

SILVER BAY YMCA

Conference and Family Retreat Center



October Programs

PLEASE NOTE NEW DAYS

Introducing Silver Bay's new community programs!

The following programs are open to non-members and members alike! Non-members pay a \$10 drop in fee at each activity attended.

Silver Bay Trails

Come experience the changing seasons from the best trail system on Northern Lake George! This fall, we'll take "Leaf Peeping" to a new level. Weekly on Tuesdays starting at 1:00 p.m. leaving from the Inn Porch. **Starts 10/16/18.**

Basketball at the Ticonderoga Armory

Open for adults ages 18+. Join us for casual pick-up basketball on Wednesdays from 7 p.m. - 9 p.m. at the Armory (Ticonderoga Teen Center - Silver Bay YMCA on 123 Champlain Ave).

Pickleball at Silver Bay!

Come whack some plastic with your buddies from 9 a.m. - noon, Wednesdays and Thursdays in the Fisher Gym. Equipment is provided, no experience

necessary! Come see why pickleball is the "fastest growing sport in America".

Bridge and Lunch

Are you looking for a fun social program to attend that includes a great meal? Join us for Bridge and Lunch on Fridays from 12 p.m. - 3 p.m. in the new William Boyd Center!

Weekend Yoga

Our fantastic yoga instructor Laura "Shredz" Woodcock invites you to an hour of guided stretching and relaxation from 9 a.m. - 10 a.m. on Saturdays in the Fisher Gym Dance Studio.



ALSO IN OCTOBER...

Dinner and a Movie

Lady Bird


October 11th, 6:00 p.m. in the William Boyd Center (Open to the community, \$10/person suggested donation).

Spiritual Life Programs

Men's and Women's Prayer Breakfasts (open to the community, no charge)
October 5th starting at 7:30 a.m. in the William Boyd Center dining room.

Spiritual Life Reading Group
19th from 9:30 - 11 a.m.

Spiritual Life Bible Study & Prayer



With Rev. Garth Allen, Director of
Spiritual Life at Silver Bay.
Tuesday mornings in the Trinity Lounge
at 9:30 a.m.

Upcoming Family Weekends

(See [activity calendar](#) for program
schedules)

NEW THIS YEAR

[North Country New Year](#)

December 29 - January 1

Celebrate the New Year with us!

Programming all weekend long with
special events and separate countdown
parties for children and adults on New
Year's Eve.

Silver Bay YMCA Teen Center TICONDEROGA

123 Champlain Ave, Ticonderoga

**Upcoming in October: Special events
every Tuesday and Saturday!**

Family Dinner

October 13th 2 - 6 p.m.

Halloween Dance

7 - 8:30 p.m.

Adult Basketball League Wednesday

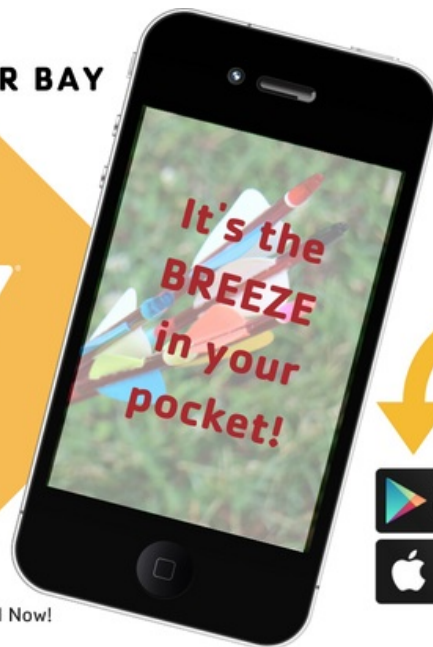
Nights from 7 - 10 p.m. \$10 drop in fee
for non-members. Ages 18+

**Silver Bay Activity Calendar at
www.silverbay.org**



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Know someone who would appreciate receiving these emails? Please forward!

Want to stop receiving program updates, but still want to receive other emails from Silver Bay? Please email zsmalley@silverbay.org and let us know.

