

# Junior Adventure Camp



## Helping Hands and Healthy Me Week August 6<sup>th</sup> – 10<sup>th</sup>

**Monday August 6<sup>th</sup>:** To kick off helping hands and healthy me week, we will be learning all about what it means to be healthy. We will be staying active by dancing, playing on the playground, participating in yoga, and learning all about healthy eating.

**Tuesday August 7<sup>th</sup>:** Today we will be traveling down to Tamworth, NH and visiting the White Lake State Park. While at White Lakes, we will be swimming in the lake and playing on the playground! We will be leaving for this field trip at **10am sharp** and returning around 4pm. Please make sure your camper comes to camp with both **their bathing suit and sunscreen on**. Also, make sure they have the camp essentials: lunch, two snacks, and plenty of water! **The extra cost for today will be \$5.**

**Wednesday August 8<sup>th</sup>:** Wednesday's are our beach days! We will be going to Harbor Beach right at 10:00am. Please make sure to remember sunscreen, a towel, and swimsuit in particular today! Also, please make sure your child is wearing sunscreen and their bathing suit **BEFORE** you drop them off at camp. The bus arrives at 10:00am sharp and we do not have enough time to apply sunscreen to every child before we leave.

**Thursday August 9<sup>th</sup>:** Today we will be having our annual car wash and bake sale. This is one of our favorite camp days. Throughout the whole day, the campers participate in cleaning cars and selling baked goods. All proceeds go to End 68 Hours of Hunger. If you are able to bake or bring in a baked good for our bake sale, that'll be greatly appreciated! We do ask that anything that is brought in, please make sure that it is **peanut/tree nut free**. If you would like to buy something or have your car cleaned, we will be doing this all day, from 11am-3pm.

**Friday August 10<sup>th</sup>:** Today we will be learning more about what people in the community do as we meet first responders. We will be talking to a police officer and a fireman! We also get to see a police car and firetruck! The campers will be able to learn about what "helping hands" means to the community members and get a small look into what they do every day. And to celebrate the end of a wonderful week, we will be picking up ice cream from Village Scoop! **The extra cost for today is \$5.**

### Attention:

We would like to inform new comers to our camp and remind familiar faces that we are a **peanut-free camp**! Please don't send your child with food that contains peanuts. We also ask that you send your child **DAILY** with a swimsuit, towel, sunscreen, a lunch, at least two additional snacks, and plenty of water! \* **COST FOR THE ENTIRE WEEKS FIELD TRIPS IS \*\*\$10 \*\*** Please be courteous of our morning drop-off times between 7:30 and 9:00 at the latest and our pick-up times between 4:30 and 5:30 at the latest.

Thank you for your consideration! \*\* If you have any questions or concerns feel free to e-mail Ashlea and Anna at [jac@yorkmaine.org](mailto:jac@yorkmaine.org) or call Robin Cogger at 207-363-1040.