

# WELCOME HOME!

Welcome to the Lair of the Golden Bear  
 Camp Gold Week XX: Month day - day, 2017  
 Schedule of Events for Family Camp

## All Camp Activities

Back this year: Adventure Programming here in camp! Sign up at the camp store for Archery (additional cost), Mountain Biking (free!) and Family Fishing (free!)

Saturday	2:00-5:00 PM	Camper Greet and Check-In at the Gold Store. Late arrivals can check in at the store during extended hours.
	5:00-6:00 PM	Welcome Mixer with Camp Gold Manager, Pat Graffis, and Program Director, Danny, on the Lodge deck. Get reacquainted over beverages and hors d'oeuvres before dinner.
	7:00-7:30 PM	New Camper Tour. Meet at the Camp Gold Store. All ages welcome.
	8:00-9:15 PM	Welcome Campfire! Meet your 2017 Camp Gold Staff at the stage for a funny introductory show.
Sunday	9:15-10:30 AM	Meet with your Camp Gold Hostess, Ellie, and your Head Cook, Pat, in the Dining Hall to discuss any dietary needs or concerns.
	10:30-11:30 AM	Creekside! Come join Music Director, Loryn, for relaxing music and inspirational readings by the creek. Camper participation encouraged!
	10:30-11:30 AM	Come to the Wellness Center by the Teen Lodge in Camp Gold to learn about the wellness program and enjoy a complimentary mimosa! (21 & over)
	1:15-3:00 PM	<b>NEW! Tri-Camp Carnival!!</b> Come Join us on the Mike Koll Softball Field at Camp Gold for a brand new program! There will be a bounce house, a dunk tank, tug-of-war, facepainting, snacks and treats, and much much more!
	3:45-4:30 PM	Water Polo! Campers vs. Staff Inner Tube Water Polo Match. First real chance to show off your athleticism. 18 and over please.
	8:00-9:00 PM	<b>Guest Speaker at the Gold Stage. *Will be updated weekly*</b>
Monday	8:00 PM	Family Disco Bingo in the Dining Hall. Wear disco clothes and bring 50 cents for a card. Oh, and be prepared to boogie down!!
Tuesday	10:00-11:00 AM	For parents of teens and any interested teens. Join your Lair Teen Directors at the Teen Lodge for "All About College: How Do We Get Them There?" an informative meeting on college preparation.
	1:30-2:30 PM	Auditions for the Golden Revue (camper talent show) at the Stage.
	4:00-5:00 PM	Adult Sing-along at the Stage.
	6:00 PM	Vista Lounge! Join us for a gourmet prime rib dinner with all the trimmings at Vista Lodge. Arrive at 6:00pm for wine and appetizers; dinner is served at 6:30pm. Sign up in advance at your camp store. Seating is limited. You can request to dine with friends -- just tell the store crew or your Program Director. Ask about complimentary baby sitting.
	8:00-9:00 PM	<b>Guest Speaker at the Gold Stage. *Will be updated weekly*</b>
	2:00-3:00 PM	Auditions for the Golden Revue (camper talent show) at the Stage.
	6:00 PM	Vista Lounge! Join us for a gourmet prime rib dinner with all the trimmings at Vista Lodge. Arrive at 6:00pm for wine and appetizers; dinner is served at 6:30pm. Sign up in advance at your camp store. Seating is limited. You can request to dine with friends -- just tell the store crew or your Program Director. Ask about complimentary babysitting. Want to get back in time for the Revue? We can make that happen.
	8:00-9:00 PM	Golden Revue! Join Music Director Loryn, and other camp celebrities at the stage for our weekly camper talent show!
	9:15-10:00 PM	Stargazing at the Softball Field with your Nature Director. Dress warmly!
	10:00 to Midnight	Adult Dance at Vista Lodge! Mingle with folks from all three camps. Drinks provided. Put your song requests in at the store. Ages 21 and over only.
	Thursday	8:00 PM
Friday	10:15 AM-noon	Women's Softball Big Game - Gold vs. Blue at the Mike Koll Softball Field at Gold.
	1:30-3:00 PM	Men's Softball Big Game - Gold vs. Blue at the Mike Koll Softball Field at Gold.
	7:45 PM	Athletics Awards and the World Famous Farewell Campfire Show at the Stage!
Saturday	11:00 AM	Check Out Time! Drive carefully and we'll see you next year!

### General Daily Times

<b>MEALS</b>	7:15-8:15 AM	Early Risers -- we've got freshly brewed hot coffee for you at the Gold Lodge. Stop by and say "hey!"
	8:15 AM	Hiking Table in the Dining Hall opens for making lunches.
	7:00 AM-noon	Lair Bean is open for <i>purchasing</i> of lattes, espresso and other speciality coffee drinks and smoothies.
	8:30 AM	Breakfast
	9:30-10:30AM	Continental Breakfast at the Dining Hall
	9:00-11:00 AM	Peet's Coffee at the Vista Lodge <b>Monday-Friday</b>
	12:15 PM	Lunch
	6:00 PM	Dinner
<b>BURGER SHACK</b>	7:15-10:15 PM	Daily
<b>STORE</b>	<b>SAT. HOURS:</b> 9:00-10:30 AM, 2:00-5:00 PM,	<b>Saturday regular hours</b> for the Camp Gold Store are 9:00-10:30 AM, 2:00-5:00 PM
	<b>SAT. EXT HOUR:</b> 6:45-7:45 PM	<b>Saturday extended hours:</b> In an attempt to avoid long lines during peak hours, the Gold store will also be open Saturday evening from 6:45-7:45 PM primarily for paid program sign ups including Horseback Riding, Archery, Massages, Vista Lounge dinners, etc., and for late arrival check-ins.
	<b>SUN. - FRI. HOURS:</b> 9:30-11:45 AM, 1:30-5:00 PM	<b>Sunday-Friday regular hours</b> for the Camp Gold Store are 9:30-11:45 AM, 1:30-5:00 PM
	<b>SUN. EXT HOURS:</b> 9:00-9:30 AM 1:00-1:30 PM	<b>Sunday extended hours:</b> In an attempt to avoid long lines during peak hours, the Gold store will be open for half an hour in the morning 9:00-9:30 AM, before it opens for regular business and for half an hour in the afternoon 1:00-1:30 PM, primarily for paid program sign ups, including Horseback Riding, Archery, Massages, Vista Lounge dinners, etc.
<b>WELLNESS Massage and Facials</b>	10:30-11:30 AM	<b>Sunday:</b> Come to the Wellness Center by the Teen Lodge in Camp Gold to learn about the wellness program and enjoy a complimentary mimosa! (21 & over)
	10:30-5:00 PM	<b>Sunday:</b> Wellness Center open. Sign up at any of the camp stores or at the Wellness Center.
	9:30-5:00 PM	<b>Mon-Fri:</b> Wellness Center open. Sign up at any of the camp stores or at the Wellness Center.
<b>ADVENTURE PROGRAMS</b>	6:45-8:15 AM - <b>Tues &amp; Thurs</b>	<b>Family Fishing!</b> Staff accompanied fishing session. Wake up bright and early and head over to the lake with the kids for some shore fishing at a great location. Limited to 15 fisher-people per session. Sign up at the Nature Shed (free). <b>Tuesday and Thursday</b>
	7:15-8:15 AM	Daily morning exercise activities. i.e. led jogs to the lake, circuit workout, and more! Check under the Athletics section for details! <b>Monday-Friday</b>
	10:00-11:30 AM, 2:45-4:15 PM	<b>Archery!</b> Back this summer- we're offering archery right here in camp! Please sign up and pay in the store. Lessons will be <b>Monday-Friday</b> at the Archery Range near Teen Lodge.
	<b>Mon @ 10:00-12:00 PM or Fri @ 3:00-5:00 PM</b>	<b>Mountain Biking!</b> Join a staff led ride on some local trails! Sign up in the store in advance (free). Forgot your mountain bike? We can tell you how to rent one from the Hub at Pinecrest Lake. Limited to 10 riders. 10AM on <b>Monday</b> and 3PM on <b>Friday</b>
<b>MEDICAL</b>	3:30-5:30 PM	Gold Wounded Bears Open for Nurse Practitioner - Open everyday
	Every Day	Emergency Medical Technician available 24 hours / 7 days a week.

### Pool

**Note: Adult swim is first 15 minutes of every hour**

<b>Saturday</b>	2:00-5:00 PM	Free swim.
<b>Sunday</b>	10:00 AM-noon, 1:30-5:00 PM	Free swim.
	3:45-4:30 PM	Innertube Water Polo at the pool- Adult Campers vs. Staff.
<b>Mon-Fri</b>	7:30-8:15 AM	Lap swim
	9:30-10:30 AM	Water Aerobics. Join one of your lifeguards for a fun workout in the water.
	10:30 AM-noon, 1:30-5:00 PM	Free swim.

## Athletics

**Be sure and check out the General Daily Times under Adventure Programs for more activities that combine nature and sports!**

<b>Sunday</b>	All Day	<b>Sign-up for self organized tournaments in the Gold Lodge. Complete and record tournaments by Friday at 6pm</b>
	10:00-10:45 AM	Athletics introductory meeting. Meet with the Athletic Directors and discuss all the fun athletic programs and activities available this year including Gaga Ball, KanJam, Spikeball, Mountain Biking (free) and Archery (additional cost). They'll also explain how the tournaments work. Meet in the lodge!
	3:45-4:30 PM	Innertube Water Polo at the pool- Adult Campers vs. Staff.
	7:00-8:00 PM	Adult tennis clinic. Meet at the Tennis Courts.
<b>Monday</b>	<b>Tournament brackets posted in Gold Lodge. Complete tournaments by Friday.</b>	
	7:15-8:15 AM	Sunrise jog to the lake. Meet with one of your Athletic Directors at the Softball Field for a quick stretch followed by a beautiful 3 mile round-trip jog to the lake.
	9:30 AM-noon	Women's Doubles Tennis Round-Robin Tournament. Meet at the courts with a partner.
	10:00-11:30 AM	Archery! Back this summer- we're offering archery right here in camp. Please sign up and pay in the store. Lessons will be Mon-Fri. Openings limited to 15 campers per lesson.
	1:00-2:00 PM	Home Run Derby at the Mike Koll Softball Field. (18 and under.)
	3:30-5:00 PM	Women's softball practice at the Mike Koll Softball Field.
	4:00-5:00 PM	Volleyball Clinic. Meet on the volleyball court.
<b>Tuesday</b>	7:15-8:15 AM	Plyometric Circuit Workout! Mid-level athletes and above. Come sweat it out before breakfast. Meet at the Teen Lodge.
	10:00-11:30 AM, 2:45-4:15 PM	Archery! Take a lesson or hone your archery skills. Please sign up and pay in the store. Sessions will be Mon-Fri. Openings limited to 15 campers per session.
	10:00 AM-noon	Men's Doubles Tennis Round-Robin Tournament. Meet at the courts with a partner.
	2:00-3:00 PM	Men's Camper vs. Staff Basketball game at the basketball court.
	3:15-5:00 PM	Women's Camper vs. Staff Softball at the Mike Koll Softball Field.
<b>Wednesday</b>	7:15-8:15 AM	Sunrise jog to the lake! Meet with one of your Athletic Directors on the Softball Field for a quick stretch followed by a beautiful 3 mile round-trip jog to the lake.
	10:00-11:30 AM, 2:45-4:15 PM	Archery! Take a lesson or hone your archery skills. Please sign up and pay in the store. Sessions will be Mon-Fri. Openings limited to 15 campers per session.
	10:00-11:00 AM	Spikeball Clinic! Come learn how to play the fun new sport that is sweeping the nation. Meet at the ping pong tables.
	1:30-2:30 PM	Soccer tournament at the tennis courts! Family friendly soccer tournament. All ages.
	3:15-5:00 PM	Men's softball practice at the Mike Koll Softball Field.
	4:00-5:00 PM	Cornhole Tournament with the AD! Meet at the ping pong tables.
	9:15-10:00 PM	Stargazing at the Softball Field with your Nature Director. Dress warmly.
<b>Thursday</b>	7:15-8:15 AM	Plyometric Circuit Workout! Mid-level athletes and above. Come sweat it out before breakfast. Meet at the Teen Lodge.
	10:00-11:30 AM, 2:45-4:15 PM	Archery! Take a lesson or hone your archery skills. Please sign up and pay in the store. Sessions will be Mon-Fri. Openings limited to 15 campers per session.
	10:00-11:00 AM	Women's Blue vs. Gold Volleyball at Blue volleyball court.
	11:00 AM-noon	Men's Blue vs. Gold Volleyball at Blue volleyball court.
	1:30-2:30 PM	KanJam Tournament with the AD! Meet at the ping pong tables!
	3:15-5:00 PM	Men's Camper vs. Staff softball game at the Mike Koll Softball Field.
<b>Friday</b>	7:15-8:15 AM	Sunrise Tricampal Biathlon: a jog to the lake AND a swim IN the lake! Sign up in the Lodge by Thursday morning. Meet at the Softball Field.
	10:00-11:30 AM, 2:45-4:15 PM	Archery! Last day to join us for archery. Please sign up and pay in the store. Sessions will be Mon-Fri. Openings limited to 15 campers per session.
	10:15-12:00 PM	<b>Women's Softball BIG GAME:</b> Blue vs. Gold at Gold. Come cheer on your ladies! This game is but once a year! Because it's Friday morning, there will be mimosas! (21 & over)
	1:30-3:00 PM	<b>Men's Softball BIG GAME:</b> Blue vs. Gold at Gold. Because it's Friday afternoon, there will be a keg (21 & over) and hot dogs!
<b>Tournaments to be COMPLETED &amp; RECORDED by 6:00 PM.</b>		

## Nature/Hiking

**Back again for 2017: Adventure Programming, here in camp! Sign up at the store for our free programs including Mountain Biking, Kayaking and Family Fishing; and sign-up and pay for Archery, Stand Up Paddle Boarding and Horseback Riding**

<b>Sunday</b>	Sign-ups for hikes will be available at the Nature Shed -- sign-ups are required for all hiking programs.	
	10:00-10:30 AM	Introductory hiking meeting with your Nature and Hiking Crew. Meet at the Nature Shed to discuss the hikes for the week.
<b>Monday</b>	7:00-9:00 PM	Sunset "hike" with wine (21 & over) and cheese. It's not truly a hike. More of a drive and a stroll, but the view is gorgeous. On a clear day, Mt. Diablo is visible so bring some binoculars. Wear warm clothes and meet at the Gold Store.
	9:00 AM-4:00 PM	Hike! Pack a lunch and plenty of water. Meet at the Gold Store.
<b>Tuesday</b>	9:30-12:00 PM	Mountain Biking! Join a staff led ride on some local trails. Sign up in the store in advance. Meet at the Gold Store with a bike. Don't have one? Rent at the Pinecrest Hub beforehand. Limited to 10 riders.
	6:45-8:15 AM	Family Fishing! Staff accompanied fishing session. Wake up bright and early and head over to the lake with the kids for some shore fishing at a great location. Limited to 15 fisher-people per session. Sign up at the Nature Shed. Meet at the Gold Store.
	7:30-9:30 AM	Stand Up Paddle Boarding with a light breakfast at the lake. Sign up and pay at the store. Spots are limited. Meet at the Gold Store.
<b>Wednesday</b>	10:00 AM-4:00 PM	Hike! Pack a lunch and water. Meet at the Gold Store.
	9:15-10:00 PM	Stargazing at the Softball Field with your Nature Director. Dress warmly!
<b>Thursday</b>	6:45-8:15 AM	Family Fishing! Staff accompanied fishing session. Wake up bright and early and head over to the lake with the kids for some shore fishing at a great location. Limited to 15 fisher-people per session. Sign up at the Nature Shed. Meet at the Gold Store.
	7:15-9:00 AM	Yoga Stand Up Paddle Boarding at the Pinecrest Lake. Come try it! Meet at the Gold Store. Spots are limited. Pay at the store by <b>Tuesday</b> . Meet at the Gold Store.
	9:00 AM-4:00 PM	All Day Hike! Meet at the Gold Store
<b>Friday</b>	10:00 AM-4:00 PM	Hike! Pack a lunch and water. Meet at the Gold Store.
	7:30-9:15 AM	Morning kayaking on the lake! Free, but please sign up at the store; spots are limited. Meet at the Gold Store.
	3:00-5:00 PM	Mountain Biking! Join a staff led ride on some local trails. Sign up in the store in advance. Meet at the Gold Store with a bike. Don't have one? Rent at the Pinecrest Hub beforehand. Limited to 10 riders.

### Arts and Crafts

Lanyards close at 11:15 AM and 3:30 PM daily. Please dress appropriately -- art is messy work! Closed toe shoes for pottery.

<b>Sunday</b>	9:45-10:00 AM	Pottery demonstration - the rest of the Art Arbor will be closed at that time. Dress appropriately.
	10:00-11:45 AM	Meet the Art Arbor Crew for an introduction to the Art Arbor.
	3:00-4:30 PM	Art Arbor open!
<b>Monday</b>	9:45-11:45 AM, 1:30-4:00 PM	Open pottery and tile/bisqueware painting at the Art Arbor. Buy tiles and clay at the store. ** This is messy work; dress appropriately!** Get started on your hemp bracelets as well!
<b>Tuesday</b>	<b>**ALL BISQUEWARE POTTERY MUST BE DRY, GLAZED, AND ON THE KILN SHELVES BY 4:00 PM TODAY / TUESDAY TO BE FIRED **</b>	
	9:45-11:45 AM, 1:30-4:00 PM	Tie-dye, pottery, lanyards and hemp bracelets all day! Buy your shirts and other items at the store and come by the Art Arbor to tie-dye with the art crew.
	10:00 AM	Demo: Tie-dye!
<b>Wednesday</b>	<b>**ALL HANDMADE POTTERY MUST BE DRY, GLAZED, AND ON THE KILN SHELVES BY 4:00 PM TODAY / WEDNESDAY TO BE FIRED **</b>	
	9:45-11:45 AM, 1:30-4:00 PM	Glazing, tie-dye, and hemp bracelets continue. Don't forget to bring finished projects to the kiln!
<b>Thursday</b>	9:45-11:45 AM, 1:30-4:00 PM	T-shirt painting supplies will be available & you can continue working on your lanyards, hemp bracelets, and tie-dye.
	4:00-5:00 PM	<b>Adult Art Hour.</b> Come join your Art Directors for a relaxing art session with some complimentary wine (21 & over) and cheese.
<b>Friday</b>	9:45-11:45 AM, 1:30-4:00 PM	Henna Day! Today is also the day to finish all art projects. Remember to pick them up - finished ceramics will be located next to the kiln shed.
<b>Saturday</b>	8:00-9:30 AM	Pick up artwork on the kiln shelf next to the Softball Field.

### Music

<b>Sunday</b>	10:30-11:30 AM	Creekside! Come join the Music Director for relaxing music and inspirational readings by the creek. Camper participation encouraged.
<b>Tuesday</b>	1:30-2:30 PM	Auditions for the Golden Revue (camper talent show) at the Stage.
	4:00-5:00 PM	Sing-along at the Stage! Bring your instruments, voices, enthusiasm, and we'll bring the song books.
<b>Wednesday</b>	10:00-11:00 AM	Sing-along with the 6&7's and KK at the Gold Kub Korral.
	2:00-3:00 PM	Auditions for the Golden Revue (camper talent show) at the Stage.
	10:00-11:00 PM	Teen Sing-along at the Teen Lodge. Play an instrument? Bring it! Don't play an instrument? Bring yourself!
<b>Thursday</b>	10:30-noon	Meet with the three camps Music Directors at the Vista Lodge for a Jam Session. Remember to bring your instrument if you play.
<b>Friday</b>	10:30-noon	Bring your instruments for mellow music at the Vista Lodge.

## Lair Yoga

**Lair Yoga classes are led by professionally licensed instructors and are entirely free of charge! All Lair Yoga programs take place at the Yoga Tent next to Vista Lodge (unless otherwise noted).**

Sunday	10:10-11:00 AM	<b>Yoga For All.</b> Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Bobby is your instructor.
	11:15-12:00 PM	<b>Gentle Yoga.</b> A relaxing class to improve strength and mobility while enjoying the fresh outdoor air. Bobby is your instructor.
	3:30-4:20 PM	<b>Yoga For All.</b> Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Bobby is your instructor.
Monday	7:15-8:00 AM	<b>Sunrise Yoga.</b> Wake up your body and your mind with gentle yoga poses. Jill is your instructor.
	10:10-11:00 AM	<b>Yoga For All.</b> Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Dorothy is your instructor.
	11:15-12:00 PM	<b>Gentle Yoga.</b> A relaxing class to improve strength and mobility while enjoying the fresh outdoor air. Dorothy is your instructor.
	1:30-2:20 PM	<b>Mindful Meditation.</b> Come relax and learn meditation skills. When you heal the mind you heal the body. This session will take place in the Vista Lodge. Dorothy is your instructor.
Tuesday	10:10-11:00 AM	<b>Yoga For All.</b> Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Ana is your instructor.
	11:15-12:00 PM	<b>Pilates.</b> You will do the basic Pilates mat techniques to strengthen and tone your entire body. Ana is your instructor.
	1:30-2:20 PM	<b>Gentle Yoga.</b> A relaxing class to improve strength and mobility while enjoying the fresh outdoor air. Ana is your instructor.
Wednesday	7:15-8:00 AM	<b>Sunrise Yoga.</b> Wake up your body and your mind with gentle yoga poses. Ana is your instructor.
	10:10-11:00 AM	<b>Yoga For All.</b> Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Ana is your instructor.
	11:15-12:00 PM	<b>Pilates.</b> You will do the basic Pilates mat techniques to strengthen and tone your entire body. Ana is your instructor.
	1:30-2:20 PM	<b>Gentle Yoga.</b> A relaxing class to improve strength and mobility while enjoying the fresh outdoor air. Ana is your instructor.
Thursday	10:10-11:00 AM	<b>Yoga For All.</b> Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Dorothy is your instructor.
	11:15-12:00 PM	<b>Gentle Yoga.</b> A relaxing class to improve strength and mobility while enjoying the fresh outdoor air. Dorothy is your instructor.
	1:30-2:20 PM	<b>Mindful Meditation.</b> Come relax and learn meditation skills. When you heal the mind you heal the body. This session will take place in the Vista Lodge. Dorothy is your instructor.
Friday	7:15-8:00 AM	<b>Sunrise Yoga.</b> Wake up your body and your mind with gentle yoga poses. Lauren is your instructor.
	10:10-11:00 AM	<b>Yoga For All.</b> Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Lauren is your instructor.
	11:15-12:00 PM	<b>Gentle Yoga.</b> A relaxing class to improve strength and mobility while enjoying the fresh outdoor air. Lauren is your instructor.

## Kub Korral

**\*\* The Kub Korral is for two to five year old diaper-graduates. Sign-in and sign-out is required. \*\***

<b>Ready, Set, SUNDAY!</b>		
<b>Sunday</b>	9:30-12:00PM	INTRODUCTORY MEETING for parents and children at the Kub Korral followed by Lair Calendar making with your KK crew! Sign-in and sign-out required.
	1:30-3:00 PM	<b>NEW! Tri-Camp Carnival!!</b> Come Join us on the Mike Koll Softball Field at Camp Gold for a brand new program! There will be a bounce house, a dunk tank, tug-of-war, facepainting, snacks and treats, and much much more!
	3:30-4:30 PM	We're going to decorate our cars for tonight's 'Drive-in' movie in the DH! Come ready to craft with the cool kids.
	7:45-9:15 PM	Cruise on into the DH for our 'Drive-in' movie! We'll hangout in the box cars we made and enjoy some treats during a movie!
<b>Dinosaur Day in the KK!</b>		
<b>Monday</b>	9:30-12:00 PM	Join us on a Dinosaur Nature Walk where we will collect treasures from the forest & make collages.
	2:30-4:30 PM	Dinosaur Egg Hunt and Volcano making followed by story time in the KK! Don't forget to fill in your Lair Calendar.
<b>Back To Bearsics!</b>		
<b>Tuesday</b>	9:30-12:00 PM	Teddy Bear Picnic! Join the KK crew as we make Bear Crowns, hike to the Bear, and decorate it for a picnic.
	2:30-4:30 PM	Bear Day in the KK continues as we do our best bear impressions and splash around with water activities. Then bear story time!
	7:45-9:15 PM	Crawl into the DH with the KK crew and the 6&7's for an awesome movie night that would make the Berenstain Bears jealous!
<b>Music Day in the KK!</b>		
<b>Wednesday</b>	9:30-12:00 PM	Join us in the KK to make music shakers, have a sing-along with the Music Director, and then a dance party!
	2:30-4:30 PM	Golden Revue Practice! We're going to put together the cutest possible skit for tonight's Golden Revue.
	7:45-9:15 PM	The Golden Revue! Come strut your stuff with us!
<b>Super Hero Day in the KK!</b>		
<b>Thursday</b>	9:30-12:00 PM	Make sure to wear any superhero clothes you may have brought! And we'll paint disguises too! What do super heros love more than anything?? You guessed it! Arts and Crafts! Come make some awesome crafts with us.
	2:30-4:30 PM	Bring your creative minds and we'll continue this <b>super</b> crafty day! Are you ready for some mural painting??
<b>The Most Fantastic Friday in the KK!</b>		
<b>Friday</b>	9:30-12:15 PM	It's our big day in the KK! We'll make sorcerer crowns and magic shakers and paint faces for our big parade in the DH at lunch. Pick up kids in the DH. (Parade is at 12:15 PM)
	2:30-4:30 PM	Creek walk with the KK! Please be sure to wear water friendly shoes. We'll gather some nature materials and make one last masterpiece. Then we'll finish up all our projects from the week.
<b>Saturday</b>	9:15-10:15 AM	<b>SWEEP THE FOREST!</b> Help keep our Lair beautiful. Meet at the KK to pick up litter in exchange for prizes!

**6&7's**

**\*\* Children will be released after program unless parents state otherwise at Sunday Intro Meeting (exceptions noted below) \*\***

<b>Ready, Set, SUNDAY!</b>		
<b>Sunday</b>	9:45-11:15 AM	INTRODUCTORY MEETING at the Kiddie Campfire for a short meeting with parents and kids. Then we're going to go on a quick safety tour of camp followed by some games like Silly Showdown at the Stage! Pick up at the Kiddie Campfire.
	1:30-3:00 PM	<b>NEW! Tri-Camp Carnival!!</b> Come Join us on the Mike Koll Softball Field at Camp Gold for a brand new program! There will be a bounce house, a dunk tank, tug-of-war, facepainting, snacks and treats, and much much more!
	3:30-4:30 PM	Meet at the Kiddie Campfire and we'll make Lair Journals for the week. Then we'll decorate our box cars for tonight's 'Drive-in' Movie!
	7:15-9:15 PM	Meet at the Kiddie Campfire for s'mores followed by the 'Drive-in' Movie in the DH! We're going to hangout in our box cars and have some popcorn during an awesome movie! Parents: Please pick up kids in the DH after the movie.
<b>Mother Nature Monday!</b>		
<b>Monday</b>	9:30-11:15 AM	Nature Craft Scavenger Hunt! We'll gather materials during the scavo-hunt, then it's craft time. Meet at the Kiddie Campfire.
	2:30-4:00 PM	Volcano Making! Do you 'Lava' science and history as much as we do?? Meet in the Kiddie Campfire for a Dino egg hunt and more!
<b>Time Machine Tuesday!</b>		
<b>Tuesday</b>	9:30-11:15 AM	Panning for gold in the creek! Learn how the pioneers used to do it! Meet at the Kiddie Campfire.
	2:30-4:00 PM	Rockin' rock art! Afterwards we're going to have story time. Meet at the Kiddie Campfire.
	7:45-9:15 PM	Alright you little bears, crawl into the DH for an awesome movie night that would make the Berenstain Bears jealous! Meet in the Dinning Hall.
<b>World Famous Wednesday!</b>		
<b>Wednesday</b>	9:30-11:15 AM	Shaker making and Sing-along with the Music Director followed by a dance party! Meet at the Kiddie Campfire.
	2:30-4:00 PM	You are all going to be stars! Practice for the Golden Revue and we'll head to the stage for some games! Meet at the Kiddie Campfire.
	8:00-9:15 PM	The Golden Revue at the Stage! Come strut your stuff with us!!
<b>Triple Play Thursday!</b>		
<b>Thursday</b>	9:45-11:30 AM	6&7's Olympics! Dress up as your favorite sports star and meet at the Kiddie Campfire then we'll walk over to join Blue and Oski at the Mike Koll Softball Field! We'll head straight from the Olympics to our 6&7's pool party, so bring you suit and towel!
	11:30AM-1:00 PM	Pool Party at Camp Gold! Join us at the Camp Gold Pool if you missed the Olympics! Lunch will be provided at the Gold Pool.
	2:30-4:00 PM	Cookie Baking Demo from your Camp Gold Baker followed by cookie decorating and banner making in the Dining Hall!
	6:00-7:00 PM	Meet at the Dining Hall for our big VIP dinner party!
<b>Felicitous Friday!</b>		
<b>Friday</b>	9:45 AM-12:15 PM	Come to the Kiddie Campfire for some team games! Then we'll head over to the KK to paint faces and make crowns for our special parade in the DH!
	2:30-4:00 PM	Join us for a creek walk! Wear shoes and clothes that can get wet. Meet at the Kiddie Campfire. After we explore the creek we'll write in our Lair Journals one last time put the finishing touches on them.
<b>Saturday</b>	9:30-10:30 AM	<b>SWEEP THE FOREST!</b> Help keep our Lair beautiful! Pick up trash and exchange it for prizes! Meet us at the volleyball court.

**8&9's**

**Ready, Set, SUNDAY!**

<b>Sunday</b>	9:45-11:15 AM	INTRODUCTORY MEETING! Meet at the Softball Field for a short meeting with parents and children. Then we're going on a quick safety tour of camp followed by kick ball with the Preteens! Don't forget to sign up for horseback riding by 5:00 PM at the Gold Store.
	1:30-3:00 PM	<b>NEW! Tri-Camp Carnival!!</b> Come Join us on the Mike Koll Softball Field at Camp Gold for a brand new program! There will be a bounce house, a dunk tank, tug-of-war, facepainting, snacks and treats, and much much more!
	8:00-9:15 PM	Marshmallow Roast and Campfire!! Meet at the Bear and we'll walk over to the Kiddie Campfire for some marshmallows and spooky stories. We'll return to the Lodge afterwards. Bring a flashlight for added fun.
<b>Marauder Monday!</b>		
<b>Monday</b>	9:45-11:15 AM	Transcendent Treasure Hunt!! Are you guys ready to work together as a team to solve the clues and get the booty!? Join your 8&9's Directors at the Bear. If you have any pirate clothes, wear 'em!
	2:30-4:00 PM	Bear Beautification Project! Come on 8&9's! Let's make this bear beautiful! Afterwards, we're going to continue Merauder Monday with a pirate themed water activity. Meet us at the Bear.
<b>Tributary Tuesday!</b>		
<b>Tuesday</b>	9:45-1:15 PM	A hike to the lake for paddleboating and lunch with Camp Blue! Bring a towel and wear a swimsuit and your walkin' shoes. Meet at the Bear. We'll learn about bodies of water as we walk! We need parents to pick us up by the Snack Shack at the lake at 1:10 PM.
	2:30-3:45 PM	Panning for gold in the creek! Learn how the pioneers used to do it! Meet at the Bear.
	7:45-9:15 PM	Movie at the Teen Lodge! Join your 8&9's Directors as well as the 8&9's from Camp Blue for a movie. Meet in front at the Bear.
<b>Whimsical Wednesday!</b>		
<b>Wednesday</b>	9:45-11:00 AM	Capture the Flag! Time for our annual game with Camp Blue and Camp Oski! Bring your sportsmanship! Meet at the Bear.
	2:30-3:30 PM	Meet at the Bear for Golden Revue practice! After we put together our skit, we're going to do some crafts like Straw Rockets.
	8:00-9:15 PM	Make yourself famous at the annual Golden Revue!
<b>Tell It Like It Is Thursday!</b>		
<b>Thursday</b>	9:45-11:15 AM	Banner Making for our VIP dinner party! Followed by games like Animal Yoga and Hula Hoopla. Meet at the Bear.
	2:30-4:30 PM	Horseback riding at Aspen Meadows. Meet at the Bear. Be sure to wear long pants. We will need some parents to drive us there and back. Sign-up, fill out permission slip and pre-pay at the store by 5:00 PM Sunday afternoon required. Limited to 15 riders.
	6:00-7:00 PM	8&9's VIP Dinner Party with Lair Cake in the Dining Hall. It's time to PARTY like VERY IMPORTANT PEOPLE!
<b>Funky Fresh Friday!</b>		
<b>Friday</b>	9:45-11:15 AM	Gaga Ball! Come check out our awesome new Gaga Ball court and let's have some next level fun! Meet at the Bear.
	11:30 AM-1:15 PM	Pool Party!! TropiCAL themed! Wear your blue, gold, Cal, Lair or Hawaiian-wear. At the Gold Pool. Lunch will also be at the Gold Pool.
<b>Saturday</b>	9:30-10:30 AM	SWEEP THE FOREST! Help keep our Lair beautiful! Pick up trash and exchange it for prizes! Meet us at the volleyball court.

**10, 11 & 12's -- Preteens**

<b>Ready, Set, SUNDAY!</b>		
<b>Sunday</b>	9:45-11:15 AM	INTRODUCTORY MEETING! Meet at the Mike Koll Softball Field. We'll have a quick meeting with parents, and then we'll have some safety adventures around camp! Then kickball with the 8&9's!
	1:30-3:00 PM	<b>NEW! Tri-Camp Carnival!!</b> Come Join us on the Mike Koll Softball Field at Camp Gold for a brand new program! There will be a bounce house, a dunk tank, tug-of-war, facepainting, snacks and treats, and much much more!
	7:00-10:15 PM	Walk to a movie under the stars at Pinecrest Lake. Meet at the basketball court, and dress warmly! We need parent drivers to pick us up at the lake and bring us to the Gold Lodge after the movie. So parents please join us on the basketball courts to arrange rides. Thank you!
<b>MVP Monday!</b>		
<b>Monday</b>	9:45-11:15 AM	Gaga Ball! Come check out our awesome new Gaga Ball court and let's have some next level fun! Meet at the Gold Store.
	2:15-3:30 PM	Rush-in softball with Camp Blue and Camp Oski! You're killin' me, Smalls! Remember your gloves and ball caps. Meet in front of the Softball Field.
<b>Tournament Tuesday!</b>		
<b>Tuesday</b>	9:45-11:15 AM	We're going to play a ton of games! Ping-pong, KanJam, Spikeball, Cornhole! Then you can go get ready for today's pool party! Meet at the Gold Store.
	11:45-1:00 PM	Preteen Pool Party with Blue and Oski!! Lunch served at the Camp Gold pool. Wear a swim suit and your finest tropiCAL attire (anything blue, gold, Hawaiian, Cal or Lair-wear). Meet at the Gold Pool.
	2:30-3:45 PM	Nature Scavenger Hunt! Join us on a scavenger hunt around camp and we'll learn how to build a Lean-to! Meet at the outside dining area at the Dining Hall.
	7:30-8:45 PM	Meet at the Kiddie Campfire for s'mores, laughs, and maybe even a spooky story or two!
<b>Wild West Wednesday!</b>		
<b>Wednesday</b>	9:45-11:15 AM	Meet at the Stage for Golden Revue Preteen skit practice followed by some team games.
	2:30-4:30 PM	Horseback riding at Aspen Meadows. Meet at the Gold Store. Be sure to wear long pants. We will need some parents to drive us there and back. Sign-up, fill out permission slip and pre-pay at the store by 5:00 PM Sunday afternoon required. Limited to 15 riders.
	8:00-9:15 PM	Bust a move at the annual Golden Revue at the Gold Stage.
<b>Thank Goodness it's Thursday!</b>		
<b>Thursday</b>	9:45-11:15 AM	Soccer match at the tennis courts! Get ready for the World Cup. Wear sneakers!
	2:30-4:00 PM	Capture the Flag! Time for our annual game with Camp Blue and Camp Oski! Bring your sportsmanship! Meet at the Gold Store. Wear closed toe shoes!
<b>First-rate Friday!</b>		
<b>Friday</b>	9:30-1:00 PM	The biggie of the week...a day at the lake including paddle boating! Meet at the Gold Store with a towel and wear a swimsuit. Sunscreen is a good idea! Preteens must wear lifejackets while on the lake. Lunch is provided; no flip-flops please. We will need parents to pick us up at the lake around 1:00 PM by the Snack Shack. Thank you!
	5:45-7:00 PM	Preteens VIP Dinner Party in the Dining Hall! Meet in front of the DH to help decorate our super sweet party banner!
<b>Saturday</b>	9:30-10:30 AM	<b>SWEEP THE FOREST!</b> Help keep our Lair beautiful! Pick up trash and exchange it for prizes! Meet us at the volleyball court.

**13 - 15 year olds -- Young Teens**

<b>Salubrious Sunday!</b>		
<b>Sunday</b>	10:00-11:00 AM	INTRODUCTORY MEETING! Meet at the volleyball court. Then we're gonna play some V-ball so wear your athletic gear.
	1:30-3:00 PM	<b>NEW! Tri-Camp Carnival!!</b> Come Join us on the Mike Koll Softball Field at Camp Gold for a brand new program! There will be a bounce house, a dunk tank, tug-of-war, facepainting, snacks and treats, and much much more!
	7:00-10:30 PM	Movie under the stars at Pinecrest Lake with the Preteen gang! Meet on the basketball court and dress warmly. We need parent drivers to pick up at the lake after the movie. So please join us at the courts to arrange rides. Thanks!
<b>Mercurial Monday!</b>		
<b>Monday</b>	10:00 AM-1:00 PM	Rush-in softball at the Mike Koll Softball Field with Blue and Oski, then inner-tube water polo at the Gold pool. Don't forget your gloves and hats for softball! Wanna find out who the Great Bambino was?? Meet at the Softball Field.
	2:30-4:30 PM	Teen only tie-dye session! Bring some of the things you want to tie-dye and meet at the volleyball court (or buy a shirt at the store to tie-dye).
<b>Not Another Teen Tuesday!</b>		
<b>Tuesday</b>	10:00AM - noon	Teen Ping Pong/Cornhole Tournament! Meet at the Ping Pong tables and bring your A-game!
	2:45-4:00 PM	Teen Blue vs. Gold Volleyball at Blue. Time to unveil your sweat bands and 70's style athletic shorts. Meet at Gold volleyball courts to walk over together.
	6:00-7:00 PM	Young Teen BBQ at the Teen Lodge with Blue and Oski! Grab a burger and have some fun, OR ELSE! Meet at the Teen Lodge.
	8:45-9:30 PM	Young Teen Night Swim with Blue and Oski at the Gold Pool. Bring a towel and meet at the Gold Pool.
<b>Wil'n Out Wednesday!</b>		
<b>Wednesday</b>	10:00 -11:00 AM	Teen Ultimate Frisbee with Blue and Oski! Meet at the Mike Koll Softball Field and wear your athletic gear!
	3:30-4:45 PM	Gaga Ball! Come check out our awesome new Gaga Ball court and let's have some next level fun! Meet at the volleyball courts.
	10:00-11:00 PM	Teen Sing-along at the Teen Lodge. Play an instrument? Bring it! Don't play an instrument? Bring yourself!
<b>Tumultuous Thursday!</b>		
<b>Thursday</b>	10:00-3:00 PM	Meet at the volleyball court for a gorgeous hike to Cleo's Bath. Make and bring your own lunch from the DH @ breakfast. Wear shoes, bring a towel, hat & sunscreen. We need to arrange parents to drive to the Lake.
	9:30-10:30 PM	COME ON DOWN!! Teen and Parent Family Wed at the stage following the Hoot.
<b>On Fleek Friday!</b>		
<b>Friday</b>	9:30 AM-noon	Teen party boats at the Pinecrest Lake! We'll meet up with Blue and Oski and cruise the lake. Bring your swimsuit, towel and sunscreen! Meet at the volleyball court. We need parent drivers to and from the lake.
	9:45-11:45 PM	This is it! Final Teen Party & Dance at the Teen Lodge. Come participate in our game stations and campfire and don't forget to dance! No teenagers with signs of alcohol use will be admitted.
<b>Saturday</b>	10:00 AM	Come take one last group photo for the Lair's Instagram (@Lair1949) and say goodbye to everyone. Meet at the Bear. :(

**16 - 18 year olds -- Old Teens**

<b>Salubrious Sunday!</b>		
<b>Sunday</b>	10:00-11:00 AM	INTRODUCTORY MEETING! Meet at the volleyball court. Then we're gonna play some V-ball so wear your athletic gear!
	1:30-3:00 PM	<b>NEW! Tri-Camp Carnival!!</b> Come Join us on the Mike Koll Softball Field at Camp Gold for a brand new program! There will be a bounce house, a dunk tank, tug-of-war, facepainting, snacks and treats, and much much more!
	8:45-10:00 PM	Night swim at Gold with the Blue and Oski Teens! Meet at the Gold Pool. Bring your swim suit and a towel.
<b>Mercurial Monday!</b>		
<b>Monday</b>	10:00 AM-1:00 PM	Rush-In Softball, then a tropiCAL themed Pool Party -- wear your blue, gold, Cal, Lair or Hawaiian-wear! Then it's lunch followed by inner-tube H2O polo at Gold. Meet at the Softball Field. Bring your bathing suit and a towel. Bring your scuba gear too, if you remembered to pack it.
	2:30-4:30 PM	Teen only tie-dye session! Bring some of the things you want to tie-dye and meet at the volleyball court (or buy a shirt at the store to tie-dye).
<b>Not Another Teen Tuesday!</b>		
<b>Tuesday</b>	10:00AM - noon	Teen Ping Pong/Cornhole Tournament! Meet at the Ping Pong tables and bring your A-game!
	10:00-11:00 AM	For parents of teens and any interested teens! Join your Lair Teen Directors at the Teen Lodge for "All About College: How Do We Get Them There?" an informative meeting on college preparation.
	2:45-4:00 PM	Teen Blue vs. Gold Volleyball at Blue. Time to unveil your sweat bands and 70's style athletic shorts. Meet at Gold volleyball court.
	6:00-7:00 PM	Teen BBQ at Pinecrest Lake! Followed by Teen Movie night at the Lake! Meet at the Basketball Court to walk over. We'll need parent drivers to pick us up from the lake after the movie so please join us at the volleyball court to arrange rides. Thank you!
	7:15-10:30 PM	Teen movie night at Pinecrest Lake! We'll head over after the BBQ. The BBQ area is at the South end of the Lake past the Amphitheater. We'll need rides after the movie, thanks!
<b>Wil'n Out Wednesday!</b>		
<b>Wednesday</b>	10:00 -11:00 AM	Teen Ultimate Frisbee with Blue and Oski! Meet at the Mike Koll Softball Field and wear your athletic gear!
	3:30-4:45 PM	Gaga Ball! Come check out our awesome new Gaga Ball court and let's have some next level fun! Meet at the volleyball court.
	10:00-11:00 PM	Teen Sing-along at the Teen Lodge. Play an instrument? Bring it! Don't play an instrument? Bring yourself!
<b>Tumultuous Thursday!</b>		
<b>Thursday</b>	10:00 AM-3:00 PM	Meet at the Volleyball Court for an amazing hike to Cleo's Bath. Make and bring your own lunch from the DH @ breakfast. Wear shoes, bring a towel, hat & sunscreen. We need to arrange parents to drive to Pinecrest Lake.
	9:30-10:30 PM	COME ON DOWN!! Teen and Parent Family Wed at the stage following the Hoot.
<b>On Fleek Friday!</b>		
<b>Friday</b>	9:30 AM-noon	Teen party boats at Pinecrest Lake! We'll meet up with Blue and Oski and cruise the lake. Bring your swimsuit, towel and sunscreen! Meet at the volleyball court. We'll need parent drivers to and from the lake. Thanks so much!
	9:45-11:45 PM	This is it! Final Teen Party & Dance at the Teen Lodge. Come participate in our game stations and campfire and don't forget to dance! No teenagers with signs of alcohol use will be admitted.
<b>Saturday</b>	10:00 AM	Come take one last group photo for the Lair's Instagram (@Lair1949) and say goodbye to everyone. Meet at the Bear. :(