



**Be the Bridge:
Building on Each Other's Dreams**

Exploring intergenerational and
communal connectedness



JWG Schedule

SUNDAY: NOVEMBER 11

| TIME | ACTIVITY | | LOCATION |
|--------------|---|---|-----------------------------------|
| 2:00-5:30pm | Registration | | Welcome Center |
| 5:00-5:30pm | Tour of Ramah Darom |  | Meet Outside Welcome Center |
| 5:45-6:45pm | Welcome Session and Ice Breakers: <i>with Rabbis Danielle and Susie</i> |  | Synagogue |
| 7:00-7:30pm | DIY Cocktails |  | Mountainside Lounge |
| 7:30-8:45pm | Mix and Meet Dinner |  | Lakeside Dining |
| 9:00-11:00pm | Spa Ramah |  | Mountainside Lounge & Main Dining |



BODY



MIND



SPIRIT



COMMUNITY

NOTE: Grey behind an event means preregistration is required!

MONDAY: NOVEMBER 12

| TIME | ACTIVITY | LOCATION |
|-----------------|---|----------------------------|
| 8:00-9:00am | Run, Jog, Walk , Start your morning with fresh air.  | Meet at the Welcome Center |
| 8:00-9:00am | Mondays Musings with <i>Rabbis Danielle and Susie</i> , This week's Torah reading Vayetzei begins with the well-known account of Jacob's profound, life-changing encounter with divinity: his dream of the ladder. It continues with a renewal of covenant and from there takes us on a journey through family dynamics and other profound, life-changing moments of connecting to God—a less famous one—experienced by Leah. These opportunities offered to us by tradition are too good to pass over so in this morning's meditative moments we will build a morning service around the Torah reading offering everyone who would like, the opportunity to take an aliyah, whether a veteran or never having come to the Torah before.  | Synagogue |
| 9:00-10:00am | Breakfast  | Lakeside Dining |
| 10:15-11:15am | Ice Breakers and Group Conversation #1: What's in a Name , with <i>Rabbi Danielle</i> Exploring the shifting nature of identity - How we are known, and how we would like to be known, what we are called, what we call ourselves, and how we would like to be remembered. In this two-part series we will explore Zelda's poem along with the many names we might be known by—the significance of each and how these names beckon us along life's journey.  | Synagogue |
| 11:30am-12:45pm | Book Discussion <i>The Weight of Ink</i> by Rachel Kadish with <i>Rabbi Susie</i>  | Synagogue |

MONDAY: NOVEMBER 12

| TIME | ACTIVITY | LOCATION |
|-----------------|---|-------------------|
| 11:30am-12:45pm | Restorative Yoga Flow with Jenna Gebel, Unwind from your busy day-to-day with a relaxing, restorative yoga class. Release your muscles and relax your mind. Suitable for all levels - beginners welcome!  | Multipurpose Room |
| 11:30am-12:45pm | Alpine Climbing Tower  | Climbing Tower |
| 11:30am-12:45pm | Jewelry with Loren Stein, Create a beautiful one-of-a-kind piece for yourself or as a gift  | Art Studio |
| 11:30am-12:45pm | Handmade Concertina Book with Judy Robkin, Using handmade papers, create your own personal memory book of the Jewish Women's Getaway.  | Art Studio |
| 11:30am-12:45pm | The Mollusk's secret: Pearl Rings with Terri Jacobson, This one comes from the sea - learn how to use wire and a Sharpie to wrap a pearl ring. The colors and possibilities are endless!  | Art Studio |
| 1:00-2:00pm | Lunch  | Lakeside Dining |
| 1:45-3:45pm | Odyssey Team Ropes Challenge  | Odyssey Course |
| 2:15-3:30pm | Improving Your Mother-Daughter Relationship with Mother-Daughter Team Jenna Gebel and Ellen Resnick, Come join us for an interactive discussion on the complexities of mother-daughter dynamics and leave with practical tips to improve your relationships.  | Multipurpose Room |



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| TIME | ACTIVITY | LOCATION |
|-------------|---|-------------------------|
| 2:15-3:30pm | <p>Part 1: Getting Clear on What is Dear: <i>Jumpstarting Your Ethical Will with Rabbi Danielle</i>, Our legacy is the footprint we leave behind in our wake - even while we are still living. In these two sessions, we will explore the process of writing and reflection involved in clarifying our true values and vision. Through targeted questions, short writing pieces, creative expression, and some personal sharing, you will gain the skills to design and pass on a masterpiece of your deepest aspirations and lasting legacy.</p>  | Library |
| 2:15-3:30pm | <p>Waterfall Hike with <i>Eliana Leader</i></p>  | Meet at the Pizza Patio |
| 2:15-3:30pm | <p>Paper Cut Art with <i>Loren Stein</i></p>  | Art Studio |
| 2:15-3:30pm | <p>Piano Hinge Book with <i>Judy Robkin</i>, Explore the art of book making. Each class will focus on a different book structure and process. Make a one-of-a-kind gift or something special for yourself.</p>  | Art Studio |
| 2:15-3:30pm | <p>Wire Wrapped Glass Pendant Necklaces with <i>Terri Jacobson</i>, Every bohemian-inspired fashionista needs a beautiful wire-wrapped glass pendant. Learn to make these yourself!</p>  | Art Studio |
| 3:45-5:00pm | <p>Abundant Blessings with <i>Rabbi Susie</i>, What does it mean to bless others? How does one even begin? Judaism has a tradition of offering blessings to children on Fridays night and holy days that we will explore and ask how each of us might understand/translate this tradition in our own lives whether or not we have children and for those who do, whether or not they live at home.</p>  | Synagogue |

MONDAY: NOVEMBER 12

| TIME | ACTIVITY | LOCATION |
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| 3:45-5:00pm | FUNIQ Fitness with <i>Bethanne Weiss</i> , a FUN and UNIQUE total body and brain workout like none you've ever done before.  | Multipurpose Room |
| 3:45-5:00pm | Playing with Essential Oils with <i>Robyn Diamond</i>  | Library |
| 3:45-5:00pm | Iridescent Painted Meditation Rocks with <i>Terri Jacobson</i> , Smooth river stones turn into gorgeous meditation rocks. The act of creating is meditative in itself.  | Art Studio |
| 3:45-5:00pm | Natural Art Installation with <i>Judy Robkin</i> , join us and create an outdoor installation using only what we find around us as the raw materials and inspiration.  | Meet at the Pizza Patio |
| 5:15-6:15pm | 10 Simple Moves to Add More JOY and Less OY Right Now! with <i>Bethanne Weiss</i>  | Multi-purpose Room |
| 5:15-6:15pm | Giant Swing  | Giant Swing |
| 5:15-6:15pm | Everyday Mindfulness Techniques with <i>Rabbi Danielle</i> , Do you ever feel like you are on an emotional rollercoaster? Feel impatient standing in line at the grocery store? Annoyed with people you love? In this session, we will explore and practice some "tried and true" tools for dispelling inner stress and getting through difficult moments. Consider these practices "on-ramps" to the high road. They won't solve your problems, but they will help you get centered enough to calmly navigate those challenging moments.  | Synagogue |



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| 5:15-6:15pm | This Kippah is a Keeper with <i>Rabbi Susie</i> , Jewish summer camp is the perfect environment for learning how to crochet a kippah/yarmulke even when it happens to be fall! Don't know how to crochet, we'll start you out. Basics, advanced skill, incorporating a design - all levels and interests are invited to join in the calm fun!  | Mountainside Lounge |
| 6:15-7:15pm | Rest and Relax | |
| 7:15-7:45pm | Cocktails and Make Your Own Pizza Appetizers  | Pizza Patio |
| 7:45-8:45pm | Dinner  | Lakeside Dining |
| 8:45-10:45pm | Night Odyssey Team Challenge  | Odyssey Ropes Course |
| 9:00-11:00pm | Papercut and Pinot! Join us for an evening of comedy and art with <i>Loren Stein</i> . Not into papercutting? No Problem! Pull up some chairs, grab a board game and glass of wine and enjoy a night with friends!  | Mountainside Lounge |

TUESDAY: NOVEMBER 13

| TIME | ACTIVITY | LOCATION |
|-------------|---|-------------------|
| 8:00-9:00am | Morning Yoga with <i>Jenna Gebel</i> , Awaken your body with a centering, flowing yoga class. Suitable for all levels - beginners welcome!  | Multipurpose Room |
| 8:00-9:00am | Prayer in Motion with <i>Rabbi Danielle</i> , Gentle grounding and awakening movement blended with selected reflections from the morning prayer service.  | Synagogue |

TUESDAY: NOVEMBER 13

| TIME | ACTIVITY | LOCATION |
|-----------------|--|---------------------|
| 9:00-10:00am | Breakfast  | Lakeside Dining |
| 10:15-11:15am | Group Conversation #2: Each of Us Has a Name with Rabbi Susie, Building on our first group conversation and text study, we will be exploring through an artistic lens how, individually, we understand our names. Come ready to play, have fun, and create something meaningful to bring home!  | Mountainside Lounge |
| 11:30am-12:45pm | Part 2: Getting Clear on What is Dear: Jumpstarting Your Ethical Will with Rabbi Danielle, Our legacy is the footprint we leave behind in our wake - even while we are still living. In these two sessions, we will explore the process of writing and reflection involved in clarifying our true values and vision. Through targeted questions, short writing pieces, creative expression, and some personal sharing, you will gain the skills to design and pass on a masterpiece of your deepest aspirations and lasting legacy.  | Synagogue |
| 11:30am-12:45pm | Alpine Climbing Wall  | Climbing Tower |
| 11:30am-12:45pm | FUNIQ Core and More with Bethhanna Weiss, a FUN and UNIQUE total body and brain workout like none you've ever done before, with special emphasis on no-crunch core conditioning  | Multipurpose Room |
| 11:30am-12:45pm | Decorative Shabbat Challah Covers with Judy Robkin, Create a keepsake challah cover for yourself and your family.  | Art Studio |



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| TIME | ACTIVITY | LOCATION |
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| 11:30am - 12:45pm | Wishy Washer pendants with <i>Terri Jacobson</i> , Use everyday hardware store metal washers, gorgeous alcohol inks and ribbon necklaces to make a fashion statement everyone will love.  | Art Studio |
| 11:30am - 12:45pm | Jewelry with <i>Loren Stein</i> , Create a beautiful one-of-a-kind piece for yourself or as a gift.  | Art Studioz |
| 1:00 - 2:00pm | Lunch  | Lakeside Dining |
| 2:15- 3:30pm | Book Discussion <u>Einstein and the Rabbi</u> by Naomi Levy, with <i>Rabbi Danielle</i>  | Library |
| 2:15- 3:30pm | Better Butts (& Brains) with <i>Bethanne Weiss</i>  | Multipurpose Room |
| 2:15- 3:30pm | Ground Timber Challenge  | Ground Timber Challenge Logs |
| 2:15- 3:30pm | Origami Pop Up Book with <i>Judy Robkin</i> , Explore the art of book making. Each class will focus on a different book structure and process. Make a one-of-a-kind gift or something special for yourself.  | Art Studio |
| 2:15- 3:30pm | Totally Terrific Tape Transfers with <i>Terri Jacobson</i> , Who knew that beautiful pictures from regular magazines could be transferred to glass to become necklace pendants or earrings? Join us in making magic!  | Art Studio |
| 2:15- 3:30pm | Jewelry with <i>Loren Stein</i> , Create a beautiful one-of-a-kind piece for yourself or as a gift.  | Art Studio |

TUESDAY: NOVEMBER 13

| TIME | ACTIVITY | LOCATION |
|-------------|---|-------------------------|
| 3:45-5:00pm | <p>Take a Mindfulness Hike! <i>with Rabbi Danielle,</i> Unlike a casual stroll in nature, we will set our intention to take a meditative walk in the woods - using written prompts, prayers and meditations to connect, reflect, and celebrate the beauty of creation. </p> | Synagogue |
| 3:45-5:00pm | <p>Restorative Yoga Flow <i>with Jenna Gebel,</i> Unwind from your busy day-to-day with a relaxing, restorative yoga class. Release your muscles and relax your mind. Suitable for all levels - beginners welcome! </p> | Multipurpose Room |
| 3:45-5:00pm | <p>Challah with a Twist <i>with Rabbi Susie,</i> Try your hand at an ancient art with a modern twist. We'll be making both traditional and non-traditional challah with a ton of different options both in flavor and in form! While the bread is rising and baking we will take some time to learn about the three traditional "women's mitzvot" - niddah, challah, and candle lighting, and again, add a modern twist. </p> | Mountainside Lounge |
| 4:00-7:00pm | <p>Women Supporting Women- A Marketplace, Are you an entrepreneur? Do you have an amazing craft you sell? During this time, all business owners, artists, authors and more are invited to set up a table to market and sell your goods and services. Come out and support the creative and talented women of JWG by exploring what they have to offer! </p> | Main Dining Room |
| 5:15-6:15pm | <p>Voices and Visions: Frames of Mind <i>with Eliana Leader</i> join us for a stimulating conversation exploring 3 pieces of art inspired by Jewish quotes. As 2018 comes to a close we'll think about what has inspired us this year, and how that can propel us forward. </p> | Synagogue |
| 5:15-6:15pm | <p>Afternoon Run/Walk/Jog </p> | Meet at the Pizza Patio |
| 5:15-6:15pm | <p>Make Your Own Overnight Oats <i>with Robyn Diamond</i> </p> | Main Dining |

TUESDAY: NOVEMBER 13

| TIME | ACTIVITY | LOCATION |
|--------------|---|---|
| 6:15-7:15pm | Rest and Relax-YOU Time | |
| 7:15-7:45pm | Cocktails |  Main Dining Porch |
| 7:45-8:45pm | Dinner |  Lakeside Dining |
| 8:45-9:30pm | Healing Service <i>with Rabbis Danielle and Susie</i> |  Library |
| 8:45-9:30pm | Night Walk and Star Gazing |  Meet at the Pizza Patio |
| 8:45-9:30pm | Evening Board Games |  Mountainside Lounge |
| 9:30-11:00pm | Bonfire, Closing Circle, S'mores, and Singing <i>with Rabbi Danielle</i> |  Lakeside Fire Pit |

WEDNESDAY: NOVEMBER 14

| TIME | ACTIVITY | LOCATION |
|--------------|--|--|
| 8:00-9:00am | Morning Yoga <i>with Jenna Gebel</i> |  Multipurpose Room |
| 8:00-9:00am | T'fillah B'Ramah, A Morning Prayer Experience <i>with Rabbi Susie</i> |  Synagogue |
| 8:15-10:15am | Breakfast *Packout lunches available | Lakeside Dining |
| 9:00am | Shuttle to Airport Departs | Meet at the Welcome Center |
| 8:30-10:15am | Legacy Letters , write a letter to someone who has helped shape who you are today. Write a letter to yourself about what you hope to create as a legacy for your future | |
| 11:00am | L'hitraot and Safe Travels...Until Next Time! | |