



WINTER 2019 SCHEDULE

NAME _____

CHECK THE ACTIVITIES YOU WANT TO AND CAN ATTEND:

- FRIDAY, JANUARY 11 6:30PM-8PM SWIMMING, MERRITT POOL, SUNY POTSDAM
Potsdam, NY**

What better time of year in the North Country to enjoy the warm waters of Merritt Pool! Come out and have a great time with friends. Don't forget to dress for the weather, including wearing a hat and gloves – the pool might be warm but our winters are chilly!

- THURSDAY, JANUARY 17 10AM-2:30 PM SNOWSHOE & CROSS-COUNTRY SKI ADVENTURE
Robert Moses State Park, Massena, NY**

We're heading to Robert Moses State Park to try out their snowshoeing and cross-country ski trails. Hopefully there will be plenty of snow! If there is time (or the weather is not cooperating), we will also visit the nature center to check out the exhibits. Dress for the weather (the colder it is, the more layers of clothing you should wear), bring a good lunch and water.

- WEDNESDAY, JANUARY 23 2:30PM-4:30PM ICE SKATING, OGDENSBURG CIVIC CENTER
Ogdensburg, NY**

Whether you're a seasoned ice skater or trying it for the first time, come have some fun! Don't worry if you don't have skates, you can rent them there. And, if you're not too sure on the ice, we have hands to hold or ice walkers to help out until you get your footing. Be sure to dress warm – we won't be outside but the building will be cool.
Bring \$5.00 for admission and skate rental.

- FRIDAY, JANUARY 25 3PM TO 5PM EXERCISE GROUP AT UU CHURCH
Canton, NY**

If you're one of those people who made a New Year's resolution to get in shape, our Exercise Group might be for you! We work on stretching, cardiovascular exercise and relaxation techniques. Make this the day you start working on personal wellness! Be sure to wear clothes that you can easily move in. **\$1 donation suggested.**

- WEDNESDAY, JANUARY 30 9AM TO 2:30PM DOWNHILL SKI LESSON, SNOW RIDGE SKI RESORT
Turin, NY**

Let's hit the slopes! Today we're going to Snow Ridge Ski Resort for a one hour downhill ski lesson. After learning some basics on safety and how to snowplow, we'll have some time to spend on the slopes practicing. It should be an exciting day! As always, dress for the weather (including warm socks, hat and gloves). Also, bring a hearty lunch and water. **Cost for the day is \$40, which includes a 1 hour lesson, ski equipment rental and ski lift fee.**

FRIDAY, FEBRUARY 1 **ALL DAY EVENT!** **POLAR BEAR GOLF FUNDRAISER**
Canton, NY

Once again we are looking for about 8 people to participate in the Polar Bear Golf Fundraiser. This is an important event for us as the funds raised are used to support the activities of the Outdoor Recreation Program. It is an action packed day that includes playing golf in the snow and running outdoor games. You will meet new people who will be interested in hearing about your Outdoor Recreation experiences. Then, at the end of the day our teams will stay for the delicious dinner!
Cost for the day is \$25.

FRIDAY, FEBRUARY 8 **3PM TO 5PM** **EXERCISE GROUP AT UU CHURCH**
Canton, NY

Whether you made it in January or not, now would be a good time to join us. We'll work on increasing your flexibility, strength and stamina. You'll also learn new ways to relax your tired muscles. Come have fun with friends! Please bring water and wear comfortable clothes. **\$1 donation suggested.**

SATURDAY, FEBRUARY 9 **3PM TO 5:30PM** **SLU VS. CORNELL WOMEN'S HOCKEY GAME**
Canton, NY

Join us for an action packed event when Saint Lawrence University Saints Women's Hockey team takes on the Cornell Bears. Help us cheer them on! There is no cost for the event unless you'd like to buy a snack at the concession stand.

FRIDAY, FEBRUARY 15 **6:30PM TO 8PM** **SWIMMING, MERRITT POOL, SUNY POTSDAM**
Potsdam, NY

Here is yet another chance for you to swim, play games and socialize in the waters of Merritt Pool. You'll need your bathing suit, towel and warm clothes (including hat and gloves). Come and join in the fun!!

MONDAY, FEBRUARY 18 &
TUESDAY, FEBRUARY 19 **2-DAY OVERNIGHT** **CAMP OVERLOOK WINTER EXPERIENCE**
Mountain View, NY

Need a winter getaway? We're going to Camp Overlook to enjoy the season and have some new adventures! We'll do a combination of indoor games and outdoor activities - maybe play some UNO, build a bonfire and roast marshmallows, go snowshoeing, or spend time on the ropes course. Whatever we decide to do, it's sure to be a good time! You will need to bring clothing, toiletries and medication for two days. Also, be sure to have warm pants and jacket, boots, hat and gloves.
Cost for this two-day event is only \$40.

FRIDAY, FEBRUARY 22 **10AM TO 12:30PM** **LEARN TO GOLF, ST. LAWRENCE UNIVERSITY**
Canton, NY

We are starting a new exiting program, with the help of St. Lawrence University's Men's and Women's Golf Teams! Team members and their coach will be holding 5 golf lessons this winter at their indoor golf training center. We will learn golf safety, golf rules and etiquette, and tips on how to swing a club. We'll also receive hands-on experience with equipment that is provided. Once summer rolls around we'll be ready to hit the links! If you're interested in this event, be sure to register early because we are limited to 8 participants. Be sure to bring your lunch, some water and wear comfortable clothing.

SUNDAY, FEBRUARY 24 **10AM TO 2:30PM** **ADIRONDACK SNOWSHOE FESTIVAL**
Paul Smith's College VIC, Paul Smiths, NY

Paul Smith's College VIC is holding the Adirondack Snowshoe Festival today. We plan to strap on our snowshoes and try out the snowshoe scavenger hunt and snowshoe obstacle course. We may also check out their snowshoe trails and other activities. We are looking forward to experiencing what this festival has to offer! Please wear appropriate clothing for the weather - remember, the colder it is the more layers you should wear. Also, bring your lunch. **Cost for this event is \$10** for the snowshoe trails. Bring additional money if you would like to buy a snack from one of the vendors.

SATURDAY, MARCH 2 **10AM TO 2:30PM** **TUBING & SNOWSHOEING AT MOUNT PISGAH**
Saranac Lake, NY

This is an energetic and exciting activity! You may choose to grab a tube and slide down the hill or strap on some snowshoes and head out on the trails. Either way, the day is going to be full of adventure! You will want good winter clothing, lunch and water. There are also snacks and beverages available in the lodge. If you are tubing, you will be required to wear a helmet as there is a lot of bumping into others, with a lot of laughs! **Cost is \$15.**

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

It's time for our March swim! Join old friends, or maybe meet some new ones, as we swim and play water games. Bathing suit, towel and warm clothes are a must. This is a great way to spend your Friday night!

MONDAY, MARCH 11 **10AM TO 2:30PM** **A DAY AT ROOS HOUSE, SUNY CANTON**
Canton, NY

We will spend the day at SUNY Canton's Roos House Athletic Center. We will start in the field house playing tennis, basketball, relay ball or ultimate Frisbee. Then we will be able to make use of the fitness center and swimming pool. It will be a very active day! Bring lunch, water, clothes that you can move in and a bathing suit. **Cost is \$5 for the day.**

FRIDAY, MARCH 15 **10AM TO 12:30PM** **LEARN TO GOLF, ST. LAWRENCE UNIVERSITY**
Canton, NY

This is the second in our series of golf lessons with St. Lawrence University's Men's and Women's Golf Teams. Don't worry if you missed the first lesson, we'll make sure you catch up today. This is an exciting opportunity to learn the game of golf. Again, this event is limited to the first 8 registrants so get this schedule returned to us as soon as you can! We will break for lunch, so don't forget it! Be sure to wear comfortable clothing you can move in.

MONDAY, MARCH 18 **10AM TO 2:30PM** **SNOWSHOE QUEST**
Yellow Lake, Wegatchie and Star Lake, NY

Here is your chance to get better at snowshoeing or try it for the first time. Even for people who cannot walk we have a sled (not snowmobile) to pull you around in. Definitely dress for winter conditions. Be sure to bring your lunch and water. Let's get some exercise and enjoy the season!

FRIDAY, MARCH 22 **3PM TO 5PM** **EXERCISE GROUP AT UU CHURCH**
Canton, NY

Exercising can be a lot of fun! Just ask the people who attend our Exercise Group. Here's your chance to learn new exercises and to demonstrate some of your favorites. Get up and move!! It'll do your body good..... Come and see what it's all about. **\$1 donation suggested.** Be sure to bring your water bottle and comfortable clothes/shoes.

WEDNESDAY, MARCH 27 **10AM TO 12PM** **TENNIS, SUNY CANTON**
Canton, NY

Let's break out the tennis rackets! We're heading to SUNY Canton where we will start with warm-ups and drills then play some games and sets. If you're new to tennis, please join us – all abilities are welcome! Wear some comfortable clothing. **Cost is \$5.**

FRIDAY, MARCH 29 **10AM TO 12:30PM** **LEARN TO GOLF, ST. LAWRENCE UNIVERSITY**
Canton, NY

This will be our third golf lesson this winter at St. Lawrence University's Indoor Golf Center. We will continue to learn rules and hone our skills with a club with the help of St. Lawrence University students. Only 8 participants can attend this event so register today! Summer is getting closer - can't wait to try out our new skills on a golf course!! Don't forget lunch!!!

FRIDAY, APRIL 5 **6:30PM TO 8PM** **SWIMMING, MERRITT POOL, SUNY POTSDAM**
Potsdam, NY

This is our last Merritt Pool swim of the season. Get in on the fun while you can! You can swim, visit, play water games or just float around on a noodle. Hope to see you there!

WEDNESDAY, APRIL 10 **10AM TO 12PM** **TENNIS, SUNY CANTON**
Canton, NY

We will use SUNY Canton's courts again for a morning of tennis. We'll go over some rules, do some warm-ups and drills then play some games and sets. Please join us – all abilities are welcome! Don't forget to wear comfortable clothing. **Cost is \$5.**

FRIDAY, APRIL 12 **10AM TO 12:30PM** **LEARN TO GOLF, ST. LAWRENCE UNIVERSITY**
Canton, NY

This is our fourth of five golf lessons at St. Lawrence University's Indoor Golf Center. Practice, practice, practice – we should be ready for a round of golf soon! SLU's golf teams will continue to teach us the rules of golf and help us improve our swing so we're ready to go. Bring a lunch for break time. This event is limited to 8 participants.

WEDNESDAY, APRIL 17 **10AM TO 2:30PM** **OUTDOOR RECREATION DAY**
Activity(s) and Location to be announced

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

SUGGESTION: _____

WEDNESDAY, APRIL 24 **10AM TO 12PM** **TENNIS**
Canton, NY

Here's another opportunity to enjoy a game of tennis. This time we hope to head outdoors to a local tennis court. We'll practice with some drills and then play some sets to complete our morning. Come join us even if you have never played tennis – it's a lot of fun!!

FRIDAY, APRIL 26 **3PM TO 5PM** **EXERCISE GROUP AT UU CHURCH**
Canton, NY

It's always a good day to start taking care of yourself! 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.**

FRIDAY, MAY 3 **10AM TO 2:30PM** **GET THE BOATS OUT & LITTLE RIVER PADDLE**
Canton, NY

Time to get ready for summer!!! Today we will get the canoes and kayaks out of storage and get all geared up for the upcoming paddling season. Then, we will go on the first boat outing of the season on the Little River. As always, wear clothes for the weather, shoes that can get wet, lunch and water.

FRIDAY, MAY 10 **10AM TO 12:30PM** **LEARN TO GOLF, ST. LAWRENCE UNIVERSITY**
Canton, NY

Our final golf lesson with St. Lawrence University's Men's and Women's Golf Teams. It's time to review what we've learned and make final adjustments to our swing. This will be our last event of the year at the indoor golf center. Next week we'll be trying out our new skills on the golf course! Don't forget your lunch and wear some comfortable clothes. This event is limited to 8 participants.

SATURDAY, MAY 11 **9AM TO 3PM** **CANOE ORIENTATION, 3 COMMERCE LANE, CANTON**

& Merritt Pool, SUNY Potsdam, Potsdam, NY

For those of you NEW to canoeing and kayaking with us this is your chance to do the **MANDATORY** orientation and training. We will start at 3 Commerce Lane in Canton, from 9am-12:00pm, teaching you everything you need to know to safely and enjoyably go out on the water with us. We then go to SUNY Potsdam's Merritt Hall pool, from 12:30pm-3pm where we will do floating assessments with the life jackets and then we do the infamous CANOE-OVER-CANOE RESCUE. You will want to bring lunch, water, clothes for the weather and a swim suit and towel.

FRIDAY, MAY 17 **1PM-4PM** **GOLF OUTING**

Location to be announced

If you're a seasoned player or you just finished our series of golf lessons, we hope you can make it for a round of golf at one of the area golf courses. We hope to have 2-3 foursomes playing 9 holes. Equipment will be available for your use and we will have a golf cart for anyone who is not able to walk the course. Please wear clothing appropriate for the weather that is also easy to move in (we're hoping for some nice spring temperatures!). Additional information will be provided as we get closer to this event.

FRIDAY, MAY 24 **1PM TO 3PM** **HIKE AT GREG WING'S**

Norwood, NY

Greg has graciously invited us to come to Norwood to take a hike around their property. They have a beautiful piece of land with many acres to explore. Greg is certain to be a great tour guide! Be sure to wear good shoes for hiking and bring some water to drink.

FRIDAY, MAY 31 **10AM TO 2:30PM** **RAQUETTE RIVER PADDLE**

Colton, NY

Today we're going to take the canoes and kayaks out for a paddle on the Raquette River. We'll start out at Higley Flow State Park and end in South Colton. This trip will require us to portage our boats over a short stretch of land. This will take some effort and teamwork but should prove to be a great adventure. Hope you can come along! Please bring your lunch, dress for the weather and don't forget your water.

