

activities schedule & descriptions



TIME	MONDAY, AUGUST 21	TUESDAY, AUGUST 22	WEDNESDAY, AUGUST 23	THURSDAY, AUGUST 24	FRIDAY, AUGUST 25	SATURDAY, AUGUST 26
7:00-8:30	MORNING SWIM	MORNING SWIM	MORNING SWIM	MORNING SWIM	MORNING SWIM	MORNING SWIM
	YOGA: RISE & RESTORE (*til 8:00am)	YOGA: RISE & RESTORE (*til 8:00am)	YOGA: RISE & RESTORE (*til 8:00am)	YOGA: RISE & RESTORE (*til 8:00am)	YOGA: RISE & RESTORE (*til 8:00am)	YOGA: RISE & RESTORE (*til 8:00am)
8:00-8:30	MEDITATION: RISE & RESTORE	MEDITATION: RISE & RESTORE	MEDITATION: RISE & RESTORE	MEDITATION: RISE & RESTORE	MEDITATION: RISE & RESTORE	MEDITATION: RISE & RESTORE

8:30-9:30

B R E A K F A S T

9:30-10:00

R A I N B O W G R O U P M E E T I N G S

10:15-12:15	OPENING CIRCLE & CAMPER GAMES	ACTING: SCREAM QUEENS	ACTING: FAMOUS FIGHTS	LET'S CHAT ABOUT: THE DIVA & THE DIVINE		LET'S CHAT ABOUT: THE DIVA & THE DIVINE
		ADVENTURE COURSE: GROUND SCHOOL/ LOW ROPES	ADVENTURE COURSE	ADVENTURE COURSE: GIANT'S LADDER & ADVANCED ELEMENTS	ADVENTURE COURSE	ADVENTURE COURSE: GIANT'S LADDER & ADVANCED ELEMENTS
		ART: CREATIVITY POTPOURRI	ART: CREATIVITY POTPOURRI	ART: CREATIVITY POTPOURRI	ART: CREATIVITY POTPOURRI	ART: CREATIVITY POTPOURRI
		BEADED JEWELRY	BEADED JEWELRY	BEADED JEWELRY	BEADED JEWELRY	BEADED JEWELRY (Open Studio)
		CANDLEMAKING Sessions @ 10:15am & 11:15am	CANDLEMAKING Sessions @ 10:15am & 11:15am	CANDLEMAKING Sessions @ 10:15am & 11:15am	CANDLEMAKING Sessions @ 10:15am & 11:15am	CANDLEMAKING Sessions @ 10:15am & 11:15am
		CROCHET	CROCHET	GUIDED LAKE CANOE	CROCHET	GUIDED LAKE CANOE
			CROSS STITCH		CROSS STITCH	
		DANCE: LINE DANCE	DANCE: EAST & WEST COAST SWING	DANCE: WALTZ & TWO-STEP	DANCE: LINE DANCE & TWO- STEP	DANCE: CHA-CHA & RUMBA
		GIUITAR: BEGINNERS	GIUITAR: BEGINNERS	GIUITAR: BEGINNERS	GIUITAR: BEGINNERS	GIUITAR: BEGINNERS
		HIKING: DEVIL'S DEN		HIKING: DEVIL'S DEN		
		LAWN SPORTS: BOCCE BALL	LAWN SPORTS: BADMINTON	LAWN SPORTS: CROQUET	LAWN SPORTS: CORNHOLE	LAWN SPORTS: BADMINTON
		PICKLEBALL	PICKLEBALL	PICKLEBALL	PICKLEBALL	PICKLEBALL
		POTTERY	POTTERY	POTTERY	POTTERY	
		STAINED GLASS	STAINED GLASS	STAINED GLASS	STAINED GLASS	STAINED GLASS

12:30-1:30

L U N C H

1:45-3:15pm	CRAFTS: 'CHIPS & BAGS	ART: FIGURE DRAWING	ART: FIGURE DRAWING	ART: FIGURE DRAWING	ART: FIGURE DRAWING	ART: FIGURE DRAWING
	BEAUTY PARLOUR	BEAUTY PARLOUR	BEAUTY PARLOUR	BEAUTY PARLOUR		
	CLIMBING WALL	CLIMBING WALL	CLIMBING WALL	CLIMBING WALL	CLIMBING WALL	CLIMBING WALL
	CROSS STITCH	CHAINMAILLE	CHAINMAILLE	CHAINMAILLE	CHAINMAILLE	CHAINMAILLE
	COOKING: DATE NIGHT PERFECTION	COOKING: THE MORNING AFTER	COOKING: FALAFEL, GAZPACHO... GESUNDHEIT!		COOKING: DATE NIGHT PERFECTION	COOKING: THE MORNING AFTER
	FOUR SQUARE	FLAG FOOTBALL	FOUR SQUARE	FITNESS: CHEST	CAPTURE THE WIG	
	LGBTQ HISTORY: STAY OUT OF MY BEDROOM		LGBTQ HISTORY: STAY OUT OF MY BEDROOM	GAMES GALORE!!: ARE YOU A MINDREADER?	LGBTQ HISTORY: THE HISTORY OF CAMP' CAMP	LGBTQ HISTORY: THE HISTORY OF CAMP' CAMP
	LAWN SPORTS: CROQUET	LAWN SPORTS: BADMINTON:	LAWN SPORTS: CORNHOLE	LAWN SPORTS: CROQUET	LAWN SPORTS: BOCCE BALL	LAWN SPORTS: CORNHOLE
	POTTERY	POTTERY	POTTERY	POTTERY	POTTERY	
	STAINED GLASS	STAINED GLASS	STAINED GLASS	STAINED GLASS	STAINED GLASS	STAINED GLASS
	TIE-DYE	TIE-DYE	TIE-DYE		TIE-DYE: REVERSE TIE-DYE	
	WATERFRONT	WATERFRONT	WATERFRONT	WATERFRONT	WATERFRONT	WATERFRONT
	YOGA+MEDITATION: ENERGIZE & UNWIND	YOGA+MEDITATION: ENERGIZE & UNWIND	YOGA+MEDITATION: ENERGIZE & UNWIND	YOGA+MEDITATION: ENERGIZE & UNWIND	YOGA+MEDITATION: ENERGIZE & UNWIND	YOGA+MEDITATION: ENERGIZE & UNWIND
	FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R

TIME	MONDAY, AUGUST 21	TUESDAY, AUGUST 22	WEDNESDAY, AUGUST 23	THURSDAY, AUGUST 24	FRIDAY, AUGUST 25	SATURDAY, AUGUST 26
3:30-5:00	ADVENTURE COURSE: GROUND SCHOOL/ LOW ROPES	ADVENTURE COURSE	ADVENTURE COURSE	ADVENTURE COURSE: GIANT'S LADDER & ADVANCED ELEMENTS	ADVENTURE COURSE: GIANT'S LADDER & ADVANCED ELEMENTS	ADVENTURE COURSE
	CHAINMAILLE	CHAINMAILLE	CHAINMAILLE	CHAINMAILLE	CHAINMAILLE	CHAINMAILLE
	CHOIR (Part 1 of 3)	GUIDED LAKE CANOE	CHOIR (Part 2 of 3)		CHOIR (Part 3 of 3)	
	CRAFTS: 'CHIPS & 'BAGS	LGBTQ HISTORY: SPOTLIGHT ON HARRY HAY				
	COOKING (cont'd.)	COOKING (cont'd.)	COOKING (cont'd.)		COOKING (cont'd.)	COOKING (cont'd.)
	FITNESS: CHEST	FITNESS: TRICEPS, BACK & BICEPS	FITNESS: LEGS & SHOULDERS		FITNESS: TRICEPS, BACK & BICEPS	FITNESS: LEGS & SHOULDERS
	GAMES GALORE!!: SHROUDED IN MYSTERY	GAMES GALORE!!: PRESS YOUR LUCK	GAMES GALORE!!: RACE AGAINST TIME		GAMES GALORE!!: THE END OF THE WORLD... AGAIN!	GAMES GALORE!!: FREE FOR ALL
	GIUITAR: INTERMEDIATE/ ADVANCED	GIUITAR: INTERMEDIATE/ ADVANCED	GIUITAR: INTERMEDIATE/ ADVANCED		GIUITAR: INTERMEDIATE/ ADVANCED	GIUITAR: INTERMEDIATE/ ADVANCED
	POTTERY	POTTERY	POTTERY	POTTERY	POTTERY	
	STAINED GLASS	STAINED GLASS	STAINED GLASS		STAINED GLASS	
	TIE-DYE	TIE-DYE	TIE-DYE		TIE-DYE: REVERSE TIE-DYE	
	WATERFRONT	WATERFRONT	WATERFRONT		WATERFRONT	WATERFRONT
FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	FREE TIME/R&R	
5:00-6:00	FRIENDSHIP BRACELETS	CRAFTS FAIR	AFTERNOON ANTICS: RAINBOW WARRIORS	TEA DANCE (4:30pm – 9:00pm)	AFTERNOON ANTICS: AQUA BULL RIDING	CLOSING CIRCLE
	POTTERY: OPEN STUDIO	FRIENDSHIP BRACELETS	CRAFTS FAIR			
	VOLLEYBALL	POTTERY: OPEN STUDIO	POTTERY: OPEN STUDIO			
	FREE TIME/R&R	VOLLEYBALL	VOLLEYBALL			
6:00-7:00	D I N N E R					
7:00-8:00	F R E E T I M E / R & R					
8:00-10:00	BARN DANCE	SILVER CELEBRATION	BIRTHDAY BINGO	PAJAMA PAR-TAY! (9:00pm – 12:00am)	TALENT/ NO TALENT SHOW	CLOSING CEREMONY (7:30pm – 9:30pm)
			NIGHT PADDLE (8:30-10:00pm)			
10:30-12:30	THE BEST TIME WINE BAR	THE BEST TIME WINE BAR	THE BEST TIME WINE BAR	CAMPFIRE	THE BEST TIME WINE BAR	'CAMP' CAMP DANCE DANCE (9:30pm – 12:30am)
	CAMPFIRE	CLAY AFTER DARK! (Pottery Open Studio)	CAMPFIRE			
	CLAY AFTER DARK! (Pottery Open Studio)	FRUIT FLY	NIGHT PADDLE			
	SOCIAL GAMING: WEREWOLVES	NIGHT PADDLE	NIGHT PADDLE			
	SOCIAL GAMING: WEREWOLVES	SOCIAL GAMING: WEREWOLVES	SOCIAL GAMING: WEREWOLVES		SOCIAL GAMING: WEREWOLVES	

activities descriptions

acting: famous fights

with Mark J. Parker
Bring the drama in this fun and over-the-top acting class with casting director, acting coach, and indie filmmaker Mark. Exploring scenes from various films and TV series featuring memorable fights, arguments, and showdowns, you'll start by playing scenes as natural and realistic as possible, progressing to playing the scene bigger and have fun making it campy. The class begin with some

improv warm-ups, too, where you can stretch your body and imagination to get in the mood before working on your scenes.

- W 10:15am-12:15pm @ the Theatre
- If you're looking for something to do for Friday night's Talent/No Talent Show, this class will offer you some unique options for an act with a fellow Camper.
- No acting/performance experience necessary.
- Non-sequential; attend either or both Acting sessions.

- Sign-ups required, as each class is limited to 16 people.
- No need to attend with a scene partner, as Mark will help pair everyone up if need be.
- Mark will record scenes on camera so you can watch your work later or share with friends back home.
- Wear: comfortable clothing & footwear, as you may be inspired to move around!
- Bring: a notepad, pen & water bottle are recommended

acting: scream queens

with Mark J. Parker

Join indie filmmaker, acting coach, and casting director Mark for this fun acting class exploring horror, thrillers, and mysteries! You'll practice being scared and being scary with scenes from film and TV, new and old – think camp slashers, haunted houses, and monsters... oh my! Mark will coach you in playing your scene "straight" (in the genre it's written) and then turn it into a comedy to see how the dynamics in the scene change. The class will start with some improv warm-ups, allowing everyone to stretch their bodies and imaginations to get in the mood before choosing one of the scripted scenes provided.

- Tu 10:15am-12:15pm @ the Theatre
- If you're looking for something to do for Friday night's Talent/No Talent Show, this class will offer you some unique options for an act with a fellow Camper.
- No acting/performance experience necessary.
- Non-sequential; attend either or both Acting sessions.
- Sign-ups required, as each class is limited to 16 people
- No need to attend with a scene partner, as Mark will help pair everyone up if need be.
- Mark will record scenes on camera so you can watch your work later or share with friends back home.
- Wear: comfortable clothing & footwear, as you may be inspired to run around!
- Bring: a notepad, pen & water bottle are recommended

activity fair & ice cream social

Get the skinny on the week's activities while enjoying cold, creamy treats with your fellow Campers! Activity Leaders will be present & available to answer all your questions. Short & sweet – and accompanied by buckets & buckets of ice cream with all your favorite toppings.

- Su 8:30-10:00pm in the Main Lodge

- Bring: Activities Schedule & Descriptions

adventure course & climbing wall

with Eman Belaston, Alicia Weber & Hal Halper

Challenge yourself mentally and physically on our amazing ropes course or climbing wall! With recent updates/improvements to both the Climbing Wall and the Adventure Course, even returning Campers can find themselves (re)challenged with four levels of difficulty and 14 different elements to conquer. An adrenaline-pumping experience that will give you an exhilarating sense of accomplishment.

- M 3:30-5:00pm & Tu 10:15am-12:15pm Ground School/Low Ropes [Other times TBD]
- Climbing Wall: M-Sa 1:45-3:15pm
- Basic Adventure Course: W/F 10:15am-12:15pm & Tu/W/Sa 3:30-5:00pm
- Giant's Ladder & Advanced Elements: Th/Sa 10:15am-12:15pm & Th/F 3:30-5:00pm
- Attending "Ground School" to get started is required, then take on the adventure element(s) of your choice.
- Successful completion of the basic course is highly recommended prior to taking on any of the more advanced elements.
- The Giant's Ladder requires a partner.
- Space/equipment is limited, so come early.
- Wear: comfortable clothes you can be athletic/flexible in; sneakers (no flip-flops, sandals, or bare feet)
- Bring: gloves, if you have them

afternoon antics:

aqua bull riding

with Michelle Rediker

It was hit back in 2017, and now it's back! Join everyone down at the waterfront on Friday afternoon as Camp hosts another mini-rodeo (of sorts) when Campers take turns attempting to stay on that angry (inflatable) bucking bull

that'll be trapped down in Stanley Pond! Can you stay on longer than your fellow Campers? We'll find out! Those who ride the longest (and hardest?) will win meal-line cut passes!

- F 5:00-6:00pm @ the Waterfront
- Wear: bathing suit
- If you're interested in being a Bull Wrangler to help make all the fun bucking action happen, see Michelle!
- Spectators encouraged!

afternoon antics:

rainbow warriors

with Michelle Rediker

This one's a wild & wet two-parter! First up is the Color Wars, a colorful free-for-all throwing colored powder at your fellow Campers. Then, we'll break out some Super Soakers (of sorts) for a fun new clean-up twist on this Camp favorite!

- W 5:00-6:00pm @ the Soccer Field
- Participate in one or both parts.
- Wear: grubby clothes and/or your bathing suit as we're gonna get (colorfully) dirty and wet
- Spectators also welcome.

art: creativity potpourri

with Jay Codrescu

Come & (creatively) play with Jay! Join Jay out in the Art Barn as he leads a series of open studio-inspired art classes that will allow you to experience a variety of art mediums from watercolor to acrylics and more, all allowing you to playfully tap into your creative side. Jay has a variety of art supplies at his disposal, so each day will be a new surprise sure to help you explore that little Picasso inside you just waiting to get out!

- Tu-Sa 10:15am-12:15pm @ the Art Barn
- No art experience necessary.
- Non-sequential; attend any session.
- All materials provided.
- Wear: grubby clothes, as some materials can stain

art: figure drawing

with Jay Codrescu

Designed as an outlet of expression through drawing rather than a measure of how well you can draw, this figure drawing class will offer fun for the novice or advanced artist and will include instruction, a series of timed poses, and a little bit of gentle feedback. Explore the magic of expressing yourself through drawing the human figure.

- Tu-Sa 1:45-3:15pm @ the Dance Studio
- No art experience necessary.
- Non-sequential; attend any or all session(s).
- Space is somewhat limited, so come early.
- All materials provided.
- See Jay if you're interested in modeling!

barn dance

You just can't keep a good ho' down! Luckily, there's no need for that at this perennially popular annual event offering fun & laughter to klutzes & twinkle-toes alike and where you can greet old friends and make new ones.

Jacqueline Laufman (and her live band!) is back to lead this event again this summer. She's only missed our Barn Dance three times since 1997, so she's excited to return again this summer as bandleader & caller. Yee-haw!

- M 8:00-10:00pm in the Main Lodge
- Wear: cowboy shirt, hat, boots, jeans, or come as you are

beaded jewelry

with Kayon Allen

For thousands of years, beaded jewelry has been part of the human experience. Join Kayon to learn to design and create a professional-looking bracelet or necklace, using your creativity and colorful beads to make a stylish, wearable piece of art! You'll have the opportunity to master different equipment and materials used to make a variety of beaded jewelry. By the end, you'll know how to design and create professional-

looking beaded accessories that are personal and unique.

- Tu-Sa 10:15am-12:15pm @ the Jewelry Hut
- Sign-ups required as sessions are limited to 12 Campers each; sign-ups will convert to lottery if interest is high. [Saturday's Open Studio is intended to give you time to finish projects outside of class time.]
- No art experience necessary.
- Non-sequential; attend any or all session(s).
- While most projects can be completed in one period, feel free to stop back in – no sign up required – if you want some company while you finish up incomplete projects.
- All materials provided.

beauty parlour

with Mark "Princess" Cameron & Luna Baker

Join Princess (semi-experienced drag queen) & Luna (semi-experienced drag king) for some pointers and instruction on everything from frocks to makeup. Why, they'll even help you plan a fabulous outfit for the Tea Dance on Thursday. A perfect way to unleash that inner (Drag) King or Queen you've always known – or suspected – was inside you!

- M-Th 1:45-3:15pm @ Princess's House of Beauty
- No sign-up necessary, except on Thursday (Tea Dance day) when appointments are strongly recommended.
- Bring: your most fun and beautiful couture, or feel free to sign out anything from Camp's "collection"

the best time wine bar

Close your Camp day with a glass of wine, a craft beer or soda, or other alcoholic or non-alcoholic libations at our late-night wine bar. Wind down with fellow Campers out at the picnic tables – or even break out the backgammon board or a board game: it's all up to you. A perfect way to end a perfect Camp day!

- M/T/W/F 10:30pm-12:30am in the Main Lodge

- Tickets for wine & beer are \$5 each (chargeable to your Cashless 'Camp' Camp account) and can be purchased in advance at the Camp Store – or at the bar from 10:30pm-11:30pm.
- All alcoholic beverages purchased MUST remain in the Main Lodge or at the Picnic Tables. Please do not take them to activity areas or cabins.

birthday bingo

It's Camp's 25th birthday, so we're having a party – and you're invited! Join Camp's own Maxi Chanel and everyone's favorite Bingo Hostess-with-the-Mostest, Angela, for a birthday party-themed evening of high-energy, super-bingo fun with great prizes – and (no doubt) a few surprises, too! In fact, we're guessing someone will win a prize for best Birthday Suit! (Interpret that how you will...) However, the big prize of the evening will be for the final game of Bingo: half-off registration fees for 'Camp' Camp 2024!

- W 8:00-10:00pm in the Main Lodge
- Wear: your best party dress/outfit ...or come as you are!

'camp' camp dance dance

Go out on a high note at the last official 'Camp' Camp event of the season! DJ Vinyl, Camp's new DJ, will be spinning an awesome selection of tunes certain to be the cure for your end-of-Camp blues.

- Sa 9:30pm-12:30am @ the Main Lodge
- Wear: Whatever you like; glow accessories provided

campfires

Drop by the ol' campfire and share s'mores, camaraderie, jokes, ghost stories, and more!

- M/W/Th 10:30pm-Midnight @ the Campfire Circle

candlemaking

with Greg Clements

Join Greg, the owner of Nubble Light Candle in Kittery, Maine, for this brand-new Camp activity

where you'll make your own mason jar candle. You'll get to choose from a library of fragrances and colors to craft a soy wax candle that is uniquely you. Greg will review the basics of the materials, equipment, and techniques, all while allowing plenty of time for Q&A.

- Tu-Sa 10:15am-12:15pm at the Candles & Gaming Studio
- Each period will include two sessions, one at 10:15pm and one at 11:15pm.
- Due to the small size of the studio, please remain outside if you're attending an 11:15am session until the previous session's Campers have finished their project and Greg resets the studio.
- Sign-ups required as each hour-long session is limited to 14 people each.
- No experience necessary.
- All materials provided.
- Wear: something you won't mind getting stained on the off-chance spills occur

capture the wig

with Nick D'Andrea
After a long overdue debut a few years back, Camp's own version of the summer camp classic Capture the Flag is back! Can you help your team capture the opposing team's wig and bring it safely back to your team's base without being tagged? Well, come out to the Soccer Field to find out! Don't worry: if it's been a while (if ever) since you played, Nick will explain all the rules of this outdoor classic, then you'll count off by twos to form your teams and... let the games begin!

- F 1:45-3:15pm @ the Soccer Field
- All skill levels welcome.
- Wear: sneakers

chainmaille with Amy Putnam
When you think of chainmaille, you probably think of knights on horses and jousting, right? We bet you didn't know that chainmaille makes lovely jewelry, too. Join Amy and discover the basics of this ancient art of connecting metal rings

together to create lovely, interesting patterns. She'll introduce you to a few basic weaves that you can use to make your very own bracelet, earrings, or a nice little key tag. A Camp souvenir for the ages!

- Tu-Sa 1:45-3:15pm & Daily 3:30-5:00pm @ the Jewelry Hut
- No art experience necessary.
- Non-sequential; attend any or all session(s).
- All materials provided.

choir with Brett Auttonberry
Make music and memories with your fellow Campers as you learn a fun, nostalgic four-part harmony to share during the Talent-No-Talent Show. Too nervous to sing a solo? Join the Choir! That damned knee keeping you from tackling the Adventure Course? Join the Choir! Love singing in a choir? Join the Choir! Never sung in a choir before? Join the Choir! Like to find a new joyful way to bond with wonderful people? Join the Choir! Challenge yourself in a new way by being part of a new Camp activity!

- M/W/F 3:30-5:00pm @ the Dance Studio
- While attendance at all three class sessions is HIGHLY RECOMMENDED, you must commit to attending at least two of the sessions, with Friday's session mandatory if you want to perform with the Choir in the Talent/No Talent Show.
- The Music: Two jazzy a cappella tunes made popular by jazz vocal group Manhattan Transfer.
- No singing or music experience necessary.
- Sheet music is provided with rehearsal tracks also available.
- Bring: water bottle; your inner (undiscovered?) songbird

closing circle

with Kerry Riffle, Betsy Orr & Michelle Rediker
The book-end event to Monday morning's Opening Circle. Join your fellow Campers as we gather casually at the Picnic Tables for this closing day tradition where we'll create a space for sharing

thoughts on our week at 'Camp' Camp with fellow Campers. A perfect pre-dinner precursor to our post-dinner Closing Ceremony.

- 5:00-6:00pm @ the Picnic Tables
- Sharing is not required. Come to share or come simply to listen.
- Details on our traditional **Closing Ceremony (Sa 7:30-9:30pm @ Sappho Beach)** will be shared in your Rainbow Groups on Friday and/or Saturday.

cooking:

date night perfection

with Karl Oppenheimer
Nervous about what to make for the perfect date? Set your fears aside as Karl walks you through a delicious step-by-step dinner of steak au poivre that includes grilled asparagus and delicately cooked potatoes or rice. For sea lovers, Karl will offer an alternative of salmon roasted in butter. (Of course there's butter...)

- M & F 1:45-5:00pm @ the Cooking Studio
- No cooking experience is required.
- Space is limited to 8 Campers per session; admittance by lottery if interest is high.

cooking:

falafel, gazpacho... gesundheit!

with Karl Oppenheimer
Is it hot, or is it me? Of course it's me! But since it's also hot, the unlikely combination of falafel and gazpacho is as perfect a match as gay men and lesbians at the 'Camp' Camp Tea Dance! Karl will show you a simple and relaxed process for making this perfect (vegetarian) lunch for a hot summer day.

- W 1:45-5:00pm @ the Cooking Studio
- No cooking experience is required.
- Space is limited to 8 Campers per session; admittance by lottery if interest is high.

cooking: the morning after

with Karl Oppenheimer

Date night was such a success, you wouldn't the morning after to be any different now, would you? Karl will show you how to make a perfect cup of coffee or tea and poached eggs – which, naturally, leads to a delicious Eggs Benedict! Of course, if you've invited the whole pride over to dish about last night, french toast is a must!

- Tu & Sa 1:45-5:00pm @ the Cooking Studio
- No cooking experience is required.
- Space is limited to 8 Campers per session; admittance by lottery if interest is high.

crafts: 'chips & 'bags

with Jay Codrescu

Didn't have time to complete your Name Chip and/or Buddy Bag during Registration? Have no fear... Jay will be out in the Art Barn on Monday afternoon with everything you need to express yourself on wood and paper in these timeless 'Camp' Camp traditions.

- M 1:45-3:15pm & 3:30-5:00pm @ the Art Barn

crafts fair

Head to the Traffic Circle for our annual Crafts Fair featuring handmade items of all sorts, all produced by your fellow Campers. (Hey, it'll be Christmas before you know it!)

- T/W 5:00-6:00pm @ the Traffic Circle
- All purchases can be charged to your Cashless Camp account

crochet with Jaime Gullotti

Crochet is so much more than doilies and granny squares! Join Jaime and her bucket of colorful yarn to see what this traditional craft is all about. You'll learn basic stitches and tips for deciphering a pattern, and we'll explore things like yarn weight and tension so you can sashay crochet to your heart's delight. All skill levels are welcome, especially beginners. Just a few loops are all it takes to get "hooked!"

- Tu/W/Fr 10:15am-12:15pm @ the Main Lodge
- No experience necessary.
- Non-sequential; attend any or all session(s).
- Already been initiated to the joys of the craft? Then feel free to bring your work in progress for a friendly "stitch & bitch" vibe!
- All materials provided.

cross stitch with Amy Putnam
Cross Stitch is a timeless craft that has evolved from the samplers and kitschy pieces of old to become subversive, transgressive, progressive, funny, and, sure, sometimes still kitschy! Amy will teach you all the steps needed to make your own stitch-y masterpieces with some new patterns for 2023. It's easier than you might think! No other activity at Camp encourages you to stab something hundreds of times just for fun, so why not join in?

- M 1:45-3:15pm & W/F 10:15am-12:15pm @ the Main Lodge
- No art experience necessary.
- Non-sequential; attend any or all session(s).
- If you have a project already started and want some company while you stitch, stop in!
- All materials provided.

dance with Nancy Theriault

Do you ever watch Dancing with the Stars and imagine yourself up there on stage? Or maybe you dream of twirling your true love around the kitchen in a beautiful waltz or just being less awkward on the dance floor at your cousin's wedding? Even if you're convinced you have two left feet, Nancy will show you otherwise. An amateur competitive ballroom dancer who has danced Ballroom and Country Western Two-Step in both amateur and Pro-Am competitions, Nancy will cover a number of the most popular social couple dances throughout the week including waltz, cha-cha, two-step, and swing – plus a few line dance sessions – all in a fun, non-intimidating environment. You can learn to lead, or follow, or both. Partner dancing is social, flirty,

great exercise, and good for your brain!

- Tu-Sa 10:15am-12:15pm @ the Dance Studio
- See the Activity Schedule for daily themes.
- Non-sequential; attend any session.
- No need to come with a partner. We'll be switching partners during class so you become comfortable dancing with different people.
- Wear: clothes that are easy to move in, non-sticky shoes (no flip-flops or sandals)

fitness

with Jon Deleon

Do you wish you knew your way around the gym, or knew a workout program that was successful? If you want to know more about workouts for certain body parts or refresh your workouts, Jon is your guy! Join him for this class with a personal training bent and a workout philosophy that is neither gender- or experience-specific. With 45 years of personal training and competitive bodybuilding experience, Jon has built a philosophy that is comprehensive and easy to learn. Using both classroom and practical study you can leave Camp with a knowledge that can help you begin or continue a workout that is not only fun but also works! Best experienced in the three-day sequence of classes noted below, you'll gain a better knowledge of exercise – and have your own trainer help you through it! Sessions will include "nuggets of knowledge", Jon's daily hints & ideas that will help your workouts be more successful. Come check out the Camp gym and get moving!

- M/Tu/W/F/Sa 3:30-5:00pm & Th 1:45-3:15pm @ Kansas
- See schedule for each day's focus, each of which is repeated twice.
- Non-sequential; attend any or all sessions.
- All equipment provided.
- No experience necessary; all fitness levels welcome.

- Wear: comfortable clothes; sneakers
- Bring: water bottle, small towel (if you have one); a notebook & pen is helpful

friendship bracelets

with Jaime Gullotti

There are silver ships, there are gold ships, but the most valuable ship is FRIENDSHIP! Making friendship bracelets is fun, easy, and the quintessential summer camp activity. Pick your favorite colors and your newest friend, Jaime, will teach you all the basic knots to make the perfect customized bracelet. Keep it for yourself or give it to your best 'Camp' Camp friend. Who knew being knotty could be so wholesome?

- M & Tu 5:00-6:00pm @ the Picnic Tables
- No experience necessary.
- Non-sequential; attend any or all session(s).
- All materials provided.

the fruit fly

with Michele "Jazzhands" DiPietro
Building from a spontaneous event back in 2018 (and after some fun & successful virtual versions during 'Camp' Camp Plus), this evening of storytelling returns once more as an official 'Camp' Camp activity. When we tell our story, we actively shape our own reality and become known to others as we wish to be known. So come share (or share in) a story with your fellow Campers for one of the most surprising events at Camp. The stories you will hear – like any you may share during the event – may be happy or sad, cerebral or absurd, elegant or crass. But they'll all be true and collectively make for a unique & memorable way to connect with your fellow Campers.

- Tu 10:30pm-12:30am @ the Main Lodge
- A non-competitive event, the only rules are: a) any story you tell must be a true story that happened to you; b) must be no longer than 5 minutes long; and

c) no notes are allowed. (This is not an evening of readings.)

- Active listeners are welcome; you do not need to tell a story to attend.

flag football

with Nick D'Andrea

Yup, it's an official Camp activity once again this year! Join Nick for a "quick & dirty" football clinic, followed by a rousing game of America's favorite sport – without all that butch tackling!

- Tu 1:45-3:15pm @ the Soccer Field
- All skill levels welcome.
- Wear: sneakers
- Bring: your Rainbow Group bandanna

four square

with Nick D'Andrea

This enduring playground classic is finally officially on the Camp schedule after nearly two decades as a favorite pre-meal casual play/time-killer. (We think it was just an excuse for Campers to be right near the Lodge when the dinner bell rings...) For the uninitiated, Four Square is an easy-to-learn game perfect for all skill levels, played with a rubber playground ball on a square court with four players, each occupying a quarter of the court. Can you eliminate fellow players by bouncing the ball into their square in order to advance towards the top-ranked square? Or will you be eliminated if you can't return the ball when a fellow player bounces the ball into your square? As eliminated players leave the court, those in line fill empty squares in hopes of advancing to the top square themselves. Fun, sometimes raucous, gameplay perfect even for those who don't consider themselves the athletic type!

- M/W 1:45-3:15pm @ the Traffic Circle
- All skill levels welcome.
- Wear: sneakers

games galore!!

with Christina Koeritz

Join board game aficionado Christina for one (or all) of these afternoon sessions where you can level up your skills by hangin' with your Camp friends and playin' board games galore!! Christina is providing a variety of fun tabletop games from her extensive personal stash for everyone to learn and play. Each day has a theme (outlined below), though feel free to bring your own game, as Christina is open to play anything that has interest and can be accommodated. Game(s) on, baby!!

- M/Tu/W/F/Sa 3:30-5:00pm & Th 1:45-3:15pm @ the Candles & Gaming Studio
- Monday – Shrouded in Mystery: Embark on a journey of deception with secret identity guess who, what, when & where games such as Codenames, Spyfall, Telestrations, Don't Get Got!, and Werewolf (learn the game during the day to play the night time version)
- Tuesday – Press Your Luck: Do you have the guts to risk it all to win big or go bust with press-your-luck games such as Las Vegas, No Thanks!, Quacks of Quedlinburg, Clank in Space!, Yahtzee, or Submarine Treasure Hunter?!
- Wednesday – Race Against Time: Unleash your swiftness with lightning-fast games such as Taco Cat Goat Cheese Pizza, Nertz, and Spoons
- Thursday – Are You a Mindreader?: These games – such as Wavelength, The Mind, and Cards Against Humanity – are about knowing the crowd, reading body language, or using short descriptions to get others to make the right guess or choose your answer.
- Friday – The End of the World... Again!: Time to save humanity with these cooperative games where all players team up to try and achieve the board objectives together or lose together trying in situations involving zombies, being lost in the desert, and

pandemics (...too soon?). Titles include Dead of Winter, Pandemic, and Forbidden Desert.

- Saturday – Free for All, or The Rest of the Games Christina Was Able to Fit into Her Suitcase: Today's title says it all, and includes such titles as Phase 10, Star Realms, Azul, Patchwork, Sushi Go, Guillotine, Bananagrams, Splendor, Rummikub, and Hive, as well as decks of cards for games like Rummy, Crazy 8's, and Asshole.
- Christina will help everyone group up (depending on the number of participants) to play games people want to learn and play.
- Non-sequential; attend any or all session(s).
- No previous skills or experience with any particular game required.
- Bring: your sense of fun and a healthy competitive spirit

guided lake canoe

with Steffi Ordway

& the Waterfront Staff

Stanley Pond, the body of water on which our beach is located, is much more than you might see from the beach. So why not join Steffi & other members of the Waterfront Staff for a relaxing paddle around the waters surrounding Camp? A lovely, chill way to spend your Thursday or Saturday morning or late afternoon on Tuesday with some of your fellow Campers. (Don't forget to say "Hi!" to the loons!)

- Tu 3:30-5:00pm & Th/Sa 10:15am-12:15pm
- See separate listing for Night Paddles.
- Canoes & kayaks available for sign-out (based on availability) anytime the Waterfront is open through any on-duty Lifeguard.
- Basic canoe skills recommended for both Guided Lake Canoe trips and Night Paddles.
- Sign-up required, as space/equipment is limited.
- Wear: personal flotation device (provided) is REQUIRED; bathing suit; optional -

hat/sunscreen, t-shirt or hoodie (if it's cold), beach shoes

guitar with Sean Satin

Have you always wanted to learn the guitar, but you've been afraid to invest in one without first giving it a try? Or maybe that guitar you bought years ago has just been sitting in a corner gathering dust? Well, no matter your skill level, professional guitar teacher Sean will have you strumming away (again) in no time! He'll have a limited number of guitars available for group guitar lessons, so not having yours with you is no excuse – give it a try or refresh & improve your skills.

- Beginners: Daily 10:15am-12:15pm @ the Picnic Tables
- Intermediate/Advanced: Daily 3:30-5:00pm @ the Picnic Tables [No Thursday class due to Tea Dance]
- Sean can cover all styles (rock, classical, jazz, etc.) so experienced players should let him know if you have a particular style of interest.
- Non-sequential; attend any or all session(s).
- Guitar availability is limited, so come early.

hiking: devil's den

with Jon Knoll

Join avid hiker Jon Knoll (yes, that guy behind the video camera) for a lovely off-site hiking trip on Wednesday & Friday mornings. You'll tackle nearby Devil's Den, a short but pleasant hike with moderate elevation to cover and a beautiful view, perfect for the beginning or inexperienced hiker. (And, if everyone agrees, you might even stop at Rte. 160 Ice Cream Stand on the way back to Camp!)

- Tu & Th 10:15am-12:15pm
- Transportation to trailhead is provided and departs from the van lot outside the Camp Office.
- Sign-up required due to limited van space.
- Hike is appropriate for all skill levels.
- Wear: hiking boots (with socks/liners)

- Bring: water bottle, small pack, sunscreen, hat, camera

kickball with Nick D'Andrea

Bet you haven't played this one in years, have you? Everyone's playground favorite continues to gain popularity with adults throughout the U.S., including the past decade-plus here at 'Camp' Camp. If it's been a while since you've played, have no fear: Nick will review all the rules – and then the balls will fly! If you can kick, you can play. (In other words, everyone is welcome.)

- Th 10:15am-12:15pm @ Softball Diamond
- All skill levels welcome.
- Wear: sneakers

lgbtq history:

spotlight on harry hay

with Michele "Jazzhands" DiPietro
If there is one person in the U.S. that can be considered the father of LGBT liberation, it would be Harry Hay. Many people know of Harry as the founder of the Mattachine Society, but his contributions are multifaceted what with being the founder of the Radical Faeries and his deep ties to other social movements of the 20th century. Many activist principles that we take for granted today explicitly trace back to him. Conversely, Harry was also a controversial figure, disliked and fought by others in the movement, and was ultimately sidelined in the '90s with the NAMBLA controversy. His views on gender and sexuality have waxed and waned over time, but is it time for them to make a comeback? You be the judge in this interactive session!

- Tu 3:30-5:00pm @ the Picnic Tables
- Bring: a pen & paper in case you want to make notes for further research.

lgbtq history:

the history of 'camp' camp

with Kerry Riffle

Join Kerry, Camp's current Owner/Director, for a fun & informative trip down memory lane.

Kerry (and maybe a very special guest or two!) will discuss the early years of Camp, from the concept to early stumbling blocks and successes to memorable moments from the past 24(+) years. You'll learn how Camp many traditions started (and maybe about some that faded) and discover a better sense of how Camp has changed over the years – yet how Camp has always been celebrated by so many Campers who attended as the best time ever!

- F/Sa 1:45-3:15pm @ the Picnic Tables
- Both sessions will cover the same material, but you may attend both if you wish as attendee participation will inform the discussion to some degree.
- Bring: those questions you've always had about 'Camp' Camp (hopefully, someone will have the answer!); a favorite Camp moment or two to share in case there's time

lgbtq history: stay out of my bedroom

with Joe Richards

Throughout the history of the United States, a battle continues to be waged between appearance and reality. This lecture/discussion session will look at the differences between those who created the moral public platform and those ordinary people who lived between the pages of the law. This session will explore up to five time periods: Immigration (English Puritan), the Colonial Experience, Westward Expansion, the Civil War, and the Early 20th Century. You'll explore and discuss how the language of the emerging LGBTQ+ community had its roots in the earliest days of our country and how it evolved over time – including the movements that provided greater openness for discussion, exploration, and progress.

- M & W 1:45-3:15pm @ the Picnic Tables
- Open to all; no previous knowledge, reading, or study is necessary

- Sharing is not required and further discussion outside the group is encouraged.
- Bring: your questions and your answers; a pen/pencil and some paper if you wish to jot down thoughts or questions

lawn sports

with Danielle Komer

*Why not enjoy a relaxing, non-competitive, and fun time playing the sports of your (or perhaps your grandparents') youth? Danielle will be out on the Lawn Sports Courts every morning and after lunch each day if you (and your friends) are in the mood for a little **croquet**, **badminton**, **cornhole** (hey, Danielle's from the Midwest, okay?), or **bocce ball**. Whether you'd like a little instruction or a refresher on all the official rules – or just a smiling face for a fun pick-up game – you don't need experience to whack the birdies & balls or toss your bags, so come on out and play!*

- Daily 10:15am-12:15pm & 1:45-3:15pm @ the Lawn Sports Courts
- See the Activity Schedule for details of which game is scheduled each period.
- The first half hour of each morning session will be a clinic on the scheduled game followed by game play. (If you don't want to participate in the clinic, feel free to show up at 10:45am.)
- Afternoon sessions are strictly game play. While official game rules will be reviewed, there will be little focus on skill development.
- Instruction and organized games are only available during the times noted above; however, courts will be set up with all the equipment you'll need to play all week long, so feel free to play any time.
- All equipment provided.
- Space is limited by equipment, so come early.
- Wear: summer whites are optional; simply come as you are.

let's chat about: the diva & the divine

with Joe Richards

Join Joe for this group discussion where you'll explore whether these two natures can coexist in the modern age. Each of these concepts has a richness and power that we can relate to ourselves and our community, as well as to the worldview that we create. There are infinite meanings that are all valid. In our 'Camp' Camp experience and in the time in between, how can we express our most authentic self by applying these two concepts? Participants will define, combine, compare and contrast these two terms so that we can celebrate both.

- Th & Sa 10:15am-12:15pm @ the Library
- Open to all; no previous knowledge, reading, or study is necessary
- Sharing is not a requirement for attendance. Participate within your comfort zone.
- This is a confidential discussion that will remain within the group, and, as such, all comments, stories, and materials may only be used with the express permission of the person/s who shared specific information.
- Bring: a pen or pencil for the included time of personal reflection.

meditation: rise & restore

with JP Poplawski

Join JP for the second part of his morning Yoga+Meditation class to start help start your morning off right. The last half-hour of each morning's Yoga+Meditation class is available as a standalone meditation session where you can learn to quiet your mind by anchoring your attention to the rhythm of your breath, allowing for discovery of the serenity within.

- Daily 8:00-8:30am @ Kansas
- This final half-hour is structured as a standalone meditation session for those who don't wish to take part in the full morning Yoga+Meditation session. [See separate listing for full class description.]

- No experience necessary.
- All skill levels welcome.
- Non-sequential; attend any or all session(s).
- Mats and props are provided or bring your own.
- Wear: athletic/work-out clothes that allow for good freedom of movement; yoga is practiced in bare feet

morning swim

with Vickers & the Waterfront Staff
Join hardy fellow Campers for a ¾-mile round-trip swim across the lake (and back!) as the mist is rising off the water. C'mon – you can do it!

- Daily 7:00-8:30am @ the Waterfront
- Safety boaters also welcome/needed each morning to paddle across the lake and back with the swimmers. See Vickers if you are interested.
- Wear: bathing suit; swim caps (provided) are **REQUIRED**; optional: goggles, nose or ear plugs, wetsuit, etc.
- Subject to cancellation due to weather.

night paddle

with the Waterfront Staff
Experience Stanley Pond as never before during an after-dark guided canoe trip out on the waters surrounding camp. And, new for this year – by request – is one earlier evening paddle for those with early bedtimes. Either time, it's a beautiful, tranquil way to end another fun & fabulous day at 'Camp' Camp!

- W 8:30-10:00pm and Tu/W 10:30pm-12:00am @ the Waterfront
- Wednesday early paddle leaves promptly at 8:30! Please be on time.
- Late night paddles leave as close to 10:30pm as possible, depending on when that night's Evening Social Events end. Please be prompt or you may lose your spot as these events are often wait-listed!
- See separate listing for Guided Lake Canoe.

- Canoes & kayaks available for sign-out (based on availability) anytime the Waterfront is open through any on-duty Lifeguard.
- Basic canoe skills recommended for both Guided Lake Canoe trips and Night Paddles.
- Sign-up required, as space/equipment is limited.
- Wear: personal flotation device (provided) is **REQUIRED**; bathing suit; optional - hat, t-shirt or hoodie (if it's cold), beach shoes

opening circle & camper games

with Kerry Riffle, Betsy Orr, Michelle Rediker & Ken Nash
Join the Camp Owners & Directors for our traditional Opening Circle where you'll officially meet all of your fellow Campers. Then, we'll all break the ice when Assistant Director Michelle Rediker and her sassy assistant, Brown Rainbow Group Leader Ken Nash, leads the entire Camp through a series of fun "getting to know you" activities – fun for participants and observers alike – with a cast of hundreds of soon-to-be friends!

- M 10:15am-Noon @ the Soccer Field
- Wear: sunscreen, sunglasses, cap or sun visor (all suggested)
- The 2023 Group Photo will be taken at approximately 12:15pm, immediately following Camper Games. Please wear your gorgeous 2023 Camp t-shirt for the Group Photo!

pajama par-tay!

Main Lodge will be buzzing with a whole selection of "sleepover"-inspired activities, promising fun for every taste: cards & board games, facials, fingernail painting, tarot card readings, and more. With Underwear Twister and multiple games of Cards Against Humanity making appearances in the past, this PJ party may not be quite as innocent as those from your younger days – which is precisely why you probably shouldn't miss it. Then again, it could be even more innocent.

You'll just have to come by to found out!

- Th 9:00pm-Midnight @ the Main Lodge
- Wear: your footie jammies, favorite PJs, or whatever is comfortable
- If you have a game or small group activity to share, bring it along!

pickleball with Scott Tyson

This paddle sport is becoming more & more popular across the country and was such a hit at Camp the past three seasons, we knew it had to come back for 2023! Combining elements of badminton, tennis, and table tennis and played with either 2 or 4 players per court, the rules are simple and the game is easy for beginners to learn. But – beware! – play can be addictive and quickly develop into fast-paced competitive games for more advanced players who catch on quickly.

- Daily 10:15am-12:15pm @ the Tennis Courts
- Most sessions will be initially geared towards beginners, but all are welcome.
- All ages & skill levels welcome.
- All equipment provided.
- Wear: sneakers, sunglasses and/or a hat may be helpful

pottery with Evan Krueger, Brett Auttonberry & Emma Massaglia

Get muddy as you explore your creative side! Enjoy wheel-throwing or hand-building down at the Pottery Studio with its fantastic view of the lake. Join Evan, Brett & Emma for a fun and relaxing learning experience creating one-of-a-kind stoneware pottery you make from scratch. Our instructors walk you through the process step by step with lots of design tricks to get great results! No experience or artistic talent needed. What could be better?

- Daily 10:15am-12:15pm and 1:45-3:15pm & 3:30-5:00pm @ the Pottery Studio
- Additional Open Studio Time: M/Tu/W 5:00-6:00pm

- CLAY AFTER DARK! Late Night Open Studio: M/Tu 10:30pm-12:30am
- Instruction is available on a limited basis during open studio times noted above. Open studios are intended to give you time to finish projects outside of class time.
- Sign-up required for wheel throwing, as space/equipment is limited. Hand-builders are welcome to walk-in.
- If you wish to complete a project and take it home, plan to come early in the week and return a few times, since there are several steps in the forming, glazing, and firing process.
- No experience necessary.
- All materials provided.
- Please pull back long hair.
- Jewelry should not be worn, as it is typically a hindrance to full clay creativity!
- Wear: grubby clothes (you will get muddy and the clay can stain)

silver celebration

- If you haven't heard yet, it's 'Camp' Camp's 25th Anniversary – and we're going to commemorate the occasion with this celebratory, multimedia evening event! Whether your Name Chip has one red bead or multiple rainbows of beads, you won't want to miss this walk down memory lane where we'll pay tribute to some of Camp's most memorable moments from the past quarter century (!!!) through video, music, and all other manner of fun and games – both group & individual – and no doubt a few surprises.*
- Tu 8:00-10:00pm in the Main Lodge
 - Please sit with your Rainbow Group for this event as a few of the group games will be played with/by Rainbow Groups.
 - Participation in the games or activities is optional, but highly recommended.
 - Wear: comfortable clothes and shoes
 - Bring: your Camp memories

social gaming:

werewolves

with Ken Nash

The surprisingly addictive camp favorite is back! Do you like group games with lots of laughs, twists, and turns? Then join Ken for a few rounds of Werewolves, a fun social game of light role-playing, bluffing, and plenty of intrigue. The game is played seated with simple rules and no "acting" required. Suspenseful, strategic late-night fun!

- M/T/W/F 10:30pm-12:30am @ the Dance Studio
- Multiple games may be played per session, but gameplay is limited to 16 players per round.
- Sign-up is recommended. Please arrive on time.
- You're welcome to come and observe the first round of gameplay and then fill in for others after the first game.
- Some reading is required, so bring your glasses if you need them.

stained glass with Cam Dunn,

Jan Mock & Katya Taylor

Choose a design or draw your own, then learn the techniques used to cut and solder colored glass to make a sun-catching gift for someone to put in a favorite window. One of 'Camp' Camp's most popular activities!

- Daily 10:15am-12:15pm, 1:45-3:15pm & 3:30-5:00pm @ the Stained Glass Studio [Studio is closed Th & Sa 3:30-5:00pm]
- Sign-ups required as sessions are limited to 12 Campers each; sign-ups will convert to lottery if interest is high.
- Please note that everyone will initially be limited to only creating one piece this summer, at least until everyone who would like to make something has had a chance to do so.
- Closed-toe shoes required!
- Plan on more than one session if you hope to complete a project.
- All projects should be started by Friday morning in order to guarantee completion.
- All materials provided.

talent/no talent show

"Sing out, Louise!" Get your best performance together (be it musical, dramatic, or any other amazing or silly talent/no talent) and prepare to dazzle your fellow Campers with your spectacular skills in this ever-popular, traditional – yet distinctly 'Camp' Camp – event.

- Showtime: F 8:00-10:00pm @ the Theatre
- Sign-up required prior to dinner on Tuesday, as available performance slots will be limited.
- All acts must be no more than 5 minutes in length. This will be strictly enforced.
- Additionally, a lottery may be necessary to choose acts to be featured in the show if interest is high in order to keep the show to under 20 acts so it doesn't run until Saturday afternoon!
- No repeat acts from previous years from returning Campers will be permitted.
- All participants must sign up for at least one rehearsal (to verify act length and to determine the show's running order) with Kim Sergent, the show's producer/director, by dinner on Wednesday.
- Any participants using recorded tracks must provide them at their first meeting/rehearsal with Kim and for the sound crew prior to the start the show.
- Additional rehearsal times are available via sign up. Rehearsals will be with David Meiri, Camp's Pianist/Musical Director, for those needing accompaniment and with Kim for those needing direction.
- Kim will also be in need of volunteers willing to be stage hands, too. Please see her for more details.
- Talent not required (thus the "No Talent" part), but a willingness to entertain and have fun a MUST!

tea dance

Grab the spotlight – and the dance floor – at this fiesta of energy & excess all fueled by tunes spun by DJ Vinyl, Camp's new (to us) DJ! The experience begins with a

parade of buxom & bearded beauties and costumed characters where you can pose for the paparazzi or strut your stuff on the red carpet. Then, let your boogie fever overtake you and, as Lady Gaga recommended once upon a time, just dance! We'll take a break for dinner – then dance some more 'til y'all break a (high) heel!

- Th 4:30-9:00pm @ the Traffic Circle
- Wear: Honey, if there was ever a time to be daring, this is it! [Get help putting your couture together at Princess's House of Beauty (by appointment). See separate listing for Beauty Parlour.] ...but shorts/jeans & a t-shirt are fabulous, too!
- Bring: your dancin' shoes

tie-dye / reverse tie-dye

with Tiffany Pawlyk

Your imagination is your only limit to a colorful & creative Camp souvenir in this traditional summer-camp craft. Under Tiffany's expert guidance, you'll learn how to show off your artistic skills by turning a white or light-colored 100% cotton item into a colorful, one-of-a-kind work of art... And this year Tiffany will again be offering a few sessions of Reverse Tie-Dye at the end of the week, where you use similar tying techniques and bleach on darker-colored items to create a whole other kind of groovy garment!

- Tie-Dye: M-W 1:45-3:15pm & 3:30-5:00pm @ the Art Barn
- Reverse Tie-Dye: F 1:45-3:15pm & 3:30-5:00pm
- Bring: 100% cotton white or light-colored t-shirts, pillowcases, underwear, boxer shorts, etc. to dye for Tie-Dye or similar darker-colored 100% cotton items to Reverse Tie-Dye
- Please note that everyone will initially be limited to working on 1-2 t-shirt-sized items until everyone who would like to tie-dye something has had a chance to do so.
- A limited supply of white t-shirts for tie-dyeing will be available for purchase from Tiffany in the Art

Barn, chargeable to your Cashless 'Camp' Camp account.

- Wear: grubby clothes (dyes can splash, y'know...!)

volleyball with Nick D'Andrea
Brush up or learn new skills in a morning Volleyball Clinic, then put them to use during one of the popular pick-up games before dinner... "Spike it, Peaches!"

- Clinics: W/F 10:15am-12:15pm @ the Volleyball Court
- Games: M/Tu/W/F 5:00-6:00pm @ the Volleyball Court
- All skill levels welcome.

waterfront

with Vickers, Donna Bisbee, Jay Codrescu, Liz Burnworth, Nicky Martin, Stacey Reardon & Steffi Ordway

Free time for swimming, sailing, kayaking, and canoeing. Or just bring a novel, relax on the sand beach or docks, and chat with a new friend. If you're lucky, you might even catch an impromptu water ballet or two...

- Daily 1:45-5:00pm (Closes at 3:30pm on Thursday for Tea Dance.)
- Canoes, kayaks, and sailboats also available for sign out (based on availability) anytime the Waterfront is open through any on-duty Lifeguard. Personal flotation device (provided) is **REQUIRED** when using any watercraft.
- See separate listing for Morning Swim.
- See separate listings for Guided Lake Paddles and Night Paddles for details on both daytime and after-dark guided lake tours by canoe/kayak.
- The Waterfront is unavailable for swimming & watercraft use at all other times not listed above.

writing with H.L. Sudler

Have you ever wanted to be a writer? Don't think you can do it? This is your chance! Drop by for a day or two, or spend the whole week with published author H.L. Sudler, and learn how to get thoughts and words onto paper. After a short opening period

discussing writers and the craft of writing, H.L. will offer time for writing prompts and other creative inspirations with time to write and share then your work (if you wish) in a positive, reaffirming setting...or even develop a piece you could perform at the Talent/No Talent show! Give it a try...you may be surprised at what you can do.

- Daily 10:15am-12:15pm @ the Back Deck of the Lodge
- Bring: your willingness to try and an open mind; paper and pens/pencils will be provided.

yoga+meditation

(for every body): energize & unwind

with JP Poplawski

In this afternoon class, JP will guide you through a seamless flow of yoga postures while harnessing the innate power of sensation and your breath as the wellspring of your inner strength. Flow yoga is a lively moving meditation where you connect deeply with the most intelligent teacher in anywhere: your own body! This fusion of physical and mental resilience promises to energize you, leaving you uplifted and centered. Life is a dance and this class celebrates that with upbeat music paired with dynamic sequences to help you get out of your head and into a creative rhythm of breath and movement. You may sweat a bit but you'll leave feeling powerful, peaceful, and free. JP's classes incorporate meditation as part of the yoga practice, and, in this class, you'll experiment with mindfulness of breathing meditation, mantras, breath-work, group activities and reflections to open the energetic channels of your mind & body. Meditations in these afternoon sessions will focus on the ancient healing art of Metta, the meditation of universal lovingkindness. For anyone looking to open their heart, this is a wonderful practice for those both new to meditation/yoga and more experienced practitioners alike.

- Daily 1:45-3:15pm @ Kansas
- 7:00am class will be a gentler, wake-up class, ending in a

- break-out/standalone period for morning meditation with some instruction from 8:00-8:30am. [See separate listing.]
- No experience in either yoga or meditation is necessary.
 - All skill levels welcome
 - Non-sequential; attend any or all session(s).
 - Mats and props are provided or bring your own.
 - Wear: athletic/work-out clothes that allow for good freedom of movement; yoga is practiced in bare feet

**yoga+meditation
(for every body):
rise & restore**

with JP Poplawski

This morning yoga session will provide an invigorating and deeply calming bodywork to start your morning off right, by awakening your spine through a slower sequence of poses that encourages moving inward. By feeling postures with the eyes closed, you'll explore the healing connection between mind and body through dynamic movements paired with soothing music. In this practice, you'll learn a progression of postures that are held longer so you can find balance and explore all the benefits of each. The last half-hour each morning will be focused on meditation where you can learn to quiet your mind by anchoring your attention to the rhythm of your breath allowing for discovery of the serenity within.

- Daily 7:00-8:30am @ Kansas
- The 1:45pm class is a more energetic yoga practice with meditation integrated into the session. [See separate listing.]
- This class is structured to offer a standalone meditation session at 8:00am that starts with some brief instruction followed by quiet time for morning meditation.
- Attend both or either parts of the class.
- No experience in either yoga or meditation is necessary.
- All skill levels welcome.
- Non-sequential; attend any or all session(s).

- Mats and props are provided or bring your own.
- Wear: athletic/work-out clothes that allow for good freedom of movement; yoga is practiced in bare feet