

December 2014

ORCA Calendar

Outdoor Recreation and Community Access

AC: Adventure Club— open to persons 15 & over with any ability level

YAC: Youth Adventure Club— open to youth ages 7-14 with any ability level

SOAR: Senior Activities— open to adults 60 and over



OPEN: All are welcome!

All AC and OPEN activities: \$10

Transportation: \$2 one way, \$3 both ways.

Senior Hiking Club: \$5, transportation included.

Scholarships available, thanks to generous donations from the White Elephant Shop, Sitka Charitable Trust, and the City of Sitka.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2 AC: 3-4:30pm Indoor Sports Part II	3 ATLA Visits: Low vision and hearing assistive technology!	4	5 	6
7	8	9 *early time! AC: 11:30am- 1:30pm Swimming*	10 YAC: 3:30-5pm, Hames Center	11 SOAR: 10- 11:30 Senior Biking	12 Better Breathers 1-2pm	13
14	15	16 AC: 3-4:30pm Indoor Sports Part III	17	18 SOAR: 9:15- 11:30am, Senior Hiking Club	19	20
21	22	23 AC: 3-4:30pm Christmas Party	24	25 	26	27
28	29	30 AC: 3-4:30pm Cooking Class	31	1 30	<div data-bbox="1648 1263 2079 1502" style="background-color: green; color: white; padding: 10px; text-align: center;"> <p>Contact Bridget at SAIL, 747-6859 bkratz@sailinc.org</p> </div>	

**Activities are subject to change.

December 2014 ORCA CALENDAR

Adventure Club (AC):

12.2.14: 3-4:30pm Indoor Sports Part II: Our second session of playing some indoor games at the Hames Center! We'll toss around soccer and basketballs– no experience necessary. Meet at SAIL so we can ride over together!

12.9.14: 11:30am-1:30pm Swimming at Blatchley Middle School: Join us for a dip in the pool at BMS! Meet at SAIL at 11:30am for a ride over to the pool, or meet us at 12pm at Blatchley. Bring a bathing suit and a towel!

12.16.14: 3-4:30pm Indoor Sports Part III: SAIL's third and final round of indoor games at the Hames Center! Come ready to play, and feel free to suggest your favorite game! Meet at SAIL so we can ride over together!

12.23.14: 3-4:30pm Holiday Party and Movie at the Pioneer Manager's Home: Celebrate the most wonderful time of the year with us! We'll have some holiday treats and watch a movie together– suggestions welcome! Wear your most festive attire!

12.30.14: 3-5pm Cooking Class: Let's learn a new recipe together in time for the new year! We're going to make pizzas– let Bridget know if you have a favorite topping! Meet at SAIL at 3pm, or meet us at St. Gregory's at 3:15pm. This class will go a little longer than usual so we have time to eat our pizza together!

Youth Adventure Club (YAC)

12.10.14: 3:30-5pm Games at the Hames Center: Join as we play around in the gym with soccer and basketballs, hula hoops, and more! Healthy snacks provided! Youth grades 2-8 of all ability levels are invited.

Senior Biking Club

12.11.14, 10-11:30am: We'll be driving out to the end of HPR and doing about a 4 mile bike ride on the road. Bring your own equipment or borrow some of ours!

Senior Hiking Club

12.10.14, 9:15-11:30am: All hiking levels welcome to join and hike at their own pace! Arrive at the Swan Lake Senior Center at 9:15am on Thursday, November 21st and arrive back by 11:30am. Cost is \$5, transportation included.

OTHER

ATLA Visits: 12.3.14: Come learn about the latest and greatest low vision and hearing adaptive technology, including ways to qualify for reduced price or free devices! Time to be announced– call for more details.

Better Breathers 12.14.14: A support group for people with chronic lung disease, their families, and friends! Meets at Swan Lake Senior Center.

For more information or to reserve your spot, call Bridget at 747-6859