

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



WELCOME!

Weekly Newsletter of everything you can do at Silver Bay

Conferences/Groups

- Terrace Water Company
- Girl Scouts Outdoor

Special Events

- Family Conference

Family Reunions

- Allen Family
- Missimer/Black Families
- Tynan Family
- Heidengrean Family



Make A Difference...Volunteer.

Hats off to the many volunteers who are making a difference on our campus this summer.

For those still wishing to volunteer, its still not too late!

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

All programs and locations are subject to change.

Oak Cottage Dedication

Sunday • 1:30 p.m. • Oak Cottage

Celebrate our newest cottage, as we thank our donors and dedicate this special addition to our campus.

Giersch Walkway Dedication

Tuesday • 10:00 a.m. • Inn Lawn

Join us for a celebration to say thank you to Herman and Edith Giersch for their gift of the new sidewalk in front of the Inn.

The Fault Line in Concert

Tuesday • 8:00-9:00 p.m. • Auditorium

Listen to the funky and soulful sounds of the this energetic five-person vocal band. All ages are sure to be entertained.

SPECIAL EVENTS

Silver Bay Council Meeting

Saturday • 6:45 p.m. • Gullen

Come and be a part of the Silver Bay Council. Join us for our meeting and hear about news and happenings at Silver Bay.

The 25th Annual Putnam County Spelling Bee

Saturday • 8:15 • Auditorium

Silver Bay's production of the Broadway hit originally brought to life by Rebecca Feldman and William Finn. Donations accepted.

Wedding of Meredith Arksey and Jim Hoar

Sunday • August 7 • 12:00 p.m. • Chapel

All are welcome to celebrate the union of this couple. Presiding at the service will be Rev. Bruce Tamlyn.

Listening Hour

Monday-Friday • 9:00-10:00 a.m. • Gullen

Start your day with an hour of classical music. Davis Giersch will offer comments to accompany selected recordings of music by classical masters from pre baroque to present.

Mozart Singers

Rehearsal • Monday-Friday • 1:00-2:30 p.m. • Watson

Vespers • Friday • 7:15 p.m. • Auditorium

Led by Dr. Davis Giersch Mozart Singers rehearse Monday through Friday from 1:00 to 2:30 in preparation for our vespers performance Friday evening.

Nia

Monday/Wednesday/Friday • 10:30-11:30 a.m. • Gym

Nia is a body-mind-spirit aerobic activity for all abilities and ages. It is an excellent cross-training activity combining dance arts, martial arts, and healing arts. It not only improves cardiovascular health but also improves joint health, flexibility, agility, strength.

Lake George Floating Classroom

Tuesday • 2:00-4:00 p.m. • Outside Dock

This 30-passenger pontoon boat offer a hands-on experience as you and your family learn about the history and formation of the lake, test the water quality, and look at microorganisms under field microscopes. Sign up at the Concierge Desk. \$30 Adult/\$15 child.

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.

Silver Bay Council Porch Sale

Wednesday • 10:00 a.m.- 2:00 p.m. • Gullen Lounge

Find a treasure. All proceeds benefit the Silver Bay Council.

Watercolor Art Show and Sale

Thursday • 12:00-2:00 p.m. • Inn Porch

Come and enjoy some Silver Bay Paintings.

Team Triathlon

Thursday • 2:00-5:00 p.m. • North Field

The course consists of ½ mile swim, 1 ½ mile kayak paddle, and 3 mile run. Teams must consist of three participants. If participants must be 13 years or older (swimmers and kayakers under 18 must see the race director prior to the race to be pre-approved).

EAF Dessert Reception

Thursday • 7:00-8:00 p.m. • ERC

This is a chance to meet current and former Emps while enjoying something sweet and relaxing by the lake.

EMP Variety Show

Friday • 8:00-9:00 p.m. • Auditorium

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.

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.

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: Hand Dyed Silk Scarves
Monday-Friday • 9:00-11:45 a.m. • Craft Shop
Barbara Casper will use fiber-reactive dyes and a simple technique on scarves. Class Size: 6. Ages: 14+. Cost: \$20-\$25.

Guest Artist: Clay
Monday-Friday • 9:00-11:45 a.m. • Craft Shop
John Casper will host a clay workshop. Participants will be able to create projects with images inspired by Native American culture. Class Size: 6. Ages: 10+. Cost: varies.

Pine Cone Wreath
Tuesday-Friday • 9:00-11:30 • Craft Pavilion
Join Candace for pine cone wreath making. This class requires two days to complete. Class Size: 4. 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.

Floral Arranging
Thursday • 1:00-4:30 p.m. • Craft Shop
Silver Bay's gardener Kim will be teaching a class in floral arranging. Class Size: 8. Ages: 16+. Cost: varies.

Teen Art
Monday-Friday • 9:00-11:30 a.m. • Watson
Come join us on campus to paint with watercolor and draw with pastels. 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 • 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.

New York State Safe Boaters Course
Monday-Thursday 2:00-5:00 p.m. • Field Memorial
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 sessions are mandatory for a total of 8 hours. Bring a pencil. Workbooks will be provided. Sign up at the boathouse

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.

SPIRITUAL LIFE

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

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

Worship this Week • Sunday • 10 a.m. • Auditorium
This week's homily will be a discussion with Bob & Lee Woodruff of Rye & Silver Bay, 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/ Wednesday-Saturday • 7:15 p.m. • Chapel
Tuesday • 7:15 p.m. • Boathouse
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.

Mozart Singers Vespers • Friday • 7:15 p.m. • Auditorium

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.

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.

One Man's Hands Can't ... Community Work in Honduras
Thursday • 10:30-11:45 a.m. • Spiritual Life Tent
What is it to do sustainable community development? Bruce and Jane Ergood share their experience in training Honduran villagers to be primary care providers.

Labyrinth Peace Walk
Friday • 4:00-5:00 p.m. • Outdoor Labyrinth
Come walk the labyrinth and experience 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 - Woozles
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.)

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.

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-Thursday • 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- How to collect and press flowers and leaves
Wednesday • 3:30-4:30 p.m. • Nature Center
 Learn how to preserve pieces of nature for years to come. Great ideas for school, scouts, and club groups.

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 The Grace That Keeps This World by: Tom Bailey.

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.

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.

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.

Shuffleboard Tournament
Monday/Wednesday/Friday • 9:00 a.m. -12:30 p.m. • Collins
Finals • held the same day • 7:00 p.m. • Collins
 No age requirements. Previous experience helpful.

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

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.
 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	Gull Bay Cruise
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 a.m. Tues

Mother Bunch Cruise	Eco-Cruise
3:00-4:00 p.m. Sat/Tues/ Wed	3:00-4:30 p.m. Mon/Fri
4:30-5:30 p.m. Sun	

Harbor Island Cruise	Roger's Rock
10:45-11:30 a.m. Mon/Tues/Thurs/Fri	1:00-2:30 p.m. Thurs
6:45-7:30 p.m. Mon-Tues/ Thurs-Fri	

	Paradise Bay Cruise
4:30-5:15 p.m. Sat	1:00-2:30 p.m. Tues

FAMILY PROGRAM

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

Family Slip-N-Slide
Monday • 3:30-5:00 p.m. • Hepbron Hill

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 "Deal or No Deal"
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.

SATURDAY, August 6	SUNDAY, August 7	MONDAY, August 8	TUESDAY, August 9	WEDNESDAY, August 10	THURSDAY, August 11	FRIDAY, August 12
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 (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 7:30 Black Mtn. Hike •BH	6:30-7:30 Morning Dip •BB 7:00-8:30 Yoga •OB	All Day EAF ERC Day •ERC 6:30-7:30 Morning Dip •BB 6:30-7:30 Birdwatching Walk •Inn (Porch) 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. 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 •AU 9:45-11:15 Worship Child Care •CP 10:00 Worship Service •AU	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 8:45-10:15 Lecture: Bullying Awareness and Prevention •M 9:00-10:00 Listening Hour •G 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 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: Clay •CR 9:00-11:45 Guest Artists: Hand Dyed Scarves •CR 9:00-12:30 Shuffleboard Tournament •C 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Int. 2 Doubles •C 10:30-11:30 Nia •F 10:30-11:45 Intro to Labyrinth •SL 10:30-11:45 Meditation •F 10:45-11:30 Harbor Island •BH 10:30-12:00 Lecture: Achieving the Good Life •M	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 8:45-10:15 Lecture: Teens Changing the World •M 9:00-10:00 Tai Chi •F 9:00-10:00 Gull Bay Cruise •BH 9:00-10:00 Listening Hour •G 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 Teen Art •W 9:00-11:30 Inspiration Point Hike •NC 9:00-11:30 Pine Cone Wreath •CR 9:00-11:45 Guest Artists: Clay •CR 9:00-11:45 Guest Artists: Hand Dyed Scarves •CR 9:00-11:45 Silver Inlay in Copper •CR 10:00 Giersch Walkway Dedication •Inn Lawn 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 10:30-12:00 Lecture: 9/11 Revisited •M 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 8:45-10:15 Are U.S. Kids Ready for Global Competition? •M 9:00-10:00 Listening Hour •G 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 Teen Art •W 9:00-11:30 Bear Cave Hike •NC 9:00-11:30 Pine Cone Wreath •CR 9:00-11:30 Tree Nature Walk •NC 9:00-11:45 Guest Artists: Clay •CR 9:00-11:45 Guest Artists: Hand Dyed Scarves •CR 9:00-12:30 Shuffleboard Tournament •C 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Int. 2 Doubles •C 10:00-2:00 Porch Sale •W 10:30-11:30 Nia •F 10:30-11:45 Reaching Your Divine Potential •SL 10:30-11:45 Meditation •F 10:30-12:00 Backyard Pharmacy •M	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 8:45-10:15 Lecture: Women During the American Revolution •M 9:00-10:00 Tai Chi •F 9:00-10:00 Book Talk •BH 9:00-10:00 Explorer Cruise •BH 9:00-10:00 Listening Hour •G 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 Pine Cone Wreath •CR 9:00-11:30 Pine Cone Wreath •CR 9:00-11:30 Teen Art •W 9:00-11:30 Skipper Mac's Cairn Hike •NC 9:00-11:45 Guest Artists: Clay •CR 9:00-11:45 Guest Artists: Hand Dyed Scarves •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 10:30-11:45 Community Work in Honduras•SL 10:30-12:00 Creating Cartoons •M 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 8:45-10:15 Lecture: Are U.S. Kids Ready for Global Competition? •M 9:00 sharp! Sunfish Race •BH 9:00-10:00 Listening Hour •G 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 Pine Cone Wreath •CR 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: Clay •CR 9:00-11:45 Guest Artists: Hand Dyed Scarves •CR 9:00-12:30 Shuffleboard Tournament •C 9:00-1:00 Sailboat Screening Test •BH 10:00-12:00 Int. 2 Doubles •C 10:30-11:30 Nia •F 10:30-11:45 Mindfulness and Medicine •SL 10:30-12:00 Lecture: Rockwell on the Road •M 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. LUNCH 11:30-1:00 p.m.</p>						
1:30-2:30 Explorer Cruise •BH 3:00-4:00 Mother Bunch Cruise •BH 4:00-7:00 Art Exhibit •Hague Creek 4:30-5:15 Harbor Island Cruise •BH	12:00 Wedding •CH 1:00-3:00 Tennis Round Robin •C 1:30-2:30 Explorer Cruise •BH 1:30 Oak Cottage Dedication •Oak 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. 1:00-2:30 Mozart Singers •W 1:00-3:30 Basic Sailing B •BH 1:00-4:30 Kids' Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/ Polliwogs-Minnnows •SP 1:30-2:15 Swim Lessons: Fish-Porpoise •BB 1:30-2:30 Explorer Cruise •BH 2:00-4:30 Bob James Hike •NC 2:00-5:00 Safe Boaters Course •FM 2:30-3:30 Kayak Lessons A •BH 3:00-4:30 Eco-Cruise •BH 3:30-5:00 Slip-N-Slide •Hepbron Hill 4:00-5:00 3 on 3 Basketball •C 4:00-5:00 Total Body Blast •F 4:00-5:00 Kayak Lessons C •BH 4:15-7:00 Monopoly Tournament •ST 5:15-6:15 Yoga •F	11:30-3:30 Silver Camp Full-Day cont. 1:00-2:30 Mozart Singers •W 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/ Polliwogs-Minnnows •SP 1:30-2:15 Swim Lessons: Fish-Porpoise •BB 2:00-3:15 Adventures in Prayer •CH 2:00-4:00 Floating Classroom •BH 2:00-4:30 Fern Nature Walk •NC 2:00-4:30 Uncas Waterfall Hike •NC 2:00-5:00 Safe Boaters Course •FM 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. 1:00-2:30 Mozart Singers •W 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/ Polliwogs 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 How to collect and press flowers and leaves•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. 12:00-2:00 Watercolor Sale •Inn Porch 1:00-2:30 Mozart Singers •W 1:00-2:30 Roger's Rock Cruise •BH 1:00-3:30 Basic Sailing B •BH 1:00-4:00 Floral Arranging •CR 1:00-4:30 Adult Enameling •CR 1:00-4:30 Kids' 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 2:00-5:00 Safe Boaters Course •FM 2:00-5:00 Team Triathlon •NF 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. 1:00-2:30 Mozart Singers •W 1:00-4:30 Kids' Crafts •CR 1:30-2:00 Swim Lessons:Parent-Child/ Polliwogs-Minnnows •SP 1:30-2:15 Swim Lessons: Fish-Porpoise •BB 1:30-2:30 Explorer Cruise •BH 2:00-4:30 Sunrise Mountain Hike •NC 2:00-4:30 Mushroom Nature Walk •NC 3:00-4:30 Eco-Cruise •BH 3:00-5:00 Archery Individual Competition •A 3:30-5:00 Beach Games •SP 4:00-5:00 Shuffleboard •C 4:00-5:00 Total Body Blast •F 4:00-5:00 Labyrinth Peace Walk •OL 5:15-6:15 Yoga •F
<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. DINNER 5:30-7:00 p.m.</p>						
6:45 Silver Bay Council Meeting •G 7:15-7:45 Vespers •CH 7:30-9:30 Dodgeball Mania •F 8:15 Putnam County Spelling Bee •AU	7:15-7:45 Hymn Sing •CH 7:30 Family Movie Night •W 8:00 Music Recital •CH	6:45-7:30 Harbor Island Cruise •BH 7:00-7:30 Children's Story Hour •LB 7:00 Shuffleboard Finals •C 7:15-7:45 Vespers •CH 7:30-9:00 Square Dance •OB 7:30-10:00 Bridge •G 8:00-9:00 Lecture: A Report From the Climate Fight •AU	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 The Fault Line in Concert •AU	7:00-7:30 Children's Story Hour •LB 7:00-8:00 Clout Shoot •NF 7:00 Shuffleboard Finals •C 7:15-7:45 Vespers •BH 7:30-8:30 "Deal or No Deal" •ST 8:00-9:00 Book Talk •M 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 EAF Dessert Reception •ERC 7:00-10:00 ChildWatch •CP 7:15-7:45 Vespers •CH 7:30-9:30 Dodgeball Mania •F 8:00-9:30 An Evening With David Roth •AU	6:45-7:30 Harbor Island Cruise •BH 7:00-7:30 Children's Story Hour •LB 7:00 Shuffleboard Finals •C 7:15-7:45 Mozart Singers Vespers •AU 7:30-8:00 Family Campfire •Council Ring 8:00-9:00 Nature Series"All About Critters" •M 8:00-9:00 Variety Show •AU

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:

Every day, You can ... share a laugh with a friend. ... brighten the day of a stranger with your smile. ... appreciate the little things that go right.

-Author Unknown

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