People Camp 2020: Nonviolence in Action

WEEK 1: August 16-22

**Sunday, August 16th**
6-7:30 pm We hope everyone will come to the Sunday dinner kick-off event hosted by Leah Robshaw Robinson. We will be “seated” in small zoom break out room groups for conversation.
7-8 pm Join Lorenzo Lien for group games.

**Monday August 17th**
10-11:30am Motivated Maria and team will host an AVP mini session on TRAUMA.

**Tuesday, August 18th**
10-11 am Interest Group: Ranked Choice Voting with Tom Ruen.

**Wednesday, August 19th**
7-8 pm BOOK CLUB discussion: *Tattoos on the Heart*, discussion led by Maria Musachio

**Thursday, August 20th**
7-9 pm WORKSHOP #1 Social media, Technology, Nonviolence and Social Change, led by Collin Scott in four sessions. *Understanding How You Show Up Online*
7-8 pm Elen Bahr will lead a YOGA FOR ALL BODIES session. Beginner and seasoned yogis will be well taken care of. She is an extraordinary teacher and Soma Yoga therapist: [elenbahr.com](http://elenbahr.com)

**Friday, August 21st**
7-9 pm SINGALONG led by Jan Marie Willard and friends. Most songs found in *Rise Up Singing*.

**Saturday, August 22nd**
2-4 pm WORKSHOP #2 How to Create Information About Topics You Care About

WEEK 2: August 23-29

**Sunday, August 23rd**
5-7 pm COOK DINNER with Althea Allen, hosted from her new home in Lisle, IL. Althea will lead you through preparation of palak paneer. We will celebrate our success by eating our meal together.
7-8 pm Group games led by Lorenzo Lien.

**Monday, August 24th**
10-11:30am Motivated Maria and team will host an AVP mini session on RESILIENCE.

**Tuesday, August 25th**
10-11 am Interest Group: One Heart: How Happiness Spreads with Phil Grove.

**Wednesday, August 26th**
7-8 pm BOOK CLUB discussion: *This is an Uprising*, discussion led by Mike Texler.

**Thursday, August 27th**
10 am Lois Zander will lead you in baking IRISH SODA BREAD, ready to eat by lunch time!
7-9 pm Workshop #3 Dive into Youtube, Facebook and Twitter
7-8 pm Elen Bahr will lead a YOGA FOR ALL BODIES session.

**Friday, August 28th**
7-9 pm Singalong led by PJ Hoffman and friends. Most songs found in *Rise Up Singing*.

**Saturday, August 29th**
2-4 pm Workshop #4 Turn Your Knowledge into Action
6-7pm FAREWELL DINNER hosted by Maria Musachio with small group seating available for conversation.
7-8 pm TALENT SHOW hosted by PJ Hoffman. Email him at [pj.hoffman@comcast.net](mailto:pj.hoffman@comcast.net) to get yourself on the talent lineup.
8-9 pm A chance for final conversations while enjoying DESSERT.