



# walks talks

## Winter/Spring 2010

Discover Lake George through our FREE Walks&Talks programs and special events. Visit [www.lglc.org](http://www.lglc.org), call 518-644-9673, or email [shoffman@lglc.org](mailto:shoffman@lglc.org) for updates and for more information. Don't forget you can also visit any of our six preserves on your own - go to [www.lglc.org](http://www.lglc.org) for directions and trail guides.

**Please note: Pre-registration is required for all events.**

### **SATURDAY, MARCH 20, Art of Stillness**

2 p.m.; LGLC Office, 4905 Lake Shore Dr., Bolton Landing

Welcome the first day of spring with a peaceful soul. This program, led by local Reiki Master and massage therapist Helena Holod, is designed to cultivate your ability to relax, learn to cope with stress, increase energy levels and enhancemental clarity and focus. The techniques are simple and easy to use and are appropriate for all age levels.

**Space is limited; please RSVP by March 17.**

### **APRIL 18 - 24, National Volunteer Week**

Show your support of local non-profits, clubs and causes - find volunteer opportunities in your community!

Thursday, April 22, LGLC Office Work Day, Bolton Landing

9:30 a.m.; Many hands make light work, as the saying goes. Join us for

a variety of spring clean-up tasks, including organizing tools, files and furniture in the basement and prepping the gardens (weather permitting). We'll also need extra hands to help fold our Spring Newsbriefs.

### **MONDAY, APRIL 26, Gull Bay Preserve Work Day**

11 a.m. - 2 p.m.; Gull Bay Preserve, Putnam

Get out on the trails - help us clean debris off trails, cut back growth and replace trail markers. We'll also enjoy a sneak peek at the resident great blue herons as they ready their nests.

## **SAVE THESE DATES!**

**July 10 ~ Mini-golf Tournament & Cruise**

**July 24 ~ Member Appreciation Day & Annual Meeting**

**August 2 ~ Land & Water Conservation Celebration**