

SCHEDULE: Camp Isabella Freedman 2021*

**Schedule subject to change.*

Breakfast 8:30-9:30

1st Activity 9:45-11

2nd Activity 11:15-12:30

Lunch 12:30-1:30

Rest Hour 1:30-2:30

3rd Activity 2:30-3:45

4th Activity 4-5:15

Happy Hour and Israeli Folkdance 5:30-6:30

Dinner 6:30-7:30 (Friday 7:30-8:30)

Evening Activity 8-9

Movie 9:30

8/24/21 Tuesday: Check-in, Happy Hour & Israeli Folkdance, Opening Circle and Ice Breakers w/Miki, Night Owl movie

8/25, 8/26 Wednesday & Thursday & Friday until 4pm

8-8:30 QiGong: 8 treasures w/Marty

8:30-9:30 Breakfast

9:45-11:00

Lecture series w/Laura Wetzler—Fabulous Showbiz Divas: Celebrate the artistry of Fannie Brice, Sophie Tucker, Barbra Streisand & Bette Midler and their influence on the history American entertainment.

Hike w/guide

Arts and Crafts—beading w/Bronnie

11:15-12:30

Torah Yoga w/Diane Bloomfield

Chair Stretch w/Chana

Arts and Crafts— beading w/Bronnie

12:30-1:30 Lunch

1:30-2:30 Rest Hour

Arts & Crafts—fused glass w/Evelyn

2:30-3:45

Memoir poem (Zoom) w/Rachel Kann

Current Events w/Marty and Ira or Grand Conversations w/Miriam

4-5:15

Team Trivia (Zoom) w/ Howard Rachelson

Arts and Crafts— fused glass w/Evelyn

5:30-6:30

Happy Hour and Israeli Folkdance w/Diane Bloomfield

6:30-7:30 Dinner

Friday 8/27/21

2:30-3:45 Flower Arranging for Shabbat

4-5 *Love Stories of the Holocaust* with author Mindelle Pierce interviewed by Dr. Miriam Klein-Kassenoff

5:00 snack

5:15 Women's mikvah in lake

5:45 Men's mikvah in lake

5:30-6:15 prepare for Shabbat

Kabbalat Shabbat Services 6:15-7:20

Candlelighting 7:15-7:30

Dinner 7:30-8:30

8:45 Oneg Shabbat

Saturday 8/28/21

7:30-8:30 Early morning stretch w/Chana

9:30-12 Orthodox Morning Torah Services w/Bernie

10-12 Egalitarian Morning Torah Services w/Rabbi Micah

12-12:30 Kiddish

12:30-1:30 Lunch

1:30-2:30 Rest Hour

2:30-3:45 Women of the Hebrew Bible Torah Study w/Miki

Men's Group w/Marty

4-5:15 Energy medicine demo. and lecture W/Jan Firstenberg

Guided walk around the lake

5:30-6:30 Happy Hour

6:30-7:15 Dinner

7:30-8:15 Proust questionnaire in small groups w/Miki

Havdalah and Campfire 8:20-9:30 Reb Micah

Dance Party 9:30-11

Sunday 8/29/21

Closing circle w/Miki

Check-out

8-9 Evening Activities

Tuesday: Opening Circle and Ice Breakers w/Miki

Wednesday: Laura Wetzler Concert

Thursday: Talent Show

Friday: Services, Oneg Shabbat

Saturday: Havdalah at Campfire w/Rabbi Micah and Dance Party

9:30 Night Owl Movies