### All Camp Activities

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sunday</strong></td>
<td><strong>2:00-5:00 PM</strong> Camper Greet and Check-In at the Gold Softball Field - 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.</td>
</tr>
<tr>
<td></td>
<td><strong>5:30 PM</strong> It's Alma Mater Day and our Welcome Mixer! Show your Cal (or your alma mater) pride by wearing a t-shirt or sweat shirt featuring your school. Join us at the Lodge deck for beverages and snacks. Say hello to old friends and make new ones as you mix and mingle with campers and your 2021 Sports and Rec staff. CHEERS!</td>
</tr>
<tr>
<td></td>
<td><strong>7:30-8:00 PM</strong> New Camper Lair Tour - Meet at the store.</td>
</tr>
<tr>
<td></td>
<td><strong>8:15-9:15 PM</strong> Welcome Campfire! Meet your Camp Gold 2021 staff at the Gold Campfire Stage. Hot chocolate and schnapps to follow!</td>
</tr>
<tr>
<td></td>
<td><strong>10:00-11:00 AM</strong> Gourmet Cooking Class with Chef John Thiel at the Dining Hall. John is the Chef Owner of Pappo Restaurant in Alameda.</td>
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<td><strong>6:30-8:20 PM</strong> Gourmet Cooking Class with Chef John Thiel at the Dining Hall. John is the Chef Owner of Pappo Restaurant in Alameda.</td>
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<td></td>
<td><strong>8:30-10:15 PM</strong> Trivia night at the Gold Stage: What do you know? Join the fun at this friendly competition and test your knowledge of trivia. You could win a PRIZE!! Come to play or to watch and cheer on all the smart, quick-thinking campers.</td>
</tr>
<tr>
<td></td>
<td><strong>2:00-4:00 PM</strong> Shuffleboard Tournament at Shuffleboard Courts</td>
</tr>
<tr>
<td><strong>Monday</strong></td>
<td><strong>7:15-8:15 PM</strong> Guest Speaker: Peter Wright, Cal Men's Tennis Coach. At the Gold stage.</td>
</tr>
<tr>
<td></td>
<td><strong>5:30 - 6:30 PM</strong> Olympian Happy Hour at the Aquatic Center (aka Gold Pool). Be a good sport and dress as your favorite athlete. Then join us in toasting Team USA and all the world's Olympians as we share our favorite Olympic moments from this summer.</td>
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<td><strong>8:30-9:45 PM</strong> Trivia night at the Gold Stage: What do you know? Join the fun at this friendly competition and test your knowledge of trivia. You could win a PRIZE!! Come to play or to watch and cheer on all the smart, quick-thinking campers.</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td><strong>1:00-3:00, 3:30-5:30 PM</strong> PARTY Boat on Pinecrest Lake. Meet at the Store with keys if you can drive to the lake. Please sign up in the Lodge in advance - space is limited (60 spots total).</td>
</tr>
<tr>
<td></td>
<td><strong>5:30 - 6:30PM</strong> VIVA LAS VEGAS Mixer! Dress to impress and enjoy adult beverages at our outdoor lounge at the Gold Pool.</td>
</tr>
<tr>
<td></td>
<td><strong>8:15-11:15 PM</strong> Casino Royale! It's Vegas Night! Cocktail attire is in order for a night of gaming around the tables at the Camp Gold Casino at the Lodge. See if Luck be a Lady for you tonight! There will be PRIZES!</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td><strong>3:00-5:00 PM</strong> 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.</td>
</tr>
<tr>
<td></td>
<td><strong>5:30 - 6:30PM</strong> Tacky Happy Camper Mixer! Come straight from the Golf Tourney or find your most ridiculous leisure wear and join us for drinks and snacks on the deck of the Lodge.</td>
</tr>
<tr>
<td></td>
<td><strong>7:15-8:15 PM</strong> Guest Speaker: Dan Mogulof, Executive Director of Public Affairs. Campus Confidential: True Confessions about Mayhem, Messaging and the Media at Cal. At the Gold Stage.</td>
</tr>
<tr>
<td></td>
<td><strong>8:30-9:15 PM</strong> Lair's Got Talent (Show): We'll enjoy a Variety Show starring fellow campers and staffers. Show us your talent on stage tonight. Hot chocolate and schnapps to follow!</td>
</tr>
<tr>
<td></td>
<td><strong>9:15 PM</strong> Sing-along! Join Julia at the stage after the Talent Show for a sing-along!</td>
</tr>
<tr>
<td>Time</td>
<td>Event Description</td>
</tr>
<tr>
<td>------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>7:15-8:00PM</td>
<td><strong>iPhone Apps for Travel and Leisure:</strong> Meet Gary on the Lodge Deck and learn some tips and tricks on using iPhone apps.</td>
</tr>
<tr>
<td>5:30 AM</td>
<td><strong>MUSICAL MIXER:</strong> Dress up as your favorite pop, R&amp;B, country, or rock star, OR wear your favorite concert t-shirt. Meet us at the Gold Lodge for adult beverages and snacks, and bring your dregs to share. Keep your star look going so you're ready for our DANCE PARTY tonight!</td>
</tr>
<tr>
<td>8:00-11:00 PM</td>
<td><strong>LET'S DANCE DANCE PARTY!</strong> We're all rock stars tonight as the music can't stop / won't stop! A DJ will spin some tunes, and will take your requests. It's a celebration of our amazing week together, so we'll see you at the Gold Lodge.</td>
</tr>
</tbody>
</table>

**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 with hot chocolate and schnapps.

**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!

**Costume Packing List**

<table>
<thead>
<tr>
<th>Day</th>
<th>Costume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Alma Mater t-shirt or sweatshirt</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Favorite Olympian or athlete wear</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Dress up and be fancy for our Vegas / Casino Royale night</td>
</tr>
<tr>
<td>Thursday</td>
<td>Tacky golfer or tacky camper wear</td>
</tr>
<tr>
<td>Friday</td>
<td>Dress as your favorite pop, R&amp;B, country or rock star!</td>
</tr>
</tbody>
</table>
### General Daily Times

<table>
<thead>
<tr>
<th></th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEALS</td>
<td>6:30 AM</td>
<td>Coffee and tea in the outdoor dining area</td>
</tr>
<tr>
<td></td>
<td>7:30-9:00 AM</td>
<td>Breakfast Buffet is open with hot food options at 7:45 AM</td>
</tr>
<tr>
<td></td>
<td>12:00-1:15 PM</td>
<td>New: Lunch Buffet!</td>
</tr>
<tr>
<td></td>
<td>6:30 PM</td>
<td>Dinner (note dinner is at 6pm on Monday)</td>
</tr>
<tr>
<td>HAPPY HOUR</td>
<td>5:30 PM</td>
<td>Daily Mixers on the Lodge Deck, EXCEPT Monday Mixer will be at 5pm. Tuesday and Wednesday Mixers will be on the Gold Pool Deck. Check the 'All Camp Activities' on Page 1 of this schedule for the nights where we’re doing themes!</td>
</tr>
<tr>
<td>STORE</td>
<td>3:00-5:30 PM</td>
<td>Open everyday</td>
</tr>
<tr>
<td>POOL</td>
<td>Always Open</td>
<td>The baby pool is heated and marvelous! No lifeguard on duty.</td>
</tr>
<tr>
<td>US Open</td>
<td>TBD</td>
<td>Will be on TV in the Lodge.</td>
</tr>
</tbody>
</table>

### Tennis & Pickleball Schedule - Please See Separate Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>7:45-8:15 PM</td>
<td>Tennis Player &amp; Pickleball Meeting and Instructor Introductions at the Stage</td>
</tr>
<tr>
<td></td>
<td>9:15 PM</td>
<td>Meet your tennis and pickleball instructors up close and personal in the lodge.</td>
</tr>
<tr>
<td>Monday-Saturday</td>
<td></td>
<td>See attachment for full tennis schedule. Please note the different schedules for each group</td>
</tr>
</tbody>
</table>

### Golf - Please See Separate Golf Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>9:15 PM</td>
<td>Meet your Golf instructor up close and personal in the Lodge.</td>
</tr>
<tr>
<td>Monday-Saturday</td>
<td></td>
<td>See attachment for full Golf Program Schedule.</td>
</tr>
</tbody>
</table>

### Pool Exercise with Laura Zovickian

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday-Friday</td>
<td>6:45-7:15 AM</td>
<td>Lap Swim/Stroke Technique with Laura Zovickian at the pool</td>
</tr>
<tr>
<td></td>
<td>7:15-7:45 AM</td>
<td>Deep Water Running at the pool with Laura</td>
</tr>
<tr>
<td></td>
<td>4:00-4:30 PM</td>
<td>Water aerobics at the pool with Laura (<em><strong>Friday's class will be from 10-10:30AM</strong></em> )</td>
</tr>
</tbody>
</table>
### Music & Chorale with Nancy Hall and Julia Fogelson

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:15-10:45 AM</td>
<td>Introductory Singing Meeting at the stage with Nancy Hall -- all are welcome</td>
</tr>
<tr>
<td>Tuesday</td>
<td>3:00-4:00 PM</td>
<td>Sing Along at the Stage.</td>
</tr>
<tr>
<td>Thursday</td>
<td>2:00-3:00 PM</td>
<td>Camper Talent Show Auditions at the Stage</td>
</tr>
<tr>
<td></td>
<td>8:15-9:15 PM</td>
<td>Staff and Camper Talent Show at the Stage</td>
</tr>
<tr>
<td>Friday</td>
<td>10:00-11:00 AM</td>
<td>Creekside! Come join Nancy and Julia for relaxing music and readings by the creek. Camper participation encouraged!</td>
</tr>
<tr>
<td>Monday-Friday</td>
<td>5:15-6:00 PM</td>
<td>Singing with Nancy at the Stage. Learn singing techniques and songs to sing at talent show. Everyone welcome.</td>
</tr>
<tr>
<td></td>
<td>7:15-8:15 PM</td>
<td>Drum Circle at the Kiddie Campfire with Dean</td>
</tr>
</tbody>
</table>

### Yoga and Wellness

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday &amp; Thursday</td>
<td>7:15 - 8:15 AM</td>
<td>Sunrise Yoga at the Yoga Tent next to the Vista Lodge.</td>
</tr>
<tr>
<td>Tuesday &amp; Thursday</td>
<td>10:00 - 11:00 AM</td>
<td>Guided meditation with Julia. No prior experience necessary. Meet at Vista Lodge.</td>
</tr>
<tr>
<td>Thursday-Saturday</td>
<td>By Appointment</td>
<td>Massage is offered Thursday - Saturday. Please sign up in the Camp Gold store. Rates are $90 for a 60 minute massage; tips are not included. Massages are offered at the Wellness Center, right next to Camp Gold.</td>
</tr>
</tbody>
</table>

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

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<thead>
<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Monday</td>
<td>10:00-10:30 AM</td>
<td>Introductory hiking meeting. Meet at the Gold Store to discuss the hikes for the week.</td>
</tr>
<tr>
<td></td>
<td>1:15-5:00 PM</td>
<td>Hike around Pinecrest Lake - a moderate hike (5 Miles) with less than 500’ of elevation gain.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>7:00-9:30 AM</td>
<td>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 and Saturday mornings). Meet at the Store with your car to carpool over to the lake.</td>
</tr>
<tr>
<td></td>
<td>10:00-11:30AM</td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td>9:00 AM-4:00 PM</td>
<td>All Day Hike! Be sure to wear sunblock, comfy shoes, bring a lunch and plenty of water. Meet at the Gold Store with your car.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>7:00-9:30 AM</td>
<td>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 Store with car keys to carpool over to the lake.</td>
</tr>
<tr>
<td></td>
<td>9:00 AM-1:00 PM</td>
<td>Half Day Hike! Be sure to wear sunblock, comfy shoes, bring a lunch and plenty of water. Meet at the Gold Store.</td>
</tr>
<tr>
<td></td>
<td>2:00-4:00 PM</td>
<td>Open-Water Lake Swim. Join San Francisco Bay-swimmer Julia for a swim in the lake. Must be able to swim proficiently. Bring your goggles, sunscreen, water.</td>
</tr>
<tr>
<td>Thursday</td>
<td>10:00AM-12:00 PM</td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td>10:00-11:30AM</td>
<td>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.</td>
</tr>
<tr>
<td>Friday</td>
<td>9:00 AM-4:00 PM</td>
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</tr>
<tr>
<td>Saturday</td>
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<tr>
<td></td>
<td>10:00AM-12:00 PM</td>
<td>Biking! Join a staff led ride on some local trails. Sign up in the store in advance at the Lodge. 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.</td>
</tr>
</tbody>
</table>
**Arts and Crafts**

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

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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Everyday</strong></td>
<td>6:00-6:30 PM</td>
<td>Crochet and knitting with Nancy Hall. At the mixer (check schedule for mixer location)</td>
</tr>
<tr>
<td><strong>Monday</strong></td>
<td>9:45-10:00 AM</td>
<td>Pottery demonstration - rest of the Art Arbor closed at that time.</td>
</tr>
<tr>
<td></td>
<td>10:00-11:45 AM</td>
<td>Meet the art crew for an introduction to the Art Arbor. Buy your clay at the store!</td>
</tr>
<tr>
<td></td>
<td>3:00-4:30 PM</td>
<td>Get lanyards, friendship bracelets or hemp started by the Art Crew!</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>9:45-10:00 AM</td>
<td>Pottery demonstration - rest of the Art Arbor closed at that time.</td>
</tr>
<tr>
<td></td>
<td>10:00-11:45 AM, 1:30-4:00 PM</td>
<td>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!</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>9:45-11:45 AM, 1:30-4:00 PM</td>
<td><em>ALL HANDMADE POTTERY MUST BE DRY, GLAZED, AND ON THE KILN SHELVES BY 4:00 PM TODAY TO BE FIRED</em> Tie-dye, pottery, and bracelets all day! Buy your shirts and other items at the store and come hang out with the art crew!</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>9:45-11:45 AM, 1:30-4:00 PM</td>
<td>Art Arbor is open for business!</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>9:45-11:45 AM, 1:30-4:00 PM</td>
<td>Open T-shirt painting &amp; continue working on your lanyards, hemp bracelets, and tie-dye!</td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td>9:45-11:45 AM, 1:30-4:00 PM</td>
<td>Art Arbor is open for business!</td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td>8:00-9:30 AM</td>
<td>Pick up artwork on kiln shelf.</td>
</tr>
</tbody>
</table>
**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 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.

<table>
<thead>
<tr>
<th>Day</th>
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<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>4:30 - 5:30 PM</td>
<td>Photography Workshop with your point and shoot and/or DSLR camera -- see description above. Meet on the Gold Lodge deck. (Not for camera phone instructions)</td>
</tr>
<tr>
<td>Tuesday</td>
<td>4:30 - 5:30 PM</td>
<td>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.</td>
</tr>
<tr>
<td>Thursday</td>
<td>4:30 - 5:30 PM</td>
<td>Photography Workshop with your point and shoot and/or DSLR camera -- see description above. Meet on the Gold Lodge Deck. Repeat participation welcome!</td>
</tr>
<tr>
<td>Friday</td>
<td>4:30 - 5:30 PM</td>
<td>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. Repeat participation welcome!</td>
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