

CAMP PENNBROOK NEWSLETTER

March 2023



Hey girls.

We can't believe it's already March which means that another Camp Pennbrook summer is only 4 months away! This winter sure flew by and we are glad to hear how well everyone is doing. Please remember that if you need any additional support or motivation, please reach out and one of our head staff will reach out.

We heard that many girls are trying out for their school sports teams including basketball, volleyball, track and tennis - sports that everyone got to participate in last summer at camp.

Now that the weather is getting better, let's all say goodbye to winter and get back into our summer routines. Our nutrition team is already preparing for camp and planning some new exciting menus and recipes. They are planning great new rap session topics listed in this issue, cooking demonstrations and more one on one nutritional/counseling sessions.

We also have many great new and exciting activities and trips in store for you and many of your old favorites will be back--everyone loved Talent Show Night, Name that Tune, Game Show Man and much more.

Please call/email any suggestions or recommendations for new activities we should plan. We can't wait to see you this summer!

Flip, Brooke, & Amanda



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WWW.CAMP PENNBROOK.COM

Recipe of the Month:

Healthy Shamrock Shake

Ingredients:

- 1 cup milk of choice
- 1 frozen banana
- cacao nibs or chocolate chips, as desired
- 1/8 tsp to 1/4 tsp pure peppermint extract (I like 1/4 tsp)
- optional 1/4 cup frozen spinach
- optional, 1/8 tsp salt to bring out the flavor

Instructions:

*If you can't get on board with the greens-in-smoothies thing, you can opt for green food coloring or just drink a white peppermint shake (which is just as delicious). Or add a pinch of spirulina!

Feel free to use your favorite milk of choice. Canned coconut milk will give it a rich milkshake-like taste, but I also really love the lighter results of using cashewmilk or almond milk. Make sure the banana you use is at least somewhat brown so you don't get that unripe earthy banana flavor in your mint chocolate shake.

To make the shake: Blend all ingredients in a blender until completely smooth. You can add the chocolate chips either before or after blending. Be sure to use pure peppermint extract, not imitation.



DID YOU KNOW?

A small McDonalds Shamrock Shake will set you back 460 calories and 64 grams of sugar! Do your health a favor, and make your own delicious and healthy shamrock shake at home.



WHAT YOU CAN EXPECT FROM A SUMMER AT *Camp Pennbrook*

PARENTS

- VERY HAPPY & POSITIVE CAMPERS
- DEVELOPMENT OF HEALTHY HABITS
- A STRESS FREE, NURTURING & LIFE CHANGING EXPERIENCE!
- DEVELOPMENT OF SOCIAL SKILLS
- EXPLORING & LEARNING NEW SKILLS
- BUILD SELF-ESTEEM



CAMPERS

- HAVING THE GREATEST SUMMER EVER!
- GET INTO EXCELLENT PHYSICAL CONDITION!
- EATING THE RIGHT FOODS THAT TASTE GREAT
- LEARN WHAT IT TAKES TO STAY HEALTHY PERMANENTLY
- MAKES TONS OF AWESOME NEW FRIENDS
- NEVER FEELING LIKE AN OUTCAST AGAIN!
- GOING TO THE HOTTEST NEW SHOWS & CONCERTS

RSVP

JOIN US FOR
OPEN HOUSE
AT CAMP ON
SUNDAY,
4/16 & 5/21!



RETURNING STAFF

We are a family here at Camp Pennbrook and are pleased to have staff that return year after year. Many staff members are "home grown," starting at camp from when they were 12 or 13 years old. Don't worry, many of our key specialists are back for 2023 as well!

Head Staff:

Brooke Rainville, 10th year

Amanda Morach, 4th year

Counselors/Specialists:

Krysta Werschitz, 2nd year

Katelyn Gorney, 4th year

Melissa Garcia, 4th year

Christina Barrigan, 3rd year



Camp "Mom": Dawn Ormes, 24th year

Arts & Crafts: Cheryl Wilks, 24th year

Tennis Instructor: Jordan, 2nd year

Cardio Instructor: Savanna Barris, 6th year

Cardio Instructors: Rachel and Raquel, 2nd year

Cardio Instructor: Amanda Cucinotti, 4th year

Zumba Instructor: Atrice Moore, 6th year

Sports Director/Personal Trainer: Steve Henessey, 3rd year



Summer 2023 Trips

Sign up early to guarantee your spot on one of our trips! You can get tickets to the shows/concerts of your choice. If any of your favorite artists are going on tour next summer in the NJ/NY/PA area, let us know.

Chances are, Camp Pennbrook will be there!



LET'S GET SOCIAL

New RAP Sessions



@CAMP PENNBROOK



WWW.FACEBOOK.COM
/CAMP PENNBROOK



WWW.YOUTUBE.COM
"CAMP PENNBROOK"

We have some great new topics for our nutritionists & mental health professional to cover in RAP. Campers will explore how eating affects their emotions and well being. Post COVID, our campers wanted to focus on healthy eating and getting into better physical condition while improving self-esteem. We will cover school lunches, how to celebrate the holidays and special occasions, eating out, and much more! They will also cover sleep, physical activity, barriers and challenges, and coping strategies all designed for lifestyle change.

ACTIVITIES & TRIPS

- BROADWAY SHOWS
- CONCERTS - TBA
- NEW YORK CITY SHOPPING
- TV TAPINGS - JIMMY FALLON, SETH MEYERS
- KING OF PRUSSIA MALL
- WHITEWATER TUBING
- SATURDAY NITE AT THE MULTIPLEX
- ICE SKATING
- MINIATURE GOLF
- THE GAME SHOW MAN
- KARAOKE DANCE PARTIES
- NAME THAT TUNE
- ZUMBATHON
- CAPTURE THE FLAG
- TALENT SHOWS
- & MUCH MORE!!!

**Trips subject to change and availability*

KEY DATES 2023

Winter Reunion Recap

This year some of our campers and staff attended a number of great special events. In December, some lucky campers attended Jingle Ball. Our Philadelphia and Florida campers had a chance to attend hockey games with Flip and Katie. In January, campers enjoyed an afternoon at Dave and Busters in New York City.

Open House

- April 16 & May 21, 2023

Camp Season

- Opening Day! - 6/17/2023
- Second Half Sessions - 7/9 & 7/16/2023
- Last Day of Camp - 7/30/2023

all dates tentative until further notice

JC & C.I.T. Programs

Campers that are 16 and over may be eligible for one of our special work related programs: Counselor-in-Training (ages 16-17) and Junior Counselors (age 17-18).

Campers who enter this program may qualify to be full-fledged counselors a year earlier than new campers. Each program involves some work related responsibilities and special rates. Campers still live and participate in activities with girls of their same age and grade. Call for details and application!

RE-ENROLL NOW!

Join us for the 2023 season!

The \$500 deposit is fully refundable up to May 15, 2023. Can change dates and length of stay at any time.