



CARIBOU WELLNESS & RECREATION CENTER

Recreation....

A *lifetime* of experiences..

**City of Caribou Parks & Recreation Department
Summer/ Fall Community Programs
Registrations Begin May 1, 2024**

Caribou Parks & Recreation Department is pleased to announce the online registration portal. Please take a minute to visit the site and create a user account. A listing of our Summer & Fall programs is available for view now. Visit www.caribourec.org

PLEASE NOTE When setting up your account initially, please use a laptop or desktop. Once your account is created you can use your phone to register if needed. Thank you.

Look for this icon →



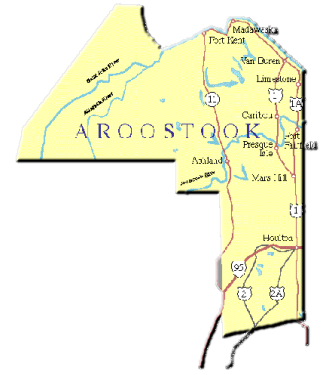


*Caribou
Rec.
Outdoor
Camp
Xtreme*

Take Me. Outside!!!

C.R.O.C.

Caribou Rec Outdoor Camp
2024



C.R.O.C. Registration Begins May 1, 2024

Thanks to these area youth supporters!



Kayaking, Allagash, Baxter, Biking, Hiking, Fishing

For area youth entering 4th - 10th Grade

\$10 for all day camps – Thank you area sponsors!

\$20 for overnight camps – Thank you area sponsors!

Caribou Parks & Recreation Department
55 Bennett Drive
Caribou, Maine 04736
207-493-4224
sleeper@cariboumaine.org



Caribou Rec Outdoor Camp is an outdoor based program with an emphasis on encouraging kids to have fun while being outdoors. Caribou Rec Outdoor Camp offers exciting and healthy activities over a seven-week period ranging from mountain climbing, canoeing, hiking, fishing, kayaking, biking, swimming, and camping. Caribou Rec Outdoor Camp explores some of the most beautiful spots that Aroostook, Piscataquis, and Penobscot Counties offer. Caribou Rec Outdoor Camp teaches the skills associated with every activity that is offered throughout this exciting summer & fall program.

Caribou Rec Outdoor Camp is for youths entering 4th – 10th grades and promotes exciting recreational opportunities throughout Maine.

Upon registering, beginning May 1, 2024, participants will be provided with an itinerary and recommended gear list for each week's activity. *The Caribou Parks and Recreation Department has the right to add, delete, or swap programs based upon registration demand.*

🔗 **Because of the physical demands associated with these weeks, participants are strongly encouraged to take the necessary steps in preparing themselves to endure.**

Let The Adventure Begin....

Week 1: Allagash Wilderness Waterway (entering 6th - 10th grade)
June 20-June 22 **Cost: \$20**



This two-night three-day paddling outing on the Allagash Wilderness Waterway exposes participants to the fun opportunities that we have right in our back yard! Canoes will be our mode of transportation for both people and gear. Participants will learn the basic skills associated with traveling with gear in boats, setting up tents, and staying dry in them should it rain. Top that all off with star filled nights around a campfire. This trip will start at Michaud Farms, and conclude at the Allagash Boat Landing, stopping for two nights at the Muskie infested Allagash Falls Campsite, so bring your steel leader and favorite Muskie lures. Max. 8

Week 2: Backpacking Baxter (entering 6th - 10th grade)
June 25-June 28 **Cost: \$20**

This three-night outing will take us into the backcountry of Baxter Park. We will backpack, hike & fish remote trout ponds and swim in crystal clear waters. Limited number of backpacking backpacks available on a first-come first-serve basis. Participants that have experienced this trip have caught an incredible number of trout; some caught trout for the first time on a fly rod and it motivated them to further pursue this method on their own when they returned home. The fly fishing in the Russell Pond area is second to none, this trip involves a 5.2-mile backpack on the first day and a 5.2-mile backpack on our final day back to Roaring Brook! Max 6 🔗



Week 3: Kayaking 1 (entering 4th - 5th grade)

July 1-July 3

Cost: \$10

Session A (4th -5th grade)	9am-12pm	M, Tues
Session B (4th -5th grade)	1pm-4pm	M, Tues
Session A & B	9am-4pm	Wednesday - Bag Lunch Required



Kayaking will feature 3-hour morning and afternoon sessions; both morning and afternoon sessions will come together Wednesday for a full day paddle from Washburn to Presque Isle. **Kayakers will need to be dropped off and picked up at predesignated locations on Monday and Tuesday, transportation will be provided on Wednesday.** A detailed itinerary will be provided upon registration. All campers will be provided with PFD's, Paddles, and boats. Snacks and drinking water are strongly encouraged. **NOTE** On July 3 both groups A & B will meet from 9am-3pm. **Bag lunch required on July 3.** Max. 6 per session. ②

Week 4: Kayaking 2 (entering 6th - 10th grade)

July 8-July 11

Cost: \$10

What better way to spend a hot summer day than floating around in your own personal kayak for the week's compliments of the Caribou Rec? Could it get any better? How about jumping in the water and floating leisurely alongside it when you get hot? If this gets you interested, then you will not want to miss this week. This camp explores three area local waterways including the Aroostook River & Fish River Lake Chain. No experience kayaking? No problem! We'll get you up to speed in a jiffy! Come enjoy the sun, warm water, and the company of some great people! The final day of this program, kayakers will travel to Baxter State Parks South Branch Pond Campground to enjoy a day of kayaking, swimming, and cliff diving!!! All campers will be provided with PFD's, Paddles, and boats. ②



Week 5: Allagash River (entering 6th - 10th grade)

July 16 – July 19

Cost: \$20



This three-night 4-day paddling trip on the Allagash will start at Henderson Bridge in the North Maine Woods and end in Allagash Village. Participants will be introduced to the fundamentals associated with canoeing, canoe camping, and all the elements associated with the teamwork that goes along with group camping. This is an excellent opportunity for participants to disconnect and learn how to problem solve with teammates in a remote environment. The first night of this three-night outing we will spend the night at Round Pond, and we will hike the 2.5 mile hike up Round Pond Mountain Fire tower, the second night will be spent somewhere between Round Pond

and Allagash Falls, the third and final night we will stay at Allagash Falls. Oh ya, do not forget to bring your fishing gear!!! Max. 8. ②

Week 6: Mountain Biking (entering 4th - 8th. grade)
July 22 – July 25 Cost: \$10

Session A (entering 4th -5th grade) M, T, W, TH 8:30am-11:00am
Session B (entering 6th -8th grade) M, T, W, TH 12:00pm-4:00pm

Session A We will meet at a different location in and around Caribou each day. **Bikers will need to be dropped off and picked up at predesignated locations.** A detailed itinerary will be provided upon registration. The Caribou Parks and Recreation Department has a limited number of bikes available on a first come first server basis. Max 12 per session.



Session B We will meet at Caribou Wellness and Recreation Center and **travel to the Nordic Heritage Center in Presque Isle.** Transportation will be provided. A detailed itinerary will be provided upon registration. The Caribou Parks and Recreation Department has a limited number of bikes available on a first come first server basis. Max 12 per session. ②

Week 7: Chimney Pond & Katahdin (entering 6th - 10^h. grade)
August 2 - 4 Cost: \$20



This two-night, three-day backpacking (backpacks available on a first come first serve basis) & Mt. Katahdin experience will be unlike any experience you have ever had before! Our first day we will hike 3.2 mile from Roaring Brook to Chimney Pond where we will stay in the “luxury” of a rustic bunkhouse complete with wooden bunks, gas lights, woodstove, and screens (to separate us from any critters 😊). Saturday morning, after a hearty breakfast of oatmeal and English muffins, we will venture to the summit of Maine’s highest peak, Mt. Katahdin! The day will be spent above the tree line exploring the beauty of what few Mainers ever take the chance to enjoy. We promise you that once

you experience this gift from Governor Baxter you will want to come back again and again. After a full day on the mountain, we’ll retreat to our cabin for a cozy evening of good food and better company. Sunday we will make our way 3.2 miles down the Chimney Pond Trail back to Roaring Brook where our van will be awaiting us. Max. 8. ②



Let The Adventure Begin....

BASEBALL & SOFTBALL

@ Teague Park Sports Complex | 75 Bennett Drive

PLEASE NOTE: Participants must register for programs by grade entering fall of 2024.

A participant may only sign up for one session only. In the event of rain students should plan on having their lessons in the Caribou Wellness and Recreation Center gymnasium at 55 Bennett Drive. Sneakers are mandatory. NOTE We share equipment in our programs. If you wish to bring your own equipment for your child, you are welcome to.

Fees \$30 Residents (Includes T-shirt)
\$50 Non-residents (Includes T-shirt)



Programs begin the week of June 18 and go through July 19. Pre-registration is required. Registration begins May 1, 2024. Register online at the registration portal <https://rb.gy/reuce6>

Single A Spinners Grade K Mon, Wed @8:15-9:15am Starts June 24

Single A Paw Sox Grade 1 Tues, Thurs @8:15-9:15am Starts June 18

This baseball program is for boys and girls entering kindergarten & first grade. The program will use a batting tee and soft-sided baseballs to introduce youngsters to the fundamentals of baseball. Later in the season, some underhand pitching may be incorporated.

DBL AA Sea Dogs Grade 2-4 June 18 @9:30-10:30am Starts June 18

This baseball program is for boys and girls grades 2-4. It is designed to teach youngsters the fundamentals of the game of baseball. Emphasis is on developing sound fundamentals while learning to better understand the game. This is a coach pitch league. **The first day everyone will attend (June 18)** from 9:30-10:30am. Teams will be made, and a schedule will be handed out. **Your child will only attend when their team is scheduled to practice or play a game.**

Majors Baseball Grade 4-6 Tues, Thurs @10:45-11:45am Starts June 18

This baseball program is for boys and girls entering grades 4-6. The program ties baseball fundamentals with strategies of the game. Participants are randomly selected to play in games against other communities which will generally be on Tuesday or Thursday's but may also be scheduled on other days if need be. Games schedules will usually be released on a weekly basis the week prior to a game being played. A team will be selected at the end of the summer to compete in the NMCRA County Tournament.

Jr Girls Softball Grade 4-8 Mon, Wed @10:45-11:45am Starts June 24

The Jr Girls Softball program is for girls entering grades 4-8. The program will introduce players to the fundamentals and skills of the game. We will also exchange games with other communities with games being played mostly on Mondays and Wednesdays and may also be scheduled on other days if need be. Games schedules will usually be released on a weekly basis the week prior to a game being played.

Pony League Baseball Grades 7-10 TBA Registration deadline June 7@5pm

Pony League Baseball is for boys and girls **ENTERING grades 7-10.** The tryouts will be at the Paul Soucie Sports Complex at 57 Sincok Street in Caribou on, **date TBA.** Players will be called to let them know what team they are on. Practice and game schedules will be released to the players once teams are made, sometime during the week of June 10th. Players will need to bring a glove and bat to practice with if they have one. Teams will play surrounding towns with a playoff at the end of the season. **Fee is \$25. (Please register for grade your child will enter in the fall)**

Friday Fundamentals Grade 5-8 Fri.

@10:45-11:45am

Starts June 21

Fee: \$20 Residents / \$40 Nonresidents

Each Friday morning a one-hour fundamentals clinic will be offered for boys and girls in grades 5-8. Each session will deal with the mechanics and the breakdown of individual positions on a team. The clinic will be held at Teague Park Field | 75 Bennett Drive. **NOTE We share equipment in our programs. If you wish to bring your own equipment for your child, you are welcome to.**

Week 1 Pitching | June 21

Pitchers will work on the progression method of warming up and lead up pitching. The progression methods include arm-stretching routines prior to pitching, wind up and stretch deliveries, basic pitches, and the pitcher as a fielder.

Week 2 Hitting | June 28

Emphasis will be put on bat selection, stance, proper grip, weight distribution and bat arc. Several drills will be covered that can be used year-round at home or on the field.

Week 3 Infield Play | July 5

Instruction will include basic infield position, ready position, catching fly balls and line drives, fly ball communication, playing the sun, back up responsibilities and throwing the ball.

Week 4 Outfield Play | July 12

Outfield play includes basic outfield position, ready position, catching fly balls and line drives, fly ball communication, play the sun, back up responsibilities, and throwing the ball.

Week 5 Base Running / Situations | July 19

Going from home to first base, on a double and triple, leading, steals, bend leg slide, popup slide, hook slide, and hand tag slide. Parents, please note that at this session players should wear old clothes and have kneepads for protection, as the players will perform actual slides.

TENNIS PROGRAMS

@ Teague Park Sports Complex | 75 Bennett Drive

Programs begin the week of June 17 through July 24. Pre-registration is required. Register for the grade you will be entering in the fall. **Registration begins May 1, 2024.** Register online at the registration portal <https://rb.gy/reucc6>

Fees \$20 Residents / \$40 Non-residents

Tennis	Grade K-1	Group A	Mon, Wed, alternating Fri	@9:30-10:30am
		Group B	Tues, Thurs, alternating Fri	@9:30-10:30am
	Grade 2-3	Group A	Mon, Wed, alternating Fri	@8:15-9:15am
		Group B	Tues, Thurs, alternating Fri	@ 8:15-9:15am
Grade 4-6	Boys Group	Mon, Wed, alternating Fri	@10:45-11:45am	
	Girls Group	Tues, Thurs, alternating Fri	@10:45-11:45am	
Tennis Team	Grade 6-11		Mon, Wed	@1:15-3pm

June 21, 24, 26, July 1, 3, 5, 8, 10, 15, 17, 19, 22
June 18, 20, 25, 27, 28, July 2, 9, 11, 12, 16, 18 (Wed, 24)
June 21, 24, 26, July 1, 3, 5, 8, 10, 15, 17, 19, 22
June 18, 20, 25, 27, 28, July 2, 9, 11, 12, 16, 18, (Wed, 24)
June 21, 24, 26, July 1, 3, 5, 8, 10, 15, 17, 19, 22
June 18, 20, 25, 27, 28, July 2, 9, 11, 12, 16, 18, (Wed, 24)
June 24, 26, July 1, 3, 8, 10, 15, 17, 22, 24

YOUTH GOLF (entering 4th - 8th grade)

June 10-June 13

Fees \$10 Residents / Nonresidents

Session A (entering 4th -5th grade)

M, T, W, Th 8-9:15am

Session B (entering 6th -8th grade)

M, T, W, Th 9:30-11:30am



This golf program will take place at the Caribou Country Club, 723 Sweden Street, transportation not provided. Bring your own clubs or there is a limited number of golf club sets available, two of the sets are left-handed. Please notify us when you register if you will need clubs and if you are right or left-handed. **Day one for both sessions will be on the range and is mandatory** and will focus on the safety of swinging clubs with the people around you, club selection, putting, chipping, fairway, ruff, and bunker shots. We will also focus on golf etiquette. After day one, we will take to the course where participants will be broken up into two foursomes and we will play golf. Max 8 per session.

CHEERLEADING

June 24-July 17

Mondays & Wednesdays

Fees \$20 Residents / \$40 Non-residents

Session 1 Grades 2-4

9:30-11am

Min 6 Max 15

Session 2 Grades 5-8

11:15-12:45am

Min 6 Max 15



This program is designed to introduce participants to the basic skills of cheerleading including jumps, tumbling, stunts and cheers. The class will meet for eight sessions and will be held at the Caribou Wellness & Recreation Center at 55 Bennett Drive in Caribou.

ARTS & CRAFTS

June 24 – July 17

Mondays & Wednesdays

Fees \$20 Residents / \$40 Non-residents

Session 1 Grades 1-2

1-2pm

Min 6 Max 10

Session 2 Grades 3-4

2:15-3:15pm

Min 6 Max 10



Once again youths in grade 1-4 will be able to participate in a diversified arts and crafts program. The program will meet for eight sessions with a different theme each session. Class will be held at the Caribou Wellness & Recreation Center at 55 Bennett Drive in Caribou.

FALL PROGRAMS

YOUTH SOCCER The purpose of these leagues is to enable children to have fun playing soccer while developing those skills that are fundamental to the game. **NO PROGRAM SEPTEMBER 2 in observance of Labor Day. Register for the grade your child will enter this fall 2024.** Please register for one session only.

GRADE 1-2 FALL SOCCER

Fee \$20 Residents / \$40 Non-residents

Grade 1-2 Sept 9-Oct 2 @Teague Park Sports Complex | 75 Bennett Drive

Session 1	Mon, Wed	@3-4pm or	Max 25
Session 2	Mon, Wed	@4-5pm	Max 25



GRADE 3-6 FALL SOCCER

Fee \$31 Residents / \$51 Non-Residents (Includes T-shirt/mouth guard)

Grade 3-4 August 19-Sept 25 @Teague Park Sports Complex | 75 Bennett Drive
Mon, Wed @5:15-7:15pm Max 60

Grade 5-6 Aug 19-Sept 25 @Paul Soucy Memorial Complex | 57 Sincock Street
Mon, Wed @5:30-7:30pm Max 60

Firearm Hunter Safety Course

August 28 @5-8pm AND September 7 @8:30am-3:30pm

At the Caribou Wellness & Recreation Center

55 Bennett Drive | Caribou, Maine 04736

\$5.00/person paid on the first day of class.

Ages 10 and over (Ages 10-15 **MUST** be accompanied by an adult)

Please bring a bag lunch, drinks, a pen, and a survival kit. (Survival Kit required on Sept 7 only)

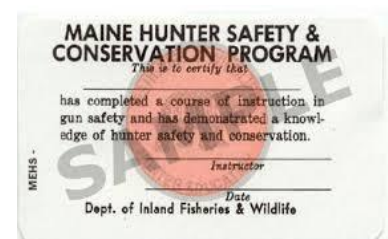
On Sept. 7 we will accept online learners that present their certificate of completion upon entry, for the skill & examination session.

Register STUDENTS only not Chaperones.

Classroom instruction covers the following topics:

- Survival/first aid
- Landowner relations
- Hunter ethics
- Maine hunting laws
- Hands-on practice of safe firearms handling
- Hands-on instruction of map and compass and outdoor survival

FMI, please email sleeper@cariboumaine.org



To register please visit the Maine Department of Inland Fisheries and Wildlife site at <https://rb.gy/qxnq2g>

XC RUNNING Grades 2-6

September 10-October 3

Tues & Thurs @3-4:15pm

Fees \$20 Residents / \$40 Non-residents

This program meets at the Cary Medical Center walking trails at 163 Van Buren Road (Please register for grade your child will enter this fall) Transportation to Cary Medical Center Trails will not be provided. **Max 30**

BOGEY MONSTERS FALL GOLF (entering 4th - 8th grade)

September 4, 9, 11, 16, 18, 23, 25

October 7, 9, 16

Fees \$20 Residents / Nonresidents

Grades 4-5

3:15-4:15pm Min 3 Max 4

Grades 6-8

4:30-5:30pm Min 3 Max 4

This golf program will take place at the Caribou Country Club, 723 Sweden Street, transportation not provided. Bring your own clubs or there is a limited number of golf club sets available, two of the sets are left-handed, please specify when you register if you will need clubs and if you are right or left-handed. **Day one for both sessions will be on the range and is mandatory** and will focus on the safety of swinging clubs with the people around you, club selection, putting, chipping, fairway, ruff, and bunker shots. We will also focus on golf etiquette. After day one, we will take to the course where participants will play as a foursome, and we will play golf. Max 4 per session.



BIKE & HIKE CAMP (entering 4th - 8th grade)

September 3, 5, 10, 12, 17, 19, 24 @3-6pm

October 3, 8, 10, 17, 22, 24, 29, 31

Fee \$20

Tuesdays are for HIKING and Thursdays are for BIKING

Min 6 Max 12



We have secure bike storage at the Nordic Heritage Center so there is no need to bring bikes back and forth, plus we have a limited number of bikes available first come first serve. Participants will need to have appropriate equipment dropped off or bring that day's gear with them after school. A gear list will be provided. From the Caribou Wellness and Recreation Center we will travel to our destination each date, transportation provided. We will return to the Caribou Wellness and Recreation Center by 6pm each outing.

Take It Outside Adult Series

“Outings and Classes to help ADULTS “fall” into shape”

August 15 - November 22, 2024



**TAKE
IT
outside**  **SERIES**
CARIBOU PARKS & RECREATION



 **CARIBOU**
Parks & Rec. Dept.

Caribou Wellness & Recreation Center
55 Bennett Drive
Caribou, Maine 04736
207-493-4224

<http://www.caribourec.org/>
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Take it Outside Fall Series Schedule Outings & Classes to Help Adults “Fall” Into Shape!

AUGUST

August 15-16 – Greenville & Moosehead Lake Tour aboard Steamship Katahdin, Greenville, Me.

FEE \$285 Single/\$205 Double Occupancy. Depart 8am. Back by popular demand, but instead of rushing this year, we’re spending the night at the lovely Chalet Moosehead Lakefront Motel, which will afford us the opportunity to relax and see more! We had such an overwhelming response to this opportunity we had to reoffer. Space quickly filled up on this outing, so don’t wait. Preregister today to reserve one of the 7 coveted spots available. The trip includes one breakfast and two lunches. Dinner not included but we will eat together as a group. The trip will return on Friday evening. **Max 7, Min. of 6 paid in full preregistered participants by August 1**



August 22-23 – Lubec, Maine and Campobello Island, New Brunswick, Canada

FEE \$225 Single/\$190 Double Occupancy. This sightseeing trip will take us to Down east Maine! **Depart 7am**, travel to Washington County via US Route 1 stopping for lunch at Cobscook Bay State Park before ultimately arriving at our destination in Lubec. Thursday afternoon while in Lubec we will visit Quoddy Head and tour the historic downtown working waterfront of Lubec. Thursday evening, we will stay at the Eastland Motel, Friday morning we will visit historic Compobello Island and Roosevelt’s Summer Home. Anticipate some light walking. Preregister today to reserve one of the 7 coveted spots

available. The trip includes one breakfast and two lunches. Dinner not included but we will eat together as a group. Passport or equivalent is required to enter Canada. The trip will return on Friday evening. **Max 7, Min. of 6 paid in full preregistered participants by August 8.**

August 29-30 – Saint Andrews and Minister Island, Saint Andrews, NB, CA

FEE \$235 single, \$180 double occupancy. Depart 7am. This sightseeing tour will take us to a place we’ve never ventured before, however if you’ve ever traveled with us on one of our McAdam Rail Station trips, then Ministers Island should jump right out in your memory! We will spend one night at the Picket Fence Motel in Saint Andrews, NB, CA, and when the tide is right, we will venture onto Ministers Island where Sir William Van Horne, the builder of the Canadian Pacific Railway, spent his summers. This historical trip will be a great opportunity to learn and see new things and places. Preregister today to reserve one of the 7 coveted spots available. Anticipate some light walking. Passport or equivalent is required to enter Canada. The trip includes one breakfast, and one lunch. Dinner and one lunch is not included but we will eat together as a group. The trip will return on Friday. **Max. 7, Min. of 6 paid in full preregistered participants by August 15**



SEPTEMBER



September 6 – Eagle Lake Pontoon Boat Ride

FEE \$60 lunch included, Depart 9am. Eagle Lake, the final lake in the famed Fish River Lake chain, is often overlooked for its magnificent scenery and wildlife sightings, rest assured, this lake will not disappoint! Though some of this lake is highly developed, much of its shoreline remains uninhabited and provides unparalleled opportunities for wildlife sightings that the other more remote lakes in the Fish River Lake Chain provide. In the Fish River Lake Chain, Eagle Lake measures a massive 5,601 acres and is the second deepest of the Fish River Lakes measuring an astounding 136 feet! Eagle Lake offers many

scenic shorelines that can provide protection from the wind so we can enjoy lunch aboard the party boat. Several maintained campsites adore the shore of the lake equipped with outhouses and picnic tables allowing us to stop and use the bathroom if necessary. **Max. 9, Min. of 6 paid in full preregistered participants by August 23**

September 13 – McAdam Rail Station, McAdam, NB, CA

FEE \$40 lunch included. Depart 7am. Back by the “wow” factor! We promise when you round the corner you will have the same jaw dropping experience that we have. If the walls could talk of this magnificent old train station it would never be quiet, as a matter of fact if you close your eyes and envision what it would’ve been like in her heyday, you can vision the many travelers that made their way from Maine and across Canada through the doors of this Canadian gem. Still a diamond in the rough, the historical committee is doing a magnificent job bringing this building back to its glory. Passport or equivalent is required to enter Canada. **Max. 9, Min. of 6 paid in full preregistered participants by August 23**



September 20 – Libby’s Camps, Millinocket Lake

FEE \$50 lunch included, Depart 7:30am. Since we introduced the Libby Camps stop in our programming, it has been nothing less than incredible. Host Matt Libby and family run an incredible sporting camp operation that caters to outdoor enthusiasts far and wide in all four seasons that the great state of Maine can boast. Perhaps their most notable calling card is their Orvis Endorsed Fishing Lodge. Anyone not familiar with what this endorsement represents will quickly realize it when they walk through the main doors of the lodge. Libby’s provides one of the best lunches on our stops throughout the year. Following

lunch, we will stroll the facility and explore the shore of the lake. If Matt or Ellen are available, they will provide a talk about their family’s rich history in the sporting camp business & guide us around the cabins while participants get a chance to peak in and see what keeps bringing their guests back year after year. **Max. 9, Min. of 6 paid in full preregistered participants by September 6.**



The Caribou Parks and Recreation Department is pleased to provide outdoor programming for all ages. To ensure the quality of the programs and ensure good service it is imperative that we have clear policies regarding registration payments: (1) All programs will have a minimum number of registrants required. If that number is not fulfilled by the deadline, the program or trip will be cancelled. (2) If the trip has to be canceled due to lack of registration, anyone having paid will be refunded in full. (3) All deadlines will be scheduled a minimum of two weeks in advance of the actual program. (4) If, by the deadline there is the required minimum number of registrations, the registration period will remain open, however no registrations will be accepted over the phone (5) ABSOLUTELY NO REFUNDS WITHOUT A 48 HOUR NOTICE. There will be a 50% penalty on any request for a refund after the two-week deadline.

OCTOBER

October 4 – The Underground Railway, Tomlinson Lake Hike to Freedom, Perth NB, CA

FEE \$40 Lunch included, Depart 10am. Experience the final few miles of North America's northernmost route of the underground railway. The "Tomlinson Lake Hike to Freedom" is a Canadian not-for-profit organization situated in north-western New Brunswick. Their mission is to promote New Brunswick Black history, Canadian heritage, culture, local tourism, and physical and mental fitness. This wilderness hiking event along North America's northernmost route of the Underground Railroad is planned every year in October to take in the beauty of the Fall foliage. The trail is 2.5km one way. Without actual locomotives, the Underground Railroad consisted of a network of secrets that led many fugitive slaves to their freedom in Canada during the mid-1800's. The Underground Railroad left no tracks but did have safe houses known as "Stations" or "Depots" and relied heavily on "Conductors" who aided those who were escaping slavery. A healthy traditional meal is served along the trail as well as informative nature exhibits. Passport or equivalent is required to enter Canada. **Max 9, Min of 6 paid in full preregistered participants by September 20.**



October 11 – Red River Sporting Camps

FEE \$40 lunch included, Depart 8am. Once again Jen & Gloria will open their doors to our group and share their little piece of heaven with us. Each year we seek out a new sporting camp to feature in our itinerary. Jenn & Gloria are anxious to show us what people from near and far come to enjoy. Just like all our outings, there's guaranteed to be a side attraction on the way there or on the way home! **Max 9, Min of 6 paid in full preregistered participants by September 27.**

October 18 – A ride in the woods to Machias River Campsite, North Maine Woods

FEE \$40 lunch included, Depart 9am. Just a relaxing ride into the Machias River Campsite. This low key "ride in the woods" will take advantage of the lovely fall foliage we take for granted that we have in October. We will stop for coffee, treats and socialization on our way. Once we arrive at the Machias River Campsite, participants will be free to relax by the campfire with a cup of coffee or walk around and listen to the tranquility of the bubbling river or the sound of the songbirds that adorn the area. Lunch will consist of a hot soup, sandwich or hamburger on the grill, or hot dogs roasted over an open fire, we will cap it off with s'mores, YUM! **Max. 9, Min. of 6 paid in full preregistered participants by October 4**

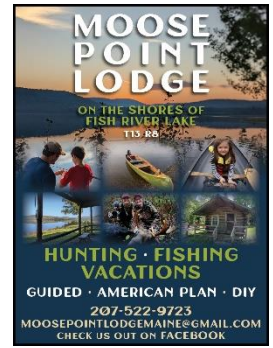


October 19-20 - Ghost Trains, Churchill Dam Museum

Depart 8am, Return 6pm Overnight accommodations at private camp rental in North Maine Woods. Dinner Saturday night, breakfast and lunch on Sunday included. FEE \$130pp includes transportation, entrance fees, lodging and meals mentioned above. Sit back and let us worry about flat tires, a dirty vehicle and negotiating commercial forest roads! **Max 8, Minimum of 6 participants preregistered by Friday, October 4.** Participants should expect moderate walking over wet, rooty rocky terrain.

October 25 – Moose Point Lodge, Fish Lake

FEE \$50 lunch included, Depart 7am. The North Maine Woods is covered with tiny little camps. The North Maine Woods is also home to some amazing Sporting Camps that have people coming from all over the world to visit, one of these amazing sporting camps is called Moose Point Camps. Nestled on the shore of Fish Lake and hidden within the Pine Trees that tower over this amazing place is Moose Point Lodge. Host Haley and Jake Braley are anxious to share with you what people from all over the world come, stay and recreate at. Moose Point Lodge and Fish Lake are most famous for the incredible fishing & hunting inhabit the nearby waters and woods. Haley and Jake have taken over ownership of these camps for a year this May. Since taking over these camps they have been working feverishly working to rehab the camps and lodge to open camps for business, this past fall they were able to open four of their eight cabins for guests, this summer they will putting the final touches on the main lodge so they can begin serving guests out of the lodge. Join us for a first ever visit by the Take It Outside Adult Series to Moose Point Camps and see what Jake and Haley have been working so hard at! **Max. 9, Min. of 6 paid in full preregistered participants by October 11.**



NOVEMBER



November 2 -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. (FEE \$20 for AARP members and \$25 for non-members.) Taught by Smart Driver Instructor Penny Kern. **Minimum of 6 preregistered participants by October 19. Stay tuned for registration information or call Neal 207-493-4224 FMI or how to register.**

November 1 – Chandler Lake Camp Sporting Camps

FEE \$50 lunch included, Depart 8am. Once again Jason and Sherry are anxious to open their doors to our group and share their little piece of heaven with us. Each year we seek out a new sporting camp to feature in our itinerary. Caribou native and proprietor, Jason Bouchard, of Chandler Lake Camps. If you've ever ventured with us on the Pinkham Road, you've heard me point out Chandler Lake and Chandler Lake Camps in the distance. Wait no more, Jason is anxiously waiting to show us what people from near and far come to enjoy. Just like all our outings, there's guaranteed to be a side attraction on the way there or on the way home! **Max. 9, Min. of 6 paid in full preregistered participants by October 18.**



The Caribou Parks and Recreation Department is pleased to provide outdoor programming for all ages. To ensure the quality of the programs and ensure good service it is imperative that we have clear policies regarding registration payments: (1) All programs will have a minimum number of registrants required. If that number is not fulfilled by the deadline, the program or trip will be cancelled. (2) If the trip has to be canceled due to lack of registration, anyone having paid will be refunded in full. (3) All deadlines will be scheduled a minimum of two weeks in advance of the actual program. (4) If, by the deadline there is the required minimum number of registrations, the registration period will remain open, however no registrations will be accepted over the phone (5) ABSOLUTELY NO REFUNDS WITHOUT A 48 HOUR NOTICE. There will be a 50% penalty on any request for a refund after the two-week deadline.



November 7 - Sabian Cymbals

FEE \$40 Depart at 7 am and return by 5 pm. We are pleased to offer this popular tour to Sabian Cymbals in Meductic, New Brunswick, Canada. 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. Sabian requires participants to wear closed toe shoes. Upon touring the Sabian Manufacturing facility, we will have a break for lunch, included with the fee. Preregistration Required. Passport or equivalent is required to enter Canada. **Max 9. Min 6 paid in full preregistered**

participants by October 24.

November 14 – Be American Red Cross Ready for Seniors

10:00am-12:00pm. FREE! Build a kit, make a plan, and be informed! Becoming “Red Cross Ready” for an emergency means following our simple steps in advance to ensure you can weather a crisis safely and comfortably. Being prepared may not prevent a disaster, but it will give you confidence to meet the challenge. So why not give yourself the peace of mind of knowing you have the right tools should the unexpected happen! 12 max 6 min. **Minimum of 6 preregistered participants by October 31.**



November 15 – American Red Cross Community First Aid/CPR Modified Class

10:00am-12:00pm. FREE! Earn a Community CPR participation card. Learn how to free a lodged object from an airway, learn the proper technique for chest compressions should blood need to be circulated and learn what steps are necessary to control bleeding. This “ice breaker” class will give you confidence to react when the need arises. Fill your toolkit with the confidence you know you have. 12 people maximum, 6 people minimum. **Minimum of 6 preregistered participants by November 1.**

