

# Take It Outside Adult Series

*“Outings and Classes to help ADULTS “fall” into shape”  
August 17 - November 17, 2023*



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



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# Take it Outside Fall Series Schedule

## Outings & Classes to Help Adults “Fall” Into Shape!

### AUGUST

**August 17-18 – Greenville & Mooseshead Lake Tour** aboard Steamship Katahdin, Greenville, Me \$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. Trip includes one breakfast and two lunches. Dinner not included but we will eat together as a group. Trip will return Friday evening. **Max 7, Min. of 6 paid in full preregistered participants by August**



**3**



**August 24-25 – Lubec and Eastport, Maine** - \$225 Single/\$190 Double Occupancy. This sightseeing trip will take us to Downeast Maine! Depart 7am, travel to Washington County via US Route 1 passing through Calais with a trip into Eastport 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. Anticipate some light walking. Preregister today to reserve one of the 7 coveted spots available Trip includes one breakfast and two lunches. Dinner not included but we will eat together as a group. Trip will return Friday evening. **Max 7, Min. of 6 paid in full preregistered participants by August 10.**

### SEPTEMBER

**September 1 – Madawaska Lake Pontoon Boat Ride, \$40 lunch included, 9 Max, 6 Min.** Depart 9am. Madawaska Lake is comprised of two lakes. Join us as we travel the shoreline and take in the sights of what these two lakes have to offer. Between the loons and eagles that call this lake home, there will be plenty to look at. Though much of the shoreline of both lakes is developed, there’s plenty that’s not. Like all other lakes, Madawaska Lake offers protected shorelines, so should the wind be blowing, we will find a nice cozy spot to keep us warm! Between Big and Little Madawaska Lake, they measure 1526 acres with a maximum depth of 38 feet! Bring your binoculars, a blanket and be prepared to enjoy the beauty that Madawaska Lake has to offer. **Max. 9, Min. of 6 paid in full preregistered participants by August 18.**



The Caribou Parks and Recreation Department is pleased to provide outdoor programming for all ages. In an effort to insure the quality of the programs and insure 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 refund after the two week deadline.

## SEPTEMBER



**September 8 – Long Lake Pontoon Boat Ride, \$50 lunch included, 9 Max, 6 Min.** Depart 9am. Long Lake, the headwater to the famed Fish River Lake chain, is often overlooked for its magnificent scenery and wildlife sightings, rest assured, this lake will not disappoint! Though this lake is highly developed, much of its shoreline remains uninhabited and provides equal opportunities for wildlife sightings that the other more remote lakes in the Fish River Lake Chain provide. In the Fish River Lake Chain, Long Lake measures a massive 6,000 acres and is the deepest of the Fish River Lakes measuring an astounding 163 feet! Long Lake offers many scenic

shorelines that can provide protection from the wind so we can enjoy lunch aboard the party boat. **Max. 9, Min. of 6 paid in full preregistered participants by August 25**

**September 22 – Libby's Camps, Millinocket Lake \$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 & guides 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 8.**



## OCTOBER



**October 13 – Red River Sporting Camps, \$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 29.**

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## OCTOBER



**October 20 – A ride in the woods to Machias River Campsite, North Maine Woods, \$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 granite 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 tranquilly 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 6**

**October 27 – Bradford Camps, Munsungan Lake \$40 lunch included, 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 Bradford Camps. Nestled on the shore of Munsungan Lake and hidden within the Pine Trees that tower over this amazing place is Bradford Camps. Host Igor and Karen Sikorsky are anxious to share with you what people from all over the world come, stay and recreate at. Bradford Camps is most famous for the incredible fishing that it has but is also rich in Native American history. These sacred waters and land are the headwaters to the Aroostook River and the early Americans used this land to survive and hunt. Moreover, the rocks that are in this area served valuable to the early Americans to build weapons such as arrow heads and tomahawks. Bradford Camps has a nice collection of these artifacts and Igor is anxious to share with you what he knows! **Max. 9, Min. of 6 paid in full preregistered participants by October 13**



## 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. (\$25 for AARP members and \$30 for non-members.) Taught by Smart Driver Instructor **Penny Kern. Minimum of 6 preregistered participants by October 19.**

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## NOVEMBER



**November 3 – Chandler Lake Camp Sporting Camps, \$40 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 20.**

**November 9 – 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 people maximum, 6 people minimum. **Minimum of 6 preregistered participants by October 26.**



**November 16 – 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 2.**

**November 17 - Sabian Cymbals.** 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. Sabian requires participants to wear closed toe shoes. Upon touring the Sabian Manufacturing facility, we will break for lunch, included with fee. Trip will depart from the Caribou Wellness Center at 7am and return by 5pm. FEE: \$40. Preregistration Required. **Max. 9, Min. of 6 paid in full preregistered participants by November 3. SUBJECT TO APPROVAL IN September**



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