

April 2019

ORCA Calendar

Outdoor Recreation and Community Access

AC: Adventure Club - \$10
Open to persons 15 & over with any ability level

SOAR: \$5 Senior Activities – Open to adults 60 and over


Senior Hiking Club: \$5
Transportation included.

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

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

*Every Thursday, there are Senior Walking hours at Hames from 10am-11am. SAIL will provide rides if needed.

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 AC: Walk/Hike 3pm-4:30pm	3	4 SOAR: Senior Hiking Club—Green Lake Road 1:30pm-4pm	5	6 Monthly Grind
7	8	9 AC: Picnic and Egg Hunt @ Halibut Point Rec 3pm-4:30pm	10 SOAR: Swimming 10:30am-12:30pm	11 SOAR: Senior Hiking Club — Mosquito Cove 1:30pm to 4:00pm	12	13
14	15	16 AC: Earth Day Craft 3pm-4:30pm	17 AC: Swimming 10:45am-12:15pm	18 SOAR: Senior Hiking Club—Herring Cove Trail 1:30pm-4pm	19 Parade of Species	20
21 Easter Sunday	22 Earth Day	23 Volunteer Kayaking Training 1pm-3pm AC: Yoga 3:30pm-5pm	24	25 SOAR: Senior Hiking Club and Yoga—Totem Park 1:30pm-4pm	26 SOAR: Tea and games social 1:30pm-3pm	
28	29 All ORCA CFC/SAIL Event- Guitar 1pm-2:30pm	30 AC: Lawn Games and Park 3pm-4:30pm	Contact Joel 747-6859 or jhan-son@sailinc.org		 Inspiring Personal Independence	

April 2019

Adventure Club (AC) \$10: Unless otherwise stated, meet at the SAIL office at 3pm and we complete drop offs by 5pm. Snack, water and gear (upon request) will be provided.

4/02/19– Hiking: Let's go hike the nature trails behind Keet Elementary!

4/09/19- Picnic and Egg Hunt: Let's have a picnic and egg hunt at Halibut Point Rec.

4/16/19– Earth Day Craft: Celebrate Earth Day with a craft.

4/17/19– Swimming: Come swim at Blatchley pool with us! Note 10:30 to 12:30

4/23/19– Yoga: Get Flexible with Kari Johnson from Yoga Union. Note: 3:30pm to 5:00pm

4/30/19– Lawn Games: Play some games in the sun with us.

SOAR \$5: Unless otherwise stated, meet at Swan Lake Senior Center at 1:30pm and we will return by 4:00. Snack, water and gear (upon request) will be provided.

4/04/19- Senior Hiking Club: Join us for a hike on Green Lake Road.

4/10/19- Senior Swimming: Come swim at Blatchley pool with us! Note: Meet the Pool.10:45 am -12:15 pm

4/11/19- Senior Hiking Club: Join us for a hike on the Mosquito Cove Trail.

4/18/19- Senior Hiking Club and Yoga : Join us for a yoga class with Kari Johnson at Yoga Union from 1:45pm to 2:45pm and then a short hike in Totem Park from 3pm to 4:30pm. Please feel free to join for either activity.

4/25/19– Senior Hiking Club: Join us for a hike up Herring Cove Trail.

4/26/19– Senior Tea, Games and Social: Join us for games, tea and snacks with seniors. Note: Meet at the Senior Center from 1:30pm to 3pm.

All ORCA: These activities are for everyone in the community. Cost and details vary, see below.

Special Activity: SAIL and CFC are proud to present monthly activities. We provide all supplies and a light snack. Activities are free and open to everyone! Donations are welcome! On **April 29th, from 1:00 pm to 2:30 at The SAIL Office** (514 C Lake St.), we will have a guitar lesson with Hank Moore. No previous skills are needed. For more information call Joel at 747-6859.

Kayaking Training for Volunteers: On April 23rd from 1pm to 3pm, we are training folks who would like to be volunteer guides for SAIL's kayaking program this summer. Please RSVP if you would like to join as soon as possible. Limited to 9 participants.

May Water Color Series– Next month, on **May 20th and 21st from 10am to 12pm**, we are planning a water color class taught by Yvonne Heitner, a local artist. Paxton Manor Community Room (422 Andrew Street). Please RSVP. Cost: \$20 for both classes. Scholarships available.

For more information or to reserve your spot for activities, call Joel at

747-6859, or email jhanson@sailinc.org