

## Friday

- 3:00pm** Registration and Snack (Staff Lounge)  
**3:45pm** Waterfront open (until 6:45pm)  
**5:00pm** Registration Desk Closes  
**7:00pm** Shabbat Candle Lighting (Dining Room)  
**7:05pm** Mincha, Kabbalat Shabbat, Maariv (synagogue - combined service)  
**8:15pm** Dinner, Zemirot (singing)  
**9:30pm** Social Games (Bet Am Aleph)  
**10:30pm** Oneg Shabbat - Decadent Desserts, ?Israeli Dancing & Zemirot (Dining Room)

## Saturday

- 8:30-10:00am** Buffet Breakfast  
**9:30am** Services  
Egal - Synagogue  
Non-Egal - Library  
Renewal - Shabbat Morning of Music and Joy - with Rabbi Efraim & Rosalie Eisen of Basherte - Staff Lounge  
**11:45am** Kiddush (near services)  
**12:00pm** Waterfront opens - swimming only  
**12:30pm** Class: *Beginning Hebrew Ulpan* with Susan (Library)  
Volleyball ("B" side court)  
Basketball ("B" side court)  
**1:30pm** Lunch (benching class at Franklin's table)  
**2:30pm** Softball ("B" side field)  
Beach Volleyball ("B" side court)  
Class: *Beginning Hebrew Ulpan - A*  
Continuation of this morning's session (Library)  
Class: *Knowing, Trusting, and Loving: The Kabbalistic 4 Worlds of Relationships* with Rosalie & Rabbi Efraim Eisen- (Beitan Shapiro)  
**2:45pm** Waterfront opens - swimming only  
Board Games (Staff Lounge)  
- bring any you have

- 3:30pm** 6-Minute Speed Dating (Dining Room)  
- Only for those pre-registered, no walk-ins  
**3:45pm** "Nature Walk" / Extended Tour of Camp (meet at Staff Lounge)  
Class: *Intro to Yiddush* with Fran (Library)  
**4:00pm** Snack (Dining Room porch)  
**5:00pm** 6-Minute Speed Dating (Dining Room)  
- Only for those pre-registered, no walk-ins  
**5:00pm** Easy/Moderate Hike  
Ramah Mountain  
- meet at Staff Lounge, back by 6:30pm  
**5:30pm** Class: *So You Think You Know The Reform Movement...* with Robin (Staff Lounge)  
**5:45pm** Class: *Myths, Mistakes, and 10 Tips for Meeting Quality Partners* with Rosalie & Rabbi Efraim Eisen (Beitan Shapiro)  
**6:15pm** Spin the Bottle  
- Only for those pre-registered, no walk-ins  
**6:30pm** Mincha  
**7:00pm** Waterfront closes  
**7:30pm** Dinner  
**9:00pm** Maariv and Havdalah (sun deck - combined service)  
**9:30pm** Square Dancing (big basketball court)  
DVD's available in Staff Lounge  
**10:30pm** Campfire with folk singing  
Sing-along *led by various people*  
Snack (behind Staff Lounge)

## Sunday

- 8:15am** Early morning run (2.5+ miles, self guided, maps at Staff Lounge, meet at Staff Lounge)  
**8:30am** Breakfast for early risers  
**8:45am** 2.5 mile Power Walk with Lee (meet at Staff Lounge)

- 8:45am** *The Nia Technique* with Amy (Bet Am Aleph)  
**9:00am** Shacharit  
**10:00am** Waterfront opens - boating & swimming  
**10:00-12:00** Brunch (with the Sunday *NYTimes*)  
**11:15am** Long Hike: *Macedonia Ridge Trail*  
- meet on Dining Room porch  
- hiking boots required, return by 5pm  
**11:30am** Moderate Hike:  
West Pawling Appalachian Trail Hike  
- meet on Dining Room porch  
- hiking boots required, return by 5pm  
**12:00pm** Bicycling led by Martha (strictly BYOB, meet outside dining room porch)  
**12:15pm** Swing Dance Workshop with Rebecca (Dining Room Porch)  
**1:30pm** Tango Dancing Workshop with Rebecca (Dining Rom porch)  
**2:00pm** Softball (field near Staff Lounge)  
Beach Volleyball ("B" side court)  
Cooking Class: *Cookie Classics* with Debra & Lissa (Dining Room)  
**2:30pm** Snack (Dining Room porch)  
**3:00pm** Board Games (Staff Lounge)  
**3:00pm** *Nature Drawing* with Donna & Marcia (Meet at Staff Lounge)  
- Only for those pre-registered, limit: 10  
**4:30pm** Texas Hold-em Poker instruction with Francois (Staff Lounge)  
**5:00pm** Mincha / Waterfront closes  
**6:00pm** Beach Party / Dinner (waterfront)  
**8:15pm** Evening program (location TBD)  
**9:15pm** Maariv  
**9:30pm** Disco & Swing Dance (Dining Rm Porch)  
- starts with a short *Cha-Cha Party Mixer*  
**9:45pm** Board Games (Dining Room)  
- bring any you have  
**11:15pm** Snack (Dining Room)

## Monday

- 8:15am** Early morning run (2.5+ miles)  
(Staff Lounge, self guided)
- 8:45am** **2.5 mile Power Walk** with Martha Rose  
(meet at Staff Lounge)
- 8:30am** light breakfast for early risers
- 9:30am** Shacharit
- 9:30am** Waterfront opens - boating & swimming
- 10:00-12:15** Brunch (*New York Times*)
- 12:30pm** Mincha
- 1:00pm** Waterfront closes  
Goodbye,...

## NOTES:

1. Egalitarian services will be held in the Torah Center (a.k.a. the Synagogue). Non-Egalitarian services will be held in the Library.
2. The tennis courts are available 24 hours a day.
3. Please consult the *Rain Schedule* in in case of inclement weather.
4. Changes to the schedule will be posted on the Dining Room porch.
5. Coffee, Tea and hot water are available 24 hours a day on the Dining Room porch.

## Weekend Movies

Movies are "Self Service" anytime (except Shabbat) on a first come first serve basis in the Staff Lounge.

- ❖ **Charlie Wilson's War**
- ❖ **Juno**
- ❖ **Michael Clayton**
- ❖ **The Savages**
- ❖ **When Harry Met Sally**

Please do not remove  
DVD's from the Staff Lounge.

Please do not use DVD's on Shabbat.

## Waterfront Rules

- Guests must have weekend name tag to swim, boat or sit on the docks. No name tag needed to sit on the beach when a lifeguard is present.
- No access to beach for any reason at any time without a lifeguard present.

WINGDALE  
UNIVERSITY



CAMP RAMAH

POST-GRADUATE SEMINAR

May 23 - 26, 2008

Schedule of  
Activities