



## FALL 2019 SCHEDULE

NAME \_\_\_\_\_

***CHECK THE ACTIVITIES BELOW YOU WANT TO AND CAN ATTEND:***

**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! **\$1.00 donation suggested.**

**SATURDAY, 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.

**FRIDAY, OCTOBER 4 10AM TO 2:30PM**      **FOBARE'S CORN MAZE & APPLESAUCE**  
**Rensselaer Falls, NY**

It's the peak of the fall season and what better time to visit Fobare's Fruits to see if we can find our way through their twisting, turning corn maze. It just may "cornfuse" you!! We will also visit the Apple Barn market where you will have the opportunity to purchase apples, pumpkins, baked goods, jams, jellies or other unique country foods. Afterwards we will head back to the CP of the North Country offices to try our hand at making homemade applesauce from some of Fobare's freshly picked apples. **Cost of this event is \$8.00** plus additional money if you'd like to shop in the market. Please bring along your lunch, some water and be sure to dress for cool fall weather.

**FRIDAY, OCTOBER 11 3PM TO 5PM**      **EXERCISE GROUP AT UU CHURCH**  
**Canton, NY**

Feeling tired, achy, or stressed out? Regular exercise can help you! Our Exercise Group works on stretching and relaxation techniques. Come join in the fun and learn to feel better at the same time! Please bring water and wear comfortable clothes. **\$1.00 donation suggested.**

**MONDAY, OCTOBER 14**      **10AM TO 3:30PM**      **THE WILD CENTER**

**Tupper Lake, NY**

The Outdoor Rec Program is once again taking a trip to The Wild Center. This year we have scheduled the trip earlier in the fall so that we will be able to take the Wild Walk (a trail of bridges to the treetops of the Adirondack forest - accessible to all). We will also spend time in the museum and may hike some of the trails around the Center. **The cost of admission is \$22.00.** Please be sure to pack a lunch, bring water and extra money (if you're interested in shopping at the gift shop).

**FRIDAY, OCTOBER 18**      **6:30PM TO 8PM**      **SWIMMING, MERRITT POOL, SUNY POTSDAM**

**Potsdam, NY**

I don't know about you, but I've been waiting patiently to get back into the warm waters of Merritt Pool!! Hope you can join us for the first open swim of the season. Bring your bathing suit and towel for what is sure to be a splashing good time!

**MONDAY, OCTOBER 21**      **10AM TO 12PM**      **TENNIS, SUNY CANTON**

**Canton, NY**

Let's spend some time honing our tennis skills for next season. We're heading to SUNY Canton where we'll practice ball control and serving. We'll go over some rules, do some drills then play a game or two. Please join us – all abilities are welcome! Don't forget to bring water and wear comfortable clothing. **Cost for this event is \$5.00.**

**TUESDAY, OCTOBER 22**      **4PM TO 6PM**      **HORSEMANSHIP 101**

**Candlelite Farm, Colton, NY**

Because of the great response to this program, we have scheduled another series of four events with Candlelite Farm. Laura and Tim will be teaching us all about their Morgan horses. We'll learn all about their anatomy, how to groom them, lead them, feed them and take care of their stalls. It is an amazing, hands-on experience. Space is limited, so sign up today! Remember to bring water and dress for barn activity. **Cost for this event is \$25.00.**

**SATURDAY, OCTOBER 26**      **10AM TO 2:30PM**      **STONE VALLEY TRAIL DAY**

**Colton, NY**

We are going to join other people in the community for a day of trail maintenance at Stone Valley. This will include using tools to cut and preserve the trail as well as picking up garbage that has been left behind. This trail, that we've enjoyed so much over the years, needs our help to remain accessible. Hope you can make it! Be sure to bring a lunch, water, gloves (if you have them) and appropriate clothes for the weather.

**TUESDAY, OCTOBER 29**      **4PM TO 6PM**      **HORSEMANSHIP 101**

**Candlelite Farm, Colton, NY**

This is the second in a series of four events where we will learn all about Morgan horses. This week we will continue to get to know the horses and learn how to groom them. Everyone will get a chance to practice each step in maintaining a beautiful coat and healthy hooves. As before, bring water and dress for barn activity. **Cost for this event is \$25.00**

**FRIDAY, NOVEMBER 1**      **10AM TO 2:30PM**      **HIKE RED SANDSTONE TRAIL**

**Hannawa Falls, NY**

Want to get out and enjoy some fresh air and exercise? Outdoor Rec is going to take a hike down Red Sandstone Trail in Hannawa Falls. We will see beautiful views of the Racquette River and Sugar Island. Come give hiking a try! We'll walk at your pace, take breaks and there are plenty of helping hands! You will want to wear good shoes to hike in and dress for the weather. Please bring a lunch and water.

**TUESDAY, NOVEMBER 5      4PM TO 6PM      HORSEMANSHIP 101**

**Candlelite Farm, Colton, NY**

This is the third in a series of four events where we will continue to work with Laura and Tim and their beautiful horses. This week we get to lead the horses on a lead rope. We will spend time learning the basics so everyone stays safe and will then walk the horses through an obstacle course. Bring your water and clothes for barn activities. **Cost for this event is \$25.00**

**TUESDAY, NOVEMBER 12      4PM TO 6PM      HORSEMANSHIP 101**

**Candlelite Farm, Colton, NY**

All too soon our time on Candlelite Farm is coming to an end! During our final visit we will learn what it's like to keep a horse happy and healthy by keeping its stall clean. By the end of this session, we will know what it's like to care for a horse and will have made some awesome animal friends! Don't forget to wear clothes for barn activities. **Cost for this event is \$25.00**

**FRIDAY, NOVEMBER 15      6:30PM TO 8PM      SWIMMING, MERRITT POOL, SUNY POTSDAM**

**Potsdam, NY**

Some people enjoy our Friday night swims for the exercise you get from swimming laps or treading water. Others like to visit with friends and soak in the warm water. Still others like to get involved in the fun-filled beach ball games. Whatever your choice, there's bound to be a spot in Merritt Pool for you! If you can make it, bring your bathing suit and towel. Also, make sure you bring warm clothing (including a hat) so you stay warm on the way home.

**FRIDAY, NOVEMBER 22      3PM TO 5PM      EXERCISE GROUP AT UU CHURCH**

**Canton, NY**

Exercise is so important for your well-being and it can be fun!! 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. **\$1.00 donation suggested.** Be sure to bring your water bottle and comfortable clothes/shoes.

**SATURDAY, DECEMBER 7      3PM TO 5:30PM      SLU WOMEN'S HOCKEY vs. RPI**

**Canton, NY**

Saint Lawrence University Saints Women's Hockey team is taking on rival, RPI at Appleton Arena. Join us in cheering them on! There is no cost for the event unless you'd like to buy a snack at the concession stand.

**FRIDAY, DECEMBER 13      6:30PM TO 8PM      SWIMMING, MERRITT POOL, SUNY POTSDAM**

**Potsdam, NY**

We're heading to Merritt Hall one more time before the holidays. Hope you can join us! Maybe you would like to learn a new swimming stroke or would simply like to soak your feet. Staff is always there to help meet your needs. Friday night swim is always a good time!! Dress warm, bring your bathing suit, towel and come have some fun!!

**FRIDAY, DECEMBER 20      3PM TO 5PM      EXERCISE GROUP AT UU CHURCH**

**Canton, NY**

There's an awful lot of good food and relaxation around the holidays. Exercise Group is a good way to balance out that holiday cheer! We'll be stretching, doing some cardio vascular exercise and working on balance/coordination. Come and get a healthy routine down before the new year! Bring an idea for a new exercise (if you have one), your comfortable clothes and shoes and some water. **\$1.00 donation suggested.**