




# JUNE 2014

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1	2	3 <b>SOAR:</b> Senior Walking Group: Totem Park, 10:15-11:30am <b>AC:</b> Ceramics Studio on SFAC: 3:00-4:30pm	4	5 <b>ORCA Starrigavan Cabin Overnight</b> 5pm-10am		7
**Activities are subject to change.						
8	9	10 <b>SOAR:</b> Senior Walking Group, 10:15-11:30am <b>AC:</b> Kayaking Ocean Paddle 3:00-6:15pm	11 <b>SOAR:</b> Kayaking Ocean Paddle 11:30-2:45pm <b>YAC:</b> Outdoor Cooking at HPR Rec 3:30-5:00pm	12	13	14
15	16	17 <b>SOAR:</b> Senior Walking Group, 10:15-11:30am <b>AC:</b> Nature Hike Cascade Creek, 3:00-4:30pm	18	19	20	21 Only Fools Run at Midnight! 11:00pm
22	23	24 <b>SOAR:</b> Senior Walking Group, 10:15-11:30am <b>OPEN:</b> Drumming at SAIL office 3:00-4:30pm	25	26 <b>SOAR:</b> Senior Hike with Kitty LaBounty 9:00am-11:30am	27	28 <b>SAIL</b> Community Picnic at HPR Rec 10am-2pm
29	30 <b>SOAR:</b> Kayaking Ocean Paddle: 12:00-4:00pm					

# JULY 2014

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
		<b>1</b> <u>SOAR:</u> Senior Walking Group, 10:15-11:30am <u>AC:</u> Kayaking Ocean Paddle, 3:00-6:15pm	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
**Activities are subject to change.						
<b>6</b>	<b>7</b>	<b>8</b> <u>SOAR:</u> Senior Walking Group, 10:15-11:30am <u>AC:</u> Hike/Bonfire 3:00-4:30pm Location TBA	<b>9</b> <u>YAC:</u> 3:30-5:00pm Kayaking/Hiking TBA	<b>10</b>		<b>12</b> <b>Samsing Cove</b>
<b>13</b>	<b>14</b>	<b>15</b> <u>SOAR:</u> Senior Walking Group, 10:15-11:30am <u>AC:</u> End of the Year Party and Crafts at SAIL 3:00-4:30pm	<b>16</b>	<b>17</b> <u>SOAR:</u> Senior Hiking Club 9:00-11:30am	<b>18</b>	<b>19</b>
<b>Kayak Trip</b>						
<b>20</b>	<b>21</b> Alli's Last Day	<b>22</b> <b>NO Activities Today</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
			YAC/ SCS Kayak Days TBA: 1:00-4:00pm			
<b>27</b>	<b>28</b>	<b>29</b> <u>SOAR:</u> Senior Walking Group, 10:15-11:30am <u>AC:</u> Biking at Keet 3:00-4:30pm	<b>30</b>	<b>31</b>	 <i>Inspiring Personal Independence</i>	

# AUGUST 2014



SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
					1	2
				**Activities are subject to change.		
3	4	5 <b>SOAR:</b> Senior Walking Group, 10:15-11:30am  <b>AC:</b> Berry Picking, 3:00-4:30pm	6	7	8	9
10	11	12 <b>SOAR:</b> Senior Walking Group, 10:15-11:30am <b>AC:</b> Nature Hike, 3:00-4:30pm	13 <b>Bridget's First Day at SAIL!</b>	14	15	16
17	18	19 <b>SOAR:</b> Senior Walking Group, 10:15-11:30am  <b>AC:</b> Lawn Games at Swan Lake, 3:00-4:30pm	20	21  9:15-11:30am Senior Hiking Club	22	23
24	25	26 <b>SOAR:</b> Senior Walking Group, 10:15-11:30am  <b>OPEN:</b> Kayaking Ocean Paddle, 3:00-6:00pm	27	28	29	30

SAIL & ORCA are happy to welcome Bridget Kratz to Sitka as the 2014-15 Jesuit Volunteer!

Bridget will be the new ORCA coordinator and is excited to be joining this incredible organization. Please contact her with all or your new ideas for adventures and outings!

I am beyond grateful for all of the experiences we've had and memories we've created over the 2013-14 season. I'm thankful I'll be seeing many of you around Sitka in the coming year!

-Alli



Contact Bridget  
at SAIL  
747.6859



# SUMMER 2014

EVENTS	ORCA KAYAKING SEASON
<p><b><u>Only Fools Run at Midnight!:</u></b>  <b>When:</b> Saturday, June 21st            5K Fun Run, 1 Mile walk starts at midnight!  <b>Location:</b> Fire Hall– Doors open at 10:30pm  <b>Pre-registration:</b> Old Harbor, Hames Center, First Bank, the SAIL Office &amp; online <a href="http://www.sailinc.org">www.sailinc.org</a></p> <p><b><u>SAIL Community Picnic</u></b>  <b>When:</b> Saturday, June 28th, 10:00am– 2:00pm  <b>Who:</b> Any consumer, friend, or supporter of SAIL.  <b>Cost:</b> Free!</p>	<p><b><u>Adventure Club Ocean Paddles</u></b>            Tuesday, June 10th: 3:00-6:15pm &amp;            Tuesday, July 1st: 3:00-6:15pm            Tuesday, August 26th: 3-6:15pm</p> <p><b><u>Senior Ocean Paddles:</u></b>            Wed, June 11th: 11:30am-2:45pm &amp;            Mon, June 30th: 12:00-4:00pm</p> <ul style="list-style-type: none"> <li>• All day paddles only \$25. All equipment included.</li> <li>• Launch points: Herring Cove, Starrigavan, or Sealing Cove depending on weather.</li> </ul> <p><b><u>Samsing Cove Kayak Trip</u></b>  <b>When:</b> July 12th-14th, 2014  <b>What:</b> Join our biggest summer trip as we kayak from Sitka to nearby Samsing Cove Cabin. Explore nearby coves, relax on the beach, and soak in the natural world. Three days of simple bliss! An accessible activity open to seniors and people of all abilities.  <b>Cost:</b> \$450    Deposit: \$225 (due June 30th)</p>
<p><b>NEW SENIOR WALKING GROUP</b></p>	
<p><b>When:</b> Tuesdays in the summer, 10:15-11:30am  <b>What:</b> The Pioneer Home, SAIL, and SEARHC's Elder Physical Activity Program are partnering to offer escorted walks. Seniors with canes, crutches, and walkers are welcome, and walking sticks will be provided. It's an opportunity for seniors to get outside, create walking goals, and connect with other seniors in the community. Family members are welcome to join the group and help escort. Bring a bag lunch and enjoy a picnic afterwards. Cost is \$5 and includes transportation.</p>	<p><b>ORCA CALENDAR KEY</b></p>
<p><b>AC STARRIGAVAN CABIN CAMPOUT</b></p>	<ul style="list-style-type: none"> <li>• <b>Adventure Club (AC)</b> : Open to persons 15 &amp; over with any disability</li> <li>• <b>Youth Adventure Club (YAC):</b> Open to youth ages 7-14 with any disability</li> <li>• <b>SENIOR Activities (SOAR)....</b> Open to adults 60 and Older</li> <li>• <b>OPEN:</b> to all ages and abilities</li> </ul> <p><b>ORCA Costs</b>  <b>AC/YAC activities:</b> \$10 each (unless noted otherwise)    <b>Senior Hiking Club:</b> \$5  <b>Transportation:</b> \$2 One Way    \$3 Both Ways</p>
<p><b>When:</b> Thursday, June 5 to Friday, June 6th, 5pm-10am  <b>What:</b> Join us a night in the cabin! We will spend the evening walking around the boardwalks, making dinner and s'mores over the fire, and playing indoor and outdoor games!  <b>Cost:</b> \$30</p>	<p><b>QUESTIONS? CONTACT ALLI.</b>  <b>AGABBERT@SAILINC.ORG</b>  <b>747-6859</b></p>