

the breeze

SILVER BAY
YMCA of the Adirondacks

February 2011

Weekly Newsletter of everything you can do at Silver Bay

Silver Bay Welcomes
Members, Guests & Local Residents

Special Events

Dinner & Movie

INVICTUS

February 11th

6:00 pm

Brookside Community House

Suggested donation \$5

In this drama based on real-life events, director Clint Eastwood tells the story of what happened after the end of apartheid when newly elected president Nelson Mandela used the 1995 World Cup rugby matches to unite his people in South Africa.

PG-13 133 Minutes

For planning purposes RSVP's are appreciated. Contact Chip Devenger at cdevenger@silverbay.org or 543-8833 x 286

Community Membership

Free to year-round *local residents

December 6, 2010 - March 11, 2011

How do I sign up?

Stop by or call the Front Desk (543-8833, ext. 214) during office hours Mon-Fri 8:00 am - 5:00 pm and complete a membership application.

Do I need to wear my membership badge on campus?

We ask that all of our members carry their badges with them while on campus. With the exception of ice-fisherman who need to hang them from the rear view mirror of their vehicle before heading out onto the ice.

Where do I park?

Depending on what you are doing please park in designated areas only. If you are accessing the Inn or Spiritual Life Office please park in front of the Ice-Cream store. If you are accessing the fitness center or Slim Point, please park in the Gymnasium lot or Bayview lot.

* Local residents include Essex County, the towns of Hague and Putnam.

Activities and Programs

Fitness Center

Work out at your own pace on our Cardio and Cybex machines.

Mon. Wed. & Fri: 8:00 am – 9:30 am

Thu. & Tue: 5:00 pm –6:30 pm

Hiking Trails

Over 700 acres of hiking trails with all levels of difficulty.

Pick up a trail map at the front desk.

Please sign in at the trailhead

Ice Fishing Access

Access off Slim Point. Please park in either the Gymnasium lot or the Bayview lot

Hang your badge in the rearview mirror of your vehicle.

Labyrinth

The Outdoor Labyrinth is always available for individual reflection and meditation.

Located between Fisher Gymnasium and Slim Point.

Libraries

Check out books on the honor system from the Library located off Gullen Lounge or the Spiritual Life Library located in Trinity House.

Mon-Fri. 8:00 am – 5:00 pm

Snow Shoes

Available for borrowing please call to reserve a pair. Pick-up and return to the front desk during office hours, You will be asked to sign a waiver and an imprint of your credit card will be taken.

Mon-Fri. 8:00 am – 5:00 pm

Spiritual Life Programs

Men's Monthly Prayer Breakfast – Fri: Feb. 4th 7:30 am, Brookside Community House.

All men are welcome!

Bereavement Group – Every Thu: 10:00 am, Spiritual Life Center.

Anyone who has lost a loved one is welcome to attend.

Bi-monthly Reading Group – Fri: Feb 4th & 25th 9:30 am, Trinity Lounge.

We are discussing "A New Kind of Christianity-Ten Questions that are Transforming the Faith".

Deepening in the Spirit – Please call the Spiritual Life Center at Ext. 293 to schedule an appointment for individual sessions for directed meditation, pastoral counseling or spiritual direction.