

Daily Operating Hours

(Basic) = Basic or Non-Members, (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/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: 1:00-5:00 p.m.; 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., 7:00-8:00 p.m.	Daily: 10:00 a.m.-5:30 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.-NOON, 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.	
Fitness Center (Program)	Fitness Center "Open" 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.	
Fisher Gymnasium (Program)	Fisher Gym Hours	
Basketball, table tennis, badminton, volleyball during open hours.	Daily: 6:30 a.m.-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: 11:00-5:00 p.m. Mon - Thurs: 10:00 a.m.-7:00 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 p.m.- 7:00 p.m. At other times contact the Front Desk for on call medical assistance.	
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-Thurs 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**
 - Mission Bustista Hispana de Westchester
 - Light of the World Church
 - Leadership Forum
- Family Reunions**
 - Price Family
 - Lorenz Family
 - One Tree Many Branches
 - Penfield Family
 - Loughlin Family
 - Proctor Family
- Special Events**
 - Schumzcher/Larsson Wedding



Weekly Newsletter of everything you can do at Silver Bay

Make A Difference...Volunteer.

Flower dead headers are needed throughout the summer. If you have no previous experience, Kim Simpson will train you. You must sign up to participate in this volunteer activity. It's perfect for anyone who likes to stop and smell the roses.

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

All programs and locations are subject to change.

UPCOMING EVENTS

Dance Week July 11-15
 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". Daily lessons followed by the Silver Bay Ball on Friday July 15. Ages 16 and up.

EAF Dessert Reception July 12 • 7-8 p.m. • ERC
 Calling all Emps! This is a chance to meet current and former Emps while enjoying something sweet and relaxing by the lake.

SPECIAL EVENTS

New York State Safe Boaters Course Monday-Tuesday • 2:00-6:00 p.m. • Watson
Upcoming Classes: July 11-12, August 1-4, August 8-11
 This course is designed to teach the fundamentals of safe boating operation. In the state of New York, anyone between ages 10-18 must hold a safety certificate in order to operate a motorboat. Those interested 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.

Tennis Extravaganza Friday-Saturday • 8:30 a.m. • Tennis Courts
 The "must-do" tennis event of the summer! Highly qualified USTA coaching professionals instruct an intense two-day workshop guaranteed to hone your strokes and strategies. For ages 15 years and up. Additional fee is required.

Preservation Carpentry Program June 28-Aug. 20 • Times based on availability • Auditorium
 Learn preservation carpentry skills and be part of "the crew" refurbishing the Auditorium. Under the leadership of skilled and experienced professionals help repair, rebuild, or replace doors, windows, siding, and seats. Participants must be 16 years or older. Space is limited. Please sign up at the Concierge Desk

CONCERT AND LECTURE SERIES

Music Recital Sunday • 8:00-9:00 p.m. • Chapel
 This week's performance features Dvorak Quartet with Joe Pepper.

Shortest 4th in the North Parade Monday • 11:15-11:30 a.m. • Silver Bay Road
 Don't miss Silver Bay's annual celebration of Independence Day. The route begins at the Dining Hall and ends at the Inn Circle.

Lecture: "Enough to Kill Men: A Glimpse at Life in the Continental Army at Fort Ticonderoga in 1776" Tuesday • 8:00-9:00 p.m. • Watson
 Rick Strum, Director of Education at Fort Ticonderoga, will lecture on the daily existence of the troops at the fort in 1776. With journals, letters, and orderly books the experiences come to life. Strum is the author of *Causes of the American Revolution* and *Henry Knox: Washington's Artillerymen* both for young readers.

Art Series Wednesday • 8:00-9:00 p.m. • Watson
 This week's series will be entitled "Watercolor Fun."

Brian Chealier in Concert Sponsored by Leadership Forum Thursday • 7:30 • North Field
 A family-oriented performance full of music and fun. Brian specializes in highly interactive performances that will have everyone engaged from the word "Go!"

Square Dancing Sponsored by Leadership Forum Friday • 7:30 p.m. • Outdoor Basketball Courts
 Paul Rosenberg calls the steps for a rousing evening.

Nature Series Friday • 8:00-9:00 p.m. • Watson
 Tom Lord, Ph.D. will present this week's series entitled "Ghost Plants of Adirondacks" and will introduce some of the abundant (no chlorophyll) plants that grow in and around Silver Bay.

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 in the Kid's Crafts area. This week she will be featuring a Native American theme. Projects are for ages 5 and up. Children ages 5-7 must have a parent accompany them. Price of projects varies. Limited to 6 participants per class.

Chair Caning
Monday • 1:00-4:00 p.m. • Craft Pavilion
Join Al in the Craft Pavilion to learn how to re-cane rocking chairs. There is no cost for the class. Your time is appreciated to help preserve the Inn rocking chairs.

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 limited to 10 ages 18+. Sign up in the Craft Shop in advance as space is limited. \$15 material fee.

Complex Basketry
Wednesday • 1:00-4:30 p.m. • Craft Shop
Join Jill and learn more complex basketry skills. This week's basket will be a Bean Pot and the emphasis will be on creating a good shape. Additional fee required.

Adult Enameling
Thursday • 1:00-4:30 p.m. • Craft Shop
Create layered, multicolored detailed designs in enamels. Class size limited to 4, ages limited to 18 years and over. Sign up in advance at the Craft Shop. Prices vary.

Teen Art
Monday-Friday • 9:00-11:30 a.m. • Watson
Teens entering grades 7-12 are invited to experience several different mediums from watercolor to drawing to pottery.

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. A \$12 fee will start you off with all you need. Student work is displayed daily in Watson.

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. • Children's Tent
Check-in begins at 8:15 a.m. Registration is required.
On-Campus Guest/Program Member Rates: \$12/day, \$36/week
Basic Member or Non-Member 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/Non-Member Rates: \$39/day, \$108/week

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

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/non-Program Members \$150/ 2 week session. \$262/ 4 week session.

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

Hymn Sing
Sunday • 7:15 p.m. • Chapel
Participate in a time of musical 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.

A-Maze-ing Path: Introduction to the Labyrinth
Monday • 10:30-11:45 a.m. • Spiritual Life Center
Learn how this ancient walking meditation can quiet minds, heal hearts, and soothe souls. Led by Rev. Bruce Tamlyn.

The Interrelationship of Buddhism and Christianity
Tuesday • 9:00-10:15 a.m. • Chapel
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.

Adventures in Prayer
Tuesday • 2:00-3:15 p.m. • Chapel
Based on Philip Yancey's book *Prayer* this class is an open discussion of any and all questions revolving around 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 state 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.

Labyrinth Peace Walk
Friday • 4:00-5:00 p.m. • Outdoor Labyrinth
Experience how walking the labyrinth brings inner peace. Led by Owen Gilbo.

Labyrinth
The Silver Bay Labyrinth is located just north of Slim Point and is always available for reflection and mediation. It is a spiritual practice and meditation tool that can assist us in experiencing the Sacred. If you would like to do an individual labyrinth walk with an instructor, please call the Spiritual Life Department at 543-8833 x293.

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

Special Announcement: Memorial Service
Tuesday • July 5 • 5:00 p.m. • Chapel
All are welcome to celebrate the life of Ruth Lupton. Presiding at the service will be Rev. David Hill, Ruth's grandson-in-law.

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.
Non-members and Basic Members \$24/week.
Registration is required.

THE STORE

Trivia Quiz Night
Tuesday • 8:00 p.m.

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

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

Zumba
Tuesday/Thursday • 10:30-11:30 a.m.
 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.
 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.

Sitting 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.

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 Global Positioning System Device.

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.

Family Fun- Fun with Binoculars
Wednesday • 3:30-4:30 p.m. • Nature Center
 Learn how to use binoculars with cutout figures as well as live plants and animals.

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 9:30-11:30 p.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
 • Bird Watching 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

Bridge
Monday • 7:30-10 p.m. •Gullen Lounge
 Join us for a fun evening of Bridge. Players of all skill levels are welcome. Check the Breeze weekly for venue.

Book Talk Group
Thursday • 9:00-10:00 a.m. •Boathouse (Library if raining)
 A shared discussion of a featured book. This week's focus is on contemporary short stories about US Army wives and families at Fort Hood base. The book is *You Know When The Men Are Gone* by: Siobhan Fallon

Teen Book Talk Group
Thursday • 7:00-8:00 p.m. • Spiritual Life Tent
 A shared discussion of a featured book for teens. This week's focus is on China, in the 1900s and during time of the cultural Revolution. The book is *Red Scarf Girl* by Ji-Li Jiang.

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 this Sunday on the balance of faith and works will be Rev. Bruce Tamlyn, Chaplain, Silver Bay YMCA.

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

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

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
Intermediate Recreational Doubles
Monday/Wednesday/Friday • 10:00 a.m.-12:00 p.m. • Ct. 2

Advanced Recreational 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 and into Wednesday, if necessary. Officiated finals Wednesday at 6:30 p.m.

July 5	Grand Slam Singles
July 12	Men's and Women's singles
July 19	Chocohumonga Tournament
July 26	Mixed Doubles
Aug 2	Men's and Women's Doubles
Aug 9	Mixed Double

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 1:15-2:15 p.m. Sat/ Sun/Mon/ Fri 9:15-10:15 a.m. Thurs	Gull Bay Cruise 9:15-10:15 a.m. Tues 3:00-4:00 p.m. Thurs/Sun 9:00-10:00 a.m. Sat
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Mother Bunch Cruise 9:00-10:15 am Mon 3:00-4:00 p.m. Tues/ Wed/Sat 4:30-5:30 p.m. Sun	Eco-Cruise 3:00-4:30 p.m. Mon/Fri
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Harbor Island Cruise 6:45-7:30 p.m. Mon-Fri 11:00-11:45 a.m. Tues/Thurs 4:30-5:15 p.m. Sat	Roger's Rock 1:00-2:30 p.m. Thurs
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Paradise Bay Cruise 1:00-2:30 p.m. Tue 9:00-10:30 a.m. Fri

FAMILY PROGRAM

Family Movie Night - "Tangled"
Sunday • 7:30 p.m. • Watson

4th of July Tye Dye and Face Paint
Monday • 3:30-5:00 p.m. • Dining Hall Lawn

Family Square Dance
Monday • 7:30-9:00 p.m. •Basketball Courts

Family Art
Tuesday • 7:30-8:00 • 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 "Wheel of Fortune"
Wednesday • 7:30-8:30 p.m. • Store

Family Sing
Thursday • 7:30-8:00 p.m. • Children's Pavilion

Family Beach Games
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 designed to promote physical activity. Fitness classes take place in the Fisher Gym unless otherwise specified.

Yoga
Monday-Friday • 7:00-8:30 a.m. • Outdoor Basketball Court
Monday-Friday • 5:00-6:30 p.m.
Wednesday/Friday • 9:00-10:00 a.m.
 A practice that is guaranteed to improve mental focus, physical strength, flexibility, stamina, and spiritual balance.

Recovery 101
Monday • 9:00-10:00 a.m.
 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 • 4:00-4:45 p.m.
 This class incorporates free weights, stability balls, jump ropes, core exercises, and more to give you a workout for your entire body.

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

SATURDAY, JULY 2	SUNDAY, July 3	MONDAY, July 4	TUESDAY, July 5	WEDNESDAY, July 6	THURSDAY, July 7	FRIDAY, July 8
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	6:30-7:30 Morning Dip •BB 7:00-8:30 Yoga •OB 7:30 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.						
9:00-10:00 Gull Bay Cruise •BH 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 9:45 Sunday School •SEE 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 •DC 9:00-10:15 Mother Bunch Criuse •BH 9:00-10:15 How to Understand •SL 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 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Int. Rec. Doubles •C 10:30-11:45 Intro to Labyrinth •SL 10:30-11:45 Sitting Meditation •F 11:15-11:30 Shortest 4th in the North •Silver Bay Road	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 9:00-10:15 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 9:00-1:00 Sailboat Screening Test •BH 9:15-10:15 Gull Bay Criuse •BH 10:00-12:00 Adv. Rec. Doubles •C 10:30-11:45 Sitting Meditation •F 10:30-11:30 Zumba •F 11:00-11:45 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 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Int. Rec. Doubles •C 10:30-11:45 Reaching Your Divine Potential •SL 10:30-11:45 Sitting 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 9:00-10:15 Deepening Your Life •SL 9:00-11:30 Basic Sailing A •BH 9:00-11:30 Watercolor •W 9:00-11:30 Teen Art (9-11:30) •W 9:00-11:30 Skipper Mac's Cairn Hike •NC 9:00-1:00 Sailboat Screening Test •BH 9:15-10:15 Explorer Cruise •BH 10:00-12:00 Adv. Rec. Doubles •C 10:30-11:30 Bereavement Group •SL 10:30-11:30 Zumba •F 10:30-11:45 Sitting Meditation •F 11:00-11:45 Harbor Island Cruise •BH	8:00-8:30 Child. Tennis Lessons •C 8:30 Tennis Extravaganza •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 9:00-11:30 Watercolor •W 9:00-11:30 Teen Art •W 9:00-11:30 Lost Pond Hike •NC 9:00-11:30 History Walk •NC 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Int. Rec. Doubles •C 10:30-11:45 Mindfulness and Medicine •SL
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.						
1:15-2:15 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 1:15-2:15 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 1:15-2:15 Explorer Criuse •BH 1:30-2:00 Swim Lessons:Parent-Child/ Polliwogs-Minnows •SP 1:30-2:15 Swim Lessons: Fish-Porpoise •BB 2:00-4:30 Bob James Hike •NC 2:00-6:00 Safe Boaters Course •W 2:30-3:30 Kayak Lessons A •BH 3:00-4:30 Eco Cruise •BH 3:30-5:00 Tye Dye and Face Paint •Dining Hall Lawn 4:00-5:00 3 on 3 Basketball •C 4:00-4:45 Total Body Blast •F 4:00-5:00 Kayak Lessons C •BH 5:00-6:30 Yoga •F	11:30-3:30 Silver Camp Full-Day cont. 1:00-2:30 Paradise Bay •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/ Polliwogs-Minnows •SP 1:30-2:15 Swim Lessons: Fish-Porpoise •BB 2:00-3:15 Adventures in Prayer •CH 2:00-4:30 Fern Nature Walk 2-4:30 •NC 2:00-4:30 Uncas Waterfall Hike •NC 2:00-6:00 Safe Boaters Course •W 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 5:00 Memorial Service •CH 5:00-6:30 Yoga •F	11:30-3:30 Silver Camp Full-Day cont. 1:00-3:30 Basic Sailing B •BH 1:00-4:30 Complex Basketery •CR 1:00-4:30 Kid's Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/ Polliwogs-Minnows •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 Fun with Binoculars •NC 4:00-4:45 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 5:00-6:30 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/ Polliwogs-Minnows •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 Criuse •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 5:00-6:30 Yoga •F	11:30-3:30 Silver Camp Full-Day cont. 1:00-4:30 Kid's Crafts •CR 1:15-2:15 Explorer Cruise •BH 1:30-2:00 Swim Lessons:Parent-Child/ Polliwogs-Minnows •SP 1:30-2:15 Swim Lessons: Fish-Porpoise •BB 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 Family Beach Games •SP 4:00-4:45 Total Body Blast •F 4:00-5:00 Labyrinth Peace Walk •OL 5:00-6:30 Yoga •F
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 7:30-8:00 Mini Dodgeball •F 8:00-8:30 Family Dodgeball •F 8:30-9:30 Elite Dodgeball •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 7:15-7:45 Vespers •CH 7:30-9:00 Square Dance •C 7:30-10:00 Bridge •G	6:45-7:30 Harbor Island Cruise •BH 7:00-10:00 Child Watch •CP 7:15-7:45 Vespers •CH 7:30-8:00 Family Art (3+ yrs) •CR 7:30-8:00 Mini Dodgeball •F 8:00 Trivia Night •ST 8:00-8:30 Family Dodgeball •F 8:00-9:00 Lecture: Enough to Kill Men •W 8:30-9:30 Ellite Dodgeball •F	6:30 Grand Slam Singles Finals •C 6:45-7:30 Harbor Island Cruise •BH 7:00-8:00 Clout Shoot •NF 7:15-7:45 Vespers •CH 7:30-8:30 "Wheel of Fortune" •ST 8:00-9:00 Art Series •NC 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 7:00-10:00 Child Watch •CP 7:00-8:00 Teen Book Talk •SL 7:15-7:45 Vespers •CH 7:30- Brian Chealier in Concert •NF 7:30-8:00 Family Sing •CP 7:30-8:00 Mini Dodgeball •F 8:00-8:30 Family Dodgeball •F 8:30-9:30 Ellite Dodgeball •F	6:45-7:30 Harbor Island Cruise •BH 7:15 Vespers •CH 7:30 Square Dance •OB 7:30-8:00 Family Campfire •Council Ring 8:00-9:00 Nature Series •W

Silver Bay is more than programs and classes. Check the "Daily Operating Hours" on the back page for hours of the Boathouse, Nature Center, Fitness Center, Craft Shop, and more.

There's always something to do at Silver Bay!

Our wider community - Hague, Ticonderoga, Bolton and beyond - is rich with lectures, concerts and attractions. Many community events are posted on the bulletin board at the kiosk near the tennis courts. Please take a look to find out about events beyond our shores.

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 Pavillion • 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 • SS = Silver Spray • 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 rate s Children under age 5: Free!