

WELCOME HOME!

Welcome to the Lair of the Golden Bear

Lair Sports and Recreation Camp: June 5 - 12, 2022

Schedule of Events - Subject to Change - USE 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

Sunday	2:00-5:00 PM	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. <i>Please don't switch tents, as all tents are booked and assigned.</i>
	5:30 PM	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 2022 Sports and Rec staff. CHEERS!
	7:30-8:00 PM	New Camper Lair Tour - Meet at the store.
	8:15-9:15 PM	Welcome Campfire! Meet your Camp Gold 2022 staff at the Gold Campfire Stage. Hot chocolate and schnapps to follow!
Monday	10:00-11:00 AM	Gourmet Cooking Class with Chef John Thiel at the Dining Hall.
	7:30-9:00 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 7:15 to carpool and caravan over. Wine and cheese provided! Dress warmly. Sunset estimated at 8:21 PM.
Tuesday	2:00-4:00 PM	Shuffleboard Tournament at Shuffleboard Courts
	5:30 - 6:30 PM	Athletic Hall of Fame Happy Hour at the Aquatic Center (aka the Gold Pool). Be a good sport and dress as your favorite athlete.
	8:30-10:15 PM	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. Refreshments will be served.
Wednesday	1:00-3:00, 3:30-5:30 PM	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).
	5:30 - 6:30PM	VIVA LAS VEGAS Mixer! Dress to impress and enjoy adult beverages at our outdoor lounge at the Gold Pool.
	8:15-11:15 PM	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!
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.
	5:30 - 6:30PM	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.
	8:30-9:15 PM	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!
	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.

Friday	5:30 PM	MUSICAL MIXER: Dress up as your favorite pop, R&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!
	8:00-11:00 PM	LET'S DANCE DANCE PARTY! 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.
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!

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
	12:00-1:15 PM	New: Lunch Buffet!
	6:30 PM	Dinner
HAPPY HOUR	5:30 PM	Daily Mixers on the Lodge Deck. 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!
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.

Yoga and Wellness

Tuesday & Thursday	7:30 - 8:15 AM	Sunrise Yoga at the Yoga Tent next to the Vista Lodge
	By Appointment	Massage will be offered. Dates and times as well as scheduling information will be forthcoming. Massages are offered at the Wellness Center, right next to Camp Gold.

Pool Exercise with Laura Zovickian

Monday - Thursday	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

Music & Chorale with Nancy Hall

Monday	10:15-10:45 AM	Introductory Singing Meeting with Nancy at the stage -- all are welcome!
Tuesday	3:00-4:00 PM	Sing Along at the Stage.
Thursday	1:30-2:30 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 Nancy 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

Hiking, Kayaking, Archery, Biking, & Adventure

Monday	10:00-10:30 AM	Introductory hiking meeting. Meet at the Gold Store to discuss the hikes for the week. Pat will ask Dean Janoff
	1:15-5:00 PM	Hike around Pinecrest Lake - a moderate hike (5 Miles) with less than 500' of elevation gain.
Tuesday	7:00-9:00 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 and Saturday mornings). Meet at the Store with your car 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. archery person? Staffer? Pat will find out
	9:30 AM-2:00 PM	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.
Wednesday	7:00-9:00 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 Store with car keys to carpool over to the lake.
	9:30 AM-2:00 PM	Half Day Hike! Be sure to wear sunblock, comfy shoes, bring a lunch and plenty of water. Meet at the Gold Store.
Thursday	9:30AM-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 (we also will kayak on Wednesday and Saturday mornings). Meet at the Store with your car to carpool over to the lake.
	9:30AM-1:30 PM	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. We'll eat lunch on the trail, so be sure to pack a lunch at breakfast.

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!
	10:00-11:45 AM	Tie-dye with Dave Zovickian!
	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!
	3:00 - 4:00 PM	Tie-dye with Dave.
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!
	10:00-11:45 AM	Tie-dye with Dave.
Thursday	9:45-11:45 AM, 1:30-4:00 PM	Art Arbor is open for business!
	3:00-4:00 PM	Tie-dye with Dave.
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!
	10:00-11:45 AM	Tie-dye with Dave.
Saturday	9:45-11:45 AM, 1:30-4:00 PM	Art Arbor is open for business!
	2:30-4:00 PM	Tie-dye with Dave.
Sunday	8:00-9:30 AM	Pick up artwork on kiln shelf.

Photography Workshops with Shoey Sindel

Shoey Sindel, '84 Conservation of Natural Resources and 7th week Gold camper, is a professional photographer specializing in portraits and events. She also loves travel, landscape and urban architectural photography. She recently moved from Berkeley to Santa Rosa and enjoys its environment and relaxed lifestyle. Using your DSLR and/or phone cameras, she'll help campers learn basic to advanced photographic concepts of exposure, ISO use, shutter speed, lens choices, lighting, composition, macro photography and portraits. All levels of experience are welcome at each session. You're welcome to come to one or all clinics. Bring your cameras, questions, owners manuals and enthusiasm as we explore and create photographic art.

Monday	4:30 - 5:30 PM	DSLR and point & shoot workshop: Learn to use your camera and understand your camera settings beyond the Auto mode. We'll explore topics including exposure, ISO, aperture, focal point, composition and perspective. All these topics apply to nature and portrait photography. Meet at the Gold Lodge.
	6:30 PM	Golden Hour landscape photography. We'll go together to the mountain vista called "Therapy" for a sunset-hour photo session. Enjoy the beauty and capture the glorious day's end on your camera. See details in main schedule above. Bring your cell phone and/or DSLR camera!
Tuesday	4:30 - 5:30 PM	Cell phone workshop: Learn tips and tricks using your cell phone for photography. We'll explore topics including exposure, focal point, composition, perspective and some basic in-phone editing. Meet at the Gold Lodge.

Wednesday	4:30 - 5:30 PM	Nature photography walk. Bring whatever camera you have and if you want to take portraits, bring your subject to the workshop. We'll start off our session with a discussion about lighting and composition and practice taking photos of our surroundings. It's always interesting to see how different people "see" the same location with their own point of view and creativity. Meet at the Gold Lodge.
Thursday	10:00 - 11:00 AM	Let's take photos! Come with your camera and questions and we'll FOCUS on what you want to learn. Meet at the Gold Lodge.

Costume Packing List!

	Sunday	Alma Mater t-shirt or sweatshirt
	Tuesday	Favorite Hall of Fame athlete wear
	Wednesday	Dress up and be fancy for our Vegas / Casino Royale night
	Thursday	Tacky golfer or tacky camper wear
	Friday	Dress as your favorite pop, R&B, country or rock star!
Other packing reminders	Sports Equipment	Rackets, golf clubs, mountain bike, yoga mat, hiking shoes, sunscreen, water bottle.
	Other stuff!	Your DSLR camera for photography clinics, iPhone, knitting or crochet supplies, white shirts or socks to tie-dye.