## White Group Schedule (Adults)

• Beach is open on Saturday and Sunday, 10-6 pm w/Lifeguards). Bring you swimsuit. Various boats included. Just don't forget to wear a lifejacket all the time on boat. • Natalie Beauty Spa open on Saturday, 1 pm – 9 pm (1-5 pm – mini manicures & hand massages, 5-9 pm mini facials and shoulder massages. Sign up available at 1 pm and later) Counselor room inside lounge, go inside and take a left. • Руны (15 min individual sessions) w/Maria Raven 9 am – 12 pm (Sign up will be available at 9 am) at the gazebo behind BH 14). • Mobile Spa is open on Saturday, 10 am to 10 pm (somewhere near the beach) • Psychological Consulting for Ukrainian Refugees (30 min sessions, sign up with Karina M. at the camp) in the gazebo behind BH 14, 4:00 – 6:00 pm • Bring your own Yoga mats!!! (for sound healing workshop and backpain strategy sessions)

## Friday:

6:00 pm – Arriving/check in, pick up your welcoming page at the parking lot

6:30 pm – 7:30 pm Unpack, bring your car back to the parking lot

7:30 pm - Shabbat (Lounge)

8:30 pm – Dinner (Dining Hall)

10:00 pm - Main Campfire (Featuring Za & Ne - Гитара по кругу) - in case of a bad weather — playing crocodile or mafia at the Dining Hall. Last one to put the fire out (take water from the kitchen or else)

## Saturday:

8:00 pm - Breakfast (Dining Hall)

9:00 am - Runes (15 min individual sessions until 12 pm)

10:00 am - Jewish Pirates w/Ilya K. J (Chappel. In case of a rain – Lounge)

11:00 am - Meet w/Amy M – A children books Writer (for PJ library) - (benches in front of the office, if raining – Earnie's House)

12:00 pm – Lunch (Dining Hall)

1:00 pm - Making Zephir (Russian Marshmallow) w/Luba Z. (may take 1.5-2 hours) Dining Hall **Or** Backpain Issues and Exercises (bring your Yoga mat) w/Greg Z (Lounge)

2:00 pm - Alla L (FBI Movie Myth & Reality, new, improved) (Chappel. In case of a rain – Lounge)

3:00 pm - Nailing (Гвоздестояние) w/lana S. (1st try) - between lux houses (more secluded area, if raining - dining hall) **or** Realtor industry changes and their effects on the consumer w/Masha S. Benches in front of the office (if raining – lounge)

4:00 pm - Ближневосточный конфликт: Иран, Катар, Россия, США и остальные w/llya K. (Chappel. In case of a rain – Earnie's House)

5:00 pm - Sound Healing w/lana S. – bring your yoga mat (Lounge) **or** Kabballah 101 w/Dr. Angelov (Chappel. In case of a rain – Earnie's House)

6:00 pm - Мстители. Ловля нацистских преступников, террористов w/Ilya K. – J (Chappel. In case of a rain – Earnie's House)

7:00 pm - Dinner + Havdalah (Dining Hall)

8:00 pm – Jookender Lottery (Dining Hall)

10:00 pm – Board Games (if you bring them, Mafia, Charades) + Sasha will bring some vkusnyashki from Japan and hopes, someone will bring some beer (Dining Hall) or Campfires

## Sunday:

8:30 am - Breakfast, all

9:30 am – Group Picture, all (refer to the map for a location)

10:30 am - Beauty Coach Andzella O. – Основы гимнастики/лица (Lounge) **or** Gingerbread (Пряники) Decoration w/Rita S. (Dining Hall)

12:00 pm - Lunch (Dining Hall)

1:00 pm - Beauty Coach Andzella O. – остеопатические практики (Lounge) **or** Paper Quilling Hamsa making w/Sunny S. (arts & crafts bldng)

2:30 pm - Nailing (Гвоздестояние) w/lana S. – Full, 3 hour practice (until 5:30 pm) (Lounge) **or** Photography Class w/Nati P. (until 4:30 pm) Meet at the Picnic Tables

4:30 pm – Woodworking w/Aaron G. or Glass Etching w/Sunny S. (arts & Crafts bldng)

6:00 pm - Adjourn!