

## AMC Fire Island Cabin Summer 2023 Schedule

**To reserve, call the AMC Contact Service Center  
603-466-2727 | Monday – Saturday | 10 a.m. – 5 p.m.**

**Fri-Mon | May 26-29 | Memorial Day Family Weekend** | Join us for opening weekend at AMC's scenic Fire Island Cabin. We will kick off the season with a fun family weekend. Meet other families, hike, canoe, kayak, and more! Bring your beach toys and enjoy walks along the bay or the ocean. Our Gazebo is stocked with games for day and nighttime activities. Bring kids 6 and older for a fun weekend. Mgrs: Crystal Williams & Akwanza Gleaves

**Mon-Fri | May 29-June 2 | Springtime at the Cabin Midweek** | Watch the trees and flora burst forth! Bring a book and relax, or bring a friend and enjoy our board games. Sit on the beach under an umbrella, walk to the lighthouse, or take a canoe or kayak to enjoy the sounds of the bay. Mgrs: Elizabeth Green & Dan Yafet

**Fri-Sun | June 2-4 | Do Your Own Thing Weekend and Community First Aid Class** | Enjoy the first June weekend with warm days and cool nights. Our Atlantique Homeowners Association is holding an hour-long First Aid class (CPR, AED and Narcan) Saturday in our gazebo. For overnight guests interested in the course, call the Call Service Center and mention group #649339. Day guests interested in the course should email Rose Suarez at [FICActivities@outdoors.org](mailto:FICActivities@outdoors.org). Mgrs: Marie Argeris & Zanna Adi

**Sun-Fri | June 4-9 | Hiking Midweek** | Venture west with L Matt Dolitsky in a series of group hikes of varying distances, experiencing the beach and bay of each daily destination. Begin with the Fire Island Lighthouse, then Kismet, Saltaire, and Fair Harbor. The final hike will venture east to Ocean Beach and Seaview or perhaps to the Sunken Forest. Stroll the towns and take in beautiful views. Enjoy time in nature, breathe fresh air and spot wildlife along the way. Mgrs: Cindy Arlinsky & Barbara Luciano

**Fri-Sun | June 9-11 | Beach Walk & Stretch Yoga Weekend** | Enjoy long beach walks, yoga, and guided meditation. Bring your journal and comfy clothes for time together and alone in nature. Do as much or as little physical activity as you like. L Dionne C. Monsanto combines 5 yoga certifications to create a yoga experience just right for every body, from newbies to those with an advanced practice. Mgrs: Jody Eckert & Ed Garelick

**Sun-Wed | June 11-14 | Botanical Illustration Midweek** | Be inspired, nurtured, and supported by L Katherine Arnoldi, our community of artists and the natural beauty surrounding the cabin as we paint beautiful watercolor botanical illustrations. Bring your own set of watercolors and watercolor paper or use those provided by L at no extra charge. All skill levels welcome. Mgrs: Diane Jennings & Bonnie Mairs

**Wed-Fri | June 14-16 | Watercolor Landscape Painting Midweek** | Join L Katherine Arnoldi and our supportive community of artists as we paint the natural beauty surrounding the cabin using watercolors. Bring your own set of watercolors and watercolor paper or use those provided by L at no extra charge. All skill levels welcome. Mgrs: Diane Jennings & Bonnie Mairs

**Fri-Sun | June 16-18 | Young Members Weekend** | Meet new friends for beach walks to the Fire Island Lighthouse or Sunken Forest, kayaking, and sailing on the bay, practicing yoga in our tranquil gazebo, and watching the sunset from our deck. Or just chill on the ocean beach! L Loic Chappoz will take guests out sailing on our sloop. For questions, email [loic.chappoz@gmail.com](mailto:loic.chappoz@gmail.com). Mgrs: Elena Nikolaeva & Gerti Geier

**Sun-Fri | June 18-23 | Yoga Midweek** | Join certified Hatha yoga teacher L Richard Barcia for classes designed for the mind, body, and heart. Learn new poses and breathing techniques designed for all levels. Yoga mats provided. Mgrs: Richard Barcia & Mark Calderon

**Fri-Sun | June 23-25 | Learn to Sail Weekend** | Join L Richard Weinberg & crew for an action-packed weekend of adventure and camaraderie while learning to sail our fleet of boats. No experience necessary. Weekend includes classroom sessions, boats, equipment, and on-water instruction. Mgrs: Beth & Tom Marinis

**Sun-Tues | June 25-27 | Sailing Practice with Optional Authorization Midweek** | Receive coaching from our sail instructors while honing your skills. Practice on the sloops and sunfish (weather permitting) as you work toward becoming an authorized FIC sailor. Previous FIC sailing students are encouraged to attend. Call L Richard Weinberg at 914-523-6223 if you plan on participating. Mgrs: Steve Cooper & Blanche Peled

**Tues-Wed | June 27-28 | One Overnight** | Come for the day and stay the night! One overnight means two days at our gem on the bay! Mgrs: Steve Cooper & Blanche Peled.

**Wed-Fri | June 28-30 | Pilates Midweek** | Find the power of your center with pilates and core strengthening with L Ellie Kusner. Each class delves into the body with imagery; our seaside environment offers many rich metaphors! Classes include a range of foundational exercise movements, traditional pilates exercises, and challenging core work. Appropriate for beginners and aficionados. You'll finish each session feeling focused, stronger, longer, and more resilient. Mgrs: Steve Cooper & Blanche Peled.

**Fri-Sun | June 30-July 2 | Pre 4th of July Paddlesports** | Weekend Join L Richard Barcia & L Sarah Osborne as they explore the Great South Bay by kayak. Yoga enthusiasts can join L Sara Osborne in the cove's calm waters for small group Stand Up Paddleboard (SUP) yoga instruction, where your yoga mat is the SUP and the bay is your classroom. Guests are invited to bring their own inflatable SUPs or use the Cabin's hard boards (hard boards not allowed on the ferry; deflated inflatables are permitted). Canoes are also available for water exploration. For a break from the bay, join L Rose Suarez on Cherry Grove Garden Tour; email [FICActivities@outdoors.org](mailto:FICActivities@outdoors.org) to register (see next listing). Mgrs: Cindy Arlinsky & Adrienne Hensen

**Sat | July 1 | Cherry Grove Garden Tour** | L Rose Suarez will take you on a garden tour in Cherry Grove (rain or shine) sponsored by the Cherry Grove Garden Club. \$20 fee payable in cash at start of tour. Meet homeowners who open their gardens to us east of the ferry dock, then have lunch at a local establishment and spend the afternoon exploring gardens west of the dock. Bring water, sunscreen and cash for lunch and ice cream. No pets allowed. Meeting place & time to follow closer to tour date. For questions and to register, email [FICActivities@outdoors.org](mailto:FICActivities@outdoors.org). Accessible by Sayville Ferry: [www.sayvilleferry.com](http://www.sayvilleferry.com).

**Sun-Fri | July 2-7 | Star Spangled Banner Holiday Midweek** | Celebrate Independence Day all week long! During the daytime, meander into town for ice cream, kayak on the bay, trek to the Lighthouse or plant yourself oceanside with a book and listen to the waves crash. After dark, view fireworks across the bay. 4th of July offers a special treat with an optional trip to see the Invasion of the Pines. Mgrs: Alice Rothrock & friend.

**Fri-Sun | July 7-9 | Learn to Sail Weekend Join L Torben** | Kuepper and crew for an action-packed weekend of adventure and camaraderie while learning to sail our fleet of boats. No experience necessary. The weekend includes classroom sessions, boats, equipment, and on-water instruction. Mgrs: Teresa Shen & Alice Rothrock

**Sun-Fri | Jul 9-14 | Family Midweek** | Meet other families, hike, canoe, kayak and more! Bring your beach toys and enjoy playful times bayside or oceanside. Our Gazebo is stocked with games for day and nighttime activities. Bring kids 6 and older for a fun week. Mgrs: Anne Kimmins & Maria Treglia

**Fri-Sun | July 14-16 | Fire Island Dance Festival Weekend** | Attend with your cabin mates the Saturday evening performance of this annual festival where professional dancers perform on a stage built into the bay at a private home in The Pines. We depart from Atlantique's dock at 4 p.m. Saturday, attend the performance (which includes a cocktail reception), then head back to Atlantique. To learn more about the event and Broadway Cares/Equity Fights AIDS visit: <https://dradance.org/category/post-event/fire-island-dance-festival/>. The \$175 event ticket is in addition to the regular weekend cost. To reserve a Dance Festival ticket you must contact L Susan MacDonald at [susanmacdonald@danielgale.com](mailto:susanmacdonald@danielgale.com). Those interested in the event who are not registered weekend guests may also reserve an event ticket with L. Mgrs: Diane Serlin & Susan MacDonald

**Sun | July 16 (Rain Date Sun July 30) | Walk** | L Frank Bamberger & L Matt Dolitsky will lead a leisurely walk from the Pines (or Cherry Grove) to Ocean Beach with the option to continue to the Cabin at Atlantique for a brief visit and cold drink. Details to follow closer to the day of walk.

**Sun-Mon | July 16-17 | One Overnight** | Come for the day and stay the night! One overnight means two days at our gem on the bay! Mgrs: Diane Serlin & Susan MacDonald

**Mon-Fri | July 17-21 | Kids Passport to Adventure Midweek** | Private event with L Crystal Williams. No overnight guests. Mgrs: Crystal Williams & Akwanza Gleaves

**Fri-Sun | July 21-23 | BIPOC (Black Indigenous People of Color) & Allies Women's Weekend** | Join L Crystal Williams for WOW (Women Only Weekend) and courageous conversations! This is an intentional weekend. Please be prepared to participate in courageous conversations where you initiate dialogue on issues you would rather avoid – the “undiscussable.” These discussions require courage, speaking candidly, and listening openly, and are often the ones

that make the biggest impact. If you identify as a BIPOC woman, please RSVP to [CWilliams@outdoors.org](mailto:CWilliams@outdoors.org). Women who identify as Allies reserve through the Contact Service Center. Mgrs: Voyka Soto & Dionne Monsanto

**Sun-Wed | July 23-26 | Yoga Midweek** | Join Kripalu certified L Nancy Kelly for a gentle morning practice to awaken the body and mind through a series of postures linking breath and movement. Appropriate for all levels and abilities. Yoga mats are provided. Bring comfortable clothing. Mgrs: Christine Eyre & Martha Sickles

**Wed-Fri | July 26-28 | Scavenger Hunt Midweek** | Participate in daily scavenger hunts designed to help guests learn more about the hidden charms of the Cabin and to explore local communities. L Christine Eyre will provide scavenger hunt clues. Or simply do your own thing: relax on the beach, kayak on the bay and unwind. Mgrs: Christine Eyre & Martha Sickles

**Fri-Sun | July 28-30 | Kayaking Instruction & SUP Instruction Weekend** | L Terry Ellison leads kayak instruction on the Great South Bay. L Sarah Osborne leads small group (SUP) Stand Up Paddleboard instruction in the calm waters of the cove. Opportunities for exploration of the bay by kayak and SUP available for guests ready to apply their new skills. Guests are invited to bring their own inflatable SUPs or use the Cabin's hard boards (hard boards not allowed on the ferry; deflated inflatables are permitted). Mgrs: Gerti Geier & David Sacks

**Sun-Fri | July 30-Aug 4 | Kayaking Trips Midweek** | For kayakers with experience, paddle the Great South Bay to the Lighthouse, to the islands for birding, or perhaps to the Sunken Forest, with L Richard Barcia. Pack your binoculars. Mgrs: Richard Barcia & Alison Buckser

**Fri-Sun | Aug 4-6 | Sailing Practice with Optional Authorization Weekend** | Receive coaching from our sail instructors while honing your skills. Practice on the sloops and sunfish (weather permitting) as you work toward becoming an authorized FIC sailor. Previous FIC sailing students are encouraged to attend. Call L Richard Weinberg at 914-523-6223 if you plan on participating. Mgrs: Rebecca & Marty Turetzky

**Sun-Fri | Aug 6-11 | Yoga Nidra & Asana Midweek** | Come out to the Cabin, come home to yourself. Give yourself the gift of slowing down. We will come together for a gentle grounding yoga practice in the mornings, integrating pranayama (breath), asana (movement) and mudra (gesture) in the Kripalu tradition. Certified Kripalu yoga instructor L Sandy Wavrick will help you deepen your relaxation experience. Plenty of time to read, journal, swim, hike, walk the beach, kayak or just be. Mgrs: Jody Eckert & Ed Garelick

**Fri-Sun | Aug 11-13 | Perseid Meteor Shower Weekend: Stargazing, Sloop Trips, & Summer Harvest in the Garden** | Watch from a terrific vantage point this annual meteor shower that produces long streaks of light. L Hugo Strubbe will identify various constellations at the beach after dark, including Perseus, the visual origin of the Perseid meteor shower. For a taste of sailing, L Hugo will organize short day trips on a sloop; no prior sail experience needed. You can also join L Misako Yamigishi and L Andrea Klein in our organic garden to tend to the beds, harvest tomatoes, zucchini and greens for meals, and learn how to plant your own home garden (even if home is an apartment). Mgrs: Andrea Klein & Misako Yamigishi

**Sun-Fri | Aug 13-18 | Family Midweek** | Meet other families, hike, canoe, kayak and more! Bring your beach toys and enjoy walks along the beach or splashing in the bay. Our Gazebo is stocked with games for day and nighttime activities. Bring kids 6 and older for a fun week. Mgrs: Nicole Chandonnet & Bill Lee

**Fri-Sun | Aug 18-20 | Live Music Weekend** | Join L Brian Farren and L Bill Carlsen of the St. Elvis band in making music from folk to rock. The fun begins on the deck at sunset! Come prepared to dance, sing along to your favorite songs or, if you wish, bring your own instrument and jam. Mgrs: Susan MacDonald & Diane Serlin

**Sun-Wed | Aug 20-23 | Canoe Instruction Midweek** | Learn the basics of canoeing from L Eileen Yin and L Terry Goodenough. Experienced canoeists who want to brush up on their skills are welcome along with beginners. Time in the water will be provided to apply skills and enjoy the bay. Kayakers and paddle boarders are welcome to join us in the water. Mgrs: Rhett Baron & Barbara Batra

**Wed-Fri | Aug 23-25 | Tai Chi & Qigong Midweek** | Join L Gerard McNiff on a journey into awareness through the practices of Tai Chi and Qigong. Together we will cultivate mindfulness through slow, rhythmic movements and regulated breathing patterns. Our daily practice and meditations will help with emotional regulation as well as physical and mental well-being. Mgrs: Rhett Barron & Barbara Batra

**Fri-Sun | Aug 25-27 | Birding & Kayaking Weekend** | Pack your binoculars and join L Miriam Rakowski on a morning walk that's a birder's delight. Look for the many bird species that live on or pass through FI. The afternoon brings a

kayaking trip to the birding islands for experienced kayakers where L Terry Goodenough will examine the different sediments that form shores and marshes and their impact on protecting Long Island and feeding the local ecosystems. If the skies are clear at night, Terry will lead stargazing. Mgrs: Gina Barros & Betsy Barros

**Sun-Wed | Aug 27-30 | Knitting Circle Midweek** | Knitters and crocheters are welcome to share their projects, patterns, tips and techniques with each other. Bring your own supplies and projects. Experienced knitting instructor L Cheryl Westerfeld will answer your questions and provide guidance. Mgrs: Madeleine & Dany Zember

**Wed-Fri | Aug 30-Sept 1 | Beach Volleyball & Chess Midweek** | Join L Kevin Hilly for beach volleyball games. Enjoy chess in the evenings or during a beach break. Mgrs: Madeleine & Dany Zember

**Fri-Mon | Sept 1-4 | Celebrate Labor Day Weekend: Get Tropical! Plus Yoga & Qigong** | Celebrate Labor Day weekend with a tropical twist! Create wonderful memories as you top off your summer with a festive flare! Enjoy authentic Caribbean/Spanish cuisine prepared by Len Keff and Cheryl Bobe. Kripalu-trained L Martina will offer her ever-popular yoga to calm, strengthen and ground yourself. Practice Qigong breathing and energizing movement sequences as well as yoga poses and flow. Mgrs: Cheryl Bobe & Len Keff.

**Mon-Tues | Sept 4-5 | One Overnight** | Come for the day and stay the night! One overnight gives you two days at our gem on the bay! Mgrs: Gina Barros & Jimmy Walker

**Tues-Fri | Sept 5-8 | Acrylic Painting Midweek** | L Debra Stelnik will teach any level to paint with acrylics on canvas. Bring your own paint/canvas/brushes or contact L to arrange purchase of materials (\$6.00 covers paints, canvas and use of brushes) or to ask questions at [Soireepaintingparty@yahoo.com](mailto:Soireepaintingparty@yahoo.com). Mgrs: Gina Barros & Jimmy Walker

**Fri-Sun | Sept 8-10 | Half-Day Kayak Trips Weekend** | Set off with L Eileen Yin, L Alison North, and L Sarah Osborne in one of our kayaks to explore the serenity of the birding islands across the bay or the delights of the various communities and their ice cream parlors! Suitable only for guests with reasonable paddling experience. Mgrs: Alice Rothrock & Michaelene Abbott-Cooper

**Sun-Fri | Sept 10-15 | Hiking Midweek** | If you missed L Matt Dolitsky's June hikes or would simply like to come back for more, here's your chance! Venture west in a series of group hikes of varying distances, experiencing the beach and bay of each daily destination. Begin with the Fire Island Lighthouse, then Kismet, Saltaire and Fair Harbor. The final hike will venture east to Ocean Beach and Seaview or perhaps to the Sunken Forest. Stroll the towns and take in beautiful views. Enjoy time in nature, breathe fresh air and spot wildlife along the way. Mgrs: Elena Nikolaeva, Ed Adomitis & Colette Hughes

**Fri-Sun | Sept 15-17 | International Coastal Cleanup Weekend** | Join the AMC NY-NoJ Chapter's Conservation Committee in their environmental stewardship efforts of our local marine habitat. Saturday, take part in the annual International Coastal Cleanup. L David Hartree will lead litter collection from the bay shoreline. Experienced paddlers can join L Henry Schreiber (canoe) & L Dawn Riley (canoe/kayak) to remove debris at the birding islands. The National Park Service has described the islands as a place where we can make an ecological impact. Participants will record data on collected debris; studies by Ocean Conservancy based on the data produce strategies to combat marine pollution and inform policy makers. Be part of the debris solution! A conservation talk at the Cabin is scheduled for Sunday. Day guest fee is waived for participants in the cleanup event(s). Mgrs: Merri & Rance Fox

**Sun-Fri | Sept 17-22 | Raising Monarch Butterflies & Macro Photography Midweek** | Monarch Butterflies may be migrating over the Cabin this week on their way to Mexico! Learn about the life cycle of these beauties and how to raise Monarch and Spicebush Swallowtail in anticipation of next spring. Do you love to photograph close-ups of flowers and insects? Learn tips for getting the best macro photos where the size of the subject is greater than its actual life size. Lens, lighting, and tripods will be discussed. Bring your camera (and please know how to use it). L Victoria Foulke will show some of her best macro photos. Mgrs: Sarah Dowson & Victoria Foulke

**Fri-Sun | Sept 22-24 | Adventure Sail Weekend** | Join L Jake Lewis & Crew for an extended cruise across the Great South Bay on the Cabin's sloop or one of our Sunfish. Boaters and non-boaters alike are welcome though prior authorization is required to take out a sailboat solo. Not an instructional weekend. Sunfish sailors must be comfortable with upwind sailing over longer distances. Mgrs: Marie Argeris & Misako Yamagishi

**Sun-Wed | Sept 24-27 | Poetry Writing Midweek** | Turn your memories into poetry or short narratives in a supportive, nurturing community of writers. Join Nuyorican Slam Champion and published poet L Katherine Arnoldi as we write from prompts and read our spontaneous poetry aloud. Bring a notebook, pen and your memories. Mgrs: Pauline Nevin & Peggy Wissler

**Wed-Fri | Sept 27-29 | Memoir Writing Midweek** | Whether you want to begin a best-selling memoir or write for children, come have fun and be inspired and nurtured by natural beauty, our supportive community, and writer and published author L Katherine Arnoldi as we tell the important stories of our own lives. Bring a notebook, pen and your memories. Mgrs: Pauline Nevin & Peggy Wissler

**Fri-Sun | Sept 29-Oct 1 | Chocolate Lovers Weekend** | Join L Cheryl Bobe & L Len Keff in their signature chocolate lovers weekend! Enjoy a host of chocolate-themed activities and interactive games, a scavenger hunt competition and a chocolate tasting. Top off the season's final weekend with a fabulous chocolate lovers fondue! \$10 surcharge payable to leaders. Mgrs: Adrienne Hensen & Len Keff

**Sun-Wed | Oct 1-4 | Ghost Stories Midweek.** Prepare for Halloween by learning about some of the spookier parts of Fire Island's history. Award-winning storyteller and Moth Slam champion L Robin Bady will guide you in telling your own tales of ghostly happenings and frightening experiences and make sure you get a good scare! Bring paper and pencil and your willingness to be terrified/terrifying. Mgrs: TBA

**Wed-Fri | Oct 4-6 | Grand Finale | Warm Waters Midweek!** | Early autumn on Fire Island is absolutely lovely. The crowds have thinned, the surf is wonderful, and the waters are still warm this time of year. Enjoy our boats, beaches, and sunsets as we wrap up another season at the Cabin. Treat yourself to this last hurrah! Mgrs: TBA