Monday 8/15/2022	
Thought of the day: What is a goal you have for yourself this week?	
Theme: Favorite shirt day	
730	Rise and shine- that was your last night of sleep
	drink lots of coffee
8:15	Breakfast- Enjoy it the last quiet one!
8:45	Finish orientation details and set up
12:00	Older Boys check in
12:30	Older Girls check in
1:00	Middle Boys Check in
1:30	Middle Girls Check in
2:00	Younger girls check in
2:30	Younger Boys check in
3:00	Bus arrives
3:30	last of check ins and start swim tests Snack: string cheese Chex mix, apples
4:15	cabin orientation/ Scavenger hunt -
5:15	testing
5:30	Dinner: Beef Tacos, refried beans, Spanish rice, cauliflower bake, fruit and salad bar
6:45	Welcome to Camp MYDA!!
20:00	Camp Fire- no talent show the first night just camp fire
21:00	Camp fire snacks- SMORES@
22:00	bed time check /cabin chat- getting to know your cabin mates
10:45	lights out
2:00	0200 blood sugar checks

Tuesday 8/16/2022	
Thought of the day: Who's your hero and why?	
Theme: Only in Montana	
Talent Show Sign up sheet	
7:15	Rise and shine
7:45	Testing
8:00	MYDA news thought of the day
8:15	Breakfast- Denver eggs, oatmeal, cereal bar, yogurt, fruit, milk
9:30	OB/OG-Exercise- Round of Play MN/MG- Nutritional games YB/YG arts and crafts-Day of Clay
10:45	OB/OG-arts and crafts- Day of Clay MB/MG- Exercise- Round of Play day YB/YG -Nutrition games
12:00	Testing
1215	announcements Lunch Build your own sub sammy chips, fruit salad bar
1:45	Lake Time/Group activity- water relay (Madison Taylor- LG)
3:00	Snack: trail mix, mandarin oranges, meat and cheese tray
3:30-5:00	Open- Arts and Crafts/more lake time, meditation station
4:45	out of Lake
5:15	Back to cabins/testing
5:30	Dinner- Ham, potato's au gratin, mixed vegetables, fruit salad bar
6:45-7:15	small break chill time
7:15-8:00	OB/OG Nutrition games MB/MG- Arts and Crafts- Day of Clay YB/YG- Exercise- round of play day
8:00	Camp Fire, talent show/shout outs!
9:15	testing/snack:root beer floats
9:45	Back to cabins
10:00	cabin chat follow up from thought of the day
11:00	lights out
2:00	0200 blood sugar checks

Wednesday 8/17/2022	
Thought of the day: What would you do differently if you DIDN'T have diabetes?	
Theme: Only on the beach	
Talent Show Sign up sheet	
7:15	Rise and Shine
7:45	Testing
8:00	MYDA news & thought of the day
8:15	Breakfast: breakfast burritos, hash browns, oatmeal, cereal bar, yogurt, fruit, milk
9:30	OB/OG Arts and crafts MB/MC- Nutrition Games YB/YG Exercise
10:45	OB/OG Nutrition MB/MG- Exercise YB/YG arts and crafts
12:00	Testing
12:15	announcements Lunch: BLT sammys, chips, Fruit, salad bar
1:45	Lake time- water volleyball game and other games to be played at the beach
3:00	Snack: Hummus and Pitas, Ants on a log
3:30-4:45	Open- Lake games, arts and crafts, Meditation station
4:45	out of the lake
5:15	back to cabins/testing
5:30	Dinner: Chicken tender strips, wild rice pilaf, green beans, fruit salad bar
6:45-8:00	All Camp Activity/Game
8:00	Camp fire/talent show/shout outs!
9:15	testing/snack: Rice krispies,popcorn,grapes
9:45	back to cabins
10:00	Cabin Chat: follow up on thought of the day
11:00	Lights out
2:00 AM	0200 blood sugar checks

Thursday 8/18/2022	
Thought of the day: If you could would you cure diabetes?	
Theme: Only on the dance floor	
No talent show- its Dance day!	
7:15	Rise and Shine
7:45	Testing
8:00	MDYA news and thought of the day
8:15	Breakfast: sausage and egg muffin, oatmeal, cereal bar, yogurt, fruit, milk
9:30	OB/OG-Nutrition games MG/MG-Exercise- so you think you can dance? YB/YG-arts and crafts
10:45	OB/OG Exercise- so you think you can dance? MB.MG- Arts and Crafts YB/YG- nutrition games
12:00	Testing
12:15	announcements Lunch: cheese steak sub, sun chips, fruit salad bar
1:45	YB/YG/MG/MB Lake time- Group activity OB/OG-SDRR talk
3:00	snack: lil smokies in a blanket, apples
3:30-5:00	open-arts and crafts/more lake time/meditation station
4:45	out of lake
5:15	back to cabins/testing
5:30	Dinner: Baked Potato bar with chili, sour cream, bacon, cheddar cheese, salsa, fruit, salad bar
6:45-8:00	OB/OG-Nutrition games MG/MG- Arts and crafts YB/YG- Exercise- so you think you can dance?
8:00	DANCE!!!!!!
9:15	Testing/snack- ice cream social
9:45	YB/YG MB/MG- star gazing
	OB/OG- keep on a dancin
10:30	Everyone back to cabins
10:45	testing/cabin chat follow up on thought of the day
11:30	lights out
2:00 AM	0200 blood sugar checks

Friday 8/19/2022	
Thought of the day:What did you learn about yourelf this week?	
Theme: Day of Mindfullness- reflection of camp	
7:15	Rise and Shine (well try too!)
7:30	Testing
8:00	MYDA news and thought of the day
8:15	Breakfast: French toast. Sausage links, oatmeal, cereal bar, yogurt, fruit, milk
9:30	Acknowledgements, highlights of the week Camp Video
10:00	Cabin Clean up Camp Clean up, pack up belongings for departure
12:00	Testing
12:30	Lunch: parent pick up BBQ- family cookout, burgers, polish dogs, coleslaw, potato salad, baked beans, caesar salad, watermelon
3:00	Everyone should be on their way home!!
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