

October 2026



**Cerebral Palsy
Association**

OF THE NORTH COUNTRY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Swimming/ Water Aerobics 2pm-4pm 6 Commerce/ARC pool \$5, swimsuit, towel	2	3
4	5 Whiteface Mountain Wilmington Scenic Views \$10 Meet us in Canton 9am, Potsdam 9:30am Pick up Pots 1:15pm, Cant. 1:45pm	6	7 Camp Overlook Owls Head NY Cabin Camping, Games, Campfire cost: \$40, please bring a lunch Meet us in Canton 10am, Potsdam 10:30am Pick up in Potsdam 1:15pm, Canton 1:45pm	8 Camp Overlook	9	10
11	12 Applewood Orchards 11am-3:30pm Bring lunch Making applesauce for you \$ for gifts, pumpkins...	13	14 Prom Dance Canton Fire Hall 11am-3:30pm Theme: Hollywood Extravaganza! Formal Dress	15	16	17
18	19	20 Open Bowling 11th Frame Ogdensburg. 12-2:30pm \$12 Bring Lunch	21	22 Exercise Class 2-4pm U.U. Church Canton \$1 room fee please Exercise is good for you!	23	25 Halloween Dance 1-4pm Gouverneur Community Center Free <i>*more info below</i>
25	26	27	28	29 Trunk or Treat Potsdam 3:30pm-8pm Bring your dinner We'll decorate first. Dress up!	30	31

10-25 Halloween Dance: We are invited to the Community Halloween Dance at the Gouverneur Community Center! Come dressed up, dance, and have some fun! Snacks provided! The Gouverneur Community Center address is: 4673 NY 58 Gouverneur

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Mohawk Casino and Museum 10:30am-3:00pm Hogansburg Bring lunch and money if you want.	6	7 College Football Slu vs Buffalo State Leckonby Stadium Canton 12:30-3pm \$5, Bring/ \$ Buy lunch
8	9	10 Open Bowling 11th Frame Ogdensburg. 12-2:30pm \$12 Bring Lunch	11 Veterans Day	12 Swimming/ Water Aerobics 2pm-4pm 6 Commerce/ARC pool \$5, swimsuit, towel	13 SLU Girls Hockey vs Brown Appleton Arena, Canton 5:30pm-8pm Free Bring or \$ Buy Dinner	14
15	16	17 Syracuse Mall Shopping Trip 3c office drop off at 9am pick up at 6:30pm *more info below	18	19 Exercise Class 2-4pm U.U. Church Canton \$1 room fee please Exercise is good for you!	20	21
22	23	24	25	26 Thanksgiving Holiday	27 Holiday	28
29	30					

2/17 Syracuse Mall Trip-Bring or buy lunch. It's the holiday season so come find the perfect gift while exploring the Syracuse Mall. Weather permitting.



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December 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Craft Food Holiday Market Suny Potsdam Maxcy 2-4pm Shopping money if you want.	5
6	7	8 Open Bowling 11th Frame Ogdensburg. 12-2:30pm \$12 Bring Lunch	9	10 Swimming/ Water Aerobics 2pm-4pm 6 Commerce/ARC pool \$5, swimsuit, towel	11	12
13	14	15 Craft Day and Cookie Making 10am-2:30pm Norfolk Library Bring Lunch, we'll make cards and cookies	16	17 Christmas Caroling and Party 10am-2:30pm U.H. Nurse Hm Canton & U.U. Church Canton <i>*more info below</i>	18	19
20	21 Exercise Class 2-4pm U.U. Church Canton \$1 room fee please Exercise is good for you!	22	23 Movies Potsdam Roxy/Cheel 10am-2:30pm Bring Lunch Walking and lunch at Cheel, then movies	24	25 Christmas Holiday	26
27	28	29	30	31		

12-17 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.