



MARCH 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3 AC: 3-4:30pm Ceramics I	4 Photo Follow-ups: 10-3pm	5	6	7
8 Daylight Savings Starts!	9	10 AC: 3-4:30pm Ceramics II	11	12	13 Better Breathers Club, 1-2pm <hr/> 5-8pm Artwalk feat. SAIL artists!	14
15	16	17 AC: 3-4:30pm Lawn Bowling	18	19 Senior Hiking Club: 9:15-11:30am	20	21
22	23	24 AC: 3-4:30pm Cooking Class	25	26	27 5-6:30pm SOAR Ceramics 1	28
29	30	31 AC: 3-4:30pm Muskeg Trail Hike	1	2	3 5-6:30pm SOAR Ceramics 2	4

ORCA Calendar

Outdoor Recreation and Community Access

AC: Adventure Club– open to persons 15 & over with any ability level

SOAR: Senior Activities– open to adults 60 and over

Open: Activity for all SAIL consumers, and the community!

All AC/ Open activities: \$10*

***Transportation: \$2 one way, \$3 both ways.**

Senior Hiking Club: \$5, transportation to/from Swan Lake Senior Center included.

Scholarships available, thanks to generous donations from the White Elephant Shop, Sitka Charitable Trust, and the City of Sitka.

ORCA Activity Cell Number: 738-1491

March 2015 ORCA CALENDAR

Open Activity:

3.13.15 Better Breathers Club 1-2pm: Sitkans who experience difficulty breathing are invited to attend this monthly support group at the Swan Lake Senior Center. Refreshments provided.

3.13.15 ArtiGras Artwalk, 5-8pm: Come see the photo exhibit that several ORCA consumers have been working on! We will be displaying our work at Baranof Reality, 315 Seward St. Family, friends, and community members are invited to celebrate this exciting accomplishment with us!

Adventure Club (AC):

3.3.15: Ceramics I, 3-4:30pm, Join us to create some hand-crafted clay bowls, tiles, or whatever else you can think of! Wes will offer instruction and guidance. Meet at SAIL at 2:45pm or the SFAC Ceramics building at 3pm.

3.4.15, Photo Follow ups, 10-3pm, Did you participate in the ORCA photography series? Come check out the photos you took! Set up an hour long appointment with Bridget to view your work and select which pictures should be displayed in our ArtiGras show. Together we can work on an Artist Profile to introduce you to the audience!

3.10.15: Ceramics II, 3-4:30pm, Continue working on your ceramics projects with Wes, our instructor. Meet at SAIL at 2:45pm or the SFAC ceramics building at 3pm.

3.17.15: Lawn Bowling, 3-4:30pm, Do you love to bowl? Let's play together with an outdoor bowling set. Bring a jacket, sneakers, and a smile! Meet at SAIL at 2:45pm. Location TBD.

3.24.15: Cooking Class, 3-4:30pm, We'll follow a picture recipe to make Taco Soup! Meet at SAIL at 2:45pm, or at the St. Gregory's kitchen at 3pm.

3.31.15: Muskeg Trail Hike, 3-4:30pm, Let's enjoy some spring weather and explore the muskeg at the end of HPR. Meet at SAIL at 2:45pm or at the muskeg parking lot at 3:05pm.

SOAR:

3.19.15: Senior Hiking Club— 9:15-11:30am, Join us for our monthly hike, and bring a friend! Transportation from the Swan Lake Senior Center provided at 9:15am. Trekking poles, yaktraks, water, and snacks provided. Location TBD.

SOAR Handbuilding Ceramics Course: 3.27.15-5.1.15, every Friday from 5-6:30pm. Cost is \$100 for 9 hours of instruction from Wes Holloway. Classes will take place at the SFAC ceramics studio. Transportation available! Advance signup required! Please contact Bridget to sign up or for more information.

Do you know any youth ages 7-13 experiencing disabilities who are interested in fully adaptive, inclusive after school activities? SAIL is partnering with SCS and 4H to provide opportunities for youth experiencing disabilities to participate in 4H classes. Spread the word, and contact Bridget to get your child involved!

For more information or to reserve your spot for activities, call Bridget at 747-6859, or email bkratz@sailinc.org