

Take It Outside Spring Series 2020

CARIBOU
Parks & Rec. Dept.

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Outings to help adults "spring" into shape...



Recreation....
A *lifetime* of experiences..

Take It Outside Adult Series March – April – May 2020

Outings to
help adults
"sorrina"

March 24



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: \$35** includes day fishing license, lunch, transportation and a friendly game of scat! Bring a dollar bill or two with you.... Pre-registration is required.

March 31



Shoe, Brew and Stew! If you've never snowshoed before or even if you're a seasoned snowshoer, this outing will be for you. The ol' saying if you can walk, you can snowshoe fully applies to this opportunity! What's better than a leisurely snowshoe through the woods surrounded by the comradery of fellow snowshoers? How about arriving at a tiny cabin in the woods with a fire in the woodstove, eating delicious stew, sipping coffee or sampling Norther Maine Brewing famous brews! **Depart from the Caribou Wellness Center at 9am**, Snowshoes, trekking poles, transportation and beverages included. Doesn't get any better than that, does it? **FEE: \$40** Everything included. Pre-registration is required.

April 7



Wildlife Winter Survival and Animal Track Identification. Animals have many odds stacked against them to survive Maine's harsh winters. If you love watching and learning about wildlife, then this presentation and tour will be right up your ally. Amanda Demusz, Maine Department of Inland Fisheries and Wildlife Regional Biologist will host us at the Inland Fisheries and Wildlife Headquarters in Ashland. The focus of this talk will be about how animals, particularly moose, deer and grouse survive Maine's winter. Have you ever seen animals tracks in your backyard and had no idea what they are? Yes, of course! Following Amanda's educational presentation at the IF&W headquarters, we will take to the outside and learn all about animal tracks that we often see but don't know what they are! At the completion of this day participants will be well versed in animal physiology and animal track identification. Inclement weather date, April 9. **FEE: 40 lunch included. Depart from the Caribou Wellness and Recreation Center at 9am.**

April 14



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 both 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 7am and return by 5pm. FEE: \$40.** Preregistration Required.

April 28



Basket Making with Richard Silliboy – Micmac Basket baking has long been a means of necessity for our early ancestors. Though this tradion has long passed, we're are 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: \$70. Depart 9am, return by 4pm.** Preregistration Required.

*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. 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 cancelations made within two weeks of scheduled trip.

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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 includes license** Preregistration is required. Participants holding a valid Maine fishing license, fee will be reduced by \$11, license must be presented at time of registration to receive discount.

May 1	Eagle Lake – 3 Max, Depart 8am, return by 3pm	FEE: \$60
May 8	Long Lake – 3 Max, Depart 8am, Return by 3pm	FEE: \$60
May 15	Square Lake – 3 Max, Depart 8am, Return by 3pm	FEE: \$60
May 29	Aroostook River, Lower Lyndon Street	
	9am-12pm 2 Max	FEE: \$35
	1pm – 4pm 2 Max	FEE: \$35
June 5	Aroostook River, Forbes Pit	
	9am-12pm 2 Max	FEE: \$35
	1pm – 4pm 2 Max	FEE: \$35

May 5

AARP SMART DRIVER COURSE – 9:00 AM – 2:00 PM



The AARP Smart Driver Course teaches valuable defensive driving skills and provides a refresher of the rules of the road. You will learn proven safety strategies to help keep you safe while on the road. Plus, you may qualify for an automobile insurance discount by completing the course. Please bring a lunch and arrive before 9AM so paperwork can be completed. **You must have your AARP member number (shown on your AARP card) with you to take advantage of the reduced fee.** 6 minimum, 20 max. (\$15 for AARP members and \$20 for non-members.) Taught by Smart Driver Instructor **Penny Kern**

May 16

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 2pm.** \$20.00. Max. 10, min. 6 required Preregistration Required.



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May is Healthy You Caribou

May 6, 2020 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 13, 2020 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 16, 2020 9 am-2 pm FEE: \$20.

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May 20, 2020 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 27, 2020 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.
- All participants will have names placed in a hat. At the completion of birding outings on May 27 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

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