

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Swimming ARC 2-4pm 6 Commerce Ln Canton ARC Pool \$5 swim suit, towel	3	4
5 Train Ride 10am-2:30pm Tupper Lake \$19 Bring your lunch <i>*more info below</i>	6	7	8 Open Bowling 12-2:30pm 11th Frame Ogdensburg \$10 Bring Lunch	9	10 TL	11
12	13	14	15	16 Craft Day for Trunk or Treat 10am-2:30pm 3C Office Canton Help make crafts for the Trunk or Treat	17	18
19	20	21	22 Exercise Class 3-5pm U.U. Church Canton \$1 donation please Help yourself get stronger!	23	24 Trunk or Treat 6-8pm Gouverneur Free Dress up and have fun! Help hand out candy!	25 Halloween Dance 1-4pm Gouverneur Community Center Free *more info below
26	27	28 Around the World GUATEMALA 10am-2:30pm Norfolk Library Bring Lunch <i>*more info below</i>	29	30 Crane Concert and Chinese Buffet Brass Ensemble 6-8:30pm Hosmer Hall Suny Pots \$20 for dinner or bring	31	

10-5 Train Ride: Come aboard the "Tupper Lake Explorer" for a 1 1/2hour train ride! It starts in Tupper Lake, goes over the Raquette River, and continues into vast wilderness areas. See historical ruins, marshes, FALL FOLIAGE, and maybe some wildlife! We'll be meeting up in Canton and Potsdam for this.

10-25 Halloween Dance: ☐ SPACE IS LIMITED We are invited to the Community Halloween Dance at the Gouverneur Community Center! Come dress up, dance, and have some fun! The Gouverneur Community Center address is: 4673 NY 58 Gouverneur

10-28 Around the World: There will be a new format for the Around the World Class! Previously, we prepared all the information about the country. For now on, we will

November 2025



Cerebral Palsy Association
of the North Country



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Geocaching 10am-2:30pm Gouverneur Bring a lunch and dress to be outside most of the day	5	6 Swimming ARC 2-4pm 6 Commerce Ln Canton ARC Pool \$5 swim suit, towel	7	8 TL
9	10	11 Open Bowling 12-2:30pm 11th Frame Ogdensburg \$10 Bring Lunch	12 S.L.U. Girls Hockey vs Clarkson 2:30- 5:00PM Cheel Arena, Potsdam \$3	13	14	15 S.L.U. Football vs Rochester 12:30-3:00pm Weeks Field, Canton \$5 Bring/Buy Lunch
16	17	18 Around the World INDONESIA 10am-2:30pm Norfolk Library Bring Lunch	19	20 Crane Concert and and Chinese Buffet Percussion Ensemble 6-8:30pm Snell Hall Suny Pots \$20 for dinner or bring	21	22 TL
23	24	25 Exercise Class 3-5pm U.U. Church Canton \$1 donation please <i>Just do it!</i>	26	27 Thanksgiving		29
30						

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Open Bowling 12-2:30pm 11th Frame Ogdensburg \$10 Bring Lunch	3	4 S.L.U. Girls Hockey vs Clarkson 6:30- 9:00PM Appleton Arena \$ Free	5	6
7	8	9	10 Syracuse Day! 9am-6:30pm Meet us at 3C @ 9am Picked up 3C @6:30pm \$20+ Bring/Buy Lunch <i>*more info below</i>	11 Swimming ARC 2-4pm 6 Commerce Ln Canton ARC Pool \$5 swim suit, towel	12	13
14	15	16 Craft Day and Cookie Making 10am-2:30pm Norfolk Library Bring Lunch	17	18 Christmas Caroling and Party 10am-2:30pm U.H. Nurse Hm Canton & U.U. Church Canton <i>*more info below</i>	19	20
21	22	23 Exercise Class 3-5pm U.U. Church Canton \$1 donation please <i>Come and Sweat!</i>	24	25 Christmas	26	27
28	29	30	31			

12-10 Syracuse Day: Meet up with us at the 3C office at 9am and please be picked up there at 6:30pm. It will be a long day heading down to Syracuse to do Holiday shopping at the Destiny USA mall. We'll check out a variety of other stores and have a lot of fun! Bring or buy a lunch at the Food Court. May need more money for other activities you choose.

12-18 Christmas Caroling at Nursing Home and Party: Join us singing Christmas Carols to those in the nursing home. Afterward, we'll head to the U.U. Church to party! Bring a lunch. We'll have hot chocolate and the cookies from the Craft Day activity two days ago. Meet up at 10am sharp at the United Helpers Nursing Home at 205 Canton-Madrid Rd in Canton.