

# December 2022



## ORCA Calendar

### Outdoor Recreation and Community Access

AC: Adventure Club - \$25 Open to persons 15 & over with any ability level

SOAR: \$10 Senior Activities – Open to adults 60 and over

Senior Hiking Club (SHC): \$10 Transportation included.

Transportation: \$3 one way, \$5 both ways.

Scholarships available. Thanks to generous donations from individual donors and granting partners.

Contact Mary at

888-487-1029 or

[msheehan@sailinc.org](mailto:msheehan@sailinc.org)

\*Activities are subject to change\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> <b>SHC:</b> <b>Cross Trail</b>	<b>2</b> <b>Bingocize</b> <b>(1-2pm)</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b> <b>AC:</b> <b>Nature Scavenger Hunt</b>	<b>7</b> <b>SHC:</b> <b>Kóokk' Ta Héen</b>	<b>8</b>	<b>9</b> <b>Bingocize</b> <b>(1-2pm)</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b> <b>AC: Christmas Lights</b> 	<b>14</b>	<b>15</b> <b>SHC:</b> <b>Totem Park</b>	<b>16</b> <b>Bingocize</b> <b>(1-2pm)</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b> <b>Mary Out of Office, No Adventure Club</b>	<b>21</b>	<b>22</b> <b>Mary Out of Office, No Senior Hike</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b> 	<b>28</b> <b>AC: Yoga</b>	<b>29</b> <b>SHC:</b> <b>Cross Trail</b>	<b>30</b>	<b>31</b>

## December 2022

**Bingocize:** Join SAIL, Brave Heart, SEARHC, and other local organizations for Bingocize on Fridays from 12pm-1pm at the Alaska Native Brotherhood Hall. Come play bingo and meet new people while learning about techniques to reduce falls and increase cognition.

**Adventure Club (AC) \$25:** Meet at the location stated at 1:30 pm. **Call to organize transportation if needed.** Snack, water, and gear (upon request) provided.

**12/06/22 – Nature Scavenger Hunt :** Spend time with friends at the Halibut Point Rec looking for different nature and wildlife.

**12/13/22 – Christmas Lights: \*3pm-5pm\*** Decorate the SAIL Bus and drive around town to look at Christmas lights.

**12/28/22—Yoga: \*Wednesday\*** Join us for a yoga session with Kari Young at Yoga Union.

**SOAR \$10:** Meet at the location stated at 10:30am. **Call to organize transportation if needed.** Poles and snacks provided.

**12/01/22 - Senior Hiking Club:** Come hike the Cross Trail (Starrigavan Boat Launch Parking Entrance) with us!

**12/07/22—Senior Hiking Club: \*Wednesday\*** Come hike Kóokk' Ta Héen (Blue Lake Road) with us!

**12/15/22 - Senior Hiking Club:** Come hike Totem Park with us!

**12/29/22 - Senior Hiking Club:** Come hike the Cross Trail (Kaasda Héen/Indian River Entrance) with us!

**Zoom Get Togethers:** Every Thursday from 2:30-3:30pm. Come hang out on Zoom with us, stretch and exercise, and play games! Please call or email Mary for the zoom link.

**Senior Walking Hours:** Senior walking hours are happening at the Hames Center! SAIL is not offering transportation at this time.

**\*\*COVID Considerations:** Please bring a mask to wear on the bus and for indoor activities. We will also have extras available.

**Please call to arrange transportation if needed.\*\***

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

**888-487-1029, or email msheehan@sailinc.org**