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!
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 sleeps 16 people in bunk beds. Bed linens and pillows are supplied. Of course you may bring your own special pillow and blanket from your home if you would like. Be sure to bring your own washcloth and towel.

You will receive a large continental breakfast on Saturday. Different chefs from local eateries 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.

We realize not everyone wants to sleep in a top bunk or with a group of 16 in a cabin, so we have four types of accommodations for you to choose from, first-come, first-served:

1. Large Bunk Bed Cabin (sleeps 16). $110 per person. Perfect for groups.
2. Small Bunk Bed Cabin (sleeps 8; no need to be on the top bunk). $150 per person.
3. Nurses' Quarters (sleeps four, one en suite bathroom). $175 per person.
4. Private Suite (sleeps 2 per suite with its own en suite bathroom). $200 per person.
5. All reservations include activities, two nights room accommodations and meals.

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!
- Our preferred cell service in this area is ATT. There is no internet available. We do have a landline for emergencies that your family can use to contact you if your cell service does not work at the camp.
- Your preferred adult beverages or any other special food or drinks.
- Yoga mat (We will have 15 – 20 to use for those who do not have their own).
How to Reserve Your Spot for Our Retreat

Are you ready to sign up? Please call Wonderland Camp at 573-392-1000 beginning Monday, August 27 at 9:00a.m. and any business day after that until 4:00p.m. If we don't answer, try again. We expect a lot of reservations. :)

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 Nov 1; 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 speak to Linda. 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. Continue reading to see our sponsors and the weekend’s tentative agenda.

Cancellation Policy: By November 14, 100% refund. November 15 - 30, 50% refund.

Commemorative t-shirts available for $20!

Must be purchased with your reservation.
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.*