

# Rejuvenate Women's Retreat

What could be more relaxing than a late September weekend in the north woods! Our Rejuvenate Weekend for Women is designed to give you a chance to get away, relax, refresh, and refuel! We provide a schedule with many options to choose from over the weekend, and you can pick and choose which ones you want to be a part of. We would love to have you join us for this annual women's getaway.

Frequently Asked Questions:

## 1. How much does Rejuvenate cost?

The cost for the weekend is \$99 per person. This includes your housing, meals, snacks and all activities except any spa options.

## 2. What kind of activities will be available for the weekend?

We offer a variety of activities over the weekend and you can pick and choose which ones you would want to be part of. Some of your options are:

- Horse Trail Rides
- Leather Shop
- Campfire Doughnuts
- Gift/Snack Shop
- Zip Line, Giant Swing, Catwalk on the High Ropes Course
- Climbing Wall
- Naps
- Leisurely Walks/Hiking
- Pontoon Rides
- Crafts
- Workshops
- Open Gym/Volleyball

## 3. What time is check in? When are we done on Sunday?

Check in is at 6:30 pm on Friday night and you will be done after chapel around noon on Sunday.

## 4. What are the sleeping arrangements? Will I be housed with people I don't know?

We have a variety of buildings that house our guests. Our Retreat Centers have sleeping rooms that each typically have 3 sets of bunks in them. The bathrooms are a short walk down the hallway. Our cabins have 6 sets of bunks with the bathrooms located in a building just a short walk away from the cabin. If you are coming with a group of women you will be housed together and you would know the others in your cabin or room. If you are coming with just 1 or 2 friends or coming by yourself you will be housed with other small groups of women. For Rejuvenate we try to spread the housing out a bit so often there will be some empty space in a room.

## 5. Are you able to accommodate food allergies?

Our food service is used to working with guests with food allergies and special diets. Gluten free options and dairy free options are offered at each meal. For more specific food issues it would be best to call camp and speak with our Food Service Director and she can go over the weekend menus to help with your planning.

## 6. What do I need to pack?

If you think you need additional items, bring them!

- Pillow and sleeping bag or bedding for a twin size bed
- Bible
- Towel and toiletries
- Flashlight
- Warm Clothes (Casual and suitable for the season.)
- Tennis shoes
- Boots if weather indicates
- If you are planning on a trail ride, bring hard soled shoes (like athletic shoes) or boots

## 7. What is a typical schedule for the weekend?

### Friday

6:30 pm Check in at the office

7:30 pm Chapel

9:00 pm Special Activity

### Saturday

8:30 am Breakfast

9:15 am Workshops

10:30 am Chapel

12:00 pm Lunch

1:00-5:00 pm Free Time and Recreation

5:00 pm Supper

6:30 pm Chapel

8:00 pm Evening Extravaganza!

### Sunday

9:00 am Brunch

10:30 am Closing Chapel

12:00 pm Head for home

## 8. How do I register?

You can go online and print off a paper copy of our registration forms, fill it out and mail it to us with your check OR you can register directly online and pay with a credit card. If you have registered online before and you have forgotten your username and password just give us a call and we can reset that for you. If you registered with a paper form in the past and want to set up an online account call us and we can do that for you as well. **If you are coming with a group of friends be sure to list them when you register so we can be sure to house you together.**

To view pictures of last years Rejuvenate Retreat go to the link listed here!

<http://shamineau.org/CampShamineau/Galleries/Rejuve15/Rejuve2015.html>

Any questions? Call us at 218-575-2240 or email [shamineau@shamineau.org](mailto:shamineau@shamineau.org)