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