



RVRN Family Enrichment Program at A/U's 100 Elk Outdoor Center

Activity Descriptions

Activity	Description	What to wear	Activity location
Archery	Have fun with some good ol' fashioned target practice.	Warm layers, water-proof outer layer	Hubbell Field
Arts and crafts	Tune into your creative side and have fun with a variety of arts and crafts projects.	Comfortable clothes	Valerie Lodge
Bible Lesson study	Join adapted Bible Lesson study and discussions every morning.	Comfortable clothes	Valerie Lodge
Bread making	There's nothing like warm, home-made bread and this year you will "loaf" this activity. :)	Comfortable clothes	TBD
Canoeing	Enjoy the views from canoes on Round-Up Lake.	Warm layers, water-proof outer layer	Round-Up Lake
Ceramics	Led by a local artist, choose a project to paint. All projects will 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
Cooking	Join Chef Matthew in a culinary experience. Food made will be incorporated into the meals for the whole group.	Comfortable clothes	Valerie Kitchen
Evening programs	Theme-based nights like "Movie night" and "Karaoke night"!	Comfortable clothes	Locations will vary
Goat Farm	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. The country store will be open if you would like to purchase a wide-variety of products.	Warm layers, water-proof outer layer	Jumpin' Good Goat Dairy
High ropes course	Come play in a high ropes challenge course – led by certified instructors.	Comfortable clothes	South Woods
Horseback riding	Interact with the horses in a therapeutic riding experience.	Jeans, comfortable layers, water-proof outer layer	Corral

Hot springs	Very popular in this mountain region—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	TBD
Indoor "campfire"	Sing, dance, and be joyful around the fireplace.	Comfortable clothes	Valerie Lodge
Leadville—Historic mining town	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	Leadville, CO
Lodge and lawn games	A variety of puzzles and games are offered inside and outside the lodge.	Comfortable clothes – warm layers if playing outside	Valerie Lodge and Lawn
Music and movement	Get ready to move your body while listening to upbeat music.	Comfortable clothes	Valerie Lodge
Parent/caretaker gatherings	An opportunity for parents and caretakers to commune and relax while their loved ones engage in a different activity supported by other chaperones and staff.	Comfortable clothes	Valerie Lodge
Photo booth	An opportunity for groups and families to have their pictures taken.	Comfortable clothes	Various Locations
Pickleball	Ping pong, tennis, wiffle ball, badminton all wrapped up in a fun game called "pickleball." Learn what all the buzz is about with the fastest growing sport in the US.	Comfortable clothes	TBD
Practitioner talk	A Christian Science practitioner will provide words of love and inspiration.	Comfortable clothes	Valerie Lodge
River walk	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	South Main St.
Shopping in BV	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

Small group hike/nature walks	Enjoy the beautiful surroundings of the A/U Ranches.	Warm layers, hiking boots or a good pair of gym shoes – waterproof is best	Various locations around the ranches
Square dancing	Grab your partner and do-si-do in this whole-group activity.	Comfortable clothes	Valerie Lodge
Theater Games	What better way to laugh and have fun than with theater games! :) This activity always brings lots of smiles. :)	Comfortable clothes	Valerie Lodge
Work experience projects	From dishwashing, 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
Yoga	Stretch, move, and breathe. Ahhh :)	Comfortable clothes	TBD