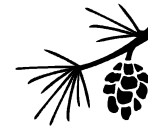


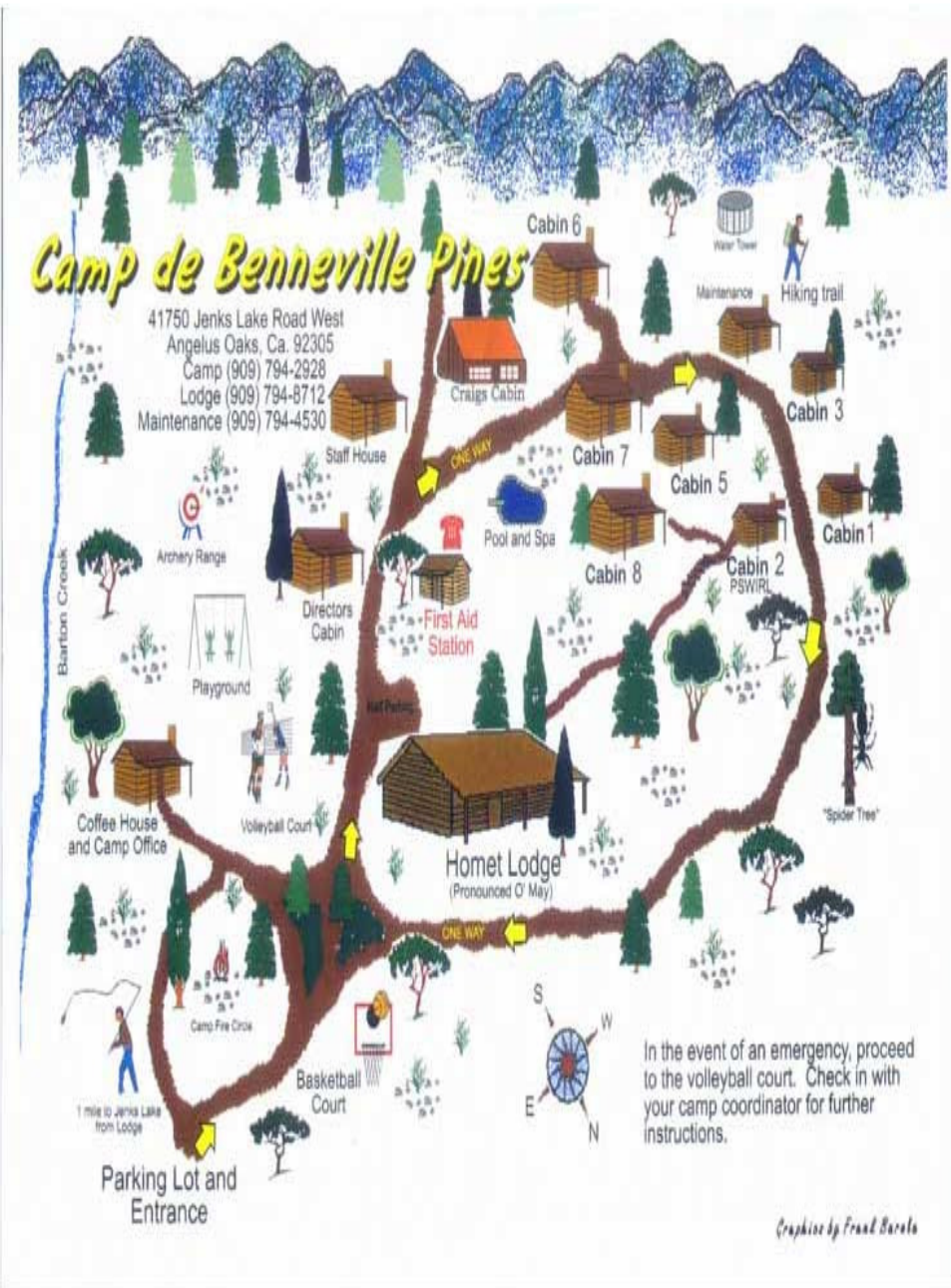
RejUUvenation Retreat



OCUUC, Tapestry & Laguna Beach

Sample Camp Activities

These were our activities in 2015. This year, they will be similar, but not identical



PRIVATE MASSAGE Available throughout Weekend			
Sign-up required. Additional fee: \$35/ 25 min, \$60/ 50 min, \$85/ 90 min			
	TIME	LOCATION	LEADER(S)
FRI	3-6 pm, 7-9 pm	Library/Cabin 2	Katie Premac
SAT	9 am-12:30 pm, 2-3 pm, 7-9 pm		
SUN	9 am-12 pm		

FRIDAY

TIME	ACTIVITY	LOCATION	LEADER(S)
3:00–8:00 pm	Registration, Crafts, Make Name Tags	Lodge -All Ages	Laura Jackson Katelynn Riva
3:00–11:00 pm	Hot Tub Open	Adults & Youth w/adult 25+	No one goes alone

FRIDAY DINNER

5:45 pm	DINNER set-up	Lodge	Cabins 5 & 6
6:00–7:00 pm	DINNER	Lodge	All

FRIDAY EVENING PROGRAM

7:00 pm on	Welcome Circle/ Games & S'mores	Lodge	Laura Jackson & Beth Syverson Kent Doss
9:00 pm	Quiet on the Trails		
11 pm-midnight	Hot Tub	Adults only	No one goes alone

SATURDAY

TIME	ACTIVITY	LOCATION	LEADER(S)
7 am–midnight	Hot Tub Open	See rules above	
7:00–8:00 am	Yoga	PSWIRL/Cab 2	Jeffrey Briar

SATURDAY BREAKFAST

7:45 am	Breakfast Set-up	Lodge	Cabin 7
8:00 – 9:00 am	BREAKFAST	Lodge	All

SATURDAY			
Workshops & Activities SESSION A			
9:15-10:30 am	Conversations with Kent	Amphitheater ++Coffee House	Rev. Kent Doss
9:15-10:30 am	Musical Labyrinth Walk	Labyrinth	Ted Lundholm
9:15-10:30 am	Laughter Yoga	Hill above Cabin 6	Jeffrey Briar
9:15-10:30 am	Children's Archery 6-10 yr olds <i>(Sign up required)</i>	Archery range*	Camp staff & Katelynn Riva
Workshops & Activities SESSION B			
10:45-12:00 pm	Choir Rehearsal	Coffee House -All ages	Beth Syverson
10:45-12:00 pm	Tie Dyeing, Silk Painting	Craft Area above Lodge	Jeanne Sullenger & Amy Lemp
10:45-12:00 pm	Apple Picking	Meet @ Lodge deck -All ages	Wendi?
10:45-12:00 pm	Archery Session 2 <i>(Sign up required)</i>	Archery range* -All Ages	Camp Staff & Keith T?
SATURDAY LUNCH & GROUP PICTURE			
12:00 noon	Lunch Setup	Lodge	Cabin 1
12:15-1:15 pm	LUNCH	Lodge	All
1:30 pm	Group Picture	Bball court ++Lodge - All	Jeff Gothard
Workshops & Activities SESSION C			
2:00-3:15 pm	Apple Pie Making	Lodge	Katelynn Riva
2:00-3:15 pm	Self-Exploration I <i>(Sign up required)</i>	Coffee House - Adults	Nina Kellogg
2:00-3:15 pm	Drum Circle	Ampitheater -All Ages	Rev. Kent Doss
1:45-3:15 pm	Canoeing?	Parking Lot -All Ages	Camp staff & Laura Jackson
Workshops & Activities SESSION D			
3:30-4:45 pm	Treasure Hunt	Lodge Patio	Jacques Kilchoer
3:30-4:45 pm	Craft?	Lodge -All Ages	Lynn Cowan (\$15 credit)
3:30-4:45 pm	Walk to lake	Meet @ Lodge deck - All Ages	Katelynn Riva
3:30-4:30 pm 4:30-5:30 pm	Canoeing – sessions 1&2 <i>(Sign-up required)</i>	Parking Lot Jenks Lake -All Ages	Camp Staff Amy Lemp?
FREE TIME			
4:45 – 6:00 pm	Free Time		
4:45 – 6:00 pm	Children's Movie	Cabin 6	Rachel Lydon

4:45 – 6:00 pm	MUUSIC Jam	Lodge Deck	Ted Lundholm
SATURDAY DINNER			
5:45 pm	Dinner Set-up	Lodge	Craig's Cabin
6:00-7:00 pm	DINNER	Lodge	All
SATURDAY EVENING PROGRAM			
7:15-9:00pm	"No Talent" Talent Show	Lodge -All Ages	Beth Syverson
9:00 pm on	Games	Coffeehouse -All Ages	Amy Lemp
10:00 pm-midnight	NIGHT CLUUB YoUUth DJs	Lodge -YoUUth /Adults	Laura Jackson & Wendi Bender
11pm-midnight	Hot Tub	Adults only	No one goes alone
SUNDAY			
TIME	ACTIVITY	LOCATION	LEADER(S)
7 am–2:00 pm	Hot Tub Open	See rules above	
7:00–8:00 am	Yoga	PSWIRL/Cab 2	Jeffrey Briar
SUNDAY BREAKFAST			
7:45 am	Breakfast Set-up	Lodge	Cabin 3
8:00–9:45 am	BREAKFAST	Lodge (self-serve)	All
Workshops & Activities SESSION E			
9:00–10:15 am	Cartoon Drawing	Lodge YoUUth/Adults	Jeannette Hunker
9:00–10:15 am	Laughter Yoga	Creek behind Coffee House	Jeffrey Briar
9:00–10:15 am	Archery Session 3 <i>(Sign-up required)</i>	Archery Deck -All Ages	Camp Staff & ??
SUNDAY WORSHIP			
10:00-10:30am	Worship Rehearsal?	Amphitheatre	Beth S
10:30–11:15am	WORSHIP	Amphitheatre ++Lodge	Beth Syverson
SUNDAY BRUNCH			
11:35 am	Brunch Set-up	Lodge	Cabin 8
11:45-12:45 pm	BRUNCH	Lodge	All
CAMP CLEAN-UP AND CHECK OUT			
12:45 – 2:00 pm	Check Out	Lodge	Everyone
1:00 – 2:30pm	Archery Session 4 <i>(Sign up required)</i>	Archery Range* -All Ages	Camp Staff & Laura or Amy

* Archery range is located below Coffeehouse. Access from parking lot.
 ++ Alternate Location in case of rain or cold weather

On checkout, please empty trashcans into the large cans on the cabin porch. Sweep out the cabin and leave it as clean as you found it.