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<th>Sun</th>
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<td></td>
<td></td>
<td>LAST Taughannock Park 10:30 - 12:00 Kristin</td>
<td>NO Workout</td>
<td>Bowling Cortlanes Time TBA Kristi</td>
<td>NO Workout</td>
<td>Fan Club Syracuse Mets Baseball Game 4:30 - 12:00 Kristin</td>
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<td>6</td>
<td>7</td>
<td>Workout The Gym 5:30 - 7:00 Brandon</td>
<td>(RSS Staff working Camp Programs)</td>
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<td>13</td>
<td>14</td>
<td>DISCOVER BOAT Cayuga Lake Tour Ticket $10 10:30 - 12:45 Kristin</td>
<td>NO Workout</td>
<td>Bowling Cortlanes Time TBA Kristi</td>
<td>Workout The Gym 10:30 - 12:00 Brandon</td>
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<td>LAST (RSS Staff working Camp Programs)</td>
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**STAFF EXTENSIONS**
2135 - Court
2136 - Brandon
2153 - Kristin
2158 - Kristi
2137 - Lee

**NO PROGRAMS THIS WEEK**
2023 AUGUST ADULT PROGRAMS

**1000 ISLANDS DAY TRIP TO ALEX BAY** – RSS will be taking a
day trip to Alexandria Bay in the 1000 Islands region of NY to explore
the area. Activities may include: shopping, eating out at a
restaurant, taking a boat tour of the islands/Boldt Castle, etc.
Participants will be asked to bring a bag lunch and drink, $$ for
dinner & admissions. Space limited. Must call ahead & sign up.
(KRISTIN)

**DISCOVER BOAT TOUR** – ALL ABOARD!!!!! Join us Tuesday,
August 15th on the local Discovery party boat and take a boat tour up
Cayuga Lake enjoying the sights, lake breeze and friends. The
Discover docks at the large marina at Cass Park Marina. Cost
$10/person. Space limited. Must call ahead & sign up ahead.
(KRISTIN)

**TAUGHANNOCK PARK PROGRAM** – In this program we go to or
meet group members each week at Taughannock Park stone pavilion
next to the marina or the playground area next to the lake to play
board/card games, lawn games, walk in the park, eat lunch, explore
the shoreline and playgrounds and more..... Bring lunch/snack and a
drink if you want to. Call ahead to join. (KRISTIN)

**WORKOUT at "The Gym"** – Join Brandon at "The Gym" in Ithaca
to get a workout in cardio and circuit lifting. Call to join. Space is
limited. (BRANDON)

**BOWLING CORTLAND** - Join us to knock down some pins in
Cortland at Cortlanes. $7.50 fee for 2 games and shoes. Call ahead
to join. (KRISTI)

**FAN CLUB** – This month RSS sports fans will be travelling to
Syracuse the watch Mets Baseball!! Tickets $20. Must call ahead &
space is limited. (KRISTIN)