a secure location for storage.

In the event that a Camper begins to exhibit any COVID-19 and/or flu related symptoms, they will be asked to leave the facility to help mitigate the potential spread of the virus.





# ADULT RETREAT FAQ

## **Is Camp Good Days a smoke, tobacco, and alcohol-free facility?**

Yes, the use of smoking, vaping, and tobacco products are prohibited in the Camp facility. No alcoholic beverages or controlled/illegal substances are allowed in the cabins.

Occasionally wine tastings are offered in our Dining Hall, but alcohol is not permitted in the living quarters/cabins.

## **Is there a curfew during the family programs?**

We ask all participants to be in their cabins by midnight. 10:00 PM-7:00 AM are quiet hours in the town of Jerusalem, where Camp is located. Noise is expected to be at a minimum during these times.

## **Can I travel off-site during our camp session?**

For safety, we ask that participants remain on property throughout their program. If a participant needs to go off property, they are expected to notify a staff member. Should there be an emergency, we need an accurate head count at all times.

## **Can I have visitors during our stay?**

No visitors will be allowed during your stay. Anyone on Camp property will need to be a registered participant.

## **Can I bring my family pet?**

With the exception of service animals, family pets are not permitted on the facility. Please notify us ahead of time if you have a service animal, so we can plan housing accordingly.

## **Does the Camp have extra wheelchairs ?**

Camp Good Days has extra wheelchairs and motorized wheelchairs available on the property. Please let us know in your application how many your family needs.



## **What should I pack for our stay?**

Please refer to the 'What to Bring' list posted on our website.

## **Is transportation provided to and from Camp?**

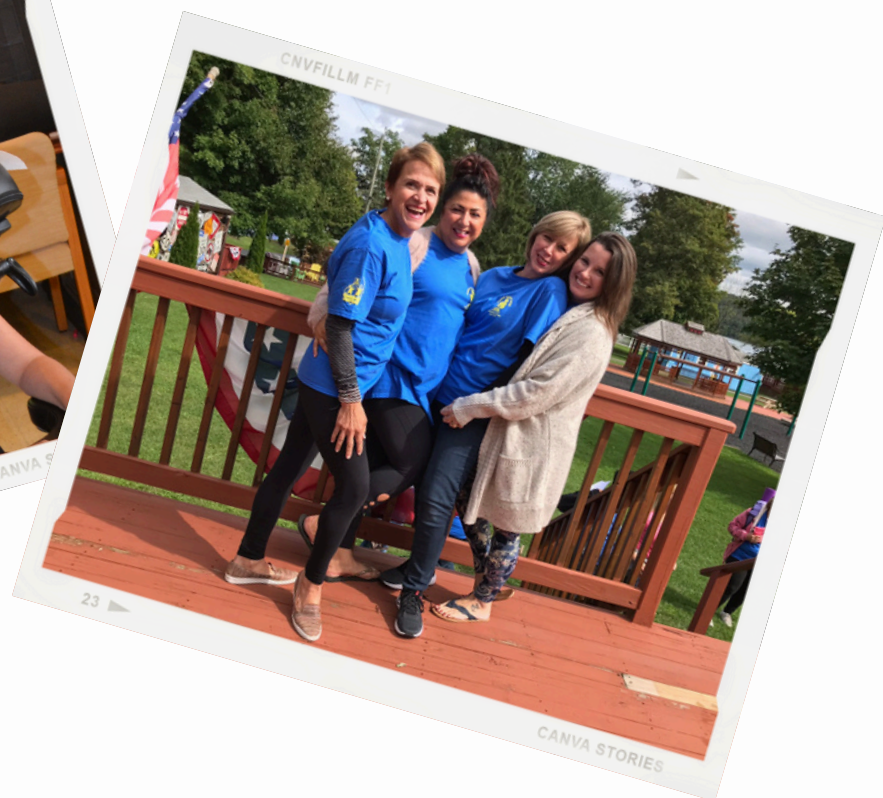
No, transportation is not provided for Adult Retreats. Participants must find their own transportation.

## **Is there WiFi Available?**

We encourage "unplugging," but if needed, WiFi is available in certain locations throughout Camp.

## **Can I arrive early or leave late?**

Due to cleaning procedures and other camping programs, we're unable to accommodate early arrivals or late departures. However, if you need to arrive late or leave early, we can make arrangements.







# *Preparing for Camp*

Registration is via our third-party online registration system called CampDoc. The link is available on our website starting May 1st.

Once accepted, you will be notified to complete health and medical forms through our CampDoc system.

## QUESTIONS?

If we didn't answer your question, reach out to Tamara Federico at [TFederico@CampGoodDays.org](mailto:TFederico@CampGoodDays.org)

**Please Note:** These programs are offered at a **limited capacity** with priority given to those who have been diagnosed or relapsed within the last 10 years. **Dates are subject to change.**