



Nov 5-7, 2010
Grove Hall Retreat Center
Ocean Grove, NJ

Bring a friend
Meet a friend
Enjoy our weekend away
at the beach.

Sponsored by
 Presbyterian Women
 in Second Presbyterian Church,
 Carlisle PA

Where will we be?

Grove Hall is a retreat center in the Ocean Grove NJ, about 3.5 hours drive. The ocean is just 2 blocks away.

We will arrange car pools going down, depending when women are available to leave. The first group will leave at 1 PM. The last group will leave when the last woman is available to go, hopefully by 5 or 6 PM.

We have a block of rooms reserved; each room is for 2 women. If you have a friend you prefer to share a room, please let us know. Otherwise rooms will be assigned as we arrive. Also be sure to tell us if you have difficulty with stairs.

We will have meals together, at Grove Hall or at restaurants.

We have a schedule, but you have options at times and can do your own thing anytime.

What will we do?

Our schedule includes

- A tea party the Lilligaard Tea Room
- Wine tasting tour at Cream Ridge Winery
- Book Discussion with Joanne Beard *Milestones for a Spiritual Jihad* by Asra Q. Nomani.
- Spa Party by The Pampered Spirit, at Grove Hall
- Time for worship and prayer, with Jennifer McKenna
- Historic Tour by the Historical Society of Ocean Grove
- Outlet shopping at the Jersey Shore Premium Outlets
- Saturday evening celebration with a chocolate extravaganza and some good times rolling.

What will we do?

Laugh

Devotions

Wine tasting

Good food, including chocolate

Tea in the Afternoon

Spa party

Book study

Kite flying

Bike Riding

History ride

Outlet shopping

Worship

Beach Walking

Sleep in late

Stay up late

Talk

All sorts of good times

To relax or be active

Be with friends or be alone

Be pampered

Share our journeys

Saturday from 4-7 pm we will have a Spa Party.

The Pampered Spirit Salon will come to the retreat building to provide any of the following services. You must indicate on your registration which of these services you would like so that we can make our reservations. Costs for spa services are paid by each individual.

Stress Buster Massage	1/2 hour	\$55
Mini Facial	1/2 hour	\$55
Face, Neck & Scalp Treatment	1/2 hour	\$55
Hand Treatment	1/2 hour	\$55
Foot Treatment	1/2 hour	\$55
Nail Care for Feet	1/2 hour	\$50
Nail Care for Hands	1/2 hour	\$50
Back Neck and Shoulder Massage	8-9 Minutes	\$18
Hand or Foot Massage	8-9 Minutes	\$18
Nail Repaint	15 Minutes	\$30

Call for more information

Lillian Wong 258-3072

Joanne Beard 249-5757

Pat Butler 245-2519

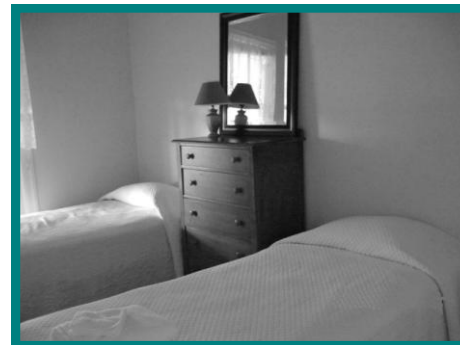
Grove Hall Retreat Center



Dining Room



Bed Room



Registration

Cost for the Weekend in \$150.

This includes a shared room for 2 nights meals, snacks and activities. Not included in the price are Friday evening dinner, gas (to be shared among riders in each car) and Spa treatments.

Please register by September 25, 2011.

Earlier is better—space is limited!

Name

Address

Phone Number

Do you have a preferred roommate? Who?

What time will you be available to leave Carlisle?

Do you want a Spa Treatment? See list.

Which one? Or Two!

Do you want to stop at the outlets on the way home?

Circle one Yes No Maybe

Return this form to

PW Mailbox

Second Presbyterian Church

528 Garland Drive

Carlisle, PA 17013

Please include check for full payment with registration.

Make check payable to

Presbyterian Women in Second Presbyterian Church

Financial Assistance is available.