

CAMP **GOODTIMES**



THE BEAN NEWSLETTER

Winter 2020



Canadian
Cancer
Society

THE BEAN NEWSLETTER – WINTER 2020



We hope your holiday season is filled with cheer! Included in this newsletter is some information on our upcoming 2021 summer season, a recap of our Goodtimes at Home summer & fall programs, a Breaking Borders update, and finally, some at home family holiday activity suggestions to ramp up your December cheer!

In this Issue:

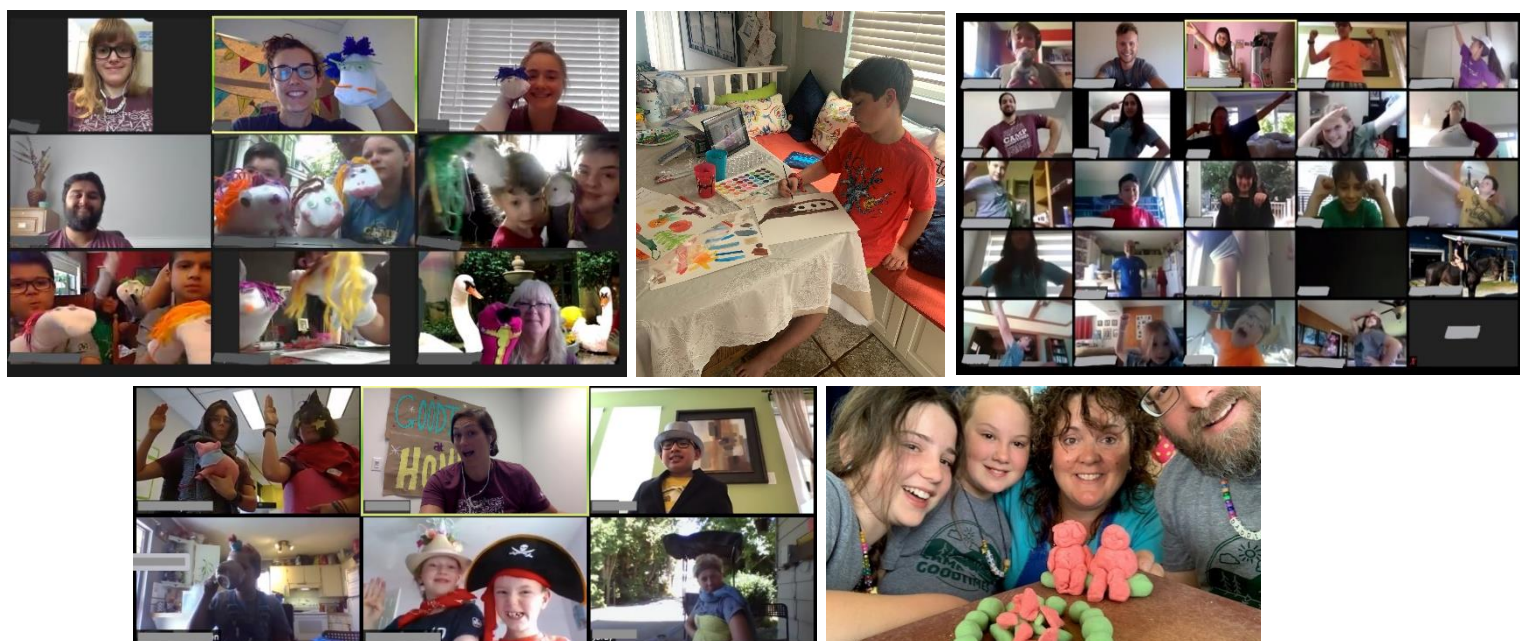
- Summer & Fall Program Recap
- Breaking Borders Update
- Summer 2021 Update
- Family Holiday Activity Suggestions

Goodtimes at Home: Recap



Summer

When in-person camp was no longer an option for us this summer, we knew a summer with no camp was not an option. Wanting to bring the spirit and feeling of camp to our community while ensuring the safety and wellness of our participants, we created Goodtimes at Home – an online summer camp program. Offering a weekend-long Family Camp, 4-day Kids Camp, weekly meet-ups in August, and a Youth Program that ran throughout July & August, Goodtimes at Home hopefully provided our participants with the joy, laughter, and togetherness that camp provides. Through dirt desserts, camp callbacks, cabin debriefs, and campfire songs, we hope Goodtimes at Home had people feeling “Awesome, Very Awesome!” Check out some photos below from our Goodtimes at Home summer



Canadian
Cancer
Society

**CAMP
GOODTIMES**





Fall: Introduction of Clubs

This Fall, Goodtimes at Home continued forward with the momentum from the summer by introducing our Clubs programs! Campers could choose from clubs focusing on magic, arts & crafts, Dungeons & Dragons, board games, and a program for our teen and young adult campers. Meeting once a week for 7 weeks, campers created, played, and learned together by participating in a new activity with the same volunteers each week. Whether it was learning slight of hand card tricks, playing Pictionary, working together to slay dragons, creating your own musical instrument, or matching wits during a game of trivia, we so enjoyed seeing each and every one of our Goodtimes at Home Club participants each week this past fall!

Breaking Borders Update

Along with our Goodtimes at Home initiatives, Camp Goodtimes has been able to start and keep running our Breaking Borders program. Kicking off in March, Breaking Borders is a participant-led experience for young adult survivors of childhood cancer aged 19 to 26 years old that culminates in a multi-day outdoor adventure planned and organized by the group. Though the trip portion was not available to the group this summer, we have chosen to continue with this cohort into the 2021 year where the group hopes to take off on a 6-night, 7-day adventure at the end of August! Taking part in sessions about survivorship, collaboration, teamwork, and the odd Bob Ross inspired paint night, this cohort is well on their way to creating an adventure of a lifetime!

Summer 2021 Update

We anticipate that the pandemic and physical distancing will still be impacting our lives in summer 2021. We plan on continuing to offer virtual programs to bring our community together. We are also working hard to safety plan in person programs offered to families to enjoy some respite and experience camp within their own family unit. We are currently working through the safety plans, screening protocols, and programming logistics in collaboration with our medical team, other oncology camping programs and public health.

We appreciate your patience as we work out the details for summer 2021. In mid-January we will update the community with dates and what programs we will be offering. Applications will open in mid-February. We look forward to resuming our on-site summer camps in 2022!



Canadian
Cancer
Society

**CAMP
GOODTIMES**



Family Holiday Activities

As we head into the final month of the year, we reflect back on all the activities and new ideas we have done together as families to keep our bubble small and ourselves safe. December will be no exception to staying close to those in your household, so we thought we could spice up your family activity schedule with some holiday themed family activities! Cozy pajamas and fuzzy socks optional but highly suggested to complete the following:

- ❄️ Swap out a gingerbread house for a gingerbread theme park! Or aquarium. Or spaceship. Or Camp Goodtimes. Let your imagination run wild!
- ❄️ Spice up your hot chocolate game by creating a hot chocolate buffet! Whipped cream, candy cane pieces, chocolate chips – let each hot chocolate become a work of art
- ❄️ Go for a holiday “I Spy” neighbourhood tour! Grab a hot cocoa and drive/walk around the neighborhood trying to spot elves, snowmen, blue lights – and anything else the eye sees!
- ❄️ Spread the holiday cheer to our outdoor friends by making bird feeders out of pinecones, peanut butter, and string
- ❄️ Count down to the New Year with a daily family activity challenge! Cutting snowflakes out of paper? Sledding? Baking cookies? Let each day until December 31st bring a new challenge
- ❄️ Doing a little winter cleaning to get ahead of the curve for spring cleaning? Consider donating your gently used winter clothes to local charities
- ❄️ Pick a book to read as a family for the month of December. Travel to Middle Earth with the hobbits, follow the Beaudelaire’s through their Series of Unfortunate Events, or rule with Aslan in Narnia – pick a saga and read a chapter a night together
- ❄️ Have leftover popcorn from winter movie nights? Grab some needles and thread to create a compostable winter garland by threading the popcorn onto the string – add cranberries for a splash of colour!
- ❄️ Before ringing out 2020, set out a mason jar or container for family members to fill with their favourite memories from the past year! Leave out scrap pieces of paper and pens by the jar so people can pop a memory in the jar when it comes to them and read out all the memories on the last day of the year!

As always, if you have any questions for us at Camp Goodtimes, you can reach us by email at gotcamp@cancer.ca. Wishing you a safe, healthy, and happy New Year!



Canadian
Cancer
Society

**CAMP
GOODTIMES**

