

# November 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)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>31</b> <b>AC:</b> <b>Halloween Trick or Treating</b> <b>4pm-6pm</b>	<b>1</b> <b>Ceramics Class:</b> <b>6:30pm-8:30 pm</b>	<b>2</b>	<b>3</b> <b>SHC:</b> <b>Cross Trail</b>	<b>4</b> <b>Bingocize</b> <b>1pm-2pm</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> <b>AC:</b> <b>Bonfire</b> <b>Ceramics Class:</b> <b>6:30pm-8:30 pm</b>	<b>9</b>	<b>10</b> <b>SHC:</b> <b>Forest and Muskeg</b>	<b>11</b> <b>Veteran's Day</b> <b>SAIL Office Closed</b> <b>Bingocize</b> <b>1pm-2pm</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> <b>AC:</b> <b>Basketball and Games</b> <b>12:30-2:30pm</b>  <b>Ceramics Class:</b> <b>6:30pm-8:30pm</b>	<b>16</b>	<b>17</b> <b>SHC:</b> <b>Yaaw Kookk' (Herring Cove Road)</b>	<b>18</b> <b>Bingocize</b> <b>1pm-2pm</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> <b>AC:</b> <b>It's a Charlie Brown Thanksgiving!</b>  <b>Ceramics Class:</b> <b>6:30pm-8:30 pm</b>	<b>23</b>	<b>24</b> <b>Thanksgiving</b> <b>SAIL Office Closed</b> <b>No Senior Hike</b>	<b>25</b> <b>SAIL Office Closed</b>  <b>No Bingocize</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> <b>AC:</b> <b>Winter Office Decorating</b> <b>Ceramics Class:</b> <b>6:30pm-8:30 pm</b>	<b>30</b>			

\*\*Activities are subject to change\*\*

## November 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.

**\*Monday\* 10/31/22 – Trick or Treating :** Wear your Halloween costume for Trick or Treating downtown **\*4-6pm\***

**11/08/22—Bonfire:** Join us for some s'mores around a warm bonfire!

**11/15/22—Basketball and Games:** Gym Day at the Hames Center! **\*12:30-2:30\***

**11/22/22— It's A Charlie Brown Thanksgiving:** Come watch a November Holiday classic at the SAIL office.

**11/29/22— SAIL Winter Decorations:** Help SAIL get into the holiday spirit by decorating the office as winter wonderland!

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

**11/03/22 - Senior Hiking Club:** Come hike the Cross Trail (Kramer Entrance) with us!

**11/10/22 -Senior Hiking Club:** Come hike the Forest and Muskeg Trail with us!

**11/17/22 - Senior Hiking Club:** Come hike Yaaw Kookk' (Herring Cove Road) with us!

**11/24/22 - No Senior Hiking Club: No Senior Hiking Club** for Thanksgiving

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