

Title	Time	Location	Facilitator(s)	Description
12 Step Meetup	Wednesday 7:30pm	La Casa	Dae T	Want to stay away from a drink or drug while at camp, or to meet other clean and sober people in the group? Interested in 12-Step recovery for yours or another's addiction (drugs, alcohol, food, gambling, codependence, sex, etc.)? Come to the meet up and maybe you'll find someone special to share the camp experience with.
Archery	Friday 3:30pm	Archery Range	Camp Staff	Target shooting with bow and arrow.
BAD Singers Only	Thursday 5pm	Rec Hall	Shelly GB	If you've ever been told you can't sing, you sing off-key, or you should just stop singing altogether, then this activity is for you! Learn about the 5 different reasons people are told they are a 'bad' singer and how to correct them. We will make sounds together and I will play songs to sing along to, but singing is optional!
BDSM Buffet	Friday 3:30pm	Rec Hall	Sam P Mitchell Q Kristy F	How to negotiate a BDSM scene followed by demos where folks can try impact, wax, and fire play.
Beach Bonfire	Saturday 6:30pm	Waterfront	Camp Staff	A BBQ dinner will be served at the waterfront. We'll have a fire going at the beach firepit and several activities will be taking place. Including Body Painting, Swimming, Bonfire, Skinny Dipping, Kayak Racing and a Drum Circle.
Blinks	Friday 9p	Arts & Crafts	Tom S	Blinks is the world's first smart tabletop game system – built with AI-powered intelligent game pieces that respond to your touch, communicate with each other, and think for themselves. Every piece knows its own game and can learn new games. This will be a demonstration of some of the Blinks games and time to play them with the other people.
Board Games	Every Night ~9pm	Arts & Crafts	Various	Time and space set aside for board gaming.
Build a Motor	Thursday 10am	Arts & Crafts	Chris H	We will use permanent magnets, magnet wire, paperclips, tape, and batteries to create very simple electric motors.
Camp Fire	Every Night ~9pm	FirePit	Various	Join us around the campfire for conversation, singing, drumming and more.
Cocktails 101: How to Shake, Stir, and Taste Your Way to Better Drinks	Thursday 5pm	Cafe	Erica W Jordan U	Join us for an hour of learning the basics of home bartending: shaking, stirring, and reading cocktail recipes. We will make 2 prepared drinks and provide ingredients for your own creation. Well some will be provided, if you can, please bring a shaker set, jiggers, and hawthorne strainer (two people can share a set).

Collaborative Painting	Friday 5pm	Arts & Crafts	Kim H	A group art event where we paint on shared canvases and everyone walks away with their own group painted canvas. We gamify the process and add in music as our timing device. Think musical chairs but with canvases. We will supply everything.
Community Circles	Wed 3:30p Th-Sat 2pm	Outside	Circle Keepers	A daily, facilitated small-group gathering with discussion prompts. The goal is to create smaller groups that can get to know each other better, provide support, and enjoy sharing stories, ideas, feelings, and needs.
Creative Cafe	Every Night ~9pm	Arts & Crafts	Various	The arts pavilion will be transformed into a Creative Cafe this year to use as a hang out space and work on creative arts.
D&D: Polyland vs Monoga Monsters	Thursday 7:30pm	Cafe	Robb S	Dungeons & Dragons role-playing session in a custom campaign title "Polyland vs Monoga Monsters"
ENM Pathways (Discussion)	Friday 10am	La Casa	Ben G	A peer-discussion group in which people share their stories about their pathway to and through ethical non-monogamy.
FI / RE (Workshop)	Saturday 3:30pm	Cafe	Andy C Laura S	How would you spend your time if you didn't have to work for wages? Learn how to achieve Financial Independence and Retire Early (potentially <i>really</i> early.) Surprisingly simple strategies can have a powerful effect over time. Andy has already achieved FI/RE and Laura is in the middle of the process. We'll share the basic principles, how we've applied them in our own lives, and answer your questions. Finances are fun!
Flavors of ENM (Discussion)	Thursday 10am	La Casa	Sam P	A discussion of the different approaches to Ethical Non-Monogamy. Which one is right for you? What have your experiences been?
Guided Meditation	Thursday 3:30pm	La Casa	John T	A guided mediation session.
Hike	Friday 8:30am	Outside	Camp Staff	Hike up Mt Major which is about a 20 minute drive away. Birch Hill has taken ages ranging from 6 to 70 up this mountain that provides amazing views of Lake Winnepesaukee. Approximately one hour up and 45mins down. The last 10-20 minutes leading to the very top can be strenuous. Should bring snacks and water.
Improv	Saturday 11:30am	Rec Hall	Jessie B	Improvisation, or improv, is a form of live theatre in which the plot, characters and dialogue of a game, scene or story are made up in the moment. Often improvisers will take a suggestion from the audience, or draw on some other source of inspiration to get started.
Intro To Braille	Friday 11:30am	Cafe	Jill R	Introduction to Braille

Journey Dance	Thursday 3:30pm	Rec Hall	Amie K	JourneyDance™ is an invitation to weave expressive movement, guided imagery, ritual and affirmation to create a transformative, evocative experience. Our minds become clear, free and positive; our bodies become fluid, energized and powerful. Guided movement, improvisation and community celebration facilitate deep opening and healing. Dance and play from your heart! All genders, bodies, ages welcome! No dance experience necessary. If you say things like "I don't dance" you most definitely need JourneyDance.
Juggling	Friday 5pm	Outside	Andrew C	An intro to learning to juggle 3 tennis balls. Balls will be provided.
Kayak Race	Saturday 6:30pm	Waterfront	David S	A simple race around the float with any of the watercraft available, not just kayaks.
Kink & Trauma (Workshop)	Friday 10am	Arts & Crafts	Amie K	What happens at the intersection of kink and trauma? This workshop will be part education, part discussion. We will look at kink through the lense of trauma, interpersonal neurobiology and somatic therapy. We will explore harm, healing and strategies for dealing with unexpected responses.
Men's Group (Discussion)	Thursday 11:30am	Arts & Crafts	David S	People who identify as men and/or were assigned male gender at birth are invited to attend a discussion of how the patriarchy that we live in affects men and our relationships.
Mindful Movement	Saturday 10am	Rec Hall	Jeremy F	We'll explore the possibility of well-being and play through a variety of movement and awareness practices presented in a spirit of curiosity and care. Creative (re)interpretation and/or ignoring specific invitations according to your needs and context is encouraged. Come as you are.
Morning Circle	Th-Fri-Sat 9am	Cafe	Laura S	The kick off to each day were we share appreciations, announcements and short community building exercises
Name Necklaces	Wednesday 5pm	Arts & Crafts	Kim H	A creative replacement for name tags. Come create a necklace with letter beads spelling out your name, and add additional beads to tell others about yourself.
NVC & Hypnosis (Workshop)	Saturday 10am	La Casa	Max R	Learn how to improve your relationships through non-violent communication and hypnosis
Pickleball	Thursday 5pm	Pickleball Court	Camp Staff	Learn this cross between tennis and ping pong on the camp pickleball courts.
Play Space	Th-Fri-Sat 9pm	La Casa	Sam P Rachel E	A space for humans to enjoy giving and receiving sensual/sexual experiences *of all kinds* in a consensual, open, accepting, supportive, respectful environment. We ask that you have read the "Play Space Expectations and Agreements". Copies will be available in the space.

Pole Dancing	Saturday 3:30pm	La Casa	Ashley G	Intro to pole dancing & fitness! Pole is a sport for people of all shapes and sizes to enjoy. We will begin with safety training and learn some of the pole fundamentals such as walking around the pole, the pirouette, and the step around. The pole will be cleaned after each use. Heels are not required and not necessary. You can wear any attire you would like. If you want to learn more daring moves at the end of class, I encourage shorts and a tank top.
Poly/Queer (Discussion)	Friday 11:30am	La Casa	Lori D Mike J	Q&A session on being queer within the polyamory community.
Privacy / Boundaries (Discussion)	Saturday 5pm	La Casa	Khaled S	"The better people know you, the better the relationship, so why do we hide things?" This is an exploration of how privacy/boundaries affects how relationships grow and progress. I am not talking about going into people phones or things like having personal space. I am talking about actually knowing your partners. Who they are, their history, insecurities and traumas. These are some of the things that a lot of people like to keep private. But, how does that affect the relationship? Does it limit/restrict the relationship? Do we make a conscious decisions about keeping things from our partners knowing it might negatively affect our relationship? Can it actually have a positive effect on the relationship?
Race & ENM/Sex+ (Discussion)	Saturday 11:30am	La Casa	Mike J	Q&A session on race in ethical non-monogamy and sex positive environments.
Reach Out and Touch Someone	Sunday 9am	Outside	Torey C	A highlight of camp, this is an opportunity to express and receive gratitude for the people who have touched our lives at camp. A moving way to close the weekend.
Rock Climbing Wall	Saturday 11am-1pm 3-5pm	Rock Wall	Camp Staff	Camp staff will be available for rock climbiing. See if you can ring the bell at the top!
Siamsa: Communal Expression	Friday 3:30pm	Arts & Crafts	Francis G Angela W	Siamsa (pronounced sheemsa) is a loosely-organized and organically-emerging expressive gathering; a folk tradition of Irish origin, the name meaning "merriment" or "entertainment." Strictly speaking it contains five components - song, music, dance, story, and poetry - a little of each. How it's done: we mingle with libations and snacks, allowing the natural flow of gathering. There is only one agreement: when the bell is rung, everyone present respectfully attends to the ringer, who then offers their contribution into the space. Someone may follow or respond, always preceded with a ring, or we may return to mingling until another is moved to do so. Someone tells a joke, someone leads a group practice, someone sings a song. Think 5 to 7 minutes in length for your contribution. The theme of this Siamsa is: Polyamory. So bring something expressive that communicates what polyamory means to you.
Singalong!	Wednesday 7:30pm	Rec Hall	Tegan G Assaf G	A community singalong with a live pianist.

Skinny Dipping	Saturday 7:30pm	Waterfront	Mina G	In case you've never heard of this here is a formal definition "To swim in the nude, especially in violation of conventional standards of propriety. " One rule, stay in the swimming area as the camp shares the lake with others.
Sock Wrestling	Wednesday 9pm	Rec Hall	David S	Sock wrestling is a fun way to tussle with others. Each person wears one sock and the objective is to get the sock off of your opponent.
Speed Friending	Wednesday 5pm	Cafe	Carol Ann W	Think speed dating, but as a way to make new friends.
Talent Show	Friday 7:30pm	Rec Hall	Laura S, David S	Sing, dance, tell a story, share a poem, or anything else you'd like to share with everyone. This is a great way to get to know the sometimes hidden talents of your peers.
The Quote Game: Love & Relationships	Saturday 5pm	Cafe	Joe B	From a deck of cards, we draw two quotes, written by poets and authors, which describe different ways of experiencing relationships, love, and being in the world. Then we use our brains and our hearts to find a personal meaning between these random quotes. By challenging your perceptions and forming empathetic connections with attendee stories, this discussion game helps you to understand the deep things you've always felt, and to put those feelings into words.
Trans/Non-Binary (Discussion)	Thursday 11:30am	Rec Hall	Charlie F LB M	People who identify as transgender and/or gender non-binary are invited to attend a discussion of the joys and challenges of ENM and navigating relationships
Ukulele	Thursday 3:30pm	Arts & Crafts	Freed F	We will go over a few chords and easy songs. There will be a limited supply of Ukuleles for students to use, but you should bring one if you have your own.
Video Dance Party	Thursday 7:30pm	Outside	Christopher M	Your Gen-Xer VJ is itching to dish out tons of great dance music and videos that populated the grungy Clinton era. Whether your flavor leans toward flannel or PVC, spiky hair or a flippy Rachel, saggy pants or chinos, bring out your best wear from the '90s.
Welcome Orientation	Wednesday 1pm	Cafe	Various	Camp orientation, this is a required "Welcome to Camp" introduction. We'll cover basic camp info and set expectations.
Women's Group (Discussion)	Thursday 11:30am	La Casa	Laura S	People who identify as women and/or were assigned female gender at birth are invited to attend a discussion of the joys and challenges of ENM and navigating relationships.
Writing (Workshop)	Saturday 10am	Arts & Crafts	Lori D	Whether you are an experienced writer or a newbie, you will enjoy this open forum for writing and discussion about what we have written. It is not a critique group, but a supportive, safe space to share our adventures in the written word. This will be a generative writing workshop with a choice of prompts. There will be time to write and time to share our work (optional). All styles of writing are welcome! This years focus will be on writing about Nature.
Yoga	Thursday 10am	Rec Hall	Sarah H	A system of physical postures, breathing techniques, and sometimes meditation practiced to promote physical and emotional well-being.