



**TOPS Retreat General Guidelines**  
Please save for future reference to help you in your plans to join us

<b>Site:</b>	<b>Twin Rocks Friends Camp &amp; Conf. Center</b>
<b>Location:</b>	<b>18705 Hwy 101 N., Rockaway Beach, OR 97136</b>
<b>Dates:</b>	October 23-28, 2022 (Sunday-Friday)
<b>Website:</b>	<a href="http://www.twinrocks.org/">http://www.twinrocks.org/</a>

Capacity for this retreat is 61 adults (18 years and older), female and male members

**\$454.00 (U.S. Funds) payable to TOPS Club, Inc. by Money Order or Check**

If you must cancel your reservation, contact US Registrar, Laurie Blada immediately at  
TOPS Club, Inc., P.O. Box 070360, Milwaukee, WI 53207-0360 **(414) 482-4620, ext 13**

Also, if you violate TOPS Retreat Rules by failing to bring a caregiver when needed or bringing your own food without permission, your participation in the retreat will be ended and you must leave the retreat.

If on **special diets** or if you have **food allergies**, contact your health care provider and Retreat Director before retreat to be certain that this experience will be possible for you. **Food substitutions are very limited. Vegan eating plans cannot be accommodated.** Please do not bring food or drinks to retreat unless cleared with Retreat Director.

**Must be able to walk a significant distance between the cabins, meeting, or dining rooms**

**Must be able to navigate steps, paved, or sidewalk areas throughout the grounds**

- Bring casual, comfortable shoes and clothing. No swimming is allowed.
- Bring your personal care items and medication.
- No alcoholic beverages are allowed at this site.
- Non-smoking buildings. Smoking outside of buildings in designated areas only.
- Bedding and towels are furnished with one towel change.
- Topics that may be controversial are not used as subject matter.
- TOPS Rules and chapter situations are not subjects of discussion.
- Confidential matters are respected and treated as such.
- Please remain at the site except for emergencies while keeping outside contact to a minimum.
- Room arrangements for couples (if requested) will be in one room with a queen bed.
- Singles will share a cabin with a private bath and two separate beds.
- Closest airport is Portland (if you need a ride please indicate this on your registration form).
- Lodging will be in the Pacific Woods Lodge and the Cabins in the Pines.

The purpose of a retreat is **not** quick weight loss.

A 1,500 -1,800 calorie daily menu divided into three meals should satisfy and aid your progress toward your goals. Nutritional information is from "**Real Life: The Hands-on Pounds-off Guide**". We center on improving eating habits, increasing physical activity and increasing positive attitude while making new friends. Sessions target a variety of topics including nutrition information, self-esteem, and goal setting.

**Retreat focuses on helping each other take and keep off pounds sensibly.**

**Retreat Director for this retreat is: Cynthia Mack**  
**Phone: (306) 586-2709**  
**Email: [cymack@myaccess.ca](mailto:cymack@myaccess.ca)**

**Please add this email address to your address book  
in order to be certain you receive email from the Retreat Director.**

**Emergency contact for Twin Rocks Friends Camp – Tiffany at (503) 355-2284**