

Daily Operating Hours

(Basic) = Basic or Nonmembers, (Program) = On Campus Guests and Program Members

Archery (Program)	Archery Hours	
Guests ages 6 and older may participate in our daily program as well as our clout shoots.	Sat/Mon/Tues/Thurs/Fri: 9:00 a.m.-12:00 p.m. ; 1:00-5:00 p.m. Sun: 1:00-5:00 p.m. Mon: 7:00-8:00 p.m. Wed: 1:00-5:00 p.m. Wed: Clout Shoot: 7:00-8:00 p.m.	
Beaches (Program)	Bay Beach	Slim Point
Bring the family to Bay Beach or Slim Point for swimming fun during beach hours!	Daily: 6:30-7:30 a.m., 10:00-11:30 a.m., 2:00-5:30 p.m.	Daily: 10:00 a.m.-8:00 p.m.
Boathouse (Program)	Boathouse Hours	
Access to kayaks, canoes, row boats, and sailboats, plus lessons and safety courses.	Daily: 8:30 a.m.-8:00 p.m.	
Climbing Wall (Program)	Climbing Wall - Open Climb	
During Open Climb, trained instructors will belay while you climb. All sessions \$8 per session per participant. Sign up at the Concierge Desk.	Sun: 9:00-11:00 a.m. Mon / Fri: 9:00-11:00 a.m. & 7:00-9:00 p.m. Wed: 7:00-9:00 p.m. Tues / Thurs/ Sat: 3:00-5:00 p.m.	
Collins (Program)	Collins Hours	
A wide variety of athletic equipment is available (horseshoes, shuffleboard, tennis, basketballs, volleyballs, softballs, nerf balls, frisbees, etc.) as well as games and puzzles galore! Lessons, tournaments and special events are scheduled regularly.	Daily: 8:30 a.m.-10:00 p.m.	
Craft Shop (Program)	Craft Shop Hours	
Crafts include: silver jewelry, leather crafts, copper enameling, adult enameling, stained glass, beading, basketry, stepping stones, pottery, weaving, and fused dichroic glass jewelry.	Mon / Tues / Fri: 9 a.m.-12:00 p.m.; 1:00-5:00 p.m. Wed / Thurs: 9:00 a.m.-12:00 p.m., 1:00-5:00 p.m., 7:00-9:00 p.m. Children's Craft Shop, Mon-Fri: 1:00-5:00 p.m. Craft Project Pick-Up Sat: 9:00-11:00 a.m.	
Fisher Gymnasium (Program)	Fisher Gym Hours	
Basketball, table tennis, badminton, volleyball during open hours.	Daily: 6:30 a.m.-10:00 p.m.	
Fitness Center (Program)	Fitness Center Hours	
Fitness and relaxation classes are scheduled throughout the season (see "Fitness Center" section for times and descriptions). You are welcome to work out at your own pace on our Cardio and Cybex machines during open hours.	Daily: 6:30-7:30 a.m. 8:30 a.m.-12:00 p.m. 1:00.-6:00 p.m. 7:00-10:00 p.m.	
Gift Shop (Basic/Program)	Gift Shop Hours	
Bring home a piece of your stay at Silver Bay. The Gift Shop also stocks travel essentials you may have forgotten to pack.	Sun: 11:00 a.m.-5:00 p.m. Mon - Thurs: 10:00 a.m.-6:00 p.m. Fri / Sat: 10:00 a.m.-8:00 p.m.	
Health Office (Basic/Program)	Health Office Hours	
On call 24 hours/day, 7 days/week. Youth under 18 <i>must</i> be accompanied by a parent or person with signed consent for medical treatments.	Mon-Fri: 8:00 a.m.-4:00 p.m. 6:00- 7:00 p.m. At other times contact the Front Desk for health officer on duty.	
Library (Basic/Program)	Library Hours	
All members may check out books from our collection.	Daily: 8:30 a.m.-8:30 p.m. Children's Story Hour, Mon/Wed/Fri 7:00-7:30 p.m.	
Nature Center (Program)	Nature Center Hours	
Educational hikes, walks, and classes are offered regarding the surrounding area of Silver Bay.	Daily: 8:00 a.m.-7:00 p.m.	
The Store (Basic/Program)	The Store Hours	
Offering ice cream, milkshakes, coffee, crepes, pizza, hotdogs, and much more! Board games always available! Entertainment or activities 2 days a week. Store on Wheels selling refreshments each afternoon at stops from Archery to Slim Point! Call ahead for take-out! ext. 227	Daily: 7:30 a.m.-11:00 p.m. Snack Shack: 11:00 a.m.-4:00 p.m. Ice Cream: 11:00 a.m. -11:00 p.m. Store on Wheels: 2:00-4:00 p.m. Pizza: 5:00-10:00 p.m.	



WELCOME!

- Conferences/Groups**
- New Life Assembly of God
 - Terra Nova Church
 - Gnade Memorial
 - New York Yearly Meeting
- Family Reunions**
- Silkworth/Walker Family
- Special Events**
- Carey/Baker Wedding



All programs and locations are subject to change.

UPCOMING EVENTS

Silver Bay Idol July 29
 Join us for our 4th Annual Silver Bay Idol! Audition for our panel of judges and perform in the finale! \$5 to audition! This exciting event benefits the Silver Bay Annual Fund!

Dance Week August 1-5
 Learn to merengue, tango, foxtrot, swing, and salsa with David & Nina Endicott, two of the New York City dance instructors featured in the documentary "Mad Hot Ballroom".

11th Annual Silver Bay Golf Tournament August 3
 Play in the 11th Annual Silver Bay Golf Tournament. All net proceeds support community outreach and scholarship programs at Silver Bay. \$75 per player (\$60 for Ticonderoga Country Club Members) - Includes Golf and cart, practice putting privileges, continental breakfast, lunch, and a chance to win prizes.

New York State Safe Boaters Course August 1-4, August 8-11
 In the state of New York, anyone between ages 10-18 must hold a safety certificate in order to operate a motorboat. Those interested in the course must be at least 10 years old by the first class. All class sessions are mandatory for a total of 8 hours. Bring a pencil. Workbooks will be provided. Sign up at the boathouse

SPECIAL EVENTS

Preservation Carpentry Program June 28-Aug. 20 • Times based on availability • Auditorium
 Be part of "the crew" refurbishing the Auditorium. Participants must be 16 years or older. Sign up at the Concierge Desk.

Afternoon Tea Time Tuesday • 2:30-3:30 p.m. • Inn Porch
 We would like to welcome all first-time guests to join us for a light snack of tea and cookies and to hear about how Silver Bay is making a difference in the world.

SILVER BAY
YMCA

Saturday, July 16 - Friday July 22, 2011

Weekly Newsletter of everything you can do at Silver Bay

Make A Difference...Volunteer.

Volunteers Needed:

- Concierge Desk
- Golf Cart Drivers
- Greeters
- Guides

For more information, please contact Carroll LaPann: clapann@silverbay.org or 518-543-8833, x207

CONCERT AND LECTURE SERIES

Music Recital Sunday • 8:00 p.m. • Chapel
 This week's Performance features Dvorak Piano Quartet, Chopin.

Lecture: "The Battle of Saratoga- A Living History Presentation" Tuesday • 8:00-9:00 p.m. • Watson
 James Parillo, executive director of the Saratoga Springs History Museum since 2000 and a re-enactor portraying British and American troops from the French and American Revolutionary Wars, will present a fascinating look at this event in history.

Art Series Wednesday • 8:00-9:00 p.m. • Watson
 This week's video will be entitled "How to Mix Greens and Paint Foliage with Tony VanHasslet."

Vickie Russell Concert "Songs for the Journey" Thursday • 8:00-9:00 p.m. • Chapel
 Vickie Russell, touring singer/songwriter will perform her original, heartfelt songs on keyboard and guitar. Joined by her husband, David Michael Peters on guitar and harmonies with John Parker on bass. They will enchant you with their original songs.

John Costello Concert Friday • 6:00-9:00 p.m. • Hague Beach Rain Location-Hague Community Center
 Performers of any age are welcome to participate in this benefit for the John Costello Scholarship Fund.

Nature Series Friday • 8:00-9:00 p.m. • Watson
 This week's series will be entitled "Invasive Species Around Silver Bay." Join Eamon O' Leary and discover invasive species introduced naturally or transferred by birds, water, humans, or other hosts into the Silver Bay region.

ARCHERY

Build Your Own Arrow
Tuesday • 3:00-4:00 p.m. • Archery Range
Class size is limited. Please sign up at the Archery Range.

Clout Shoot
Wednesday • 7:00-8:00 p.m. • North Field
Experienced archers only.

Team Competition
Thursday • 3:00-5:00 p.m. • Archery Range
Teams of two required.

Individual Competition
Friday • 3:00-5:00 p.m. • Archery Range
All levels are welcome.

Silver Bay Archery Champion Contest
See archery instructors for more information.

ART PROGRAM

Craft Shop
Crafts for all ages and ability levels. Please see the Craft Shop for specific schedule, age requirements, and prices.

Kid's Crafts
Monday-Friday • 1:00-4:30 p.m. • Craft Shop
Join Katie who will be doing Everything Paper this week. Projects will include, hand made paper, origami, printing on paper, decoupage, and more. Ages: 4 and up with parental supervision for children 4-7. Cost: varies.

Guest Artist: Craft Recycling
Monday-Friday • 9:00-11:45 a.m. • Craft Shop
Bring a favorite old shirt or dress that you no longer wear and learn how to cut it into strips and weave it into something new- the ultimate in recycling. Class Size: 6. Ages: 13+ . Cost: Varies.

Chair Caning
Monday • 1:00-4:00 p.m. • Craft Shop
Join Al in the Craft Pavilion to learn how to re-cane rocking chairs. Your time is appreciated to help preserve the Inn rocking chairs. Class Size: Varies. Ages: all. Cost: none.

Silver Inlay in Copper
Tuesday • 9:00 a.m.-11:45 p.m. • Craft Pavilion
Join Tim for a special workshop in the silver section. Design and make your very own piece of jewelry- a beautiful meld of copper and silver. Class Size: 5. Ages: 16+. Cost: varies.

Fused Dichroic Glass Pendant
Tuesday • 1:00-4:00 p.m. • Craft Shop
Join Jan in the craft shop to create a unique pendant. Class size: 10. Ages: 18+. Cost: \$15.

Complex Basketry
Wednesday • 1:00-4:30 p.m. • Craft Shop
Join Jill to make a new basket! A triangular base begins this dramatically colored corner basket. Class Size: 6. Ages: 16+. Cost: varies.

Adult Enameling
Thursday • 1:00-4:30 p.m. • Craft Shop
Create layered, multicolored, detailed designs in enamels. Class size: 4. Ages: 18+. Cost: varies.

Teen Art
Monday-Friday • 9:00-11:30 a.m. • Watson
Teens experience different mediums from watercolor to drawing to pottery. Class Size: Varies. Grades: 7-12. Cost: varies.

Watercolor Program
Monday-Friday • 9:00-11:30 a.m. • Watson
Adults from beginner to expert are welcome to join in on painting a Silver Bay scene. Work is displayed daily in Watson. Class Size: Varies. Ages: 18+. Cost: \$12 to start.

BOATHOUSE

Sailboat Screening Test
Daily • 9 a.m.-1:00 p.m.
To use sailboats, members must demonstrate their sailing skills.

Basic Sailing Lessons
Monday – Thursday • 9:00-11:30 a.m. or 1:00-3:30 p.m.
A four-day course. The course teaches the fundamentals of sailing to members with little or no previous sailing experience. Minimum age 12 years.

Kayak Lessons
Mon -Tues or Wed-Thurs • 2:30-3:30 p.m. or 4:00-5:00 p.m.
Four two-day classes are available. Learn basic kayak strokes, entry/exit and rescue techniques. Minimum age 10 years.

Sunfish Sailing Race
Friday • 9:00 a.m. sharp!

Boat for Sale - Inquire at Boathouse

CHILDREN'S PROGRAM

Silver Camp Half-Day
Monday – Friday • 8:30–11:30 a.m.
Check-in begins at 8:15 a.m. Registration is required. On-Campus Guest/Program Member Rates: \$12/day, \$36/week Basic/Nonmember Rates: \$19/day, \$54/week Sign up at the Front Desk.

Robins (6 wks. to 18 mos.)	• Children's Pavilion
Crickets (18 mos. to 3 yrs.)	• Children's Pavilion
Wee-Woozles (3 yrs. to K)	• Children's Pavilion
Woozles (1st – 2nd grade)	• Children's Tent
Chippies (3rd – 4th grade)	• Children's Tent
Ravens (5th – 6th grade)	• Children's Tent

Teen Program • Mon-Fri 8:30-11:30 a.m. • Teen Center
Eagles (7th - 8th grade)
Falcons (9th - 12th grade)
Activities may include hiking, campfires, performances, boating, and leadership opportunities.

Silver Camp Full-Day
Monday – Friday • 8:30 a.m.–3:30 p.m. • Children's Tent
Full-day camp is open to children in grades 1-8. In addition to the morning program, participants are offered swim lessons and recreational programs across campus. Cottage guests or off-campus members should provide a bag lunch for their child. Guests using the dining hall all week may contact the Front Desk to order bag lunches. **Registration is required.** On Campus Guest/ Program Member Rates: \$26/day, \$72/week Basic/Nonmember Rates: \$39/day, \$108/week

***Please check the Children's Breeze for more info!**

SPIRITUAL LIFE

Communion Service • Sunday • 8:30 a.m. • Chapel

Choir Rehearsal • Sunday • 9:15 a.m. • Chapel
All are welcome.

Worship this Week • Sunday • 10 a.m. • Chapel
Preaching will be Rev. Judith Fulp-Eistaedt, Trinity Presbyterian Church, Arlington, VA.

Worship Child Care • Sunday School
Children ages over 4 may attend the Children's Message. Complimentary Sunday Service Child Care for those under 4 are welcome at the Children's Pavilion from 9:45-11:15 a.m.

Evening Vespers
Monday-Saturday • 7:15 p.m. • Chapel
A time of inspirational words and Silver Bay's String Quartet.

Hymn Sing
Sunday • 7:15 p.m. • Chapel
Participate in a time of worship and sing your favorite hymns.

How to Understand Myself and Everyone Else Better
Monday • 9:00-10:15 a.m. • Spiritual Life Tent
A humorous and insightful look at understanding personality styles in order to develop a loving relationship with ourselves, others, and God. Led by Rev. Bruce Tamlyn.

Introduction to the Labyrinth
Monday • 10:30-11:45 a.m. • Spiritual Life Center
Learn how this ancient walking meditation helps quiet minds, heal hearts, and soothe souls. Led by Betty Towey.

Labyrinth Walk: Early Morning Meditation
Tuesday • 7:00-8:00 a.m. • Outdoor Labyrinth
Greet the day as you walk the labyrinth. Led by Betty Towey.

The Interrelationship of Buddhism and Christianity
Tuesday • 9:00-10:15 a.m. • Trinity Lounge
Using the book *Living Buddha, Living Christ* by Thich Nhat Hanh, we will explore similarities and differences between the teachings of Buddha and Jesus. Led by Rev. Harvey Noordsy.

12 Step Meeting
Tuesday • 10:30-11:30 a.m. • Spiritual Life Center
Open to all who struggle with addiction of any kind.

Adventures in Prayer
Tuesday • 2:00-3:15 p.m. • Spiritual Life Tent
Based on Philip Yancey's book *Prayer* this is a discussion of any questions about prayer. Led by Rev. Debby Holmes.

"Who Do People Say I Am?" "Who Do You Say I Am?"
Wednesday • 9:00-10:15 a.m. • Spiritual Life Tent
Jesus asked his disciples these questions and today we are invited to ask ourselves as well. This subject, Christology, is a fascinating topic to discuss. Led by Cathy Paparella.

Reaching Your Divine Potential
Wednesday • 10:30 -11:45 a.m. • Spiritual Life Tent
There are four roles each of us is called to play that are essential to living and enjoying the full life that the Divine has laid out for us. Led by Rev. Bruce Tamlyn.

Labyrinth Parable Walk
Wednesday • 4:00-5:00 p.m. • Outdoor Labyrinth
Come walk the labyrinth and experience a sense of inner calm. Led by Julie Cook.

The Matthew S-T-R-E-T-C-H
Wednesday • 8:00-9:00 p.m. • Chapel
Bible exploration of the Gospel of Matthew that is open to all. This study/discussion group will cover history, prophecy, content overview, and parables. Led by Rev. Debby Holmes.

Deepening Your Life Experience Through Centering Prayer
Thursday • 9:00-10:15 a.m. • Spiritual Life Tent
Centering Prayer is a prayer of the heart that deepens our relationship with God. Come explore this prayer form and begin or deepen your practice. Led by Julie Cook.

Bereavement Group
Thursday • 10:30-11:30 a.m. • Spiritual Life Center
Open to anyone who has lost a loved one. Led by Julie Cook, Pastoral Counselor.

Honduras Health: Training Guardians' de Salud
Friday • 9:00 -10:15 a.m. • Spiritual Life Tent
Bruce and Jane Ergood share their experience in training Honduran villagers to be primary care providers.

Labyrinth Peace Walk
Friday • 4:00-5:00 p.m. • Outdoor Labyrinth
Come walk the labyrinth and experience a state of inner calm. Led by Betty Towey.

Labyrinth
The Silver Bay Labyrinth is available for reflection and meditation. It is a spiritual practice and meditation tool. If you would like to do an individual labyrinth walk please call the Spiritual Life Department at 543-8833 x293.

Pastoral Counseling, Spiritual Direction, and Marriage Support
You are invited and welcome to speak with one of our Chaplains or Spiritual Life staff members. Feel free to stop by the Spiritual Life Center in Trinity House or call 543-8833 x293.

SWIM LESSONS

Monday-Friday • 1:30-2:00 p.m. • Slim Point
Parent/Child Swim Lessons children ages 2 - 4 years old.
Polliwogs, Guppies, Minnows children ages 5 and up.

Monday-Friday • 1:30-2:15 p.m. • Bay Beach
Fish, Flying Fish, Shark, Porpoise
On-Campus Guests and Program Members \$16/ week.
Nonmembers and Basic Members \$24/week.
Registration is required.

THE STORE

Trivia Quiz Night
Tuesday • 8:00 p.m.

Ice Cream Presentation - Ravens
Thursday • 7:00 p.m.
The Children's Program introduces their new ice cream flavor every Thursday. You're invited to try their new creation! (Regular prices apply.)

Recovery 101

Monday • 9:00-10:00 a.m. • Led by Nadia Stefanik
A class designed to aid in recovery of muscle and joint tightness. Foam rolling and other techniques are incorporated to leave your body feeling rejuvenated.

Total Body Blast

Monday/Wednesday/Friday • 4:00-5:00 p.m. • Led by Nadia Stefanik
This class incorporates free weights, stability balls, jump ropes, core exercises, and more. A workout for your entire body.

Tai Chi

Tuesday/Thursday • 9:00-10:00 a.m. • Led by Mae Pagen
A no-impact class focused on body awareness and centering the body through slow rhythmic movements.

Zumba

Tuesday/Thursday • 10:30-11:30 a.m. • Led by Mae Pagen
A Latin-inspired dance fitness program that combines high energy and music with unique moves and combinations.

Ab Lab

Tuesday/Thursday • 4:00-4:30 p.m. • Led by Nadia Stefanik
A core-training class designed to improve strength and stability in the abs, back, and hips.

HOLISTIC HEALING

Massage Therapy and Reiki Energy Healing sessions provided by certified insured professionals. Appointments can be made at the Concierge Desk during your stay.

Meditation

Monday-Thursday • 10:30-11:45 a.m. • Dance Studio
Focuses on a variety of breathing and mental concentration techniques that can help bring an inner source of tranquility, joy and wisdom. Monday and Wednesday walking meditation. Tuesday and Thursday sitting meditation

Mindfulness and Medicine

Friday • 10:30 - 11:45 a.m. • Spiritual Life Tent
The meditation skills and practices taught here can support stress reduction and lead to making deeper contact with all the moments of your life. Led by Dr. Noelle Nielsen.

NATURE CENTER PROGRAMS

Explore the Paul McCoy Nature Center. Check out the displays, exhibits, and live animals.

Eco-Cruise on the Expedition

Monday and Friday • 3:00-4:30 p.m.
Learn about the ecology of Lake George through hands-on experiments. \$24/Adult \$12/ Children (0-17 years). Sign up at the Concierge Desk. Meet at the boat.

GPS Basic Class

Tuesday • 2:30-3:30 p.m. • Nature Center
Learn the ins and outs of how to use a GPS.

Family Fun- Salamander Hunt

Wednesday • 3:30-4:30 p.m. • Nature Center
Come and join an excursion to hunt for salamanders. An adult family member should accompany children.

Geocaching Class

Thursday • 2:30-3:30 p.m. • Nature Center
Put your new GPS skills to the test and explore our new Geocaching trail.

Guided Hikes and Walks

Saturday
• Hike - Beaver Meadow, 9:00-12:00 a.m. (difficult, 6 mi.)

Sunday

• Hike - Uncas Cliff, 9:00-11:30 a.m. (moderate, 1 mi.)
• Hike - Jabez Pond, 2:00-4:30 p.m. (moderate, 4 mi.)

Monday

• Nature Walk - Wildflowers, 9:00-11:00 a.m. (easy, 1 mi.)
• Hike- Hudoshone Lean-To, 9:00-11:30 a.m. (moderate, 4 mi.)
• Hike - Bob James Trail, 2:00-4:30 p.m. (moderate, 4 mi.)

Tuesday

• Birdwatching Walk (meet at Inn - South Porch), 6:30-7:30 a.m.
• Hike - Inspiration Point, 9:00-11:30 a.m. (moderate, 2 mi.)
• Nature Walk - Ferns, 2:00-4:30 p.m. (easy, 1 mi.)
• Hike - Uncas Waterfall, 2:00-4:30 p.m. (moderate, 3 mi.)

Wednesday

• Hike - Black Mountain 7:30 a.m.-1:00 p.m. (difficult, 6 mi.)
Sign up at Concierge Desk by Monday at 8:00 p.m. Adults/\$25 and Children under 12 yrs/\$12. Meet at the Boat.
• Nature Walk - Trees, 9:00-11:30 a.m. (easy, 1 mi.)
• Hike to Bear Cave 9:00-11:30 a.m. (moderate, 3 mi.)
• Hike - Rookery Pond, 2:00-4:30 p.m. (moderate, 3 mi.)

Thursday

• Hike - Skipper Mac's Cairn, 9:00-11:30 a.m. (moderate, 3 mi.)
• Hike - Gazebo Point, 2:00-4:30 p.m. (moderate, 6 mi.)
• Nature Walk -Mosses and Liverworts, 2:00-4:30 p.m. (easy, 1 mi.)

Friday

• Birdwatching Walk (meet at Inn - South Porch), 6:30-7:30 a.m.)
• Hike - Lost Pond, 9:00-11:30 a.m. (moderate, 3 mi.)
• History Walk - Old Foundations and Special Locations, 9:00-11:30 a.m. (moderate, 3 mi.)
• Hike - Sunrise Mountain, 2:00-4:30 p.m. (difficult, 1.8 mi.)
• Nature Walk - Mushrooms, 2:00-4:30 p.m. (easy, 1 mi.)

SPECIAL INTERESTS

Book Talk Group

Thursday • 9:00-10:00 a.m. • Boathouse (Library if raining)
A shared discussion of a featured book or others you may have enjoyed. This week's book is *That Old Cape Magic* by: Richard Russo. It is the story of a middle-aged man, his marriage and all the ties that bind (or unbind) a family.

Teen Book Talk Group

Thursday • 7:00-8:00 p.m. • Spiritual Life Tent
A shared discussion of a featured book or others you may have enjoyed for teens. This week's book is either *Samik and Yonatan* by: Daniella Carmi or *Tasting the Sky* by: Ibtisam Barakat. The focus is on contemporary Palestine and Israel.

Green Master Plan • Thursday 4:00pm-5:00 p.m. • Watson

Amy Strickland, landscape architecture major at Virginia Tech and Silver Bay Emp 2008-present will conduct community meetings to share opinions and desires for the future of Silver Bay for her Senior Design Thesis.

CIT Program (Available July 25-August 19)

Monday-Friday • 8:00 a.m. -12:00 noon • Morse Hall
CITs will participate in training and team building, work along side Children's Leaders during Silver Camp, and participate in a CIT only Day Trip.
Cost: On-Campus Guests/Program Members \$100/ 2 week session. \$175/ 4 week session.
Basic/Nonmembers \$150/ 2 week session. \$262/ 4 week session.

ChildWatch

Tuesday / Thursday • 7:00-10:00 p.m. • Children's Pavilion

Trained staff will provide supervised activities for children ages 6 months and older. ChildWatch reservations should be made at the Concierge Desk by 6 p.m. on the evening prior to the date the service is required. Please confirm the session with the Concierge Desk before taking your children to the Children's Pavilion. The fee is \$14 for the first child and \$7 for each sibling per evening.

COLLINS

Recreation

3 on 3 Basketball	Monday	4:00-5:00 p.m.
Ultimate Frisbee	Tuesday	4:00-5:00 p.m.
Shuffleboard	Wednesday	4:00-5:00 p.m.
Horseshoes	Thursday	4:00-5:00 p.m.

Tennis Round Robin

Sunday • 1:00-3:00 p.m. • Tennis Courts

Tiny Tennis

Tuesday • 7:00-7:30 p.m. • Tennis Courts

Tennis Lessons

Children's Lessons
Monday-Friday • 8:00-8:30 a.m. • Ct. 5&6

Adult Lessons

Monday-Friday • 8:30-9:30 a.m. • Ct. 5&6
Private lessons are available for an additional fee.

Recreational Doubles:

Ladies' Intermediate Doubles
Monday-Friday • 9:00 a.m.-12:00 p.m. • Ct. 3
Mixed Intermediate Doubles
Monday/Wednesday/Friday • 10:00 a.m.-12:00 p.m. • Ct. 2
Mixed Advanced Doubles
Tuesday/Thursday • 10:00 a.m.-12:00 p.m. • Ct. 2

Tennis Competitive Play:

Our weekly tournaments are fun events for the recreational player and generally draw 3.0 - 4.5 level players. Sign up by Monday 6:00 p.m. Play begins Tuesday during the day.

July 19	Chochumonga Tournament
July 26	Mixed Doubles
Aug 2	Men's and Women's Doubles
Aug 9	Mixed Doubles

THE EXPEDITION

Boat Tours

Learn about Lake George aboard one of our many cruises. Sign up at the Concierge Desk. Additional fee required.

Explorer Cruise

9:00-10:00 a.m. Thurs

Mother Bunch Cruise

3:00-4:00 p.m. Sat/Tues/ Wed
4:30-5:30 p.m. Sun

Harbor Island Cruise

10:45-11:30 a.m. Mon/Tues/Thurs/Fri
6:45-7:30 p.m. Mon-Fri
4:30-5:15 p.m. Sat

Gull Bay Cruise

3:00-4:00 p.m. Sun/Thurs

Eco-Cruise

3:00-4:30 p.m. Mon/Fri

Roger's Rock

1:00-2:30 p.m. Thurs

Paradise Bay Cruise

9:00-10:30 a.m. Mon/Fri
1:00-2:30 p.m. Tues

FAMILY PROGRAM

Family Movie Night - Megamind

Sunday • 7:30 p.m. • Watson

Slip-N-Slide

Monday • 3:30-5:00 p.m. • Hepbron Hill

Children's Story Hour

Monday/Wednesday/Friday • 7:00-7:30 • Library

Family Square Dance

Monday • 7:30-9:00 p.m. • Outdoor Basketball Courts
(Rain Location: Fisher Gym)

Family Art

Tuesday • 7:00-7:30 p.m. • Craft Shop

Family Dodgeball Mania

Tuesday/Thursday/Saturday • 7:30-9:30 p.m. • Fisher Gym
Mini Dodgeball 7:30-8:00 p.m. ages 11 and under
Family Dodgeball 8:00-8:30 p.m. for whole family
Elite Dodgeball 8:30-9:30 p.m. ages 12 and up

Family Game Night "Life Size Games"

Wednesday • 7:30-8:30 p.m. • Store

Family Sing

Thursday • 7:00-7:30 p.m. • Children's Pavilion

Sand Castle Contest

Friday • 3:30-5:00 p.m. • Slim Point

Family Campfire

Friday • 7:30-8:30 p.m. • Council Ring
(Rain Location: Fisher Gym)

FITNESS CENTER AND CLASSES

Make use of our extensive selection of cardio and Cybex machines or participate in one of our many classes. Fitness classes take place in the Fisher Gym unless otherwise specified.

Yoga

Monday-Friday • 7:00-8:30 a.m. • Outdoor Basketball Court
• Led by Dr. Jim Mielke
Monday-Friday • 5:15-6:15 p.m. • Led by Dr. Jim Mielke
Wednesday/Friday • 9:00-10:00 a.m. • Led by Jane Welch
Relax and tone the body, still the mind, experience inner peace.

SATURDAY, JULY 16	SUNDAY, July 17	MONDAY, July 18	TUESDAY, July 19	WEDNESDAY, July 20	THURSDAY, July 21	FRIDAY, July 22
6:30-7:30 Morning Dip •BB	6:30-7:30 Morning Dip •BB	6:30-7:30 Morning Dip •BB 7:00-8:30 Yoga •OB	6:30-7:30 Morning Dip •BB 6:30-7:30 Birdwatching Walk •Inn (South Porch) 7:00-8:30 Yoga •OB 7:00-8:00 Labyrinth Walk •OL	6:30-7:30 Morning Dip •BB 7:00-8:30 Yoga •OB 7:00 Black Mtn. Hike •BH	6:30-7:30 Morning Dip •BB 7:00-8:30 Yoga •OB	6:30-7:30 Morning Dip •BB 6:30-7:30 Birdwatching Walk •Inn (South Porch) 7:00-8:30 Yoga •OB
BREAKFAST 7:30-9:00 a.m. BREAKFAST 7:30-9:00 a.m. BREAKFAST 7:30-9:00 a.m. BREAKFAST 7:30-9:00 a.m. BREAKFAST 7:30-9:00 a.m. BREAKFAST 7:30-9:00 a.m. BREAKFAST 7:30-9:00 a.m. BREAKFAST 7:30-9:00 a.m. BREAKFAST 7:30-9:00 a.m. BREAKFAST 7:30-9:00 a.m.						
9:00-12:00 Beaver Meadow Hike •NC 9:00-1:00 Sailboat Screening Test•BH	8:30 Communion Service •CH 9:00-11:30 Uncas Cliff Hike •NC 9:00-1:00 Sailboat Screening Test •BH 9:15 Choir Rehearsal •CH 9:45-11:15 Worship Child Care •CP 10:00 Worship Service •CH	8:00-8:30 Child. Tennis Lessons •C 8:30 Silver Camp Start •Tent/CP 8:30-9:30 Adult Tennis Lessons •C 8:30-11:30 Teen Program •TC 9:00-10:00 Recovery 101 •F 9:00-10:15 How to Understand •SL 9:00-10:30 Paradise Bay Criuse •BH 9:00-11:00 Wildflower Nature Walk •NC 9:00-11:30 Basic Sailing A •BH 9:00-11:30 Watercolor •W 9:00-11:30 Teen Art •W 9:00-11:30 Hudoshone Lean-To Hike •NC 9:00-11:45 Craft Recycling •CR 9:00-11:45 Silver Inlay in Copper •CR 9:00-1:00 Sailboat Screening Test •BH 9:00-12:00 Ladies Int. Doubles •C 10:00-12:00 Mixed Int Doubles •C 10:30-11:45 Intro to Labyrinth •SL 10:30-11:45 Meditation •F 10:45-11:30 Harbor Island •BH	8:00-8:30 Child. Tennis Lessons •C 8:30 Silver Camp Start •Tent/CP 8:30-9:30 Adult Tennis Lessons •C 8:30-11:30 Teen Program •TC 9:00-10:00 Tai Chi •F 9:00-10:00 Gull Bay Cruise •BH 9:00-10:15 Buddhism and Christianity •CH 9:00-11:30 Basic Sailing A •BH 9:00-11:30 Watercolor •W 9:00-11:30 Teen Art •W 9:00-11:30 Inspiration Point Hike •NC 9:00-11:45 Craft Recycling •CR 9:00-11:45 Silver Inlay in Copper •CR 9:00-12:00 Ladies Int. Doubles •C 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Mixed Adv. Doubles •C 10:30-11:45 Meditation •F 10:30-11:30 Zumba •F 10:30-11:30 12 Step Meeting •SL 10:45-11:30 Harbor Island Cruise •BH	8:00-8:30 Child. Tennis Lessons •C 8:30 Silver Camp Start • Tent/CP 8:30-9:30 Adult Tennis Lessons •C 8:30-11:30 Teen Program •TC 9:00-10:00 Yoga •F 9:00-10:15 "Who Do People Say I Am" •SL 9:00-11:30 Basic Sailing •BH 9:00-11:30 Watercolor •W 9:00-11:30 Teen Art •W 9:00-11:30 Bear Cave Hike •NC 9:00-11:30 Tree Nature Walk •NC 9:00-11:45 Craft Recycling •CR 9:00-12:00 Ladies Int. Doubles •C 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Mixed Int. Doubles •C 10:30-11:45 Reaching Your Divine Potential •SL 10:30-11:45 Meditation •F	8:00-8:30 Child. Tennis Lessons •C 8:30 Silver Camp Start • Tent/CP 8:30-9:30 Adult Tennis Lessons •C 8:30-11:30 Teen Program •TC 9:00-10:00 Tai Chi •F 9:00-10:00 Book Talk •BH 9:00-10:00 Explorer Cruise •BH 9:00-10:15 Deepening Your Life •SL 9:00-11:30 Basic Sailing A •BH 9:00-11:30 Watercolor •W 9:00-11:30 Teen Art •W 9:00-11:30 Skipper Mac's Cairn Hike •NC 9:00-11:45 Craft Recycling •CR 9:00-12:00 Ladies Int. Doubles •C 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Mixed Adv. Doubles •C 10:30-11:30 Bereavement Group •SL 10:30-11:30 Zumba •F 10:30-11:45 Meditation •F 10:45-11:30 Harbor Island Cruise •BH	8:00-8:30Child. Tennis Lessons •C 8:30 Silver Camp Start •Tent/CP 8:30-9:30 Adult Tennis Lessons •C 8:30-11:30 Teen Program •TC 9:00 sharp! Sunfish Race •BH 9:00-10:30 Paradise Bay Cruise •BH 9:00-10:00 Yoga •F 9:00-10:15 Honduras Health •SL 9:00-11:30 Watercolor •W 9:00-11:30 Teen Art •W 9:00-11:30 Lost Pond Hike •NC 9:00-11:30 History Walk •NC 9:00-11:45 Craft Recycling •CR 9:00-12:00 Ladies Int. Doubles •C 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Mixed Int. Doubles •C 10:30-11:45 Mindfulness and Medicine •SL 10:45-11:30 Harbor Island Cruise •BH
WANT THE NEWS MAILED TO YOU? Arrange to have the Breeze mailed to your home address and keep up with what's happening here at Silver Bay. For more information, please contact Carolyn Close: cclose@silverbay.org or 518-543-8833, x211						
LUNCH 11:30-1:00 p.m. LUNCH 11:30-1:00 p.m. LUNCH 11:30-1:00 p.m. LUNCH 11:30-1:00 p.m. LUNCH 11:30-1:00 p.m. LUNCH 11:30-1:00 p.m. LUNCH 11:30-1:00 p.m. LUNCH 11:30-1:00 p.m. LUNCH 11:30-1:00 p.m. LUNCH 11:30-1:00 p.m. LUNCH 11:30-1:00 p.m.						
1:30-2:30 Explorer Cruise •BH 3:00-4:00 Mother Bunch Cruise •BH 4:30-5:15 Harbor Island Cruise •BH	1:00-3:00 Tennis Round Robin •C 1:30-2:30 Explorer Cruise •BH 2:00-4:30 Jabez Pond Hike •NC 3:00-4:00 Gull Bay Cruise •BH 4:30-5:30 Mother Bunch Cruise •BH	11:30-3:30 Silver Camp Full-Day cont. 1:00-3:30 Basic Sailing B •BH 1:00-4:00 Chair Caning •CR 1:00-4:30 Kid's Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/ Poliwogs-Minnnows •SP 1:30-2:15 Swim Lessons: Fish-Porpoise •BB 1:30-2:30 Explorer Cruise •BH 2:00-4:30 Bob James Hike •NC 2:30-3:30 Kayak Lessons A •BH 3:00-4:30 Eco-Cruise •BH 3:30-5:00 Slip-N-Slide •Hepbron Hill 4:00-5:00 3 on 3 Basketball •C 4:00-5:00 Total Body Blast •F 4:00-5:00 Kayak Lessons C •BH 5:15-6:15 Yoga •F	11:30-3:30 Silver Camp Full-Day cont. 1:00-2:30 Paradise Bay Cruise•BH 1:00-3:30 Basic Sailing B •BH 1:00-4:00 Fused Dichroic Glass •CR 1:00-4:30 Kid's Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/ Poliwogs-Minnnows •SP 1:30-2:15 Swim Lessons: Fish-Porpoise •BB 2:00-3:15 Adventures in Prayer •SL 2:00-4:30 Fern Nature Walk 2-4:30 •NC 2:00-4:30 Uncas Waterfall Hike •NC 2:30-3:30 Afternoon Tea Time •Inn 2:30-3:30 Kayak Lessons A •BH 2:30-3:30 GPS Basic Class •NC 3:00-4:00 Build an Arrow •A 3:00-4:00 Mother Bunch Cruise •BH 4:00-4:30 Ab Lab •F 4:00-5:00 Kayak Lessons C •BH 4:00-5:00 Ultimate Frisbee •C 5:15-6:15 Yoga •F	11:30-3:30 Silver Camp Full-Day cont. 1:00-3:30 Basic Sailing B •BH 1:00-4:30 Complex Basketry •CR 1:00-4:30 Kid's Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/ Minnnows • SP 1:30-2:15 Swim Lessons: Fish-Porpoise •BB 2:00-4:30 Rookery Pond Hike • NC 2:30-3:30 Kayak Lessons B •BH 3:00-4:00 Mother Bunch Cruise •BH 3:30-4:30 Salamander Hunt •NC 4:00-5:00 Total Body Blast •F 4:00-5:00 Kayak Lessons D •BH 4:00-5:00 Labyrinth Parable Walk •OL 4:00-5:00 Shuffleboard •C 5:15-6:15 Yoga •F	11:30-3:30 Silver Camp Full-Day cont. 1:00-2:30 Roger's Rock Cruise •BH 1:00-3:30 Basic Sailing B •BH 1:00-4:30 Adult Enameling •CR 1:00-4:30 Kid's Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/ Poliwogs-Minnnows •SP 1:30-2:15 Swim Lessons: Fish-Porpoise •BB 2:00-4:30 Gazebo Point Hike •NC 2:00-4:30 Mosses and Liverworts Nature Walk •NC 2:30-3:30 Geocaching Class •NC 2:30-3:30 Kayak Lessons B •BH 3:00-4:00 Gull Bay Cruise •BH 3:00-5:00 Archery Team Competition •A 4:00-4:30 Ab Lab •F 4:00-5:00 Horseshoes •C 4:00-5:00 Kayak Lessons D •BH 4:00-5:00 Green Master Plan •W 5:15-6:15 Yoga •F	11:30-3:30 Silver Camp Full-Day cont. 1:00-4:30 Kid's Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/ Poliwogs-Minnnows • SP 1:30-2:15 Swim Lessons: Fish-Porpoise •BB 1:30-2:30 Explorer Cruise •BH 2:00-4:30 Sunrise Mountain Hike •NC 2:00-4:30 Mushroom Nature Walk •NC 3:00-4:30 Eco-Cruise •BH 3:00-5:00 Archery Individual Competition •A 3:30-5:00 Beach Games •SP 4:00-5:00 Total Body Blast •F 4:00-5:00 Labyrinth Peace Walk •OL 5:15-6:15 Yoga •F
THOUGHT FOR THE WEEK: "The best thing about the future is that it comes only one day at a time." -Abraham Lincoln						
DINNER 5:30-7:00 p.m. DINNER 5:30-7:00 p.m. DINNER 5:30-7:00 p.m. DINNER 5:30-7:00 p.m. DINNER 5:30-7:00 p.m. DINNER 5:30-7:00 p.m. DINNER 5:30-7:00 p.m. DINNER 5:30-7:00 p.m. DINNER 5:30-7:00 p.m. DINNER 5:30-7:00 p.m. DINNER 5:30-7:00 p.m.						
7:15-7:45 Vespers •CH 7:30-9:30 Dodgeball Mania •F	7:15-7:45 Hymn Sing •CH 7:30 Family Movie Night •W 8:00-9:00 Music Recital •CH	6:45-7:30 Harbor Island Cruise •BH 7:00-7:30 Children's Story Hour •LB 7:15-7:45 Vespers •CH 7:30-9:00 Square Dance •F	6:45-7:30 Harbor Island Cruise •BH 7:00-7:30 Family Art (3+ yrs) •CR 7:00-7:30 Tiny Tennis •C 7:00-10:00 ChildWatch •CP 7:15-7:45 Vespers •CH 7:30-9:30 Dodgeball Mania •F 8:00 Trivia Night •ST 8:00-9:00 Lecture: The Battle of Saratoga •W	6:45-7:30 Harbor Island Cruise •BH 7:00-7:30 Children's Story Hour •LB 7:00-8:00 Clout Shoot •NF 7:15-7:45 Vespers •CH 7:30-8:30 Lifesize Games •ST 8:00-9:00 Art Series •W 8:00-9:00 Matthew S-T-R-E-T-C-H •CH	6:45-7:30 Harbor Island Cruise •BH 7:00 Ice Cream Presentation •ST 7:00-7:30 Family Sing •CP 7:00-10:00 ChildWatch •CP 7:00-8:00 Teen Book Talk •SL 7:15-7:45 Vespers •CH 7:30-9:30 Dodgeball Mania •F 8:00-9:00 Vickie Russell Concert •CH	6:00-9:00 John Costello Concert •Hague Beach 6:45-7:30 Harbor Island Cruise •BH 7:00-7:30 Children's Story Hour •LB 7:15 Vespers •CH 7:30-8:00 Family Campfire •Council Ring 8:00-9:00 Nature Series •W

LOCATIONS: ADM = Administration • A = Archery • AU=Auditorium • BB = Bay Beach • BH = Boathouse • BV = Bayview • C = Collins • CH = Chapel • CP = Children's Pavilion • CR = Craft Shop • F = Fisher Gym • G = Gullen Lounge • Inn = the Main Inn
• LB = Library • LG = Liz Grey Pavilion • M = Morse Hall • NC = Nature Center • NF = North Field • OB = Outdoor Basketball Court • OL = Outdoor Labyrinth • SEE = See Memorial • SF = South Field • SL = Spiritual Life Center • SP = Slim Point • SPR = Sproul Pavilion
• ST = Store • TC = Teen Center • TH = Trinity House • W = Watson

MEAL TICKET INFORMATION: Adults: Breakfast/ \$13 • Lunch / \$13 • Dinner / \$18 • Children ages 6 – 17: prices are half the adult rates. Children under age 5: Free!