

the breeze

SILVER BAY
YMCA of the Adirondacks

Winter 2011-2012

Silver Bay Welcomes
Members, Guests & Local Residents

SPECIAL EVENTS

Christmas Eve Service

Dec. 24th
7:00pm Chapel
Preaching Rev. Bruce Tamlyn
Chaplin Silver Bay YMCA

“NEW” YMCA Leaders Club

This program provides 7 – 12 graders with personnel growth and meaningful group experiences. The teens participate in character development, values education, community service and other leadership development opportunities. Silver Bay’s Leaders Club meets biweekly on Thursday’s at 5:00pm. For more information please contact Erin Grayson at ergrayson@silverbay.org or 518-543-8833 ext 316

Silver Bay at Community Events

Holiday in Hague

December 3rd

Ti Santa Fest

December 4th

Hague Winter Weekend

February 17th – 20th

MISSION

The mission of Silver Bay YMCA of the Adirondacks is to offer all people opportunities to renew refresh and nurture their spirit, mind and body.

COMMUNITY MEMBERSHIP

Free to year-round *local residents
December 5, 2011 – March 2, 2012

How do I sign up?

Stop by or call the Front Desk (543-8833, ext. 214) during office hours Mon-Fri 9:00 am - 5:00 pm and complete a membership application. Offices will be closed December 26th and January 2nd.

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 and the towns of Bolton, Hague and Putnam.

How do I access Fitness Center outside of the community hours?

Silver Bay also offers an Off-Season Program Package from Jan. 1st to Jun. 22nd and Sep. 3rd to Dec 31st 2012 to Annual Members.

<i>Annual Membership</i>	<i>Off Season Program Package</i>
Adult \$50	Adult \$325
Family \$100	Family \$488

Scholarships available through Open Pathways for more information please contact Carolyn Close at cclose@silverbay.org or 518-543-8833 ext 211.

The Silver Bay YMCA of the Adirondacks permits use of the campus and access to Lake George gratuitously. Under the New York State Recreational Use Statute, Gen. Oblig. Law § 9-103, use of the campus and access to Lake George is at your own risk.

Dinner and a Movie

December 9th: Up —After a lifetime of dreaming of traveling the world, 78-year-old homebody Carl (voiced by Ed Asner) flies away on an unbelievable adventure with Russell, an 8-year-old Wilderness Explorer (Jordan Nagai), unexpectedly in tow. Together, the unlikely pair embarks on a thrilling odyssey full of jungle beasts and rough terrain. **PG 96 Minutes**

January 13th: True Grit —After drifter Tom Chaney (Josh Brolin) murders her father, 14-year-old Mattie Ross (Hailee Steinfeld) hires alcoholic U.S. Marshal Reuben "Rooster" Cogburn (Jeff Bridges) to help her exact revenge. The disreputable lawman still has grit, though, and mounts an epic search. Joining the duo on their quest is a Texas Ranger (Matt Damon) who's also hunting for Chaney in this updated Western. **PG-13 110 Minutes**

February 10th: Hereafter— Clint Eastwood directs this supernatural thriller about three very different people and their responses to death, including a hesitant American psychic named George (Matt Damon) who may be able to help the others find answers and peace. Marie (Cécile De France) is a French journalist caught up in the aftereffects of the devastating 2004 tsunami, while in London, young Marcus (Frankie and George McLaren) seeks to contact his deceased twin brother. **PG-13 129 Minutes**

Brookside Community House
Suggested Donation \$5 6:00pm Dinner (Pizza or Soup) with a movie to follow
RSVP at cdevenger@silverbay.org or 518-543-8833 ext 215

Fitness Class

Pilates – A low impact core strengthening class
Wed.: 4:30 Jan. 4, 11, 18, 25
Additional Classes may be added in Feb. based on attendance and interest.

Fitness Center

Work out at your own pace on our Cardio and Cybex machines.
Mon. Wed. & Fri: 8:00 am – 9:30 am (Beginning December 5th, Closed Dec. 26th - Jan. 2nd)
Available at other times to Program Members for an additional fee.

Hiking Trails

Over 700 acres of hiking trails with all levels of difficulty.
Pick up a trail map at the front desk and 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.

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. 9:00 am – 5:00 pm (Closed Dec. 26th and Jan. 2nd)

Spiritual Life Programs

Men's Monthly Prayer Breakfast – Fri: Dec. 9th, Jan. 6th, Feb. 3rd 7:30 am, Brookside Community House. All men welcome.

Meditation/Prayer – Every Wed & Thu: 9:00 am, Spiritual Life Center. Gather with others for contemplation and prayer.

Bereavement Group – Every Wed: 10:00 am, Spiritual Life Center. Anyone who has lost a loved one is welcome to attend.

Women's Spiritual Conversation –Thu 10:00am, Spiritual Life Center. All women welcome.

Bi-monthly Reading Group – Fri: Dec. 9th & 16th, Jan 6th & 20th, Feb 3rd & 17th .9:30 am, Trinity Lounge.
We are discussing "Welcome to the Wisdom of the World and its Meaning for you" by Jane Chittister

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.