

SHARED ADVENTURES SPRING 2005 PROGRAM

Sponsored by Newman's Own Organics, Children's Miracle Network, Omega Nu, National Endowment for the Arts, The Max and Louise Dreyfus Foundation, and Cruzio the internet store



Sunset Kayak Paddle Sundays, June 5th & July 10th

Location— Santa Cruz Harbor
Time— 5:00 PM
Cost— \$20

Team up with experienced kayakers for a paddle in Monterey Bay. Join us for a special evening of sunset, fresh air, moonlight, and ocean spray. Elkhorn Slough trips will also be offered this season; check our website for dates and times.

Sailing Thursdays, May 19th, June 16th, and July 14th



Location— Pacific Yachting (on the Aldo's side of the harbor)
Time— 2:00 PM – 4:00 PM
Cost— \$20

Enjoy sailing in the Monterey Bay with great views of the Santa Cruz skyline and the Pacific Coast. A relaxing and invigorating trip—not to be missed! Space is limited, call to reserve your seat.

Spring Dance Party Saturday, June 18th

Location—Soquel Grange
Time— 6:30 PM – 9:00 PM
Cost— \$5

Join us for an evening of fun and live entertainment. Boogie with friends and your favorite rock and blues! Refreshments will be served. Co-Sponsored by Community Options and Shared Adventures.

Campfire and Cookout Sunday, May 22nd

Location— New Brighton Beach State Park
Time—4:00 PM – 9:00 PM
Cost—\$5



It's camping season again! We'll take a hike along the beach, enjoy some BBQ, and finish the evening roasting marshmallows, telling stories, and singing campfire songs.

Movie Night Wednesday, May 11th

Location— Cinema 9, Pacific Avenue
Time— 7:10 PM
Movie: Fever Pitch
Cost— \$6



Stuff yourself with popcorn with us for the yet-to-be-announced favorite movie of the month. We will watch the most popular box-office movie, and have group discussion over Gelato afterwards.



13th Annual Day on the Beach Saturday, July 16th

Location— Cowell's Beach
Time— 12:00 PM – 5:00 PM
Cost— FREE

The countdown has begun, the sun is coming out, and we are getting ready for the most successful Day on the Beach ever! Register on-line to secure your spot. Sign up for your favorite activities at www.SharedAdventures.com, and start looking forward to joining us for a great day of friends and fun in the sun! You may also give us a call, and we will mail you the registration forms.

ALL ACTIVITIES ARE FULLY ACCESSIBLE

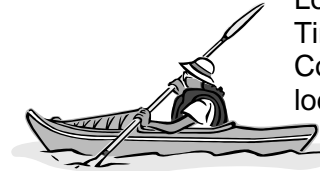
All activities are fully accessible, call to discuss any special needs. No one is turned away for lack of funding. For registration, scholarship or additional information, call **Shared Adventures at (831) 459-7210**. Deposits are required for most activities. If you need help with transportation, please call Lifeline at (831) 688-9663. Carpools can sometimes be arranged. Office hours are Tuesday, Thursday, and Friday 1:00 PM – 5:30 PM.

Be sure to check out updated activities and information at
www.SharedAdventures.com/www.SCAccessGuide.com

Shared Adventures
90 Grandview St., B101
Santa Cruz, CA 95060
831-459-7210



Angel Island Kayak Adventure Saturday-Sunday, June 18th-19th



Location—Sausalito to Angel Island
Time— Saturday, 9:30 AM – Sunday, 4:00 PM
Cost— \$85 (includes kayaking or ferry fare,
lodging, & delicious food)

Kayak to Angel Island on San Francisco Bay for an amazing overnight adventure. We will paddle from Sausalito to Angel Island, and spend the night in a beautiful restored Victorian House, overlooking the Golden Gate Bridge. When the sun sets, we will be the only people left on the island other than the park rangers. This trip is also available to non-kayakers, who may take a ferry to Angel Island and join the overnight fun. Space is limited; call for directions, and to reserve your spot today!

Guided Meditation Group Friday, May 20th

Location—Please call for directions
Time: 1:00 PM – 2:30 PM
Cost: By Donation



Enjoy learning and practicing basic meditation in a relaxed and inviting environment. Refuge, a local meditation group specially designed for those with special needs, offers guided meditation appropriate for both beginners and experienced meditators. Please call for directions and to reserve a space.

Indoor Rock Climbing Thursdays, May 19 and May 26

Time: 7:00PM – 9:00 PM
Location: Pacific Edge Climbing Gym
Cost: Free

Try out the fun and challenging sport of rock climbing, in one of the Central Coasts most renown climbing gyms! No experience necessary. Please call to reserve your space today!

Stay Tuned For More Exciting Upcoming Events, Including...

River Rafting Excursions, Art Classes, Roaring Camp
Railroad. Horseback Riding. and much more!!!