

# the breeze

SILVER BAY  
YMCA of the Adirondacks

January 2011

Weekly Newsletter of everything you can do at Silver Bay

*Silver Bay Welcomes*  
Members, Guests & Local Residents

## **Special Events**

### ***Dinner & Movie***

January 14<sup>th</sup>

6:00 pm

Brookside Community House

Suggested donation \$5

### **The Day Trippers**

New Yorker Eliza D'Amico drags along her mother, father, sister, and sister's boyfriend to Manhattan to confront her hus-band, Louis, who she thinks is two-timing her after she finds what appears to be a love letter to him from a woman named Sandy.

### **R 87 Minutes**

For planning purposes RSVP's are appreciated. Contact Chip Devenger at

[cdevenger@silverbay.org](mailto:cdevenger@silverbay.org)

or 543-8833 x 286

## **Community Membership**

Free to year-round \*local residents

December 6, 2010 - March 11, 2011

### **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.

### **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 Hague and Putnam.

## Activities and Programs

### Fitness Center

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

Mon. Wed. & Fri: 8:00 am – 9:30 am

Thu. & Tue: 5:00 pm –6:30 pm

### Hiking Trails

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

Pick up a trail map at the front desk.

Please sign in at the trailhead

### 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.

### Labyrinth

The Outdoor Labyrinth is always available for individual reflection and meditation.

Located between Fisher Gymnasium and Slim Point.

### Libraries

Check out books on the honor system from the Library located off Gullen Lounge or the Spiritual Life Library located in Trinity House.

Mon-Fri. 8:00 am – 5:00 pm

### 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

### Spiritual Life Programs

Men's Monthly Prayer Breakfast – Fri: Jan. 7<sup>th</sup>, 7:30 am, Brookside Community House.

All men are welcome!

Weekly Meditation/Prayer – Every Tue: 9:00 am, Spiritual Life Center.

Gather with others for contemplation and prayer.

Bereavement Group – Every Wed: 10:00 am, Spiritual Life Center.

Anyone who has lost a loved one is welcome to attend.

Bi-monthly Reading Group – Fri: Jan. 7<sup>th</sup>& 21<sup>st</sup> 9:30 am, Trinity Lounge.

We are discussing "A New Kind of Christianity-Ten Questions that are Transforming the Faith".

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.