

THE breeze

Silver Bay
YMCA of the Adirondacks

June 14 – June 20, 2010

Weekly newsletter of everything you can do at Silver Bay

WELCOME: Guests, Members and Conferees

Archery	Gift Shop
Guests ages 6 and older may participate in our daily program. Sat 9:00am-12:00pm, 1:00pm-5:00pm	Take home a little piece of Silver Bay Tue 12:00pm – 8:00pm Thu-Sat 10:00am-6:00pm
Boathouse	Hiking Trails
Full-members have access to kayaks, canoes and rowboats. Tue & Thu 1:00pm-4:00pm Fri & Sat 9:00am-12:00pm, 1:00pm-5:30pm Sun 9:00am-12:00pm	Over 600 acres of hiking trails at all levels of difficulty. Pick up a map at the front desk and sign in at the trailheads.
Collins Equipment Center	Libraries
Shuffleboard, horseshoes, tennis courts, outdoor basketball courts, a variety of equipment, puzzles and games!!! Daily 9:00am-9:00pm	Check out books on the honor system from one of the Libraries. Located off Gullen Lounge or the Spiritual Life. Library located in Trinity House. Daily 9:00 am – 9:00 pm
Fisher Gymnasium	Silver Spray
Enjoy indoor basketball, table tennis, etc... Sat 7:00am-9:00pm Sun 7:00am-2:30pm	Take a guided motorboat tour of Lake George. Sign up in advance at the front desk \$16/Adults and \$8/Children Sat 10:00am & 3:30pm
Fitness Center	Store
Workout at your own pace on Elliptical, AMT, Treadmills Recumbent Bikes and Cybex Strength Training Equipment. Sat 7:00am-8:30am & 3:30pm-5:30pm Sun 7:00am-8:30am	Ice Cream, Crepes, Coffee etc... Fri 8:00 pm – 10:00 pm Sat 7:30am – 10:30am, 8:00pm-10:00pm Sun 7:30am – 10:30am
Spiritual Life Programs	
<p><i>Bereavement Group</i> – Mon 11:00am -12:00pm, Spiritual Life Center <i>Center Prayer/Meditation</i> – Tue 9:00am, Spiritual Life Center <i>Weekly Community Prayer</i> – Wed 9:00am – 10:00am, Spiritual Life Center <i>Communion</i> Sun 8:15 am, The Chapel <i>Choir Rehearsal</i> Sun 9:15am, The Chapel <i>Worship Service</i> - Sun 10:00 am, The Chapel. – Reverend Bruce Tamlyn, Soloist Katie Smith <i>Labyrinth</i> - The Outdoor Labyrinth is available for individual reflection and meditation. Located between Fisher Gymnasium and Slim Point. <i>Deepening in the Spirit</i> – Please contact the Spiritual Life Center at 518-543-8833 ext 293 to schedule an appointment for individual sessions for directed meditation, pastoral counseling or spiritual direction. <i>Open Door Soup Kitchen</i> – we are looking for volunteers to help serve lunch on July 6, at the Soup Kitchen in Glens Falls. Please contact the Spiritual Life Center at 518-543-8833 ext 293 to sign up!</p>	

