

WELCOME HOME!

Welcome to the Lair of the Golden Bear

**** **SAMPLE CAMPER SCHEDULE -- DO NOT USE** ****

**** Family Camp -- you'll receive your actual schedule at camp ****

Please make note of our updated health and safety protocols and that many programs will be modified. Come prepared to all programming with a face mask to prevent the spread of Covid-19. Thank you!

All Camp Activities

Saturday	2:00-6:00 PM	Camper Welcome and Check-In at the softball field as you drive in. Late arriving campers can check in at dinner or the campfire, or on Sunday at the camp store.
	4:45-5:00 PM	New camper tour. Meet at the Camp Store for a tour of camp! All ages welcome.
	5:00-5:45 PM	Welcome Manager's Mixer with Camp Manager, Pat Graffis, and Program Director, Ben. Join us in front of the Lodge for beverages and appetizers before dinner.
	8:15-9:15 PM	Welcome Campfire! Meet your 2021 Camp Staff at the Stage for some laughs and information about your week at our introductory show.
Sunday	9:15-10:00 AM	Allergy and Dietary Restrictions Meeting. Meet at the DH with your Head Cook, Harrison, and Hostesses, Amanda and Nick, to discuss any dietary needs.
	10:30-11:30 AM	Creekside! Come join the Music Director at our Creekside area for relaxing music and inspirational readings by the creek. Camper participation encouraged!
	8:15-9:15 PM	Guest Speaker Dan Kammen , Professor of Energy at UC Berkeley, Chair of the Energy and Resources Group, and Professor in both the Goldman School of Public Policy and the Department of Nuclear Engineering. His talk, <i>An Energy Plan the Earth Can Live With</i> , will look at the latest science and politics of global warming and the business of clean energy. At the Stage.
Monday	8:15-9:15 PM	Family Disco Bingo at the Stage. Wear disco clothes (or any silly clothes) and bring 50 cents for a card. Oh, and be prepared to boogie down!!
Tuesday	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 and pay in advance at the store. Seating is limited.
	8:15-9:15 PM	Guest Speaker Glynn Washington , host of Public Radio's Snap Judgement. heard on over 400 public radio stations nationwide. Snap delivers a raw, intimate, musical brand of storytelling, daring listeners to see the world through the eyes of another. At the Stage.
Wednesday	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 and pay in advance at the store. Seating is limited.
	8:15-9:15 PM	Golden Revue! Join Music Director, Nate, at the stage for our camper talent show.
Thursday	9:45-11:45 AM	Lair-mazing Race! You and your family can venture throughout camp, participating in Lair-mazing activities that are one of a kind. Get details under Family Fun Activities in this schedule.
	10:00-11:30 AM	Women's Softball Big Game: Blue v Gold at the Mike Koll Softball field. Come cheer on your ladies! This game is but once a year and there will be mimosas! (21 & over)
	1:30-3:00 PM	Men's Softball Big Game: Blue v Gold at the Mike Koll Softball field. Cheer for your camp and enjoy a beer (21 & over) and some snacks!
	8:15 PM	The Legendary Hootenanny and Final Show at the Stage! Yeehaww!
Friday	2:00 PM	Check Out Time: we'll be closing our gate at 2:00 PM. Drive carefully and we'll see you next year! Don't forget to post and share your photos using #lairofthegoldenbear

General Daily Times

MEALS	7:15 AM	Good morning, Early Risers! We've got freshly brewed hot coffee, tea, and cocoa for you outside patio of the Dining Hall .
	8:00-9:00 AM	Breakfast! Hot food served up until 8:45 AM.
	12:15-1:15 PM	Lunch! Come get your hot lunch any time between noon and 1:15 PM.
	6:00-7:00 PM	Dinner time! Our DH is open and serving hot food until 7:00 PM
BURGER SHACK	8:45-10:15 PM	Open each evening for burgers, fries, and other late night snacks.
STORE	9:45-11:45 AM, 2:00-5:00 PM	Store will be open every day. Come by to sign up for massages and other paid programs. Or shop for some awesome new Lair wear or grab a snack!
	BONUS STORE HOUR, Saturday 6:45-7:45 PM	Saturday extended hours: In an attempt to avoid long lines during peak hours, the Gold store is also open Saturday evening primarily to sign-up for paid programs including Horseback Riding, Archery, Massage, Vista Lounge dinners, and also for late arrival check-ins.
WELLNESS Massages	Sunday - Thursday	Wellness Center is open for one-hour massages Sunday through Thursday. Sign up at the Stores at any camp.
MEDICAL	Sunday - Thursday, 3:30- 5:30 PM	Visit our Nurse Practitioner at the Bruised Bears Building.
	24/7	Emergency Medical Technician available 24 hours / 7 days a week.
POOL	10:00 -11:45 AM, 1:30-5:00 PM	Pool open for free swim daily. Note: adult swim is the first 15 minutes of every hour in the afternoon.
	7:00-7:45 AM Monday, Wednesday, Friday at Camp Oski	Adult lap swim at the Camp Oski pool.
	Sunday, Tuesday, Thursday, Friday 9:15-10:00 AM	Water Aerobics. Join one of your lifeguards for a fun workout in the water.

NEW! Family Fun Activities for the whole family!

Sunday / Monday	Family Scavenger Hunt. This Scavenger Hunt will take you throughout camp as you find yourself participating in all kinds of Lair fun! On Sunday or Monday, pick up details at the camp store, and try to do as many of these activities as you can to complete the Scavenger Hunt. Bring your completed scavenger hunt to the store and show them your card with the items you completed checked off. You could win a treat from the camp store!
Tuesday / Wednesday	Lair Photo Quest. Love nature? Love french fries? You're in luck! For the first time ever, all three camps will be offering the Lair Photo Quest! On Tuesday and Wednesday, pick up details at the store, and try to take as many photos as you can from the list. Capture a picture of every item on the list to win your family a free order of Burger Shack fries on Wednesday or Thursday evening. Bring your completed group of photos to the store to have your photos checked.
Thursday, 9:45-11:45 AM	Lair-mazing Race! Come participate in the most Lair-mazing activity of the week..... The Lair-mazing Race. Between the hours of 9:45 - 11:45 am on Thursday, you and your family can venture throughout camp, participating in Lair-mazing activities that are one of a kind. No need to participate in any order.....just find what you like, and have some family fun! Points are given for the completion of each task. On Thursday morning, pick up your Lair-mazing Race scorecard at the store and be ready to have some fun! Extra points given to families in costume. Good luck!

Music

Sunday	10:30-11:30 AM	Creekside. Join Music Director, Nate, for inspirational music and thoughts. A great way to start the week. Camper participation is encouraged!
Tuesday	10:00-11:00 AM	Auditions for the Golden Revue (camper talent show) at the Stage.
Wednesday	2:30-3:30 PM	Auditions/Practice for the Revue (camper talent show). Come rehearse at the Stage. All acts must be approved and signed up by 3:30 PM.
	8:15-9:15 PM	Golden Revue! Join Music Director, Nate, and other camp celebrities at the Stage for our weekly camper talent show!
Thursday	10:30 AM-noon	Meet with the three camps' Music Directors at the Vista Lodge for a Jam Session! Remember to bring your instrument if you play!
	8:15 PM	The Legendary Hootenanny at the Stage. Yee-haw!

Lair Yoga

Lair yoga classes are led by professionally licensed instructors. These classes are entirely free of charge and no sign-ups needed -- just show up! All classes take place at the Yoga Tent next to Vista Lodge. We have a limited number of yoga mats available and we encourage you to bring your own. Please wear a mask and spread out so there's some distance between you and other participants. We ask that you use our cleaning wipes provided before you use any of our equipment and after you use our equipment for the next camper to enjoy. Thank you!

Sunday	10:30-11:20 AM	Yoga For All. Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Lauren is your instructor.
	1:30-2:20 PM	Gentle Yoga. A relaxing class to improve strength and mobility while enjoying the fresh outdoor air. Lauren is your instructor.
Monday	10:00-10:50 AM	Yoga For All. Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Dorothy is your instructor.
	11:00-11:50 PM	Mindful Meditation. Come relax and learn meditation skills. When you heal the mind you heal the body. This session will take place at the yoga tent. Dorothy is your instructor.
Tuesday	7:30-8:15 AM	Sunrise Yoga. Wake up your body and your mind with gentle yoga poses. Jill is your instructor.
	10:00-10:50 AM	Yoga For All. Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Jill is your instructor.
Wednesday	7:30-8:15 AM	Sunrise Yoga. Wake up your body and your mind with gentle yoga poses. Sherie is your instructor.
	10:00-10:50 AM	Yoga For All. Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Sherie is your instructor.
Thursday	10:00-10:50 AM	Yoga For All. Basic Hatha Yoga including dynamic and static poses to gain awareness, strength, flexibility, and balance. Dorothy is your instructor.
	11:00-11:50 PM	Gentle Yoga. A relaxing class to improve strength and mobility while enjoying the fresh outdoor air. Dorothy is your instructor.

Athletics

Sunday	3:00-4:00 PM	Co-ed Camper v Staff Volleyball at the Volleyball Court.
Monday	11:00 AM-12:00 PM	Men's Softball Practice at the Mike Koll Softball field.
	2:00-3:00 PM	Women's Softball Practice at the Mike Koll Softball field.
Tuesday	11:00 AM-12:15 PM	Women's Camper v Staff Softball at the Mike Koll Softball field.
	3:00-4:15 PM	Men's Camper v Staff Softball at the Mike Koll Softball field.
Wednesday	10:00-11:00 AM	Co-ed Blue v Gold Volleyball at the Blue volleyball courts.
Thursday	10:00-11:30 AM	Women's Softball Big Game: Blue v Gold at the Mike Koll Softball field. Come cheer on your ladies! This game is but once a year and there will be mimosas! (21 & over)
	1:30-3:00 PM	Men's Softball Big Game: Blue v Gold at the Mike Koll Softball field. Cheer for your camp and enjoy a beer (21 & over) and some snacks!

Nature/Hiking

Note: Please come prepared to hikes with your own cars and masks. For more info about hikes in the area, check out the Nature Shed near the kiddie campfire. If you need a sack lunch to bring hiking with you, please notify your Nature Director at dinner the night before your hike.

Sunday	10:00-10:30 AM	Nature Info Session! Come learn what hikes we will be leading this week, as well as other hikes in the area. Meet at the Store.
	1:30-2:30 PM	Creekside Stroll. Go on a stroll throughout camp on our new trails! Meet at the Store.
	7:00-9:00 PM	Sunset Wine and Cheese "Hike." 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 Store with your car.
Monday	10:00-11:30 AM	Mountain Biking - Intermediate/Advanced! Join a staff led ride on some local intermediate/advanced trails. Sign up (free) at the Nature Shed in advance. Meet at the parking lot by the Pinecrest school (near the entrance to Camp Gold) with a bike. Don't have one? Rent at the Pinecrest Hub beforehand. Limited to 10 riders.
Tuesday	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 Tuesday and Thursday. Openings limited to 15 campers per session.
	9:30 AM-4:00 PM	All day hike. Make sure to pack a lunch and water. Make sure to sign up for a sack lunch with your Nature Director at dinner on Monday night. Meet at the Store with your car.
Wednesday	9:45-11:45 AM	Walk around the Lake. Meet at the Store.
	10:00-11:30 AM	Mountain Biking - Beginners! Join a staff led ride on some beginner local trails. Sign up (free) at the Nature Shed in advance. Meet at the parking lot by the Pinecrest school (near the entrance to Camp Gold) with a bike. Don't have one? Rent at the Pinecrest Hub beforehand. Limited to 10 riders.
Thursday	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 Tuesday and Thursday. Openings limited to 15 campers per session.
	9:30 AM-4:00 PM	All day hike. Make sure to pack a lunch and water. Make sure to sign up for a sack lunch with your Nature Director at dinner on Wednesday night. Meet at the Store with your car.
	8:00 PM	Largest and smallest pinecone contest! Bring your largest and smallest pinecone to the Hootenanny!
Friday	7:45-9:30 AM	Morning kayaking on the lake. Free, but please sign up at the store; spots are limited. Meet in front of the Store.

Arts and Crafts

Please dress appropriately -- art is messy work! Closed toed shoes for pottery. Ages 8 and older for pottery unless accompanied by an adult.

Sunday	9:45 AM	Pottery demonstration - the rest of Art will be closed at this time. Dress appropriately!
	10:00-11:45 AM	Open pottery and tile/bisqueware painting at the Art. Buy tiles and clay at the store. ** This is messy work; dress appropriately!**
	1:00-3:00 PM	Art Arbor will be open to work on pottery, bisqueware, and lanyards.
Monday	9:45-11:45 AM	Open for pottery and bisqueware glazing at the Art Arbor. Buy tiles and clay at the store.
	2:00-4:00 PM	Time to finish glazing bisqueware and throw on the wheel! Lanyards also available.
ALL BISQUEWARE POTTERY MUST BE DRY, GLAZED, AND ON THE KILN SHELVES BY 12:00 PM TODAY (TUESDAY) TO BE FIRED		
Tuesday	9:45-11:45 AM	Art is open to finish up pottery and glaze projects. Time to finish glazing bisqueware! All bisqueware must be glazed and on the kiln shelves by 12:00 PM today in order to be fired!
	2:00-4:00 PM	Time to finish working on all pottery! Pottery must be completed this afternoon so it can dry by tomorrow morning to be glazed. Also open for lanyards.
ALL HANDMADE POTTERY MUST BE DRY, GLAZED, AND ON THE KILN SHELVES BY 12:00 PM TODAY (WEDNESDAY) TO BE FIRED		
Wednesday	9:45-11:45 AM	Last chance to glaze your pottery! Pottery must be glazed, finished, and on the kiln shelves by 12 PM in order to be fired. Work on tie-dye, lanyards, and more!
	2:00-4:00 PM	Work on your tie-dye with fun colors and designs.
Thursday	9:45-11:45 AM	Art is open to work on tie-dye and lanyards.
	2:00-4:00 PM	Art is open to work on tie-dye and lanyards.
	4:00-5:00 PM	Adult Art Hour! Come join your Art Crew for a relaxing art session with complimentary wine and cheese. Must be 21 & over.
Friday	9:45-11:45 AM	Last call for lanyards! Also don't forget to pick up your fired pottery from the kiln shelf.

Cub Corral – for diaper graduates through kids entering kindergarten

Sign-in and sign-out is required. Also be sure to check out the rest of our schedule so you don't miss the other good stuff going on for families! ****Please don't forget to bring a mask to all programs!****

Sunday	Ready, Set, SUNDAY!	
	9:45-11:45 AM	INTRODUCTORY MEETING for parents and children at the Cub Corral! Sign-in and sign-out required.
	4:00-6:00 PM	We're going to decorate our cars to bring for tonight's 'Drive-in' movie! Come ready to craft with the cool kids.
	8:00-9:30 PM	Drive in Movie Night! Meet at the Dining Hall for a movie! We will be opening the windows and distancing box cars within the Dining Hall.
Monday	Back to Bearsics!	
	9:45-11:45 AM	Fuzzy Bear Picnic! Join the Cub Corral crew as we make Bear Crowns, hike to the softball field, and decorate it for a picnic.
Tuesday	Dino Day in the Cub Corral!	
	9:45-11:45 AM	Join us on a Dinosaur Nature Walk where we will collect treasures from the forest & make collages.
	4:00-6:00 PM	Dinosaur Egg Hunt and Volcano making followed by story time in the Cub Corral. Don't forget to fill in your Lair Calendar!
	8:00-9:30 PM	Movie Night! Meet at the Dining Hall for a movie! We will be opening the windows and distancing within the Dining Hall.
Wednesday	Music Day in the Cub Corral!	
	9:45-11:45 AM	Join us and Music Director, Nate, to make music shakers and have a sing-along! We'll also practice our act for the Revue tonight!
	8:15-9:15 PM	The Golden Revue! Come strut your stuff with us! Meet at the side of the Stage.
Thursday	Super Thursday!	
	4:00-6:00 PM	It's our big day in the Cub Corral! Make sure to wear any superhero clothes you may have brought and we'll do super hero crafts for our big parade at the outside dining area! Pick up kids on the Basketball Courts. (Parade is at 6:00 PM at dinner by the outdoor dining area)
Friday	9:30-10:30 AM	SWEEP THE FOREST! Help keep our Lair beautiful. Meet at the Cub Corral to pick up litter in exchange for prizes!

Teddy Bears — Age group for 1st to 2nd graders

**** Kids will be released at the end of the program time unless parents state otherwise at Sunday Intro Meeting ** Also be sure to check out the rest of our schedule so you don't miss the other good stuff going on for families! ****Please don't forget to bring a mask to all programs!******

Sunday	9:45-11:15 AM	INTRODUCTORY MEETING with your Teddy Bear Crew! Meet at the Kiddie Campfire and then we'll go on a walk around camp and play some fun games!
	4:00-6:00 PM	We're going to decorate our cars to bring for tonight's 'Drive-in' movie! Meet at the Kiddie Campfire ready to craft with the cool kids.
	8:00-9:30 PM	Drive in Movie Night! Meet at the Dining Hall for a movie! We will be opening the windows and distancing box cars within the Dining Hall.
Monday	9:45-11:15 AM	Gold panning! Meet at the Kiddie Campfire and we'll head to the Creek to pan for gold!
Tuesday	9:45-11:15 AM	Nature scavenger hunt around camp! We'll gather materials throughout camp and then it's craft time. Meet at the Kiddie Campfire.
	2:15-3:45 PM	Rockin' rock art! Bring the rocks we found in the creek to paint. Meet at the Kiddie Campfire.
	8:00-9:30 PM	Movie Night! Meet at the Dining Hall for a movie! We will be opening the windows and distancing within the Dining Hall.
Wednesday	9:45-11:15 AM	Revue Practice! Meet at the Kiddie Campfire and we'll head to the stage to rehearse a skit for the Golden Revue! Afterwards, we'll make some crafts like straw rockets and play games like Mafia.
	7:00-9:15 PM	Golden Revue! Meet at the Kiddie Campfire and we'll go over our skit one more time and play some games! We'll walk to the Golden Revue together.
Thursday	2:15-3:45 PM	Creek Walk. Meet at the Kiddie Campfire and we'll head to the creek for some exploring.
Friday	9:00-10:00 AM	SWEEP THE FOREST! Help keep our Lair beautiful! Pick up trash and exchange it for prizes! Meet us at the volleyball courts.

Golden Bears — Age group for 3rd to 5th graders

Be sure to check out the rest of our schedule so you don't miss the other good stuff going on for families! ****Please don't forget to bring a mask to all programs!****

Sunday	9:45-11:15 AM	INTRODUCTORY MEETING with your Golden Bear Crew! Meet at the Bear and then we'll go on a walk around camp and play some fun games, like kickball!
	8:00-9:15 PM	Campfire and S'mores! Meet at the Bear and we'll walk to the Kiddie Campfire to make s'mores.
Monday	2:00-4:15 PM	Horseback Riding at Aspen Meadows. Meet at the Bear and be sure to wear long pants. We will need some parents to drive there and back. Sign up, fill out permission slip, and pre-pay in the store Sunday by 5 PM. Limited to 15 riders.
Tuesday	9:45-11:15 AM	Transcendant Treasure Hunt! Meet at the Bear ready to work as a team to solve the clues and find a time capsule with treasures.
	2:15-3:45 PM	Time Capsule! Create and hide a time capsule for next week's Golden Bears to find! Bring any objects you want to include. Meet at the Bear.
	8:00-9:15 PM	Flashlight Tag! Bring a flashlight and meet at the Bear to play a game of flashlight tag!
Wednesday	2:15-3:45 PM	Golden Revue Practice! Meet at the Bear and we'll rehearse a skit for the Revue!
	7:00-9:15 PM	Golden Revue! Meet at the Bear and we'll rehearse our skit one more time and then play some games. Come strut your stuff with us!
Thursday	2:15-3:45 PM	Capture the Flag! Time for our annual game with all three camps! Bring your sportsmanship! Meet at the Bear.
Friday	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 courts.

Cal Bears — for 6th to 8th graders

Be sure to check out the rest of our schedule so you don't miss the other good stuff going on for families! ****Please don't forget to bring a mask to all programs!****

Sunday	9:45-11:15 AM	Introductory Meeting! Meet your Bear crew at the Volleyball court to get acquainted and we'll play some games like prisonball and volleyball.
	8:00-9:30 PM	Flashlight Tag! Bring a flashlight and meet at the Bear to play a game of flashlight tag!
Monday	9:00-11:15 AM	Horseback Riding at Aspen Meadows. Meet at the volleyball court and be sure to wear long pants. We will need some parents to drive there and back. Sign up, fill out permission slip, and pre-pay in the store Sunday by 5 PM. Limited to 15 riders.
Tuesday	9:45-11:15 AM	Dodgeball and Prisonball. Meet at the volleyball court and we'll play dodgeball, prisonball, and some other fun games!
	2:15-3:45 PM	Capture the Flag! Time for our annual game with all three camps! Bring your sportsmanship! Meet at the Volleyball court.
Wednesday	2:15-3:45 PM	Golden Revue Practice! Meet at the Volleyball court and we'll rehearse a skit for the Golden Revue!
	8:15-9:15 PM	Revue! Meet at the Stage and come ready to strut your stuff!
Thursday	2:15-3:45 PM	Scavenger Hunt! Meet at the Volleyball court and we'll go on a scavenger hunt throughout camp!
Friday	9:30-10:30 AM	Sweep the Forest! Meet at the Volleyball court and help us keep the Lair clean!

Grizzly Bears — for 9th to 12th graders

Be sure to check out the rest of our schedule so you don't miss the other good stuff going on for families! ****Please don't forget to bring a mask to all programs!****

Sunday	11:00-11:45 AM	Intro Meeting. Come meet the other Grizzly Bears! Meet at the Teen Lodge.
Monday	3:00 - 4:30 PM	Teen Rush In Softball. Meet at the Softball Field and we'll head over to the softball field for a game of rush in softball.
Tuesday	10:00 AM-3:00 PM	Meet at the Softball field for an awesome hike to Cleo's Bath. Make and bring your own lunch from the Dining Hall at breakfast. Wear good walking shoes, bring a towel, hat, sunscreen, and plenty of water.
Wednesday	9:30-10:30 PM	Teen-Parent Family Wed! Stay at the Stage after the Revue to play.
Thursday	9:00-11:15 AM	Horseback Riding at Aspen Meadows. Meet at the volleyball court and be sure to wear long pants. We will need some parents to drive there and back. Sign up, fill out permission slip, and pre-pay in the store Sunday by 5 PM. Limited to 15 riders.
	10:00-11:00 PM	Sing Along! Meet at the Teen Lodge for a sing along with the Music Directors.
Friday	10:00 AM	Come take one last group photo for the Lair's Instagram (@Lair1949). Meet at the Teen Lodge.