

# THE breeze

Silver Bay  
YMCA of the Adirondacks

June 7 – June 13, 2010

Weekly newsletter of everything you can do at Silver Bay

## WELCOME: Guests, Members and Conferees

<b>Archery</b>	<b>Hiking Trails</b>
Guests ages 6 and older may participate in our daily program. <b>Sat</b> 9:00am-12:00pm, 1:00pm-5:00pm	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.
<b>Boathouse</b>	<b>Labyrinth</b>
Full-members have access to kayaks, canoes and rowboats. <b>Sat</b> 8:00am-12:00pm, 1:00pm-5:30pm	The Outdoor Labyrinth is available for individual reflection and meditation. Located between Fisher Gymnasium and Slim Point.
<b>Collins Equipment Center</b>	<b>Libraries</b>
Shuffleboard, horseshoes, tennis courts, outdoor basketball courts, a variety of equipment, puzzles and games!!! <b>Daily</b> 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. <b>Daily</b> 9:00 am – 9:00 pm
<b>Fisher Gymnasium</b>	<b>Silver Spray</b>
Enjoy indoor basketball, table tennis, etc... <b>Sat</b> 7:00am-9:00pm <b>Sun</b> 7:00am-2:30pm	Take a guided motorboat tour of Lake George with stories about the lake and beautiful views. Sign up in advance at the front desk \$16 for Adults and \$8 for Children <b>Sat</b> 3:30pm, 4:30pm
<b>Fitness Center</b>	<b>Store</b>
Workout at your own pace on Elliptical, AMT, Treadmills Recumbent Bikes and Cybex Strength Training Equipment. <b>Sat</b> 7:00am-8:30am & 3:30pm-5:30pm <b>Sun</b> 7:00am-8:30am	Ice Cream, Pizza, Crepes, Coffee etc... <b>Thu</b> 7:00pm – 11:00pm <b>Fri</b> 3:00 pm – 11:00 pm <b>Sat</b> 8:00am – 11:00am, 3:00pm-10:00pm <b>Sun</b> 8:00am – 11:00am
<b>Spiritual Life Programs</b>	
<p><i>Bereavement Group</i> – <b>Mon</b> 11:00am -12:00pm, Spiritual Life Center  <i>Center Prayer/Meditation</i> – <b>Tue</b> 9:00am, Spiritual Life Center  <i>Weekly Community Prayer</i> – <b>Wed</b> 9:00am – 10:00am, Spiritual Life Center  <i>Bi-Monthly Reading Group</i> – <b>Fri</b> 9:30am, Trinity Lounge  <i>Worship Service</i> - <b>Sun</b> 9:00 am, The Chapel. – Reverend Bruce Tamlyn, Special Music by Robert Steinfort.  <i>Deeping 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>	