



**OUTDOOR RECREATION FOR PEOPLE OF ALL ABILITIES  
FALL 2018 SCHEDULE**

- THURSDAY, SEPTEMBER 20 3PM-5PM**                      **EXERCISE GROUP AT UU CHURCH**  
Canton, NY

Time to start staying in shape as the seasons start to change. We will get warmed up, do head to toe stretching, strength training with medicine balls and stability balls and have fun with friends. **\$1 donation suggested.**

- SATURDAY, SEPTEMBER 22 10AM-2:30 PM**                      **END OF SEASON PARTY AT BELLARDINI'S CAMP**  
Norwood Pond, Norwood, NY

This is perhaps the most anticipated activity of the year. We will take the canoes and kayaks out for one last time for the year, play Kan-Jam, Ladder ball, gather around the campfire, play cards, have a great cook and enjoy Karaoke! The Bellardini's graciously share their camp and provide hot dogs and hamburgers. Bring a snack to share or dish to pass.

- SATURDAY, SEPTEMBER 29 11:30AM-5 PM**                      **ALMONZO WILDER HARVEST FEST**  
Burke, NY

This has become a popular event and we always come across something new with all the displays and vendors. This is a great place to learn about the history of our area. We are planning to stay for the Civil War Skirmish this year so we can see and hear the canons and muskets going off! Bring lunch and water as well as **\$9 for admission**. We will leave Potsdam at 11:30AM and expect to be back in Potsdam by 5PM.

- WEDNESDAY, OCTOBER 3 10AM TO 2:30PM**                      **HIKE STONE VALLEY**  
Colton, NY

Come join us for a hike along the Raquette River at Stone Valley in Colton. The leaves should be in full color! We will also try our luck at geocaching and see what we can find! Please note that this is a moderately difficult hike. Be sure to pack a lunch, bring some water and wear clothes for the weather (good walking shoes, too!).

- FRIDAY, OCTOBER 12 10AM TO 2:30PM**                      **FIELD HOUSE DAY AT ST. LAWRENCE UNIVERSITY**  
Canton, NY

Students at St. Lawrence University will, once again, be hosting our group for a day of activities at their field house. We will be starting with ice breakers and warm ups then breaking out into groups to play basketball, visit the fitness center, use the rock climbing wall and finish up with a kickball game. If the weather is nice we may also walk on the trails by the river after our time in the Field House. **Make sure to pack your own lunch and bring a water bottle?????**

- FRIDAY, OCTOBER 19 3PM TO 5PM**                      **EXERCISE GROUP AT UU CHURCH**  
Canton, NY

"Today is a good day to start!" We will be returning to UU Church in Canton to stretch out, work out and break a sweat! Be sure to wear comfortable clothes to move in and bring water. This is a great activity with others who want to have fun and get their exercise routine started for the Fall. **\$1 donation suggested.**

**FRIDAY, OCTOBER 26**      **6:30PM TO 8PM**      **SWIMMING, MERRITT POOL, SUNY POTSDAM**  
**Potsdam, NY**

The first Friday Night Swim of the fall season! As the weather begins to cool outside come join us for a night of swimming in the warm water of Merritt Pool. Improve your aquatic skills while hanging out with friends!

**FRIDAY, NOVEMBER 2**      **10AM TO 4PM**      **THE WILD CENTER**  
**Tupper Lake, NY**

Let's take a walk on the wild side! Outdoor Rec is taking a trip to The Wild Center. While there we will take the Wild Walk up a trail of bridges to the treetops of the Adirondack forest (it's accessible to people of all abilities). We will also check out the museum, where there are live animals and a lot of hands-on exhibits. And, if there is still time, we will hike some of the trails around the Center. The cost of **admission is \$22**. Please be sure to pack a lunch, bring water and extra money (in case you see something you like at the gift shop). We will leave Potsdam at 10AM and expect to be back in Potsdam by 4PM.

**FRIDAY, NOVEMBER 9**      **3PM TO 5PM**      **EXERCISE GROUP AT UU CHURCH**  
**Canton, NY**

"The only bad workout is the one that didn't happen!" Spend another afternoon with us at UU Church in Canton getting some exercise. Be sure to wear comfortable clothes to move in and bring water. This is a great activity with others who want to work out while having a great time with others. **\$1 donation suggested.**

**FRIDAY, NOVEMBER 16**      **6:30PM TO 8PM**      **SWIMMING, MERRITT POOL, SUNY POTSDAM**  
**Potsdam, NY**

Friday Night Swim! Grab your bathing suit and towel and come join us for a night of swimming in the warm water of Merritt Pool. Spend time with friends, get some exercise and improve your aquatic skills! Maybe we can even get a friendly game of pool volleyball going.....

**SATURDAY, DECEMBER 1**      **10AM TO 2:30PM**      **MAXCY HALL FIELD HOUSE DAY, SUNY POTSDAM**  
**Potsdam, NY**

Maxcy Day! The students at SUNY Potsdam want to share their facility and some fun activities with us! We will start with some warm up games, designed to loosen everybody up. Then we will give the high and low ropes course elements a try. See how high you can get on the climbing wall-can you beat your personal best? Or you may choose to fly around the field house on the Flying Squirrel! We may also walk the track, use the ice skating rink or play racquetball as well. Please remember to bring a lunch and water.

**FRIDAY, DECEMBER 7**      **3PM TO 5PM**      **EXERCISE GROUP AT UU CHURCH**  
**Canton, NY**

Tonight we head back to the UU Church for one last exercise group this Fall. As always you can expect to get up and get moving as you have a blast socializing with friends. This is always a fun activity with a large group of people so if you have a friend interested in joining us, bring them along. **\$1 donation is suggested.**

**FRIDAY, DECEMBER 14**      **6:30PM TO 8PM**      **SWIMMING, MERRITT POOL, SUNY POTSDAM**  
**Potsdam, NY**

Hope you can make it to Friday Night Swim in the warm waters of Merritt Pool at SUNY Potsdam! This is a wonderful opportunity to work on your swimming skills and enjoy the company of friends. You can jump off the diving board, kick across the pool, practice swimming strokes or just simply soak and visit!

**MONDAY, DECEMBER 17      10AM TO 2:30PM      OUTDOOR RECREATION MONDAY**  
**TBA**

This is going to be one of our flexible days, where we decide what to do based on the weather and what our group is excited to do. A list of activities you could expect to participate in today include snowshoeing, sledding, geocaching, hiking, disc golf, a cook out...do you have a good idea? Let us know! No matter the activity make sure to bring a lunch, water and clothes for any type of activity.