

SENIORS MIDWEEK RETREAT 2020

March 17 – 20, 2020

October 6 – 9, 2020



Come join in this special opportunity to discover and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day.

This retreat provides seniors with opportunities to reflect on one's relationship with God and discover new insights for your life's journey.

Arrive Tuesday at 3:00 PM and return home Friday after lunch.
(\$250.00 per person, single or double occupancy)

GRAYMOOR SPIRITUAL LIFE CENTER

Route 9, Garrison, NY

845-424-2111

Or register online at:

www.GraymoorCenter.org



*The Graymoor Spiritual Life Center is a ministry of the
Franciscan Friars of the Atonement at Graymoor, Garrison, NY*

SENIORS MIDWEEK RETREAT

The fee includes all content of our retreat, the overnight stays and all meals starting with Tuesday's dinner and ending with lunch on Friday. The Center has vending machines with snacks and beverages but you are welcomed to bring your own and store it in our guest lounge refrigerators. Towels, linens and one pillow per bed are provided and bathrobes are recommended for shower use. Please bring your own alarm clock, any extra pillows and toiletries you may need.

Pre-registration is required as retreats are limited in number of participants. If registering through the mail please verify beforehand that space is still available. The deadline for registration is one week before the retreat. ***A \$75 deposit per person is due at the time of registration and is non-refundable or transferable should you cancel for ANY reason. We appreciate payment in full at the time of registration as it will make the registration process go faster on the day of your arrival, but we do not require it.***

We recommend that you pre-register online by visiting www.graymoorcenter.org. Our website will have the most up to date information on the retreat.

If you are unable to register on our website you can also call us at 845-424-2111.

For the Senior Midweek retreat arrival will be between 2:00 PM – 4:00 PM on Tuesday to complete the registration process in the Spiritual Life Office on the 5th floor. **Please do not arrive early as rooms and staff may not be adequately prepared at earlier times.** The retreat ends after Friday lunch at 12:15 PM. Balances, if any, are due at the time of arrival and can be fulfilled by cash, check or major credit cards. Schedules and room assignments are prepared the day of the retreat and will be supplied upon arrival.

Graymoor is located off US Route 9 in Garrison, NY, five miles north of Peekskill, NY, and 13 miles south of I-84. Use 40 Franciscan Way, Garrison, NY 10524 for GPS assisted driving directions.