

Women's Wellness Weekend Fall 2016

Friday October 7th, 2016

5:00 onwards	Check-in
6:00 -7:00	Social Hour [Games & Snacks]
7:00-8:30	DIY Crafts
8:45	Star Gazing & Story Telling
9:30	Campfire w/ Smores

Saturday October 8th, 2016

8:30	Breakfast
9:30-11:15am	Fall foliage hike to the Catfish Fire Tower. Take a short bus ride to the trail head and enjoy a beautiful hike up to the Catfish Fire Tower. Please bring your camera! Departs from in front of the office at 9:30am.

OR

	Beautiful Collage Craft with Mary Beth this morning in Apache Rec. Transform an old cigar box into a treasured keepsake. Bring pictures of family or bring magazines! Materials will be provided.
11:30-12:45pm	Van Campens Glen Tour. Explore the beautiful forests of New Jersey as well as taking a look at a scenic waterfall and swimming hole. Departs from the office at 11:45am.

OR

Climbing Wall. Reach new heights and learn your physical and mental strength with a variety of our varying rock faces.

(Also available from 9:00am-12 noon – Arts + Crafts, Tie-dye, Geocaching, Skate Park, Candle Making, Giant Swing, Flying Squirrel, & Disc Golf)

1pm	Lunch
2-3:45pm	Mountain Biking. Explore the trails around camp by bike. All equipment provided. Meet out side of the Trading Post.

OR

Tie-Dye in Algonquin Lodge. Channel your free spirit and bring spirals of colors into your ward robe and life. Bring any white fabric to dye. Shirts will be sold as well.

4:00-5:30	Wine Tasting by Tolino Vineyards. Enjoy sampling a variety of wines from a nearby winery, with the opportunity to purchase your favorites! Spruce Lodge.
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(Also available from 1:30-5:00pm – Arts + Crafts, Outdoor Cooking, Archery, Riflery, Climbing Wall, Giant Swing, Flying Squirrel, Boating +Canoeing, & Fishing)

6:15pm	Dinner
8:00pm	Drum Circle with Hoops'n'Drums @ Spruce Lodge.
9:30pm	Campfire with S'mores. Spruce Lodge.

Women's Wellness Weekend Fall 2016
Sunday October 9th

- 8:30am Breakfast
- 9:30-10:30am Aerial Silks & Yoga. Participate in a beginner aerobic stretch routine on suspended fabric, and some basic yoga. Wear athletic clothes. Meet at the triangle benches across the lake.
- 10:45-11:30 Zumba with Lidia. In this upbeat dance party, you won't even realize you are working out. Meet in Algonquin Rec.

OR

Riflery & Archery: Skills and Practice. Learn how to wield a weapon, safely! And hit a target. Rotate through the skills with a lovely Camp Mason staff member. Meet outside of the Trading Post.

- 11:45-12:45pm Fall foliage hike to the Catfish Fire Tower. Take a short bus ride to the trail head and enjoy a beautiful hike up to the Catfish Fire Tower. Please bring your camera! Departs from in front of the office at 11:45am.

OR

Zipline @ high ropes. Test your strength and courage on our very own Camp Mason Zipline.

(Also available from 9:00am-12 noon – Arts + Crafts, Critter Catching, Obstacle Course, Hooping & Drumming, Climbing Wall, Survival Skills, Pretzel Making, Zipline, & Disc Golf)

- 1pm Lunch
- 2-3:45pm Van Campens Glen Tour. Explore the beautiful forests of New Jersey as well as taking a look at a scenic waterfall and swimming hole. Departs from the office at 2:00pm.

OR

Belly Dancing with Brooke. Get in touch with your feminine side by learning some of the techniques of one of the world's oldest forms of dancing. Meet in Algonquin Rec.

- 4:00-5:30pm Mountain Biking. Explore the trails around camp by bike. All equipment provided. Meet in front of the trading post.

OR

Bridges & Streams Photography Hike. Bring your camera or phone and learn skills to take amazing pictures. Also perfect for a Fall photoshoot. Meet at the flagpole.

(Also available from 1:30-5:00pm – Arts + Crafts, Outdoor Cooking, Archery, Riflery, Candle Making, Orienteering, Vertical Playpen, & Boating +Canoeing)

- 6:15pm Dinner
- 7:30pm Evening Giant Swing, meet @ flagpole
OR Henna w/ Olivia @ Spruce
- 9:00pm Campfire w/ Smores

Monday October 10th

- 9:00-10:00pm Brunch
- 10:00-10:30pm Trading Post