

Welcome to the 2019 Fall Retreat!

#ACCRetreat2019

Schedule

Friday

6:00 Check-in at Kiosk opens

8:30 Welcome Session in Oak Hollow

10:00 Gym Open and Games in OH

10:30 Quiet Hours begin

Saturday

8:30 Breakfast in the Dining Hall

9:15 Low Ropes Course

- Sign Up! Limit 30 participants (more can watch)

9:30 Open Recreation

- Air Rifles & Archery, Nature Center. Open Gym, Crafts, Boats, Gift Shop Open

10:15 Pony Rides @ the Ranch - No Signup Required

10:45 Nursery in Skyview opens

11:00 Session in Oak Hollow

12:30 Lunch in the Dining Hall. Gift Shop Open

1:00-3:15 High Ropes Course

2:00, 3:00 and 4:00 Trail Rides

3-5:30 Open Recreation, same as the morning options

4:30-5:15 Wiffle Ball Tournament! Kids vs. Adults

5:30 Dinner in the Dining Hall

6:15 Nursery in Skyview opens

6:30 Session in Oak Hollow

8:30pm Evening Extravaganza!

- See details inside

10pm Quiet Hours begin

Sunday

9:30am Brunch in the Dining Hall

Cereal will be out earlier for little ones who can't wait

10:30 Session in Oak Hollow

Nursery in Skyview

12:00 Optional Pizza lunch

Clean up, pack up, and head home

Special Activities

Low Ropes Course - Saturday 9:15

This is a super fun, group-oriented activity that is both challenging and memorable. Plus, you are much closer to the ground. Limit 30 people. Sign up in the back of Oak Hollow or with Coley at breakfast.

High Ropes Course - Saturday 1:00-3:15

The Ropes Course is one of the coolest things ever! There will be activities for all skills levels and ages. Even if you don't want to explore new heights (pun intended), come check it out and cheer on others.

Wiffle Ball Tournament - Saturday 4:30-5:15

45 minutes, kids and adults, all skill levels, including no skill at all. Don't worry, we have ways of leveling the playing field!

Nursery

Nursery will be available for 0-3's in Skyview during the sessions on Saturday & Sunday. You can drop kids off 15 minutes before the sessions start. The older kids can play in the gym during Matt's talks if you'd like.

Trail Rides and Pony Rides

There are 3 trail rides reserved for us, and there is still room! Sign up in the back of Oak Hollow and pay Coley \$5 if you did not pre-pay. Must be 8 years old or older to ride. Meet at the Ranch 5 minutes before your ride. Wear close-toed shoes. For younger kids or folks apprehensive about horses, we will have "pony rides". No signup required for these.

Evening Extravaganza!

Campfire Donuts

The State Fair has nothing on these bad boys.

Tractor Hayride

Start & end at the bonfire, take a ride through the woods. Not scary, but dark.

Crate Stacking and Climbing Wall

Both in the gym, the Shamineau staff will belay you on the climbing wall or in the crate stacking game. How high can you go?

Open Recreation & Anytime Activities

Archery and Air Rifles - Open Rec Time

Pretend to be Robin Hood or just work on your aim, these ranges are safe and fun for kids and adults. Just west of Oak Hollow.

Nature Center - Open Rec Time

Watch and play with all sorts of animals! The fenced area is available anytime, but the indoor portion is only open during Open Recreation. Down by the Dining Hall.

Kittens

There are not many left, but there will be a few kittens available to play with and to take home if you're interested! They will be outside the Dining Hall around meal times.

Open Gym and Game Room

Air Hockey, Pool, Ping Pong, Volleyball, 9 Square in the Air, Basketball, Volleyball, Carpetball, are available at all hours! Climbing wall, and Crate Stacking will only be open at certain times when staff is present.

Beach and Boats

Canoes and paddle boats will be unlocked, and a small building will be open with life jackets and paddles. Please return boats to the beach when you're finished. No lifeguard on duty. Life jackets required.

Crafts

A couple of crafts will be set up in the gym. Parents, you will probably have to help your little ones.

Hiking Trails

Camp Shamineau is 270+ acres big, so go ahead and get lost! Camp also has one of the few models of the Solar System that is proportionate in both size and scale.

Rules and Expectations

In Case of Emergency

If there is a life-threatening emergency **call 911** then call **Coley** at 651.334.5930. **Lydia Burr** will also have a first aid kit available for minor injuries. Her number is (612) 704-7801.

Meals

Please arrive at the dining hall promptly for meals. There will be coffee and cereal in the Dining Hall before breakfast. When you are finished, please throw away your dishes and wipe down the table.

Quiet Hours - 10:30pm-7:30am

Please keep doors to the meeting rooms closed and voices down. Consider people sleeping in tents too!

Camp Property

Please stay off of the high ropes course and the indoor climbing wall unless camp staff are present. The beach will not have a lifeguard so swim at your own risk.

Other Groups

There are other groups around camp this weekend, so please stay out of any buildings we aren't occupying. We may use Oak Hollow, and Ponderosa, as well as shared spaces like the Gym and Dining Hall.

Bathrooms

Oak Hollow has men's and women's bathrooms, one in each wing. Skyview meeting room has bathrooms accessible from the meeting room or outside. If you are camping you can use the bathrooms in the Gym or in Ponderosa, which is at the far end of the campground on the left. The Dining Hall bathrooms are also always open.

Pics or it Didn't Happen

If you post anything on social media, use the hashtag **#ACCRetreat2019** so we can find them! If you have more pictures or videos than you can post, we'd love to see them and possibly use them in the video we'll put together to commemorate the weekend. Send them or share them from the cloud with Coley via email coley@antiochcommunity.org

To Hwy 10

Ridge Road

Welcome

Maintenance Shop

Exit



SHIMINEAU

CAMP
MOTLEY, MN

