



easterseals
Central Illinois



2024



FAMILY RETREAT INFO GUIDE

WELCOME!

At the onset of the COVID-19 pandemic, Timber Pointe designed a new program, Family Retreats, to serve the community and our families in a unique way. This program has grown to be one of our most beloved offerings at camp, and the deep love and connection we have witnessed throughout our many Family Retreats has been both inspirational and transformational. Community has been created and strengthened not only within families, but with other families who just simply “get it.”

We know planning a family getaway can be daunting. You question: where to go? Will it be safe? Will my child with a disability be excluded from activities? What will we eat? What will we do? Look no further, those questions are answered here!

Each Timber Pointe activity is specifically designed to provide your family the opportunity to experience new things in an inclusive and barrier-free environment. We understand success looks different for everyone, and that is why it is our mission to make every camper feel 100% included, and 100% empowered.

This info guide outlines what you can expect leading up to your visit, as well as when you arrive. Please use this information as a reference guide in preparing for your family to attend Timber Pointe Outdoor Center. By familiarizing yourself with various topics, we hope to better prepare you for your visit. If you have further questions, please don't hesitate to ask!

Happy Camping!

TIMBER POINTE OUTDOOR CENTER



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LODGING

Your cabin will be climate controlled and has a campfire circle, a small seating/gathering area, and beds (bunked and single). A mini fridge and board games can be provided upon request. We've included a few photos of cabins throughout the info guide, but each cabin has a unique design and layout that can sleep families of various sizes and needs, so no two cabins look the same!

Your family will also have a designated bathroom to utilize, which will either be attached to the cabin or a short distance away in a bath house. We do ask that your family only use your assigned bathroom.



WIFI:

TPOC has Wifi in certain buildings (no cabins). Please let us know if you need access to one of these locations for remote work, etc.



DINING

MEAL HOURS:

Breakfast: 8:00–9:00 AM

Lunch: 12:00–1:00 PM

Dinner: 6:00–7:00 PM

MEAL PROCEDURES:

We typically provide continental breakfasts and catered/ordered in meals for lunch and dinners. Meals are served "buffet" style from our Main Lodge. At mealtime, bring your family (or just one representative) to the serving area. You may either eat at the Main Lodge, bring your meals back to your cabin, or find a spot to picnic elsewhere!

Any food allergies or dietary restrictions listed on your Camper Information Forms will be taken into account.

ACTIVITIES

With 170 acres, there's so much room for activities! Timber Pointe has more adventures in store than ever before and choosing can be difficult. An overview of all our activities can be found on the following page. Before you go there here are some things you should know:

- At no time should anyone under the age of 18 be left unattended or roam the grounds freely. Adult supervision is required at all times.
- All activities are adaptive and can be modified to suit an individual's needs and abilities.
- The schedule and activity list within this version of the Info Guide is subject to change. A final version and sign-up form will be sent closer to your stay.
- Activities offered depend on weather and staffing.



CHILDCARE/RESPITE CARE:

We are committed to serving your family and want to provide opportunities for caregivers to spend time alone, rest, complete tasks, etc. That is why we offer opportunities during Family Retreats to "opt-in" for childcare/respice care (*dependent on staffing). You get to choose how to use this time. It's all yours!

At the designated childcare/respice care start time, a staff member will come by your cabin to pick up your child(ren). At this time, please talk to them about any medical or behavioral information they should know when working with your child(ren). If this time occurs during a mealtime, the camp staff member will pick up your child(ren)'s boxed meal during their time together.



FREE CHOICE ACTIVITY SIGN-UPS:

There will be Activity Blocks during your stay. Many activities require sign-up ahead of your arrival so that we can ensure adequate staffing and supplies (see later pages for detailed activity info). A sign-up will be sent out closer to your stay, and while there are enough blocks for all families to enjoy the activities most important to them, specific time slots will fill in the order people sign up.

ARRIVAL NIGHT (Friday)

6:00 -7:30	Check-In & Dinner	
PM 7:30-9:00	📺 Movie on the Lawn	*Optional Childcare/Respite
PM	Night Treat (Sno Cones)	
9:00 PM		

FIRST DAY (Saturday)

8:00-9:00 AM	Breakfast	
9:30-10:30 AM	Activity Block 1	
10:45-11:45 AM	Activity Block 2	
12:00-1:00 PM	Lunch	
1:30-3:00 PM	Kids' Craft/Parents' Craft	*Optional childcare/Respite
3:30-4:30 PM	Activity Block 3	
4:45-5:45 PM	Activity Block 4	
6:00-7:00 PM	Dinner	
7:15-8:30PM	Family Game Night!!	
8:45 PM	Campfire & S'mores	

SECOND DAY (Sunday)

8:00-9:00 AM	Breakfast	
9:30-10:30 AM	Activity Block 5	
10:30-11:00 AM	Pack-Up!	
11:00 AM	Check-Out	

POTENTIAL FREE CHOICE ACTIVITIES: Require sign up ahead of arrival (see locations on map)

Activity	Description	Hours	Location	Age	Notes
Archery	Channel your inner Robin Hood! Various types and sizes of bows, as well as adaptive equipment, provided to shoot at targets.	Activity Blocks 1 & 2	Archery Range	3+	To participate you must follow all safety instructions given by the instructor. No prior experience necessary!
Goats!	Visit with our three Nigerian Dwarf/Pygmy goats, Magnolia, Hazel and Pearl!	Activity Blocks 1 & 5	Horse Stables	All ages!	To participate you must follow all safety instructions given by Timber Pointe staff.
Zip Line/ Rock Wall	Take your stay to new heights! Make your way up either our vertical or slant wall, and/or zoom down our 300 foot zip line! An adaptive harness makes this activity accessible for all!	Activity Blocks 1 & 2	High Ropes Area	Depends on size of child, but typically 5+	Facilitated by certified staff, participants will be clipped into harnesses and belayed up the climbing wall to the course or zip line. All participants must wear closed-toed shoes . Helmets and harnesses provided.
Giant Swing	Get the best view of Lake Bloomington as you swing out over it on our adaptive Giant Swing! This activity is "Challenge by Choice," meaning participants choose the height they are comfortable swinging from.	Activity Blocks 3, 4, & 5	Team Course area	Depends on size of child, but typically 5+	To participate you must follow all safety instructions given by staff. Participants will wear harnesses and be clipped onto the Giant Swing, then pulled up by the "pull team" until participant says their safe word. All participants must wear closed-toed shoes . Helmets and harnesses provided.
Waterfront Vessels	Choose between canoeing, kayaking, or pedal boating! Our boat lift makes waterfront accessible for individuals or all mobility levels!	Activity Blocks 1, 2, 3 & 5	Waterfront	All ages (various sizes of lifejackets available)	All participants MUST wear life jacket. Swimming in lake not allowed. Please abide by passenger and weight limits detailed on vessels.
Arts & Crafts	Get creative with camp crafts and make a keepsake to take home with you!	1:30-:3:00pm on Saturday	Kemp Hall	All ages!	Art projects range in skill level so that all ages and abilities can create something special!
Wagon Ride	See all of camp while being pulled on our wagon by a tractor! Wagon has ramp to accommodate those with mobility aids.	Activity Blocks 3 & 4	Starts outside Main Lodge	All ages!	Capacity limits apply. Tractor will be driven by a Timber Pointe staff member. No standing while wagon is in motion. Please keep all hands/arms, etc. inside wagon at all times!
Family Cooking	Prepare delicious treats at camp! Examples include homemade ice cream, homemade bread & butter, campfire pudgy pies, soft pretzels, popcorn balls, etc.! Yummy in your tummy!	Activity Blocks 3 & 4	Main Lodge	All ages!	Please follow staff instructions to ensure best experience! Masks, spacing, etc. may be required/recommended depending on COVID guidelines. Vegan/dairy-free versions available (please note when signing-up)!

POTENTIAL SCHEDULED ACTIVITIES: Optional but extra special fun programmed at specific times!

Activity	Description	Hours	Location	Age	Notes
Movie Night	Grab a blanket and cozy up on the lawn for a featured film under the stars! *If poor weather, movie will be held inside Lodge	7:30-9:00 PM on Friday	Behind Main Lodge	All ages!	Movie will be rated G or PG and announced via Remind (text message). If opting in for childcare during this time, a staff member will come by your cabin to pick up your kiddos and take them to the movie.
Optional Childcare/ Respite Care	Get some well-deserved respite while one of our trained and compassionate staff members hangs with your kiddos!	TBD	A Camp Host will come by your cabin to pick up your kiddos!	All ages!	Please talk with the staff member who will be supervising your children about any specific medical or behavioral information they should know!
Adult Craft	Enjoy an adult-oriented craft (specific activity TBD) and have your own fun doing something you enjoy!	1:30-3:00 PM on Saturday	Main Lodge	18+	To attend Adult Craft, children must be supervised via the optional childcare provided by Timber Pointe or by another family member over the age of 18
Night Treat	Night #1: Sno Cones	9:00 PM Friday Night	Swing by the Main Lodge to pick up your treat!	All ages!	Pick from a variety of yummy sno cone flavors!
Family Game Night	Bond with your fam while playing fun and silly games amongst other families!	TBD	Main Lodge	All ages!	One family member should be prepared to get a bit messy (dressed in clothing they don't mind getting potentially stained/ruined). A staff member will be happy to stand in for this role if this isn't an option for your family.
Campfire & S'mores	Join us around the campfire circle for some campfire songs & s'mores!	TBD	Stern Field	All ages!	Dairy-free chocolate available for s'mores!

LEISURE ACTIVITIES: No sign up required

Activity	Description	Hours	Location	Age	Notes
Nature Hike	Explore our beautiful trails at your own leisure!	Any time!	Majority of trails start by Horse Stables	All ages!	Text Remind to get pointers on trails, or to pick up scavenger hunt sheets and magnifying glasses!
Beach/ Sandcastles	Build epic sandcastles in our sandy square beach area!	7:30 AM-Dusk	Waterfront	All ages!	All sorts of digging tools, buckets, and sand toys available!

Activity	Description	Hours	Location	Age	Notes
Fishing	Cast a line and wait for a bite! Common species in Lake Bloomington include bluegill, catfish, walleye, largemouth & smallmouth bass, northern pike, and crappie	If using TPOC equipment: 8:00 AM- Dusk If using own equipment: Any time	Waterfront	2+	Life jackets required only if fishing outside of wired portion of dock. Adult and child-sized poles available at boat house. Please message Remind for poles if outside of a "Waterfront" Free Choice Block.
Field Games	Set up a round of disc golf, play a family game of corn hole, perfect your football spiral... options abound and space is limitless!	Available 7:30 AM onwards.	Stern Field	All ages!	Message Remind to check-out a wide variety of field game equipment (soccer ball/net, football, hula hoops, disc golf nets and discs, cornhole sets, cones, bocce ball set, parachute, giant Jenga, giant Speed Stack cups, and more)!
Sport Court	Shoot some hoops on the sports court!	Available 7:30 AM onwards	Sports Court	All ages!	Message Remind to check-out sports court equipment (basketballs, scooter, playground ball, etc.)



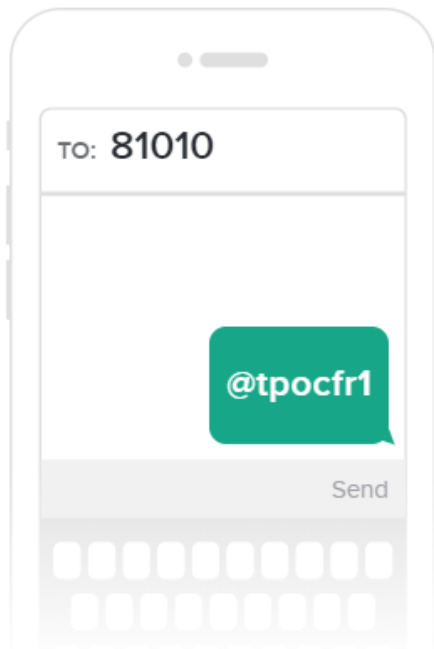
COMMUNICATION

"REMIND" TEXT MESSAGING:

We use the system "Remind" to quickly and easily communicate with you before and during your stay. You don't need to download any app, it functions as texts on your phone's regular text messaging. You can use this to communicate delayed arrival, family members leaving the site, to ask questions, etc.! If we have any important announcements regarding your Family Retreat, we'll send them out via text!

IMPORTANT INFO TO GET YOU STARTED...

You will text a code (this is a sample guide, your code will be provided in information sent closer to your stay), to the number 81010. Reply to any prompts the system sends you to get you started, and then you'll be all set! Be sure to include the @ sign, this is the most common mistake.



EMERGENCIES

WEATHER EMERGENCIES:

Timber Pointe staff monitors the weather for any possible problems. If there is lightning in the immediate area, activities will close and all families will be notified via text message. In the case of a tornado, all individuals on-site will be notified and will proceed to the basement of the Main Lodge for shelter. Please wear your mask; physical distancing may not be possible.

MEDICAL EMERGENCIES:

Timber Pointe does not provide a nurse during Family Retreats. We do have staff members trained in CPR and basic first aid, but recommend contacting 9-1-1 or a local facility for medical assistance, especially in the case of an emergency.

ARRIVAL & DEPARTURE

COOPERATION REQUESTED - Stay safe at camp!

No alcohol or drugs allowed on grounds. Only service animals are permitted. We ask that you honor a **10:00 pm** "Quiet Time," keeping voices, instruments, music, etc. below average volume after 10 pm. Swimming in the lake is prohibited. Please help us keep camp beautiful and critters at bay by disposing of all trash in garbage cans. Thank you!

CHECK-IN:

Check-in will begin at 6:00 pm. A gate code will be provided prior to your arrival, which you can use any time throughout your stay. The gate automatically opens inward when you exit the property, so avoid pulling up too close!

Upon entering the gate, please park at our front office (very first building on the right), and text us via Remind if there are no staff members present. Someone will lead you via golf cart from there to your cabin. You will unload your family's belongings at your cabin, and then will be directed to park your vehicles at the Main Lodge.



SPEED LIMIT: 10 mph at all times on camp property

Please observe the 10 mph speed limit to keep all children and family members on-site safe.



CHECK-OUT:

Please check-out no later than 11:00 am on the day of your scheduled departure. If at any time someone from your party leaves the property, text us via Remind to notify us of their departure.

A suggested cleaning checklist will be provided in your cabin. We are always grateful for any assistance you may be able to provide in cleaning before you leave.

PACKING

WHAT TO BRING:

- Bedding (twin size)
- Towels
- Toiletries
- Shower shoes
- Personal care items (catheters, diapers/pull-ups, wipes, feeding pumps, etc.)
- Sunscreen
- Bug spray
- Water bottle
- Closed toed shoes
- Comfortable, weather appropriate attire
- Camera, if desired
- Personal medications
- Any snacks/drinks desired
- Optional (Timber Pointe has but you may like your own)
 - Personal fishing gear
 - Lawn chairs
 - Cookware (if bringing food)
 - Cooler
 - Traditional camping gear



WHAT NOT TO BRING:

- Drugs or alcohol of any kind
- Weapons
- Pets (service animals permitted upon approval)

Timber Pointe Outdoor Center and its' employees are **NOT** responsible or liable for any lost, stolen, or damaged items.