# Free Time Options

### Massage Appointments\* | 12:45 - 6:00

Sign up for a 30 minute appointment with one of our three massage therapists. Appointments are limited and will be available first come first serve. Massages are \$45 and are payable directly to our massage therapists with cash, check, or Venmo. Massages are located in Manzanita and Orchid.

### Craft Open House | 1:30 - 5:00 | Fireside

Does using your hands to create things bring life to your soul? If so, drop in at the unstaffed craft room throughout free time in the Fireside Room. A variety of materials are available to help you get creative or bring your own!

### Pickleball | 1:30 - 5:00 | Sports Courts

If you love pickleball, come hang out at the sports courts for some fun pick-up games. If you've never played, we will have a staff member facilitating for the first hour. The court will be open during the entire free time for your enjoyment.

### Sourdough Workshop\* | 1:30 - 3:00 | 3:30 - 5:00 | The Den

Learn the basics of sourdough baking with Angie Eberhardt. You'll engage in hands-on learning at the various stages of the sourdough process and will go home with a mini loaf and your own starter!

## Spiritual Formation Workshop | 1:30 - 3:00 | Lakeview Great

Join Joyce Wilkins, an experienced nutritionalist and cyclist, in a workshop exploring the connection between the formation of our spirits and stewardship of our bodies with God.

# Free Time Options

### Aerial Adventure\* | 1:30 - 2:45 | 3:15 - 4:30 | Sports Courts Shelter

Work with a small group to challenge yourself physically and mentally on the high ropes course and encourage one another! Expect to spend the entire hour for the full experience. Must be under 250 pounds, wear closed-toed shoes and remove all jewelry.

### Watercolor Workshop\* | 3:00-5:00 | Lakeview Small

Ready to paint your world with beautiful colors? Join local artist and outdoor enthusiast, Shirley Spencer, as she leads a watercolor workshop while inspiring and educating about the natural world. Supplies will be provided.

#### Calvin Crest Store | 4:00 - 5:30 | The Office

Find high-quality apparel, drinkware, and gear; or order online and pick-up in the store. We will also be open Sunday after the closing session. Cash, card, & Apple Pay accepted.

### What's Happening at CC? | 5:00 - 5:45 | Fireside

Do you want to know what programs or projects we're working on and where we are headed in the future? Join Tiffany Staman and Joshua Kerr in the Fireside Room to learn about the exciting growth and changes happening at camp!

\*Limited spots are available and require advanced sign-ups with additional instructions.