

About Easy Adventures

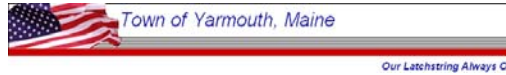
Easy Adventures is a health promotion initiative that coordinates low intensity, fun outdoor activities for experienced adults (the 50+/- set, we like to say!). We have offered raft trips, "get back on a bike" events, geo-caching, snowshoeing, cross country skiing, and horseback riding. The idea is to get adults together in a sociable, fun, active outdoor setting.

The planning group for the Easy Adventure initiative includes health and recreation professionals from the Southern Maine Agency on Aging, the four Cumberland County Healthy Maine Partnerships, Secure Horizons by United Health Care, and recreation departments from across Cumberland County. Additional partners have included DeLorme, Carters XC Ski, Camp Ketcha and Pineland Farms.

Most events are only \$10. Any adult from Maine may participate. The events are designed for 40-80 year olds.

We are promoted by your local recreation department. If you don't see us in your town's catalog, ask about it!

The Fall 2009 Easy Adventures are planned and supported by:



With help from the Cumberland County Healthy Maine Partnerships



Communities Promoting Health Coalition



For more information, and to get on our mailing list, please contact

Sharon Dupras
Easy Adventures

Southern Maine Agency on Aging
207-396-6583 sdupras@SMAAA.org



Fall 2009

Outdoor
Activities for
Adults

Fun and Adventurous
but in No Way
"Extreme"

EASY ADVENTURES!



Geo-caching on the Scarborough Marsh
sponsored by Scarborough WOW
September 21st, 10-2

Spend a delightful day in the Scarborough Marsh using GPS devices to find hidden treasure troves! Enjoy the marsh's scenic beauty while you play with the latest technological navigation tools! Snacks provided
\$10

Contact:
Debbie Jones
Seniors Program Coordinator
Scarborough Community Services
(207) 730-4156 office
djones@ci.scarborough.me.us



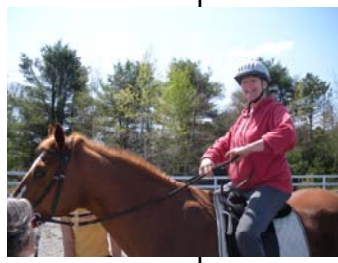
Horseback Riding and Nature Walk
sponsored by Camp Ketcha
September 25th, 10-2:30

Please join us at Camp Ketcha for a beautiful September afternoon of introductory horseback riding and horsemanship coupled with a guided nature walk through our woodland trails! A healthy lunch will be provided for you to enjoy as a group!
\$10

Capacity: 20 participants

Contact:

Marissa Leighton
Camp Ketcha
883-8977 ext. 104
mleighton@campketcha.org



Please note: Trail riding requires the physical ability to mount, ride and slide off the horse to the ground. Our horses are able to bear a maximum weight of 250 pounds.

Royal River Kayak Exploration
Sponsored by Yarmouth Community Services
October 3rd, 10-2

Join us for a guided paddle along the Royal River through Yarmouth. Learn about the great natural history of the river's floodplain forests, migratory fish runs and river birds. Rain or shine! As a YCS event, this Easy Adventure is open to adults and youth 10+ with an adult, so grandkids are welcome!
\$10, bring your own snack.
Bring your own boat, or tell us you need one. **Capacity Min/Max: 6/20**

Contact:

Marcia Noyes, CPRP - Director
Yarmouth Community Services
Phone: 207-846-2406
Fax: 207-846-2421
Marcia_Noyes@yarmouth.k12.me.us



Peaks Island Group Walk

Co-sponsored by Portland Recreation & the Southern Maine Volkssport Association

October 24th 10:15 am

Join us for a walk on scenic Peaks Island in Casco Bay with members of the Southern Maine Volkssport Association. For all levels of ability and fitness. Take the walk, and enjoy the rest of the day doing what you'd like on the Island! This Easy Adventure is open to adults and youth 10+ with an adult, so grandkids are welcome!

This Adventure is FREE.
You buy your own Ferry Ticket (\$2-4)

Please Note: Registration is DAY OF EVENT, anytime between 8 and 10 AM at the Peaks Island Community Building (up the hill from the boat, left at stop sign, less than a half mile). You will need to catch the 7:45 or 9:30 am ferry from the Casco Bay Lines Terminal in Portland.

To Register, contact:

Denise Macaronas
Portland Recreation
207-774-3145
dlim@portlandmaine.gov

