

# WELCOME HOME!

## Welcome to the Lair of the Golden Bear Week 5 Camp Oski, July 6 - 13, 2019

### Schedule of Events for Family Camp -- subject to change

All Camp Activities		
Some programs require advance sign-up and may have a limited spots, including our new Rock Climbing Wall and Spanish Tapas evening! These programs are noted on the schedule, so sign-up early and don't miss out!		
Saturday	2:00-5:00 PM	<b>Camper Welcome and Check-In</b> at the volleyball court as you drive in. Late arriving campers can check in at dinner or the campfire, or on Sunday at the camp store.
	5:00-5:15 PM	New campers meet at the volleyball court for a tour of camp with your Oski Manager, Colleen.
	5:15-6:00 PM	Drop off the kids at the volleyball court for some prison ball and head to the Dining Tent for the <b>Manager's Welcome Mixer</b> with your Oski Manager, Colleen, and your Program Director, Bailey. We'll bring the kids down to dinner.
	8:00-9:15 PM	<b>Welcome Campfire!</b> Meet your 2019 Camp Oski Staff at the Stage for some laughs at our introductory show.
Sunday	10:30-11:30 AM	<b>Creekside.</b> Come join Music Director Chris and some Oski staffers for relaxing music and inspirational readings. Stroll to a quiet grove just below D Circle by the creek. It's a great way to start the week. Camper participation is encouraged.
	10:30-11:30 AM	Come to the <b>Wellness Center</b> by the Teen Lodge near Camp Gold to learn about our wellness offerings (massage, facials) and enjoy a complimentary mimosa (21 & over).
	1:30-2:00 PM	Join Lair General Manager, Mike Yaley, at the Dining Tent to learn more about the rebuilding of the Oski Dining Hall and share your input on a solution.
	2:00-2:30 PM	<b>Wacky Sunday Pool Show!</b> Bring the whole family to the pool for some silliness, pool games, and root beer floats.
	2:30-3:00 PM	<b>Inner Tube Water Polo</b> - Campers vs. Staffers at the pool. C'mon campers, show off your athleticism. 18 and over please.
	7:45-9:00 PM	<b>Guest Speaker Deborah Cahn-Weiner, <i>Sports-Related Concussion and CTE.</i></b> Let's meet at the Bear at 7:45 to walk over to Gold Stage together.
Monday	6:00-7:30 PM	<b>NEW! Spanish Tapas Night</b> at Vista Lodge! Enjoy plentiful delicious appetizers with free-flowing wine, beer and non-alcoholic beverages in this spectacular mountain setting. Sign-up and pay in advance at the store -- spots are limited.
	8:00 PM	<b>Family Disco Bingo</b> in the Dining Tent. Wear disco clothes or any silly clothes, and bring 50 cents for a card. Oh, and be prepared to boogie down!!
Tuesday	10:00-11:00 AM	<b>Preparing for College:</b> For teens and parents of teens, come to the Teen Lodge and hear personal experiences from our veteran staffers and learn how they got into college. The Teen Lodge is located between Camps Gold and Blue.
	6:00 PM	<b>Vista Lounge!</b> 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 and pay in advance at the store. Seating is limited. You can request to dine with friends -- just tell the store crew or your PD. Childcare is available for \$10/kid (diaper-grads only), and kids can be dropped off at the Oski KK.
	7:45-9:00 PM	<b>Guest Speaker Munis Faruqi, <i>The Theft that Created the Modern World.</i></b> Let's meet at the Bear at 7:45 to walk over to Gold Stage together.
	8:00-9:00 PM	<b>Family Sing-along!</b> B.Y.O. voice and instrument to the Stage for a fun evening.
Wednesday	2:30-4:30 PM	<b>Auditions for the Oski Revue</b> (camper talent show). At the Oski Stage.
	6:00 PM	<b>Vista Lounge!</b> Another chance to enjoy our prime rib dinner Vista Lodge. Sign up at the camp store. Let us know if you want to be back in time for the Revue.
	8:00-9:00 PM	<b>Oski Revue!</b> Join Music Director, Chris, at the Stage for our camper talent show!
	9:15-10:00 PM	<b>Stargazing</b> at the Camp Gold Softball Field with the Nature Directors. Dress Warmly.
	10:00 PM-12:00 AM	<b>ADULT DANCE</b> at Vista Lodge! Mix, mingle and boogie with your fellow campers from Blue, Gold and Oski. Beer and wine provided -- adults only.
Thursday	8:00 PM	<b>The Legendary Hootenanny</b> at the Stage! Yeehaww!
Friday	3:00-4:30 PM	<b>Adult Camper vs. Staff Softball</b> at the Camp Gold Softball Field, followed by an Oski kids game. Some gloves available. Beverages provided.
	8:00 PM	<b>The World Famous Farewell Campfire Show</b> at the Stage!
Saturday	10:30 AM	<b>Check Out Time:</b> we'll be closing our gate at 10:45 AM. Drive carefully and we'll see you next year! Don't forget to post and share your photos using #lairofthegoldenbear

## General Daily Times

<b>MEALS</b>	7:15-8:15 AM	Good morning, Early Risers! We've got freshly brewed hot coffee, tea and cocoa for you at the Dining Tent.
	7:00 AM-12:00 PM	Lair Bean is open for <b>purchasing</b> of lattes, espresso and other specialty coffee drinks and smoothies. Sorry, cash or credit cards only -- no gift cards or camper accounts. <b>LOCATION: next to the Camp Gold Store.</b>
	7:45-9:00 AM	Breakfast Buffet 7:45- 9:00 AM Daily
	12:15 PM	Lunch Buffet, **Except on Tuesday, when all Oski campers head to Pinecrest Lake for a BBQ lunch at the Cedar Picnic site (just past the amphitheater at the south end of the lake). Allow 20-30 minutes if walking or 5 minutes by car. Meet at the Bear at 11:45 to walk over together.
	6:00 PM	Dinner
<b>Burger Shack</b>	9:00-10:15 PM	Mingle by the Oski campfire and enjoy a Lair Burger after <b>Thursday's</b> Hootenany.
	7:15-10:15 PM	Nightly at the Lodges at Camps Blue and Gold
<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 Oski Store.
	<b>SUN. - FRI. HOURS:</b> 9:45-11:45 AM, 2:00-5:00 PM	<b>Sunday-Friday regular hours</b> for the Camp Oski Store.
	<b>SUN. EXT HOURS:</b> 1:30-2:00 PM	<b>Sunday extended hours:</b> In an attempt to avoid long lines during peak hours, the Oski Store will be open for half an hour on Sunday afternoon 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	Come to the Wellness Center by the Teen Lodge near Camp Gold to learn about our wellness offerings (massage, facials) and enjoy a complimentary mimosa (21 & over).
	10:30 AM-5:00 PM	<b>Sunday:</b> Wellness Center open. Sign up for a massage or facial at any of the camp stores or at the Wellness Center. And on Thursday, we'll be offering massage at Camp Oski, so book early to get your spot.
	9:30 AM -5:00 PM	<b>Mon - Fri:</b> Wellness Center open. Sign up for a massage or facial at any of the camp stores or at the Wellness Center.
<b>ADVENTURE PROGRAMS</b>	<b>Monday:</b> 10:00 AM-12:00 PM	<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 Monday only. Riders will meet at the Camp Gold or Blue Store.
	<b>Monday-Friday:</b> 7:15-8:15 AM	Morning exercise activities. i.e. led jogs or walks to the lake! Check under the Athletics section for details. Monday --Thursday.
	<b>Monday-Friday:</b> 10:00-11:30 AM, 2:45-4:15 PM	<b>Archery!</b> Back this summer, we're offering archery at the Lair! Please sign up and pay in the store. Lessons will be at the Archery Range near Teen Lodge.
	Tues. and Wed. (see times under Athletics)	<b>NEW! Rock climbing wall and bungee jumper.</b> Give it a try -- ages 4 and up. It's near the Teen Lodge, 30 minute sessions. Sign-up in advance at your camp store. Spots are limited. See times in Athletics section of schedule.
<b>MEDICAL</b>	1:00-3:00 PM	Visit our Nurse Practitioner at the Wounded Bear Building next to the volleyball court.
	Every Day	Emergency Medical Technician available 24 hours / 7 days a week.
<b>Pool</b>		
<b>Note: Adult swim is the last 15 minutes of every hour</b>		
<b>Saturday</b>	2:00-5:00 PM	Free swim.
<b>Sunday</b>	10:30 AM-noon, 1:30-5:00 PM	Free swim.
	2:00 - 2:30 PM	Wacky Sunday Pool Show! Bring the whole family to the pool for some silliness, pool games, and root beer floats.
	2:30-3:00 PM	Innertube Water Polo at the pool- Adult Campers vs. Staff.
<b>Mon-Fri</b>	7:30-8:15 AM	Lap swim
	10:30 AM-noon, 1:30-5:00 PM	Free swim.
<b>Sun &amp; Fri.</b>	9:45-10:30 AM	Water Aerobics with one of our Pool Directors

## Athletics

**Check out the full schedule to view activities and programs that combine nature, adventure and sports!**

<b>Sunday</b>	10:00-10:30 AM	<b>Athletics introductory meeting.</b> Meet with the Athletic Directors and discuss all the fun athletic programs and activities available including Gaga Ball, KanJam, Spikeball, Mountain Biking, Archery (additional cost), and Rock Climbing (additional cost). They'll also explain how the tournaments work. Meet at the volleyball court.
	2:30-3:00 PM	<b>Innertube Water Polo</b> at the Oski pool - Adult Campers vs. Staff.
	5:00-6:00 PM	<b>Horseshoes</b> with an Oski staffer. Meet at the Craft Shack.
<b>Monday</b>	7:15-8:15 AM	<b>Sunrise jog</b> to the lake! Join an Oski staffer at the sand volleyball court for a quick stretch followed by a beautiful jog to the lake, about 3 miles round trip.
	10:00-11:30 AM, 2:45-4:15 PM	<b>Archery</b> at the Lair. Please sign up and pay in the store. Lessons are held near the Teen Lodge and will be Mon-Fri. Openings limited to 15 campers per lesson.
	1:00-2:00 PM	<b>Homerun Derby!</b> Meet at the Gold softball field. (18 and under)
	7:00-7:45 PM	<b>Sand soccer</b> in the volleyball court with an Oski staffer. Bring your A-game!
<b>Tuesday</b>	7:15-8:15 AM	<b>Full Body Workout Class!</b> Join your Athletic Directors for some High Intensity Interval Training (HIIT). Meet at the Teen Lodge near Camp Gold. Make sure to bring a towel and water!
	10:00-11:30 AM, 2:45-4:15 PM	<b>Archery!</b> 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-12:00 PM; 1:00-5:00 PM	<b>NEW! Rock climbing wall and bungee jumper.</b> Give it a try -- ages 4 and up. It's near the Teen Lodge. Sessions are 30 minutes. Sign-up in advance at your camp store. Spots are limited.
	3:00 PM	<b>Camper warm-up Volleyball game</b> before you play the staff!
	4:00-4:45 PM	<b>Adult Camper vs. Staff Volleyball</b> on the sand volleyball court.
<b>Wednesday</b>	7:15-8:15 AM	<b>Core, Strength, and Abs Class.</b> Join your Athletic Directors for a lower intensity yet full body workout at the Teen Lodge. All levels welcome. Bring a towel or yoga mat and water.
	10:00-11:30 AM, 2:45-4:15 PM	<b>Archery.</b> Please sign up and pay in the store. Sessions will be Mon-Fri. Openings limited to 15 campers per session.
	9:00 AM-12:00 PM; 1:00-4:00 PM	<b>NEW! Rock climbing wall and bungee jumper.</b> Give it a try -- ages 4 and up. It's near the Teen Lodge. Sessions are 30 minutes. Sign-up in advance at your camp store. Spots are limited.
	11:00 AM	<b>Oski Camper Softball Game</b> at the Gold Softball Field for adults and kids who have played previously. Bring your glove!
<b>Thursday</b>	7:00-8:15 AM	<b>Sunrise walk</b> to the lake. A nice, low impact, social stroll to the beautiful Pinecrest Lake. All ages encouraged. Meet at the volleyball court.
	10:00-11:30 AM, 2:45-4:15 PM	<b>Archery.</b> Please sign up and pay in the store. Sessions will be Mon-Fri. Openings limited to 15 campers per session.
	1:30-2:45 PM	<b>Adult Camper vs. Staff Basketball</b> at basketball court.
	3:30-4:45 PM	<b>Kan Jam</b> with an Oski Staffer. Meet at the Craft Shack
	5:00-5:45 PM	<b>Cornhole</b> with an Oski staffer. Meet at the Craft Shack.
	6:45-7:45 PM	<b>Adult badminton.</b> Meet staffers at the Craft Shack
<b>Friday</b>	7:15-8:15 AM	<b>New Tricampal Oski Trot!</b> Join your 2019 Athletic Directors and trotters from all 3 camps for a race to the lake and back. We'll meet at the Gold Softball Field. Winner gets a sweet prize! Walkers welcome!
	10:00-11:30 AM, 2:45-4:15 PM	<b>Archery</b> -- last day! Please sign up and pay in the store. Openings limited to 15 campers per session.
	10:00-11:30 AM	<b>Adult Ping-Pong Tournament!</b> Meet at the tables near the Craft Shack.
	3:00-4:30 PM	<b>Adult Camper vs. Staff Softball</b> at the Camp Gold Softball Field. Some gloves available. Beverages provided.

## Nature/Hiking

**Adventure Programming at the Lair: Sign up in advance for our free programs including Mountain Biking and Kayaking, and at the Nature Shed for any of the hikes. And sign-up and pay at the store for Archery, Stand Up Paddle Boarding, Rock Climbing, and Horseback Riding.**

	<b>*Sign-ups for hikes will be available at the Dining Tent. Sign-ups are required for all hiking programs and spots are limited*</b>	
<b>Sunday</b>	10:00-10:30 AM	<b>Introductory hiking meeting</b> with your Nature and Hiking team, Sydney and Conall. Meet at the volleyball courts to discuss the hikes for the week, and to sign-up.
	7:00-9:00 PM	<b>Sunset "hike"</b> with wine 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 volleyball court with your car.
<b>Monday</b>	9:00 AM-4:00 PM	<b>Let's hike!</b> Pack a lunch and bring water and sunscreen. Meet at the volleyball court with your car if you can drive.
	10:00-12:00 PM	<b>Mountain Biking!</b> Join a staff led ride on some local trails. Sign up (free) in the Oski store in advance. Forgot your mountain bike? We can tell you how to rent one from the Hub at Pinecrest Lake. Space is limited. Departure from Gold or Blue Store.
<b>Tuesday</b>	6:45-8:15 AM	<b>Stand Up Paddle Boarding</b> with a light breakfast at the lake. No experience necessary! Sign up and pay at the store. Spots are limited. Meet at the volleyball court with your car if you can drive.
	10:00 AM-12:00 PM; 1:00-5:00 PM	<b>NEW! Rock climbing wall and bungee jumper.</b> Give it a try -- ages 4 and up. It's near the Teen Lodge. Sessions are 30 minutes. Sign-up in advance at your camp store. Spots are limited.
	10:00 AM-12:30 PM	<b>Hike around Pinecrest Lake.</b> Finish at picnic area for BBQ lunch. Bring water and sunscreen. Meet at the Bear.
<b>Wednesday</b>	9:00 AM-4:00 PM	<b>All day hike!</b> Pack a lunch and bring water and sunscreen. Meet at the volleyball court with your car if you can drive.
	9:00 AM-12:00 PM; 1:00 - 4:00 PM	<b>NEW! Rock climbing wall and bungee jumper.</b> Give it a try -- ages 4 and up. It's near the Teen Lodge. Sessions are 30 minutes. Sign-up in advance at your camp store. Spots are limited.
	9:15-10:00 PM	<b>Stargazing</b> at the Gold Softball Field with your Nature Director. Dress warmly!
<b>Thursday</b>	7:45-8:45 AM; 8:45-9:45 AM	<b>Stand Up Paddle Boarding</b> with a light breakfast at the lake. No experience necessary. Sign up and pay at the store. Spots are limited and you must sign-up by Tuesday. Meet at the volleyball court with your car if you can drive, and we'll carpool to the SUP spot near the family fishing pier at the lake.
	10:00 AM-4:00 PM	<b>All day hike!</b> Pack a lunch and bring water and sunscreen. Meet at the volleyball court with your car if you can drive.
<b>Friday</b>	6:45-8:30 AM	<b>Morning kayaking</b> on the lake! Meet at the volleyball court with your car and we'll drive over.
	9:30 AM-2:00 PM	<b>Hike / Float to Natural Bridges.</b> Please pack a lunch and bring a swim suit. Meet at the volleyball court. Bring keys if you can drive.

## 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. Ages 8 and older unless accompanied by an adult.**

<b>Sunday</b>	9:45-10:00 AM	<b>Pottery demonstration</b> - the rest of the Craft Shack will be closed at this time. Dress appropriately!
	10:00-10:15 AM	Meet your Craft Shack Crew Isabel and Emily for an introduction to the Craft Shack.
	10:15-11:15 AM	Lanyard time! Learn how to get started on all the different styles.
	3:00-4:30 PM	The Craft Shack is open for pottery and ceramic painting. Come work on ALL your art projects.
<b>Monday</b>	9:45-11:45 AM, 2:30-4:30 PM	The Craft Shack is open for pottery, ceramic painting, and lanyards. Buy tiles and clay at the store. NOTE: this is messy work; dress appropriately!
	2:30-3:30 PM	Focus on lanyards and pick out your favorite colors!
	<b>*ALL BISQUEWARE POTTERY MUST BE DRY, GLAZED, AND ON THE KILN SHELVES BY 4:00 PM TODAY (TUESDAY) TO BE FIRED*</b>	
<b>Tuesday</b>	9:45-11:45 AM, 2:30-4:30 PM	Lanyards and ceramic glazing at the Craft Shack. Last day to finish your store bought pottery. Ceramic glazing, friendship bracelets, lanyards and more!
	9:45-10:45 AM	Tie-dye demonstration- Learn the ways of Lair Tie-dye.
	10:45-11:15 AM	Focus on pottery and bisqueware - get it glazed and finished!
	1:30-2:30 PM	Lanyard time!
	<b>*ALL HANDMADE POTTERY MUST BE DRY, GLAZED, AND ON THE KILN SHELVES BY 4:00 PM TODAY (WEDNESDAY) TO BE FIRED*</b>	
<b>Wednesday</b>	9:45-11:45 AM, 2:30-4:00 PM	Start a friendship bracelet or lanyard. Prep for tie-dye. Bring your own shirt or purchase at the store.
	1:30-2:30 PM	Work on your tie-dye with fun colors and designs
	2:30-3:30 PM	Start some more lanyards!
<b>Thursday</b>	9:45-11:45 AM, 2:30-4:00 PM	Tie-dye, friendship bracelets, and lanyards! Bring your own shirt or purchase one at the store.
	4:00-5:00 PM	<b>Adult Art Hour.</b> Come join your Art Directors for a relaxing art session with complimentary wine and cheese.
<b>Friday</b>	9:45-11:45 AM, 2:30-4:30 PM	<b>Henna Day!</b> Have a member of our Art Crew henna a cool design on your arm. 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>	9:30-10:30 AM	Pick up final art projects at the Craft Shack.

## Music

<b>Sunday</b>	10:30-11:30 AM	<b>Creekside.</b> Join Music Director Chris for inspirational music and thoughts. Stroll to the quiet grove just beyond the lower parking lot. A great way to start the week. Camper participation is encouraged!
<b>Tuesday</b>	8:00-9:00 PM	<b>Family Sing-along!</b> B.Y.O. voice and instrument to the stage for a most memorable evening.
<b>Wednesday</b>	10:00-11:00 AM	<b>Sing-along</b> with the 6&7's and KK at the Oski Kub Korral!
	2:30-4:30 PM	<b>Auditions/Practice for the Oski Revue</b> (camper talent show). Come rehearse with Chris at the Oski Stage. All acts must be approved and signed up by 4:30 PM.
	8:00-9:00 PM	<b>Oski Revue!</b> Join Music Director Chris and other camp celebrities at the Stage for our weekly camper talent show!
	9:45-11:00 PM	<b>Teen Sing-along</b> at the Teen Lodge. Meet at the Stage. Play an instrument? Bring it! Don't play an instrument? Bring yourself!
<b>Thursday</b>	10:30 AM-noon	Meet with the three camps' Music Directors at the Vista Lodge for a <b>Jam Session!</b> Remember to bring your instrument if you play!
	8:00 PM	<b>The Legendary Hootenanny</b> at the Stage. Yee-haw!
<b>Friday</b>	10:30 AM-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).**

<b>Sunday</b>	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 AM - noon	<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.
<b>Monday</b>	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 AM-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.
<b>Tuesday</b>	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 AM-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.
<b>Wednesday</b>	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 AM - noon	<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.
<b>Thursday</b>	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 AM - noon	<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.
<b>Friday</b>	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 AM - noon	<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. Also be sure to check the rest of this schedule so you don't miss the other good stuff going on for families!**

<b>Ready, Set, SUNDAY!</b>		
<b>Sunday</b>	9:30 AM-12:00 PM	<b>INTRODUCTORY MEETING</b> for parents and children at the Kub Korral followed by Lair Calendar making with your KK crew! Come meet Adri and Katherine your KK Directors! Sign-in and sign-out required.
	3:30-4:30 PM	We're going to <b>decorate our cars</b> and bling for tonight's Hollywood Themed 'Drive-in' movie in the Dining Tent! Come ready to craft with the cool kids.
	7:00-9:15 PM	Cruise on into the Dining Tent for our Hollywood ' <b>Drive-in</b> ' movie! We'll hangout in the box cars we made and enjoy some treats during the movie. Parents: Please pick up kids in the Dining Tent after the movie.
<b>Dinosaur Day in the KK!</b>		
<b>Monday</b>	9:30 AM-12:00 PM	Join us on a <b>Dinosaur Nature Walk</b> where we will collect treasures from the forest & make collages.
	2:30-4:30 PM	<b>Dinosaur Egg Hunt</b> 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	<b>Teddy Bear Picnic!</b> Join the KK crew as we make Bear Crowns, hike to the Bear, and decorate it for a picnic.
	2:30-4:30 PM	<b>Bear Day</b> in the KK continues as we do our best bear impressions and make bear puppets! We'll end with a bear-y funny puppet show!
	8:00-9:00 PM	<b>Family Sing-along</b> at the Oski Stage.
<b>Music Day in the KK!</b>		
<b>Wednesday</b>	9:30-12:00 PM	Join us in the KK to <b>make music shakers</b> , have a sing-along with the Music Director, and then a dance party!
	2:30-4:30 PM	<b>Oski Revue Practice!</b> We're going to put together the cutest skit possible for tonight's Oski Revue!
	8:00-9:00 PM	<b>The Oski Revue!</b> 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 <b>superhero</b> clothes you may have brought! And we'll paint disguises too. What do super heroes 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 we'll paint faces for our <b>big parade</b> in the Dining Tent at lunch! Pick up kids in the Dining Tent. (Parade is at 12:15 PM)
	2:30-4:30 PM	<b>Creek walk!</b> 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>	9:15-10:00 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

\*\* Kids will be released at the end of the program time unless parents state otherwise at Sunday Intro Meeting (exceptions noted below) \*\*  
Also be sure to check out the rest of our schedule so you don't miss the other good stuff going on for families!

<b>Ready, Set, SUNDAY!</b>	
<b>Sunday</b>	9:45-11:15 AM <b>INTRODUCTORY MEETING</b> with Cate and Kylee at the Bear for a short meeting with parents and kids. Then we're going to walk around camp and explore and play some games like Silly Showdown at the Oski Stage! Pick up at Stage.
	3:30-4:30 PM Meet at the Kiddie Campfire where we'll make <b>Lair Journals</b> for the week. Then we'll decorate our box cars and bling for tonight's Hollywood Themed 'Drive-in' Movie!
	7:00-9:15 PM Meet at the Kiddie Campfire for s'mores followed by the ' <b>Drive-in' Movie</b> in the Dining Tent! We're going to hangout in our box cars, walk the red carpet, and have some popcorn during an awesome movie. Parents: Please pick up kids in the Dining Tent after the movie.
<b>Mother Nature Monday!</b>	
<b>Monday</b>	9:45-11:15 AM <b>Nature Craft Scavenger Hunt!</b> We'll gather materials during the scavo-hunt, then it's craft time. Meet at the Kiddie Campfire.
	2:30-4:00 PM <b>Volcano Making!</b> Do you 'lava' science and history as much as we do?? Meet at the Kiddie Campfire area for a Dino egg hunt and more!
<b>Time Machine Tuesday!</b>	
<b>Tuesday</b>	9:45-11:15 AM <b>Panning for gold</b> in the creek! Learn how the pioneers used to do it! Meet at the Kiddie Campfire. Wear shoes that can get wet.
	2:30-4:00 PM <b>Rockin' rock art</b> at the Kiddie Campfire! Afterwards we'll have story time.
	8:00-9:00 PM <b>Family Sing-along</b> at the Oski Stage. Bring your instruments and voices.
<b>World Famous Wednesday!</b>	
<b>Wednesday</b>	9:45-11:15 AM <b>Shaker making</b> and sing-along with the Music Director followed by a dance party! Meet at the Kiddie Campfire. Parents -- pick up your kids at the Kub Korral.
	2:30-4:00 PM You are all going to be stars! <b>Practice for the Oski Revue</b> at the Kiddie Campfire and then we'll head to the Oski Stage for some games! Parents - pick up kids at the stage.
	8:00-9:00 PM <b>The Oski Revue!</b> Come strut your stuff with us!!
<b>Triple Play Thursday!</b>	
<b>Thursday</b>	9:30-11:30 AM (note start time!) <b>6&amp;7's Olympics!</b> Dress as your favorite sports star and meet in front of the Dining Tent. We'll walk over to join Gold and Blue at the Mike Koll Softball Field. After the Olympics we'll head straight to our 6&7's pool party at the Gold Pool!
	11:30AM-1:15 PM <b>Pool Party</b> at Camp Gold! Join us at the Camp Gold Pool if you missed the Olympics. Lunch will be provided at the Gold Pool. We'll walk the kiddos back to the Kiddie Campfire by 1:15PM.
	2:30-4:00 PM <b>Cookie Baking Demo</b> from your Camp Oski Baker followed by cookie decorating and banner making in the Dining Tent! Meet at Kiddie Campfire and finish at the Dining Tent.
	6:00-7:00 PM Meet at the Dining Tent for our big <b>VIP dinner party!</b>
<b>FIESTY Friday!</b>	
<b>Friday</b>	9:45 AM-12:15 PM Come to the Kiddie Campfire for some <b>team games!</b> Then we'll head over to the KK to paint faces and make crowns for our special parade in the Dining Tent.
	2:30-4:00 PM Join us for a <b>creek walk!</b> 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 and put the finishing touches on them.
<b>Saturday</b>	9:30-10:00 AM <b>SWEEP THE FOREST!</b> Help keep our Lair beautiful -- pick up trash and exchange it for prizes! Meet us at the ping pong tables.

## 8&9's

**Don't forget to also check the rest of this schedule so you don't miss the other good stuff going on this week!**

<b>Sunday</b>	9:45-11:15 AM	<b>INTRODUCTORY MEETING!</b> Meet Kyle and Jess at the Bear for a short meeting with parents and kids. Then we're going to explore camp followed by some silly games together. Don't forget to sign up for Thursday's horseback riding program by 5:00 PM today in the camp store.
	7:00-9:15 PM	<b>Marshmallow Roast and Campfire!!</b> Meet at the Kiddie Campfire for some Marshmallows, Spooky Stories, and a few games of Ghost in the Graveyard once it gets dark. Bring a flashlight for added fun!
<b>Monday</b>	9:45-11:15 AM	<b>Transcendent Treasure Hunt!!</b> 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!
	2:30-4:30 PM	<b>Visor Decorating!</b> Let's decorate some super cool visors to wear throughout the week! Meet at the Bear.
<b>Tuesday</b>	9:45-1:15 PM	A hike to the lake for <b>paddle boating</b> and lunch! Bring a towel and wear a swimsuit & your walkin' shoes. Meet at the Bear. We'll meet up with the rest of the Oski campers for BBQ lunch at the lake.
	2:30-4:00 PM	<b>Nature Scavenger Hunt</b> with boat building, boat races and panning for gold in the creek! Learn how the pioneers used to do it! Wear your water shoes, and meet at the Bear.
	8:00-9:00 PM	<b>Family Sing-along</b> at the Oski Stage. Bring your instruments and voices.
<b>Wednesday</b>	9:45-11:15 AM	<b>Capture the Flag!</b> Time for our annual game with Camp Gold and Camp Blue. Bring your sportsmanship! Meet in front of the Dining Tent.
	2:30-4:00 PM	Meet at the Bear for <b>Oski Revue practice!</b> After we put together our skit we're going to do some crafts like Straw Rockets and Duct Tape Nature Bracelets.
	8:00-9:00 PM	Make yourself famous at the annual <b>Oski Revue!</b>
<b>Thursday</b>	9:45-11:45 AM	<b>Horseback riding</b> 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.
	2:30-4:00 PM	<b>Banner making and cake decorating</b> for our VIP dinner party! Followed by games like Animal Yoga and Hula Hoopla. Meet at the Kiddie Campfire.
	6:00-7:00 PM	<b>8&amp;9's VIP Dinner Party</b> with Lair Cake in the Dining Tent. It's time to PARTY like VERY IMPORTANT PEOPLE!
<b>Friday</b>	9:45-11:15 AM	<b>Prison ball!</b> Meet at the Volleyball court and get ready to dip, duck, dive and DODGE!
	11:30 AM-1:15 PM	<b>Pool Party!!</b> TropiCAL themed -- wear your blue, gold, Lair, Cal and Hawaiian-wear! At the Gold Pool. Lunch will also be at Gold. Meet in front of the Oski Dining Tent for the journey over.
<b>Saturday</b>	9:30-10:00 AM	<b>SWEEP THE FOREST!</b> Help keep our Lair beautiful! Pick up trash and exchange it for prizes! Meet us at the ping pong tables.

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

**Don't forget to also check the rest of this schedule so you don't miss the other good stuff going on this week!**

<b>Sunday</b>	9:45-11:15 AM	<b>INTRODUCTORY MEETING!</b> Meet Rosie and Ashton at the Bear. We'll have a quick meeting for parents and kids, followed by introductions and silly games. Don't forget to sign up for horseback riding by 5:00 PM in the camp store.
	7:00-10:15 PM	Walk to a <b>movie under the stars</b> at Pinecrest Lake. Meet at the Bear, and dress warmly. We need parent drivers to bring us back to the volleyball court after the movie, so parents please come to the Bear at 7pm to arrange rides back from the movie. Thank you!
<b>Monday</b>	9:45 AM-12:15 PM	<b>Horseback riding</b> 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 required. Limited to 15 riders.
	2:00-3:30 PM	<b>Rush-in Softball</b> with Camps Blue and Gold! Don't know how to play? It's EASY and no softball experience necessary. If you have a glove, bring it. If you have a baseball cap, wear it. Meet at the Bear and we'll walk over to Gold together.
<b>Tuesday</b>	9:45-11:15 AM	We're going to play a ton of <b>games</b> -- Ping-pong, KanJam, Spikeball, Cornhole. Meet at the Bear.
	2:30-3:45 PM	<b>Preteen Art Hour!</b> Meet at the volleyball court and we'll head to the Art Shack for lanyard making, painting, and more!
	8:00-9:00 PM	<b>Family Sing-a-long</b> at the Oski Stage. Bring your instruments and voices.
<b>Wednesday</b>	9:45-11:15 AM	<b>Gaga Ball!</b> Come have some next level fun! Meet at the Gaga Ball pit by the Art Shack.
	2:30-4:00 PM	Meet at the Volleyball Court for Oski Revue preteen <b>skit practice!</b> Followed by some team games.
	8:00-9:00 PM	Bust a move at the annual <b>Oski Revue!</b>
<b>Thursday</b>	9:45-11:15 AM	<b>Soccer match</b> at the Volleyball Court! Get ready for the World Cup. Wear sneakers! Or not! It's a sand court! Meet at the Volleyball Court!
	12:00-1:00 PM	<b>Preteen Pool Party</b> at Oski Pool!! Lunch and inner tube water polo. Wear a swim suit and your finest tropiCAL attire (blue, gold, Cal, Lair and Hawaiian-wear).
	2:30-4:00 PM	<b>Capture the Flag!</b> Time for our annual game with Camp Gold and Camp Blue! Bring your sportsmanship! Meet at the Bear.
<b>Friday</b>	9:00-12:30 PM	The biggie of the week...a day at the lake including <b>paddle boating!</b> Meet at the Bear 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 by the Snack Shack around 12:30 PM. Thank you!
	5:45-7:00 PM	Preteens <b>VIP Dinner Party</b> in the Dining Tent! Meet in the Dining Tent early to help decorate our super sweet party banner.
<b>Saturday</b>	9:30-10:00 AM	<b>SWEEP THE FOREST!</b> Help keep our Lair beautiful! Pick up trash and exchange it for prizes! Meet us at the ping pong tables.

## TEENS!

**Most teen activities are for all teens ages 13 - 17, yet note some activities are for younger teen group (ages 13 - 15) and some are for older teens (ages 16 and 17).**

**Don't forget to also check the rest of this schedule so you don't miss the other good stuff going on this week!**

<b>Sunday</b>	9:45-11:00 AM	<b>INTRODUCTORY MEETING!</b> Meet your Teen Director Summer at the volleyball court. Then we're gonna walk over to the Teen Lodge near Camp Gold to meet and hang out with teens from all three camps.
	7:00-10:30 PM	<b>Young Teens</b> -- ages 13 - 15: Let's walk to Pinecrest Lake to watch a <b>movie under the stars!</b> Dress warmly and meet at the Bear. We need parent drivers to pick up at the lake after the movie, so please join us at the Bear to arrange rides. Thanks!
	8:30-10:00 PM	<b>Old Teens</b> -- ages 16 & 17: <b>Night Swim</b> at Gold with the Gold and Blue Teens! Meet at the volleyball court. Bring your swim suit and a towel.
<b>Monday</b>	9:45 AM-1:15 PM	<b>Tri-camp All Teen Rush-in Softball</b> at Gold, then a tropiCAL themed pool party -- wear blue, gold, Lair, Cal and/or Hawaiian wear. We'll have lunch at Gold, followed by inner-tube water polo at the Gold Pool. Meet at the Bear. Bring your bathing suit and a towel! Bring your scuba gear too, if you remembered to pack it.
	2:15-4:00 PM	<b>Teen Only tie-dye</b> session at the Teen Lodge! Bring some of the things you want to tie-dye and meet at the Bear and we'll walk over together.
<b>Tuesday</b>	10:00-11:15 AM	<b>Teen Ping Pong/Cornhole/Kan Jam Tournament!</b> Meet at the Ping Pong tables and bring your A-game.
	10:00-11:00 AM	<b>Preparing for College:</b> For teens and parents of teens, come to the Teen Lodge and hear personal experiences from our veteran staffers and learn how they got into college.
	3:00-4:00 PM	<b>Oski Teen Volleyball!</b> Come hang with your teen crew at the volleyball court.
	6:00-7:00 PM	<b>Young Teen BBQ</b> at the Teen Lodge with Gold and Blue young teens! Grab a burger and have some fun, OR ELSE!
	8:30-9:45 PM	<b>Young Teen Night Swim</b> with Blue and Gold young teens at the Gold Pool! Bring a towel and meet at the Bear. Parents: be advised that program ends at Gold Pool.
	6:00-7:15 PM	<b>Old Teen BBQ</b> at Pinecrest Lake with Blue and Gold old teens! Followed by Old Teen Movie night at the Lake! Meet at the Dining Tent to walk over. We'll need parent drivers to pick us up from the lake after the movie so please join us at the Dining Tent to arrange rides back. Even if you plan to skip the BBQ and head straight to the movie, please let your teen directors know. Thank you!
	7:15-10:30 PM	<b>Old Teen movie night</b> 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>Wednesday</b>	9:15AM -noon	<b>Teen kayaking</b> on Pinecrest Lake -- \$15/person. Sign-up at the store by Monday afternoon. Meet at the volleyball court and we'll walk over and back, so wear good shoes and clothes that can get wet.
	3:30-4:45 PM	<b>Teen Art Hour!</b> Meet at the Art Shack for some teen-only crafting time.
	9:45-11:00 PM	<b>Teen Sing-along</b> at the Teen Lodge. Meet at the Stage. Play an instrument? Bring it! Don't play an instrument? Bring yourself!
<b>Thursday</b>	10:00 AM - 3:00 PM	Meet at the Bear for an awesome hike to <b>Cleo's Bath</b> . Make and bring your own lunch from the Dining Tent at breakfast. Wear good walking shoes, bring a towel, hat & sunscreen.
	9:30-10:30 PM	COME ON DOWN!! Teen and Parent <b>Family-Wed</b> Game at the Stage following the Hoot.
<b>Friday</b>	9:30 AM-noon	<b>Teen party boats</b> at the Pinecrest Lake! We'll meet up with Gold and Blue and cruise the lake. Bring your swimsuit, towel and sunscreen! Meet at the Bear.
	9:45-11:45 PM	This is it! Final <b>Teen Party &amp; Dance</b> 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), post photos using #lairofthegoldenbear and say goodbye to everyone. Meet at the Bear. :(