

# March 2024









**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 Bingocize! 	2
3	4	5 AC Cancelled	6 SAIL Office Closed: Staff Retreat	7 SHC Cancelled	8 Bingocize!	9
10	11	12 Elder Coffee Time AC: Photography Walk 	13	14 SHC: Silver Bay 	15 Bingocize! 	16
17	18	19 AC: Collaging 	20	21 SHC: Cross Trail 	22 Bingocize!	23
24 Intergenerational Walking Club 	25	26 AC: Hames Center Games 	27	28 SHC: Kaasdahéen 	29 Bingocize! 	30

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**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.

**03/12/24** – Join us at Starrigavan Estuary to take photos and go on a light walk!

**03/19/24** – Join us in the SAIL office to collage with photos taken the previous week!

**03/26/24** – Join us at the Hames Center to play some games!

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

**03/14/24** – Senior Hiking Club: Come hike along Silver Bay with us! Meet at Whale Park.

**03/21/24** – Senior Hiking Club: Come hike the Cross Trail (Cascade Creek Entrance) with us!

**03/28/24** – Senior Hiking Club: Come hike the Kaasdahéen 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.

**Bingocize:** Join for Bingo and light exercise at the ANB Hall on Fridays from 1:00-2:30pm.

**Elder Coffee Time:** Join Sitka Tribe of Alaska for Elder Coffee Time from 11:30am -1:30pm at Harrigan Centennial Hall on March 12th.

**Intergenerational Walking Club:** SAIL is partnering with STA, STW, and SCS for a monthly walking club with elders and youth from MEHS. More details to come on this month's walk.

**For more information or to reserve your spot for SAIL activities, call Kari at 888-487-1033, or email [krogers@sailinc.org](mailto:krogers@sailinc.org)**