



2023 General Schedule



General Schedule - Friday, September 29

All Camp Materials:

Time	Activity	Location
5:00	Family Check In	Cedar Lodge Lobby
7:30	Family Welcome	Cedar Lodge Chapel

General Schedule - Saturday, September 30

Time	Activity	Location				
8:00	Breakfast	Dining Hall				
8:45	Camper Drop Off	Gym				
9:15	Keynote: Type 1 Diabetes: This is not what we ordered & Coffee Chat Cassidy Kintner, MS, LMFT (Cedar Lodge Chapel)				Cedar Lodge	
	Camper Session Keynote Activities					
	Yellow Giraffes (3-5 years)	Green Frogs (6-7 years)	Red Macaws (8-9 years)	Orange Tigers (10-11 years)		Blue Whales (12+ years)
Outside Games/Playground	MTWI in Gym	Outside Games/Playground	Arts and Crafts	Challenge Course		
10:30	Camper Pick Up and Snack	Gym				
10:35	Snack	Snack Room				
10:50	Camper Drop Off	Gym				
11:05	Caregiver Session 1 - Choose One (below)				Varied (see session)	
	1A: Diabetes Distress Masterclass: What to do when you can't send T1D back Cassidy Kintner, MS, LMFT (Cedar Lodge Chapel)		1B: Still Waiting: When Will There Be a Cure? Dana VanBuecken, ARNP (Cascadian Lodge)			
	Camper Session 1 Activities					
	Yellow Giraffes (3-5 years)	Green Frogs (6-7 years)	Red Macaws (8-9 years)	Orange Tigers (10-11 years)	Blue Whales (12+ years)	Varied (see activity)
Arts and Crafts	Outside Games/Playground	MTWI - Gym	Challenge Course	Arts and Crafts		
12:20	Camper Pick Up	Gym				
12:20	Lunch	Dining Hall				
1:00	Camp Photo	Fire Pit				

1:30	Family Activities - Choose One (below)				Varied (see activity)
	Pool (Lifeguard on duty) Meet at Pool, starts 1:45	Guided Hike Meet at Fire Pit, 1-2 mile hike	Mini Golf Meet at Mini Golf	Arts and Crafts (Self-led) Meet at Arts and Crafts room	
3:00	Snack				Snack Room
3:00	Vendor Fair				Courtyard
5:15	Dinner				Dining Hall
6:00	Evening Activities				Varied (see activity)
	Board Games Cedar Lodge Lobby, available 6:00-9:00	Jet City Improv Cedar Lodge Chapel, show 6:20-7:00	Movie Cedar Lodge Chapel, 8:00 start time	Campfire Fire Pit, 7:15-7:45	

General Schedule - Sunday, October 1					
Time	Activity				Location
8:00	Breakfast (Note: Room check out is at 11 AM!)				Dining Hall
8:45	Camper Drop Off				Gym
9:10	Caregiver Session 2 - Choose One (below)				Cedar Lodge
	2A: I'm Sick of Sick Days – Why Should I care? Joy Briggs, MBA, MSN, CDCES (Cedar Lodge Chapel)		2B: T1D in School: Advocacy and Alliances Stacie Birk, RN, BSN (Cascadian Lodge)		Varied (see session)
	Camper Session 2 Activities				Varied (see activity)
	Yellow Giraffes (3-5 years)	Green Frogs (6-7 years)	Red Macaws (8-9 years)	Orange Tigers (10-11 years)	
	Blue Whales (12+ years)				
	Outside Games/Playground	Arts and Crafts	Mini Golf	MTWI - Gym	Climbing Wall
10:30	Camper Pick Up				Gym
10:35	Snack				Snack Room
10:50	Camper Drop Off				Gym
11:00	Room Check Out - Please bring your keys to the ConnecT1D Front Desk				Cedar Lodge
	Caregiver Session 3 - Choose One (below)				Varied (see session)
	3A: CIT (Teen Counselors in Training) Panel Facilitated by Jake Johnston (Cedar Lodge Chapel)		3B: Food Fun or Food Fight? Fostering a healthy relationship with food for your child with diabetes Erin Phillips, MPH, RD, CDCES and Kelly Six, MS RDN LD (Cascade Lodge)		

11:05	Camper Session 3 Activities					Varied (see activity)
	Yellow Giraffes (3-5 years)	Green Frogs (6-7 years)	Red Macaws (8-9 years)	Orange Tigers (10-11 years)	Blue Whales (12+ years)	
	Mini Golf	Mini Golf	Arts and Crafts	Climbing Wall	MTWI - Gym	
12:20	Camper Pick Up and Closing Remarks					Gym
12:30	Lunch					Dining Hall

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