NEVER STOP
EXPLORING, GROWING
AND LEARNING
ADULT PROGRAMS AT YMCA TROUT LODGE

YMCA Trout Lodge is a year-round destination for adventure located only 90 minutes south of St. Louis, MO, with modern hotel amenities nestled among 5,200 acres of picturesque, forest-covered hills and a sparkling 360-acre private lake. With many attractions nearby, including parks, caves, winery and more - there is something for everyone.

Enjoy three to seven day adult programs, each with a wide range of activities designed specifically for active older adults. Rates are all-inclusive with lodging, three buffet meals per day, and scheduled activities. Whichever program you choose, take in the fresh country air and gorgeous scenery - and never stop exploring, growing and learning.

BRIDGE BREAK
TROUT LODGE PROGRAM
This 3-day program is the perfect getaway for spending time with others who love the game of bridge as much as you do. Designed for players familiar with bridge up to an intermediate level. We can now offer sanctioned games.
Activity Level: Easy
March 17-19, 2020
September 8-10, 2020

CAMP ROAD SCHOLAR
ROAD SCHOLAR PROGRAM
AT TROUT LODGE
(#22776RJ)
Choose your own adventure during this week long program at Trout Lodge. Here, everyone can be a kid again - no matter what your age. Make new friends at a campfire, and surround yourself in the nostalgia and excitement that only summer camp can bring. Learn archery or kayaking on the lake. Try zip lining, climbing tower, arts & crafts and much more.
Activity level: Active
May 31-June 5, 2020
August 16-21, 2020

HIKING, CANOEING & AN AMAZING UNDERGROUND ADVENTURE IN THE OZARKS
ROAD SCHOLAR PROGRAM
AT TROUT LODGE
(#20269AU)
Trout Lodge is an outdoor enthusiast’s paradise. Experience the nature and history of the area on a hike, by canoe or on horseback. Try your hand at archery and riflery, visit our own mud cave, enjoy a local winery, explore the wonders of Onondoga Cave, and much more.
Activity Level: Active
July 5-10, 2020
July 26-31, 2020
August 23-28, 2020

HORSEMANSHIP: BASICS & BEYOND
ROAD SCHOLAR PROGRAM
AT TROUT LODGE
(#23158AU)
This equestrian program includes groundwork, arena lessons, trail rides and different riding styles. Groom, saddle and care for your horse for the week. Enjoy cowboy-style Dutch oven meals and a wagon ride - where the horses join you out in the pasture!
Activity Level: Active
March 29-April 3, 2020
April 5-10, 2020
April 26-May 1, 2020
May 3-8, 2020
October 25-30, 2020
November 1-6, 2020
HORSES & CANOES: SUMMER CAMP IN THE OZARKS WITH YOUR FAMILY
ROAD SCHOLAR PROGRAM AT TROUT LODGE (#22180AU)
You and your family will grow even closer while you participate in summer camp activities. Learn about rocks and minerals and then take a trip to Elephant Rocks State Park – home of some of the world’s largest granite boulders. Enjoy a campfire with s’mores, arena horseback riding lessons, followed by a trail ride and much, much more.
**Activity Level:** Active
**June 7-12, 2020**
**July 19-24, 2020**

HORSES & CANOES: SUMMER CAMP IN THE OZARKS WITH YOUR GRANDCHILD
ROAD SCHOLAR PROGRAM AT TROUT LODGE (#14633AU)
You and your grandchild will grow even closer while you participate in summer camp activities. Learn about rocks and minerals and then take a trip to Elephant Rocks State Park – home of some of the world’s largest granite boulders. Enjoy a campfire with s’mores, arena horseback riding lessons, followed by a trail ride and much, much more.
**Activity Level:** Active
**May 31-June 5, 2020**
**June 14-19, 2020**
**July 12-17, 2020**
**August 9-14, 2020**

MEDITATION & MOVEMENT – WELLNESS AND HEALING IN THE OZARKS
ROAD SCHOLAR PROGRAM AT TROUT LODGE (#23159AU)
Join us in the Eastern Ozarks for a week of food for the spirit. Guided imagery, yoga, self-care techniques rooted in both ancient and modern traditions, plus much more! Awaken your power within and find peace with like-minded new friends.
**Activity Level:** Easy to Moderate
**April 19-24, 2020**
**May 10-15, 2020**
**August 30-Sept. 4, 2020**
**October 11-16, 2020**

OUTDOOR WOMEN’S WELLNESS WEEKEND
TROUT LODGE PROGRAM
Choose your own activity level with an amazing outdoor weekend that includes fall themed arts & crafts, yoga, ziplining, riflery, belly dancing and more that YOU get to choose. Bring a friend, a sister, an adult daughter or meet new friends! Extra fee activities available.
**Activity level:** Easy to Active
**November 13-15, 2020**

PALETTE OF THE OZARKS
ROAD SCHOLAR PROGRAM AT TROUT LODGE (#21648AU)
Find your inner artist in the pristine landscapes of the Ozarks! Enjoy learning basic and advanced techniques in watercolor painting. Learn sketching and perspectives. Travel to local sites to be inspired by regional beauty.
**Activity Level:** Easy to Active
**Feb. 28-March 1, 2020**

SPRINGTIME IN THE OZARKS
ROAD SCHOLAR PROGRAM AT TROUT LODGE (#1625AU)
Springtime in the Ozarks is an exhilarating adventure – a time to awaken the senses to sounds, smells and beautiful scenery. Discover and learn about the region’s tranquil beauty, rich biodiversity and clear streams as local experts lead you in the splendid highlands of the Eastern Ozarks. For you amateur birders – bring your binoculars and enjoy the sites during peak migration season with our expert from the St. Louis Audubon Society.
**Activity Level:** Active
**April 5-10, 2020**
**May 17-22, 2020**

WOMEN’S WELLNESS WEEKEND
TROUT LODGE PROGRAM
Women, when was the last time you did something for yourself? Grab the girls and enjoy a weekend of enlightening, educational, recreational and inspirational classes YOU get to choose. Do crafts, get active, climb a tower, ride a horse, get a massage, learn something new – over 60 classes available during this fun-filled weekend. Also join in on group activities and live music; visit vendor booths and much more. Extra fee activities available.
**Activity Level:** Easy to Active
**Feb. 28-March 1, 2020**
LUNCH & LEISURE DAY PROGRAM
TROUT LODGE PROGRAM

Looking for an amazing adventure just for the day? We’ve got you covered! A lunch & leisure day program is the perfect fit for your group. Design your day based on the wants and abilities of your particular group. Includes activities & lunch. **Activity Level: Easy to Active**

To register for these programs, call 888-386-9622 ext. 223, or email tladultprograms@gwrymca.org.

For more information on adult programs at Trout Lodge, visit us online at www.troutlodge.org.