

Take It Outside Adult Series

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

August 21 - November 6, 2025



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



 **CARIBOU**
Parks & Rec. Dept.

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

AUGUST

August 21-22 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 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 two lunches. Dinner is not included but we will eat together as a group. The trip will return on Friday evening.



Min 6 Max 7 preregistered participants by August 7

August 28-29 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 two lunches. 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 evening.

Min 6 Max 7 preregistered participants by August 14.

SEPTEMBER

September 2, 4, 9, 11 Adult Learn to Ten Pin Bowl | Keep Your “Ball” Out of the Gutter

FEE \$35 Ages 50 & over | Tuesday & Thursdays @ 11:30am-12:20pm Evergreen Lanes | 60 Access Highway

This introduction to 10 pin bowling is for those who will be joining the Morning Senior League at Evergreen Lanes at the conclusion of the instruction lessons. The program will cover ball selection, sizing and finger holes, rules, techniques, etiquette, scoring and introduction to computerized lane tablets. Participation on day 1 is mandatory as we will discuss rules, etiquette, scoring and tablet operation. Pre-registration is required. Min 10 Max 20 preregistered participants by August 19.



September 4-5 Saint Andrews and Minister Island, Saint Andrews, NB, CA

FEE \$235 single occupancy | \$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. 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 21.

September 12 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 29.

September 19 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 5.



OCTOBER

October 3 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. **Min 6 Max 9 preregistered participants by September 19.**

October 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 9am Saturday morning and return by 5pm Sunday Afternoon.



Min 6 Max 8 preregistered participants by September 19.

October 10 A ride in the woods to Machias River Campsite, North Maine Woods

FEE \$40 lunch included | Depart 9am



Just a relaxing ride on 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!

Min 6 Max 9 preregistered participants by September 26.

October 18-19 Ghost Trains, Churchill Dam Museum

FEE \$130 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 Saturday night, breakfast and lunch on Sunday 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 8 participants preregistered by October 3.



October 24 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 10.**

October 31 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 17.

NOVEMBER

November 6 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 23.**



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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Free Family Gardening Program

*Hosted by the Caribou Parks and Recreation and UMaine Cooperative Extension's
Expanded Food and Nutrition Education Program (EFNEP)*



Photo courtesy of UMaine Extension

- Are you interested in gardening and **growing your own food**?
- Join our series of hands-on **gardening and nutrition** sessions.
- Each family will have a **raised bed garden** to use on site.
- All **garden materials are free** to use.

To participate in this program,
in-person attendance is required.

Location: Caribou Parks and Rec Maintenance Shop | 903 Main Street, Caribou

Start Date: Begins in June 2025 and continuing weekly through the summer.

Pre-registration is required. To sign up or request reasonable accommodation:

Contact: Laurie Colton, UMaine EFNEP

Phone: 207-249-4688 **Email:** laurie.colton@maine.edu



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