

MONDAY

CALM 1

CALM 2

TIME	LOCATION	Personnel	COMMENTS	TIME	LOCATION	Personnel	COMMENTS
9:30-10 on grounds activities (intro, ice-breakers)	PALISADES	GYP 1 PSEC (Palisades staff)	1 psec to do a short intro	9:30-10:15 on grounds activities (intro, ice-breakers)	PALISADES	GYP 1 PSEC Same person for both groups	
10:00-10:45 GPS hunt	Garage (G1-G6 waypoints)	GYP 1 PSEC		10:15 classroom	BARN	GYP	
10:45 CALM classroom	Garage	GYP					
12:00-12:30	LUNCH	GYP		11:45-12:15	LUNCH	GYP	
12:45 CRAG CLIMBING/ survival skills	meet at picnic tables	GYP 1 PSEC		12:30 Depart for SUP	Picnic tables	GYP	
5:30 break until dinner	DEN	GYP		12:45-SUP (2 hr/ grp Land art + Blind hike at Annette)	Lake Edith / Annette	GYP 1 PSEC	
5:45-6:30 Dinner	BUNKHOUSE	GYP		5:15 Pick-up for Palisades	Lake Edith	GYP	
7-8:30 Team building	On site	GYP 1 PSEC		5:30-6:15 Break	Grounds	GYP	
8:30 campfire	Fire pit	Chaperones		6:15-7 Dinner	Bunkhouse	GYP	
10:30 to dorms		Chaperones		7-8 GPS Hunt	Barn (G1-G6 waypoints)	GYP	
11:00 lights out		Chaperones		8-9 classroom	Barn	GYP	
				9:00 Campfire	Fire pit	Chaperones	
				10:30 back to dorms		CHAPERONES	
				11:00 lights out		Chaperones	

Tuesday
CALM 1

CALM 2

TIME	LOCATION	Personnel	COMMENTS	TIME	LOCATION	Personnel	COMMENTS
8:00-8:30 breakfast (pack lunch, bring Plan your Life)	Bunkhouse	GYPSPD		8:15-8:45 Breakfast	Bunkhouse	GYPSPD	
8:30 depart for town	Picnic tables	GYPSPD		9:15 Depart for canoeing	Picnic tables	GYPSPD	
9:00-12:30 town sessions	JALC (Jasper Adult Learning Centre)	GYPSPD		9:30 Canoe or kayak	Lake Edith	GYPSPD 2 PSEC	
12:45-1:15 Lunch	Park	GYPSPD		12:15 return to Palisades		GYPSPD	
1:15 pick up for canoeing	Jasper the Bear	GYPSPD		12:45-1:15 LUNCH	BUNKHOUSE	GYPSPD	
1:30 Canoe	Lake Edith	2 PSEC GYPSPD		1:30-6:00 Climbing (groups switch at 3:45)	Crag	GYPSPD 1 PSEC	
4:30 return to Palisades	Palisades	GYPSPD		6:00-6:45 Dinner	Bunkhouse	GYPSPD	
5:45-6:30 Dinner	Bunkhouse	GYPSPD		7:00-8:00 Classroom	Barn	GYPSPD	
7:00-7:45 Chat with Alisen 7:45-8:15 Yoga Alisen	DEN Teepee Area			8:15-8:45 Yoga/ Wellness (Dominique)	TBD	GYPSPD	
8:15-9	Garage	GYPSPD		9:00 Campfire	Fire pit	Chaperones	
9:00 Campfire	Fire pit	Chaperones		10:30 to dorms, 11:00 lights out			
10:30 to dorms		Chaperones					
11:00 lights out		Chaperones					

Wednesday

CALM 1

CALM 2

TIME	LOCATION	Personnel	COMMENTS	TIME	LOCATION	Personnel	COMMENTS
8:00 -9:00 Breakfast	Bunkhouse	GYPSPD		8:15-8:45 Breakfast	Bunkhouse	GYPSPD	
9:15--12:45 Classroom	Garage	GYPSPD		9:00 pickup for Old Fort	Picnic tables	GYPSPD 2 PSEC	
				9:30 Old Fort	Old Fort Pt.	GYPSPD 2 PSEC	
				11:30 depart for Palisades	Old Fort Pt.	GYPSPD	
11:45-12:30 Lunch	Bunkhouse	GYPSPD		12:15-1:00 lunch	Bunkhouse	GYPSPD	
1:00 depart for hike	Old Fort Pt.	GYPSPD 2 PSEC		1:00-3:00 Classroom	Barn	GYPSPD	
4:00 Return to Palisades	Old Fort Pt.	GYPSPD		3:00-3:15 Break	Grounds	GYPSPD	
4:30-5:00 (work on CALM in a minute)	Garage	GYPSPD		3:15-5:00 Classroom	Barn	GYPSPD	
5:45-6:30 Dinner	Bunkhouse	GYPSPD		3:30-6 Classroom	Barn/Grounds	GYPSPD	
6:45-9 classroom	Palisades	GYPSPD		6:00-6:45 Dinner	Bunkhouse	GYPSPD	
9:00 Campfire	Fire pit			7-9 First Aid Session	Barn	GYPSPD Triage instructor	
10:30- dorms		Chaperones		9:00 Campfire	Fire pit	Chaperones	
11:00 Lights out		Chaperones		10:30- to dorms, 11:00 lights out		Chaperones	

Thursdays
CALM 1

CALM 2

TIME	LOCATION	PERSONNEL	COMMENTS	TIME	LOCATION	PERSONNEL	COMMENTS
8:00 -9 Breakfast	Bunkhouse	GYPSP		8:15-8:45 Breakfast (bagged lunch)	Bunkhouse	GYPSP	
9:15-11:45 Financial Lesson	Garage	GYPSP		9:00 pick up Bike	Picnic tables	GYPSP	
11:45-12:15 Lunch	Bunkhouse	GYPSP		9:15 Bike from 5th or 6th Bridge area. Include a short walk if needed.	5th or 6th Bridge tbd	GYPSP 2 PSEC	
12:45 depart for SUP/ bike	Meet at Picnic tables Lake Edith & Area	GYPSP 1 PSEC		11:45 Depart for Palisades		GYPSP	
5:15 return to Palisades	Lake Edith	GYPSP		12:15-1:15 Lunch	Bunkhouse	GYPSP	
6:00-6:45 Dinner	Bunkhouse	GYPSP		1:30-4:00 classroom in town	JALC	GYPSP	
7-9:00 on grounds activities	grounds/ Garage	GYPSP		4:30-5:45 Matricia	Totem pole	GYPSP	
9:00 Campfire	Fire pit	Chaperones		6:15-7:00 Dinner	Bunkhouse	GYPSP	
10:30- dorms, 11:00 lights out		Chaperones					
				7-9 Classroom	BARN	GYPSP	
				9:00 Campfire	Fire pit	Chaperones	

Fridays
CALM 1

CALM 2

TIME	LOCATION	PERSONNEL	COMMENTS	TIME	LOCATION	PERSONNEL	COMMENTS
8:00-9:00 Breakfast (bag lunch) CLEAN ROOMS - Blue comforter folded (with cover on) - Sheets removed and placed at foot of the bed	Bunkhouse	GYPSPD		8:15-9:00 Breakfast (bag lunch) CLEAN ROOMS - Blue comforter folded (with cover on) - Sheets removed and placed at foot of the bed	Bunkhouse	GYPSPD	
9:15-10:45 Classwork	Garage	GYPSPD		9:15-10:00 classroom	Barn	GYPSPD	
11:00 pick-up for rafting (Eat lunch in patch)	Picnic table	GYPSPD		10:15 pick-up for rafting (eat lunch in patch)	Picnic tables	GYPSPD	
3:15 return to Palisades	Totem pole	GYPSPD		2:30 return to Palisades	totem	GYPSPD	
3:30-4 (watch videos, goodbye)	Grounds	GYPSPD		3-4:00 wrap-up - 30 min to watch CALM-IN-A-Min videos	Grounds	GYPSPD	
				4:00 photos and goodbyes	Grounds	GYPSPD	