

October 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 AC: Autumn Crafts	4 	5 SHC: K'aan Héeni 	6 Bingocize! 	7
8	9 	10 AC: Raptor Center	11 	12 SHC: Starrigavan Estuary 	13 Bingocize! 	14
15	16 	17 AC: Totem Park	18 	19 SHC: Cross Trail 	20	21
22	23 AC: Halloween Movie	24 	25 	26 SHC: Silver Bay 	27 Bingocize! 	28
29	30 	31 AC: Trick or Treating!				

October 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.

10/03/23 — Autumn Crafts: Meet at the SAIL office to work on some fall themed crafts, drink apple cider, and finish of the activity with decorating the SAIL bus.

10/10/23 — Raptor Center: Join us at the Sitka Raptor Center for a tour from a staff member and bird viewing.

10/17/23 — Totem Park: Join us at Totem Park to stroll the trails and have a little scavenger hunt.

10/23/23 — Halloween Movie: Head over to the SAIL office to watch and enjoy popcorn.

10/31/23 — Trick or Treating!: Join us downtown for Trick or Treating on Halloween!

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

10/05/23 — Senior Hiking Club: Come hike the K'aan Héeni (Thimbleberry/Heart Lake) trail with us!

10/12/23 — Senior Hiking Club: Come hike the Starrigavan Estuary trail with us!

10/19/23 — Senior Hiking Club: Come hike the Cross Trail (Sitka High Entrance) with us!

10/26/23 — Senior Hiking Club: Come hike along Silver Bay with us! Meet at Whale Park.

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.

Bingocize!: Bingocize® is a health promotion program that combines the game of bingo with fall prevention exercises (seated or standing). Come play bingo and meet new people while learning about techniques to reduce falls and increase cognition. Bingocize will be every Friday at ANB Hall from 1-2:30pm starting September 15th and ending December 8th, excluding October 20th and Thanksgiving weekend.

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

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