

Itinerary

Friday, September 25, 2026

11:00 am Registration

12:00 pm Bus departs from USC Norris Comprehensive Cancer Center

Bus Waiting Grace Period: 10 minutes

1:00 pm: Bus picks up from City of Hope

Bus Waiting Grace Period: 10 minutes

4:00 pm - 5:30 pm Cabin Check-in / Camp Tour
USC (Pond Village Cabins)

City of Hope (Meadow Village Cabins)

5:30 pm - 6:30 pm Mailbox Decoration
/Postcards/Friendship Bracelets (Dining Hall)

6:30 - 7:30 pm Dinner (Dining Hall)

8:00 - 9:00 pm Group Introduction/Facilitators
and Icebreaker (Fellowship Hall)

9:30 pm Campfire & S'mores

Saturday, September 26, 2026

7:00 - 7:30 am Coffee Bar/Juices for Early Birds

7:30 am - 8 am Meditation - Julia

8:00 - 9:00 am

- Camp Walk
- Gentle Yoga-Julia (Fellowship Hall)

9:00 - 10:00 am Breakfast

10:00 - 12:30 pm Camp Activities & Workshops

- Gloves for Grief (Fellowship Hall)
- Aroma Therapy - Maureen (Board Room)
- Watercolor - Tamara (PAB)
- Writing & Breathwork - Amanda & Michelle (Roosevelt Hall)
- Sunprinting - Ben & Olivia (MAB)
- Camp Sports - Archery, Fishing, Volleyball, Pickleball, Basketball, Soccer (optional)

12:30 - 1:30 pm Lunch (Dining Hall)

1:30 - 3:30 pm Workshops

- Writing & Breathwork - Amanda & Michelle
- Aroma Therapy - Maureen (Board Room)
- Sunprinting - Ben & Olivia (MAB)
- Songwriting - Moontower (Fishing Pond)
- Watercolor - Tamara (PAB)

3:30 - 5:30 pm

- Climbing Tower Challenge
- Mindful Nature Walk - Julia
- Macrophotography - Maureen
- Arts and Crafts (PAB)

6:00 - 7:00 pm Dinner (Dining Hall)

7:30 - 9:30 pm Saturday Night with Mocktails & Snacks, Band Performance, Karaoke & Dancing (Fellowship Hall)

9:30 pm Campfire & S'mores Or Board Games

Sunday, September 27, 2026

7:00 - 7:30 am Coffee Bar/Juices for Early Birds

7:30 - 8 am Meditation - Julia

8:00 - 8:30 am Camp Walk or Gentle Yoga - Julia

8:30 - 9:30 am Breakfast (Dining Hall).

9:30 - 11:30 am USC vs. City of Hope Competition (Indoor Pickleball/Trivia) Camp Awards

11:30 am - 12:30 pm Lunch (Dining Hall)

12:30 - 1 pm Group Photos and Surveys

1:00 pm - 2:30 pm Optional Camp Activity

- Campwide Mural Sunprinting (starting at 1 pm)
- Archery
- Fishing
- Arts and Crafts/Board Games

Leave all bags in front of the activity buildings of your villages

2:30 pm - 2:45 pm Group Circle

3:00 pm Bus Departures and returns to City of Hope and USC



**This retreat is made possible by
the generous support from
the Audrey Irmas Foundation
for Social Justice**



Scan to RSVP and
visit aya.usc.edu for
more info