

May 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.

Contact Joel

747-6859 or jhan-son@sailinc.org

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 SOAR: Senior Hiking Club– Forest and Muskeg 1:30pm-4pm	3	4 Walk for MS 9:30 to 11am
5 Wildlife and Ice Cream Cruise Fundraiser! 1:15-4:30pm	6	7 AC: KCAW Studio Tour 3pm-4:30pm	8 SOAR: Swimming 10:45am-12:15pm	9 SOAR: Senior Hiking Club– Heart Lake 1:30pm to 4:00pm	10	11
12	13	14 Kayaking Training 1-3pm AC: Fire Station Tour 3:30pm-5:00pm	15	16 SOAR: Senior Hiking Club– Cross Trail 1:30pm-4pm	17 SOAR: Tea and games social 1:30pm-3pm	18 Health Fair at Centennial Hall 8am to 12pm
19	20 Open to All: Watercolor Series Class #1– 10am to 12pm	21 Open to All: Watercolor Series Class #2– 10am to 12pm AC: Flower Planting 3:0pm-5pm	22	23 SOAR: Senior Hiking Club and Yoga— 1:30pm-4pm	24	25
26	27 All ORCA CFC/SAIL Event– 1pm-2:30pm	28 AC: Kite making and flying 3pm-4:30pm	29 AC: Swimming 10:30am-12:30pm	30 SOAR: Kayaking on Swan Lake— 1:30pm-4pm	31 Joel out on JVC Retreat	

May 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.

5/07/19– Radio Tour/Recording: Come check out the Raven Radio Studio with us.

5/14/19- Fire Station Tour: Let's go tour the fire station. Note: 3:30pm to 5pm.

5/21/19– Flower Planting: Get your hand dirty and plant some flowers with us!

5/28/19– Kites: Make homemade kites and fly them with us!

5/29/19– Swimming: Come swim with us! Note 10:30 to 12:30

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.

5/02/19- Senior Hiking Club: Join us for a hike the Forest and Muskeg Trail.

5/08/19- Senior Swimming: Come swim at Blatchley pool with us! Note: Meet the Pool.10:45 am -12:15 pm

5/09/19- Senior Hiking Club: Join us for a hike on the Heart Lake Trail.

5/16/19- Senior Hiking Club: Join us for a hike on the Sitka Cross Trail.

5/17/19– 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.

5/23/19- 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.

5/30/19– Senior Kayaking: Join us for a kayaking adventure on Swan Lake, a great beginning adventure for the ocean.

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

Allen Marine Cruise (5/05/19): SAIL invites you to an Allen Marine wildlife and ice cream cruise on Sunday, May 5th, from 1 to 4:30! In honor of upcoming Mother's Day, if you buy a ticket you can bring your mom for free! Tickets are \$50 and available at the SAIL office, Old Harbor Books, or online at sailinc.org. All proceeds benefit SAIL's mission of inspiring personal independence for seniors and people experiencing a disability. Everyone is welcome! Vessel is wheelchair accessible and crew is trained to assist.

Kayaking Training (5/14/19): On Tuesday May 5th, 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

SAIL/CFC Special Activity: We provide all supplies and a light snack. Activities are free and open to everyone! Donations are welcome! On May 27th, from 1:00 pm to 2:30 at The SAIL Office (514 C Lake St.), we will have a TBD activity. More information coming soon. No previous skills are needed. For more information call Joel at 747-6859.

May Water Color Series: On May 20th and 21st from 10am to 12pm, we are planning a water color class taught by Yvonne Heitzner, 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