

# COUPLES' RETREAT

## MARCH 16-18

TUSCARORA INN & CONFERENCE CENTER



*Speaker:*  
Gordon and Gail MacDonald

*Worship:*  
Andrew and Gwen Little



### Theme

Seeking an Uncommon Union

“The only thing that counts is faith expressing itself through love.” Galatians 5:7

### Couples photo opportunity!

Meet on the River Patio between 1:30-2pm on Saturday afternoon for a photo opportunity for two! Pop over when you're done with lunch (check your teeth in the mirror first...)!

### Massage options

Advance sign-up and payment for Swedish massages is required- please contact Michelle Torres of Ashiatsu and Gifted Hands at [aghtherapy@gmail.com](mailto:aghtherapy@gmail.com) or (610) 417-8163.

- 30 minute massage - \$80/couple or \$40/individual
- 60 minute massage - \$140/couple or \$70/individual

All services are provided by licensed massage therapists. A \$25 non-refundable cancellation fee will apply. Space is limited so make your reservations early!

### Afternoon activities

- Fit Together – breathe, share and support one another as you're guided through a series of delightful partner movement exercises. Bring an exercise mat if you have one, if not one will be provided and wear comfortable clothing!
- Pairs Painting – Join the fun as the two of you paint separate canvases and when placed together the canvases match up to create one incredible picture! \$10/couple materials fee
- Walk Through The Woods – enjoy an easy trail walk through the woods and along the Delaware River. View God's creation as you breathe in fresh air on this guided walk. Please wear appropriate footwear!

### Book & Gift and Snack Shop Hours

- Friday Night - Snack Shop and Book and Gift Shop: 9-11:30pm
- Saturday Afternoon - Book and Gift Shop: 12-5pm | Snack Shop: 2-5pm
- Saturday Night - Snack Shop and Book and Gift Shop: 9-11:30pm

### Check-In

Come to the **Registration Office** starting at **4pm!** Then enjoy a buffet dinner at 6:00pm in the Dining Room (must pre-register)

### Special Diets

We'd love to accommodate any medically necessary special diet needs you have!

Please visit

[tuscarora.org/general-info](http://tuscarora.org/general-info) and scroll down to fill out and email a request form prior to your arrival!

### Evening Fun

**-FRIDAY NIGHT-**

Enjoy a date night – come to the Auditorium to watch Darkest Hour at 9:30pm!

**-SATURDAY NIGHT-**

Join us at 9:30pm in the Dining Room coffee house style for fantastic food, and a hilarious trivia game!

### Sign ups

Sign-ups for all activities will be on Friday night before the session in the Auditorium Lobby!