

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.	<b>Sat/Mon/Tues/Thurs/Fri:</b> 9:00 a.m.-12:00 p.m. ; 1:00-5:00 p.m. <b>Sun:</b> 1:00-5:00 p.m. <b>Mon:</b> 7:00-8:00 p.m. <b>Wed:</b> 1:00-5:00 p.m. <b>Wed:</b> 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!	<b>Daily: Lap Swim Only</b> 6:30-7:30 a.m., 10:00-11:30 a.m., 2:00-5:30 p.m. <b>Daily:</b> 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.	<b>Daily:</b> 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.	<b>Sun:</b> 9:00-11:00 a.m. <b>Mon / Fri:</b> 9:00-11:00 a.m. & 7:00-9:00 p.m. <b>Wed:</b> 7:00-9:00 p.m. <b>Tues / Thurs/ Sat:</b> 1:00-3:00 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.	<b>Daily:</b> 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.	<b>Mon / Tues / Fri:</b> 9 a.m.-12:00 p.m.; 1:00-5:00 p.m. <b>Wed / Thurs:</b> 9:00 a.m.-12:00 p.m., 1:00-5:00 p.m., 7:00-9:00 p.m. <b>Children's Craft Shop, Mon-Fri:</b> 1:00-5:00 p.m. <b>Craft Project Pick-Up Sat:</b> 9:00-11:00 a.m.
Fisher Gymnasium (Program)	Fisher Gym Hours
Basketball, table tennis, badminton, volleyball during open hours.	<b>Daily:</b> 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.	<b>Daily:</b> 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.	<b>Sun:</b> 11:00 a.m.-5:00 p.m. <b>Mon - Thurs:</b> 10:00 a.m.-6:00 p.m. <b>Fri / Sat:</b> 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.	<b>Mon-Fri:</b> 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.	<b>Daily:</b> 8:30 a.m.-8:30 p.m. <b>Children's Story Hour, Mon/Wed/Fri</b> 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.	<b>Daily:</b> 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	<b>Daily:</b> 7:30 a.m.-11:00 p.m. <b>Snack Shack:</b> 11:00 a.m.-4:00 p.m. <b>Ice Cream:</b> 11:00 a.m. -11:00 p.m. <b>Store on Wheels:</b> 2:00-4:00 p.m. <b>Pizza:</b> 4:00-11:00 p.m.



## WELCOME!

- Conferences/Groups**
- McDay
  - NE Leaders School
  - American Diabetes Association
  - Gale Family
  - Silkworth/Walker Families
  - Conover Family
  - Bortner Family
  - Roberts Family
  - Thate Family
  - Sundby Family



### Family Reunions

All programs and locations are subject to change.

### UPCOMING EVENTS

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

**Glens Falls Symphony Family Concert August 2**  
Sit in the Auditorium or bring a blanket and relax under the stars while listening to the best live classical and pop music! Snacks and drinks from The Store will be available during intermission.

**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, cart, practice putting privileges, continental breakfast, lunch, and a chance to win prizes.

**The Fault Line Concert August 9**  
Listen to the funky and soulful sounds of the this energetic five-person vocal band. All ages are sure to be entertained.

### 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**  
All first-time guests are welcome to join us for refreshments to hear about how Silver Bay is making a difference in the world.

**Art Exhibit Friday • 4:00-7:00 p.m. • The Gallery at Hague Creek**  
Art exhibit and reception featuring Wendy Soliday and other Silver Bay artists.

### CONCERT AND LECTURE SERIES

**Music Recital Sunday • 8:00 p.m. • Chapel**  
Meredith Arksey returns as the quartet plays the Arriaga String Quartet.

**Lecture: Fly Fishing on Lake George Tuesday • 8:00 p.m. • Watson**  
John Tarrant, a licensed fishing guide with a lifetime of experience fishing, will take us to various locations in the south basin of Lake George using videography where there are miles of sheltered shoreline, islands, shoals, and wetlands to fish and explore.

**Art Series Wednesday • 8:00-9:00 p.m. • Watson**  
This week's video will be entitled "Painting Watercolors on Location with Mel Stabin."

**Silver Bay Chamber Chior Thursday • 8:00 p.m. • Watson**  
The Silver Bay Chamber Choir presents Frostiana – the choral music of Randall Thompson and the poetry of Robert Frost. Selections showcase the choral traditions from many different cultural backgrounds. The choir will also debut "A Silver Bay Fanfare" – a choral work by former Emp Justin Fischer.

**Silver Bay Idol**  
Sign up for audition time at the store. \$5.00 to audition.  
**Tuesday • Auditions • 1:00-4:00 p.m. • Watson**  
**Wednesday • Finalists announced • 11:00 a.m. • Store**  
**Thursday • Dress Rehearsal • 5:00-5:30 p.m. • Auditorium**  
**Friday • Finale • 7:30 p.m. • Auditorium**

**Nature Series Friday • 8:00-9:00 p.m. • Watson**  
This week's series will be entitled "Stories of Silver Bay." Tom Lord will talk about little-known facts and stories about Silver Bay you've never heard before.

Make A Difference... Volunteer.

Please contact Carroll LaPann for a variety of volunteer opportunities in all areas of campus program and guest services. We have the perfect opportunity for you. Carroll can be reached at 543-8833 x 207 or Clapann@silverbay.org or stop by her office in the administration building behind the dining room. Monday-Thursdays 9:00 a.m.-5:00 p.m.

## 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 will be featuring mask making. Ages: 6 and up with parental supervision for children 5-7. Cost: varies.

**Guest Artists: Jewelry**  
**Monday-Friday • 9:00-11:45 a.m. • Craft Shop**  
Lauren McCarthy and Mauren Michaels will be teaching jewelry classes. Each class is unique, please see course descriptions in the Craft Shop. Class size: 10-15. Ages: 16+ Cost: \$25-\$40.

**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.

**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 Baker 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. 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 • 9:00 a.m.-1:00 p.m.**  
To use sailboats, members must demonstrate their sailing skills.

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

**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.

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

**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!

**CIT Program**  
**Monday-Friday • 8:00 a.m. -12:00 noon • Teen Center**  
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.

## 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. Bruce Tamlyn, Chaplain, Silver Bay YMCA of the Adirondacks. Bluegrass music will be included in the service. All welcome.

**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.

**Memorial Service**  
**Sunday • 4:00 p.m. • Chapel**  
All are welcome to celebrate the life of Susan Nassau Gloss-brenner. Presiding at the service will be Rev. Bruce Tamlyn.

**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. • 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.

**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. • Chapel**  
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 Betty Towey.

**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**  
Come walk the labyrinth and experience a state of inner calm. Led by Owen Gilbo.

**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. • Slim Point**  
**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 - Chippies**  
**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. Mondays and Wednesdays are walking meditation. Tuesdays and Thursdays are 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- Build a One-Match Fire**  
**Wednesday • 3:30-4:30 p.m. • Nature Center**  
 Families will learn how to construct a fire without paper or birch-bark that grows large enough to boil water for a cup of herbal tea.

**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**

**Bridge**  
**Monday • 7:30-10:00 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 or others you may have enjoyed. This week's book is *Room: A Novel* by: Emma Donoghue. It is the story of Mother and son survive creatively and courageously in single room in which they are held captive. Story told from perspective of 5-year-old boy born into captivity.

**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.

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 also 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:**  
**Intermediate 1 Doubles**  
**Monday-Friday • 9:00 a.m.-11:00 p.m. • Ct. 3**  
**Intermediate 2 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 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.

<b>Explorer Cruise</b>	<b>Gull Bay Cruise</b>
1:30-2:30 p.m. Sat/Sun/Mon/Fri	3:00-4:00 p.m. Sun/Thurs
9:00-10:00 a.m. Thurs	9:00-10:00 p.m. Tues

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

**FAMILY PROGRAM**

**Family Movie Night - Shrek: Forever After**  
**Sunday • 7:30 p.m. • Watson**

**Pet Rocks**  
**Monday • 3:30-5:00 p.m. • Dining Hall Lawn**  
 Bring your own rocks for this activity and make your own pet.

**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 "Who Wants to be a Millionaire?"**  
**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 23	SUNDAY, July 24	MONDAY, July 25	TUESDAY, July 26	WEDNESDAY, July 27	THURSDAY, July 28	FRIDAY, July 29
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
<b>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.</b>						
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 8:00-12:00 CIT Program •TC 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 Cruise •BH 9:00-11:00 Int. 1 Doubles •C 9:00-11:00 Wildflower Nature Walk •NC 9:00-11:30 Watercolor •W 9:00-11:30 Teen Art •W 9:00-11:30 Teen Art •W 9:00-11:30 Hudoshone Lean-To Hike •NC 9:00-11:45 Guest Artists: Jewelry •CR 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Int. 2 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 8:00-12:00 CIT Program •TC 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 9:00-11:00 Int. 1 Doubles •C 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 Guest Artists: Jewelry•CR 9:00-11:45 Silver Inlay in Copper •CR 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 8:00-12:00 CIT Program •TC 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 9:00-11:00 Int. 1 Doubles •C 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 Guest Artists: Jewelry •CR 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Int. 2 Doubles •C 10:30-11:45 Reaching Your Divine Potential •SL 10:30-11:45 Meditation •F 11:00 Idol Finalists Announced •ST	8:00-8:30 Child. Tennis Lessons •C 8:00-12:00 CIT Program •TC 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 9:00-11:00 Int. 1 Doubles •C 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 Guest Artists: Jewelry •CR 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	8:00-8:30 Child. Tennis Lessons •C 8:00-12:00 CIT Program •TC 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 9:00-11:00 Int. 1 Doubles •C 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 Guest Artists: Jewelry •CR 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Int. 2 Doubles •C 10:30-11:45 Mindfulness and Medicine •SL 10:45-11:30 Harbor Island Cruise •BH
<b>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.</b>						
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 4:00 Memorial Service •CH 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-Minnows •SP 1:30-2:15 Swim Lessons: Fish-Porpoise •SP 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 Pet Rocks •Dining Hall Lawn 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 1:00-4:00 Idol Auditions •W 1:00-4:30 Kid's Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/ Poliwogs-Minnows •SP 1:30-2:15 Swim Lessons: Fish-Porpoise •SP 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 2:30-3:30 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/ Minnows • SP 1:30-2:15 Swim Lessons: Fish-Porpoise •SP 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 Build a One-Match Fire •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-Minnows •SP 1:30-2:15 Swim Lessons: Fish-Porpoise •SP 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 5:00-5:30 Idol Rehearsal •AU 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-Minnows • SP 1:30-2:15 Swim Lessons: Fish-Porpoise •SP 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
<b>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.</b>						
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 •OB 7:30-10:00 Bridge •G	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: Fly Fishing on Lake George•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 "Who Wants to be a Millionaire?" •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 7:15-7:45 Vespers •CH 7:30-9:30 Dodgeball Mania •F	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 7:30 Idol Finale •AU 8:00-9:00 Nature Series •W

**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

**"When we turn to one another for counsel we reduce the number of our enemies."**  
-Kahlil Gibran

**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!