

AUGUST 4-8

Week Six:
Mind, Body &
Bites, a Week
of Wellness

JUNIOR EXPLORERS

- What to Bring:**
- * Lunch
 - * Water Bottle
 - * Spare Clothing
 - * Bathing Suit
 - * Sunscreen

Monday:

CLOSED!

Tuesday:

Body and Brain
Boost!

Wednesday:

Mindful
Munching

Thursday:

Gratitude
Garden Project

Friday:

Relaxation
Station-
Mindfulness
Activities



**To Contact Camp and
report absences,
please call us at
905-902-1261**

AUGUST 4-8

Week Six:
Mind, Body &
Bites, a Week
of Wellness

SENIOR ADVENTURERS

What to Bring:

- * Lunch
- * Water Bottle
- * Spare Clothing
- * Bathing Suit
- * Sunscreen

Monday:

CLOSED!

Tuesday:

Fuel Your Body
- Nutrition
Workshop!

Wednesday:

Nature's
Gym - Outdoor
Fitness

Thursday:

Smoothie
creations &
Recipe
Development

Friday:

Relaxation
Station -
Mindfulness
Activities



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