Take It Outside Adult Series

OUTINGS TO HELP ADULTS “SPRING” INTO SHAPE

March 2016

March 14

Ever ice fished before? Ever wanted to ice fish? Here’s your chance! Madawaska Lake will be our destination for the day. Transportation, Ice traps, bait, auger and lake side lunch around camp fire are all included with fee. Participants are encouraged to bring folding lawn chairs, warm clothes and a blanket. Depart from the Caribou Wellness & Recreation Center at 9am and return by 3pm. FEE: $25.00 which includes one day license for adults between the age of 18-69, or $20.00 fee includes lifetime license for fishing for anyone over the age of 70.(fees reflects Maine resident status). Copy of driver’s license or Maine ID at time of registration to procure license. Inclement weather date of Wednesday, March 15, 2016.*

March 21

Caribou is fortunate to have numerous places to recreate, one of them being the Caribou High School Trails! Let’s hit the trails, join us for a snowshoeing adventure on some of the most beautiful trails in Caribou. Not only are these trails for skiing, but they are also home to some excellent snowshoe trails! The snowshoe trails parallel a stream making it a picturesque outing. What better way is there to cap a day off like this, how about a hot dog roast over an open fire at the warming hut adjacent to the snowshoe trails? FEE: $20.00 which includes snowshoe rentals, trekking poles, hot dog roast and guided instruction. Trip will depart from the Caribou Wellness & Recreation Center at 10am where participants will be outfitted with equipment, return by 3pm. Proper clothing footwear is highly recommended. Inclement weather date is Wednesday, March 22, 2016.*

March 28

You’re never too old to give cross country skiing a try….Cross Country skiing is a popular outdoor activity past time. One year ago the Caribou Wellness & Recreation Center partnered with Wendy Bossie to help display this part of our history. While completing a follow up article to the display it was brought to our attention that area resident who have not had the opportunity to cross country ski in some time would love to give it a try again. Now that you know the reasoning behind this offering, let’s talk about the details….Caribou County Club is not only home to some great golf holes, but it is also home to some outstanding Nordic Ski Trails as well. These trails boast a wilderness experience right in our backyard; rabbits and song birds make these trails a unique Aroostook County experience. Trip will depart from the Caribou Wellness & Recreation Center at 10am, where participants will be outfitted with cross country skis, boots, and poles, return by 3pm. Proper attire is a must. Trip will include a hot bowl of chowder and finger sandwiches on the trail. Rekindle your childhood winter memories around a fire in the woods. FEE: $20.00 which includes equipment, transportation and lunch. Inclement weather date is Wednesday, March 29, 2016.*
April 2016

April 5

Who doesn’t love the sweet smells of maple syrup as it’s being evaporated off during the process of making maple syrup. Warm days and cool nights are the perfect ingredient for making that delicacy that we love to pour over pancakes, waffles and french toast. Maple syrup production has come a long ways from the days of horses crisscrossing the maple syrup trees and “syrupers” pouring the maple sap into a large collection devise. Travel with us and learn about the new techniques being used to collect sap and turning into syrup. Though Aroostook County is not nearly as famous as Vermont is in the production of syrup, we can lay claim to several significant syrup producers’ right in our backyards. **Trip will depart from the Caribou Wellness and recreation Center at 9:30am and return by 3:30pm.** Trip will include a visit to two maple syrup producers with a sit down lunch in between. **FEE: $30.00** which includes transportation and sit down lunch. Inclement weather date is Wednesday, April 6, 2016.*

April 12

Ever given much thought to how animals survive our long winters? Today will focus on this topic. Join us as we travel with Wildlife Biologist Rich Hoppe from the Maine Department of Inland Fisheries and Wildlife to some area deer yards. Participants will learn what it takes to manage such a delicate species. The afternoon we’ll visit an area greenhouse and invigorate our souls for the warm weather ahead and learn the tips and tricks from the pros about what it takes to get the upper hand advantage over our neighbor’s flowers and garden for the summer. Participants will be able to get their hands dirty by designing and planting their own outdoor flower pot. Later in the spring when the threat of frost has past, participants will be able to go back on their own and pick up their flower pot. **Trip will depart from the Caribou Wellness and Recreation Center at 8:30am and return by 4:00pm. FEE: $30.00** which includes a sit down lunch, outdoor planter and transportation. Inclement weather date is Thursday, April 14, 2016.*

* All outings must have a minimum of 6 participants within (2) weeks of the actual program, if by the deadline the minimum required of participants is met, the registration will remain open. Absolutely no refunds within 48 hours of scheduled trip. There will be a 50% penalty for any cancellations made within two weeks and up to 48 hours of the scheduled trip.*