

Take It Outside

Spring Series 2019

CARIBOU
Parks & Rec. Dept.

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Outings to help adults “spring” into shape...



Take It Outside Adult Series March – April – May 2019

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March 26



CUSHY Ice Fishing from a heated camp! We know nobody likes to freeze and be uncomfortable outside. But we also know people would love to try ice fishing or try it again. **Depart from the Caribou Wellness Center at 9am**, travel to Madawaska Lake, drill a few holes, shoot the bull, have a hot lunch, play cards and observe our traps out of the wind and inside the comfort of a heated camp that has plumbing! Doesn't get any better than that, does it? **FEE: \$30** includes day fishing license, lunch, transportation and a friendly game of scat! Bring a dollar bill or two with you.... Pre-registration is required. Maximum 10.

March 28



Bombi Ride! Sit back and join us for a leisurely ride on one of many trails that adorn the Caribou area. The City of Caribou owns a Bobardier Snow Coach. Travel with us for lunch and enjoy the scenery from inside the heated cab. We'll stop along the way, stretch our legs, enjoy the fresh air, and reboard to our lunch destination. **Depart from the Caribou Wellness Center at 9am and return by 3pm. FEE: \$30.** Pre-registration is required.

April 2



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 way from the days of horses crisscrossing the maple syrup trees and “syrupers” pouring the maple sap into a large collection device. Travel with us to Munsungan Maple Products in the North Maine Woods and learn about the techniques Mike Wood is using to collect sap and turn it into syrup. **Trip will depart from the Caribou Wellness and Recreation Center at 8:00am and return by 5:00pm.** Trip includes lunch. **FEE: \$40.00.** Preregistration is required.

April 4



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 Amanda DeMusz 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. After lunch, included with fee, we'll visit Down to Earth 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. **Trip will depart from the Caribou Wellness and Recreation Center at 8:00am and return by 4:00pm. FEE: \$50.00.** Preregistration Required.

April 9



Sabian Cymbals & Mactaquac Dam. We are pleased to offer this popular tour to Sabian Cymbals in Meductic, New Brunswick. You will be dazzled by this unprecedented tour of their manufacturing facility as they walk us through inch by inch of the cymbal manufacturing process. Both Sabian and Mactaquac require participants to wear closed toe shoes. Upon touring the Sabian Manufacturing facility, we will break for lunch, included with fee, then travel to Mactaquac Dam on the St. John River for a tour of this massive hydroelectric project. **Trip will depart from the Caribou Wellness Center at 8am and return by 5pm. FEE: \$40.** Preregistration Required.

April 11



Small Engine Workshop – Ladies and gentleman....START YOUR ENGINES....No! Wait, don't start then quite yet. Come learn what you should do to your small engines before you start them for the season. This informative class will cover the basics associated with readying your small engines on your own. Small engines are expensive and if you don't take care of them, replacing them can be cost prohibitive. A properly maintained piece of equipment can last for years. Protect your investment by attending this class. **Class held 1-3pm at Caribou Wellness & Recreation Center. FEE: \$5.** Preregistration Required.

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April 23



Basket Making with Richard Silliboy, Littleton, Maine – Micmac basket making has long been a means of necessity for our early ancestors. Though this tradition has long passed, we're still fortunate enough to have some of these skillsets in our area. Richard Silliboy of the Micmac tribe will open his doors to our group, explain the history of basket making & provide a demonstration. Following the demonstration, all participants will make their own napkin basket to take home. Outing includes lunch. **FEE: \$50. Depart 9am, return by 4pm.** Preregistration Required.

April 25



Susan Gerard Pottery, St. Agatha. Join us for one of our favorite fall trips now in the SPRING! Susan will give you a tour, demonstrations, as well as answer all your questions. Participants will make their own pottery creation. Some may know Susan from many years at the Caribou Craft fair or the many fiddle head bowls that she has made through the years. She looks forward to your visit. What could make this day any better you ask. **Depart at 8am and return by 4pm. Fee \$50.00.** Lunch Included. Preregistration Required.



Spring Trolling Fishing Trips – Spring is the best time of the year to fish. The water is cold, and the fish are actively feeding. Northern Maine is blessed with many terrific locations, and nearly each Friday in May, we'll make our way to several of these fascinating destinations. All equipment included. All full-length days will include lunch. On split days, snacks will be provided. All fish caught will be released alive at once. Be prepared to see lots of wildlife too! **Fee DOES NOT include license (Can be purchased a City office or on-line at www.cariboumaine.org; proof of license is mandatory)** Dates, locations and times listed below. Fees vary. Preregistration is required

May 3	Square Lake – 5 Max, Depart 8am, Return by 4pm	FEE: \$50
May 10	Long Lake – 5 Max, Depart 8am, Return by 4pm	FEE: \$50
May 24	Aroostook River, Lower Lyndon Street	
	9am-12pm 3 Max	FEE: \$25
	1pm – 4pm 3 Max	FEE: \$25
May 31	Aroostook River, Forbes Pit	
	9am-12pm 3 Max	FEE: \$25
	1pm – 4pm 3 Max	FEE: \$25

May 18



Kayaking Outing, Aroostook River, Caribou, Maine. Kayaking Outing from the Snow Farm on the Grimes Road to Fort Fairfield. Kayaks provided by the Caribou Parks and Recreation Department included with fee. The kayaks are Old Town Loon 138's and are incredibly stable. Transportation, PFD's, paddles are included. Bring your own snacks and or sandwich for floating lunch. Trip will **depart from the Caribou Wellness & Recreation Center at 9am and return by 3pm.** \$20.00. Max. 10, min. 6 required Preregistration Required.

*All outings must have a minimum of 6 participants within (1) week of the actual program, if by the deadline the minimum required # of participants is met, the registration will remain open. Persons wishing to register must come into the Wellness and Recreation Center to register and pay in full for the program. *Absolutely no refunds within 48 hours of scheduled trip. There will be a 50% penalty for any cancellations made within two weeks of scheduled trip.

May is Healthy You Caribou

May 1 6:45–9 pm

Owl Prowl and Night Sounds with audio enhancement equipment at a mature forest near Caribou with Bill Sheehan. Please meet the Caribou Wellness & Recreation Center by 6:45pm, transportation is provided by the Caribou Parks and Recreation Departments 15 passenger van on a first-come first-serve basis, van will leave sharply at 7pm. Headlamps and flashlights are strongly recommended. There will be some walking over relatively flat land that may have some puddles and mud.

May 8 7– 8 am

Bird watching at Collins Pond with Bill Sheehan. Please meet at the Collins Pond covered picnic table shelter on lower Roberts Street promptly at 7 am. Be prepared to do some light walking and warbler exploration around the perimeter of the pond.

May 15 7–8 am

Bird Watching at Caribou Bog on Aroostook Valley Rail Trail with Bill Sheehan. Please meet at the Aroostook Valley Rail Trail Crossing parking lot on the Washburn Road directly before the Carson Road at 7 am promptly. There will be a short walk on level ground from the parking lot to the birding area.

May 18 9 am-3 pm FEE: \$10.

Kayaking Outing, Aroostook River, Caribou, Maine. Kayaking Outing from the Snow Farm on the Grimes Road to Fort Fairfield. Kayaks provided by the Caribou Parks and Recreation Department included with fee. The kayaks are Old Town Loon 138's and are incredibly stable. Transportation, PFD's, paddles are included. Trip will depart from the Caribou Wellness & Recreation Center at 9 am and return by 3 pm. ***PRE-REGISTRATION REQUIRED Max. 11, min. 6 required**

May 22 6:30–8:15 am

Bird Watching at the Caribou Utilities District Waste Water Treatment Ponds on the Grimes Road with Bill Sheehan. Due to limited access into this area, participants will be meeting at the Caribou Wellness Center at 6:30 am and departing from the Wellness Center by 6:45 am with the Rec. Department 15 passenger van.

- All Events are rain or shine..., please dress appropriately for cold and inclement weather.
- Birding outings are sponsored by Cary Medical Center, Aroostook Birders, & the Caribou Parks and Recreation Department.
- No Pre-registration is required, unless otherwise noted.
- Free bird calls to all participants.
- All participants will have names placed in a hat. At the completion of birding outings on May 22 a name will be selected from a hat and one lucky person will win a free pair of binoculars.
- Limited binocular and bird books; availability to participants on a first-come first-serve basis for each of the outings.
- **Outings are open to all age.**

For additional information please contact the Caribou Parks & Recreation Department @ 493-4224

