

# Take It Outside

## Spring Series 2027

**CARIBOU**  
Parks & Rec. Dept.

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



COYOTE



DEER



RABBIT



RACCOON



SQUIRREL



**\*All outings must have a minimum of 6 participants withing (2) weeks of the actual program. If by the deadline the minimum required of participants is met, the registration will remain open. People wishing to register must register on our online registration portal. \*Absolutely no refunds withing 48 hours of scheduled trip. There will be a 50% penalty for any cancellations made within two weeks of the scheduled trip.**

## **Take It Outside Adult Series**

### **March-June 2027**

#### **March 26 CUSHY Ice Fishing from a heated camp!**

**Fee: \$42**

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 and Recreation Center at 8am and return by 1pm.** We will travel to Madawaska Lake, drill a few holes, shoot the bull, have 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? **The fee of \$42 includes a day fishing license, lunch, transportation and a friendly game of Scat!** Bring a dollar bill or two with you... Participants holding a valid Maine fishing license, the fee will be reduced by \$11 at checkout. Pre-registration is required. The registration deadline is March 12. **Min 6 Max 9**

#### **April 9 Mactaquac Dam and Mactaquac Biodiversity Facility**

**Fee: \$42**

Tour of this massive hydroelectric project that Aroostook County depends on to get its electricity. Upon touring the Mactaquac Dam, we will break for lunch, included in the fee. After lunch we will tour Mactaquac Biodiversity Facility. The Mactaquac Biodiversity Facility was built in 1968 following the building of the Mactaquac Hydroelectricity Dam on the Saint John River. The facilities developed at the time included a fish lift at the dam whose primary purpose was to collect fish returning to the dam and truck and release them upriver; and a fish culture facility where a Salmon rearing program was developed to spawn and grow Salmon in captivity for river release (stocking) to compensate for production losses upriver of the dam. **The trip will depart from the Caribou Wellness and Recreation Center at 7:30am and return by 5pm. Preregistration Required. The registration deadline is March 26. Min 6 Max 9.**

#### **May 29- 30 Allagash Wilderness Waterway-Allagash Falls**

**Fee: \$122**

This one-night two-day paddling trip on the Allagash Wilderness Waterway will expose adults to the fun opportunities that we have right in our back yard! Canoes will be our mode of transportation for both people and gear. Adults will learn the basic skills associated with traveling with gear in boats. This trip will start at Michaud Farms, and conclude at the Allagash Boat Landing, stopping for one night at the Muskie infested waters of the Allagash Falls Campsite, so bring your steel leader and favorite Muskie lures. **The trip will depart from the Caribou Wellness and Recreation Center at 7am and return by 5pm.** Includes gear, transportation, and meals, not snacks. **The registration deadline is May 14. Min 6 Max 8.**

#### **June 4-5 Chase Rapids on Allagash Wilderness Waterway**

**Fee: \$120**

Overnight paddling trip to **CHASE RAPIDS** on the Allagash Wilderness Waterway will expose adults to the famed rapids on the Allagash. Saturday afternoon we will explore the area around Churchill Dam including visiting the natural history museum. The balance of Saturday afternoon will be spent relaxing around the campsite. Sunday morning, we will paddle the famed Chase Rapids then be shuttled back to our campsite. This 8-mile stretch of river, that starts at Churchill Dam and ends at Bisonette Bridge, is comprised of Class I & Class II waters. Transportation, Canoes, Entrance fees into the North Maine Woods, Camping Fees, dinner Saturday night, breakfast Sunday morning and lunch Sunday are included. We will provide tents, however, if you prefer to bring your own, that is fine too. A detailed gear list will be provided upon registration. Some canoe paddling experience is recommended. Trip will depart from the Caribou Wellness and Recreation Center at 2pm Friday afternoon and return by 5pm Saturday afternoon. **Min 6 Max 8 preregistered participants by May 21.**



# Take It Outside Adult Series 2027 FISHING FRIDAY'S!!!



Spring Trolling Fishing Trips – Spring is the best time of the year to fish. Fish are actively feeding on smelts. Northern Maine has many terrific locations, and each Friday in May, we'll make our way to the destinations below. All equipment included. All full-length days will include lunch. On split days, snacks will be provided. Be prepared to see lots of wildlife too! Fee includes license **Preregistration is required**. Participants holding a valid Maine fishing license will be reduced by \$11, license must be presented at time of registration to receive discount.

|                 |                                                                                       |                           |                  |                                                                                                  |
|-----------------|---------------------------------------------------------------------------------------|---------------------------|------------------|--------------------------------------------------------------------------------------------------|
| <b>April 30</b> | <b>Eagle Lake/Soldier Pond *Ice conditions dependent</b>                              | Depart 6am, return by 1pm | <b>FEE: \$60</b> |  <b>Max 3</b> |
| <b>May 7</b>    | <b>Long Lake</b>                                                                      | Depart 6am, return by 1pm | <b>FEE: \$60</b> | <b>Max 3</b>                                                                                     |
| <b>May 21</b>   | <b>Square Lake</b>                                                                    | Depart 6am, return by 1pm | <b>FEE: \$60</b> | <b>Max 3</b>                                                                                     |
| <b>May 28</b>   | <b>Aroostook River, Lower Lyndon Street or Forbes Pit (depending on water levels)</b> |                           |                  |                                                                                                  |
|                 | <b>8am-11am</b>                                                                       |                           | <b>FEE: \$35</b> | <b>Max 2</b>                                                                                     |
|                 | <b>12pm – 3pm</b>                                                                     |                           | <b>FEE: \$35</b> | <b>Max 2</b>                                                                                     |

People wishing to register must register on our online registration portal.

\*Absolutely no refunds within 48 hours of scheduled trip. There will be a 50% penalty for any cancelations made within two weeks of the scheduled trip.



### **ADULT ACTIVITIES**

**WALKING Area** adults are welcome to walk at the Caribou Wellness & Recreation Center. Walking hours are as follows: **May 1-Sept. 30 Monday through Friday, 6am–6pm; October 1 -April 30 Monday thru Friday 6am—8pm and Saturday 12-4pm. (14.5 laps = 1 mile)**

**EXERCISE CLASS Meets** Mondays, Wednesdays and Fridays from 8:30-9:30am. This self-guided class uses a variety of moderately challenging exercise videos incorporating cardio, Pilates, strength training, balance and various walking techniques. Adults are welcome to join. No Fee.

**POP PILATES with LIZA** Pilates exercise classes meet Tuesdays and Thursdays from 5-6pm and Saturdays from 9-10am. Fee is 10 classes for \$50 or drop-in for \$6.

**ADULT CRIBBAGE Adult** cribbage meets Tuesday and Thursdays from 9-11:30am at the Caribou Wellness and Recreation Center. The fee is \$1.50 per day.

**PICKLE BALL** Monday through Friday @8-11:30am at Caribou Wellness and Recreation Center gymnasium. A court sport that combines tennis, badminton and ping-pong; equipment is provided. This is a self-guided program for those 18 & over. The facility may not be available all the time. Please join **TeamReach | Caribou** for building availability, and to keep in touch with the group.

**BEGINNERS PICKLEBALL** Meets Mondays, Tuesdays and Thursdays from 12:30-2:30pm.

**WEIGHT ROOM Monday thru Friday @6am – 6pm.** June thru September then October thru May 6am – 8pm Monday thru Friday and 12-4pm on Saturdays. Participants are asked to please wipe down the equipment after use. The fee is \$1 per visit. Weight room is for ages 15 & over unless the youth is accompanied by a parent and or adult guardian.

**RSVP Bone Builders®** (*Cary Medical sponsored*) is an evidenced-based exercise program developed by Tufts University for senior citizens. It is an ongoing exercise program to prevent osteoporosis. Bone Builders will also improve balance, and keep your strength, confidence and independence to perform everyday activities (certified instructors). No fee and weights are provided. Bone Builders class meets Tuesdays and Thursday mornings @10:00 - 11:00am at the Caribou Wellness Center.

**TOPS Take Off Pounds Sensibly** Tops meets at the Caribou Wellness & Recreation Center on Tuesdays from 12:30-1:30pm Lose weight with TOPS. For more information call 1-(800)932-8677 or visit [www.tops.org](http://www.tops.org).

**NOTE:** Seasonal programs are listed in our program booklet and on the internet at [www.caribourec.org](http://www.caribourec.org) or viewed on our Facebook page <https://www.facebook.com/CaribouParksandRec/>.

For additional information please call the Caribou Parks & Recreation Department at 207-493-4224.

