

Take It Outside Adult Series

*“Outings and Classes to help ADULTS “fall” into shape”
August 20 - November 5, 2026*



**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/>
sleeper@cariboumaine.org

**Take it Outside Fall Series Schedule
Outings & Classes to Help Adults “Fall” Into Shape!**

AUGUST

**August 20-21 Greenville & Moosehead Lake Tour
Aboard Steamship Katahdin, Greenville, Me.**

FEE \$300 Single | \$220 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 offer 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 one lunch. Dinner is not included but we will eat together as a group. The trip will return on Friday afternoon.

Min 6 Max 7 preregistered participants by August 6



August 27-28 Lubec, Maine and Campobello Island, New Brunswick, Canada

FEE \$225 Single | \$190 Double Occupancy | Depart 7am



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 Campobello 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 one lunch. Dinner is not included but we will eat together as a group. Passport or equivalent

is required to enter Canada. The trip will return on Friday afternoon.

Min 6 Max 7 preregistered participants by August 13.

SEPTEMBER

September 3-4 Kingsbrae Gardens and Minister Island, Saint Andrews, NB, CA

FEE \$240 single occupancy | \$195 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. Anticipate some light walking. Passport or equivalent is required to enter Canada. The trip includes one breakfast, and one lunch.

Dinner and one lunch are not included but we will eat together as a group. **Min 6 Max 7 preregistered participants by August 20.**

September 11 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 these lakes are highly developed, much of the Eagle Lakes 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.

Min 6 Max 9 preregistered participants by August 28.

September 18 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.

Min 6 Max 9 preregistered participants by September 4.



OCTOBER

October 2 Big Reed Old Growth Forest, North Maine Woods

FEE \$40 lunch included | Depart 7am



Deep in the heart of the North Maine Woods lies an Old Growth Virgin Forest. Sounds ironic, right? Typically, we associate the North Maine Wood with a working forest, which it is, however nestled within this million-acre working forest lies a hidden gem called the Big Reed Old Growth Forest, containing 5000 acres of untouched virgin trees. Join us for a leisurely ride into the North Maine Woods for a casual hike and trailside lunch into Big Reed Pond. Along the way you will be graced by a beautiful old growth forest that is adorned with large virgin trees that have never been cut, something completely unique to our area. Once we arrive at the trailhead of the Big Reed Old Growth Forest, we will enjoy a casual 1-mile hike into Big Reed Pond home to one of Maine’s premier Arctic Char Fisheries. Upon arrival at Big Reed Pond, we will relax in the tranquility of quietness and enjoy the scenery of Big Reed Pond while enjoying our

included lunch, upon enjoying lunch we will make our way back up the 1-mile trail to our vehicle and return home. This is a moderately difficult hike, not strenuous. Hiking poles provided to those who request them for no fee. **Min 6 Max 9 preregistered participants by September 18.**

October 16-17 Ghost Trains, Churchill Dam Museum

FEE \$150 includes transportation, entrance fees, lodging and meals mentioned below

Depart 8am, Return 6pm

Overnight accommodation at private camp rental in North Maine Woods. Dinner on Friday night, breakfast and lunch on Saturday included. Sit back and let us worry about flat tires, a dirty vehicle and negotiating commercial forest roads! Participants should expect moderate walking over wet, rooty rocky terrain.

Min 6 Max 7 participants preregistered by October 2.



October 23 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. **Min 6 Max 9 preregistered participants by October 9.**

October 30 Chandler Lake 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 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!

Min 6 Max 9 preregistered participants by October 16.

NOVEMBER

November 5 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. **Min 6 Max 9 preregistered participants by October 22.**



NOTICE: 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 for 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.



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Caribou Parks & Recreation Department
55 Bennett Drive | Caribou, Maine 04736
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, 6 am–6 pm; October 1 -April 30 Monday thru Friday 6 am—8 pm and Saturday 12-4 pm.**

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. Note the months of June thru August there is no cribbage program.

PICKLE BALL Monday thru Friday @8:30-11:30am at Caribou Wellness and Recreation Center gym. A court sport that combines tennis, badminton and ping-pong; equipment is provided. This is a self-guided program for those 18 & over.

BEGINNERS PICKLEBALL Meets Mondays from 12:30-1:30pm for lessons and Tuesdays and Thursdays from 12:30-2:30pm for game play.

WEIGHT ROOM Monday thru Friday @ 6 am – 6 pm. 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 at 10:00 - 11:00 a.m. (September - June) at the Caribou Wellness Center.

TOPS Take Off Pounds Sensibly Tops meets at the Caribou Wellness 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.

NOTE: Seasonal programs are listed in our program booklet and on the internet at 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.