

## Welcome to Our Honeymoon Israel JFAM Weekend at Camp Zeke

### Friday

**2:00 – 4:45 PM** – Welcome to JFAM at Camp Zeke – Enjoy a selection of healthy snacks, cold drinks and freshly brewed hot coffee in our center dining room. ***Hachnasat orchim*** – we welcome you to our community! Welcome center available for folks to come by after checking into your room.

**5:00 PM** – Join us on the lakeside pavilion for our camp weekend kick-off with wine and hors d'oeuvres for the adults and fresh fruit and snacks for the kids and games!

- Snacks/drinks
- Meet the staff
- Ice breakers

**5:30 PM** – It's time for Kabbalat Shabbat Lakeside – Help us welcome Shabbat through joyful song, reflection and prayer.

**6:00 PM** – We now move to the dining room porch as we explain and practice the ritual of lighting the Shabbat candles, Family blessing (i.e. blessing the children), say kiddush, have a ritual hand wash, and then everyone washes their hands as they enter the dining room as a community. Once seated, we sing Shalom aleichem, say the blessings over the challah. We encourage the children to join in the singing and rejoicing in welcoming the Sabbath.

**6:30 PM** – Enjoy a festive Shabbat meal with a traditional chicken and matzo ball soup, fresh roast chicken, chicken fingers for the kids, herb roast potatoes, a fresh vegetable medley and warm fruit pies for dessert.

Throughout the meal, we will sing/teach short Shabbat songs accompanied with a bit of learning (i.e. about the meal and what we're eating, and a bit of Torah). We finish the Shabbat meal by singing the prayer after the meal.

**7:30 PM** – Learn to create bedtime rituals with our Jewish life leader in the north side of the dining room. - Hashkiveinu, Shma, guided prayer

**7:45 PM** – Leilah tov - Bedtime for the younger children. For children ages 6 and older – join our counselors in the theater for a fun-filled Shabbat Game Oneg (planned by camp staff).

**8:15 PM** – Join our adult smooze, snacks and adult beverages at our Oneg Shabbat in the Dining Room – Babysitters are available to watch your little ones.

### Saturday – Shabbat Shalom!

**7:30 AM** - Good morning!

Enjoy a freshly brewed cup of coffee or a hot cocoa on the dining room porch.

We invite you to join us for morning yoga on the lawn deck.

**8:15 – 9:15 AM** – Breakfast – Enjoy a selection of fresh fruit salad, assorted yogurts, muffins, pastries, hard boiled eggs, fresh bagels and spreads, and assorted cold cereals. Mimos for the parents!– We practice ***shmirat ha'guf*** – taking care of our health.

**9:30 AM – 10:30 AM** – It's time for Shabboptions –

- Gather together on the Lakeside Pavilion for Tot Shabbat, and then we will break into groups for our Sabbath options. Please select one of the following:
- Shabbat Reflective Nature Walk – Meet us at the lakefront and take a gentle walk around the lake as we reflect on the meaning of Shabbat and the Torah portion of the week. (Wear hiking boots or shoes and bug spray).
- Torah Yoga – Stretch your limbs as we contemplate the Torah portion of the week with our flexible instructors, lakeside in our martial arts studio.
- We rejoin together on the Lakeside Pavilion for the last 15 mins for Torah story and songs

**10:45 AM – 12:30 PM** - Separate child (for children 2+ only) and adult programming:

- Children 6 years and older (can be dropped off at the Dance Studio at 10:45 am):
  - Zumba with Ben
  - Gaga
  - Pickleball
  - Song session with our Camp Zeke song leaders
- Children 2-5 years old: Drop-off at Theater at 10:45 am
  - Drop off Activities
- Adults can choose from the following activities:
  - Adult arts + crafts
  - Lake/Boating
  - Circus Arts in Our Dance Studio

**11:45 AM** – We invite the adults to gather at the lakeside pavilion for a program led by Rabbi Scott Perlo, How to Love Being a Parent of Jewish Kids.

**12:30 PM** – Lunch - Enjoy a healthy lunch with plenty of fresh salads, fruits and tasty fresh options. Followed by singing and dancing.

**1:30 PM** - Rest hour - Recuperate and relax with your family. Take time for a nap or explore our beautiful property on your own.

**2:30 PM – 5:30 PM** – PM Family activity time! Parents must accompany children no matter how old the kids are.

**2:30 PM- 3:30 PM**

- Pool open!
- Challah Baking Part 1 - Make the dough - meet in the Large Teaching Kitchen off the Theater Porch - With the Camp Zeke Culinary Team
- Tumbling for Tots - join us with your kids 5 and younger as we learn to do some simple gymnastic moves - In the Dance Studio in the Fitness Center

- Let's Tie Dye Our Shirts -Bring the shirts you picked up at check-in to the Theater Porch and join in some family fun!

### **3:30 PM-4:30 PM**

- Pool open!
- Judaic Arts and Crafts - Make Challah covers, Havdalah Candles and Spice Bags - Meet in the large Art Studio
- Circus Arts - Learn how to twirl in the air on our silks and hoops. - In the Dance Studio in the Fitness Center
- PickleBall - Learn to Play in our Theater - With Andrew
- Holy Grounds: Coffee with Rabbi Scott - on the Dining Room Porch

### **4:30 PM-5:30 PM**

- Pool open!
- Circus Arts - Learn how to twirl in the air on our silks and hoops - In the Dance Studio in the Fitness Center
- Song Session - Learn fun songs - Both Jewish and popular with Cantor Mel - On the Lakeside Pavilion
- Let's Tie Dye Our Shirts -Bring the shirts you picked up at check-in to the Theater Porch and join in some family fun!
- Challah Baking Part 2 - Make the Dough - meet in the Large Teaching Kitchen off the Theater Porch - With the Camp Zeke Culinary Team.
- Gaga- Come enjoy camp's most popular sport! - In the Gaga pits by J Building

**Enjoy healthy and refreshing snacks served from our canteen located on the theater porch.**

**5:30 PM** – Free time before dinner

**6:00 PM** – Dinner or the third meal

**7:00 PM** – Bedtime rituals-Practice your bedtime rituals. Help us say farewell to Shabbat and welcome to the new week with our Havdalah service (in the north section of the dining room).

**7:15 PM** - Evening campfire and s'mores – Learn songs you can sing all year long as you join at the lakeside pavilion for a Shira - Jewish singing (song session).

**8:00 PM** - Leilah tov for the rest of the kids – Practice your bedtime rituals - Staff are available to watch your little ones. Please get your kids ready for bed, and then come to the lounge in your building to introduce your family to our staff. Our staff will be available outside your rooms to listen out for any issues.

**9:00 PM** – Adults only Havdalah, chat and smooze – examine ways to create Jewish family rituals and traditions that will last a lifetime. Adult beverages and snacks will be served (meet by the Covered Pavilion).

## **Sunday**

**7:30AM** - Good morning!

- Enjoy a freshly brewed cup of coffee or a hot cocoa on the dining room porch.
- We invite you to join us for morning yoga on the lawn deck.

**8:15 AM– 9:15 AM** – Breakfast – Enjoy a selection of fresh fruit salad, assorted yogurts, muffins, pastries, blueberry pancakes and scrambled eggs, fresh bagels and spreads, steel-cut oatmeal with fresh berries and assorted cold cereals. – We practice *shmirat ha'guf* – taking care of our health.

**9:30 AM– 11:30 AM** – Choice of activities – spend time as a family and try some of Zeke's favorites.

### **9:30 AM- 10:30 AM**

- Making Rugelach- Meet in the large teaching kitchen - With the Camp Zeke Culinary Team
- Lake is open for boating – Parents must accompany children.
- Last Chance- Let's Tie Dye Our Shirts -Bring the shirts you picked up at check-in to the Theater Porch and join in some family fun!
- Circus Arts - Learn how to twirl in the air on our silks and hoops - In the Dance Studio in the Fitness Center
- Zipline With Ben and Emmanuel

### **10:30 AM- 11:30 AM**

- Making Rugelach - Meet in the large teaching kitchen - With the Camp Zeke Culinary Team
- Lake is open for boating – Parents must accompany children
- Nature Arts and Crafts - Meet in the art room on the Theater porch.
- Family Zumba dance party – shake and stretch as we take care of our health on our lawn deck.

**11:30 – 12:00 Noon** – Farewell and closing gathering around the campfire.

**12:30 PM** – Pick up your packed lunch from the dining hall, and have safe travels home!