

Daily Operating Hours (Basic) = Basic or Nonmembers, (Program) = On-Campus Guests and Program Members	
Archery (Program)	Archery Hours
Guests ages 6 and older may participate in our daily program as well as our clout shoots.	Sat: 9:00 a.m.-12:00 p.m. Mon/Tues/Thurs/Fri: 9:00 a.m.-12:00 p.m.; 1:00-5:00 p.m. Sun/Wed: 1:00-5:00 p.m.
Beaches (Program)	Beaches
Bring the family to Bay Beach or Slim Point for swimming fun during beach hours!	Bay Beach Daily: 7:00-8:00 a.m. 2:30-5:30 p.m. Slim Point 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.-5:30 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: 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: 9:00 a.m.-9:00 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: 8:30 a.m.-8:30 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: 1:00-7:00 p.m. Mon/Tues/Wed: 11:00 a.m.-7:00 p.m. Thurs/Fri: 10:00 a.m.-8:00 p.m. Sat: 9:00 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.-6:00 p.m. At other times contact the Front Desk for health officer on duty.
Library (Basic/Program)	Library Hours
All members may check out books from our collection.	Daily: 8:30 a.m.-8:30 p.m. Children's Story Hour, Mon/Wed/Fri: 7:00-7:30 p.m.
Nature Center (Program)	Nature Center Hours
Educational hikes, walks, and classes are offered regarding the surrounding area of Silver Bay.	Daily: 8:30 a.m.-5:30 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: 4:00-11:00 p.m.



WELCOME!

- | | |
|--|---|
| Conferences/
Groups <ul style="list-style-type: none"> • Suzuki Guitar • Christ Apostolic Church • New Life in Christ • Au Pairs • Inglesias | Special Events <ul style="list-style-type: none"> • RPI Ad. Quest
Family Reunions <ul style="list-style-type: none"> • Cushing Family • Schools Family • Smith Family • Wycoff Family • Spitzer Family |
|--|---|



Make A Difference...Volunteer.

Many thanks to volunteers who volunteered this summer. You made a difference.

Volunteer opportunities are also available through the fall and winter months.

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

Family Weekends
Labor Day Weekend September 2-5
Columbus Day Weekend October 7-10
 More than just your summer place, Silver Bay has set aside these weekends for members and guests to enjoy seasonal activities. They are sure to be fun for the whole family.

Silver Bay Council Work Weekend
Fall Work Week October 7-10
 The Silver Bay Council is a group of volunteers who fundraise for Silver Bay's needs and participate in work weekends building picnic tables, tending to gardens, providing trail maintenance, and much more. For more information, contact Jennifer Mattison at (518) 543-8833 ext. 206

SPECIAL EVENTS

Afternoon Tea Time
Tuesday • 2:30-3:30 p.m. • Inn Porch
 All first-time guests are welcome to join us for refreshments and to hear about how Silver Bay is making a difference in the world.

CONCERT AND LECTURE SERIES

Music Recital
Sunday • 8:00 p.m. • Chapel
 Veronica Knier will play the Faure Piano Quartet with Meredith, Jennifer, and Marty. The program will include a Beethoven String Trio

The Rebound Project: A Night Against Bullying
Sunday • 7:30-9:15 • Auditorium Lawn
 Come and join us for a night of music, dancing, and film. All of the proceeds from the evening benefit the Jed Foundation, an anti-bullying organization. This is an event is being hosted by members of the teen program.

Adirondack Antiques & Whatsits
Tuesday • 8:00-9:00 p.m. • Watson
 Walt Wells, maintenance worker on our Silver Bay year-round staff and longtime Hague resident, will present a program on Adirondack "Whatsits". Walt has a large collection of interesting objects that he has found or purchased over the years of gadgets and whatnots of bygone days. He will ask his audience to participate by trying to name each object and then trying to figure out its use. It will be an hour of enjoyment. Don't miss it!!!

Art Series
Wednesday • 8:00-9:00 p.m. • Watson
 This week's video will be entitled "Quick and Simple Watercolor with Joe Miller."

Silver Bay Buildings 101
Thursday • 8:00-9:00 p.m. • Watson
 Gail Halm, a longtime resident and Silver Bay Archivist, will present a slide program on the histories of buildings on the campus of Silver Bay. She will also have numerous pictures from the Silver Bay archives. Some of the buildings still remain while others have been long gone. Join us for an historical peak into Silver Bay's past. See you there.

Getting Quality Health Care on Thailand's northern Frontier
Friday • 8:00-9:00 p.m. • Watson
 Can you imagine operating a jungle hospital without electricity or running water, in the remote mountains along the Thai-Burma border? Can you imagine a hospital staffed with undocumented Burmese, Chinese, and ethnic minority migrants (nine languages in all) and medicine and patients transported by horseback when the road and bridges wash away each rainy season. Come and see how Jim Mielke and his staff did it.

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.

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.

Kids' Crafts
Monday-Friday • 1:00-4:30 p.m. • Craft Shop
Join Katie in the Kids' Crafts area. This week will be featuring crafts from around the world. Ages: 6 and up with parental supervision for children 5-7. Cost: varies.

Guest Artist: Tar-Paper Jewelry
Monday-Tuesday • 9:00-11:45 a.m. • Craft Shop
Sandy will be making lovely decorated tar paper earrings and pendants. Samples can be seen in the Craft Shop. Class Size: 6. Ages: 16+. Cost: Varies.

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

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

Complex Basketry
Wednesday • 1:00-4:30 p.m. • Craft Shop
Join Jill Baker to create this week's basket, a tissue basket made out of watercolor paper. Pre-painted paper is available or paint your own in advance. Class Size: 6. Ages: 16+. Cost: \$20.

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

Robins-Wee-Woozles • Children's Pavilion
Woozles-Ravens • Children's Tent

Teen Program • Mon-Fri 8:30-11:30 a.m. • Teen Center
Eagles-Falcons • Teen Center
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. Guests using the dining hall may contact the Front Desk to order bag lunches. Others must provide lunch. **Registration is required.** On-Campus Guest/ Program Member Rates: \$26/day, \$72/week. Basic/Nonmember Rates: \$39/day, \$108/week

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. 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. Reservations should be made at the Concierge Desk by 6:00 p.m. on the day prior to the day of service. Please also confirm the session at the Concierge Desk before taking your children to the Pavilion. The fee is \$14 for the first child and \$7 for each sibling per evening.

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 look at personality styles in order to develop a 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, heal, and soothe. Led by Betty Towey.

Catholic Mass
Monday • 4:00 p.m. • Chapel
Led by Father Kevin McEwan from St. Mary's Catholic Church in Ticonderoga.

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. Today, we are invited to ask ourselves in this discussion. 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. 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 of the heart and deepens our relationship with God. Come explore this 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.

Labyrinth Peace Walk
Friday • 4:00-5:00 p.m. • Outdoor Labyrinth
Come walk the labyrinth and experience inner calm. Led by Owen Gilbo.

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

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

SWIM LESSONS

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

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

THE STORE

Trivia Quiz Night
Tuesday • 8:00 p.m.

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

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

HOLISTIC HEALTH

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-Thursdays • 10:30-11:45 a.m. • Dance Studio • Led by Dr. Jim Mielke

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 sitting meditation. Tuesdays and Thursdays are walking meditation

Mindfulness and Medicine

Friday • 10:30 - 11:45 a.m. • Spiritual Life Tent • Led by Dr. Noelle Nielsen.

The meditation practices taught here support stress reduction and lead to deeper contact with moments in your life.

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- Height and Jumping with Frogs

Wednesday • 3:30-4:30 p.m. • Nature Center

Frogs have a surprising ability to leap high as well as over long distances. This activity will investigate the jumping ability of frogs.

Geocaching Class

Thursday • 2:30-3:30 p.m. • Nature Center

Test your GPS skills and explore our new geocaching trail.

Guided Hikes and Walks

Saturday

• Hike - Beaver Meadow, 9:00 a.m.-12:00 p.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

A fun evening of bridge. Players of all skill levels are welcome.

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 [Here If You Need Me](#) by: Kate Braestrup.

Teen Book Talk Group

Thursday • 7:00-8:00 p.m. • Spiritual Life Tent

A shared discussion of a featured book or others you may have enjoyed for teens. This week's book is *Persepolis* by: Marjane Satrapi.

Green Master Plan

Thursday • 4:00-5:00 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.

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 • 10:00 a.m. • Chapel

Preaching this week will be Rev. Don Heringa, Director of Chaplain Services, North Westchester Hospital, Mt. Kisco, NY.

Worship Child Care • Sunday School

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

Evening Vespers

Monday-Saturday • 7:15 p.m. • Chapel

A time of inspirational words and Silver Bay's String Quartet.

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 • 9:00-11:00 a.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

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

1:30-2:30 p.m. Sat/Sun/Mon/Fri

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

Mother Bunch Cruise

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

4:30-5:30 p.m. Sun

Harbor Island Cruise

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

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

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

Gull Bay Cruise

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

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

Eco-Cruise

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

Roger's Rock

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

Paradise Bay Cruise

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

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

FAMILY PROGRAM

Family Movie Night - *How to Train Your Dragon*

Sunday • 7:30 p.m. • Watson

Family Kickball

Monday • 3:30-5:00 p.m. • North Field

Children's Story Hour

Monday/Wednesday/Friday • 7:00-7:30 p.m. • 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 Board Games

Wednesday • 7:30-8:30 p.m. • Store

Family Sing

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

Sand Castle Contest

Friday • 3:30-5:00 p.m. • Slim Point

Family Campfire

Friday • 7:30-8:30 p.m. • Council Ring

(Rain Location: Fisher Gym)

FITNESS CENTER AND CLASSES

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

Yoga

Monday-Friday • 7:00-8:30 a.m. • Outdoor Basketball Court

• Led by Dr. Jim Mielke

Monday-Friday • 5:15-6:15 p.m. • Led by Dr. Jim Mielke

Wednesday/Friday • 9:00-10:00 a.m. • Led by Jane Welch

Relax and tone the body, still the mind, experience inner peace.

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.

SATURDAY, August 13	SUNDAY, August 14	MONDAY, August 15	TUESDAY, August 16	WEDNESDAY, August 17	THURSDAY, August 18	FRIDAY, August 19
7:00-8:00 Morning Dip •BB	7:00-8:00 Morning Dip •BB	7:00-8:00 Morning Dip •BB 7:00-8:30 Yoga •OB	6:30-7:30 Birdwatching Walk •Inn (Porch) 7:00-8:00 Morning Dip •BB 7:00-8:30 Yoga •OB 7:00-8:00 Labyrinth Walk •OL	7:00-8:00 Morning Dip •BB 7:00-8:30 Yoga •OB 7:30 Black Mtn. Hike •BH	7:00-8:00 Morning Dip •BB 7:00-8:30 Yoga •OB	6:30-7:30 Birdwatching Walk •Inn (Porch) 7:00-8:00 Morning Dip •BB 7:00-8:30 Yoga •OB
<p>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.</p>						
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 Basic Sailing A •BH 9:00-11:30 Watercolor •W 9:00-11:30 Hudoshone Lean-To Hike •NC 9:00-11:45 Guest Artists: Tar-Paper 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 Basic Sailing A •BH 9:00-11:30 Watercolor •W 9:00-11:30 Inspiration Point Hike •NC 9:00-11:45 Guest Artists: Tar-Paper 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 Basic Sailing A •BH 9:00-11:30 Watercolor •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. 2 Doubles •C 10:30-11:45 Reaching Your Divine Potential •SL 10:30-11:45 Meditation •F	8:00-8:30 Child. Tennis Lessons •C 8:00-12:00 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 Basic Sailing A •BH 9:00-11:30 Watercolor •W 9:00-11:30 Skipper Mac's Cairn Hike •NC 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 9:00-10:00 Yoga •F 9:00-10:30 Paradise Bay Cruise •BH 9:00-11:00 Int. 1 Doubles •C 9:00-11:30 Watercolor •W 9:00-11:30 Lost Pond Hike •NC 9:00-1:00 History Walk •NC 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
<p>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.</p>						
1:30-2:30 Explorer Cruise •BH 3:00-4:00 Mother Bunch Cruise •BH 4:30-5:15 Harbor Island Cruise •BH	1:00-3:00 Tennis Round Robin •C 1:30-2:30 Explorer Cruise •BH 2:00-4:30 Jabez Pond Hike •NC 3:00-4:00 Gull Bay Cruise •BH 4:30-5:30 Mother Bunch Cruise •BH	11:30-3:30 Silver Camp Full-Day cont. 1:00-3:30 Basic Sailing B •BH 1:00-4:30 Kids' Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/ Poliwogs-Minnows •SP 1:30-2:15 Swim Lessons: Fish-Porpoise •BB 1:30-2:30 Explorer Cruise •BH 2:00-4:30 Bob James Hike •NC 2:30-3:30 Kayak Lessons A •BH 3:00-4:30 Eco-Cruise •BH 3:30-5:00 Kickball •NF 4:00 Catholic Mass •CH 4:00-5:00 3 on 3 Basketball •C 4:00-5:00 Total Body Blast •F 4:00-5:00 Kayak Lessons C •BH 5:15-6:15 Yoga •F	11:30-3:30 Silver Camp Full-Day cont. 1:00-2:30 Paradise Bay Cruise•BH 1:00-3:30 Basic Sailing B •BH 1:00-4:00 Fused Dichroic Glass •CR 1:00-4:30 Kids' Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/ Poliwogs-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 •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 Kids' Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/ Poliwogs Minnows • SP 1:30-2:15 Swim Lessons: Fish-Porpoise •BB 2:00-4:30 Rookery Pond Hike • NC 2:00-5:00 Safe Boaters Course •FM 2:30-3:30 Kayak Lessons B •BH 3:00-4:00 Mother Bunch Cruise •BH 3:30-4:30 Height and Jumping with Frogs •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 Kids' Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/ Poliwogs-Minnows •SP 1:30-2:00 Swim Lessons:Parent-Child/ Poliwogs-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 Cruise •BH 3:00-5:00 Archery Team Competition •A 4:00-4:30 Ab Lab •F 4:00-5:00 Horseshoes •C 4:00-5:00 Kayak Lessons D •BH 4:00-5:00 Green Master Plan •W 5:15-6:15 Yoga •F	11:30-3:30 Silver Camp Full-Day cont. 1:00-4:30 Kids' Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/ Poliwogs-Minnows • SP 1:30-2:15 Swim Lessons: Fish-Porpoise •BB 1:30-2:30 Explorer Cruise •BH 2:00-4:30 Sunrise Mountain Hike •NC 2:00-4:30 Mushroom Nature Walk •NC 3:00-4:30 Eco-Cruise •BH 3:00-5:00 Archery Individual Competition •A 3:30-5:00 Beach Games •SP 4:00-5:00 Total Body Blast •F 4:00-5:00 Labyrinth Peace Walk •OL 5:15-6:15 Yoga •F
<p>Thought For the Week:</p> <p>"Hope sees the invisible, feels the intangible, and achieves the impossible." -Author Unknown</p>						
<p>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.</p>						
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 7:30-9:15 Rebound Project •AU 8:00 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 Adirondack Antiques & Whatsits •W	6:45-7:30 Harbor Island Cruise •BH 7:00-7:30 Children's Story Hour •LB 7:15-7:45 Vespers •CH 7:30-8:30 "Board Games" •ST 8:00-9:00 Art Series •W 8:00-9:00 Matthew S-T-R-E-T-C-H •CH	6:45-7:30 Harbor Island Cruise •BH 7:00 Ice Cream Presentation •ST 7:00-7:30 Family Sing •CP 7:00-8:00 Teen Book Talk •SL 7:00-10:00 ChildWatch •CP 7:15-7:45 Vespers •CH 7:30-9:30 Dodgeball Mania •F 8:00-9:00 Silver Bay Buildings 101 •W	6:45-7:30 Harbor Island Cruise •BH 7:00-7:30 Children's Story Hour •LB 7:15-7:45 Vespers •CH 7:30-8:00 Family Campfire •Council Ring 8:00-9:00 Getting Quality Health Care •W

LOCATIONS: ADM = Administration ♦ A = Archery ♦ AU=Auditorium ♦ BB = Bay Beach ♦ BH = Boathouse ♦ BV = Bayview ♦ C = Collins ♦ CH = Chapel ♦ CP = Children's Pavilion ♦ CR = Craft Shop ♦ FM= Field Memorial ♦ 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!