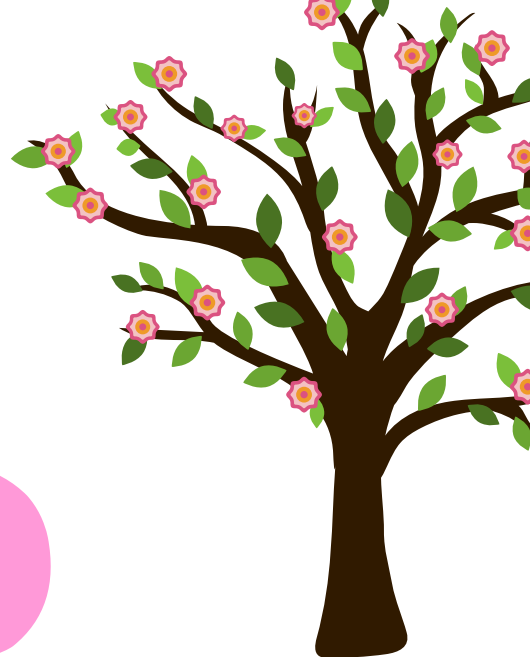
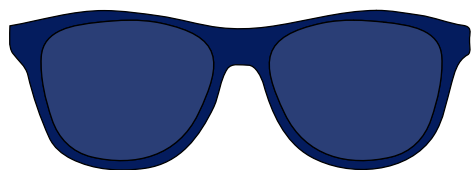
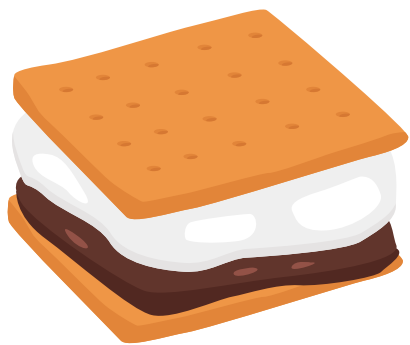
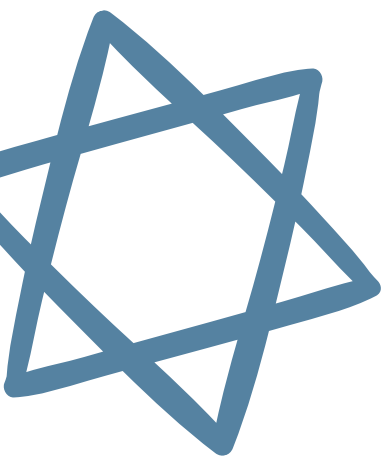
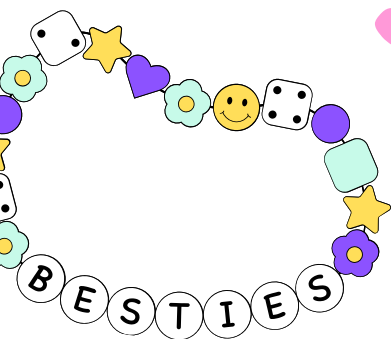
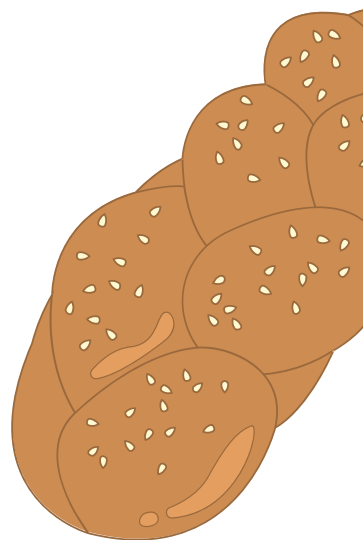




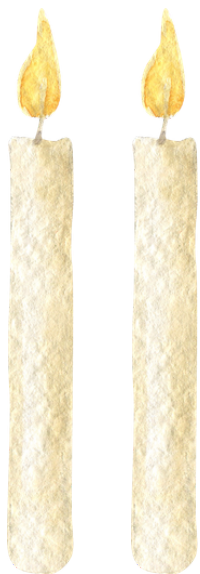
May 29-31



Ramah Family Shabbaton



Program Guide 2026





B'ruchim HaBaim!

Welcome!

We are so excited to have you join us for our Spring Family Shabbaton at Ramah New England!

There's something really special about coming together as a warm, connected Jewish community. Our Ramah Family Shabbaton is all about sharing the magic of camp—Jewish values, traditions, learning, and lots of fun—while making amazing memories across generations. Whether you're a longtime camper or brand new to Ramah New England, get ready for a Shabbaton packed with meaningful moments, laughter, and plenty of joy.

This Program Guide has everything you'll need to make the most of your time with us. Take a few minutes to look through it—and keep it handy throughout the weekend. And of course, if you have any questions at all, we're here to help!

We are excited to soak up the beginning of summer with you and your family!



Riki Wiederhorn
Director of Year-Round Programming
203-803-7603



Emma Gelb
Assistant Director of Year-Round Programming
339-364-1233

Top 10 Things to Know About Family Camp

- 1 Activities & Programs:** Participate in as many or as few of our programmatic offerings as you choose!
 - **Adult Chugim** (Electives): Sessions available only to adults.
 - **Family Chugim** (Electives): A chance for families to choose from different activity options to do together.
 - **Kidz Camp:** Youth programming for kids of all ages with awesome Ramah New England madrichim (counselors).
- 2 Madrichim (Counselors) & Supervision:** Our many amazing madrichim (counselors) are here to help enhance programming. During family activities and meals, parents have primary responsibility for supervising their children.
- 3 Safety and Security:** We have security guards on site throughout the entirety of the Family Shabbaton. If you see them around, wave hello! If you have any concerns regarding security, please bring them to Riki or Emma's attention. See pg.12 for more detailed information.
 - **Waterfront:** Waterfront activities are only allowed during designated hours, while lifeguards are on duty.
 - **Name tags:** Please wear your name-tags throughout the weekend and ask your children 3 and older to do the same. Name-tags help us learn each other's names and keep camp secure.
 - **Emergencies:** Call 911 from your mobile device or any phone on campus. Be prepared to state the nature of the problem and your location (39 Bennett St, Palmer, MA 01069). Also, please notify a Ramah New England staff member of the situation.
- 4 Questions & Maintenance Requests:** Riki and Emma will always be available during mealtimes in the Chadar Ochel (Dining Hall) to answer questions, help with maintenance issues and more. You can also call Riki at 203-803-7603 with maintenance issues between meals. Please avoid calling between 11:00pm-7:30am, unless it is an emergency and note that she won't see your call on Shabbat.
- 5 Shmira (Night Listening):** Complimentary shmira takes place during adult evening activities. Enjoy your kid-free evenings and check out our menu of adult programming. Ramah staff members will be strategically placed around camp to listen for children who wake up or need something. Please note that each household will not have its own babysitter. Night listeners are there to respond to needs that arise but are not available to supervise bedtime. See pg.6 For more details.

Top 10 Things to Know About Family Camp

6 Kashrut, Meals & Snacks: We are a kosher, nut-free campus. Please help us maintain our kashrut and nut-free environment. All meals, snacks and beverages are provided. Outside food is not allowed in the Chadar Ochel (Dining Hall). Here are a few important pieces of information for mealtimes:

- All meals are served buffet style. Please use a new/clean plate for each visit to the buffet or salad bar.
- While meals are open seating, we encourage you to sit with new people at each meal!
- **Food Allergies/Dietary Restrictions:** Look for a list of major food allergens on the menu posted at the front of the buffet line. All special dietary food needs will be served from the allergy table to the left of the service window.
- Lunch and dinner begin with a communal blessing. Please wait before entering the buffet line. All meals will conclude with announcements and blessings.
- **Beverages and snacks** are always available between meals in the Chadar Ochel (dining hall).

7 Shabbat & Tefillot (Prayers): Throughout the Shabbaton, we offer Tefillah experiences for all ages. Shabbat is a very special time of the week for our community. Out of respect for this value and our community, we ask that guests refrain from using electronics in public spaces. We will provide tea lights for Shabbat candle lighting. Please do not light candles in your bunk or room! Everyone is encouraged to wear kippot, tallit and tefillin, if it is their practice.

8 Smoking, Illegal Substances & Firearms: As a childcare facility in the Commonwealth of Massachusetts, smoking is not permitted anywhere within the boundaries of Ramah New England. Firearms, illegal substances and related paraphernalia are not permitted on campus.

9 Vehicles: The speed limit on campus is 5mph. Please only park in the approved parking locations near your accommodation. We ask that you leave your vehicle parked for the retreat duration. Guests are not permitted to drive through campus at any time.

10 Wi-Fi & Phones: Cell phone signal is available throughout camp, but there is limited availability to wireless internet service. To join the Wi-Fi network, choose "YearRound". No password is required.

Kidz Camp



Get ready for amazing adventures for campers of every age with great counselors and exciting experiences! Campers are grouped into different Edot (age units) based on the information provided during registration.

1-4 Year Olds

- Campers will be divided into two Edot (age units): 2 and under and 3-4 year-olds.
- Campers must be potty trained to be in the 3-4-year-old age group.
- For safety reasons, pick-up and drop off must be done by a child's parent/guardian.

Rising Kindergarten (K in fall 2026)-Middle school

- Campers in 3rd grade and under must be dropped off and picked up by a parent/guardian.
- Campers in 4th grade and up may check themselves in and out of Kidz Camp.
- Campers in 4th grade and up must arrive at the activity start time and cannot leave in the middle of the activity.

What to wear or pack each day: (make sure everything is labeled!)

- **1-2 year olds:** Stroller (if applicable), diaper bag, diapers (plus storage bag for cloth diapers if applicable), beach towel, sunscreen (be sure to apply sunscreen before drop off too), water bottle/sippy cup, spare clothes, hat and any comfort items (blankets, pacifiers, toys, etc.).
- **3 year olds-Middle School:** Backpack, water bottle, sunscreen (be sure to apply before drop off too). All campers should wear closed-toe shoes during camp time.



Kidz Camp

Kidz Camp Days & Times:

Edah Name	Day	Times
Tziporim (1-2 year olds) Keshet (3-4 year olds) Perachim (Rising K-K) Shemesh (1-2) Galim (3-4) Tzofim (5th-8th)	Shabbat	10am-11:30am 4:00-5:30pm
	Sunday	9:15am-10:15am

Adults WhatsApp Group:

For updates, schedule changes, and last minute reminders scan the QR code on this page and join the WhatsApp group!

Note that we will not be using the WhatsApp group on Shabbat. Todah!



Shmira (Night Listening)

We are happy to provide complimentary shmira for families. During shmira hours Ramah staff members will be strategically placed around camp to listen for children who wake up or assist if a special need arises. If a parent is needed, the shmira will be in touch with a Ramah New England staff person at the adult evening program or call you directly.

Shmira takes place at the following times:

- Friday, May 29 | 9:00-11:00pm
- Saturday, May 30 | 9:30-11:30pm

In/Out Signs/Shmira Cards: Your welcome bag has a hanging sign on it that says “In” on one side and “Out” on the other, and a “shmira card” for each family.

Every evening, please:

- Hang your door sign to read “In” if the adults are staying in for the night and you do NOT need shmira.
- Hang your door sign to read “Out” if the adults are going out and you DO need shmira.
- If you leave your bunk/room, take the provided card and hand it to the shmira who is sitting near your porch or in your building. Make note of where they are sitting and share your plans for the evening! When you return, be sure to check in and take the card back.

Please note:

- Families do NOT have their own individual madrich (counselor) or night listener.
- Madrichim (counselors) are there to respond to needs that arise, not to supervise bedtime.

Shmira is not responsible for:

- Putting children to bed.
- Entertaining or playing with children.
- Overseeing bedtime rituals.



Friday, May 29, 2026

12 Sivan 5786

TIME	ACTIVITY Check-In	LOCATION
3pm - 5pm	Welcome to the Family Shabbaton! After you settle into your bunk, join us for some fun activities around camp. Sign-ups: Young childrens early dinner and Shabbat free swim	O"CH (outside of the Chadar Ochel)
3:30pm - 4:45pm	Swim Check for those who would like to do a lake swim on Shabbat 12 and older and must be able to swim 3 laps and tread water for 2 minutes	A-Side Agam (Lake)
3:30pm - 5pm	Open Family Activities	
	- Challah Braiding - Field Games - Bounce House Open - Omanut Table (Arts and Crafts)	O"CH Grass Near the O"CH Near the BAG O"CH
5:00pm - 6pm	Family Photos When you are dressed and ready Shabbat, come take a family photo	Near the OCH
5:15pm - 6pm	Pre-Shabbat Young Children's Dinner Families with young children are invited to a small pre-shabbat dinner before <i>Kabbalat Shabbat</i> . (sign up at registration)	Chadar Ochel
6:15pm - 7pm	Kabbalat Shabbat: Ramah Style Shabbat Service with lively tunes and Hebrew song!	Chorsha
6:30pm - 7pm	Tot Shabbat For Tziporim, Keshet, Perachim (Toddler - Kindergarten) aged children and at least 1 parent .	Bet K'nesset
7pm - 7:15pm	Wecome to the Family Shabbaton Community	Chorsha
7:15pm - 8:15pm	Shabbat Dinner Enjoy a Ramah style Shabbat dinner followed by shirah (singing).	Chadar Ochel
8:15pm - 8:45pm	Kidz Camp	
	Bedtime Story - Tziporim, Keshet, Perachim (toddlers - Kindergarten) Campers bring at least 1 parent Peulat Erev (Evening Activity) Shemesh, Galim, Tzofim (2nd-8th Graders) <i>Meet your madrichim (counselors) and other campers after shirah!</i>	Moadon Amizim Pick up and drop off in the Chadar
9:15pm - 11pm	Shmirah Nighttime supervison/babysitting for children	Tzad Bet
9:15pm - 10pm	Temple Israel Sharon - Oneg Shabbat Time to bond with your TI community	Bet Midrash
9:15pm - 11pm	Adult Mingle Join us for get to know you games, time to shmooze, snacks and adult beverages!	Moadon Tzevet

Shabbat, May 30, 2026

13 Sivan 5786 - *Parashat Nasso*

TIME	ACTIVITY	LOCATION
7:30am - 9am	Roo Brew (Coffee Cart) is Open	Chadar Ochel
8am - 9am	Shabbat Breakfast	Chadar Ochel
9am - 11:15am	Shabbat Tefillah (prayers)	
	- 9am-9:45am Ramah Style Family service for kids and adults - 9:15am-9:45am Tot Shabbat for Tziporim, Keshet, Perachim (toddlers K) campers with a parent - 9:45am 10am Kiddush/snack - 10am-11:15am Continuation of Adult Tefillah - campers welcome (Torah and Mussaf)	Bitan (New Pavilion) Bet K'nesset Outside the Bitan Bitan (New Pavilion)
10am - 11:30am	Kidz camp is open for Perachim, Shemesh, Galim, and Tzofim (rising K-8th grade)	
	<i>Join us for edah games, snack, and parsha/ivrit time</i>	
10am - 11:30am	Perachim (rising K -K) Shemesh (1st-2nd grade) Galim (3rd-4th grade) Tzofim (5th-8th grade)	Ohel Kef OCH Chadar Ochel Outside the Bitan
	Gan is Open	
10am - 11:30am	Tziporim (6 mo - 2 year old) <i>Shabbat Songs, bubbles, and more!</i> Keshet (3-4 year olds) <i>Shabbat songs, bounce house, and more!</i>	Moadon Amitzim Ivrit Classroom
11:30am - 12:45pm	Free Swim Sign up for your slot at registration	Tzad Alef Agam
11:45am - 12:50pm	Shabbat Family Chugim (activities)	
	- Tag Paluza (scooter tag, freeze tag and more) - Time with Sand - K'netic Sand and Sand Art - Tour of Camp (A-side too!) - Bounce time - bounce house and slide open and supervised - Story Time and board Games - Tennis (bring your racket)/Pickle Ball	BAG O"CH Meet at the O'CH Machaneh Gimmel Ohel Kef Tzad Bet Tennis Courts
1pm - 2pm	Shabbat Lunch	Chadar Ochel
2pm - 3pm	Menucha/Rest - Ohel Kef, tennis courts and bounce houses are open - Parents supervision required	
3pm - 4pm	Free Swim Sign up for your slot at registration	Tzad Alef Agam
3pm-3:50pm	Shabbat Family Chugim (Activities)	
	- Basketball Clinic with College Basketball Alumni - Parachute Time - Time with Sand - K'netic Sand and Sand Art - Bounce time - bounce house and slide open and supervised - Nature Walk to the tree house (outside the eruv) - Tennis (bring your racket)/Pickle Ball	BAG By the Softball Field OCH Machaneh Gimmel Meet at the BAG Tzad Bet Tennis Courts

Shabbat pt.2, May 30, 2026

13 Sivan 5786 - Parashat Nasso

TIME	ACTIVITY	LOCATION
4pm - 5:30pm	Kidz camp is open for Perachim, Shemesh, Galim, and Tzofim (rising K-8th grade)	
	Join us for fun in the sun, snack, and more!	
	Perachim (rising K -K)	Ohel Kef
	Shemesh (1st-2nd grade)	OCH
4pm - 5:30pm	Galim (3rd-4th grade)	Chadar Ochel
	Tzofim (5th-8th grade)	Outside the Bitan
	Gan is Open	
	Tziporim (6 mo - 2 year old)	Moadon Amitzim
4pm - 5:30pm	Parachute, sensory bins, centers, and more!	
	Keshet (3-4 year olds)	Ivrit Classrooms
	Visit the animals, storytime, parachute, and more!	
	Adult Time	
4pm - 4:45pm	- Snack and Schmooze	Moadon Tzevet
	- From Generation to Generation: Jewish Parenting in Two	Chorsha
	Directions- Join Rabbi Jeremy Fineberg as we explore what Judaism expects of parents...and their children.	
	- Mahjong with Abby - all are welcome. No experience necessary	Bitan
4:45pm - 5:30pm	Adult Time	
	- Snack and Schmooze	Moadon Tzevet
	- Lake Swim	Tzad Alef Agam
	- Ramah New England Info session and Q&A	Chorsha
4:45pm - 5:30pm	- Pickle Ball	Tzad Bet Tennis Courts
	Temple Israel - Sharon Family Fun	
	Join Rabbi Fineberg, Abby, and Gila for special community time	Bitan (New Pavilion)
	Shabbat Kavana (mindful Shabbat)	
5:45pm - 6:15pm	Campers, bring your parents for some focussed fun	
	- Tot Story Time	Tzad Bet Migrash
	- Ohel Kef - games, play dough and more	Near the OCH
	- Shabbat walk	Meet at the OCH
6:30pm - 7:30pm	- Reading circle and cloud watching (Bring a beach towel)	Tzad Bet Migrash
	Seudah Shlishit (Shabbat Dinner and Singing)	Chadar Ochel
	Family Program - Campwide Knock Out	
	Embrace your inner baller, who will reign supreme?	Bet Am Gadol
8:15pm	Chill and get ready for the night. PJ's encouraged for Havdallah and Medurah (campfire)	Various locations
9pm	PJ Havdallah	Bitan (New Pavilion)
9:15pm - 9:45pm	Medurah (Campfire)	
	Come make smores and sing camp songs	By the BAG
9:30pm - 10:00pm	Tzofim (5th-8th grade) - Night Stalker	
	- Bug spray, dark clothing, long sleeves and pants highly recommended!	Machaneh Gimmel - Happy to bring campers back to their bunks
9:30pm - 11:30pm	Shmirah	Tzad Bet
10pm - 11:30pm	Trivia Night for Adults	
	Bring your friends and team up to test your knowledge in a variety of categories during this friendly competition!!	Moadon Tzevet

Sunday, May 31, 2026

14 Sivan 5786

TIME	ACTIVITY	LOCATION
7:30am - 9:30am	Roo Brew (Coffee Cart) is Open	Chadar Ochel
7:45am	Shacharit Experience a Ramah-Style <i>Shacharit</i>	Bet Am Bet
8:15am - 9:15am	Breakfast	Chadar Ochel
9:15am - 10:15am	Kidz camp is open for Perachim, Shemesh, Galim, and Tzofim (rising K-8th grade) <i>Join for crafts and Shabbaton closure</i>	
	Perachim (rising K -K) Shemesh (1st-2nd grade) Galim (3rd-4th grade) Tzofim (5th-8th grade)	Ohel Kef OCH Chadar Ochel Outside the Bitan
9:15am -10:15am	Gan is Open	
	Tziporim (6 mo - 2 year old) <i>Music with Gila, bubble party, sidewalk chalk and more</i> Keshet (3-4 year olds) <i>Story time with Abby, Freeze Dance, Bounce time and more</i>	Moadon Amitzim Ivrit Classroom
9:15am - 10:15am	Adult Clean Up and Pack Up	
	<i>Please put all camp linens on the porch of your bunk (not Guest House)</i>	Various Locations
10:30am-Rotation 1 11:30am-Rotation 2	Family Time - Choose Two <i>Each activity is offered two times. Be sure to sign up at breakfast</i> - Boating - limited space in each rotation - Grass heads - Pickle Ball Courts Open - Tie Dye - Slime Making - Omanut (Art) Clinic <i>Collage, Book Marks, Fussion Beads, Air Dry Clay</i>	
		Tzad Aleph Agam OCH Tzad Bet Tennis Courts Ohel Kef OCH Big Ohel
12:30pm - 1:30pm	Lunch	Chadar Ochel
12:30pm - 1:30pm	Roo Broo (Coffee Cart) + L'hitraot! See you Next Year	Chadar Ochel



Ramah New England Summer Programs



**June 22-
August 7**

Ramah Day Camp Greater Boston will return this summer for the 4th year with the very best Jewish camping experience. This well-rounded program will expose kids to sports, arts, outdoor education, and more! Your child is bound to come home happy, tired, and ready to share all about their day. Email rachels@campramahne.org to learn more about this exciting new program! **Registration for summer 2026 now open!**



**June 22-
August 7**

At the Ramah Day Camp of Greater Washington, DC, we provide children entering grades K-5 with the very best camping experience in a setting of love, friendship, wonder and discovery, and a place where Judaism is integral to daily activities. We offer three two-week sessions and a final add-on week. Of course, we love when families take advantage of our full summer discount and enroll their child(ren) for all 7 weeks! Email dcdaycamp@campramahne.org to to be added to our list and be notified when registration for Summer 2027 opens in Fall 2026.



**June 23-
August 16**

For families who want their kids to love being Jewish, Camp Ramah is THE Jewish overnight camp! At Ramah New England, campers love being Jewish. We weave together fun and meaningful Jewish experiences with all the activities kids love — all in a welcoming, inclusive environment, where kids make life-long friends. We offer unparalleled camper care and inspiring role models. Campers have the option to come for the full summer or can take advantage of one of our 4-week sessions. We also offer a Mini-Kochavim session and a Mini-Amitzim session. Email info@campramahne.org to learn more about any of our sessions!

Registration for summer 2026 now open!

Security & Emergency Protocols

Ramah New England has developed comprehensive safety and security protocols in consultation with the Palmer Police Department and Security Experts and Consultants. Highlighted below are key elements of our protocols. We ask all guests to review this document at the beginning of your stay.

Every building has an emergency exit plan posted and is equipped with fire extinguishers. PLEASE MAKE NOTE OF EMERGENCY EXITS WHENEVER YOU ENTER A BUILDING.

Note that there is always a security officer on-site throughout the weekend.

MEDICAL EMERGENCY

A first aid kit and AED are available at the *Chadar Ochel* (Dining Room).

In the Event of a Medical Emergency:

- IMMEDIATELY DIAL 911.
- Give location, sex, and approximate age of victim and if possible, the type of emergency.
- Then alert a Ramah New England staff person of your emergency.

Stay with the injured person until help arrives. Try to calm, reassure, and stabilize the person. Never move an injured person with a suspected neck or back injury. When medical staff arrives at the scene, summarize the situation and answer questions.

FIRE

If you spot a fire:

- Leave the building and do not re-enter to remove personal property.
- IMMEDIATELY DIAL 911. Give location, and if possible, type of fire (grease, electrical, paper, etc.). Then alert a Ramah New England staff person of your emergency.
- If a phone is not accessible, sound the closest fire alarm.
- If a campus-wide fire alarm is sounded, all guests should proceed immediately to the *Machaneh Gimel* (field in between the *Bet Am Gadol* (Gym) and Alpine Tower) and remain there until the “all clear” signal has been given.
- If the fire occurs on or near *Machaneh Gimel*, all guests should proceed to the Tzad Bet field in between the B-Side Tennis Courts and Little House.

SEVERE WEATHER

Thunder and/or Lightning:

Gather your family/group and move to a safe area (large indoor facility, bunk porch or common room) until the weather has passed.

Tornado Warning:

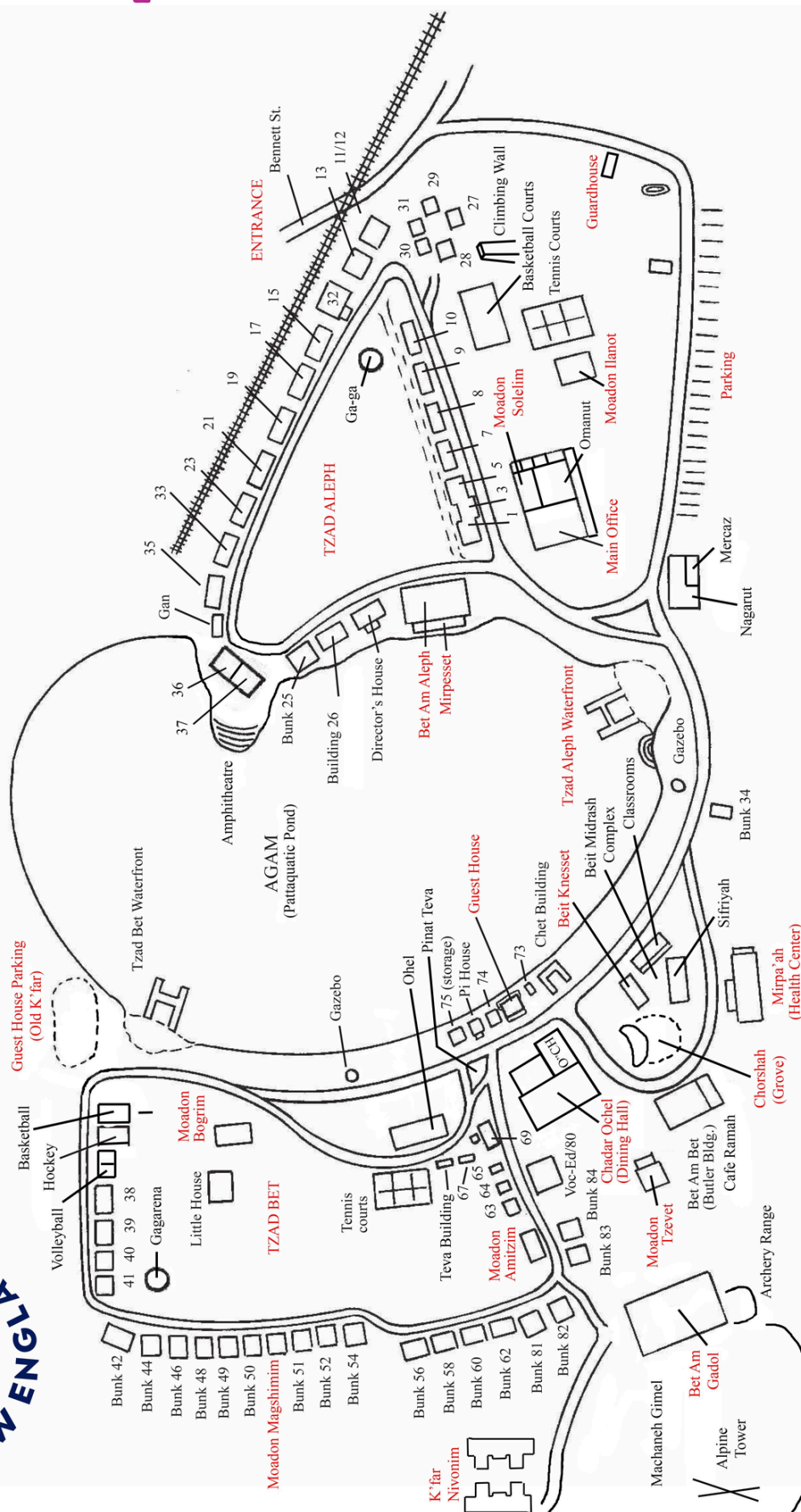
Head immediately to one of the following designated emergency locations: Library Basement, Guest House Basement, or Bunk 80 Basement. When at location, stay away from windows. Stay at designated emergency location until the “all clear” has been given.

ACTIVE SHOOTER

- First and foremost: **EVACUATE** if at all possible, leaving the area by the quickest route available. If necessary, leave the campus grounds. Leave your belongings behind.
- Call 911 as soon as it is safe to do so.
- If you are not able to evacuate, HIDE OUT in an area out of the active shooter’s view. Block entry to your hiding place. If possible, lock the door. Silence your cell phone (including vibrate mode) and remain quiet.
- TAKE ACTION only as a last resort and only when your life is in imminent danger. Attempt to incapacitate the shooter. Act with physical aggression and throw items at the active shooter.
- When law enforcement arrives, remain calm and follow the officers’ instructions. Immediately raise hands and spread fingers. Keep your hands visible at all times. Avoid quick movements toward officers whenever possible.

CAMP RAMAH NEW ENGLAND

מחנה רמה בניו אינגלנד



Ramah Family Experiences 2026/27

Fun for the whole family with counselor-led adventures, family and adult-only time, and a magical Ramah Shabbat!

AUGUST FAMILY CAMP

**AUGUST 19-23
2026**

SUKKOT B'RAMAH

**SEPTEMBER 25-28
2026**

SPRING FAMILY SHABBATON

**MAY 21-23
2027**



Ramah
YEAR-ROUND





Thank You!

See you next year!