

February 2014



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Fiddle Grind!
2	3 	4 <u>AC:</u> Judo/ Self Defense 3:00-4:30pm	5	6	7 <i>Alli away.</i>	8
9	10 <i>Alli away.</i>	11 <u>AC:</u> Banff Film Festival 7:00-8:30pm	12 <u>YAC:</u> Exploring HPR Rec! 3:30-5:00pm	13	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> **Activities are subject to change. </div>	
16	17	18 <u>AC:</u> Contra Dancing 3:00-4:30pm 	19	20 <u>Senior Hiking Club: 9:15-11:30am</u> <u>AC: Judo 5:30pm-6:30pm</u>	21	22
23	24 	25 <u>AC:</u> Cooking II 3:00-4:30pm	26	27 <u>AC:</u> Yoga 3:00-4:30pm	28 	

Remember the 2014 Juneau Ski Trip!

March 14th-18th. Come join us in Juneau for a ski and snowboard trip! Price includes food, lodging, in Juneau transportation, ski and snowboard lessons at Eaglecrest Ski Area., and a day at the Gold Medal basketball tournament. Give cross country skiing a try and play in the snow!

\$430+ travel to/from Juneau
\$200 deposit to reserve your spot.

*No experience necessary, just an interest in sliding on snow!
This trip is accessible for people of all ages with any disability.*

ORCA (Outdoor Recreation and Community Access) Key:

- **Adventure Club (AC)** Open to persons 15 & over with any disability
- **Youth Adventure Club (YAC)**... Open to youth ages 7-14 with any disability
- **SENIOR Activities (SOAR)**.... Open to adults 60 and Older

ORCA activities-\$10 each (unless noted otherwise)

Transportation: \$2 One Way
\$3 Both Ways

Senior Hiking Club- \$5 each
(Transportation Included)

Questions? Contact Alli.
agabbert@sailinc.org
747-6859

February 2014 ORCA Activities

Youth Adventure Club (YAC)

“Exploring Halibut Point Recreation Site”: Wednesday, February 12th, 3:30-5:00pm

For our first activity will be doing a small hike and scavenger hunt, playing group games, and enjoying the scenery at HPR Rec! This is open to all youth, ages 7 to 14, of all abilities. We focus on socialization, team building, and fun outside. We are excited to launch this program, please spread the word to any youth that may be interested. Please contact Alli if you would like to set up a time to meet before the first activity.

Adventure Club (AC)

2.4.14, 3:00-4:30pm: Judo/ Self Defense I: Judo instructor, Keith Anderson, will begin teaching us verbal & physical self-defense techniques, stretches to prep, and basic moves in Judo. Meet at the Pioneer Home Manager’s House (120 Katlian).

2.11.14, 7:00-9:00pm: Banff Mountain Film Festival Showing: Come with us to the Performing Arts Center to watch short films about mountain culture, sports, and environment. Cost of this event is \$15. Call SAIL to reserve your spot.

2.18.14, 3:00-4:30pm: Contra Dancing: Let’s get dancing! Meet at the Pioneer Home Manager’s House.

2.20.14, 5:30-6:30pm, Judo/ Self Defense II: Judo instructor, Keith Anderson, will continue teaching us basic moves in Judo to help you build skills in movement. Meet at the Pioneer Home Manager’s House.

2.25.14: Cooking Class II: For our second cooking class, join us for an afternoon of making lunch and learning a few more kitchen skills. Meet at St. Gregory’s church.

2.27.14: 3:00-4:30pm, Yoga I: Join us for an afternoon of adaptive yoga. This will be our first of a few sessions at Yoga Union.

Looking ahead!: The 2014 Ski Trip to Juneau is scheduled for March 14-18th! This trip is accessible for people of all ages with any disability. No is experience necessary, just an interest in sliding on snow!

Senior Hiking Club (Sixty and Older Activities & Recreation: SOAR)

2.20.14: Ray Friedlander, Tongass Forest Community Organizer with the Sitka Conservation Society, will be joining us for this hike. She will be sharing about her work through the SCS and how we can be better advocates for the Tongass. Cost is \$5. Arrive at the Swan Lake Senior Center at 9:15am and arrive back by 11:30am.

Notice new names? Outdoor Recreation and Community Access is SAIL’s recreation program that includes a few different groups. They are Adventure Club (AC), Youth Adventure Club (YAC), and our Senior Programming (SOAR).

On the wait list for state waived services? You may qualify for reduced prices on SAIL activities. Please contact Alli at agabbert@sailinc.org or 907-747-6859.