

**RVRN-100 Elk Family Camp Program**  
**October 16 – 21**  
**Activity Explanations**  
 (Activities with an \* are new this year!)

Activity	Description	What to wear	Activity location
<b>Archery</b>	Have fun with some good ol' fashioned target practice.	Warm layers, water-proof outer layer (weather-dependent)	Hubbell Field
<b>Arts and crafts</b>	Tune into your creative side have fun with a variety of arts and crafts projects	Comfortable clothes	Valerie Lodge
<b>Bible Lesson discussions</b>	Adapted Bible Lesson reading and discussions	Comfortable clothes	Valerie Lodge
<b>Canoeing</b>	Enjoy the views from the canoe on Round Up Lake	Warm layers, water-proof outer layer (weather-dependent)	Round Up Lake
<b>Ceramics</b>	Led by local artist, choose a project to paint, then the projects to be set in a kiln, and brought back to camp for participants to take home	Comfortable clothes that may get paint on them	Valerie Lodge
<b>*Chipmunk Feeding</b>	You won't believe these friendly little creatures! They will surround you with love as they eat right from your hands.	Warm layers, water-proof outer layer (weather-dependent)	St. Elmo
<b>Cooking</b>	Join Chef Matthew in a culinary experience. Food made will be incorporated into the meals for the whole group.	Comfortable clothes	Valerie Kitchen
<b>Goat Farm</b>	Explore the local goat farm. Participants tour the outside dairy farm and then come inside to see where they milk the goats and make the cheese. A snack will be provided and the country store will be open if you would like to purchase a wide-variety of products.	Warm layers, water-proof outer layer (weather-dependent)	Jumpin Good Goat Dairy
<b>High ropes course</b>	Come play in high ropes challenge elements led by certified instructors.	Comfortable clothes	South Woods
<b>Horeback riding</b>	Interact with the horses in a therapeutic riding experience.	Jeans, comfortable layers, water-proof outer layer	Corral
<b>*Hot springs</b>	Very popular in this mountain region - come relax in one of the hot springs. A variety of options are available from outdoor hot springs to an indoor hot springs pool.	Bathing suit, towel, and warm layers to change back into	Locations will vary
<b>Humane Society</b>	A visit to the local humane society where participants will make do-it-yourself cat toys and then have time to play with the furry little ones.	Comfortable clothes	Ark-Valley Humane Society
<b>Indoor "campfire"</b>	Sing, dance, and be joyful around the fireplace.	Comfortable clothes	Valerie Lodge
<b>*Job-coaching projects</b>	From dish washing, dining room set-up, and ranch-hand work loved ones can sign up to help with various job-related tasks.	Comfortable clothes; close-toed shoes	Various locations
<b>*Leadville - Historic mining town</b>	Located at the foot of two of Colorado's highest peaks – Mt. Elbert and Mt. Massive, Leadville is one of America's last remaining authentic mining towns. Self-described as quaint and absolutely original, Leadville has been designated as a National Historic Landmark District.	Warm layers, water-proof outer layer (weather-dependent)	Leadville, CO
<b>Lodge and lawn games</b>	A variety of puzzles and games are offered in the cozy lodge and outside weather-permitting.	Comfortable clothes. Warm layers if playing outside	Valerie Lodge and Lawn
<b>*Mini-Blessings Farm</b>	Healing and inspiring activities with mini horses	Warm layers, hiking boots or a good pair of gym shoes, water-proof outer layer (weather-dependent)	Mini-Blessings Farm
<b>Music class</b>	Music, movement, art, banjo playing with local musicians	Comfortable clothes	Valerie Lodge

<b>*New evening programs</b>	Theme-based nights like "Carnival, movies, and indoor bowling" to name a few!	Comfortable clothes	Locations may vary
<b>Parent/caretaker gatherings</b>	An opportunity for parents and caretakers to commune and collaborate while their loved ones engage in a different activity supported by other chaperones and staff.	Comfortable clothes	Valerie Lodge
<b>Photoshoot</b>	An opportunity for groups and families to have their pictures taken.	Comfortable clothes	Various Locations
<b>*Pickleball</b>	Ping pong, tennis, wiffle ball, badminton all wrapped up in a fun game called "pickleball." Learn what all the buzz is about the fastest growing sport in the US.	Comfortable clothes	TBD
<b>Practitioner talk</b>	A Christian Science practitioner will provide words of love and inspiration.	Comfortable clothes	Valerie Lodge
<b>River walk</b>	Buena Vista is located right on the Arkansas River. Participants will walk along the river and learn about its history.	Warm layers, hiking boots or a good pair of gym shoes, water-proof outer layer (weather-dependent)	South Main
<b>Shopping in BV</b>	Main Street is full of charm and local shops and eateries. Get a warm drink or souvenir to remember your time in beautiful Buena Vista.	Comfortable clothes, warm layers, water-proof outer layer	Main Street
<b>Small group hike/nature walks</b>	Enjoy the beautiful surroundings of the AU Ranches	Warm layers, hiking boots or a good pair of gym shoes - waterproof is best	Various locations around the ranches
<b>Square dancing</b>	Grab your partner and dosee do in this whole-group activity.	Comfortable clothes	Valerie Lodge
<b>Theater Games</b>	What better way to laugh and have fun than with theater games. : ) This activity always brings lots of smiles and fun. : )	Comfortable clothes	Valerie Lodge
<b>*Yoga</b>	Stretch, move, and breathe with local yoga guides. Ahhhhh : )	Comfortable clothes	Valerie Lodge or at local yoga studio
<b>Zumba</b>	Local fitness expert will lead the group in a fun aerobic dance experience.	Comfortable clothes, gym shoes	Valerie Lodge