



YMCA John Island Camp Women's Wellness Weekend

Friday June 8th - Sunday June 10th, 2018

YMCA Camping Services

140 Durham St Sudbury ON P3E 3M7

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www.johnisland.ymca.ca

Women's Wellness Weekend 2018



For 29 years women have been gathering on this island for a weekend getaway. Women's Wellness is a unique experience in which every woman can participate, no matter her preference.

Some women find rejuvenation zip lining high up through the trees, while others prefer the solitude of an early morning meditation.

This island encourages you to have fun while wandering where the wifi connection is weak, to make a new friend, and to leave with plenty of memories.

WELCOME TO BEAUTIFUL JOHN ISLAND CAMP!

Inside you will find:

- ◆ Schedule at a Glance
- ◆ Program Descriptions
- ◆ Spa Services and Prices
- ◆ Transportation
- ◆ What to Bring
- ◆ Reminders
- ◆ John Island Camp Map
- ◆ Cost for workshop materials (when applicable)

Women's Wellness is planned by volunteers and a few YMCA staff who are excited to welcome you :
Marg Ghent, Annemarie May, Dieter Schoenefeld, Marlies Schoenefeld, Carla Ross-Arsenault, Kayla Ann Condron, Rob Groccia, Summer Brooks, Jenny Groom, Roxy Peterson

FRIDAY	SCHEDULE
4:00 PM	Bus departs YMCA Sudbury
6:00 PM	Boat departs Walkhouse Bay
7:00 PM	Welcome Reception, snacks in dining hall and cabin move in
8:30 PM	DINNER
9:30 PM	Sign up: Activities/Aesthetics & Massage
10:30 PM	Campfire/Icebreakers (weather permitting)

SATURDAY	Dining Hall	Papineau	Leadership Centre	Outdoors
6:30 AM	Morning Meditation			Birding
7:15 - 8:45 AM	BREAKFAST			
9:00 AM	Photo Walk	All Natural Beauty	Robin Nesting Shelves	1.) Climbing Wall 2.) Hike to Lost Lake
11:00 AM		Resilience	Pebble Art	1.) Climbing Wall 2.) Archery 3.) Guided Paddle Canoe
1:00 PM	LUNCH			
2:00 PM	Sensual Goddess Yoga	All Natural Beauty		1.) Zip Line 2.) Paddle & Paint 3 hrs. 3.) Archery
4:00 PM		Resilience	Pebble Art	1.) Zip Line 2.) Vertical Playground 3.) Guided Paddle Kayak
6:00 PM	HAPPY HOUR			
7:00 PM	DINNER			
9:00 PM	Theme Party	Polka Dots vs. Plaid	With music by:	CHICKS WITH PICKS

SUNDAY	Dining Hall	Papineau	Leadership	Outdoors
6:30 AM	Morning Meditation			Birding
7:15 - 8:45 AM	BREAKFAST			Please bring luggage to Dining Hall by 11:00 AM!
9:00 AM		Resilience	Pebble Art	1.) Walk & Paint 2.) Vertical Playground
11:00 AM	Sensual Goddess Yoga	All Natural Beauty	Robin Nesting Shelves	1.) Old Mill Tour
1:00 PM	LUNCH			Group Photo!
2:00 PM	DEPART			

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What to Bring

Sleeping

- Warm sleeping bag and pillow
- Single mattress cover sheet for bed (optional)

Clothing

- Pyjamas
- Socks and underwear
- Pants and long-sleeved shirt
- T-shirts for one weekend and pair of shorts
- Warm sweater/jacket
- Sunglasses
- Bug Shirt (have this readily available in your hand luggage for use at the dock Friday evening)
- Rain Gear
- Swim Suit and towel
- Sun hat
- Sturdy closed-toe shoes (sandals optional)

Activities and Services

- **Spa Services:** large towel, blanket or exercise mat, extra towels and sheets for aesthetic services (see page 8)
- **Activities:** yoga mat, comfortable clothes for exercise (stretchy pants/active wear), life jacket (if you own one), sturdy exercise shoes or hikers
- Extra money and cheques (for spa services, crafts workshops, and silent auction)

Toiletries

please ensure they are biodegradable

- Sun screen and insect repellent
- Ear plugs for sleeping in cabin
- Towel
- Any required medications



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Saturday Night Theme Party Polka Dots & Plaid

Will you wear plaid or do you prefer polka dots?
Dress up in your favorite pattern or mix and match!
Join us for a fun, care free evening dressed up in



Saturday Night Entertainment

Chicks with Picks

Two guitars, a lot of harmonies and a set
list ranging from the Beatles to the
Lumineers. These ladies like to change up



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Hike toward Lost Lake - Unlimited



For those who enjoy a challenge, hiking the rugged, varied terrain of the island's interior will reward you as you search for a "lost lake" at its summit. There is no guarantee that you will actually find the lake but you will enjoy the hike. Please wear hiking boots or sturdy footwear and bring a water bottle. **This strenuous hike will take 4 hours.** Participants must stay with the group at all times.

Campfire - Unlimited

Fingers crossed that Gitche Manitou keeps the skies clear and the stars bright for our Friday night welcoming campfire. Join us in song as we revisit some of your favourite campfire songs!



Free Paddle Guidelines

Participants may go for a leisurely paddle in a canoe or kayak at any time during daylight hours. A check in/out system will be used to ensure everyone's safety.

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Guided Paddle - Maximum 11

John Island staff will lead you on a leisurely paddle exploring the beautiful shoreline around John Island. This guided paddle is best for those who are relatively comfortable in a canoe or kayak already.

Archery Instruction - Maximum 12

John Island Camp staff will teach you the basic steps needed to aim at and hit a target. Channel your inner Katniss Everdeen and hit the mark!



Paddle and Paint with Marlies Schoenefeld - Maximum 10

Cost for materials is \$10

Join Marlies as you paddle to an island to paint a landscape with watercolour. All you need to bring is a sense of adventure and the willingness to try something new.

Walk and Paint with Marlies Schoenefeld - Maximum 10



Cost for materials is \$5

After a short walk Marlies will instruct the group how to paint a simple landscape in watercolour.

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High Ropes and Challenge Course Elements

The John Island High Ropes and Challenge Course elements are a series of program areas that provide excitement and adventure up high amongst the trees. John Island's highly trained staff ensure your safety and supervision in all activities.

Climbing Wall - Maximum 24

Our 40 foot high climbing wall has been designed to allow beginners and experts alike to be positively challenged while enjoying a vertical ascent.



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Zip Line - Maximum 12

Suspended 60 feet above ground, our zip line is 400 feet long. Put on a harness, tie yourself in, climb up a tree, and jump right off! This is definitely for those who enjoy the thrill of it all!

Vertical Playground- Maximum 24

Starting at ground level, participants will guide their way through a series of ropes, ladders and rubber tires while climbing up 40 ft. Vertical Playground is a great individual or team work effort that is fun and stimulating!



Challenge course elements are team activities! Celebrate and support each others strength and courage throughout the course elements. Please ensure that you are able to participate for the full length of the activity block and cheer each other on.

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Morning Chakra Meditation with Kayla Ann Unlimited

Start your mornings on John Island with a meditation and gentle stretch that will balance the body's 7 main energy centers known as the chakras. A morning meditation practice will help you to achieve an energetic ease all day long (it might even get you to the top of the zip line in record time!).

All Natural Beauty Workshop with Kerry Lamarche - Maximum 24

Cost for materials is \$10



Women can be exposed to 168 chemical ingredients in their daily beauty routine!

We are sudsing, scrubbing, and lathering with toxic chemicals that are far more damaging than they are beautifying. The good news is that there are many natural, simple, and affordable products that often work as well, or even better than the store bought products. During this hands on workshop participants will learn what ingredients to keep out of a beauty routine and how to make your own all natural products. Everyone will leave with at least one item that they made themselves.

Choose between an all natural body scrub, body wash, bug spray, or after bite!

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Sensual Goddess Workshop with Kayla Ann - Maximum 8



Starting from a young age, women receive messages that program us to believe that parts of us are unacceptable. Parts of us like our voice, power, freedom and sexuality have been labelled as not okay, not good enough, too much and/or too little. In this yoga style workshop inspired by tantric wisdom, we will explore the ways in which our lights have been dimmed and learn simple practices designed to free our inner Goddesses. Reclaim the radiance and nourishment that flows from within us all when we become alive sensually and own our sexuality. This juicy workshop is suitable for all levels. Please bring your yoga mat and/or towel.

Creative Woodworking: Robin Nesting Shelves - Maximum 10

Cost for materials is \$10



With a robin nesting shelf in your yard you are not only contributing to wildlife habitat enhancement, but you will have a front row seat to observe how a pair of robins build a nest and raise their young. No special skills are needed for this workshop!

Old Mill Tour with Gary Gray - Unlimited

Did you know that John Island was once home to a thriving mill community? Join Gary Gray, former CEO of the Sudbury YMCA and long time John Island Camp volunteer. He will guide a walk exploring the history of John Island.

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Pebble Art with Julie Courtemanche—Maximum 15

Cost for materials is \$5

Participants will discuss the issue of borrowing from nature and giving thanks for its offerings. Participants will then have an opportunity to scout the beach and surrounding area to collect objects from nature without harming the environment. After learning a few principles of composition and organising elements found on different shades of matting, participants will create a unique composition using a variety of materials including objects borrowed from nature. The different formats are compatible with shadow boxes available in stores.



Resilience with Harriet Kideckel - Maximum 12

All of us face difficult times and challenges in our lives. Some seem to be strengthened by these adversities while others are defeated. Why do some appear to easily bounce back while others sink. Research on resilience, the ability to bounce back from adversity, has identified a cluster of abilities and related skills that can be learned and/or enhanced to improve our resilience. Using discussion, activities and handouts, this interactive 1.5-2 hour workshop will examine how to apply the abilities and skills of resilience to our own lives.

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Birding with Marlies and Dieter - Unlimited

You will be able to see a variety of birds in different habitats, enjoy a quiet morning watching them and learning more about their lives. Please bring binoculars if you have them. Marlies and Dieter Schoenefeld are naturalists and have brought these popular guided tours to Women's Wellness Weekend for many years!



Photo Walk with Harriet Kideckel - Unlimited

Have you ever wondered how photographers get moving objects to look sharp, or how to focus in on one object with a blurred background? This photo walk will help participants find and capture beautiful images. We'll learn about aperture, shutter speed, lens length, sensor size and more. Bring the tools you have: camera, phone, lenses, tripod etc. Bring your USB cord or card reader to view your photos on a computer afterwards.



Silent Auction

We welcome your support for John Island Camp. Please bring cash or cheques only to participate in the Silent Auction. If you wish to contribute any item or gift certificate, please contact:

The YMCA of Sudbury Camping Services at 1-800-465-9622 or at 705-674-6171

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Aesthetic Services

Treat yourself! An all natural facial will ease away fine lines and wrinkles as tension is released from your face, neck and scalp.

**For facials, bring either a towel or head band to pull back hair from face.*

Massage

Rebalance your energy level and ease muscle tension. Book either a back massage or full body treatment.

Please note:

- Payment is due Friday evening - please bring CASH (no credit or debit available).
- Notify massage therapists at the time of sign-up if receipt is required, to be picked up at time of appointment.
- Arrive a few minutes before appointment (late arrivals are subject to time restraints and there will be no discount for service).
- No refunds or rain checks for missed appointments.
- Limited appointments—to accommodate as many participants as possible, please limit selections to 2 services initially.

***For hygienic reasons, participants must bring 2 small, dry, clean hand towels and 2 large bath towels for all treatments.**

Service Providers

Chantal Labelle, RMT

- Back massage 30 min \$40
 - Full body 60 min \$70
- Accepts cash

Nicole Lafleche, RMT

- Back massage 30 min \$40
 - Full body 60 min \$70
- Accepts cash

Kelsey Quinn, RMT

- Back massage 30 min \$40
 - Full body 60 min \$70
- Accepts cash

John Ahonen

- Thai Massage 30 min \$40
60 min \$70
- Accepts cash

Thai massage is an ancient healing system combining supported yoga postures, energy work and massage. The process helps to harmonize and balance the body, mind, and spirit.

Mandy Greenhill

- Natural Facial 45 min \$45
- Accepts cash

Joanne Sarciron

- Mehndi - Henna Tattoo
- Accepts cash

Joanne will be available during the weekend to provide personal hennas. Fees are based on the time required to complete the design, and vary per tattoo.

Accepts cash

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Reminders

- Please DO NOT BRING NUTS
John Island maintains a "Nut Sensitive Environment" for the protection of individuals with severe nut allergies
- Be prepared for cool nights and the possibility of rain
- Participants will be sharing cabins with 8-12 people
- The Island is equipped with composting toilets only
- Any bottles brought on to the island must be taken with you when you leave
- Smoking will be permitted in designated areas only. There is to be no smoking in cabins.
- No alcoholic beverages are allowed on the beach.
- There are no electrical outlets.

Please note

- The weekend menu does not include alcoholic beverages. You may bring your own in a small cooler. Ice is **not** available on the island. Please avoid glass whenever possible. All bottles must be taken with you when you leave. Please drink responsibly.

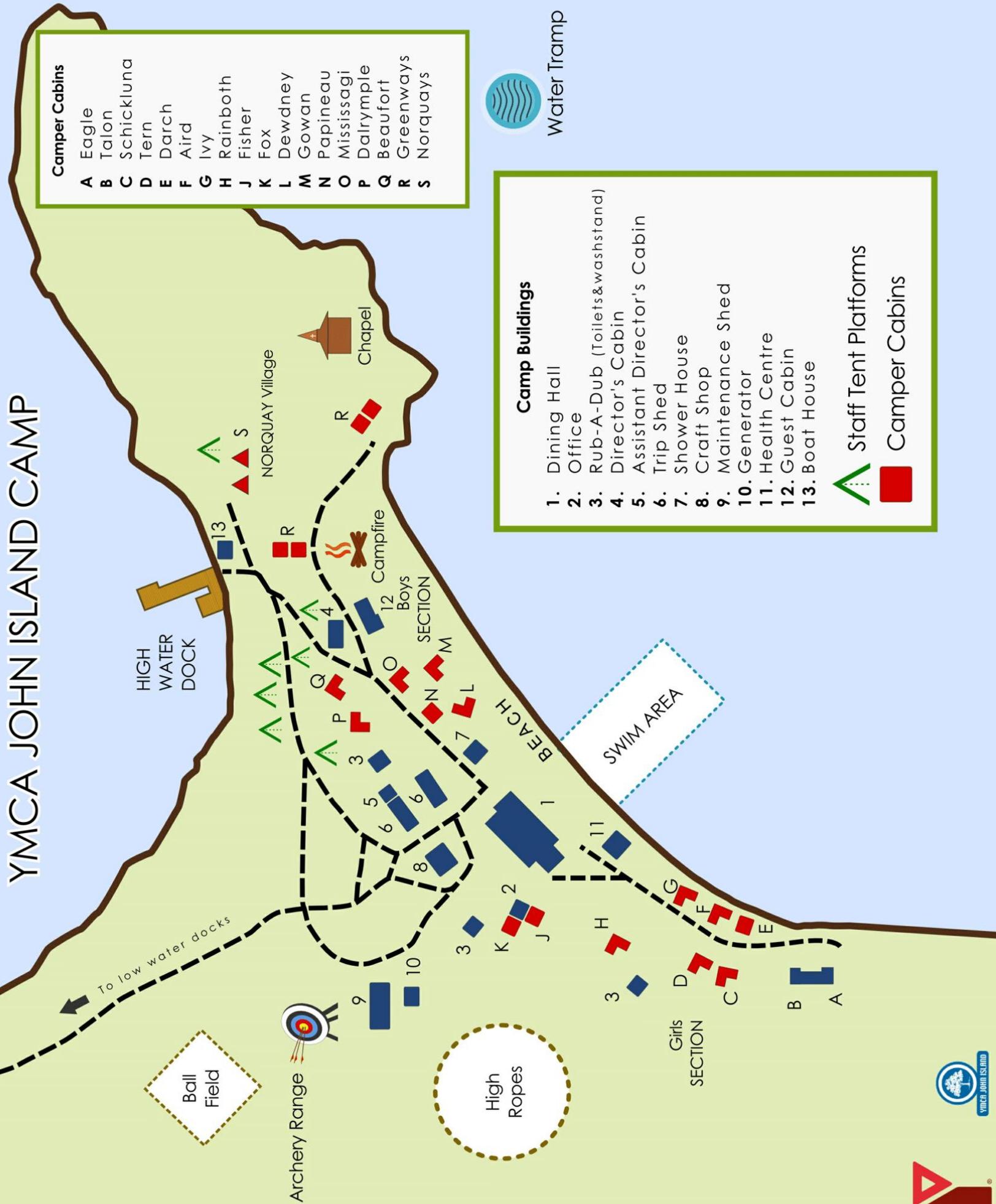
Our Kitchen Staff

The John Island Camp Kitchen Staff will be working hard all weekend to keep us well nourished and out of the kitchen! Please connect with any of the Kitchen Staff should you have questions, or have special dietary needs.

Transportation

- **Friday** afternoon bus departure occurs at the **YMCA main entrance, 140 Durham Street, Downtown Sudbury**
- Bus # 1 will board at **4:00pm SHARP** with Bus #2 leaving shortly thereafter.
- Please **plan to arrive 30 minutes before** departure to ensure time for packing and loading the buses .
- **Parking downtown:** If you wish to park underneath the YMCA for the weekend, you must pay for the remainder of Friday by visiting the parking attendant at the lot and displaying the paid ticket on your dashboard. Failure to do so will result in a parking ticket.
- Both buses will stop for a **break in Espanola** at Wendy's/Tim Horton's location (Hwy 17 & 6).
- Participants who selected this pick up option on their registration form will board the busses here. (Approx.4:40pm)
- You will arrive at Walkhouse Bay to get on the boat at approximately 6:30 pm depending on how long we break in Espanola.
- **Sunday:** Expect to arrive back at YMCA in downtown Sudbury between 5:30 and 6:30 pm.

YMCA JOHN ISLAND CAMP



- Camper Cabins**
- A Eagle
 - B Talon
 - C Schickluna
 - D Tern
 - E Darch
 - F Aird
 - G Ivy
 - H Rainboth
 - J Fisher
 - K Fox
 - L Dewdney
 - M Gowan
 - N Papineau
 - O Mississagi
 - P Dalrymple
 - Q Beaufort
 - R Greenways
 - S Norquays



Camp Buildings

1. Dining Hall
2. Office
3. Rub-A-Dub (Toilets&washstand)
4. Director's Cabin
5. Assistant Director's Cabin
6. Trip Shed
7. Shower House
8. Craft Shop
9. Maintenance Shed
10. Generator
11. Health Centre
12. Guest Cabin
13. Boat House

- Staff Tent Platforms
- Camper Cabins

