

A Typical *Overnight* Camper's Day at Menesetung*

**Wake Up and Bed Times will change depending on the age of the campers of a given week*

7:15am: Morning Optionals (Campers choice: ex. Polar Dip, Yoga, Dance Party, Sleep In etc.)

8:00am: Flag (Full Camp mindfulness activity to start the day off right!)

8:30am: Breakfast!

9:00am: Duties & Cabin Clean Time (Cabins compete for the daily Golden Broom!)

9:40am: 45 minute program session blocks at the Menesetung program areas!

12:30pm: Lunch!

1:30pm: Rest Hour (Relaxing during the hottest part of the day: read a book, nap on the hammocks, take some 'me' time)

2:30pm: 45 minute program session blocks at the Menesetung program areas!

3:30pm: Afternoon Snack!

3:40pm: 45 minute program session blocks at Menesetung program areas!

4:20pm: Free Swim in the Pool!

5:30pm: Supper!

6:20pm: Cabin Time!

6:50pm: Evening Program! (All Camp, themed BIG games and challenges!)

8:00pm: Change into *'Longs n' Longs'* and come to Evening Snack!

8:30pm: Vespers (All Camp reflection on the day, thinking big thoughts, and learning new ways of being a positive difference-maker in the world!)

9:00pm: Campfire! (All Camp Songs, Skits, and Stories around the Campfire!)

9:30pm: Cabin Flashlight Time

10:00pm: Bedtime!