

This Mama is a Happy Camper

Wonderland Camp Retreat
for moms who have children with disabilities



Friday, November 30th - Sunday, December 2nd, 2018

at Wonderland Camp
18591 Miller Circle, Rocky Mount, MO

Who's invited:

Special Moms! It doesn't matter if your child is young or old, lives with you or not, or has passed away.

What to expect:

Let the Fun begin! This weekend is a getaway filled with fun, laughter, new friends and relaxation. We want to pamper YOU!

Wonderland Camp is the perfect escape. Take on traditional camp activities like archery, ropes elements or nature paths; try an activity like jewelry making; let loose singing karaoke with new friends; relax the weekend away practicing yoga, meditation, or enjoying wine and cheese by the fire; or try them all. There will be all sorts of activities to choose from along with the opportunity to share empathy with moms who understand.

All reservations include activities and chef-prepared meals on Saturday and Sunday!

Our Wonderful Sponsors

Tentative Agenda

Friday, November 30th

Check in between 5:00 pm and 7:00 pm

Get settled in your cabin

Tour the camp

Grab a discounted dinner a mile away at The Traffic Jam if desired

Make s'mores by the fire and meet others who have arrived

7:00 pm: Welcome Ceremony

7:30 pm – 10:00pm: Enjoy wine and cheese; a fun fashion show and giveaways from Bella Boutique of Eldon, MO; and guitar and vocal music while talking with new friends and relaxing by the fire.

Saturday, December 1st

7:00 am: Yoga in the chapel led by Jennifer Newman, R.N., Director of Lake Regional Health System's Cardiovascular Service Line

7:00 – 9:00 am: Continental breakfast in Miller Hall

9:00 am-12:00 noon: Try out the ropes elements (weather permitting): rock climbing wall, giant swing, Burma Bridge;

Take a walk on the Lakeside Trail down at the camp waterfront; Get to know other moms around the fire; Learn and participate in meditation in the chapel (2 sessions available) led by meditation specialist Jan Stapleton, R.N., Certified Life Coach of Real Steps Life Coaching in St. Louis; Learn more about the camp and the programs it offers

12:00 – 1:00 pm: Lunch prepared by Chef Rodney Bachtel of The Regalia of Osage Beach

1:00 pm – 2:00 pm: Martini recipes and tasting provided by Lucy's Martini Bar, Lake Ozark, MO

2:00 pm-5:30 pm: Various activities: feel free to peruse several or focus on one

Metal stamping pendants, sponsored by Lake Regional Health System – Miller Hall; Beaded jewelry making, sponsored by Central Bank of Eldon – Miller Hall; Cocktails by the fire, talk with moms, take a walk

5:30 pm – 6:30 pm: Chef Steve Walters will prepare your evening meal. Sponsored by The Traffic Jam Pub and Grub, Rocky Mount, MO

6:30 pm: Paint a wine glass led by local craft expert, Jo Fogarty

8:00 pm – 10:00 pm: Karaoke brought to you by the experts from The Traffic Jam Pub and Grub, Rocky Mount, MO

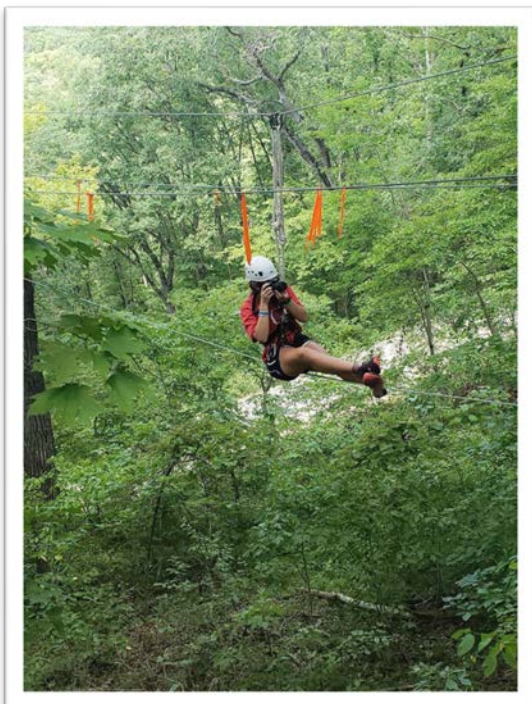
Sunday, December 2nd

7:00 am: Yoga in the chapel led by Jennifer Newman

7:00 am – 10:00 am: Breakfast sponsored by Joe Jung of Jolly Rogers Grub n Grog, Rocky Mount, MO

10:00 am: Closing Ceremony led by Jan Stapleton

10:00 am – 11:30 am: Relax on the grounds and depart



*Activities and agenda may change without notice based on weather and other circumstances.