

SHARED ADVENTURES

Summer 2009 Program

Sponsored by Newman's Own Foundation, The Taylor Family Foundation, The Upjohn California Fund, Children's Miracle Network



SHARED ADVENTURES

Summer 2009 Program

METEOR SHOWER VIEWING, STAR GAZING & COSMIC TALES WITH ASTRONOMER JOE JORDAN

WEDNESDAY, AUGUST 12, 8:15-9:30pm

Natural Bridges State Park

(meet at gate where Delaware Ave. and Natural Bridges Dr. intersect)

Cost: FREE!

On this enchanted evening we will explore outer space in the fresh night air and observe a meteor shower of "shooting stars" at its peak. The Perseids is one of the best meteor showers to observe, producing up to 60 meteors per hour. Local legend Joe Jordan, NASA/Cabrillo/SJSU astronomy and solar-energy educator/researcher, will guide us for a fascinating evening of "true tall tales of the universe" and "cosmic ecology." We will drink hot chocolate while we discover the lights, motions, colors, and phenomena of the night sky, looking at constellations, planets, nebulae, star clusters, galaxies, and more! Joe has an amazing green laser that makes a sharp, brilliant beam that looks like it goes all the way out to space, allowing him to clearly point to various areas of the sky. Bring some warm clothes and dress in layers.



WWW.SHAREDADVENTURES.ORG

Letter from the President

Everyone here at Shared Adventures is gearing up to put on the 17th annual Day on the Beach. I am sure this year will prove to be one of the best yet! This event has gotten so popular and our phones have started ringing off the hook with inquiries and interest, and organizing it takes a lot of our energy. However, we are still committed to bringing you a variety of other events this summer and so we have put together another fabulous full program of activities that we hope you will enjoy.

It's amazing to notice that almost every day we get a few new participants and volunteers that discover Shared Adventures' website and would like to join our mailing list. These are all new people that will experience our events for the first time. It seems like the majority of people contacting us are from out of town, which is exciting to see that we are expanding beyond the limits of Santa Cruz County.

We are presenting an array of activities, both here in Santa Cruz and over the hill. We are especially excited about one we have never presented before, a trip on August 15 to see the minor leagues baseball team, the San Jose Giants. We will have a fun old-fashioned day at the ball park, complete with a tailgating barbecue in the parking lot and a lot of cheering for the home team!

We are also really thrilled with the recent progress of our lovely Shared Adventures' garden, and the new format we are introducing for our Garden Get-Togethers this summer. The garden is now flourishing with festive and colorful plants including tomatoes, onions, carrots, succulents, basil, mint, thyme, cilantro, radishes, spinach, lettuce, and sunflowers. We will now be gathering every other Friday and offering arts & crafts, refreshing drinks and samples of vegetables from the garden. This is the perfect time of year to experience the garden and get some fresh air, so join us and share the bounty!

Hope everyone has a great summer. Look for a path and travel down it!

Take care,

Foster Andersen
Founder/President



SUNSHINE GARDEN GET-TOGETHERS WITH CRAFT MAKING

New day & format! EVERY OTHER FRIDAY, 3-5pm
(Depending on weather)

JUNE 26, JULY 10 & 24, AUGUST 7 & 28

Location: Lighthouse Community Garden

(Lighthouse Rd., S.C.) **Cost:** FREE!



Everyone is welcome to join whether you are new to gardening or come with a plethora of experience. We'll spend sunny afternoons in the fresh air sowing seeds, watering, weeding, pruning, harvesting and enjoying. Come watch the greenery grow and reap the harvest throughout the summer! This ongoing project is for all ages to enjoy. We have our own section of the Lighthouse Community Garden with raised planter beds for easy access.

Our Lead Gardener, Allison O'Sullivan, will be there to teach and demonstrate different gardening techniques. Allison has over 10 years of experience with organic farms, and has studied agriculture throughout California and as far away as Ghana, West Africa. Allison is certified in Permaculture Design from the Permaculture Institute and has been teaching outdoor education for 7 years.

Beverages will be provided, and we will sample tasty vegetables straight from the garden. Wear comfortable clothes that you won't mind getting dirty, and make sure to bring a sun hat.

We are now offering fun nature-themed arts and crafts with the following schedule. **Pre-registration is required to participate in these.**

- June 26: Make lavender wands & herb pouches
- July 10: Paint flower pots & pet rocks, seed a flower into the soil, learn how to care for your plant
- July 24: Watercolor painting
- August 7: Make dream catchers
- August 28: Solar ovens—learn how to make one, watch a pizza cooking demo, and sample the results!

SAILING ON THE BAY THURSDAYS, 2-4pm JUNE 25, JULY 9, July 30, AUG. 13, & AUG. 27

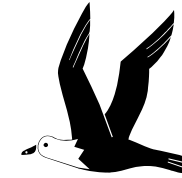
Location: Pacific Yachting
(Aldo's side of the S.C. Harbor)

Cost: \$20 (includes one companion)

Board a small luxury sailing yacht and float out of the harbor and into Monterey Bay, where you

will see the amazing Santa Cruz coastline from a new perspective!

We have a lift to easily transfer people in wheelchairs into the boat. We are lucky to be based in the Monterey Bay National



Marine Sanctuary, a federally protected marine area that supports one of the world's most diverse marine ecosystems. The steady and consistent winds, special quality of open ocean sailing, moderate swell, spectacular coastal scenery and abundance and variety of sea life make the our Monterey Bay one of the most ideal sailing locations on the West Coast. Space is very limited and this is one of our most popular activities, so sign up early to reserve a spot. *Please only one companion per participant due to limited space.*



ALL ACTIVITIES ARE FULLY ACCESSIBLE. Call to discuss any special needs.

PAYMENT & CANCELLATION POLICIES:

Advance payment is required. Your spot will not be confirmed until we receive payment. We require 48 hours notice for cancellations. Less than 48 hours notice will result in no refund. A limited number of scholarships are available. Inquire for application info.

PRE-REGISTRATION IS REQUIRED!

For registration, scholarship or additional information, call our office at (831) 459-7210. Office hours are Tues., Thurs., & Fri. 11:00-5:30pm. If you need help with transportation, you can call Lifeline at (831) 688-9663 or ParaCruz which you may be eligible to use at no cost, (831) 425-4664. Carpools can also sometimes be arranged.

Be sure to check out updated activities and information (and/or join our mailing list) at: www.SharedAdventures.org

SHARED ADVENTURES

SUMMER 2009 PROGRAM

SHARED ADVENTURES

17th Annual

Day on the Beach

July 18th 2009
SANTA CRUZ
CALIFORNIA

outrigger
scuba
kayak



17TH ANNUAL DAY ON THE BEACH

SAT., JULY 18 12-5pm

Location: Cowell Beach, SC

Cost: FREE!

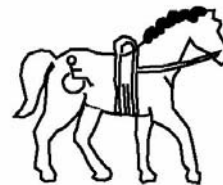
The countdown has begun, the sun is coming out, and we are getting ready for the best Day on the Beach ever! We will lay down over 160 pieces of plywood on frames to enable those with mobility issues to travel over the sand to activities, and create a unique 7600 square foot little town on the beach, complete with three vands and a fresh and tasty lunch. Cruise around the sand using beach wheelchairs, and

experience the lovely Pacific Ocean up close while engaging in sports including kayaking, outrigger canoeing, SCUBA diving, and water floatation.

Pre-registration is required for participants and space is limited, register at dayonthebeach.org. Volunteers needed! Please register online as well. You may also give us a call and we will mail you the registration forms.

Please support this event & order your 2009 t-shirt now! Call our office or visit <http://www.sharedadventures.org/DotB.htm>. The shirt will feature this year's beautiful design and all sales will help fund Day on the Beach.

Available in men's, women's, and children's styles in a variety of sizes. You must be able to pick up your shirt at Day on the Beach or at our office.



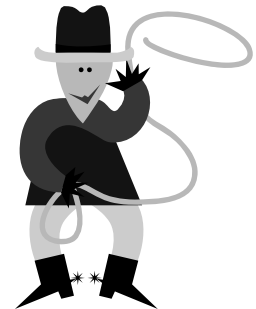
HORSEBACK RIDING & RANCH ADVENTURE

TUESDAY, AUGUST 18, 2-5pm

Location: La Selva Beach (15 mi. south of Santa Cruz. Transportation not provided) Cost: \$7

Come riding in a supportive environment with the Monterey Bay Horsemanship & Therapeutic Center. Great opportunity to experience ranch activities including taking a trail ride, learning to vault (gymnastics on horseback), taking a tractor or electric car ride around the facility, or giving pony cart riding a try! Activities are subject to availability. A down-home BBQ with music is included. We thank MBHTC for sponsoring this activity so we can offer this highly-discounted rate.

For more info on the facility, visit: www.mbhorsecenter.com



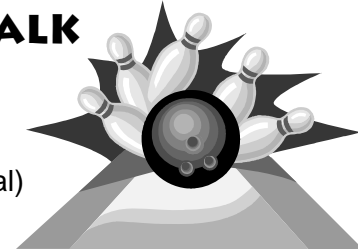
BOWLING BY THE BOARDWALK

TUESDAY, AUGUST 25, 4-6pm

Location: Santa Cruz Boardwalk Bowl
(115 Cliff St, SC)

Cost: \$7 (includes one game and shoe rental)

Join us for a fun filled early evening at the lanes! The bowling alley has recently purchased new ramps and adaptive equipment to make this sport even more easy, fun, and rewarding for people of all abilities. Share some laughs and make new friends while practicing your technique at a great spot near the ocean. Great for all ages.

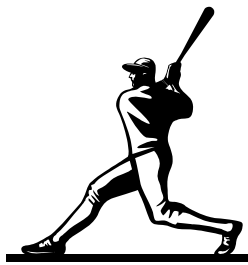


INDOOR ROCK CLIMBING

FRIDAY, AUGUST 7, 7-9pm

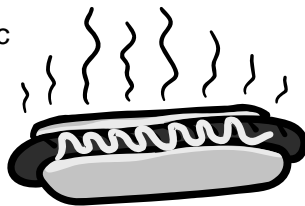
Location: Pacific Edge Climbing Gym
(104 Bronson St., S.C.) Cost: \$10

Try out the fun and challenging sport of rock climbing in a supportive environment with experienced belayers to guide you. We will have our own room at Pacific Edge, one of the Central Coast's most renowned climbing gyms. Prepare to reach new heights and have a great time!



**SAN JOSE GIANTS BASEBALL
GAME & TAILGATING BBQ**
SATURDAY, AUGUST 29, 4-8:30pm
Location: San Jose Municipal Stadium
Cost: \$13

Come cheer on the San Jose Giants at the historic San Jose Municipal Stadium! Not to be confused with the San Francisco Giants, they are a minor league professional baseball team in the Class A-Advanced California League. They are the 2007 California League Champions, and an exciting team to watch play.

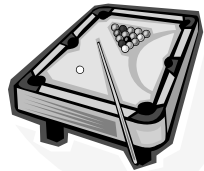


We will be meeting in the stadium parking lot at 4pm to enjoy a true tailgating experience. There is an \$8 parking fee paid at the gate (not included in event cost), though if you arrive early enough you may find free parking on the street. The parking lot has 10 disabled spaces. We will provide hot dogs, chips, dips and drinks for the BBQ picnic. The game starts at 6pm and we will have a nice section to sit in that is wheelchair friendly. They will even announce Shared Adventures' name over the loud speaker, welcoming us all to the park! The game will last approximately until 8:30pm. This is a great activity for the whole family!



**BOARDWALK TABLE TENNIS
& GAME DAY**

SATURDAY, AUGUST 8, 1-3pm
Location: Neptune's Kingdom & Arcade, Santa Cruz Boardwalk



Cost: \$5 (includes tokens for games)
With more than 300 of the most popular video and pinball games, laser tag, billiards, ping pong, and special attractions just steps from the beach and Boardwalk rides, this is a bonanza of fun for all ages! A variety of activities are available, from the latest in high-tech adventures and interactive games, to air hockey, the Gold Rush Shooting Gallery, an ice cream stand, and a pirate-themed two-story miniature golf course. You can also win tickets from games such as Skee Ball and trade them in for prizes.



SUNSET KAYAK PADDLE
SUNDAYS, JULY 12 & AUGUST 9, 5-7pm

Location: UCSC boat launch (Aldo's side of Santa Cruz Harbor)
Cost: \$20/person (*Please only one companion per partic. due to limited space*)

Team up with experienced kayakers for an adventure in the Santa Cruz Harbor on the beautiful Monterey Bay. We will have a large team of experienced kayakers to guide us as we paddle out in the company of otters, seals, herons, and pelicans to watch the sky turn pink as the sun sets. No experience necessary. This is one of our most popular activities, so sign up early to reserve a spot!

ELKHORN SLOUGH KAYAK EXCURSION
SUNDAY, AUGUST 30, 4-6pm

Location: Kayak Connection, Moss Landing (2370 Highway 1. Approx. 30 min. south of Santa Cruz, transportation not provided)
Cost: \$20/person (*Please only one companion per partic. due to limited space*)

Take this unique opportunity to explore an amazing area by kayak! Elkhorn Slough harbors the largest tract of tidal salt marsh in California outside of San Francisco Bay. This ecological treasure at the center of the Monterey Bay coastline provides much-needed habitat for hundreds of species of plants and animals, including more than 340 species of birds. You will team up with a large team of experienced kayak volunteers to have an unforgettable experience.



FROZEN YOGURT SKETCHING CIRCLE
LAST TUESDAY OF EACH MONTH

(JUNE 26, JULY 31, AUG. 28), 4-5pm
Location: Top A Lot Yogurt (738 Water St, S.C.)
Cost: FREE! (optional—bring \$ for yogurt)



Try your hand at sketching while chatting with new friends and enjoying a sweet treat. We will have teachers to offer you tips and instruction. Great for all ages!

