

Cabins are assigned on a first come, first served basis.

Please mark your cabin choice:

<u>Insulated cabin</u>	Singles Flat Fee	\$320
<input type="checkbox"/> I am a city of Sacramento resident OR will be sharing a cabin		\$304
<input type="checkbox"/> I am a city of Sacramento resident AND will be sharing a cabin		\$288
<input type="checkbox"/> if an insulated cabin is not available, I will accept a non-insulated cabin at a lower rate		

<u>NON-insulated cabin</u>	Singles Flat Fee	\$295
<input type="checkbox"/> I am a city of Sacramento resident OR will be sharing a cabin		\$280
<input type="checkbox"/> I am a city of Sacramento resident AND will be sharing a cabin		\$266

Cabin # preferences: _____, _____, _____

Roommate information

I will be rooming with: _____ Please assign me a roommate.

_____ is the name I like to be called.

I will be riding the City of Sacramento's chartered bus to Camp.

ACTIVITIES (SUBJECT TO CHANGE)

Please mark your interest:

Basket weaving Leather work Watercolor
 Nature hikes Line Dancing Digital photography
 Chair Yoga Creative writing Exercise Class

(office use only) Cabin # _____
Date Received: _____

How did you hear about our camp? _____

----- PLEASE CUT ALONG DOTTED LINE -----

TRADITIONAL CAMP ACTIVITIES... Recreation and social activities are planned daily and include: a cider and cheese social, arts and crafts workshops, exercise and fitness classes, hikes, sports, a campfire sing-a-long, a chance to show off at the ever popular Variety Show, and more!

FACILITIES & SERVICES... Camp Sacramento offers many amenities to help you feel at home including a laundry facility and camp store with limited toiletries, camp tees and tasty refreshments.

HEALTH CONSIDERATIONS... Because of the high elevation and somewhat rugged terrain, all participants should give serious thought to their physical limitations prior to registration. Those with serious medical conditions are advised to consult their physician. Camp staff does not include medical personnel. Should a camper decide to leave camp for any non-emergency reason (e.g. minor injury/illness, cold weather, etc.), they will be responsible for making their own arrangements for transportation. No refunds will be given in these situations. In medical emergencies, camp staff will arrange for transportation to a local medical facility. Cost is the responsibility of the camper.



City of Sacramento
50+ Wellness Program
2921 Truxel Road
Sacramento, CA 95833
916 - 808 - 1593



Senior Camp

at
Camp Sacramento

August 31 - September 4,
2009



ABOUT SENIOR CAMP...

Camp Sacramento is nestled in the El Dorado National Forest along Highway 50 only 18 miles from 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. The week before Labor Day has been designated "Senior Week" and is a time when adults 50+ are invited to come spend a fun, inexpensive vacation in the tranquil beauty of the Sierras.

Your Senior Camp registration fee includes five days and four nights at camp, all meals, the entire week's in-camp programs, most workshops, and round trip transportation from Sacramento by chartered bus.

Mail in the attached application with a \$20/person (\$40/couple) **non-refundable deposit** and you're on your way to a fun-filled week in the beautiful Sierras! Deposits will only be refunded if you are placed on waiting list and we are not able to accommodate you.

ACCOMMODATIONS... Choose from 64 rustic cabins that are lighted electrically and furnished with double and/or single beds and simple furnishings. No bedding or linen is 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 small number of insulated cabins are available on a first come, first served basis. Insulated cabins are numbers 26-30 and 58-66.

Only insulated cabins have AC outlets. No cabins have running water. Modern lavatory buildings provide showers with plenty of hot water and electrical outlets. Cabins are typically 25-100 feet from bathroom facilities.* There are a limited number of wheelchair accessible cabins available. Accessible cabins are numbers 1, 2, 3, 9H, 64, 65, and 66.

**Maps available upon request.*

RATES PER PERSON...

Resident discount for CITY residents only (determined by address)

Insulated Cabins:

Singles rate	\$320
With resident discount	\$304
With multiple occupancy	\$304
Resident + Multiple occ	\$288

Non-Insulated Cabins:

Singles rate	\$295
With resident discount	\$280
With multiple occupancy	\$280
Resident + Multiple occ	\$266

** Scholarships available upon request for City residents. One use per person/per lifetime.*

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SENIOR CAMP APPLICATION

Complete both sides of application and return with deposit. Mail or drop off application: 50+ Wellness, 2921 Truxel Rd, Sacramento, 95833. A \$20/person **NONREFUNDABLE deposit** is required with application form. Final payment deadline is August 14, 2009. **Make checks payable to City of Sacramento.** If you cannot attend camp, all payments are refundable **except deposit** if cancellation is made PRIOR to final payment deadline. All funds are non-transferable. Couples may submit one application. Roommates must each fill out a separate registration form.

Name(s) _____ Phone: _____

Address _____ City _____ Zip _____

Email address: _____

I agree to indemnify and hold the City of Sacramento and its contractors harmless from and against any and all liability for an injury which may be suffered by the participant during participation in this program. I authorize the City of Sacramento to use photos taken while at Camp for advertising and promotional purposes.

Signature _____ Birthdate: ____/____/____ Date _____

Signature-spouse/partner _____ Birthdate: ____/____/____ Date _____

Payment method for \$20 per person deposit:

Check or Money Order (made to City of Sacramento)

Visa # _____ Exp. Date _____

Authorized signature _____

Mastercard # _____ Exp. Date _____

Authorized signature _____

DEPOSITS ARE NON-TRANSFERRABLE AND NON-REFUNDABLE.