



SUMMER 2019 SCHEDULE

NAME _____

CHECK THE ACTIVITIES BELOW YOU WANT TO AND CAN ATTEND:

FRIDAY, MAY 17 **1PM TO 4PM** **GOLF at ST. LAWRENCE GOLF COURSE**
Canton, NY

We are hitting the links today for 9 holes of golf at the Oliver D. Appleton Golf Course. For those of you who were able to participate in golf training over the past several months, this will be our first solo outing. Send this registration form in soon to reserve your spot, as space is limited. You will get to enjoy the game of golf and test out the skills we have been practicing. Don't forget to wear comfortable clothing and **BRING WATER!** **Cost for this event is \$13.00.**

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.

WEDNESDAY, MAY 29 **10AM TO 2:30PM** **CAMPING PREP DAY WITH MIKE diVINCENZO**
Canton, NY

If you will be going on any of our camping trips this summer, we could really use your help today! Mike diVincenzo, a long-time Boy Scout Leader and CP of the North Country Board Member, will be at 3 Commerce Lane to give us some expert camping advice and share some tips. We will sort through our camping gear, talk about menus and food preparation and write shopping lists. **We will even be preparing a fruit cobbler over an open fire and eat it with some ice cream!** Hope you will join us for, what is sure to be, a day of learning, good food and needed groundwork for our summer camping adventures!

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 venture. Hope you can come along! Please bring your lunch, dress for the weather and don't forget your water.

MONDAY, JUNE 3 TO

WEDNESDAY, JUNE 5

3-DAY OVERNIGHT HOWE CAVERNS GETAWAY

Howes Cave, NY

“Howe” would you like to go exploring our world over 150 feet below the earth’s surface and take a subterranean boat ride? That is the highlight of this 3-day (2-night) camping trip. We will be staying at Caroga Lake Campground and will travel to **Howe Caverns for a day of caving and zip lining**. This is a new adventure for the Outdoor Rec Program and we hope you can join us! **Cost for this three-day event is only \$50.00.**

TUESDAY, JUNE 11

9AM-12PM

GOLF at POTSDAM TOWN & COUNTRY CLUB

Potsdam, NY

Today we are heading to the Potsdam Town & Country Club for 9 holes of golf. Now that a small group of us has had some practice, we’re hoping that everyone will come out and give golfing a try. We’ll work on driving and putting skills and get some exercise in the process! Please monitor the weather so you know what clothes to wear. As always, bring water to stay hydrated. **Cost for this event is \$16.**

FRIDAY, JUNE 14

4PM-6PM

RAQUETTE RIVER PADDLE

Lehman Park, Potsdam, NY

We are hoping for a beautiful June day to launch our boats from Lehman Park in Potsdam. We will paddle upriver and around the islands. Hopefully, we’ll see a lot of wildlife out and about! Please wear shoes that can get wet and dress appropriately for weather conditions. Remember to wear sunscreen!

WEDNESDAY, JUNE 19

10AM-12PM

TENNIS

SUNY Potsdam, Potsdam, NY

Whether you are brand new to the game or a seasoned player, join us at the outside courts at SUNY Potsdam for a morning of tennis fun. We’ll work on ball control, serving, volleying and learning to score the game. Wear some comfortable shoes and be prepared to do some moving!

WEDNESDAY, JUNE 26 TO

FRIDAY, JUNE 28

3-DAY OVERNIGHT HUDSON RIVER WHITEWATER RAFTING

North River, NY

We’re looking for some thrill seekers who want to tackle the whitewater of the Hudson River! We will be basing our adventure at beautiful John Dillon Park in Long Lake where we will camp in the Osprey and Hawk lean-tos and do some cooking over the open fire. On day two we will head to Adirondack River Outfitters in North River for a day of whitewater rafting and a chicken bar-b-que. Then it’s back to camp where we will end our trip exploring and enjoying camp life. Space is limited. **Cost for this 3-day event is \$100 (to be paid at time of sign up - for cancellation policy see <http://aroadventures.com/faqs>).**

THURSDAY, JULY 4

9AM TO 1PM

FOURTH OF JULY PARADE

Morristown, NY

Put on your red, white and blue and some marching shoes because we’re going to be in the Morristown Fourth of July Parade alongside members of the Elks!! After the parade we will stay awhile to enjoy lunch and some of the other festivities. Please bring water (the sun on the parade route can be very hot)! Also, you may either bring your lunch or bring money for the chicken bar-b-que.

SATURDAY, JULY 6 **10AM TO 2:30PM** **STONE VALLEY HIKE ON**
RAQUETTE RIVER RELEASE DAY
Colton, NY

There are several days, throughout the summer, when waters are released from the Colton reservoir. On those days, the Raquette River, at Stone Valley, becomes a playground for experienced kayakers. And, today is one of those days! We are going to go for a hike on the Stone Valley trail and watch these kayakers as they venture downriver. It will be a thrill just to watch! Since we will be walking on uneven surfaces, be sure to wear sturdy shoes. Fill your Outdoor Rec water bottle and bring it along! As always, dress for the weather.

WEDNESDAY, JULY 10 **12PM TO 2:30PM** **SWIMMING AT TAYLOR PARK**
Canton, NY

Come on out for an afternoon of swimming! What better way to spend a warm summer afternoon than hanging out with friends on the beach and cooling off in the cool waters of the Grasse River? Bring a lunch and plenty of water. Sunscreen is a must!!

FRIDAY, JULY 12 **10AM TO 2:30PM** **ST. LAWRENCE RIVER PADDLE & PICNIC**
Whalen Park, Louisville, NY

We are going to take a paddle on the St. Lawrence River, starting at Whalen Park. We'll travel around the islands and stop for a picnic! We're sure to see some huge ships heading out to the ocean. So, please bring your lunch with plenty of water and come prepared for the weather (including sunscreen).

MONDAY, JULY 15 **9AM TO 12PM** **GOLF at MADRID GOLF CLUB**
Madrid, NY

We heard that the Madrid Golf Course is great for beginners so we're going to give it a try. Whether you were part of our training sessions or not, come give golf a try! It's good exercise and fun with friends! Please monitor the weather so you know what clothes to wear and bring water. **Cost for 9 holes of golf is \$10.00.**

WEDNESDAY, JULY 31 **4PM TO 6PM** **HORSEMANSHIP 101**
Candlelight Farms, Colton, NY

This is the first in a series of four events where the folks at Candlelight Farms will be teaching us all about horses. We'll learn all about their anatomy, how to groom them, walk them, feed them and take care of their tack. It will be an amazing, hands-on experience getting to know these amazing animals. Don't forget to bring water and dress for barn activity. **Cost for this event is \$25.00.**

SATURDAY, AUGUST 3 **8AM TO 5:30PM** **RENAISSANCE FESTIVAL**
Sterling, NY

We are heading back in time to the Renaissance Festival where we will watch jousting, archery contests, stage shows and street performances all set in 16th Century England. Come join the fun as actors portray what it may have been like to live in those days. Most of this event is outdoors so please dress accordingly (you will need sunscreen). Pack a lunch or bring extra money to buy lunch there. And, don't forget your water!! **Cost for this event is \$35.00 (plus money for lunch, if you choose).**

WEDNESDAY, AUGUST 7 **4PM TO 6PM** **HORSEMANSHIP 101**
Candlelight Farms, Colton, NY

This is the second in a series of four events. Candlelight Farms will continue to host us for this unique learning experience. They will be teaching us most everything you could ever want to know about horses. If you have any questions, don't be afraid to ask! As before, bring water and dress for barn activity. **Cost for this event is \$25.00.**

THURSDAY, AUGUST 8 1PM TO 3PM OSWEGATCHIE RIVER PADDLE
Gouverneur, NY

Our paddle today is on the Oswegatchie River launching from Mills Park, Gouverneur. On this outing we will paddle up and down river from dam to dam. There is always a lot to see here. A great place to paddle.

MONDAY, AUGUST 12 TO
WEDNESDAY, AUGUST 14 3-DAY OVERNIGHT REST & RELAXATION at MEACHAM LAKE
Duane, NY

This is a camping trip for people who are looking to unwind. We're heading to Meacham Lake for some rest and relaxation! Swimming, cooking over a campfire, hiking, yard games and lounging around the campsite playing cards are just some of the activities you might enjoy on this 2 night trip. Come join us for a short getaway!

MONDAY, AUGUST 19 9AM TO 4PM SARANAC LAKE DAY
Saranac Lake, NY

A perfect summer day in the Adirondacks...a little hiking, a little swimming, topped off with DONNELLY'S ICE CREAM!! Today we're going to head to Baker Mountain for an easy 1.8 mile hike. Then we'll cool off and eat lunch at the Saranac Lake Village Beach on Lake Colby. On the way home we'll stop off at Donnelly's for some soft serve ice cream. Can't wait to see what the flavor of the day is! You'll need to bring good hiking shoes, a bathing suit and towel, water and lunch. Don't forget sunscreen and/or a jacket for the weather. **Cost for this event is \$5.00 for ice cream.**

WEDNESDAY, AUGUST 21 4PM TO 6PM HORSEMANSHIP 101
Candlelight Farms, Colton NY

This is the third in a series of four events. We're learning all about horses, thanks to Candlelight Farms! By now you should be pretty comfortable around these magnificent creatures! They are a joy to be around and require a lot of care. Who knew there was so much to learn? Please dress for barn activity. **Cost for this event is \$25.00.**

SATURDAY, AUGUST 24 10AM TO 2:30PM OUTDOOR RECREATION GAME DAY
Robert Moses Park, Massena, NY

This will be a fun filled day of friends, games, food and sunshine (hopefully). We will have karaoke, beach ball volley ball, basketball, Frisbees, bocce ball, board games, and more. And, of course, there will be an exciting kickball game! We will provide hot dogs, hamburgers and drinks for lunch. Please bring a dish to pass or a snack to share.

TUESDAY, AUGUST 27 3PM TO 5PM GRASS RIVER PADDLE
Madrid, NY

Come and enjoy a paddle up the Grasse River. We'll head under the railroad bridge and go around the islands. This is a great spot to see lots of wildlife including geese, herons, turtles and more. Here's hoping you can join us for a relaxing afternoon paddle!

WEDNESDAY, AUGUST 28 4PM TO 6PM HORSEMANSHIP 101
Candlelight Farms, Colton, NY

This will be Candlelight Farms' final horsemanship lesson of the summer. We will be interacting with the horses and should be pretty well versed in their care by the end of today. Be sure to bring your water and dress for more barn activity. **Cost for this event is \$25.00.**

FRIDAY, AUGUST 30 **2PM TO 5PM** **GOLF at PARTRIDGE RUN GOLF COURSE**
Canton, NY

“Nestled among birch, pine and hardwood trees in perfect harmony with nature.” Partridge Run Golf Course is our destination for a round of golf today. Whether you’re a beginner or have been golfing with us for awhile, come out and give it a try. Put on some comfortable walking shoes and bring your filled water bottle! **Cost for this event is \$15.00.**

SATURDAY, SEPTEMBER 7 **9AM TO 12PM** **AUTISM WALK**
Canton, NY

This event is sponsored by St. Lawrence NYSARC and is a fundraiser for services for people with Autism. We always have a lot of fun in the park, where there are vendors, games and local tv personalities. We will also get our exercise by walking two miles. This is a fundraiser so as we get closer to the event you should start raising money for this great cause. We will send you information on how to get the pre-registration/fundraising brochure when it becomes available.

WEDNESDAY, SEPTEMBER 11 **4PM TO 6PM** **BRANDY BROOK PADDLE**
Waddington, NY

The season is coming to an end so don’t miss this opportunity to go for a paddle on Brandy Brook. It should be a lovely late afternoon trip, as the leaves will be starting to change colors.

SATURDAY, SEPTEMBER 14 **10AM TO 2:30PM** **END-OF-SEASON PARTY**
Norwood Lake, NY

Come join in the tradition as the Bellardini’s host the annual “End-Of-Season Party”! We’ll take the boats out for the last paddle of the year. There will be games, karaoke, a campfire, food and more! Hotdogs, hamburgers and refreshments will be provided. Please bring a snack to share or dish to pass.

FRIDAY, SEPTEMBER 20 **10AM TO 2:30PM** **GEOCACHING & PUT AWAY BOATS**
Canton, NY

It seems like we just took the boats out and it’s already time to put them away! We could use your help! Don’t worry, though, the day won’t be all work. We also plan to go treasure hunting with our Geocaching/GPS equipment. Just imagine what we might find!! No need to bring your lunch, **pizza will be served!**

THURSDAY, SEPTEMBER 26 **3PM TO 5PM** **EXERCISE GROUP AT UU CHURCH**
Canton, NY

Whether you have been active over the summer or need to start a new exercise regimen, our Exercise Group can help you with your physical well-being. We’ll work on building core muscles, stretching and relaxation techniques. Come join in the fun! **\$1 donation suggested.**

FRIDAY, SEPTEMBER 28 **12PM TO 2:30PM** **FREE FISHING DAY**
Yellow Lake

Fishing is free today in New York State (no license required). So grab your fishing pole, tackle and water and join us as we head for Yellow Lake. We’ll bring the worms! If you don’t have a pole, don’t worry, we have extras. Be sure to pack a lunch. Also, please watch the weather forecast and dress accordingly.