

# This Mama is a Happy Camper

Wonderland Camp Retreat  
for moms who have children with disabilities



Friday, October 4 at 2:00p.m. - Sunday, October 6, 2019 at 11:30a.m.

at Wonderland Camp  
18591 Miller Circle, Rocky Mount, MO

## Who's invited

Special moms of children who have disabilities or chronic conditions. It doesn't matter if your child is young or old, lives with you or not, or has passed away. We'd love to have you at this retreat.

## 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 a new art activity; 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 specially prepared meals! Arrive any time beginning at 2:00 on Friday and stay until after breakfast on Sunday. Time just for you!

## Accommodations

Wonderland Camp is a camp. Our cabins are clean and basic. All cabins have multiple showers and bathroom stalls. Each has either a curtain or door for privacy. Each cabin will sleep 8 mamas on the bottom bunk of bunk beds. Bed linens and pillows are supplied. Of course you may bring your own special pillow and blanket from home if you would like. Be sure to bring your own washcloth and towel, too.

You will receive dinner Friday night and a large continental breakfast on Saturday. Different chefs from the lake area will prepare lunch and dinner on Saturday and breakfast on Sunday. Your meals will be so scrumptious, you might forget you're sitting with friends in the camp dining hall.

The total cost is only \$150 for the entire weekend, including all meals and activities. You can register alone or with friends.

### Other Accommodation Options

For \$175 per person you may choose to reserve our nurses' quarters (1 room with two twin beds, 1 room with bunk beds, a common family room and en suite bathroom).

For \$200 per person you may choose one of our two private suites each of which sleeps two its own bathroom

**SOLD**



## What You Should Bring

- Casual layered clothing – you never know what the weather will bring.
- Closed toed shoes – this is required if you want to climb the rock wall, cross the Burma bridge, or soar in the giant swing.
- Toiletries, washcloth and bath towel, and anything else you would like in the cabins such as your own pillow and blankets.
- Your camera and pictures of your children.
- Your preferred adult beverages or any other special food or drinks. (Coffee, hot and iced tea, ice, and water will be available at all times.)
- Yoga mat (We will have 15 – 20 to use for those who do not have their own).
- If you bring your cell phone, please note: Our best cell service in this area is AT&T. There is no internet available. We do have a landline for emergencies your family can use to contact you if your cell service does not work at the camp.

## How to Reserve Your Spot for Our Retreat

Are you ready to sign up? Please call Wonderland Camp at 573-392-1000 beginning February 1 and any business day after that until 4:00p.m. Just say you'd like to register for the Mama's Weekend.

### Have on Hand When You Call

- Your name, phone number, email address
- Your choice of accommodations and the names of anyone you want to room with
- Your t-shirt size if you'd like to purchase one (available by phone only until August 15; limited number will be available at camp)
- Your credit card if you'd like to pay by phone; otherwise, mail a check made out to Wonderland Camp to 18591 Miller Circle, Rocky Mount, MO 65072 right after you call. Please know that your registration will not be confirmed or finalized until the check is received.



You may register yourself and any roommates if you wish. You'll need their names, phone numbers, email addresses, and t-shirt sizes to do so. We will pencil in their spots until payment is received for them. If we sell out before they pay, they will lose their spots.

You will receive an email once you have successfully completed your reservation and payment is confirmed. Please keep the confirmation email and bring it with you to the retreat. Accommodations will be assigned on a first come/first served basis. We will do our best to meet your accommodations request; if we can't, we will be in touch to ask you to make a different choice.

If you have questions, please call us at 573-392-1000 or email us at [info@wonderlandcamp.org](mailto:info@wonderlandcamp.org). Continue reading to find out about our sponsors and the weekend's agenda.

**Cancellation Policy:** By September 20, 100% refund.  
September 21 – October 4, 50% refund.



Commemorative t-shirts available for \$20!

Must be purchased with your reservation.

## Our Wonderful Sponsors

## Tentative Agenda

### Friday, October 4

*(Detailed schedule provided at check-in)*

Check in between 2:00 pm and 7:00 pm

Get settled in your cabin

Tour the camp

Casual dinner in Miller Hall

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, and be entertained while talking with new friends and relaxing by the fire.

### Saturday, October 5

*(Detailed schedule provided at check-in)*

Yoga

Continental Breakfast

Outside activities (rock climbing wall, giant swing, Burma

Bridge, Lakeside Trail hike, archery)

Summer Camp info session

Meditation sessions

Chef-Prepared Lunch

Camp activities (arts & crafts, boat rides, naps, walks)

Happy Hour (time to share with your fellow moms)

Chef-Prepared Dinner

Evening activity

Karaoke



### Sunday, October 4

*(Detailed schedule provided at check-in)*

Yoga

Chef-Prepared Breakfast

Closing Ceremony

Relax on the grounds and depart at 11:30 am

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