

WELCOME HOME!

Welcome to the Lair of the Golden Bear

Lair Sports and Recreation Camp: August 25 - September 1, 2019

Schedule of Events - Subject to Change

All Camp Activities		
Sunday	2:00-5:00 PM	Camper Greet and Check-In at the Gold Store - swim, play tennis, check out your neighborhood, or just find some shade and relax in the fresh mountain air! Bring some fun Christmas lights to decorate your tent -- at night it's a helpful way to find your way. Make a name badge at the Lodge -- no questions, just do it!
	5:30 PM	It's Alma Mater Day and our Welcome Mixer -- Wear an alma mater tee shirt or sweat shirt. Any alma mater! It don't a-matter. Come to the Lodge deck for beverages and snacks. Say hello to old friends and start the week off right by meeting some new ones! AND mix and mingle with our Program Directors and your 2019 Sports and Rec staff.
	7:30-8:00 PM	New Camper Lair Tour - Meet at the store.
	8:15-9:15 PM	Welcome Campfire! Meet your Camp Gold 2019 staff at the Gold Campfire Stage.
Monday	10:00-11:00 AM	Gourmet Cooking Class with Chef John Thiel at the Dining Hall. John is the Chef Owner of Pappo Restaurant in Alameda.
	6:30-8:20 PM	Watch an incredible sunset with us at a magnificent mountain vista we call Therapy. Meet at the Gold Store with your keys if you can drive at 6:45 to carpool and caravan over. Wine and cheese provided! Dress warmly. Sunset estimated at 7:37 PM. Dinner is at 6pm tonight.
	8:30-10:15 PM	Contra Dance at the Gold Lodge. Throw on a flowy skirt, bring a flashy hat and take the floor to learn some traditional folk dances, so grab a partner! We bring to life past traditions of multiple cultures as we twirl about the lodge.
Tuesday	1:30-4:30 PM	PARTY Boat on Pinecrest Lake. Meet at the Bear with keys if you can drive to the lake. Please sign up at the store in advance - space is limited. Note a 2nd party boat opportunity on Friday.
	7:15-8:15 PM	Guest Speaker Kia Afcari , Development practitioner and executive coach: <i>Why Does Leadership Matter & How Can We Grow It?</i> At the Gold Stage.
	8:30-9:45 PM	Cornhole Tournament! Join us in front of the Lodge where we'll have an after dark Cornhole Tournament with teams, adult beverages, lights and music. Sign-up in advance at the lodge or with your program directors.
Wednesday	2:00-4:00 PM	Shuffleboard Tournament at Shuffleboard Courts
	8:15-11:15 PM	Casino Royale! It's Vegas Night in the Gold Lodge! Join us for a night of gaming around the tables. Dress to impress Lady Luck in some cocktail attire for a night of cards and dice, prizes. Feeling lucky? Come test your skills at the Camp Gold Casino.
Thursday	3:00-5:00 PM	FORE! The Adam Richland Memorial Lair Golf Tournament Meet behind the Dining Hall in your tacky golf attire. We'll provide the clubs and balls. Scramble format.
	8:30 -9:15 PM	Floral Galore Mixer and Staff & Camper Variety Show at the Stage. The forest is in bloom! Don that epic Hawaiian shirt or select a favorite floral print. We'll enjoy a Variety Show starring fellow campers and staff, reviewing the favorites and enjoying some new talent.
Friday	2:30-5:30 PM	Party Boat on Pinecrest Lake. Meet at the Bear with keys if you can drive to the lake. Please sign up at the store in advance - space is limited.
	7:15-8:00PM	iPhone Apps for Travel and Leisure: Meet Gary on the Lodge Deck and learn some tips and tricks on using iPhone apps.
	4:30-6:00PM	Join Cal Discoveries Travel and Backroads at tonight's mixer and learn about our new Active Trips Program. We'll have information and some giveaways too!
	8:00-11:00 PM	Live Music / Color PARTY / Dance! Enjoy live music by local R&B band Ivory Flats at the Gold Lodge! It's a celebration - we hope to see you there! Wear your favorite concert shirt all day! Represent your rock gods!
Saturday	6:30 PM	Farewell Dinner Party and Campfire. After dinner we'll migrate to the stage for an evening campfire to say goodnight and goodbye.
Sunday	11:00 AM	Check Out. THANKS for joining us -- it's been an AWESOME week. Share your photos on social media using #lairofthegoldenbear See you next summer!

General Daily Times

MEALS	6:30 AM	Coffee and tea in the outdoor dining area
	7:30-9:00 AM	Breakfast Buffet is open with hot food options at 7:45 AM
	12:15 PM	Lunch
	6:30 PM	Dinner (note dinner is at 6pm on Monday)
HAPPY HOUR	5:30 PM	Daily Mixer on the Lodge Deck. Monday Mixer will be at 5pm. Tuesday and Wednesday Mixers will be on the Pool Deck.
	5:30 PM FRIDAY	Dregs Mixer at the Lodge Deck
STORE	3:00-5:30 PM	Open everyday
POOL	Always Open	The baby pool is heated and marvelous! No lifeguard on duty.
US Open	TBD	Will be on TV in the Lodge.

Tennis & Pickleball Schedule - Please See Separate Schedule

Sunday	7:45-8:15 PM	Tennis Player & Pickleball Meeting and Instructor Introductions at the Stage
	9:15 PM	Meet your tennis and pickleball instructors up close and personal in the lodge.
Monday-Saturday		See attachment for full tennis schedule. Please note the different schedules for each group

Golf - Please See Separate Golf Schedule

Sunday	9:15 PM	Meet your Golf instructor up close and personal in the Lodge.
Monday-Saturday		See attachment for full Golf Program Schedule.

Pool Exercise with Laura Zovickian

Monday - Friday	6:45-7:15 AM	Lap Swim/Stroke Technique with Laura Zovickian at the pool
	7:15-7:45 AM	Deep Water Running at the pool with Laura
	4:00-4:30 PM	Water aerobics at the pool with Laura (**Friday's class will be from 10-10:30AM**)

Music & Chorale with Nancy Hall

Monday	10:15-10:45 AM	Introductory Chorale Meeting at the stage with Nancy Hall
Tuesday	3:00-4:00 PM	Sing Along at the Stage.
Thursday	2:00-3:00 PM	Camper Talent Show Auditions at the Stage
	8:15-9:15 PM	Staff and Camper Talent Show at the Stage
Friday	10:00-11:00 AM	Creekside! Come join us for relaxing music and readings by the creek. Camper participation encouraged!
Monday-Friday	5:15-6:00 PM	Chorale Practice with Nancy at the Stage
	7:15-8:15 PM	Drum Circle at the Kiddie Campfire with Dean

Yoga and Wellness

Tuesday & Thursday	7:15 - 8:15 AM	Sunrise Yoga at the Yoga Tent next to the Vista Lodge
Monday-Saturday	By Appointment	Massage and Organic Facials are offered Monday - Saturday. Please sign up in the Camp Gold store or during Happy Hour early in the week. Rates are \$45/\$90/\$135 for a 30/60/90 minute massage; \$110 for an organic facial; add a foot treatment to any service for \$15. Tips are not included. Massages are offered at the Wellness Center, right next to Camp Gold.

Hiking, Kayaking, Stand-Up Paddle Boarding, Archery, Biking & Adventure

Monday	10:00-10:30 AM	Introductory hiking meeting. Meet at the Gold Store to discuss the hikes for the week.
	1:15-5:00 PM	Hike around Pinecrest Lake - a moderate hike (5 Miles) with less than 500' of elevation gain.
Tuesday	7:00-9:30 AM	Kayaking at Pinecrest Lake (light breakfast included). Please sign up in advance at the Lodge - space is limited to 15 people max (we also will kayak on Wednesday , Thursday and Saturday mornings). Meet at the Bear with car keys to carpool over to the lake.
	10:00-11:30AM	Archery at the Archery Range near the Teen Lodge. Aim to improve your skills, or learn how to shoot. Equipment provided. Sign up at the Lodge -- limit of 15.
	9:00 AM-4:00 PM	All Day Hike! Be sure to wear sunblock, comfy shoes, bring a lunch and plenty of water. Meet at the Gold Store.
Wednesday	7:00-9:30 AM	Kayaking at Pinecrest Lake (light breakfast included). Please sign up in advance at the Lodge - space is limited to 15 people max. Meet at the Bear with car keys to carpool over to the lake.
	9:00 AM-1:00 PM	Half Day Hike! Be sure to wear sunblock, comfy shoes, bring a lunch and plenty of water. Meet at the Gold Store.
Thursday	8:45-10:30 AM	Stand Up Paddle Boarding! Beginners welcome – no experience necessary. Meet at the Gold Store with your car promptly at 8:45 to depart for a lesson on Pinecrest Lake. We'll have yummy pastries awaiting you at the lake. Bring a towel and water. Sign up in advance or at the Store – cost is \$45/person. Limit is 25.
	10:00AM-12:00 PM	Biking! 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. Meet at the Gold Store with your bike.
	10:00-11:30AM	Archery at the Archery Range near the Teen Lodge. Aim to improve your skills, or learn how to shoot. Equipment provided. Sign up at the Lodge -- limit of 15.
Friday	9:00 AM-4:00 PM	All Day Hike! Be sure to wear sunblock, comfy shoes, bring a lunch and plenty of water. Meet at the Gold Store.
Saturday	7:00-9:30 AM	Kayaking at Pinecrest Lake (light breakfast included). Please sign up in advance at the Lodge - space is limited to 15 people max. Meet at the Bear with car keys to carpool over to the lake.
	10:00AM-12:00 PM	Biking! 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. Meet at the Gold Store with your bike.

Arts and Crafts

Please remember to dress appropriately, art is messy work! You must have closed toe shoes for pottery.

Monday	9:45-10:00 AM	Pottery demonstration- rest of the Art Arbor closed at that time.
	10:00-11:45 AM	Meet the art crew for an introduction to the Art Arbor. Buy your clay at the store!
	3:00-4:30 PM	Get lanyards, friendship bracelets or hemp started by the Art Crew!
Tuesday	9:45-10:00 AM	Pottery demonstration- rest of the Art Arbor closed at that time.
	10:00-11:45 AM, 1:30-4:00 PM	Open pottery and tile/bisqueware painting at the Art Arbor. Buy tiles and clay at the store. Get started on your hemp bracelets and lanyards as well!
Wednesday	*ALL HANDMADE POTTERY MUST BE DRY, GLAZED, AND ON THE KILN SHELVES BY 4:00 PM TODAY TO BE FIRED*	
	9:45-11:45 AM, 1:30-4:00 PM	Tie-dye, pottery, and bracelets all day! Buy your shirts and other items at the store and come hang out with the art crew!
Thursday	9:45-11:45 AM, 1:30-4:00 PM	Art Arbor is open for business!
Friday	9:45-11:45 AM, 1:30-4:00 PM	Open T-shirt painting & continue working on your lanyards, hemp bracelets, and tie-dye!
Saturday	9:45-11:45 AM, 1:30-4:00 PM	Art Arbor is open for business!
Sunday	8:00-9:30 AM	Pick up artwork on kiln shelf.

Photography Workshops with Edwin Hacking

Edwin's Photography Workshops will teach you about white balance, ISO, exposure compensation, HDR, use of flash, and the 5 tips for better picture taking. The class will demystify the many camera settings, menus and functions. Learn to go beyond the the Auto setting, start shooting in Manual mode and be more creative. We'll dive into composition, framing, and the rule of thirds. Each class will go further than the previous class into different topics, such as portraits, macro photography, high dynamic range, slow shutter speed, and more. Yet you can also come to any class during the week to learn something new. Bring your point and shoot or DSLR camera, questions, instruction book, charged batteries plus charger, and a tripod if you're interested in trying some night time photography.

Monday	10:00-11:30 AM	Photography Workshop with your point and shoot and/or DSLR camera -- see description above. Meet on the Gold Lodge deck.
	1:30-2:30 PM	Mobile Phone Photography – bring your iPhone, Samsung, whatever you have to learn tips and tricks in taking better photos on your phone. Meet on the Gold Lodge deck.
Tuesday	1:30-3:00 PM	Photography Workshop with your point and shoot and/or DSLR camera -- see description above. Meet on the Gold Lodge Deck. Repeat participation welcome!
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