

May is Healthy You Caribou

April 30 **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

