



ONWARD & UPWARD

SENIOR ADULT RETREAT

BAMBI LAKE CONFERENCE CENTER, Roscommon, MI
Thursday-Saturday May 28-30, 2026

Scripture Focus: *Philippians 3:14...I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

Program Elements: Heartfelt worship, workshops targeted to senior adults, social interaction, rest & relaxation

Workshop Topics:

- Reducing Stress for Senior Adults
- Slip & Fall Prevention
- Caring for the Caregiver
- My Prayer Life for All My Life
- AI for Senior Adults
- Disaster Preparedness
- Scams & Frauds
- And more...

Cost: \$149 per person for 2 nights/5 meals (multiple lodging options)

To Register: Go to <http://www.bambilake.org>

Special Guests:



Larry Allen:
Bible teacher, comedian & author of *An Unexpected Journey*

Senior Adult Ministry Team
from the North Carolina
Baptist Convention



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