



Mosaic Outdoor Clubs of America

Welcome to the  
31<sup>st</sup> Jewish Outdoor Escape

It's Summer Camp for Grown-ups  
August 28 – September 1, 2025  
Milford, PA

Schedule & Information Packet



## Contact Info

Any police/fire/medical/rescue emergencies: 9-1-1.

**To contact anyone on the event staff: 1-888-MOSAICS (888-667-2427).**

**This phone number rings several people at once.**

**Leave a message if there is no answer. You may have to wait for a callback.**

Alternate Contact: Brian Horowitz 908-625-4916 (USA phone number)

Camp Address: Cedar Lake Camp, 570 Sawkill Rd, Milford, PA 18337 / 41.346610, -74.888925

Camp Contact: (570) 296-8596

Note: Contact camp **only if it is an emergency and you have exhausted all other ways to contact Mosaic leadership.**

## Person in Charge per day

Each day, there will be a designated primary contact for any issues. This person will be at camp most of the day and can be reached by cell phone, camp radio, WhatsApp, or Mosaic radio. A Mosaic radio will be placed in the Dining Hall and the Mosaic Office to facilitate communication with the person in charge. Please direct any concerns to the person in charge.

Thursday:	Mindy Tumarkin 216-849-5681	(USA phone number)
Friday:	Ray Ockrant 647-272-2481	(Canadian phone number)
Saturday:	Brian Horowitz 908/625-4916	(USA phone number)
Sunday:	Brian Horowitz 908/625-4916	(USA phone number)
Monday:	TBD	

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## Welcome to the Jewish Outdoor Escape 2025: Tri-State Retreat!

## The Scoop

**Activities:** This booklet provides the schedule and brief descriptions of activities for the weekend.

**Transportation:** We will travel to several locations using 15-passenger vans and cars. The detailed transportation plan depends on everyone sticking to a strict schedule. Please arrive at the meeting spot 15 minutes before the van or car departs, as we will not wait for latecomers due to the tight schedule. It is everyone's responsibility to stay on time. Even a slight delay in the morning can impact activities later in the day or evening; your cooperation is appreciated.

**Problems:** We want to hear from you! If you have any concerns or issues, please speak with any of the committee members or Mosaic Board Members. We will do our best to address matters quickly.

**Volunteers:** A dedicated team of volunteers from across the United States and Canada organizes this event each year. Out of 87 registered participants, 45 volunteers have taken on 103 leadership and driver roles, in addition to serving on several committees listed below. Many others have also contributed in numerous ways.

<u>Conservation Committee Chairperson</u>	Jill Franklin
<u>Evening Activity Chairperson</u>	Ray Ockrant
<u>Housing Committee Chairperson</u>	Marsha Zellner
<u>Pre-Trip Co-Chairpeople</u>	Brian Horowitz / Ray Ockrant
<u>Publicity Chairperson</u>	Brian Horowitz
<u>Quartermaster(s)</u>	Paul-Jason Silver
<u>Registrar</u>	Mindy Tumarkin
<u>Religious Committee Chairperson</u>	Ellen Flax
<u>Rideshare Coordinator</u>	Mindy Tumarkin
<u>Scholarship Committee Chairperson</u>	Mindy Tumarkin
<u>Volunteer Coordinators</u>	Brian Horowitz / Ray Ockrant
<u>Registration Software</u>	Brian Horowitz
<u>Advanced Team Chairperson</u>	Mindy Tumarkin
<u>Transportation Coordinator</u>	Brian Horowitz
<u>Out-of-Camp Activity Coordinator</u>	Brian Horowitz
<u>Welcome Committee Chairperson</u>	Barbara Cowan

## Safety Guidelines:

For a safe and enjoyable weekend, please review and adhere to the following guidelines:

- Accurately assess your abilities when selecting activities. Prioritize safety for yourself and others by avoiding unnecessary risk. If you are unable to participate in an activity safely, notify event staff so alternative arrangements can be made.
- All vans and cars will depart as scheduled; no exceptions will be made for late arrivals. Please arrive at the designated meeting area at least 15 minutes early for check-in and event briefings.
- “Meet Your Leader” sessions are mandatory. During these sessions, leaders will outline expectations, discuss safety protocols, and review logistics.
- Each morning, ensure you bring all necessary items for the day before leaving your cabin, keeping busy schedules in mind.
- In case of emergency, dial 9-1-1 unless otherwise instructed by your leader (e.g., contact a Park Ranger first if directed). Once the situation is stable, contact 1-888-MOSAICS or 1-888-667-2427.

### Key Rules and Recommendations:

- On activities, never go ahead of the leader or fall behind the rear sweep.
- Hydration is crucial. Consume a minimum of two quarts of water during all activities and remain hydrated throughout the day. Regularly sip water rather than drinking large amounts infrequently. Individuals not maintaining adequate hydration may be removed from activities.
- Bring lunch and energy snacks for sustenance on the trail. Prepare your lunch during breakfast and proceed directly to the designated meeting point to load your vehicles.
- Proper attire is essential. Wear comfortable hiking boots, preferably with a double-layer sock system (wool and polypropylene) to prevent blisters and provide support. Sturdy footwear with ankle support is required for strenuous hikes. Personal safety gear, such as PFDs or helmets, is needed by Mosaic rules.
- For restroom breaks, inform your leader—never separate from the group alone. Scheduled breaks will be announced, but please communicate as needed. Carry toilet paper and a small shovel for proper sanitation.

### Transportation Notes:

- Mosaic vans will be stationed near the Dining Hall.
- Drivers of personal vehicles are requested to arrange passenger pick-up at the camp entrance and should ensure participants are informed of vehicle locations.
- Mosaic Vans should remain unlocked while on camp premises; keys, radios, and first aid kits are always left inside the vehicles. **DO NOT LOCK THE VANS!!!**
- All drivers and passengers are required always to wear seat belts.

## Mosaic Participant Guidelines

All participants are expected to contribute to the smooth functioning of events by following these guidelines:

- Punctuality is essential.
- Activities require preparation; attend 'Meet the Leader' sessions to confirm suitability. Leaders may recommend alternative activities based on skills and preparedness—these suggestions are not personal and are intended for everyone's benefit.
- Activities are offered at various skill levels. Direct questions to the Activity Leader, ideally the night before your event. The Activity Leader's decisions are final. Disclose any relevant medical conditions to the leader in advance. Especially if you are carrying an EpiPen or Insulin.
- Arrive prepared and on time for all events. For off-site activities, bring all necessary gear and supplies with you to breakfast to allow adequate time for preparations. It is unlikely that you will have time to get back to your bunk.
- Return in the same vehicle you arrived in unless instructed otherwise. Notify the Activity Leader personally regarding any transportation changes.
- Come prepared for inclement weather; rain gear is advised. Gore-Tex is preferred, though a poncho is acceptable.
- Practice low-impact wilderness ethics: remain on trails, dispose of waste properly, and minimize environmental impact.
- Comply with any specific safety requirements from Activity Leaders or outfitters, including the use of mandatory safety equipment for water and biking activities.
- Follow all instructions from Activity Leaders; cooperation is required for everyone's safety and enjoyment.
- Promptly report any concerns or issues to the Activity Leader.
- Check for ticks after participating in outdoor activities, especially those involving wooded areas.
- As guests of Camp Nah-Jee-Wah, you must follow all camp policies, rules, and staff directions; compliance was confirmed during registration. Anyone who does not follow staff requests may be expelled from the event.
- Please remember that Activity Leaders and event organizers are volunteers dedicated to ensuring a positive experience. Contribute to a respectful and enjoyable atmosphere for all.
- While in camp, observe posted open hours for facilities, including the pool and lakefront—these areas are only available during staffed lifeguard hours. Anyone who does not follow staff requests may be expelled from the event.
- Mandatory "Meet Your Leader" sessions will be held each evening. Attendance is required to receive important updates, ask questions, and confirm plans for the following day. If you withdraw from an activity, you must inform the leader at this meeting. No additional participants will be accepted into activities without an approved change slip issued by Brian or Mindy. Meeting locations will be communicated at dinner.
- For each hike, appropriate footwear, a hat, and 2–3 liters of water are required unless specified otherwise. Hike leaders reserve the right to deny participation to anyone lacking the necessary equipment.
- Please bring a flashlight to dinner; it will be necessary by evening's end.

Thursday – Evening				
Activity	Start	End	Location	Description
<b>Welcoming Snacks</b>	3:00 PM	5:30 PM	Side of Dining Hall Fireplace	
<b>Arrivals &amp; Registration</b>	3:00 PM	6:00 PM	Mosaic Office	Check-in. Pick up your participant folder with the cabin assignment, t-shirt, goodies, and everything else you need for the weekend. Check in to your cabins, relax, and enjoy seeing friends, both old and new.
<b>Mosaic Shuttle Arrival</b>	4:15 PM	4:30 PM	Mosaic Office	
<b>Dinner, Welcoming Remarks and Announcements</b>	5:45 PM	7:15 PM	Dining Hall	Reconnect with old friends and meet new ones over an enjoyable, relaxing meal.
<b>Prayer Service</b>	7:00 PM	7:15 PM	Side of Dining Hall Fireplace	Please join us in creating a Minyan for those saying Kaddish this weekend.
<b>Meet Your Leader</b>	7:15 PM	7:45 PM	Around Dining Hall	Meet your volunteer leaders for your FRIDAY daytime activities — locations posted in the dining hall.
<b>Mixers Session 1</b>	8:00 PM	9:30 PM	Tucker Lakeside Rec.	Meet your fellow campers through some fun games.
<b>Registration</b>	8:00 PM	10:00 PM	Mosaic Office	Registration for late arrivals and activity changes
<b>Mixers Session 2</b>	9:30 PM	11:00 PM	Tucker Lakeside Rec.	Meet your fellow campers through some fun games.
<b>Board Games</b>	9:30 PM	??? am	Side of Dining Hall Fireplace	Bring your own or use what is provided.
<b>Campfire</b>	10:00 PM	??? am	Waterfront Campfire Circle	Join us to meet friends from across the country, the world, and the cosmos, enjoying fun singing and socializing around the evening campfire. Bring a musical instrument, songbook, or anything else you'd like.
<b>Late Night Snacks</b>	10:30 PM	11:30 PM	Side of Dining Hall Fireplace	

Friday – Daytime (Out of Camp)						
Activity	Start	End	Vehicle	Driver	Co-Leader	Co-Leader
<b>Breakfast</b>	7:15 AM	8:15 AM	Pack your lunch during breakfast. There will be no lunch served at camp.			
<b>Bushkill Falls Easy/Moderate Hike</b>	8:30 AM	2:00 PM	Cars	Amy Barron, Steven Umansky, Sharon Rozines	Steven Umansky	
	The “Niagara of Pennsylvania,” Bushkill Falls, is one of the Keystone State’s most well-known scenic attractions. This distinctive series of eight waterfalls, tucked away deep in the wooded Pocono Mountains, is accessible via a well-developed network of hiking trails, walkways, steps, and bridges, which provide stunning views of the falls and the surrounding forest.					
<b>Paddling on the Delaware River</b>	8:30 AM	4:30 PM	Cars	Lanny Wexler, Peter Herman	Michele Renick	Dan Borochoff
	This 9.5-mile stretch of the Delaware River from Barryville to Pond Eddy is not suited for beginners, as you navigate moving water. It includes ten rapids, such as Cedar Rift (Class II), Owens Rift (Class I), Shohola Rift (Class II), Mitchie Rift (Class I), along with smaller Class I rapids. You can rent canoes, kayaks, double kayaks, and solo canoes from Indian Head Canoes. Keep an eye out for eagles, ospreys, deer, and Camp Tel-Yehudah.					
<b>Hike to Stairway to Heaven on the Appalachian Trail</b>	8:30 AM	4:30 PM	Van B	Andrew Roman	Edward Schaefer	Steve Berger
	Hike along boardwalks, a suspension bridge, a hardwood forest, wildflower fields, train tracks, a cow pasture, and a boulder field before climbing the steep 1100-foot+ “Stairway to Heaven” to one of the best viewpoints in NJ: Pinwheel Vista. Return the way you came.					
<b>Wolf, Wine, and Art Tour</b>	8:45 AM	4:30 PM	Van C	Brian Horowitz	Laura Aronson	Mindy Tumarkin
	Experience the majesty of wolf packs in their natural habitat at Lakota Wolf Preserve with an exclusive guided tour. Then, visit Brook Hollow Winery for a winemaking tour. Next, explore downtown Stroudsburg, where you can enjoy three more wineries and cideries. Walk through vibrant murals and browse art shops showcasing local talent.					
<b>Shohola Falls Marsh Reservoir Moderate Birding Hike</b>	9:00 AM	3:00 PM	Van A	Douglas Gruber	Gayle Nadler	Lisa Levin
	This engaging 8-mile hike features gentle elevations, with less than five hundred feet of total gain, making it accessible and enjoyable for everyone. View magnificent Shohola Falls from three different angles. We explore varied landscapes around Shohola Marsh Reservoir, recognized by Audubon Pennsylvania as an important birding area, home to a wide variety of bird species with breathtaking views of the lake and its diverse habitats.					
<b>Five Bridges Bike Tour along the McDade Trail – Southern</b>	9:45 AM	4:30 PM	Cars	Norm Abrams	Norm Abrams	Jane Nevis
	Enjoy a 10- to 14-mile round-trip ride (2-3 hours) on a beautiful, mostly flat section of the McDade Trail. Bike five miles across five bridges to the historic Owen’s Natural Spring House before heading back, or go a little further for a great view of the Delaware River.					
<b>Cornelia &amp; Florence Bridge Nature Preserve Easy Hike</b>	10:00 AM	2:00 PM	Walk	Walk from the camp	Susan Dess Eli Meltzer	Suki Rae Helene Aronson
	Enjoy a peaceful, leisurely walk through the forest near the camp. A large part of the three miles of trails is handicap accessible, featuring gentle hills, less than 200 ft of elevation change, and mostly wide, flat paths. Be careful! Rocks and roots can be tripping hazards.					
<b>Grey Towers and Milford Town Tour</b>	9:30 AM	4:30 PM	Cars	Michael Berman, Scott Berman, Janet Farhie	Scott Berman	Janet Farhie
	Grey Towers, the ancestral home of Gifford Pinchot, first US Forest Service chief and twice Governor of Pennsylvania, is considered the birthplace of conservation in America. After Grey Towers, we go to Milford, PA, where you can explore the local history...or shops.					



Friday – Daytime (In-Camp)				
Activity	Start	End	Location	Description
<b>Early Morning Stretch Yoga</b>	6:00 AM	7:00 AM	Gaga Course (Green) near Asher and Lake	Matts provided by the camp. No designated volunteer leader.
<b>Breakfast</b>	7:15 AM	8:15 AM	Pack your lunch during breakfast if you're leaving camp. Lunch will only be served at camp for those who are staying.	
<b>Lake Front Open</b>	8:30 AM	12 noon	The lakefront, affectionately called Skyland Beach, is the centerpiece of Camp Nah-Jee-Wah. The 15-acre private lake offers inflatable water toys, kayaks, canoes, paddle boards, and sailboats. Note: PFDs are always required on the water. Anyone ignoring lifeguard requests will be expelled from the event.	
<b>Paddle Camp Lake</b>	8:30 AM	10:10 AM	Note: PFDs are always required on the water. Anyone ignoring lifeguard requests will be expelled from the event.	
<b>Morning Walk around Camp</b>	8:30 AM	10:10 AM	Meet in front of the Dining Hall	Leader TBD: Feel free to show up and take the lead if you'd like.
<b>Zip Line</b>	8:30 AM	10:10 AM	Near Ropes Course	Three zip lines soar above our beautiful lagoon. When you reach the end, get ready for the water fountain that might spray you!
<b>Archery</b>	10:30 AM	12 noon	Archery Range	Instructors lead participants through interactive and skill-enhancing activities emphasizing safety and enjoyment.
<b>Basketball</b>	10:30 AM	12 noon	Basketball Courts	
<b>Low Ropes Course</b>	10:30 AM	12 noon	Low Ropes Course	This team-building course challenges you and your group to collaborate, solve problems, and overcome obstacles—both physical and mental.
<b>Paddle Camp Lake</b>	10:30 AM	12 noon	Note: PFDs are always required on the water. Anyone ignoring lifeguard requests will be expelled from the event.	
<b>Lunch</b>	12:00 PM	1:00 PM	Dining Hall	This applies only to those scheduled to stay in camp all day. Everyone else must pack lunch in the morning and eat it OUTSIDE, not in the dining hall (to avoid dairy vs. meat issues).
<b>Swimming Pool Open</b>	1:00 PM	5:45 PM	Anyone ignoring lifeguard requests will be expelled from the event.	
<b>Tennis</b>	1:00 PM	2:40 PM	Tennis Courts	
<b>Archery</b>	1:00 PM	2:40 PM	Archery Range	
<b>Gaga</b>	1:00 PM	2:40 PM	Gaga Course near Pool	Dodge, strike, run, and jump while trying to hit opponents with a soft foam ball below their knees in an octagonal pit. Keep moving to avoid getting hit. Fun, easy, and great workout. More players = more fun!
<b>High Ropes</b>	3:00 PM	4:30 PM	Ropes Course	State-of-the-art ropes course features climbing walls, a broken bridge, a catwalk, vertical obstacles, and tightropes. The camp also offers a self-belay “Koala Course.” Build confidence and challenge personal limits.
<b>Tennis</b>	3:00 PM	4:30 PM	Tennis Courts	
<b>Volleyball</b>	3:00 PM	4:30 PM	Near Pool	

Friday – Evening				
Activity	Start Time	End time	Location	Description
<b>Happy Hour</b>	4:30 PM	5:30 PM	Pool	Reconnect and share stories about your day's experiences with fellow participants while relaxing by the pool.
<b>Kabbalat Shabbat Services</b>	5:45 PM	7:00 PM	Amphitheater	
<b>Candle Lighting, Kiddush, and Hamotzi</b>	7:15 PM	7:30 PM	Dining Hall	Norm Abrams & Religious Committee
<b>Shabbat Dinner, Barkat Hamazon &amp; Announcements</b>	7:30 PM	8:30 PM	Dining Hall	
<b>Meet Your Leader</b>	8:45 PM	9:15 PM		Meet your volunteer leaders for Saturday's daytime activities—locations are posted in the dining hall.
<b>Registration</b>	9:15 PM	10:00 PM	Mosaic Office	For late arrivals and activity changes.
<b>Workshop 1 Jewish Vegan Life</b>	9:30 PM	10:30 PM	Tucker Lakeside Rec.	Talk given by Jill Franklin.
<b>Workshop 2 Learn how to take better photos – by Jeffrey Kay</b>	9:30 PM	10:30 PM	Poolside Rec. Building	This presentation is part of the learning session and also serves as a travelogue, reminding you of places Mosaic has visited before and what some of us looked like a few years ago.
<b>Board Games</b>	10:00 PM	??? am	Side of Dining Hall Fireplace	Bring your own or use what is provided.
<b>Campfire</b>	10:00 PM	??? am	Waterfront Campfire Circle	Meet friends from across the country, the world, and beyond, and enjoy singing and socializing around the evening campfire. Bring a musical instrument, songbook, or other items.
<b>Late Night Snacks</b>	10:30 PM	11:30 PM	Side of Dining Hall Fireplace	
<b>Star Gazing</b>	11:00 PM	12:00 midnight	Field next to the ropes course	Moon sets at 10:06 PM. It is a good night for looking up. Catch the tail end of the Delta Aquarids Meteor Shower.

Saturday – Daytime (Out of Camp)						
Activity	Start Time	End Time	Vehicle	Driver	Co-Leader	Co-Leader
<b>Early Morning Stretch Yoga</b>	6:00 AM	7:00 AM	Gaga Course (Green) near Asher and Lake. The camp provides mats. There is no designated leader.			
<b>Breakfast</b>	7:15 AM	8:15 AM	Pack your lunch during breakfast if you plan to leave camp. Lunch is only served to those staying at camp for the day.			
<b>Tumbling Waters &amp; Scenic Gorge Trails Hikes at the Pocono Environmental Education Center (PEEC)</b>	8:30 AM	2:30 PM	Cars	Brian Mathas, Michele Renick, Sharon Rozines	Sharon Rozines	Michele Renick
	Explore the beautiful Tumbling Waters Trail, a moderately challenging 3.8-mile hike. Have lunch at the waterfall before heading back to the trail. After a restroom break at the main lodge, spend an extra hour hiking the easy-to-moderate 1.5-mile Scenic Gorge, starting from the Ridgeline Trail. Visit “PEEC” to see the engaging displays in the main lodge.					
<b>Fluviarchy Tour Easy Hike</b>	8:30 AM	3:00 PM	Van C	Jenny Corman	Glenn Kipnees	Barbara Cohen
	Three easy hikes, six stunning waterfalls: George W. Childs Park, Lower Hornbeck’s Creek Trail, and Raymondskill Falls. Atop an escarpment with breathtaking views of the Delaware River, the “fluviarchy” is a spectacular network of waterfalls fed by streams cascading down a 100-foot (30 m) elevation.					
<b>Highpoint State Park Moderate/Strenuous 9- or 6-mile Loop Hike</b>	9:00 AM	4:30 PM	Van B	Jill Franklin	Edward Schaefer	Jill Franklin
	This hike takes you along the beautiful Appalachian and Iris Trails at High Point State Park, near Montague Township, NJ. The trails intersect, forming a figure-eight. You can choose the 9-mile route (with a 980 ft elevation gain) or the 6-mile option (with a 700 ft elevation gain) that loops back when the trails meet for the first time. The group will decide which option to take during Meet Your Leader the night before.					
<b>Lake Wallenpaupack Scenic Pontoon Boat Tour</b>	9:15 AM	1:00 PM	Van A	Mindy Tumarkin	Mindy Tumarkin	
	After visiting the stunning Shohola Falls, enjoy a captivating 50-minute guided tour of Lake Wallenpaupack. View the Lake Wallenpaupack Hydroelectric Dam, Ospreys, Blue Herons, and Bald Eagles. Discover fish species native to the lake, explore the Shuman Point Natural Area, and visit Epply Island. Knowledgeable captains or guides lead the tour and include life jackets.					
<b>Tubing on the Delaware River</b>	9:30 AM	4:30 PM	Cars	Douglas Gruber	Douglas Gruber	
	Tubing on the clear Delaware River is the perfect spot on hot summer days. Recline, relax, and enjoy a leisurely 3- to 4-hour whitewater adventure, like floating a lazy river, depending on river conditions. You can change clothes at the vendor’s campground bathroom facilities.					
<b>McDade Trail Bike Ride - Northern</b>	9:45 AM	4:30 PM	Cars	David Goodman, Bonnie Proch	David Goodman	Bonnie Proch
	Experience the thrill of biking along the scenic McDade Trail, starting at the Schneider Farm trailhead. This adventurous out-and-back ride can extend up to 10 miles each way, taking you to the peaceful Valley View Group Campground.					
<b>Cornelia &amp; Florence Bridge Nature Preserve Easy Hike</b>	1:00 PM	4:30 PM	Walk	N/A	Raymond Ockrant	
	Enjoy a peaceful, easy walk through the forest near camp. Most of the three miles of trails are wheelchair accessible with gentle hills (elevation gain under 200 ft) and wide, mostly flat paths.					

Saturday – Daytime (In-Camp)				
Activity	Start	End	Location	Description
<b>Early Morning Stretch Yoga</b>	6:00 AM	7:00 AM	Gaga Course (Green) near Asher and Lake	The camp provides mats. There is no designated leader.
<b>Breakfast</b>	7:15 AM	8:15 AM	Pack your lunch during breakfast if you plan to leave camp. Lunch will only be served at camp for those staying.	
<b>Archery</b>	8:30 AM	10:00 AM	Archery Range	Instructors lead participants through engaging, skill-building activities that emphasize safety and fun.
<b>High Ropes/Zip Line</b>	8:30 AM	10:00 AM	Ropes Course	The state-of-the-art ropes course features a climbing wall, broken bridge, catwalk, vertical obstacles, tightropes, and a self-belay “Koala Course.” Three zip lines curve over our scenic lagoon. Be ready when you reach the end—the water fountain might spray you!
<b>Photography Morning Walk with Jeffery Kay</b>	8:30 AM	10:00 AM	Side of Dining Hall near men's bathroom	
<b>Shabbat Services</b>	10:00 AM	12 noon	Amphitheater (Tucker Lakeside Rec. if inclement weather)	Led by the Religious Committee.
<b>Basketball or Baseball</b>	10:30 AM	12 noon	Basketball Court	
<b>Paddle Camp Lake</b>	10:30 AM	12 noon	Note: PFDs are always required on the water. Anyone ignoring lifeguard requests will be expelled from the event.	
<b>Lunch</b>	12:00 PM	1:00 PM	Dining Hall	
<b>Gaga</b>	1:00 PM	2:40 PM	Gaga Course near Pool	Dodge, strike, run, and jump while trying to hit opponents with a soft foam ball just below their knees inside an octagonal pit. Keep moving to avoid getting hit. It's fun, simple, and a great workout. More players mean more excitement!
<b>Hang at the Lake</b>	1:00 PM	2:40 PM	The lakefront, “Skyland Beach,” is the highlight of Camp Nah-Jee-Wah. The 15-acre private lake offers inflatable water toys, kayaks, canoes, paddle boards, and sailboats. Note: PFDs are always required on the water. Anyone ignoring lifeguard requests will be expelled from the event.	
<b>Torah Study</b>	1:30 PM	2:40 PM	Join Mosaic friends for an engaging, conversational, and thought-provoking Jewish text study. Everyone is welcome, and no special knowledge is required.	
<b>Swimming Pool Open</b>	3:00 PM	5:30 PM	Note: Anyone ignoring lifeguard requests will be expelled from the event.	
<b>Low Ropes Course</b>	3:00 AM	4:30 PM	Low Ropes Course	This team-building course encourages your group to collaborate, solve problems, and overcome both physical and mental challenges.
<b>Volleyball</b>	3:00 PM	4:30 PM	Near Pool	

Saturday – Evening				
Activity	Start	End	Location	Description
<b>Happy Hour</b>	4:30 PM	5:30 PM	Pool	Reconnect and share stories about your day with fellow participants while relaxing by the pool.
<b>Dinner &amp; Announcements</b>	5:30 PM	6:30 PM	Dining Hall	
<b>Prayer Service</b>	6:15 PM	6:30 PM	Dining Hall Fireplace	Please join us in forming a Minyan for those reciting Kaddish this weekend.
<b>Meet Your Leader</b>	6:30 PM	6:50 PM	Around Dining Hall	Meet your volunteer leaders for SUNDAY daytime activities—locations are posted in the dining hall.
<b>Swimming Pool Open</b>	8:00 PM	10:00 PM	Note: Anyone ignoring lifeguard requests will be expelled from the event.	
<b>Square Dancing by Howard Richman</b>	7:30 PM	8:30 PM	Poolside Rec. Building	Square dancing is an American folk dance where four couples form a square and dance to specific steps called out by a caller. Howard has been calling since 1989, using a wide range of music, from traditional tunes to songs by Paul Simon and Madonna. He calls and teaches at over thirty square dance clubs and groups in the Tri-State area and has called in many countries. In 1999, Howard choreographed and performed in “Susannah” at the Metropolitan Opera, and in 2000, at the Geneva Opera in Switzerland. Howard has also taught dance on various cruise lines.
<b>Havdalah &amp; Snacks</b>	8:30 PM	9:00 PM	Poolside Rec. Building	
<b>Registration</b>	8:30 PM	9:00 PM	Poolside Rec. Building	Registration for activity changes
<b>Square Dancing by Howard Richman</b>	9:00 PM	10:00 PM	Poolside Rec. Building	See the above description.
<b>Board Games</b>	9:00 PM	??? AM	Dining Hall	Bring your own or use the provided supplies.
<b>Campfire</b>	9:30 PM	??? AM	Waterfront Campfire Circle	Meet friends from across the country, around the world, and beyond, and enjoy singing and socializing around the evening campfire. Bring a musical instrument, a songbook, or anything else you like.
<b>Night Hike</b>	11:00 PM	12:00 AM	Side of Dining Hall near men's bathroom	Bring flashlights but plan not to use them. We will walk by moonlight. The first quarter moon sets at 10:50 pm (47% illuminated)—no designated leader.

Sunday – Daytime (Out of Camp)						
Activity	Start	End	Vehicle	Driver	Co-Leader	Co-Leader
<b>Early Morning Stretch Yoga</b>	6:00 AM	7:00 AM	Gaga Course (Green) near Asher and Lake. Matts provided by the camp. No designated leader.			
<b>Breakfast</b>	7:15 AM	8:15 AM	Pack your lunch during breakfast if you're leaving camp. Lunch is only served to those staying at camp for the day.			
<b>Treetop Adventure Course at Skytop</b>	8:00 AM	4:30 PM	Car	Brian Mathason	Phyllis Aronson	
	This four-hour Treetop Adventure Course offers over 3,000 feet of thrilling obstacles! Navigate elevated walkways connecting treetop platforms, conquer rope-suspended logs, climb ladders, tackle a cargo net, and zip through the trees on sixteen zip lines. You don't need peak fitness to join—being active is enough—but it might not suit the faint of heart. If any section feels too intimidating, feel free to move on to the next challenge.					
<b>Dunfield Creek to Sunfish Pond Loop Moderate/Strenuous Hike</b>	8:00 AM	4:30 PM	Car	Michele Renick, Lanny Wexler	Michele Renick	Bonnie Proch
	The 9-mile hike is doable but challenging. Be honest about your fitness level. This hike isn't suitable for beginners. Hike four miles along the Appalachian Trail to Sunfish Pond, which involves a steady uphill climb on a rocky trail. After 3.7 miles, with a thousand feet of elevation gain, you'll reach a monument marked with a sign for Sunfish Pond. Beautiful forests in New Jersey lead to a glacial lake. Have lunch at the pond, then return via Dunfield Creek Trail, following the creek southwest to the Delaware River. The first mile is rocky, but it gets easier after that. The trail winds around the shallow creek, with several crossings. About three miles in, you'll cross near Dunfield Falls, then enjoy a short walk back to the vehicles along the AT.					
<b>Cornelia &amp; Florence Bridge Nature Preserve Easy Hike</b>	8:30 AM	12:00 PM	Car	Peter Herman, Ronald Bell	Ellen Flax	Ronald Bell
	Enjoy a peaceful, easy walk through the forest near the camp. Most of the three miles of trails are wheelchair accessible with gentle hills (less than 200 ft elevation gain) and wide, mostly flat paths.					
<b>Tumbling Waters (3.8-mile moderate) and Scenic Gorge Trails (1.5-mile scenic) Hikes at Pocono Environmental Education Center (PEEC)</b>	8:30 AM	2:30 PM	Cars	Michael Berman, Larry Warmflash	Larry Warmflash	Amy Barron
	Explore the beautiful Tumbling Waters Trail, a moderately challenging 3.8-mile hike. Enjoy lunch at the waterfall before returning to the trail. After a restroom stop at the main lodge, add an extra hour by hiking the easy-to-moderate 1.5-mile Scenic Gorge, starting from the Ridgeline Trail. Check out the engaging displays in the main lodge with PEEC.					
<b>Ridgeline Trail Moderate 4-mile Hike at PEEC</b>	10:00 AM	4:30 PM	Cars	Janet Farhie	Janet Farhie	
	This moderate 4-mile trail features an elevation gain of over 570 feet and includes several ups and downs. It winds through oak-hickory forests, ravines, and wetlands, leading into a mature hemlock forest along Spackman's Creek. The Ridgeline Trail overlaps with the Scenic Gorge Trail for the first and last half miles. Climbs over ridges and descends steeply with a rope to reach the gorge, while exploring the remains of a cabin and an abandoned dam. The path meanders through wetlands and leads to a 15-foot waterfall on Alicia Creek before returning along the stream to its starting point.					

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Sunday – Daytime (Out of Camp)						
Activity	Start	End	Vehicle	Driver	Co-Leader	Co-Leader
<b>Cliff Park with Waterfalls and Mountain Views Moderate Hike</b>	8:30 AM	4:30 PM	Van B	Andrew Roman	Jeffrey Kay	Andrew Roman
	Hike a 7-mile trail in Cliff Park that features an elevation gain of 900 feet (including 400 feet in the first mile) and enjoy stunning views of Hackers Falls and the Delaware Water Gap. You can extend your hike by an extra mile that involves a 220-foot elevation change, leading to Raymondskill Falls, the tallest waterfall in Pennsylvania. The trail to Hackers Falls is easy but can be rocky in spots. In contrast, the route to Raymondskill Falls is steep and covered with roots, requiring careful footing. Cliff Trail provides breathtaking overlooks of the Delaware River Valley from the crest of Raymondskill Ridge, offering a high reward-to-effort ratio. On clear days, you may see parts of Pennsylvania, New Jersey, and New York.					
<b>White Water Rafting on the Delaware River</b>	8:30 AM	4:30 PM	Van A	Miriam Tetelbom, Norm Abrams	Norm Abrams	
	Paddle six miles through four Class I rapids from Knights Eddy to Matamoras, PA, taking 3-4 hours depending on water levels. Always wear a PFD while on the water. Bring water, food, sunscreen, and closed-toe water shoes. Class I to III rapids include Mongaup Rift, Butlers Rift, and Sawmill Rift. This is an unguided float on the river. Rafting on the Delaware River is perfect for beginners and groups; no experience needed. Calm pools are ideal for a picnic lunch, sunbathing, and a refreshing swim in the clear water. Indian Head Canoe rafts hold up to six people—paddle under cliffs and stunning rock formations where the Poconos meet the Catskills.					
<b>Day at Promised Land State Park</b>	8:30 AM	4:30 PM	Car	Douglas Gruber, Steven Umansky	Steven Umansky	
	Choose an activity for the morning and one for the afternoon: <ul style="list-style-type: none"><li>• Rent a boat to explore Promised Land Lake, including rowboats, canoes, kayaks, and paddleboats.</li><li>• Bike the 6.5-mile paved loop around Promised Land Lake, Lower Lake Road, and the park's six campgrounds. You need to bring your own bike.</li><li>• Swim and relax at the beach, which has a concession and a refreshment stand.</li><li>• Practice <a href="#">Shinrin-Yoku</a> (Forest Bathing). A slow walk in the forest offers many health benefits.</li><li>• Hike to Little Falls.</li><li>• Visit the Masker Museum to learn about the Civilian Conservation Corps (CCC). Afterwards, hike at Conservation Island, a 1.4-mile flat trail.</li></ul>					
<b>Funky Groovy Tour</b>	9:15 AM	4:30 PM	Van C	Edward Schaefer	Scott Berman	Michael Marks
	Four-part tour: <ul style="list-style-type: none"><li>• Museum at Bethel Woods: Explores the 1969 Woodstock Music and Art Fair, its importance as a peak event of a decade of radical cultural change, and the lasting impacts of the Sixties and Woodstock today. It also helps preserve the historic Woodstock festival site.</li><li>• Bindy Bazaar Trail: Shows lesser-known aspects of the historic 1969 festival. This exhibit explores the Bindy Bazaar marketplace and the festival's pioneering on-site camping.</li><li>• Harvest Festival at Bethel Woods: Celebrates the abundance and talent of Sullivan County and nearby areas. It is free and features over one hundred vendors, including a farmers' market, crafts and artisan goods, specialty foods, beer, wine, spirits, food trucks, live music, a creative learning tent, corn and hay mazes, and horse-drawn carriage rides.</li><li>• Shohola Falls: On the way back, we stop briefly to see the beautiful Shohola Falls. The water flows dramatically, leaving viewers in awe.</li></ul>					

Sunday – Daytime (In-Camp)				
Activity	Start	End	Location	Description
<b>Early Morning Stretch Yoga</b>	6:00 AM	7:00 AM	Gaga Course (Green) near Asher and Lake	The camp provides mats. There is no designated leader.
<b>Breakfast</b>	7:15 AM	8:15 AM	Pack your lunch during breakfast if you're leaving the camp. Lunch will only be served at the camp for those staying.	
<b>Zip Line</b>	8:30 AM	10:10 AM	Ropes Course	Three zip lines glide over our beautiful lagoon. When you reach the end, be prepared—the water fountain might spray you!
<b>Morning Walk</b>	8:30 AM	10:10 AM	Side of Dining Hall near men's bathroom	
<b>Paddle Camp Lake</b>	8:30 AM	10:10 AM	Note: PFDs are always required on the water. Anyone ignoring lifeguard requests will be expelled from the event.	
<b>Hang at the Lake</b>	8:30 PM	12 noon	The lakefront, "Skyland Beach," is the heart of Camp Nah-Jee-Wah. The 15-acre private lake offers inflatable water play items, kayaks, canoes, paddle boards, and sailboats. Note: PFDs are always required on the water. Anyone ignoring lifeguard requests will be expelled from the event.	
<b>Archery</b>	10:30 AM	12 noon	Archery Range	Instructors lead participants through engaging and skill-building activities with an emphasis on safety and fun.
<b>Basketball</b>	10:30 AM	12 noon	Basketball Court	
<b>Low Ropes Course</b>	10:30 AM	12 noon	Low Ropes Course	This team-building course challenges your group to work together, solve problems, and conquer physical and mental obstacles.
<b>Paddle Camp Lake</b>	10:30 AM	12 noon	Note: PFDs are always required on the water. Anyone ignoring lifeguard requests will be expelled from the event.	
<b>Lunch</b>	12:00 PM	1:00 PM	Dining Hall	This is only for those staying in camp for the whole day. Everyone else packs lunch in the morning and eats it outside, not in the dining hall.
<b>Zip Line</b>	1:00 AM	2:40 PM	Ropes Course	Three zip lines fly over our scenic lagoon. As you reach the end, be ready—the water fountain might give you a spray!
<b>Archery</b>	1:00 AM	2:40 PM	Archery Range	Instructors lead participants through engaging, skill-building activities with an emphasis on safety.
<b>Gaga</b>	1:00 PM	2:40 PM	Gaga Course near Pool	Dodge, strike, run, and jump while trying to hit opponents with a soft foam ball below their knees in an octagonal pit. Keep moving to avoid getting hit—fun, easy, serious workout.
<b>Swimming Pool Open</b>	1:00 AM	5:45 PM	Anyone who ignores lifeguard requests will be expelled from the event.	
<b>High Ropes</b>	3:00 PM	4:30 PM	Ropes Course	The state-of-the-art ropes course features climbing walls, a broken bridge, a catwalk, vertical obstacles, and tighropes. We also offer a self-belay "Koala Course." Build confidence and push your personal limits.
<b>Volleyball</b>	3:00 PM	4:30 PM	Near Pool	



Sunday – Evening				
Activity	Start	End	Location	Description
<b>Happy Hour</b>	4:30 PM	5:30 PM	Amphitheater (Tucker Lakeside Rec. if inclement weather)	Reconnect and share stories about your day with other participants while relaxing by the pool.
<b>Group Photos</b>	5:00 PM	5:30 PM	Amphitheater (Tucker Lakeside Rec. if inclement weather)	Bring your Mosaic shirts and hats to showcase.
<b>Dinner / Announcements</b>	5:45 PM	6:45 PM	Dining Hall	
<b>Prayer Service</b>	6:45 PM	7:00 PM	Side of Dining Hall Fireplace	Please join us in forming a Minyan for those saying Kaddish this weekend.
<b>Meet Your Driver Or Airport Captain</b>	7:00 PM	7:20 PM	Back of Dining Hall (Shuttle) Side of Dining Hall with Fireplace (Post Trip)	Anyone using a Mosaic Shuttle should arrange their trip home for the following day.
<b>Post Trip Prep</b>	7:00 PM	7:20 PM	Back of Dining Hall	Get information on the departure and paddle plan for Monday.
<b>Zero Waste Lecture</b>	7:30 PM	8:30 PM	Tucker Lakeside Rec.	Jill Franklin will give a lecture.
<b>Sing Along with Ellen Jersey Theme</b>	8:30 PM	9:30 PM	Tucker Lakeside Rec.	Karaoke but no microphone
<b>Board Games</b>	9:00 PM	??? AM	Dining Hall	Bring your own or use the provided supplies.
<b>Talent Show</b>	9:30 AM	11:00 AM	Tucker Lakeside Rec.	Larry Warmflash is the MC
<b>Night Hike</b>	9:30 PM	11:00 PM	Side of Dining Hall near men's bathroom	Bring flashlights, but don't plan on using them. We will walk by moonlight. The first quarter moon sets at 10:50 pm (47% illuminated).
<b>Campfire</b>	9:30 PM	??? AM	Waterfront Campfire Circle	Meet friends from across the country, the world, and beyond, and enjoy singing and socializing around the evening campfire. Bring a musical instrument, songbook, and more.
<b>Late Night Snacks</b>	10:00 PM	11:30 PM	Dining Hall	

Monday						
Activity	Start	End	Vehicle	Driver	Co-Leader	Co-Leader
<b>Breakfast</b>	7:30 AM	8:30 AM				
<b>Vans transporting luggage from cabins to the dining hall</b>	7:30 AM	8:45 AM	Volunteers will drive Mosaic vans to collect luggage from cabins and deliver it to the Mosaic Shuttle Bus departure point. Details will be covered at the Sunday Meet Your Driver or Bus Captain meeting.			
<b>Mosaic Shuttle to Airport Departure</b>	9:00 AM	3:00 PM	Vans B & C	Jenny Corman Bruce Corman	Philip Jacoby	
	<b>Put your luggage in the vans and be on board at least 20 minutes before departure time.</b>					
<b>Post-Trip Van Departure</b>	9:30 AM		Post-Trip Vehicles leave from the parking lot near the Mosaic Office. ONLY these vehicles are permitted to join the Mosaic vans.			
<b>Private Vehicle Departure</b>	9:30 AM	11:30 AM	DO NOT DRIVE YOUR CAR INTO THE CAMP BETWEEN 7:00 AND 9:30 AM for safety reasons. If you need to leave earlier, please bring your luggage to your car.			
<b>Clean-Up Crew</b>	11:30 AM	2:00 PM	Report to the Mosaic Office to start the process. You will be responsible for returning the camp to the camp staff in the same condition as when you found it. Check all cabins and gather any lost and found items.			
<b>Camp Closed</b>	2:00 PM		Everyone needs to be out of camp before the gates close.			

## Baggage Handling on Monday Morning

A few of our volunteers will drive the vans around camp to pick up baggage from the cabins for people using a Mosaic Shuttle. You need to have your baggage ready for pickup in front of your cabin BEFORE 7 am on Monday, 9/1. If your bags are not prepared, you will have to carry them from your cabin to the staging area in front of the dining hall (or inside the dining hall if the weather is bad) or to your car.

We are looking for volunteers to help with this process. Please let us know if you're interested. Van drivers can drive the van they are assigned to. Others can assist with loading and unloading luggage on the vans.

## Details on How to Tag Your Luggage:

We will provide luggage tags to identify your bags for pickup. The tags come in various sizes, colors, and shapes to show which vehicle each bag belongs to. Please use the tags included in your participant packet and do not share them.

Newark Airport: Please print your name and specify which terminal you'll be flying from on the tags. We will sort the bags into three separate piles for the different terminals, and everyone will help load them into the Mosaic Vans.

**MAKE SURE YOUR BAGS GO IN THE RIGHT VEHICLE AND BIN. DO NOT LOAD BAGS THAT ARE NOT YOURS WITHOUT VERIFYING WHO THEY BELONG TO.**

**BE KIND TO OUR VOLUNTEERS.** They want to go home just like you and are helping with your luggage as a favor.



