

the breeze

SILVER BAY
YMCA of the Adirondacks

FALL 2011

Program and Activities Schedule - *Schedule is subject to change*

Archery

Guests ages 6 and older may participate.

Sat. 3:30pm – 5:30 pm
Through October 16

Boathouse

Full-members have access to kayaks, canoes,
and rowboats.

Sat. 1:00pm-5:30pm
Through October 16

Climbing Wall

Test out our 24' Indoor Climbing Wall.
\$100/hr
Children under 18 must have a waiver by a
signed parent or guardian.

Must be arranged 2 weeks prior to arrival
Contact Erin Grayson
518-543-8833 ext 316
egrayson@silverbay.org

Collins/Tennis

A variety of athletic equipment plus games
& puzzles!

Daily 9:00am-9:00pm
Through November 21st
Clay courts available through October 16th

Dinner and A Movie

Brookside Community House
6pm Dinner (Pizza or Soup) movie to follow.
This Program is open to all members and non-
members with a suggested Donation \$5
RSVP at cdevenger@silverbay.org or 518-543-
8833 ext 215

City Island
September 9th
PG-13 104 minutes
Seabiscuit
October 13th
PG-13 141 minutes
The Kings Speech
November 11th
R 119 minutes

Fisher Gymnasium

Enjoy basketball, volleyball, & ping pong

Fri. – Sun. 9:00am-9:00pm

Fitness Center

Work-out on Cardio & Cybex machines.

Sat. 3:30pm-5:30pm

Fitness Class

Total Body Blast with Nadia

Wed 4:00pm-5:00pm
Through November 16th

Gift Shop

Bring home a Silver Bay memory.
Hours posted at the Gift Shop

Hike Trails

There are hiking trails at all levels of difficulty.
Please pick up a trail map at the front desk and sign in at the trailhead.

Library

Located in the Inn off Gullen Lounge.
Enjoy our collection of books.

Meals

Our buffet style of service provides a variety of options for breakfast, lunch and dinner. Please contact us prior to arrival if you have any food allergies or special dietary needs.
Check with the Front Desk for meal times during your stay.

Spiritual Life Programs

Bereavement Group

Starts Wednesday, September 21
Every Wednesday · 10:00 a.m. · Spiritual Life Center
For more information please contact the Spiritual Life Center at 543-8833 x293.

Men's Prayer Breakfast

7:30 a.m. · The first Friday of the month in Brookside Community House Lobby unless otherwise noted
September 9th -(Boathouse)
October 7th
November 4th

Introduction to Centering Prayer

Starts Wednesday, September 21
Every Wednesday · 9:00 a.m. · Spiritual Life Center
Learn about and experience Centering Prayer; a prayer of the heart that deepens our relationship with God.

Spiritual Life Reading Group

9:30 – 11:00 a.m. · Trinity House Lounge
The book we will be reading is Welcome to the Wisdom of the World and its meaning for you by Joan Chittister.
Friday · September 16th & 30th
October 7th & 21st
November 4th & 18th

Labyrinth

The Silver Bay Labyrinth is located just north of Slim Point and is always available for reflection and mediation as the seasons permit. It is a spiritual practice and meditation tool that can assist us in experiencing the Sacred.

Pastoral Counseling, Spiritual Direction, and Marriage Support

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

Worship Services

Sunday · September 4th
Communion Service · 8:30 a.m. · Chapel
Worship · 10:00 a.m. · Chapel
Preaching will be Rev. Bruce Tamlyn, Chaplain, Silver Bay YMCA.

Sunday · October 9th
Communion Service · 8:30 a.m. · Chapel
Choir · 9:15 a.m. · Chapel
Worship · 10:00 a.m. · Chapel
Preaching will be Rev. Bruce Tamlyn, Chaplain, Silver Bay YMCA.

The Expedition Boat Tour

Enjoy a tour of Lake George, on our "New" tour boat. Sign up at the front desk.
Closing October 17th

Special Weekends

**Fall Work Weekend
October 7-10**

Join the Silver Bay Council as they prepare the campus for the winter through a variety of projects from building picnic tables to tending to the gardens.
"Special Rates Apply"

**Columbus Day Family Weekend
October 7-10**

Join us for Columbus Day weekend for a variety of seasonal activities: including crafts, family games and extended program hours at the boathouse, fitness center, archery, climbing wall, Silver Spray etc...

To make a reservation call us at 888-758-7229 ext 350 or email us at reservations@silverbay.org

All programs are for on-campus guests and program members unless otherwise noted. Please wear your badge while you are on campus