**The Covington County Blind and Low Vision Outreach in partnership with the Blue Lake United Methodist Camp will be hosting our 2nd Annual Retreat for blind and low vision adults.** The Blue Lake Camp is located south of Andalusia, Alabama offering over 20,000 acres of piney woods in the Conecuh National Forest.

**The 2011 Extreme Retreat will begin Sunday afternoon September 25 and end Wednesday after lunch,** **September 28**. **Four days, three nights, 9 meals, housing, and programming are included for only $180 per person.** The facility we occupy will hold over 200 guests. Much of the building is hotel style. Each room has 2 beds and a bathroom…no primitive camping!

**This retreat will provide support to enhance lives providing education, recreation, and leisure activities for the visually limited adult of all ages.** Last year’s participants ranged from young twenties to ninety-three! Support people (spouses, friends, and volunteers) had a great time. Many new friendships were formed.

**Outdoor fun and recreation will include**: Afternoons Motorcycle Rides (Riders in the Dark) Fishing Rodeo by Dirk Price-member of the outreach group Blind archery, golf, basketball Swimming in a pool or lake-lifeguards available Canoeing, paddle boats The Summit-A 16 foot waterslide in the lake Roped Nature Hiking Trails Birds , wildlife listening and watching Botany class to identify our trees, shrubs, and flowers Aquacise (exercise in the pool)

**Tentative Agenda: (Some group sessions/topics may be offered in the afternoons)**  **Sunday afternoon,** Sept. 25 - Check in & meet and greet. **Sunday Night** - Country and Western with camp fire, roast hot dogs, marshmallows. Bring your own instruments for live picking’ and grinning. Chapel service **Mornings:** 7:30 Morning devotions (opt) **Breakfast at 8:00am Lunch at noon** Vendors Offering Resources   **Monday: 9-10 am** Art with Mobile Blind artist Ricky Trione

**10-11am** Independent Living Skills-Angela Stough/ADRS and Orientation and Mobility-Suzanne Barfield / ADRS\*

**11-noon** Guide dog Information-Graduate Field Representative with Leader Dogs for the Blind-Wanda Scroggins - Forum on Guide Dogs **Afternoon- Outdoor fun/relaxation**  **Monday night**-comic relief **Tuesday:** **9-10:30 am** Technology Training- Steve Sullivan ADRS\* **10:30-11:00am** Lutheran Blind Missions- Lisa Watts of St. Louis Missouri **11:00-noon** -“Women Who Win”-Motivational speech by Wanda Scroggins **Afternoon- Outdoor fun/relaxation**  **Tuesday night**-Talent Scout Night Games, cards, bingo, dominoes, movie night are options for evening fun! **Wednesday: 9-10 am** “How Do You?”- Group sessions for counseling with the blind, vision loss, and /or their support persons-led by members of the outreach group, including Rachel Taylor and Angela Stough **Concurrent Sessions-10am-noon**- Specifics To Be Announced- Topics tentatively planned are: Coffee Internet and Sports Café Spa Treatments Business and Social Networking (bring resume and contact information) Health Screening-Diabetes Awareness, Blood Pressure, talk with a pharmacist Book Club-National Library Services with FREE books and magazines for the Blind or Low Vision Cooking with Phyllis Murray- Director of Blue Lake Camp –possibly other food, nutrition, and recipe tips **\*ADRS** stands for Alabama Department of Rehabilitation Services  **Wednesday noon-Lunch and Good Bye**

**A Limited number of full scholarships ($180 camp cost) will be available for the blind/visually impaired camper. Support people (spouses, family, friends) costs will be $180.**

**Make Checks to: Blue Lake Camp Attention: Extreme Retreat 2011 8500 Oakwood Lane Andalusia, AL 36420 (334)222-5407** **director@bluelakecamp.com** **Wanda Scroggins (president of Outreach group) may be contacted at: 22986 North Creek Road Florala, AL 36442 phone (334) 428-3335** **wareaglewanda@gmail.com**