

May 2024

North Country Recreation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Newsletter 10am-12:30pm ADL Room, Canton *bring a lunch *more info below	2	3 Jason off	4 Family Fitness Day 11am-2 pm Mad/Wad Cntrl School Free *Bring a lunch *more info below
5 Jason WFA Class	6 Jason off	7	8 Musical Instruments Star Lake 3-5pm *pack a dinner	9	10 Staff Water Safety and First Aid Training for staff	11
12 Mothers Day	13	14	15 Horseback Riding 5-6pm At Sunrise Stables in Canton \$40 *more info below	16 Jason Off 1/10	17 Crew Meeting 4pm-6pm ADL Room Canton Pizza & drinks provided Welcome some new Crew Members!	18
19	20	21 Jim 1-4 CPR	22 Horseback Riding 5-6pm At Sunrise Stables in Canton \$40	23	24 Golfing 10-2:30 pm Canton St Law Univ. Golf *\$25 for golfing *bring or buy lunch	25
26	27 Memorial Day Holiday	28	29 Forest Bathing 10:00am-2:30pm Paul Smith's V.I.C. *Free *Bring a lunch *more info below	30 Jason SKIP refresher Jason Ergonomics	31 Dairy Festival Parade Preparation 12-2:30pm Canton Office *bring a lunch *more info below	

May 1 Newsletter-This is the last meeting for NCR Newsletter #2. Last day for submittals. NCR Newsletter Class will resume in the fall after the summer.

May 4 Family Fitness Day-Meeting at Madrid Waddington Central School 2582 SH 345, Madrid, NY. Come join in for a day of nutrition knowledge, mental health materials, and physical fitness fun! We will be leading an exercise group for the public!

May 15,22 Horse Back Riding will be at Sunrise Stables at 507 Ames Road in Canton. **If money is an issue let us know so we can help.**

May 29 Forest Bathing- A walk in the woods taken to a multi-sensory experience. Hosted by Adirondack River Walkers

May 31 Dairy Festival Parade Preparation- We will be washing and decorating the van and trailer for the parade tomorrow.

June 2024

North Country Recreation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Dairy Festival Parade 10-2:30 Canton Meeting at 3C 10am *bring or buy a lunch *more info below
2	3 office	4 days	5 Horseback Riding 5-6pm At Sunrise Stables in Canton \$40	6	7 Pro Baseball Game Saranac Vs Malone Opening Day! 3:30-6pm *Meet at 3197 US 11 *bring or buy dinner	8
9	10	11	12 Horseback Riding 5-6pm At Sunrise Stables in Canton \$40	13 Ranger School 257 Ranger School Rd Wannakena, NY 10am-12:30pm *bring a lunch *more info below	14	15
16 Fathers Day	17- Camping Prep 1-3pm 3C Canton Office *more info below	18	19 Horseback Riding 5-6pm At Sunrise Stables in Canton \$40	20	21	22
23	24 Whitewater Rafting /Camping \$140 Meet at 10am 3C Canton Office *more info below	25 Whitewater Rafting /Camping Rafting on the Hudson River this day	26 Whitewater Rafting /Camping Pick up times at 3C office to be determined	27	28	29
30 Free Fishing Day 10am-2:30pm Grasse River Meet at 3C Office *bring lunch *more info →	June 1 Dairy Festival Parade -This year's theme is "Get Moving With Milk". We'll be marching or riding on the float and waving to the crowds! June 13 Ranger School - A Forest Ranger will give us a tour of the Arboritum and give us a talk on "Leave No Trace". June 17 Camping Prep - Anyone camping should attend if you can-we'll be pulling out the gear and getting it all ready for the season! June 24-26 Whitewater Rafting/Camping -Come join us on an exciting Whitewater Rafting Trip! We'll be camping on Lake Durant. Adventure, fun, campfires, and more! \$140. June 30 Free Fishing Day -No fishing license? No Problem! Fishing Grasse River from Canton to Madrid. Bring your own rod or borrow one!					

July 2024

North Country Recreation



Sunday	Monday		Wednesday	Thursday	Friday	Saturday
	1 office	2 days	3 Canoe Orientation Taylor Park 10:00am-2:30pm *meet at 3C Office *bring lunch *more info below	4 Independence Day Holiday	5	6
7	8 Forked Lake Canoe Camping Meet at 10am 3C Canton Office *more info below	9 Forked Lake Canoe Camping	10 Forked Lake Canoe Camping Pick up times at 3C office to be determined	11	12	13
14	15 Wellesley Island Camping Meet at 10am 3C Canton Office \$35 *more info below	16 Wellesley Island Camping Visiting Bolt Castle	17 Wellesley Island Camping Pick up times at 3C office to be determined	18	19 Jim Off	20
21	22 Bike Riding 12-2:30 Massena *Need your own bike *bring a lunch *more info below	23 <Jim Off>	24 Jason Off 2/10 Jim Off	25 Jason Off 3/10 Jim Off	26 Jason Off 4/10 Jim Off	27
28	29 Jim Off	30 St. Lawr. Co. Fair Gouvernuer This Day OR *bring or buy meal *more info below	31 St. Lawr. Co. Fair Gouvernuer This Day			

July 3- Taylor Park Canoeing-There will be a canoe Orientation day for those who have not come out with us before. Also, paddling training for all.
July 8-10- Forked Lake Canoe Camping-Canoe to our campsite with all our gear! There will be canoeing, swimming, exploring, campfires, and more!
July 15-17 Wellesley Island Camping- Day Trip to Historic Bolt Castle, arcades, campfire, beach, swimming, and more!
July 22 Bike Riding-Got a bike? Come along with Jason & Samantha along the St Lawrence River in Massena! We'll eat lunch looking at the river!
July 31 St Lawrence County Fair in Gouverneur- Lets go to the fair everyone! Fair food, rides, and...we will look at the schedule of events when it comes out and see what's happening. **Then we'll pick one day or the other and a time.** Sign up and we'll be in touch with you!

August 2024

North Country Recreation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Yoga In The Park & Farmer's Market 11am-1:30pm Canton bring a lunch	3
4	5 Ausable Point R&R Camping Meet at 10am 3C Canton Office *FREE *more info below	6 Ausable Point R&R Camping	7 Ausable Point R&R Camping Pick up times at 3C office to be determined	8	9	10
11	12 Root Farm Camping/Adventure Meet at 10am 3C Canton Office *FREE *more info below	13 Root Farm Camping/Adventure	14 Root Farm Camping/Adventure Pick up times at 3C office to be determined	15 Jim Ergonomics Samantha Ergonomics	16	17
18	19 office days	20 office days	21 Swimming 12-2:30pm Robert Moses Ste Park *bring lunch and swim gear	22	23 Yoga In The Park & Farmer's Market 11am-1:30pm Canton bring a lunch	24
25	26 Golfing 10am-2:30pm Partridge Run Canton \$????? *bring or buy lunch	27	28 Canoe /Kayak Raquette River 3-5pm Lehman Park, Potsdam	29	30 GAME DAY 10am-2:30pm Canton-Bend In The River Park Lunch *more info below	31

August 5-7 Ausable Point Camping-Come do some relaxing camping along Lake Champlain. Swimming, campfires, and Smore!
August 12-14 Root Farm Camping Adventure- Zip lining, largest accesible ropes course this side of the Mississippi, games, campfires, and fossil hunting!
August 30 Game Day- All sorts of games to play including Relay Ball, Bocci Ball, Croquet, Frisbee, Basketball, and Everybody In Kickball. Bring a healthy snack to share. Hotdogs and hamburgers provided.

September 2024 North Country Recreation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day Holiday Sam off	3 office days Jason Off 5/10 Sam off	4 office days Sam off	5 Sam off	6 Jason off Sam off →	7 Adirondack Nature Festival for People with Disabilities 10am-2:30pm Paul Smith's VIC *more info below
8	9 Jason off	10	11 Mountain Climbing Goodman Mountain 10-2:30pm Tupper Lake *bring lunch *more info below	12	13	14 1 Mile of Hope Leaving Potsdam 8am Inlet, NY *lunch provided *more info below
15	16 Jason off	17	18 NEW! Self Advocacy Group 12-2:30pm Canton ADL Rm *bring lunch *more info below	19	20	21 End of Season Party Bellardini's Camp 10:00am-2:30pm Norwood *more info below
22	23	24	25	26	27	28
29	30					

September 7 Adirondack Nature Festival for People With Disabilities- Connect with nature through activities, art, and music. Free admission. Bring a lunch. We will have our own table at this event. We'll show off what we do here at NCR!

September 11 Goodman Mountain- This is the third of three mountains we have been climbing to complete the Tupper Lake Triad! Get in shape for this!

September 14 Mile of Hope- Meet us to leave Potsdam at 8am! We will be in kayaks and canoes joining hundreds of others to try to break the Guinness Book of World Records for the largest canoe and kayak raft! Music, health and wellness tables, vendors, and more!

September 18 Self Advocacy Group- Learn to speak up for yourself with others, doctors, care managers, politicians, and more! This will be a collaboration with Clarkson Physical Therapy Students and working towards going to a rally in Albany in the New Year to meet with our Government Representatives.

September 21 End of the Season Party- Let's celebrate all our accomplishments this summer with a party! Bring a dish to share, cookout, canoeing, and games!