











May 2024



ORCA Calendar	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Outdoor Recreation and Community Access</p> <p><u>AC</u>: Adventure Club - \$25 Open to persons 15 & over with any ability level</p> <p><u>SOAR</u>: \$10 Senior Activities – Open to adults 60 and over</p> <p><u>Senior Hiking Club (SHC)</u>: \$10 Transportation included. Transportation: \$3 one way, \$5 both ways.</p> <p>Scholarships available. Thanks to generous donations from individual donors and granting partners.</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Contact Kari at 888-487-1033 or krogers@sailinc.org</p> </div> <p>**Activities are subject to change**</p>				1	2 SHC: Starrigavan Estuary 	3	4
	5	6	7 AC: Fortress of the Bear 	8	9 SHC: Cross Trail 	10	11
	12	13	14 AC:  Photography Walk	15	16 SHC: K'aan Héeni 	17	18
	19 	20 Senior Kayaking: Swan Lake	21 AC: Painting 	22	23 SHC: Xíxch'i Geeyí 	24	25
	26	27	28	29	30 SHC: Cross Trail 	31 SAIL Sunset Cruise	

May 2024

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.

05/07/24 — Join us at Fortress of the Bear to see some bears!

05/14/24 — Join us at Starrigavan Estuary for a photography walk!

05/21/24 — Join us at the SAIL office to do some painting!

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

05/02/24 — Senior Hiking Club: Come hike the Starrigavan Estuary Trail with us!

05/09/24 — Senior Hiking Club: Come hike the Cross Trail (Pherson St Entrance) with us!

05/16/24 — Senior Hiking Club: Come hike K'aan Héeni (Thimbleberry/Heart Lake) with us!

05/23/24 — Senior Hiking Club: Come hike Xíxch'i Geeyí (Silver Bay) with us!

05/30/24 — Senior Hiking Club: Come hike Cross Trail (Yaw Dr 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 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 basement of St. Joseph's Catholic Church on Fridays from 1:00-2:30pm.

Senior Kayaking Series: SAIL is planning on getting out on the water with seniors this summer, starting in May and ending in September! The first session is May 20th at Swan Lake. Please reach out to sign up in advance if you are interested.

For more information or to reserve your spot for SAIL activities, call Kari at 888-487-1033, or email krogers@sailinc.org