

FRIDAY, MAY 3, 2024

TIME	ACTIVITY	WHERE AND NOTES
3:00–5:00 pm	Welcome / Check-in / Snacks Postcard Writing / Feedback Wall	Fireplace Room Write a Postcard! Share your Feedback!
4:00-5:00 pm	Sharing Retreat Memories Take a selfie, write something	Fire Place Room
5:15 pm	Shabbat candles will be provided for all who choose to light	Lounge
5:30-7:00 pm	Kabbalat Shabbat and Welcome	Synagogue ● All Ages! Post B* Mitzvah participants are expected to attend ● Please wear your white shirt.
7:15-8:45 pm	Shabbat Dinner	Dining Hall
9:00-10:00 pm	Night Hike for all ages- with Jennifer Kleinbaum! <i>(If raining, join the general hangout in the lounge)</i>	Meet outside, in front of the Lounge (dress appropriately; flashlights not required)
Option 1		
Option 2	Drumming Circle with Eli Mertzal	Beige Yurt
Option 3	Restorative Yoga with Hilary Nudell	Red Yurt
Option 4	General Hangout	Lounge
Option 5	Cookie decorating with Hanna and Malka	Fire Place Room
10:00-11:00 pm	Friday Night Tish with Joyce and Cantor Rosen!	Lounge

SATURDAY, MAY 4, 2024

TIME	ACTIVITY	WHERE AND NOTES
7:00 am	Optional early morning cold breakfast	Dining Room Hallway
8:00-8:45 am	Farm visit with IF Staff	Meet at the Gazebo to walk up the hill to the farm
8:30-10:00 am	Breakfast	Dining Hall (Aleinu Table with RYW)
8:30-9:30 am	Morning Mishnah with RMM	Dining Hall
9:00-9:55 am	Retreat Choir Rehearsal #1 with JR and CSR - Have you ever wanted to experience being part of the CBST chorus and didn't have a chance to? Now's your chance!	Synagogue All are welcome: Kids/Teens may attend without a grownup
8:45-9:45 am	Board and RSK (Grab breakfast to go)!	Beige Yurt
10:00 am-12:00 pm	Liberal Minyan Shabbat Morning Service with CSR, CRRI AG; CRRI AS	Outdoors on the Patio (weather permitting) & Synagogue
10:00 am-11:00 am	Tween/Teen Study Session led by Rabbi Yael Werber	Teen Lounge Tweens/Teens join the main service for Torah Reading
12:00-1:15 pm	Shabbat Lunch with New Friends	Dining Room Your table assignment is on the back of your nametag!
	Ongoing Arts and Crafts Projects with SA and guests (Visible Mending workshop with Ari Ludvigsen)	Arts & Crafts Hut
1:30-6:00 pm	Boating – Lifejackets are required for all ages <i>If raining, no boating or swimming will take place</i>	Dock <i>Children 12 and under MUST be supervised by a grownup. No IF Staff - use of the lake at your own risk.</i>
1:30-3:00 pm	RSK - A Retrospective Q&A - Looking Back and Looking Forward	Fire Place Room Whole Community - ALL Ages!
3:15-4:15 pm	Mountain Hike for All Ages with Jennifer Kleinbaum	Meet outside Lounge All are welcome- Kids/Teens may attend without a grownup
Option 1		
Option 2	Poker training session with NB	Lounge
Option 3	Retreat Choir Rehearsal #2	Synagogue All are welcome
Option 4	Text Study with RMM	Teen Lounge
4:15-4:45 pm	Afternoon Free Time (nap, board games, meet new friends...)	

SATURDAY, MAY 4, 2024 – Cont'd...

TIME	ACTIVITY	WHERE AND NOTES
4:45-6:00 pm	Kickball Game and Cocktail / Mocktail Hour*** *** <i>If rained out, Indoor Activity in the Fireplace Room!</i>	FIELD: Bring Equipment, alcoholic & non-alcoholic beverages, & snacks to share! All are welcome: Children 12 and under may attend with their grownup
5:15-6:00 pm	Retreat Choir Rehearsal #3	Synagogue
6:00-6:30 pm	Retreat Choir Performance	Synagogue
6:30-7:15 pm	Dinner / Dessert (Seudah Shlishit)	4 tables will be set aside to join in focused conversations: <ul style="list-style-type: none"> • Theatre and Music Lovers • Politics At the Table • Parents • Sandwich Generation
7:15 pm ONWARD	Board games, general hangout	Fire Place Room
7:30-8:45 pm	Story Sharing, CBST Style; with RYW & RMJ	Lounge
8:45 pm & Onward	Havdalah (8:45 pm SHARP!) <i>Medurah</i> (Campfire), + Singing, Drumming, and S'mores!	Outside behind the Synagogue, at Camp Fire site All are welcome!
9:15-10:15 pm	Mocktail/Cocktail session with CSR	Lounge
9:45 pm-12:00 am	Board games, conversation, campfire, etc. Screening of Movie - Princess Bride	Fireplace Room Teen Lounge All are welcome!
10:15 pm	POKER TOURNAMENT – 50/50 Split with YOU and CBST's Scholarship Fund! (\$20 buy-in to play) **	Lounge **Please note that participation is only for folks 21 and up.

SUNDAY, MAY 5, 2024

TIME	ACTIVITY	WHERE AND NOTES
7:00 am	Optional early morning cold breakfast	Outside the dining area
7:30 am	All-Ages Morning Run with Ernie Gremillion	Meet outside of the Dining Hall
8:00 am	12-Step Meeting	Beige Yurt All are welcome, this is a confidential space
CHECK OUT OF ROOMS		
8:00-10:00 am	Kindly strip your beds and put all dirty linen and towels into pillowcases. Please fold your blankets and leave them on your bed. Before you leave, remember to check your room for any lost and found items.	
8:30-10:00 am	Breakfast	Dining Hall
10:00 am	CHECK OUT LAST CALL - ALL ROOMS MUST BE CLEAR BY 10:00 AM**	
10:00-11:00 am	Shacharit and T'fillin Tutorial	Lounge or Outside All are welcome
	Reiki with Logann Grayce Finkel	Red Yurt
11:15 am-12:00 pm	Closing Circle, <i>T'filat HaDerech</i> (Blessings for the Road), and Group Picture with EVERYONE	Synagogue, then Patio by the Gazebo (If raining, then inside Synagogue)
12:00-1:00 pm	Lunch and Farewell	Dining Room (Please return your plastic name tag holder to be used again next year – thank you!)
1:15 pm	Shuttle Leaves for Wassaic	For those registered – outside the dining room.
Sometime after all depart...	Red Rooster meet-up	Red Rooster Drive-in https://www.redroosterdrivein.com/