

Camp Isabella Freedman July 2018

Daily	Monday 7/9	Tuesday 7/10	Wednesday 7/11	Thursday 7/12	Friday 7/13	Saturday 7/14	Locations
Breakfast 8:30-9:30 am Lunch 12:30-1:30 pm Dinner 6:30-7:30 pm 1st activity 9:45-11 am 2nd activity 11:15 am-12:30 pm 3rd activity 2:15-3:45 pm 4th activity 4-5:15 pm 5th activity 5:15-6:15 pm Arts and Crafts activities all day! See schedule on back of calendar.	1:00 Bus departs NYC 2-5:00 Check-in (GH) 3-5:00 Bookstore Open 5-5:30 Orientation (L) 5:30-6:30 Happy Hour (GH) 7:30-9 Opening Circle (S) 9:15 Night Owl Movie (L)	7:30-8:15 Nature Connection (SB) 8:15-8:45 Tai Chi (GR) 9:30-11 Hike (SB) 9:45 Zumba (S) Chair Exercise (BY) Neurofitness lecture (L) 11:15 Exodus Revisited – Foster Hirsh (L) 1:45 Song Circle (SB) 2:15 Water Aerobics (P) Farm Tour (SB) Neurofitness class (S) 4:00 Intriguing Stories of the Conversos – Andree Brooks (L) Spoken Word (S) Mah Jongg (SR) 5:15 Enacting G-d's Dream – Rabbi Avruhm (L) 8:00 Concert – Avram Pingas (GH)	7:30-8:15 Nature Connection (SB) 8:15-9 Tai Chi (GR) 9:30-11 Hike (SB) 9:45 Zumba (S) Chair Exercise (BY) 11:15 Enacting G-d's Dream – Rabbi Avruhm (L) Medicinal Plant Walk (SB) 1:45 Song Circle (SB) 2:15 Water Aerobics (P) Current Events (L) Neurofitness class (S) 4:00 Intriguing Stories of the Conversos – Andree Brooks (L) Spoken Word (S) 5:00 Intergenerational Dialogue & Happy Hour – Adamah Fellows (GH) 6:15 Tanglewood Excursion 8:00 Film/lecture Jewish Comedians in Hollywood in the 1950s – Foster Hirsch (L)	7:30 Nature Connection (SB) 8:15 Tai Chi (GR) 9:30 -11 Hike (SB) 9:45 Zumba (S) Chair Exercise (BY) 11:15 Enacting G-d's Dream (L) 1:45 Song Circle (SB) Challah Baking (GH) Neurofitness class (S) 4:00 Verdi's Nabacco – Jane Marsh (L) Mah Jongg (SR) 6:00 Hawaiian Happy Hour & Dinner (WT) 8:00 Academy Award Winning Songs Piano Concert – Mitch (GH) 9:30 Rosh Chodesh Circle (S) Men's Group: The Masculine Mystique (L)	7:30 Nature Connection (SB) 8:15 Tai Chi (GR) 9:30-11 Hike (SB) 9:45 Zumba (S) Chair Exercise (BY) Neurofitness lecture (L) 11:15 Verdi's Aida – Jane Marsh (L) 1:45-2:15 Song Circle (SB) 2:15 Water Aerobics (P) Pickling (GH) Neurofitness class (S) Current Events (L) 4:00 Enacting G-d's Dream (L) Spoken Word (S) 6:00 Candle Lighting (L) 6:15 Services Orthodox (L) Egalitarian (S) 7:15 Dinner 9:45 Dessert and Oneg	7:30 Early Bird Stroll (SB) 9:30 Orthodox Services (L) 10:00 Egalitarian Services (S) 12:00 Kiddush (GH) 2:15 Listen to Her Voice Bible Study – Miki Raver (S) Men's Group: The Masculine Mystique – Marty (L) 4:00 Enacting G-d's Dream – Rabbi Avrum (L) Neurofitness class (S) 5:00 Nature Connection (RB) Games (GH) 9:15 Havdalah (L) Sundae Bar (GH) 9:45 Campfire (Firepit)	AC ARTS & CRAFTS BY BEIGE YURT G GAZEBO GH GREAT HALL GR GRASS between pool and white tent L LIBRARY P POOL S SYNAGOGUE SB SYNAGOGUE BENCH (in front) SR SUNROOM WT WHITE TENT
Sunday 7/15	Monday 7/16	Tuesday 7/17	Wednesday 7/18	Thursday 7/19	Friday 7/20	Saturday 7/21	
7:30 Nature Connection (SB) 8:15 Tai Chi (G) 9:30-10:30 Closing Circle (week 1) (S) 9:45 Chair Exercise (BY) Zumba (GH) 11:00 Bus leaves for NYC 11:15 Stress and Health (L) 1:45 Song Circle (SB) 2:00 Music Mountain 2:15 Water Aerobics (P) Games (SR) 4:00 Pickling (GH) Falls Village Stroll (SB) 5:15 Spoken Word (S) 8:00 Arias – Lily Arbisser (GH)	7:30 Nature Connection (SB) 8:15 Tai Chi (G) 9:15-11 Hike 9:45 Chair Exercise (BY) Zumba (GH) 11:15 Jewish Intentional Community – Love Cohen (L) 1:45 Song Circle (SB) 2:15 Cheese making (GH) Water Aerobics (P) Spoken Word (L) 4:00 Opening Circle & Orientation (week 2) (S) 5:15 Trivia Café & Happy Hour (L) 7:45 What is Torah Yoga? (GH) 8:00 Film/lecture <i>My Italian Secret</i> – Patti Kenner & Elizabeth Bettina (GH)	7:30 Nature Connection (SB) 8:15 Tai Chi (GR) 9:15-11 Hike (SB) 9:45 Torah Yoga (S) Chair Exercise (BY) Zumba (GH) 11-12:30 Arsenal of the Revolution Excursion 11:15 Journey through Jewish Music (L) Jews in Kaifeng China (S) 1:45 Song Circle (SB) 2:15 Water Aerobics (P) Farm Tour (SB) Spoken Word (S) 4:00 Storytelling (GH) Jewish Meditation (S) Mah Jongg (SR) 5:15 Torah Yoga (S) Trivia Café (L) 8:00 Concert – Laura Wetzler (GH)	7:30 Nature Connection (SB) 8:15 Tai Chi (GR) 9:15-11 Hike 9:45 Torah Yoga (S) Chair Exercise (BY) Zumba (GH) 11:15 Journey thru Jewish Music (L) 1:45 Song Circle (G) 2:15 Medicinal Plant Walk (SB) Water Aerobics (P) Current Events (L) 4:00 Storytelling (GH) Torah Yoga (S) Biblical Aromatherapy (S) 5:00 Intergenerational Dialogue & Happy Hour – Adamah Fellows (GH) 6:15 Tanglewood Excursion 8:00 Berkshire Hillsmen (GH)	7:30 Nature Connection (SB) 8:15 Tai Chi (GR) 9:15-11 Hike (SB) 9:45 Torah Yoga (S) Chair Exercise (BY) Zumba (GH) 11:15 Journey through Jewish Music (L) Energy Medicine (S) 1:30-2:15 Challah Baking (GH) 1:45 Song Circle (SB) 2:15 Water Aerobics (P) Angels in Judaism (S) 4:00 Storytelling (GH) Scribal Arts – Julie Seltzer (L) Mah Jongg (SR) 5:15 Torah Yoga (S) Trivia Café (L) 6:00 Country Cook-Out (WT) 8:00 Talent Show (GH)	7:30 Nature Connection (SB) 8:15 Tai Chi (GR) 9:15-11 Hike (SB) 9:45 Torah Yoga (S) Chair Exercise (BY) Zumba (GH) 11:15 Journey through Jewish Music (L) Ancient Jews of Tibet (S) 1:45 Song Circle (SB) 2:15 Water Aerobics (P) Pickling (GH) 4:00 Storytelling (GH) Torah Yoga (S) 6:00 Candle Lighting (L) 6:15 Services Orthodox (S) Egalitarian (L) 7:15 dinner 9:00 Oneg Shabbat (GH)	7:30 Early Bird Stroll (SB) 9:30 Services Orthodox (S) Egalitarian (L) 12:00 Kiddush (GH) 2:15 Listen to Her Voice Bible Study – Miki (S) Men's Group: The Masculine Mystique – Marty (L) 4:00 Energy Medicine (S) 5:15 Nature Connection (SB) Games (SR) My Life as a Cartoonist – Sid Harris (S) 9:15-10:30 Havdalah (L) Tisha B'Av service and ritual	Sunday 7/22 9:30-10 Kinnot (Tisha B'av poems) 10-11:30 Closing Circle (S) 12:00 Bus Leaves (box lunch)

**Isabella Freedman Emergency #
860-453-3963**

Emergencies only, please. You must dial 9 before making any call on our land line phones.

Check board outside Dining Room at meals for changes and additions to schedule.

Trips Out!

Meet outside door to Great Hall 15 minutes before departure. See camp program book (page x) for more information.

Tanglewood

Wednesday, July 11
Wednesday, July 18

Music Mountain

Sunday, July 15

Arsenal of the Revolution local tour

Tuesday, July 17

Other Schedule Info

REVIELLE 7:45 am

TAPS 10:00 pm

POOL HOURS

10am-noon (except Sat.)

2-6 pm (daily)

Lifeguard must be on duty to swim

Pool towels provided

BOATING & LAKE Daylight hours – life jacket must be worn by anyone in boats. No lifeguard on duty.

NURSE Wendy Koiser – 1:30-3:30 pm every day (Chestnut, Room #1)

NIGHT OWL MOVIE Every evening, except Friday, after evening activity, in the Library.

PING PONG TABLE near pool, help yourself

GAMES (Sunroom)

Board & Card games – 5-6:15 pm daily

Mah Jongg – Tues. & Thurs. 4-6 pm

MEDITATION Saturdays 3:45-4 pm (WT)

Arts & Crafts

All classes meet in A&C unless noted. Sign up for beading and fused glass sessions on bulletin board outside Dining Room.

Tuesday, July 10

Happy Birthday, Laura Evonne!

9:45-11:00 am

Knitting, Crocheting, Embroidery Circle (A&C porch)

11:15 am-12:30 pm

Fused Glass (*limited to 6 people, sign-up required*)

Paper Weaving

2:15-3:45 pm

Explora-Torah – creating silk book covers part 1 (G)

4-6 pm

Fused Glass (*limited to 6 people, sign-up required*)

Plein Air watercolor or acrylics painting (A&C porch)

Explora-Torah – sewing silk book covers part 2 (G)

Wednesday, July 11

9:45-11:00 am

Beading (*limited to 12 people, sign-up required*)

11:15 am-12:30 pm

Beading (*limited to 12 people, sign-up required*)

2:15-3:45 pm

Explora-Torah – weaving part 1 (G)

4-6 pm

Fused Glass (*limited to 6 people, sign-up required*)

Thursday, July 12

9:45-11:00 am

Knitting, Crocheting, Embroidery Circle (A&C porch)

Fused Glass (*limited to 6 people, sign-up required*)

11:15 am-12:30 pm

Kabbalage

2:15-3:45 pm

Explora-Torah – weaving part 2 (G)

4-6 pm

Fused Glass (*limited to 6 people, sign-up required*)

Plein Air painting (A&C porch)

Friday, July 13

9:45-11:00 am

Beading on caps and kippahs

11:15 am-12:30 pm

Shabbat Flower & Herb Gathering, Fused Glass

2:15-3:45 pm

Explora-Torah – make silk scarf or kippah (G)

Flower Arranging for Shabbat and making Havdalah spice packs

4-5 pm

Fused Glass (*limited to 6 people, sign-up required*)

Saturday, July 14

Open Art Studio for Independent Projects – no staff

Sunday, July 15

9:45-11:00 am

Beading (*limited to 12 people, sign-up required*)

11:15 am-12:30 pm

Kabbalage

2:15-3:45 pm

Explora-Torah – silk angel mobiles – Elizabeth (G)

4-6 pm

Open Art Studio for Independent Projects – no staff

Monday, July 16

9:45-11:00 am

Knitting, Crocheting, Embroidery Circle (A&C porch)

11:15 am-12:30 pm

Fused Glass (*limited to 6 people, sign-up required*)

2:15-3:45 pm

Explora-Torah – creating Tree of Life Silk Wall Hanging (part 1) (G)

4-6 pm

Fused Glass (*limited to 6 people, sign-up required*)

Tuesday, July 17

Happy Birthday, Elizabeth Yaari!

9:45-11:00 am

Beading (*limited to 12 people, sign-up required*)

11:15 am-12:30 pm

Fused Glass (*limited to 6 people, sign-up required*)

2:15-3:45 pm

Explora-Torah – one tiny seed silk painting (G)

4-6 pm

Fused Glass (*limited to 6 people, sign-up required*)

Plein Air painting (meet A&C porch)

2:15-3:45 pm

Explora-Torah – one tiny seed silk painting beading (G)

Wednesday, July 18

9:30-11:00 am

Knitting, Crocheting, Embroidery Circle (A&C porch)

11:15 am-12:30 pm

Fused Glass (*limited to 6 people, sign-up required*)

2:15-3:45 pm

Explora-Torah – creating silk placemats (G)

4-6 pm

Fused Glass (*limited to 6 people, sign-up required*)

Explora-Torah – sewing silk placemats (G)

Thursday, July 19

9:45-11:00 am

Beading (*limited to 12 people, sign-up required*)

11:15 am-12:30 pm

Beading (*limited to 12 people, sign-up required*)

2:15-3:45 pm

Explora-Torah – silk challah covers (G)

4-6 pm

Fused Glass (*limited to 6 people, sign-up required*)

Plein Air painting

Kabbalage

Friday, July 20

9:45-11:00 am

Flower gathering for Shabbat

11:15 am-12:30 pm

Flower Arranging for Shabbat and making Havdalah spice packs

Fused Glass (*limited to 6 people, sign-up required*)

2:15-3:45

Finish projects – Open Studio