ACCOMMODATIONS
The rustic wood cabins each have overhead electric lighting and are furnished with at least one double and one single bed and simple furnishings. Bedding or linens are not provided. Although cabins are not heated, campers stay comfortable even if temperatures drop into the 40’s, as long as plenty of warm clothing and bedding are packed for the trip. A few insulated cabins with better heat retention are available. None of the cabins have running water. Modern lavatory buildings provide showers with plenty of hot water and wall outlets for electric razors and hair dryers. Cabins are 25-100 feet from bathroom facilities.

Camp Sacramento offers amenities including a laundry facility and camp store with limited toiletries, snacks and many common areas for relaxing, socializing and more!

TRANSPORTATION
Campers are responsible for their own transportation to and from camp. Campers planning to go out and explore the surrounding area and all they have to offer are responsible for their own transportation also. In depth information packets will be available with directions, skill ability guidelines, etc. The City of Sacramento does NOT provide any form of transportation once at camp.

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**RATES PER PERSON**

**Total Single Occupancy Rate:** $470

**Total Multiple Occupancy Rate:** $370

Your Arts & Adventure in the Sierras Senior Camp registration fee includes 5 days/4 nights at camp, meals, nature walks and many in-camp activities, social events and all the fresh air you can take in!

“in camp” workshops and social activities are included as part of your registration fees.

There are additional costs for the “Adventure” activity equipment rentals.

REGISTERING FOR CAMP
Contact the 50+ Wellness Program Coordinator @ (916) 808-1593 or email Fiftypluswellness@cityofsacramento.org for details. A $20, per person, non-refundable down payment is required to secure a cabin reservation.

City of Sacramento
50+ Wellness Program
E. Hart Senior Center
915 27th Street
Sacramento, CA 95816
ARTS & ADVENTURE IN THE SIERRAS SENIOR CAMP

Have you ever seen a painting and thought to yourself “I wish I could create something like that.” Ever wondered what it would be like to hike at beautiful Echo Lake? If so, we have the camp for you!

Join us for a week of Arts and Adventure in the Sierras Senior Camp. This is your chance to get away and discover your artistic and adventurous sides. We’re offering workshops to explore different facets of the arts through painting, leather crafts, and more. Group outings are planned to help you explore the great outdoors.

Camp Sacramento is in the Eldorado National Forest along Highway 50, just 18 miles west of Lake Tahoe. At an elevation of 6,500 feet, the tall pines, clear blue sky, and meandering river provide a scenic setting that offers a wonderful way to relax in the mountains.

HIGHLIGHTS

Team Trivia Challenge
Are you up on current events? Sports? Movies? Geography? Let’s put your knowledge to the test. A series of questions, a picture round and a final series of questions. Let’s see which team comes out on top!

Okie Dokie Karaoke
When you’re in the car singing along to your favorite song, you can’t understand why you haven’t been approached for a music contract. Here’s your opportunity to sing in front of a live audience!

Grover Hot Springs State Park
Are you looking for a hidden adventure? Grover Hot Springs State Park is located approx. 40 miles from Camp Sacramento. This state park is located on the east side of the Sierra at the edge of the Great Basin Province, characterized by open pine forest, sagebrush and meadows. The park has a pool complex with a hot pool, swimming pool, hot springs, campground, picnic area and hiking trails. Closed on Wednesdays.

SAMPLE DAILY SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30am</td>
<td>Morning Stretch</td>
</tr>
<tr>
<td>8am</td>
<td>Breakfast</td>
</tr>
<tr>
<td>9am</td>
<td>Echo Lake Hike</td>
</tr>
<tr>
<td>10am</td>
<td>In-Camp Nature Walk</td>
</tr>
<tr>
<td>10:30am</td>
<td>Tye Dye</td>
</tr>
<tr>
<td>11:30am</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>12:30pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:45pm</td>
<td>Archery</td>
</tr>
<tr>
<td>3pm</td>
<td>Watercolor Painting</td>
</tr>
<tr>
<td>4:30pm</td>
<td>Afternoon Stretch</td>
</tr>
<tr>
<td>5:30pm</td>
<td>Dinner</td>
</tr>
<tr>
<td>6:45pm</td>
<td>Let’s go to the movies!</td>
</tr>
</tbody>
</table>

While some campers want to fit in as many activities as possible each day, some come for the simple pleasure of enjoying naps on the patio, reading and visiting in a relaxed setting, playing games or working on independent projects. The point is, you can do as much or as little as you’d like!

HEALTH CONSIDERATIONS

Although Arts & Adventure in the Sierras Senior Camp is not meant to be excessively strenuous, it may be taxing for those with medical limitations. Please be aware that Camp Sacramento has an elevation of 6500 feet and is not recommended for campers with health issues affected by high elevation and uneven terrain. No medical personnel will be on site. If a camper decides to leave camp for any non-emergency reason, he or she will be responsible for making transportation arrangements home.

SPECIAL DIETS

Several options are available for each meal served at Camp Sacramento, including vegetarian. Special diets can also be accommodated, provided we receive the request, at least, 2 weeks prior to camp.

GROVER HOT SPRINGS STATE PARK

While some campers want to fit in as many activities as possible each day, some come for the simple pleasure of enjoying naps on the patio, reading and visiting in a relaxed setting, playing games or working on independent projects. The point is, you can do as much or as little as you’d like!