

September 2023



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 Kari at

888-487-1033 or

krogers@sailinc.org

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 AC: Biking 	6	7 SHC: Kaasda-héen 	8	9
10	11	12 AC: Starrigavin Estuary 	13	14 SHC: Ben Grussendorf 	15	16
17	18	19 AC: Painting 	20	21 SHC: Cross Trail 	22	23
24	25	26 AC: Picnic 	27	28 SHC: Yaaw Kookk' 	29	30

September 2023

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.

09/05/23 – Biking: Meet Adventure Club at Whale Park for biking along Silver Bay.

09/12/23 – Starrigavin Estuary: Join us at Starrigavin Estuary for time outside and wildlife viewing.

09/19/23 – Painting: Join us at the SAIL office for watercolors and crafting.

09/26/23 – Picnic: Join us for snacks and views at Pioneer Park.

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

09/07/23 – Senior Hiking Club: Come hike the Kaasda Héen (Indian River) trail with us.

09/14/23 – Senior Hiking Club: Come hike the Ben Grussendorf trail with us.

09/21/23 – Senior Hiking Club: Come hike the Cross Trail (Baranof Entrance) with us.

09/28/23 – Senior Hiking Club: Come hike the Yaaw Kookk' (Herring Cove Trail) trail 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 Kari for the zoom link.

Senior Activities : Here are a few activities for seniors in the community, we encourage you to attend.

Strong and Steady Class: Join Dorothy Orbison for her Strong and Steady class on Tuesday and Thursday afternoons at 2:00pm at the Senior Center.

Doughnuts for Seniors: Free doughnuts for seniors on Thursday mornings from 10:00am-11:15am at Sea Mart.

Senior Walking Hours: Senior Walking Hours on Tuesday afternoons from 1:00pm-2:00pm at the Hames Center.

Coffee with Elders: Coffee time for elders from 10:00am-11:30am on the second Thursday of each month at the ANB Hall.

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

888-487-1033, or email krogers@sailinc.org