

Retreat Refresh

We hope that you will consider joining us at our 1st Annual Women's Retreat. Space is limited, so register today!

Reflect Reconnect Relax

Directions to Silver Bay YMCA of the Adirondacks 87 Silver Bay Rd. Silver Bay, NY 12874

Silver Bay is 90 minutes from Albany, NY. Take the Adirondack Northway (RT 87) to Exit 24 (Bolton Landing)*, drive east five miles to the road's end at Route 9N. Turn left and drive north approximately 13 miles to Silver Bay. Look for SILVER BAY ASSOCIATION with the YMCA logo sign on the right, two miles past Sabbath Day Point. Turn right onto Silver Bay Road and drive onto the campus. Register at the Silver Bay Inn. The Inn is located on the circular drive just north of the tennis courts. Registration is on the first floor on the South side of the porch. Angle park in the Inn circle while you are checking in. You will be given directions where to unload and park your vehicle.



The Joy of Troy
Seventh-day Adventist Church

Women's Retreat

October 28 to 30, 2011

Journeying
Together
as Sisters



LOCATION & ACCOMODATIONS

Silver Bay YMCA of the Adirondacks

Spruce Mountain Lodge, built as a private hotel in the late 1800's is located on the periphery of Silver Bay campus. The screened in porch looks out to the mountains and the open porch overlooks the lake side. There are 10 rooms (3 to a room). Linens and towels are included.

Visit www.silverbay.org to view pictures.

COST

\$60 and 2-3 vegetarian dishes to share
OR \$80

RETREAT FEATURES

Lakeside Worship
Prayer Walks
Spa Night
Women's Health Workshop
Encouraging, Bible-Based Messages
Hiking (optional)
Boating (optional)

WHAT TO BRING

Comfortable Clothes and Shoes

FOR MORE INFORMATION

Contact Rachel Moody
518-229-4075
rachel.josil@gmail.com



**EXPERIENCE A
PEACEFUL WEEKEND
SURROUNDED BY THE
SPECTACULAR BEAUTY
OF THE ADIRONDACKS
IN AUTUMN.**



**JOIN TOGETHER WITH
SISTERS IN CHRIST
TO ENCOURAGE,
SUPPORT, BEFRIEND
AND PRAY FOR ONE
ANOTHER.**



**Joy of Troy
Seventh-day Adventist Church
Women's Retreat Registration
Friday, October 28 to
Sunday, October 30 2011**

Name _____
Address _____

City _____
State _____ Zip _____
Phone _____
E-mail _____

Cost:

\$60 and 2-3 vegetarian
dishes to share OR \$80

A retreat coordinator from the Joy of
Troy will contact you regarding the meal
items and other retreat details.

**Please make all checks or
money orders
payable to:**

**Joy of Troy SDA Church
Women's Retreat
600 3rd Avenue
Lansingburgh, NY 12182**