

Name: _____



JANUARY 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 SNOWSHOE/COOKOUT Higley Flow State Park South Colton, NY 10:00am-2:30pm Kick off the new year out in the fresh air at Higley. We'll be snowshoeing to a lean-to where we'll prepare a hot lunch. Dress for winter and bring your water.	4
5	6	7	8	9	10 FRIDAY NIGHT SWIM SUNY Potsdam, Merritt Pool Potsdam, NY 6:30pm-8:00pm First Friday Night Swim of the new year! Bring your bathing suit and towel. Be sure to dress warm for the ride home-don't forget a hat!	11
12	13	14	15	16 FUN & FITNESS UU Church Canton, NY 3:00pm-5:00pm Cost: \$1.00 If you want to become healthier this year, we can help you with your exercise routine. Wear comfortable clothing and bring water. Come and have fun!	17	18
19	20	21	22	23	24	25 COLTON WINTERFEST Colton, NY 9:00am-1:30pm This is a great community event! We will be checking out the winter activities all around town, including the quilt show, frozen footrace, snowshoe and xcountry skiing. Bring lunch and water.
26	27	28	29	30	31 ICE SKATING Lockwood Civic Center Ogdensburg, NY 2:30pm-4:30pm Cost \$5.00 No matter what your experience is on the ice, come give skating a try! There will be hands to hold or ice walkers if you need support. Cost includes skate rental.	

* See cover letter for more details on this event.



FEBRUARY 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7 POLAR BEAR GOLF SLU Golf Course, Canton, NY All Day Event Cost: \$25.00 Come and support the Outdoor Recreation Program! Join us for a round of golf, play some games and share your Outdoor Rec stories. A delicious dinner tops off the day's activities.	8
9	10	11	12	13 FUN & FITNESS UU Church Canton, NY 3:00pm-5:00pm Cost: \$1.00 Let's get moving! This exercise program includes relaxation techniques, stretching, aerobic workout and good times with friends! Don't forget your water!	14	15
16	17 WINTER ESCAPADES AT CAMP OVERLOOK Mountain View, NY Two-Day Overnight Cost:\$40 Enjoy the season with this winter getaway! Indoor and outdoor activities - games, snowshoeing, ropes course, craft time, bonfire and more! *	18 WINTER ESCAPADES AT CAMP OVERLOOK Mountain View, NY Two-Day Overnight We're staying overnight, so bring enough medications, clothing and toiletries for two days. Also, be sure to have a warm jacket, pants, gloves, boots and hat. *	19	20	21 GOLF FOR BEGINNERS 1 SLU Golf Training Center Canton, NY 10:00am-12:30pm Golf pro, Mary Lawrence, will lead a series of 5 lessons to have you ready for the links this coming summer. Bring a lunch, water and dress comfortably.	22
23	24	25	26	27	28 FRIDAY NIGHT SWIM SUNY Potsdam, Merritt Pool Potsdam, NY 6:30pm-8:00pm Soaking in the warm waters of Merritt Pool in February - what could be better? Don't forget a bathing suit and towel. Be sure to dress for the winter weather.	29

* See cover letter for more details on this event.



MARCH 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 SNOWSHOE DISC GOLF South Colton, NY 12:00PM-2:30PM We're heading to South Colton for some disc golf - this time on snowshoes!! Should be an adventure!! Dress for the weather, bring water and lunch.	5	6 GOLF FOR BEGINNERS 2 SLU Golf Training Center Canton, NY 10:00am-12:30pm The second of 5 lessons at SLU's indoor golf facility. We will learn safety and rules of the game. Don't forget lunch.	7 DRY HILL SKI AND TUBING WATERTOWN, NY 10:00am-4:00pm Cost: \$18 tubing or \$45 lesson Outdoor Rec is hitting the slopes! Choose between tubing OR snowboarding/skiing lessons. Wear a warm jacket, glove, boots and hat. Bring your lunch, too! *
8	9	10 LEARN SIGN LANGUAGE 4 Commerce Lane Canton, NY 1:00pm-3:00pm Would you like to communicate better with the hearing impaired in our community? Please join us this month for two beginner sign language classes.	11	12 TENNIS TIME SUNY Canton Canton, NY 10:00am-12:00pm Cost: \$5.00 Serving up some fun at SUNY Canton! We'll be practicing our tennis skills and playing a few games. Open to all levels of experience. Bring your water!	13 ROOS FIELD HOUSE DAY SUNY Canton Canton, NY 10:00am-2:30pm Cost: \$5.00 Got the winter blahs? Join us for a rollicking day of indoor games and sports – including kickball!! Bring your lunch, water and wear comfortable clothes.	14
15	16	17 FUN & FITNESS UU Church Canton, NY 3:00pm-5:00pm Cost: \$1.00 Daily exercise is an important part of staying healthy. Let us show you a routine you can do at home. Bring water and wear clothes to move in.	18	19	20 FRIDAY NIGHT SWIM SUNY Potsdam, Merritt Pool Potsdam, NY 6:30pm-8:00pm Hope you can join us for an evening of aquatic fun. Swim, relax and visit with friends! Dress warm and bring your bathing suit and towel.	21
22	23	24 LEARN SIGN LANGUAGE 4 Commerce Lane Canton, NY 1:00pm-3:00pm The second of two sign language classes. We will continue to build upon our knowledge of gestures and letters used by the hearing impaired.	25 ROPES COURSE SUNY Potsdam's Maxcy Hall Potsdam, NY 10:00am-12:30pm Cost: \$15 Challenge yourself to new heights! Try the climbing wall as well as low and high elements of the ropes course. Wear comfy clothes and bring your lunch. Space is limited!	26	27 GOLF FOR BEGINNERS 3 SLU Golf Training Center Canton, NY 10:00am-12:30pm During lesson 3 of 5, we will work on putting and swinging skills. We even get to use a golf simulator! As always, bring water and your lunch.	28
29	30	31				

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APRIL 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 TENNIS TIME SUNY Canton Canton, NY 10:00am-12:00pm Cost: \$5.00 If you've never tried tennis, come join our group. We work on basic skills, rules of the game and having a good time! Dress to move and bring lots of water!	3 GOLF FOR BEGINNERS 4 SLU Golf Training Center Canton, NY 10:00am-12:30pm This is our 4 th of 5 lessons and we will continue to hone our skills. Practice makes perfect! Bring your lunch, water and dress to move.	4
5	6	7	8	9 FUN & FITNESS UU Church Canton, NY 3:00pm-5:00pm Cost: \$1.00 Today is a good day for exercise! What better way to be motivated than with the help of friends! Water and comfy clothes are all you need to join us.	10 TAKE A HIKE!! Place and time to be announced We'll be watching the weather to determine where to take our hike today. Wherever we go, it'll be great to get outside and stretch our legs! Pack a healthy lunch and bring water. Dress in layers.	11
12	13	14	15	16	17	18
19	20	21	22	23	24 FRIDAY NIGHT SWIM SUNY Potsdam, Merritt Pool Potsdam, NY 6:30pm-8:00pm Last chance to enjoy Merritt Pool for the season! You can choose to swim, splash, or soak. It's always a good time! Bathing suit and towel required.	25
26	27	28	29	30 TENNIS TIME SUNY Canton Canton, NY 10:00am-12:00pm Cost: \$5.00 Weather permitting, we hope to be outdoors today. We'll concentrate on ball control, serving and keeping score.		

* See cover letter for more details on this event.



MAY 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p>1 GET THE BOATS OUT! 3 Commerce Lane Canton 10:00am-12:30pm It's time to get our gear ready for spring and summer activities. Come help us get the boats out and rearrange the shed. Pizza will be served!</p>	<p>2 CANOE ORIENTATION 3 Commerce La., Canton & SUNY Potsdam 9:00am-3:00pm For anyone NEW to canoeing and kayaking with us, this is a MANDATORY training! We want you to be safe and enjoy your time on the water! *</p>
3	4	5	6	7	<p>8 GOLF FOR BEGINNERS 5 SLU Golf Training Center Canton, NY 10:00am-12:30pm During our last golf lesson, we hope to get out on the golf course and practice what we've learned! Dress for the weather and bring your lunch.</p>	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

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