

FRIDAY

Time	Program	Location	Leader	Description
12:00 - 5:00 PM	Registration Open	Great Hall	-	-
12:30 - 2:00 PM	Lunch	Tent	-	-
1:00 - 4:00 PM	Swimming & Boating	Pool / Lake	Lifeguard on duty	-
2:00 - 3:00 PM	Challah Baking	Tent	Doris Rubinsky	Doris regularly bakes challah, traditional egg bread, at home for Shabbat and Jewish Holidays. In this hands-on workshop, you'll learn to braid beautiful challah which will be served later, at dinner!
3:00 - 3:45 PM	Havdallah spice gathering	Great Hall	Adamah Fellows	Learn about the wild plants that grow in our area and harvest fragrant bouquets for Havdallah.
2:00 - 4:00 PM	Self Guided Tour	Great Hall		Pick up a copy of the new Isabella Freedman Trail Map and explore!
2:00 - 4:00 PM	Adamah hands on pickling	Tent	Adamah Staff	Drop in and make your own sour pickles using Adamah cucumbers, and learn about lacto-fermentation from the experts.
2:00 - 4:00 PM	0-4 year olds: Arts & Crafts	Great Hall	Hazon Staff	Use fun recycled materials to make beautiful cards to welcome shabbat. 0-4yr olds are welcome to drop in at any time with at least one parent/guardian.
2:00 - 4:00 PM	5-11 year olds: Signs & Wonders	Gazebo	Shivonne Quintero	Drop in to paint colorful signs that will cheer the riders along their journey this weekend. Meet the Teva Educators who will be with you this weekend.
2:00 - 4:00 PM	12-16 year olds: Going in All Directions	meet at the Tent	Teva Staff	On a bike (and in life) you need to know where you're going! When the Israelites camped in the wilderness, they aligned their tents to the four points of the compass. Come help create directional markers for our dining tent, and learn about all the ways that we keep ourselves oriented.
2:00 - 4:00 PM	Bicycle Maintenance and Rental Bike Pick Up	Tennis Courts		Drop-in when you have time and check on your bike to make sure it is in good working order before the Ride.
3:00 - 3:45 PM	Flat Changing Workshop	Tennis Courts	Jim Zisfein	Learn about to change your own flat tire—it will make you a more confident cyclist and able to help others on the road.
3:00 - 3:20 (women)	Mikveh	Dock (behind the Beige)	Julie Reitig, Rachel Stern	Experience this unique ritual of immersion in Lake Miriam to spiritually and individually prepare for Shabbat. Locations are private. Bathing suit optional! The Men's and Women's Mikveh groups are open to anyone who identifies as a man or a woman, respectively. The All-Gender Mikveh group is open to anyone.
3:00 - 4:00 PM	Intro to Shabbat at the NY Ride	Beige Yurt	Steve & Doris Rubinsky	Hazon is a special community with a range of Shabbat observances. This information session will review some of the unique features of a Hazon Shabbat, such as why we welcome Shabbat early, the use instruments at Havdalah and an explanation about the eruv. If you have any questions about Shabbat, you will find your answers here.
4:00 - 4:45 PM	Get Ready for Shabbat	-	-	Shower, change, or take a quick nap.
5:00 - 6:15 PM	Orientation & Community Candlelighting	Tent	Jeremy Lowentstein and	NY Ride Co-Chairs and Hazon staff will welcome you to the Ride, and we'll light Shabbat candles together as a community. Don't miss this session!
6:15 PM	Candle Lighting	Great Hall	-	On your way from Orientation to Shabbat services, light your own Shabbat candles in the Great Hall. Use the prayers on the wall, or those of your heart, to guide you. Actual candle lighting time is 7:12 pm.
6:15 PM	Early Dinner Seating for Families	Dining Hall	-	Families who cannot wait until 8pm should come to the dining hall for an abbreviated menu with kid-friendly food. We will lead the group in Shabbat blessings over the children, challah, and wine.
6:20 - 7:50 PM	Shabbat Schmooze (CHANGE ORDER -- THIS SHOULD BE ABOVE "KABALAT SHABBAT)	Lounge	-	Come have a drink (alcoholic and non) and meet old friends and new ones. Enjoy the beautiful views from the lounge as you relax and settle into the weekend.

6:20 - 7:00 PM	Kabbalat Shabbat	Patio	Natan Margalit and Mich	We will bring in Shabbat as one community, singing the psalms of Kabbalat Shabbat. From there we will split into different groups for the continuation of the service.
7:05 - 7:50 PM	Traditional Egalitarian Maariv	Synagogue	Nadav Slovin	Join us for exuberant singing in this this traditional, mostly Hebrew-language service. This service will have three sections of seating: for men, women, and all genders.
7:05 - 7:50 PM	Musical Maariv	Red Yurt	Molly Kane	Family-friendly, musical service with singing, learning songs, and brief explanations of the service. Musical instruments will be played.
7:05 - 7:50 PM	Shabbat Meditation	Beige Yurt	Jeff Hoffman	Perfect for experienced and those new to meditation, this prayer alternative will introduce you to the practice of meditation using easy exercises and Jewish guided imagery. As the sun sets, we will appreciate al the amazing things around us with reflection and mindfulness.
8:00 - 9:00 PM	Shabbat Dinner	Tent	-	Please sit according to the color on your name tag. We will start the Shabbat meal with a communal Kiddush blessing, followed by hand-washing and <i>ha-motzi</i> by table. The meal will end with a communal <i>birkat HaMazon</i> , grace after meals.
8:30-9:30	Night Stroll for Kids Ages 9 and up	meet at the Great Hall	Shivonne Quintero	Use all of your senses to explore Shabbat through awareness games, songs and the nature around us on this exploratory walk. Wear closed-toe shoes and long pants.
9:00 PM	Late Arrival Orientation	Great Hall	Hazon Staff	Missed orientation? We will meet for a brief orientation to the schedule, the site, and Hazon.
9:15 - 10:15 PM	Book Club: White Bread	Lounge & Dining Hall	Various	White Bread: A Social History of the Store-Bought Loaf by Aaron Bobrow Strain tells the amazing story of Wonder Bread, while examining the cultural and social implications of this mini food revolution. Whether you read the book or not, come for lively conversation!
9:15 - 10:15 PM	Why Food is a Jewish Issue	Red Yurt	Natan Margalit	From the biblical injunction against milk and meat to Michael Pollan's Omnivore's Dilemma, food has been a central concern of Jews throughout the ages. In this class we'll ask, what is the Jewish contribution to the current ethical, environmental, and spiritual discussion about food? We'll look at a texts (with English translation for the Hebrew), comparing the ancient and modern to get a taste of the juicy issues that Jews have debated for centuries and are still chewing on today. Non-foodies welcome!
9:15 - 10:15 PM	Farm Bill 101	Synagogue	Rachel Ackoff	Tomorrow we'll be hearing about the Farm Bill at our keynote – tonight, come learn the basics!
10:30-Midnight	Tisch/Oneg	Great Hall	Yossi Hoffman and Nada	Tisch, Yiddish for table, is a traditional Friday night activity featuring singing, story telling, snacks, and adult beverages.
10:30 PM	Friends of Bill W.	Beige Yurt	-	-
10:30-11:30	Night Walk for Adults	meet at the Great Hall	Teva Staff	Celebrate Shabbat on this night walk through the woods, guided by the light from the moon and stars, and your own awakened senses. Please wear closed-toe shoes and long pants.

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7:30 AM	Capra-Cino and Goat Milking	Milking Parlour	Adamah Fellows	Meet at the barnyard to watch the morning milking. Bring a mug of coffee to make the Adamah specialty: Capra-cino! Limit 10 people.
7:45 AM	Feeding the Goat Kids	meet at the entrance to	Adamah Fellows	
7:30 - 10:30 AM	Breakfast	Dining Tent	-	-

9:00 - 11:30 AM	Morning Bike Ride	meet at the Tent	Rafi Rubin	This short loop up Music Mountain combines a serious hill climb with an exhilarating downhill, and loops around past the Sadeh, the original Adamah farm field.
9:00 - 11:30 AM	Traditional Egalitarian Service	Synagogue	Rebecca Rendsburg, Jord	Morning prayers, Torah service, and mussaf conducted in Hebrew with tri-chitza seating (see Friday night).
9:30 - 10:30 AM	Torah Yoga	Red Yurt	Cari Gardner	A rejuvenating yoga class that draws inspiration from Jewish traditions of mindfulness and gratitude. All levels welcome.
9:30 - 10:30 AM	Tot Shabbat Service for Young People and their families	Beige Yurt	Val Lieber	This shabbat service for ages 0-4 yrs includes singing, storytelling and learning about this week's parsha.
10:30 - 11:30 AM	Morning Prayer Hike	meet at the Tent	Nili Simhai	A spiritual and physical journey as an expression of Shabbat morning prayer. Wear comfortable, sturdy shoes.
10:30-11:30 AM	Avodat Lev: Service of the Heart	Red Yurt	Adamah Fellows	Singing, chanting and contemplative Shabbat morning service, with short Hebrew songs. Musical instruments will be used.
11:30 AM -Noon	Kiddush	Rec Hall	-	Kiddush, kavanah, and light snacks before the keynote panel. Families with young kids should snack now as there is no early seating for lunch.
12:15-1:15 PM	Keynote: The 2012 Farm Bill and its impact on the world, the nation and you	Dining Hall	Ruth Messinger; Janna B	This summer, the House and the Senate debated legislation called the Farm Bill that affects the food we eat, the crops we grow, and our relationship with countries all over the world. Hazon was a member of the Jewish Working Group for a Just Farm Bill. Come learn about how this group made an impact on Capitol Hill, what was learned, and what's still at stake.
12:15 - 1:15 PM	0-4yr olds: Shabbat Scavenger Hunt	Gazebo	Hazon Staff	Meet us down by the lake for a Shabbat friendly scavenger hunt, and hang out with other young families.
1:30 - 2:15 PM	Lunch	Tent	-	Check the signs on the tables to sit by interest group and learn something new.
2:30 - 6:00 PM	Boating & Swimming	Lake & Pool	Lifeguard on Duty	
2:30 - 5:00 PM	Afternoon Adventure Hike for Teens (ages 11+)	meet at the Tent	Teva Staff	This hike with experienced Teva Educators will explore some of the lesser-known trails in the hills behind the lake. We'll navigate crevasses, look for signs of coyotes and learn about the history of the landscape. Wear closed-toe shoes.
2:30 - 3:45 PM	Shorter Hike (ages 5+)	meet at the Tent	Teva Staff	All ages are welcome on this easy-paced hike around the lake. Learn about our forest neighbors, their homes and the special ways they talk to each other.
2:30 - 3:45 PM	Jewish Permaculture Tour	meet at the Tent	Adamah Fellows	The Kaplan Family Farm is just a short walk from the Isabella Freedman campus. As you tour our organic fruit orchards, berry hedgerows, vegetable fields and compost-yard chickens, you will see how we are bringing the commandments in Genesis to life as we "till and tend" the land in ways that enable it to flourish for generations to come.
2:30 - 3:45 PM	Hazon & Isabella Freedman: Next Steps	Synagogue	Nigel Savage & David We	Although not yet confirmed, the boards of Hazon and Isabella Freedman have both agreed unanimously to move forward with a merger between the two organizations. Come learn about the vision for a combined organization and next steps.
4:00 - 5:15 PM	Biking and Health	Red Yurt	Brenna Cohen	want to feel confident in your body and mind as we enter a New Year? Where will you take the effort and pleasure that you've gained from your training? In this session, we'll map out our health visions for the new year, and fun and easy ways to manifest them.
2:30 - 3:15 PM	0-4 yr olds: Momma Goat Meet and Greet	Barnyard	Adamah Staff	Young kids and their parents, as well as anyone else who wants to come meet the goats, are invited!
3:30 - 5:30 PM	0-4 year old drop in space	Gazebo	Hazon Staff	

4:00 - 5:15 PM	Young Jewish Farmers	Beige Yurt	Pablo Elliot, Naf Hanau,	The news is in from urban, suburban and rural districts alike: America wants more young farmers and more young farmers want a piece of America. What are best practices for growing and raising food in ways that support the natural environment, respect animals and workers, and achieve kashrut standards? Come hear from some young Jews who are bringing us sustainable food all along the supply chain from field to fork.
4:00 - 5:15 PM	Water and the Jews	Red Yurt	Leora Mallach and Becca	When it rains, does that mean God's happy? Come learn with the founders of mini-grant award-winning organization Ganei Beantown about the Jew's special relationship with our liquid sunshine -- from ancient water festivals to the real meaning of the Shma. All levels welcome.
4:00 - 5:15 PM	Body, Mind, and Soul in Cycling	Beige Yurt	David Ludwig	Come discover the engine that pushes your bicycle. Beginners to veterans will learn about nutrition and stretching before, during, and after a ride. We'll also discuss social and mental aspects of cycling and some tips for common aches and pains.
4:00 - 5:15 PM	Yoga	Red Yurt	Hayley Goldstein	Energize and relax your body with poses, stretching and breathing techniques to center your mind and get you ready for the big ride tomorrow.
4:00 - 4:45 PM	Learn to Milk with Angie	Barnyard	Adamah Fellows	Try your hand at milking one of the matriarchs of the Adamah herd.
5:45 PM	Heard the Mama Goats	Barnyard	Adamah Fellows	The goats are out to graze all day. Help herd them back to the barnyard using songs and jokes for their evening milking.
4:00 - 5:15 PM	Animal Games (ages 5+)	Animal Games	Teva Staff	Come learn from the animals of the forest through these exciting games that turn you into bats and coyotes and more.
5:15 - 6:30 PM	Time to Relax!		-	Take this chance to explore the beautiful grounds at Isabella Freedman, throw around a frisbee, visit the goats, or just relax with friends and family!
5:30 - 6:30 PM	Early Seating for Dinner	Dining Hall	-	Families who cannot wait until 6:30 PM should come to the dining hall for an abbreviated menu with kid-friendly food.
6:30 - 7:45 PM	Dinner	Tent	-	
7:40 - 8:00 PM	Mincha and Maariv	Synagogue	Meyer Goldstein	A brief afternoon and evening service to close shabbat with a tri-chitza, separate seating for men and women, and mixed seating in the middle.
8:00 - 8:30 PM	Havdallah	Great Hall	Jordan Hirsch and Molly	We come together as a community to sing, dance and carry the sweetness of Shabbat into the rest of the week. Official Havdallah time is 8:10 PM.
8:30 - 9:30 PM	Safety Speech & Route Briefing – MANDATORY	Dining Hall	Hazon Staff	
8:30 - 9:30 PM	Crew Meeting – MANDATORY	Synagogue	Hazon Staff	
8:45 - 10:00 PM	Board Games & Books	Lounge	-	If you're not participating in the Ride, hang out in the lounge and enjoy the board games and huge Isabella Freedman library.
9:30 - 11:30 PM	Bike Mechanic on Site	Tennis Courts	-	Check on your bike and make sure it is in good shape for the Ride.

SUNDAY

Time	Program	Location	Leader	Notes
5:45 AM	Shacharit Morning Prayers	Synagogue		-
6:00 - 8:15 AM	Breakfast	Tent	-	
6:00 - 8:15 AM	Bike Support Available	Tennis Courts		
7:15 AM	Assemble with your bike for <i>Tefilat HaDerekh</i> , shofar blowing and group picture	outside the main office	-	
7:30 AM	55 and 72 mile riders leave		-	
8:30 AM	38-mile riders leave			

12:00 - 5:30 PM	Riders arrive, snacks available	Patio	-	
12:00 - 5:30 PM	Pool open		Lifeguard on duty	-
2:30 - 3:30PM	Make your own Energy Bars	Tent	Sasha Ullman	In this hands-on cooking class, learn the secrets of making the perfect energy bar that's just sweet enough, with all your favorite nuts and dried fruit.
3:30 - 4:30 PM	Cheese Making	Great Hall	Adamah Fellows	Learn the secrets of turning freshly-milked goats milk into delicious chese!
4:00 - 6:00 PM	Program Fair	Patio	-	Learn more about the organizations that received a mini-grant from the Ride this year. Adamah will be pre-selling their delicious pickles, cheese and produce: Buy your items today, and pick them up at the closing ceremony in New York on Monday.
4:30 -5:30 PM	Yoga	Red Yurt		Use slow restorative poses and breathing techniques to give your body a little love after your big ride! All levels welcome.
4:30 -5:30 PM	Redemptive Compost	meet at the Gazebo	Adamah Fellows	Feed the chickens and the earth with your food scraps while on retreat. Learn about our natural fertilizer and how composting is rooted in Jewish tradition, organic agriculture, and global food justice.
5:45 PM	Heard in Mama Goats	Barnyard	Adamah Fellows	The goats are out to graze all day. Help herd them back to the barnyard using songs and jokes for their evening milking.
6:00 PM	BBQ Dinner	Tent	-	-
7:00 PM	Day 1 Recap	Tent	-	-
7:30 PM	Rider route briefing	Tent	-	-
7:30 PM	Crew Briefing	Synagogue	-	-
8:30 PM	Mechanics available	Tennis Courts	-	-