

Silver Bay Welcomes

Members, Guests & Local Residents

Special Events

Dinner & Movie

January 8th

6:00 pm

Brookside Community House

Suggested donation \$5

Rocket Gibraltar- Levi Rockwell's (Burt Lancaster) family has gathered at his home to celebrate his upcoming 77th birthday, and his children and their spouses are an anxious and egocentric bunch set on winning the old man over. Despite the continuous squabbles between siblings and spouses, the group is touched by a poignant and untraditional present Levi's grandchildren have presented to him. Stars Kevin Spacey, Bill Pullman, Patricia Clarkson and Macaulay Culkin.
Rated PG.

For planning purposes RSVP's are appreciated. Contact Chip Devenger at cdevenger@silverbay.org or 543-8833 x 286

Community Membership

Free to year-round local residents*

December 6, 2009 - March 13, 2010

How do I sign up?

Stop by or call the Front Desk (543-8833, ext. 214) during office hours Mon-Fri 8:00 am - 5:00 pm and complete a membership application. Offices will be closed January 1st.

Do I need to wear my membership badge on campus?

We ask that all of our members carry their badges with them while on campus. With the exception of ice-fisherman who need to hang them from the rear view mirror of their vehicle before heading out onto the ice.

Where do I park?

Depending on what you are doing please park in designated areas only. If you are accessing the Inn or Spiritual Life Office please park in front of the Ice-Cream store. If you are accessing the fitness center or Slim Point, please park in the Gymnasium lot or Bayview lot.

* Local residents include Essex County, the towns of Brant Lake, Hague and Putnam.

Activities and Programs

Fitness

Work out at your own pace on our Cardio and Cybex machines.

Mon. Wed. & Fri: 9:00 am – 10:30 am

Thu. & Tue: 5:00 pm –6:30 pm (Closed Friday Jan. 1st.)

Fitness Class

Yoga Wed: 2:30 pm – 3:30 pm

Hiking Trails

Over 700 acres of hiking trails with all levels of difficulty.

Please sign in at the trailhead, trail maps available at the front desk.

Ice Fishing Access

Access off Slim Point. Please park in either the Gymnasium lot or the Bayview lot

Hang your badge in the rearview mirror of your vehicle.

Libraries

Check out books on the honor system from one of the Libraries

Located off Gullen Lounge or the Spiritual Life Library located in Trinity House.

Mon-Fri. 8:00 am – 5:00 pm (Closed Friday Jan. 1st.)

Snow Shoes

Available for borrowing please call to reserve a pair. Pick-up and return to the front desk during office hours,
You will be asked to sign a waiver and an imprint of your credit card will be taken.

Mon-Fri. 8:00 am – 5:00 pm (Closed Friday Jan. 1st.)

Spiritual Life Programs

Men's Monthly Prayer Breakfast – Fri: Jan 8th, 7:30 am, Brookside Community House. All men are welcome!

Women's Monthly Prayer Lunch – Tue: Jan 12th, Noon - 1:30 pm, Brookside Community House. All women welcome!

Weekly Community Prayer – Every Wed: 9:00 am – 10:00 am, Spiritual Life Center. This is an opportunity to gather with others from our community to pray together.

Bereavement Group – Every Mon: 11:00 am - Noon, Spiritual Life Center. Anyone who has lost a loved one is welcome to attend.

Bi-monthly Reading Group– Fri: Jan 8th & 22nd, 9:30 am – 11:00am, Trinity Lounge. Come join us as we choose the next book for discussion.

Deepening in the Spirit – Please call the Spiritual Life Center at Ext. 293 to schedule an appointment for individual sessions for directed meditation, pastoral counseling or spiritual direction.

Open Door Soup Kitchen – We are looking for volunteers to help serve lunch once a month at the Soup Kitchen in Glens Falls. Please call Ext. 293 to sign up!