



# 4C-CAMP

Camping to Create Caring Communities

August 7th – August 10th, 2025

## Registration Information

**Dear Camper:**

**Welcome to our 16th year of 4C-Camp.** Please read the following instructions carefully for registering for this year's 4C-Camp being held August 7th – 10th, 2025. Camp is held at Camp Shankitunk, 2420 Arbor Hill, Delhi, NY 13753 (the 4-H camp). All attendees must pre-register. Registrations should be received by July 31, 2025. A non-refundable deposit of \$25 must be submitted with your pre-registration. You can pay the remaining \$140 (for 3 nights/4 days) at time of camp registration or pay the full \$165 (for 3 nights/4 days) now. Please make checks payable to CCE Delaware County (Cornell Cooperative Extension). **The price for camp is a flat \$165, even if you choose to only attend days and not stay overnight, there is no per day rate. We are hoping you will join us for the full 4 days. If you would like to donate to support camperships for those individuals who cannot afford the full amount to attend camp, please add that to your deposit and list the amount on the registration form in the place provided.** If you would like to pay by credit card, please call Cornell Cooperative Extension at 607-746-2004. Enclosed are descriptions of all the workshops along with a short bio about the instructors. The 4C-Camp workshop schedule is included in your packet. Please read it carefully and select your **first and second choices** for each workshop time slot you would like to attend. **Please write 1 or 2 identifying your first (1) and second (2) choices. Be aware that some workshops have caps on the number of students in the workshop, so registering early is to your benefit, if you want to ensure you get your 1st workshop choice.** You will be notified by mail or e-mail which workshops you are registered for. **Please fill out completely the Camper Registration form and the Workshop Registration form with your workshop choices then send them back to:**

4C Camp for Adults  
216 Moffre Road  
Maryland, NY 12116

The registration desk will open **promptly** at 1:30 p.m., Thursday, August 7th. We would like to have campers there on time. There will be staff there to direct you to parking and welcome you to the camp. Make sure to read the section on **what to bring** so this will be the best experience possible. Hope to see you there! Camperships are available by contacting Polly DellaCrosse at (607) 222-3532.

PLEASE SEND IN, WITH DEPOSIT, BY JULY 31, 2025. ALL INFORMATION PERTAINING TO THE CAMPER MUST BE ON THIS FORM. **4C-CAMP FOR ADULTS 2025 CAMPER REGISTRATION FORM – complete both sides**

## ABOUT OUR CAMP

At 4C-Camp you will...have fun...meet new friends...learn new and interesting crafts and hobbies...discover the wonder of nature...camp in the outdoors...swim in the pool...work in special groups...enjoy evening programs. 4-H Camp Shankitunk is located on 145 acres of county-owned land along the west branch of the Delaware River between DeLancey and Delhi. The main campground is a large open meadow surrounded by naturally wooded hillsides. Campers are housed in cabins spaced among the trees. Camp is not just a weekend in the woods. It is what happens to campers, what they take home, new endeavors, acquired skills, friendships, appreciation of nature and a sense of belonging and community.

## CAMPING DATES

August 7-10 (Thursday starting at 1:30 p.m. through Sunday afternoon).

## WHO MAY ATTEND

Adults 18 years old and over.

## REQUIREMENTS

Please fill out and return the enclosed **Camper Registration Form** (*completing both sides; workshop selections and camper information*) **along with deposit payable to CCE Delaware County. Mail it to 4C-Camp for Adults, 216 Moffre Road, Maryland, NY 12116. Donations toward camperships are greatly appreciated; please add any amount that you are willing to donate to your deposit amount. Thank you.**

## CREDIT CARD PAYMENTS

Want to pay your camp fees by credit card? Call Cornell Cooperative Extension (607) 746-2004 for details.

## CAMP FEE/CAMPERSHIPS

Camperships are available by contacting Polly DellaCrosse at (607) 222-3532.

## WEBSITE

Visit our website at [www.4C-camp.org](http://www.4C-camp.org) to see pictures and to download a copy of our brochure and registration form; or connect with us on Facebook at [facebook.com/4C-Camp](https://facebook.com/4C-Camp) for Adults. You can register on-line using the site provided and send check payable to CCE Delaware County to 4C Camp for Adults, 216 Moffre Road, Maryland, NY 12116.

## ACCOMMODATIONS

Campers live in rustic cabins with other campers. **Special living accommodations are available based on need, but are limited and will be accommodated on a first-come-first-served basis, please identify need on your registration form.** Space is available for RVs and tents. Questions regarding special arrangements e-mail or call Jude Taggart at [willandjude@gmail.com](mailto:willandjude@gmail.com) or (607) 432-0123. Campers live in rustic cabins with other campers.

## WHAT TO BRING

Sheets/Blankets/Sleeping Bag **Flashlight**  
Towel/Wash Cloth/ Toiletries Bring your water bottle.  
Clothing for 4 days/3 nights (**extra dry socks**)  
Sweatshirt or Sweater/Rain Coat/Umbrella  
Comfortable Footwear (**extra pair of comfortable shoes**)  
Healthy snacks to share and vegetables for Stone Soup.  
**(We will have 4C-Camp sweatshirts, T-shirts, and caps for sale).** Use pre-order form on website, if you want to pre-order items.

## HAWAIIAN THEME

This year's entire camp is revolving around "HAWAIIAN THEME" - many of the activities and workshops will be related to this theme. Bring your grass skirts, coconut bras, Hawaiian shirt, shell necklaces, leis, etc. Get creative!

## HEALTHY FOOD & SNACKS

Healthy balanced meals are provided at camp starting with dinner on Thursday; breakfast, lunch, and dinner on Friday and Saturday; and breakfast and lunch on Sunday. **IF YOU HAVE SPECIAL DIETARY NEEDS, MAKE SURE YOU IDENTIFY SO ON THE REGISTRATION FORM.** Please provide vegetables from your gardens for **Stone Soup** to share with campers. Also, bring healthy snacks that will be shared with other campers.

## ENTERTAINMENT

Thursday evening will be dinner followed by - community gathering and camp Bingo with prizes. Friday evening will be a presentation on CONFLICT RESOLUTION. Saturday evening will feature karaoke and dancing with DJ. Come ready to join in the fun.

## MERCHANDISE

Items will be available for purchase during camp. There will be new colors this year.

**PLEASE SEND IN, WITH DEPOSIT, BY JULY 31, 2025**

*ALL INFORMATION PERTAINING TO THE CAMPER MUST BE ON THIS FORM.*

Camper's Name \_\_\_\_\_ Former 4C Camper? [ ] YES [ ] NO  
Mailing Address \_\_\_\_\_ FORMER 4-H CAMPER? [ ] YES [ ] NO  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ AGE (CIRCLE ONE) 18-34 35-44 45-54  
E-mail Address \_\_\_\_\_ 55-64 65-74 75-84 85+  
Contact Phone (with area code): \_\_\_\_\_ Gender \_\_\_\_\_

Do we have permission to share the above information with other campers? [ ] YES [ ] NO

Check here if you DO NOT want to give 4C-Camp permission to take your photo while at camp. NO PHOTOS PLEASE [ ]

**In case of emergency, notify:**

Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Cell Phone: ( ) \_\_\_\_\_ Home Phone ( ) \_\_\_\_\_  
Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Cell Phone: ( ) \_\_\_\_\_ Home Phone ( ) \_\_\_\_\_

**Arrangements: Which accommodations will you be needing?**

[ ] Cabin bunk [ ] Own tent [ ] Own camper/RV [ ] Off premises (will NOT be sleeping overnight at camp) [ ] Couple cabin\* [ ] Own group cabin\*

\*List roommate(s): \_\_\_\_\_

**Special Accommodation Needs (please identify):**

**SPECIAL REQUIREMENTS OR CONSIDERATIONS:**

Diet \_\_\_\_\_ Food Allergies \_\_\_\_\_  
Other \_\_\_\_\_

**HEALTH CONDITIONS OR CONSIDERATIONS:** Check and list any medical conditions, or special considerations; i.e. serious injuries: [ ] Allergies [ ] Insect Stings [ ] Drug Allergies [ ] Asthma [ ] Inhaler  
[ ] C-Pap [ ] Diabetes [ ] Insulin [ ] Seizures [ ] Mobility [ ] Other \_\_\_\_\_

**Please list any considerations needed:** \_\_\_\_\_

**PERMISSION TO PROVIDE NECESSARY TREATMENT OR EMERGENCY CARE:**

I certify that the information given in this form is current and correct. I hereby give permission to the medical personnel to provide or arrange for necessary transportation. In the event that your contact persons cannot be reached in an emergency, I hereby give permission to the local physician to secure and administer treatment, including hospitalization, for the person named above.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

**DISCLAIMER** – Subject to all the following terms and conditions: 4C-Camp for Adults participants shall defend, indemnify, and hold harmless the CORNELL COOPERATIVE EXTENSION OF DELAWARE COUNTY AND THE COUNTY OF DELAWARE, its officers, directors, employees, volunteers, and agents from any and all claims, demands, liability, or other proceedings for any actual or alleged injury to persons, including death, or damage to property arising out of attending camp.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

**DONATION TOWARD CAMPERSHIPS**

Please list amount of your intended donation above your \$165 camper fee: \$ \_\_\_\_\_

**PAYMENT:** This application must be accompanied by a \$25 pre-registration deposit. Checks made payable to CCE Delaware County with 4C Camp on the memo line. This fee is non-refundable, if your application is accepted and you DO NOT attend. Balance of fee (\$140) can be paid in advance or at registration.

**MAIL COMPLETED REGISTRATION TO:**

4C-Camp for Adults,  
216 Moffre Road,  
Maryland, NY 12116

NEXT COMPLETE PAGE 2 ON THE BACK BY CHOOSING YOUR 1ST AND 2ND CHOICE OF WORKSHOPS → →

<u>Friday, August 8: 9AM – 10 AM</u> _____ <b>FREE TIME</b> _____ <b>Archery</b> (Maximum # of students: 12) – <b>Archery Range</b>  _____ <b>Learn to Play Horseshoes</b> (Maximum # of students: 8/ Minimum # of students: 2) – <b>Horseshoe Pit</b>  _____ <b>Carving a Letter Opener – Part 1</b> (Maximum # of students: 6 /Minimum # of students: 3) Fee: \$5 – <b>Pavilion</b>	<u>Saturday, August 9: 9AM – 10 AM</u> _____ <b>FREE TIME</b> _____ <b>Archery</b> (Maximum # of students: 12) – <b>Archery Range</b>  _____ <b>A Book About Me</b> (Maximum # of students: 10/Minimum # of students: 2) Fee: \$5 – <b>Director's Kitchen</b>
_____ <b>Beginning Birdwatching</b> (Maximum # of students: 25/ Minimum # of students: 5) – <b>Dining Hall</b>	<u>Saturday, August 9: 10 AM to 12 Noon</u> _____ <b>FREE TIME</b>  _____ <b>Take A Hike! Hike the Shankitunk property with a  Master Naturalist</b> – <b>Dining Porch</b>
<u>Friday, August 8: 10:15 AM to 12 Noon</u> _____ <b>FREE TIME</b> _____ <b>Hand Knitting a Pouff</b> (Maximum # of students: 10/Minimum # of students: 1) – <b>Ford Kitchen</b>  _____ <b>Tin Can Flower Wall Vases</b> (Maximum # of students: 15/Minimum # of students: 1) Fee: \$15 – <b>Craft Hall</b>  _____ <b>Mahjong Teaching and Playing</b> (Maximum # of students: 8/Minimum # of students: 4) – <b>Dining Hall</b>	<u>Saturday, August 9: 10:15 AM-12 Noon</u> _____ <b>FREE TIME</b> _____ <b>Pressed Flower Candle Holder</b> – <b>Craft Hall</b>  _____ <b>Carving a Letter Opener – Part 2</b> (Maximum # of students: 6/Minimum # of students: 3) Fee: \$5 – <b>Pavilion</b>  _____ <b>Let's Make Some Cards!</b> (Maximum # of students: 10/Minimum # of students: 2) Fee: \$10 – <b>Director's Kitchen</b>  _____ <b>Diamond Painting</b> (Maximum # of students: 8/Minimum # of students: 4) Fee: \$5 – <b>Dining Hall</b>
<u>Friday, August 8: 2:15 PM – 4:15 PM</u> _____ <b>FREE TIME</b> _____ <b>Make the State Flower of Hawaii - a Beautiful Hibiscus</b> (Maximum # of students: 8/ Minimum # of students: 2) Fee: \$8 – <b>Craft Hall</b>  _____ <b>Stained Glass Effect Wooden Garden Décor</b> (Maximum # of students:10/Minimum # of students: 2) Fee: \$5 – <b>Science  Building Porch</b>  _____ <b>Bird House Building</b> (Maximum # of students: 10/Minimum # of students: 5) Fee: \$10 – <b>Woodshop</b>  _____ <b>Decoupage Shells</b> (Maximum # of students: 6/Minimum # of students: 3) Fee: \$6 – <b>Ford Kitchen</b>	<u>Saturday, August 9: 2:15 PM – 4:15 PM</u> _____ <b>FREE TIME</b> _____ <b>Mahjong Teaching and Playing</b> (Maximum # of students: 8/Minimum # of students: 4) – <b>Dining Hall</b> _____ <b>"Flower Arranging" – Science Building Porch</b>  _____ <b>Alcohol Ink on Ceramic Tiles</b> (Maximum # of students: 8/Minimum # of students: 6) Fee: \$20 – <b>Shop</b>  _____ <b>Making a Ribbon Wreath</b> (Maximum # of students: 8 /Minimum # of students: 4) Fee: \$10 – <b>Craft Hall</b>
<u>Friday, August 8: 4:30 PM - 5:30 PM</u> _____ <b>FREE TIME</b> _____ <b>Hacks to Make Your Life Easier, Safer, and More Fun!</b> (Minimum # of students: 3) – <b>Dining Hall</b>  _____ <b>Pasta Tie-Dyed T Shirt</b> (Maximum # of students: 8) – <b>Craft  Hall</b> – Fee: \$5  _____ <b>Open Swim – Pool</b> (minimum two – do not swim alone)  _____ <b>Games: Horseshoes, Cornhole – Pavilion, Horseshoe Pit</b>	<u>Saturday, August 9: 4:30 PM - 5:30 PM</u> _____ <b>FREE TIME</b> _____ <b>Origami – Craft Hall</b>  _____ <b>Aqua Aerobics</b> (Maximum # of students: 8) – <b>Pool</b>  _____ <b>Movement, Meditation, and Chanting with Karen</b> (Maximum # of students: 12/Minimum # of students: 3) – <b>Ford Kitchen</b>  _____ <b>Games: Horseshoes, Cornhole– Pavilion, Horseshoe Pit</b>
<u>Sunday, August 10: 9 a.m. – 10 a.m.</u> _____ <b>Worship Service – Ford Kitchen</b> _____ <b>Finishing your project</b>	

**Please complete the Camper Registration Form and the Workshop Registration form. Use the workshop descriptions and instructor bios attached for information about each workshop.** For workshop choices: please indicate your 1st and 2nd choices by writing 1 in front of your first choice and 2 in front of your second choice for each workshop time slot (there are 1 time slots). **Send the completed two-page registration form to 4C Camp for Adults, 216 Moffre Road, Maryland, NY 12116 along with your check or money order made payable to CCE of Delaware County.** You will receive follow up confirmation on your workshops.

### **"Hacks to Make Life Easier, Safer, and Fun!"**

**(Friday 4:30 p.m. – 5:30 p.m.)**

Learn lots of tips to be even smarter at cooking, car safety, child care, smart shopping, smart phones, friendships, etc. (Learn why to keep saran wrap in your fridge!)

### **Facilitator for "Hacks to Make Life Easier, Safer, and Fun!"**

Arlene is a Teacher, Innovator, Business Owner, Fraternal Grand Master, included in "2004 Marquis Who's Who in America", comedian and current hack-addicted gal!

### **"Archery 101" (Max 12) (Fri. 9:00 a.m. – 10 a.m. and Sat. 9:00 a.m. – 10 a.m.)**

This Archery class will focus on basic form, strategies, and safety on the archery range. **All equipment provided.**

### **Facilitator for "Archery 101"**

An employee of Cornell Cooperative Extension and 4-H Camp Staff.

### **"Pressed Flower Candle Holder" (Sat. 10:15 a.m. – 11:45 a.m.) Fee \$4.00**

Students will be provided with a glass candle holder and real pressed flowers to modpodge on the glass. The result is a one of a kind frosted glass candle holder unique to each individual's taste and creativity.

### **"Pasta Tie-Dyed T Shirt" (Fri. 4:30 p.m. – 5:30 p.m.) Fee: \$5**

A different take on a tie-dyed t shirt. Campers will bring their own white tee shirt. Using different shapes of pasta and spray fabric dye, campers will create their own unique design. Spaghetti, elbows, cavatappi or bow tie pasta ..where will you take your pasta creation!?! This is an easy and fun project to do with kids and grandkids. Campers need to bring their own white t shirt.

### **Facilitator for "Pasta Tie Dyed T Shirt" and "Pressed Flower Candle Holder"**

Judy Taggart has been at 4C Camp since its inception. Crafting is a relaxing outlet that I love to share with others.

### **"Alcohol Ink on Ceramic Tiles" (Sat. 2:15 p.m. – 4:15 p.m.) Fee: \$20**

Each student will get a 4" X 4" or 3" x 6" ceramic tile. Instructor will supply the ink, alcohol and other supplies for you to make a finished piece of art.

### **Facilitator for "Alcohol Ink on Ceramic Tiles"**

Judy Baker is a self-taught artist and being creative makes her happy. Besides alcohol ink, I also work in watercolor and acrylics.

### **"Make the State Flower of Hawaii - a Beautiful Hibiscus" (Fri. 2:15 p.m. – 4:15 p.m.) Fee: \$8**

Learn to make a paper hibiscus flower to go with our Hawaiian theme. You will choose your color for your flower. Parts will be pre-cut and participants will create the flower centers, shape petals, color and assemble the hibiscus. All materials included.

### **Facilitator for "Make the State Flower of Hawaii - a Beautiful Hibiscus"**

Amy is a physical therapist and a pelvic floor therapist at Bassett. Several years ago, she became intrigued with making flowers from crepe paper. Through many tutorials and hands-on classes with masters of the art, Amy has perfected the craft and welcomes you to create for yourself.

### **"Learn to Play Horseshoes" (Fri. 9 a.m. – 10 a.m.)**

Learn the rules and play a game of horseshoes. The horseshoe pit will be available throughout the weekend. Just get others to play with you.

### **Facilitator for "Learn to Play Horseshoes"**

Leon has taught horseshoes at 4-C Camp for 5 years.

### **"Hand Knitting a Pouff" (Fri. 10:15 a.m. – NOON)**

Learning to knit by hand. Each camper will need to bring their own oversized yarn – at least an inch wide. The yarn can be easily found by searching the internet for "yarn for hand knitting a Pouff". Suggestions: Hobby Lobby, Yarn Bee, Chunky Knit Velvet.

### **Facilitator for "Hand Knitting a Pouff"**

Teddy has taught knitting for years at 4C Camp. This is the first year to teach hand knitting a Pouff.

### **"A Book About Me" (Fri. 9 a.m. – 10 a.m.)**

Through a series of questions, students will write about different life events. It will be fun to reminisce.

### **Facilitator for "A Book About Me"**

I have been teaching scrapbooking and cardmaking for over 30 years. I love helping people discover fun and creative ways to preserve their memories. I believe it is important to document our journey through life.

**“Let’s Make Some Cards” (Fri. 10:15 a.m. – 11:45 a.m.)**

We will be making cards from scratch using cardstock, printed paper, and ephemera. Students will create at least three cards.

**Facilitator for “Let’s Make Cards”**

Harriet Dunne has been teaching scrapbooking and cardmaking for over 30 years. I love helping people discover fun and creative ways to preserve their memories.

**“Beginning Bird Watching” (Fri. 9:00 a.m. – 11:00 a.m.)**

Students will be introduced to common bird species specific to the location of the workshop, and taught to identify these species by sight and by sound. We will also discuss bird behaviors indicative of breeding.

**Facilitators for “Beginning Bird Watching”**

Charlie Scheim and Sandy Bright are not ornithologists, but have been active birders for over two decades, participating in citizen science bird counts for local and national Audubon chapters, New York State, U. S. Geological Surveys, and Cornell Laboratory of Ornithology. Binoculars are very helpful. We can bring a few extras. Some birders use a camera instead of binoculars, if the camera has a telephoto lens.

**“Diamond Painting” (Sat. 10:15 a.m. – 11:45 a.m.)**

We will be making refrigerator magnets.

**Facilitator for “Diamond Painting”**

I was brought up in Schenectady and lived here most of my life. I enjoy scrapbooking and diamond painting. This is the first time I am teaching diamond painting.

**“Stained Glass Effect Wooden Garden Décor” (Fri. 2:15 p.m. – 4:15 p.m.)**

Sandy Morley will have attendees design a board layout, drill holes, select acrylic disc colors and attach acrylics to board to produce a colorful window decoration or hang outside or in a garden.

**“History, Culture, and Learn to Hula Dance” (2:15 p.m. – 5:30 p.m.)**

I will discuss a bit about hula, its meaning and beginner hula steps. Along with this I will bring a real Hawaiian Ipu (gourd drum) that my husband will play. I also have a set of Poi Balls, a ukulele, and pui pui sticks to demonstrate a couple of instruments used in the dance.

**Facilitator for “History, Culture, and Learn to Hula Dance”**

Ramona has taught several classes at 4C Camp including belly dancing. I love to teach and hula is a bit easier and less strenuous than belly dancing. She will provide handouts with steps for dance hand movements and instructions on each step.

**“Tin Can Flower Wall Vases” (10:15 a.m. – NOON)**

Decoupage the tin can, paint the wood flowers, place filler, attach hanging ribbon.

**Facilitator for “Tin Can Flower Wall Vases”**

Gail started teaching craft classes when she moved into the area in 2022.

**“Mahjong Teaching and Playing” (Fri. 10:15 a.m. – NOON) and Sat. 2:15 p.m. – 4:15 p.m.) (Maximum # of students: 8/Minimum # of students: 4)**

Ever play mahjong? Want to learn more about this fun and exciting game? Mahjong is a tile-based game that was developed in the 19<sup>th</sup> century in China and is played in groups of four. All former and current players welcome, as well as those who have never played. Any current players, please bring your National Mahjong playing cards. Also, anyone who has a game, please bring it, too.

**Facilitator for “Mahjong Teaching and Playing”**

Sandy Gregory is an avid player of Mahjong and will enjoy teaching others how to play.

**“Bird House Building” (Fri. 2:15 p.m. – 4:14 p.m.)**

Assembling pre-cut pieces to create one of two different bird houses.

**Facilitator for “Bird House Building”**

Paul is a retired electrician, dragged to camp by my wife. Now I’m teaching a class with fellow camper Jim Youngs. Jim retired 2 years ago working in the maintenance dept. He enjoys woodworking as a hobby and is excited to work with Paul in this project.

**“Making a Ribbon Wreath” (Sat. 2:15 p.m. – 4:15 p.m.)**

Campers will use pre-cut, wired ribbon bundles and using twine they will attach these bundles to a wreath ring, creating a beautiful one-of-a-kind wreath for their home.

**Facilitator for “Making a Ribbon Wreath”**

Vivian Jeffers Turnbull is a poetry writer who also enjoys cooking and crafting. I am a sewer, a painter, and a wreath maker.

**“Decoupage Shells (2)” (Fri. 2:15 p.m. – 4:15 p.m.)**

Using napkins to decorate shells - with poly for outside use.

**“Carving a Letter Opener – Part 1” (Fri. 9 a.m. – 10 a.m.)  
AND “Carving a Letter Opener – Part 2” (Sat. 10:15 a.m. to NOON)**

We will collect branches from the area to carve. Safety instructions my prime concern – PEOPLE ON BLOOD THINNER MAY NOT TAKE THIS CLASS! Then we will use sharp tools to carve the branch.

**Facilitator for “Decoupage Shells” and “Carving a Letter Opener”**

Lucille is a multi-crafter, always trying new things and ready to share new crafts with others. This is one of them. It's fun and beautiful as well as useful. That's my thin!.

**“Origami” (Sat. 4:30 pm. – 5:30 p.m.)**

Folding paper into fun things.

**Facilitator for “Origami”**

I am a fun-loving Mom of one (and only) Emma. I enjoy baking and origami. I hope to make people smile.

**“Aqua Aerobics/Stretch” (Sat. 4:30 p.m. – 5:30 p.m.)**

**Maximum # of students: 8**

Pool Exercise

**Facilitator for “Aqua Aerobics/Stretch”**

Penny Downin has been a Physical Therapy Assistant for 30 years. She enjoys the outdoors and traveling.

**“Take A Hike! Hike the Shankitunk property with a Master Naturalist” (Sat. 10:15 a.m. – 12:00 Noon)**

Walk with Master Naturalist, Heather Morse. On last year's walk, we encountered various types of flora and fauna, including turtles, mushrooms, wildflowers, fungi, and insects just to name a few. The walking terrain will be fairly easy, but be prepared for wet conditions and ticks. Appropriate hiking/walking shoes a must.

**Facilitator for “Take A Hike! Hike the Shankitunk property with a Master Naturalist”**

Heather was born and raised in upstate New York. She enjoys gardening, chicken farming, raising mushrooms, and the outdoors. She loves to share her knowledge of local flora and fauna with others.

**“Worship Service” (Sun. 9:00 a.m. – 10 a.m.)**

We will gather together for singing, praying, and a brief message.

**Facilitator for “Worship Service”**

Tom Briggs, Mayor of the Village of Franklin, completed a Walk to Emmaus and recently was instrumental in turning a decommissioned United Methodist Church into a new, vibrant Community Church. He hopes to gather with others on Sunday morning for worship service.

**“Movement, Meditation, and Chanting with Karen”  
(Sat. 4:30 p.m. – 5:30 p.m.)**

This class incorporates 3 practices to enhance overall well-being and cultivate inner peace. We will start with gentle movement while seated in a chair as we focus on breathing and stretching, creating a relaxed state. Next, we will experience the ancient Hawaiian practice of reconciliation and forgiveness, known as the Ho'oponopono prayer. This meditation will be enriched with a Metta (loving-kindness) approach. We will finish the class with an uplifting chant of Sat Nam (true essence) with finger movements, also known as Kirtan Kriya. This practice helps increase activity in areas of the brain that are central to memory and is recommended by the Alzheimer's Research and Prevention Foundation. Please join me for these accessible practices and feel immediate benefit.

**Facilitator for “Movement, Meditation, and Chanting with Karen”**

Karen is a 200-hour registered yoga teacher (RYT 200), trained in the Bhakti tradition, under the guidance of Gopi Kinnicutt. Her training was completed at Yoga Mandali in Saratoga Springs, NY. She brings to the mat years of mentoring, guiding, and helping people. Karen first became interested in yoga six years ago when she was pursuing various ways to stay fit, young, and active. When life got messy, her yoga practice became her refuge and conduit for working through anxiety, depression, and grief. From these experiences, Karen brings compassion, humility, and openness to her classes, where all are welcome. Let her guide you as you flow through your own personal journey in a warm and safe environment, one breath at a time.

**“Games: Horseshoes, Cornhole” (Fri. 4:30 p.m. – 5:30 p.m. and Sat. 4:30 p.m. – 5:30 p.m.) The games will be set up for some friendly competition.**

**“Open Swim” – Pool (minimum two – do not swim alone).**

**“Flower Arranging” (Sat. 2:15 p.m. – 4:15 p.m.)**

Flowers will be provided for you to learn flower arranging.

**Facilitator for “Flower Arranging”**

Lila Shaffer is a local florist who works at Birdsong.

