

Daily Operating Hours

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

| Archery (Program) | Archery Hours | |
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| 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: 11:00-5:00 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- 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-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!

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| Conferences/Groups <ul style="list-style-type: none"> Leadership Forum Lutherns NY Mock Trial Girl Scouts Teen View Stonybrook Day Camp Terra Nova | Special Events <ul style="list-style-type: none"> Schumacher/Larsson Wedding Family Reunions Bechtel Family |
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Make A Difference...Volunteer.

**Do you have some time to spare?
Learn about volunteer opporunities on campus.
Over the next few weeks greeters are needed yo
cover meal times in the dining room. Thank you
for your consideration.**

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

All programs and locations are subject to change.

SPECIAL EVENTS

New York State Safe Boaters Course
Monday-Tuesday • 2:00-6:00 p.m. • Watson
Upcoming Classes: 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.

Tennis Extravaganza
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.

Silver Bay Update
Sunday • 9:00-11:00 a.m. • Inn Front Porch
 Join David Kisselback and volunteer leaders for coffee and conversation about exciting plans for Silver Bay's future.

Dance Week
Daily Lessons Monday - Friday • 9:00am-11:00am • Fisher Gym
Silver Bay Ball Friday • 8:00 p.m. • Fisher Gym
 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".

Lutheran Conference Carnival -All Are Welcome
Monday • 8:00 p.m. • Outdoor Basketball Court

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 how Silver Bay is making a difference in the world.

EAF Dessert Reception
Tuesday • 7:00-8:00 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.

Lutheran Conference vs Emp Softball Game
Wednesday • 3:00 p.m. • North Field

Variety Show
Wednesday • 8:30 p.m. • Auditorium
 All proceeds benefit Emps Council.

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.

CONCERT AND LECTURE SERIES

Music Recital
Saturday • 7:30 p.m. • Grace Memorial Chapel, Sabbath Day
 Performance features Barber, Gershwin and Schubert Quartets.

The Fault Line - Sponsored by the Lutheran Conference
Sunday • 8:00 p.m. • Auditorium
 The Fault Line returns with an evening full of live rock music... all performed without the aid of instruments! Come and hear this dynamic, four-voice ensemble perform.

Lecture: The Crisis in Egypt: Internal Struggles and International Implications
Tuesday • 8:00-9:00 p.m. • Watson
 Dr. Beth Whitaker, Associate Professor of Political Science at the University of North Carolina at Charlotte, and Silver Bay EMP 1988-1993 will discuss the recent history of Egypt, especially the dynamics that led to the popular uprising earlier this year.

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

Nature Series
Friday • 8:00-9:00 p.m. • Watson
 Jen Plummer, an IUP biology grad major, will present "How Animals Hide in the Woods". Showing several ways animals adapt to their surroundings by blending in with the area.

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.

Guest Artist: Precious Metal Charms
Monday-Friday • 9:00-11:45 a.m. • Craft Shop
Sandy Yahner has created a Silver Bay charm. Participants will use Precious Metal Clay to create their own charms.

Guest Artist: Hand Dyed Silk
Monday-Friday • 9:00-11:45 a.m. • Craft Shop
Barbara Casper has methods of dying silk. Participants will learn ways to embellish their hand dyed silk. Materials will be provided. Cost, depending on project. Class size limited to 6.

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. 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.

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. 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 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!**

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.

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. • Auditorium
Worship this Sunday will be with the Lutherans. Preaching will be Rev. David Parsons, St. John's/St. Mark's Emmanuel. The Silver Bay community is welcome to attend.

Worship Child Care • Sunday School
Complimentary Sunday Service child care is available for children under 4 at the Children's Pavilion from 9:45-11:45 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.

A-Maze-ing Path: 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.

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 and 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.

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

THE STORE

Trivia Quiz Night
Tuesday • 8:00 p.m.

Ice Cream Presentation - Woozles
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.)

Lutheran Conference Jam Band
Thursday • 9:30 p.m. • Store

Open Mic
Friday • 8:30-10:00 p.m. • Store
Greg Baker and Rachel Carey celebrate their upcoming nuptials. All are welcome to perform or enjoy the music.

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 • 4:00-4:45 p.m. • Led by Nadia Stefanik
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. • 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.

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- 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.

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 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 book is *The Glass Castle: A Memoir* by: Jeanette Walls. It is the story of growing up with eccentric and artistic but nomadic parents. Walls makes childhood hardships seem like adventures.

Green Master Plan: A Senior Design Thesis • Thursday 4:00pm-5:00 p.m. • Watson

Amy Strickland, a landscape architecture major at Virginia Tech and a Silver Bay Emp 2008-present will conduct a community meeting, to share opinions and desires for the future of Silver Bay, through questionnaires, story, and mapping activities

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

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| 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 Doubles
Monday/Wednesday/Friday • 10:00 a.m.-12:00 p.m. • Ct. 2
Monday-Friday • 9:00 a.m.-12:00 p.m. • Ct. 3
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 and into Wednesday, if necessary. Officiated finals Wednesday at 6:30 p.m.

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| 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 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

1:15-2:15 p.m. Sat/ Sun/Mon/ Fri
9:00-10:00 a.m. Thurs

Gull Bay Cruise

9:00-10:00 a.m. Sat/Tues
3:00-4:00 p.m. Sun/Thurs

Mother Bunch Cruise

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

Eco-Cruise

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

Harbor Island Cruise

10:45-11:30 a.m. Mon/Tue/Thurs/
Fri

Roger's Rock

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

6:45-7:30 p.m. Mon-Fri

Paradise Bay Cruise

4:30-5:15 p.m. Sat

9:00-10:30 a.m. Mon/Fri

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

FAMILY PROGRAM

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

Shaving Cream Whiffle Ball

Monday • 3:30-5:00 p.m. • North Field

Family Square Dance

Monday • 7:30-9:00 p.m. • Fisher Gym

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 "Family Feud"

Wednesday • 7:30-8:30 p.m. • Store

Family Sing

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

Aquaditch

(Harry Potter Water Quidditch)
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 • 7:00-8:00 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 9 | SUNDAY, July 10 | MONDAY, July 11 | TUESDAY, July 12 | WEDNESDAY, July 13 | THURSDAY, July 14 | FRIDAY, July 15 |
|--|---|---|---|---|---|---|
| 6:30-7:30 Morning Dip •BB 8:30 Tennis Extravaganza •C | 6:30-7:30 Morning Dip •BB | 6:30-7:30 Morning Dip •BB 7:00-8:00 Yoga •OB | 6:30-7:30 Morning Dip •BB 6:30-7:30 Birdwatching Walk •Inn (South Porch) 7:00-8:00 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 7:00-8:00 Yoga •OB | 6:30-7:30 Morning Dip •BB 6:30-7:30 Birdwatching Walk •Inn (South Porch) 7:00-8:00 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 9:00-11:00 Silver Bay Update •Inn 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 •AU | 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 Cruise •BH 9:00-11:00 Wildflower Nature Walk •NC 9:00-11:00 Dance Week •F 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 Guest Artist: Silk Scarfs •CR 9:00-11:45 Guest Artist: Charms •CR 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 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 9:00-11:00 Dance Week •F 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 Teen Art •W 9:00-11:30 Inspiration Point Hike •NC 9:00-11:45 Guest Artist: Silk Scarfs •CR 9:00-11:45 Guest Artist: Charms •CR 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Adv. Rec. Doubles •C 10:30-11:45 Sitting Meditation •F 10:30-11:30 Zumba •F 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 9:00-11:00 Dance Week •F 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 Guest Artist: Silk Scarfs •CR 9:00-11:45 Guest Artist: Charms •CR 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 9:00-10:00 Explorer Cruise •BH 9:00-10:15 Deepening Your Life •SL 9:00-11:00 Dance Week •F 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 9:00-11:45 Guest Artist: Silk Scarfs •CR 9:00-11:45 Guest Artist: Charms •CR 9:00-1:00 Sailboat Screening Test •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 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 sharp! Sunfish Race •BH 9:00-10:30 Paradise Bay Cruise •BH 9:00-10:00 Yoga •F 9:00-11:00 Dance Week •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 9:00-11:45 Guest Artist: Silk Scarfs •CR 9:00-11:45 Guest Artist: Charms •CR 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Int. Rec. Doubles •C 10:30-11:45 Mindfulness and Medicine •SL 10:45-11:30 Harbor Island Cruise •BH |
| 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 Cruise •BH 1:30-2:00 Swim Lessons:Parent-Child/Polliwogs-Minnnows •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 Shaving Cream Whiffle Ball •NF 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 5:15-6:16 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-Minnnows •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 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 5:15-6:16 Yoga •F | 11:30-3:30 Silver Camp Full-Day cont. 1:00-3:30 Basic Sailing B •BH 1:00-4:30 Kid's Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/Polliwogs-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 Softball Game •NF 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 5:15-6:16 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-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 Senior Design Thesis •W 5:15-6:16 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-Minnnows •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 Aquaditch •SP 4:00-4:45 Total Body Blast •F 4:00-5:00 Labyrinth Peace Walk •OL 5:15-6:16 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 8:00-9:00 Music Recital •Grace Memorial Chapel 8:30-9:30 Elite Dodgeball •F | 7:15-7:45 Hymn Sing •CH 7:30 Family Movie Night •W 8:00 The Fault Line •AU | 6:45-7:30 Harbor Island Cruise •BH 7:15-7:45 Vespers •CH 7:30-9:00 Square Dance •F 7:30-10:00 Bridge •G 8:00 Lutheran Conference Carnival •OB | 6:45-7:30 Harbor Island Cruise •BH 7:00-8:00 EAF Dessert Reception •ERC 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: The Crisis in Egypt •W 8:30-9:30 Elite Dodgeball •F | 6:30 Men and Women's 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 "Family Feud" •ST 8:00-9:00 Art Series •W 8:00-9:00 Matthew S-T-R-E-T-C-H •CH 8:30 Variety Show •AU | 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 7:30-8:00 Family Sing •CP 7:30-8:00 Mini Dodgeball •F 8:00-8:30 Family Dodgeball •F 8:30-9:30 Elite 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 8:00 Silver Bay Ball |

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

Thought For the Week:
"What lies behind us and what lies before us
are tiny matters compared to what lies within us."
-Ralph Waldo Emerson

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
• 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 rates Children under age 5: Free!