



REJUVENATE WOMEN'S RETREAT



We are so glad you're joining us for this year's Rejuvenate Women's Retreat! This weekend is all about stepping away from the busyness of everyday life and finding space to rest, laugh, and be refreshed.

You'll have the chance to enjoy horse trail rides through the woods, spend time with friends in our coffee shop, or dive into a game for some lighthearted fun. If you're feeling adventurous, don't miss the zip line for a thrill!

Our chapel times will be a highlight of the weekend, lifting our voices together in worship and being encouraged by the teaching of our gifted speaker. It's a beautiful opportunity to connect with God and with one another in a meaningful way.

We can't wait to welcome you to camp soon!

The weekend kicks off Friday night!

SCHEDULE:

6:30 – 7:30 PM: Check-in on the main road (you will receive your housing assignment and schedule)

7:30 PM: Opening session in Oak Hollow

We'll wrap up the weekend on Sunday around noon after chapel. No lunch will be served.

If you're arriving after 8:00 PM on Friday, please call us at 218-575-2240 to make arrangements.

Housing Details

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 you will be housed together. If you are coming with just 1 friend or coming by yourself you may be housed with other small groups of women.

Please note that we are not able to accommodate infants during the Rejuvenate weekend. However, we are happy to provide refrigerator or freezer space for nursing moms who need storage.



Dietary Restrictions

We do offer some food options for those with dietary restrictions. To view our dietary statement please go to our website www.shamineau.org. and proceed to the "Forms and Information" section. For specific questions email foodservice@shamineau.org.

[FIND OUT MORE](#)

Insurance Coverage

Camp Shamineau carries excess medical coverage. This means that any medical bill resulting from injury to a camper must first be submitted to the patient's health carrier. Illness treated at camp must be covered by the patient. Hospitals are available in Staples, Little Falls, and Brainerd for emergencies. On our staff we have a number of First Responders and EMT's.

Typical Weekend Schedule

Friday 6:30 Check-In Begins 7:30 Chapel in Oak Hollow 9:00 Snack and Activity Saturday 7:30 Devotions 8:00 Breakfast 9:30 Chapel in Oak Hollow 11:00 Open Recreation (11:00-5:00pm) 12:00 Lunch	(Saturday Continued) 5:00 Supper 6:30 Chapel in Oak Hollow 8:00 Evening Extravaganza Sunday 8:00 Breakfast 9:00 Open Recreation 10:00 Chapel in Oak Hollow 12:00 Head for Home!
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Packing List

if you think you need additional items, bring them!

- Sleeping bag or bedding (Beds are twin sized) *NO BEDDING PROVIDED
- Flashlight
- Casual clothing suitable for the weather
- Bible and notebook
- Money for the gift shop and snack shop
- Toiletry items
- Towels & washcloths
- Room items: fan, alarm clock, throw rug, mirror, lawn chairs (all optional)

WHAT NOT TO BRING:

- Firearms
- Fireworks
- Drones
- Alcohol
- Motorized Vehicles
- Pets

Activities

*All activities are included in your registration fee, there is no additional cost.



Horse Trail Rides
Leather Shop
Campfire Doughnuts
Gift/Coffee Shop
Zip Line
High/Low Ropes Course
Static Ropes Course
Climbing Wall
Crafts
Open Gym
Shooting Sports

Sample Weekend Menu

Saturday Breakfast

Egg bake muffins, bacon, scones, breakfast potatoes, yogurt bar, cereal, and juice.

Saturday Lunch

Caesar wraps, wild rice soup, broccoli, garlic knots, and apple crisp with ice cream.

Saturday Dinner

Hawaiian sliders, roasted potatoes, asparagus, corn on the cob, pineapple, salad bar, and lava cake with whipped cream.

Sunday Breakfast

Acai bowls, yogurt, hard boiled eggs, baked oatmeal, and hash browns.

Yogurt Bar Includes

Yogurts
Granola
Mandarin Oranges
Cottage cheese
Berries
Cereal bars
Instant Oatmeal
Fruit

Salad Bar Includes

Lettuce
Bacon Bits
Cucumbers
Cheese
Cherry Tomatoes
Croutons
Dressing
Carrot Stick