AMC Fire Island Cabin Summer 2022 Schedule

Fri-Mon May 27-30. Memorial Day Family Friendly Weekend. Join us for the 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 buckets and enjoy walks along the bay or the beach. Our Gazebo is stocked with games for day and night time activities. Bring kids 6 and older for a fun weekend. Saturday evening, enjoy the Bossa Nova vocal styling of Aja Gilles. Mgrs: Crystal Williams & Akwanza Gieves

Mon-Fri. May 30 - June 3. Do Your Own Thing Midweek. Bring a book and relax. Bring a friend and use 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: Gina Barros and Jimmy Walker

Fri-Mon June 3-6. Yoga Weekend. Yoga L Cheryl Malter, long time teacher, instructs with precision, and attention to individual postural corrections. Mgrs: Marie Argeris & Torben Kuepper

Mon-Wed June 6-8. Learn to Garden and Visit Ocean Beach Garden Center. Join Garden Committee member L Dimitri Akrivos to learn gardening basics for a small apartment using containers or for a home garden. Staking and plant support techniques, pruning, weeding, composting (including the Cabin’s volunteer-led model) will be discussed. We will also visit a local garden center to help participants choose plants, herbs, or flowers they can take home or replant at the Cabin garden. Beginners and experienced gardeners are welcome. Mgrs: Cindy Arlinsky & Barbara Luciano

Wed-Fri June 8-10. Explore Local Gardens & Sunken Forest. Fire Island Cabin L Dimitri Akrivos will lead a 2-3 mile exploration of local gardens. A Park Ranger will lead a tour at the Sunken Forest (4 miles from the Cabin) where participants will learn about the Island’s coastline geology, seashore ecology, woodlands and animals, invasive species, and conservation efforts. Mgrs: Cindy Arlinsky & Barbara Luciano

Fri-Mon June 10-13. African Dance Exploration Weekend. If you can walk you can dance, if you can talk you can sing. - Zimbabwean proverb. Come connect to the sound and feel of nature while learning traditional dance steps from western Africa. Participants will learn basic movements and songs. No experience required. L Dionne C. Monsanto, an author and native New Yorker, has been studying African dance for over 20 years and has taught ages 4y - 74y. We will learn and create together in nature through beach strolls, breathwork and dance. Mgrs: Victoria Foulke & Sarah Dowson

Mon-Fri June 13-17. Do Your Own Thing Midweek. Bring a book and relax. Bring a friend and use 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: Ed Adomatis & Amy Newell

Fri-Mon June 17-20. Watercraft Weekend. No leaders or instruction. Come pick your favorite watercraft (kayak, canoe or paddle board) and find a buddy or enjoy a solo experience. Sailors are welcome to gather with like-minded water enthusiasts and take out sailboats for which they have been authorized. Mgrs: Cristine Eyre & Martha Sickles

Sun June 19. Walk. L Frank Bamberger and L Henry Bierbaum lead a leisurely walk from The Pines to Ocean Beach with the option to continue to the Cabin at Atlantique for a brief visit and a cold drink. This walk will be scheduled for an additional TBD date in July (details to follow in June). Email questions to fbamberger@nyc.rr.com.

Mon-Fri June 20-24. 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-Mon June 24-27. Do Your Own Thing Weekend. Bring a book and relax. Bring a friend and use 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: Cheryl Bobe & Len Keff

Mon-Fri June 27 - July 1. Do Your Own Thing Midweek. Bring a book and relax. Bring a friend and use 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: Steve Cooper & Blanche Peled
Fri-Mon July 1-4. BIPOC Women’s Weekend (Black Indigenous People of Color). Join L Crystal Williams for WOW (Weekend of Women)! Meet new friends, hike, canoe, kayak or just hang out on the beach. Participants are invited to sign up for the 7/4 Invasion of the Pines (see below for details). Mgrs: Nicole Chadonnet & Alison North

Mon July 4. Special Day Event “Invasion of the Pines”. (Day-only event; no need to stay over.) Join us for the annual Independence Day event where drag queens board a ferry from Cherry Grove to “invade” The Pines. Take the Sayville Ferry to The Pines (time TBD) and meet L Rose Suarez and L Bob Zazzera at the end of The Pines ferry dock. (This is also the water taxi dock for guests coming from the Cabin.) We will watch original invasion leader / mistress of ceremonies Panzi announce each crowd-stopping entrance. BYO lunch. Afterwards are optional excursions to the beach at The Pines, a meal at Ocean Beach, and/or a brief visit to the AMC Fire Island Cabin. Contact leaders for more information and to register: rozebud16@gmail.com and rzazzera@ieee.org.

Mon-Fri July 4-8. Do Your Own Thing Midweek. Bring a book and relax. Bring a friend and use 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: Pauline Nevin & Peggy Wissler

Fri-Mon July 8-11. Watercraft Weekend. No leaders or instruction. Come pick your favorite watercraft (kayak, canoe or paddle board) and find a buddy or enjoy a solo experience. Sailors are welcome to gather with like-minded water enthusiasts and take out sailboats for which they have been authorized. Mgrs: Tom & Beth Marinis

Mon-Fri July 11-15. Family Friendly Midweek. Meet other families, hike, canoe, kayak and more! Bring your beach toys and buckets and enjoy walks along the bay or the beach. Our Gazebo is stocked with games for day and night time activities. Bring kids 6 and older for a fun weekend. Mgrs: Richard Post and Alice Rothrock

Fri-Mon July 15-18. Fire Island Dance Festival Weekend. We will attend the final weekend performance of this annual festival where professional dancers will be performing on a stage built into the bay at a private home in The Pines. We will depart from the Atlantique dock around 4pm Sunday, attend the dance performance which includes a cocktail reception afterward, then head back to Atlantique. To learn more about this event and Broadway Cares/Equity Fights AIDS, visit: https://dradance.org/. The $125 event ticket and lateral ferry costs are in addition to the regular weekend cost. To reserve a ticket for the Dance Festival you must contact L Susan MacDonald at susanmacdonald@danielgale.com and L Rose Suarez at rozebud16@gmail.com. Guests interested in the event who are not registered weekend guests may also reserve an event ticket with L. Mgrs: Susan MacDonald & Rose Suarez


Fri-Mon July 22-25. Do Your Own Thing Weekend. Bring a book and relax. Bring a friend and use 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: Katherine Arnoldi & Adrienne Hensen

Mon-Fri July 25-29. Yoga & Art Midweek. Beginner yoga & drawing with L Jonnie Dale. Pause, draw, pose and flow. Bring your favorite drawing materials. Come prepared to move, express & explore. Go within, shine & commune with yourself & others. Reach out to L at jonnievale@aol.com if you have questions about the activities. Mgrs: Marty & Rebecca Turetzky

Fri-Mon Jul 29-Aug 1. Adventure Sail Weekend. Join L Gerti Geier and L Ruth Ong for an extended cruise across the Great South Bay on the Cabin's sloop or one of the Sunfishes. While boaters and non-boaters alike are welcome to join this weekend, prior authorization is required for anyone taking out a sailboat by themselves. This is not an instructional weekend. Sunfish sailors will need to be comfortable with upwind sailing over longer distances. Mgrs: Marty & Rebecca Turetzky

Mon-Fri Aug 1-5. Kayaking Trips Midweek. For kayakers with experience, paddle the Great South Bay to the Lighthouse or to the islands to observe the birds or perhaps to the Sunken Forest, with L Richard Barcia. Mgrs: Richard Barcia & Alison Buckser

Fri-Mon Aug 5-8. Family Friendly Weekend. Meet other families, hike, canoe, kayak and more! Bring your beach toys and buckets and enjoy walks along the bay or the beach. Our Gazebo is stocked with games for day and night time activities. Bring kids 6 and older for a fun weekend. Mgrs: Jody Eckert & Ed Garelick
**Mon-Fri Aug 8-12. Do Your Own Thing Midweek.** Bring a book and relax. Bring a friend and use 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: Rhetta Baron & Barbara Batra

**Fri-Mon Aug 12-15. Young Members Weekend.** Meet new friends for walking to the Fl Lighthouse or the Sunken Forest, watching the sunset from our deck, kayaking on the Bay, or just chilling on the ocean-side beach. L TBD. For questions, email ryan.tang.clu@gmail.com and johnwperilli@gmail.com. Mgrs: Diane Jennings & Gerti Geier

**Mon-Fri Aug 15-19. Family Friendly Midweek.** Meet other families, hike, canoe, kayak and more! Bring your beach toys and buckets and enjoy walks along the bay or the beach. Our Gazebo is stocked with games for day and night time activities. Bring kids 6 and older for a fun weekend. Mgrs: Nicole Chadonnet & Bill Lee

**Fri-Mon Aug 19-22. Watercraft Weekend.** No leaders or instruction. Come pick your favorite watercraft (kayak, canoe or paddle board) and find a buddy or enjoy a solo experience. Sailors are welcome to gather with like-minded water enthusiasts and take out sailboats for which they have been authorized. Mgrs: Kinga Bernath & Paul Ewey

**Mon-Fri. Aug 22-26 Kripalu Yoga Midweek.** Give yourself the gift of slowing down. We will come together for a gentle grounding yoga practice in the mornings, integrating breath, movement, and mudras in the Kripalu tradition. Yoga Nidra sessions will be offered on select evenings (TBD) to deepen your relaxation experience. There will be plenty of time to read, swim, hike, walk the beach, kayak or just be. L Sandy Warrick is a Certified Kripalu Yoga Teacher and holds a Divine Sleep Yoga Nidra Certification. She has been practicing yoga since 1994 and teaching since 2013. Mgrs: Jonnie Dale & Michaelene Abott-Cooper

**Fri-Mon Aug 26-29. Live Music Weekend.** Join L Brian Farren and L Bill Carsen 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

**Mon-Wed Aug 29-31 Chocolate Lovers Midweek.** Create delectable chocolate treats paired with superfoods, spices, and non-alcoholic beverages in addition to chocolate dips for your favorite fruits and savory snacks. Each day we will create something chocolatey to enjoy. Children are welcome. The $20/person price for the chocolate activity is in addition to the regular weekend cost. Register for this activity by contacting L Xandréa Sanford at xandreaj@420mamayogi.com. Mgrs: Dany & Madeleine Zember

**Wed-Fri Aug 31-Sept 2. Do Your Own Thing Midweek.** Bring a book and relax. Bring a friend and use 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: Dany & Madeleine Zember

**Fri-Mon Sept 2-5. Labor Day Do Your Own Thing Weekend.** Bring a book and relax. Bring a friend and use 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: Marie Argeris & Misako Yamagishi

**Mon-Wed Sept 5-7. Do Your Own Thing Midweek.** Bring a book and relax. Bring a friend and use 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: Rhetta Baron & Barbara Batra

**Wed-Fri Sept 7-9. Knitting Circle Midweek.** Knitters and crocheters are welcome to share their projects, tips, and techniques with each other. Bring your own supplies and projects. There is no leader for this activity, so guests will determine their own schedule. Mgrs: Rhetta Baron & Barbara Batra

**Fri-Mon Sept 9-12. Yoga and Qigong Weekend.** Join Kripalu trained L Martina Puchta to calm, strengthen and ground yourself! Practice Qigong breathing and energizing movement sequences as well as Yoga poses and flow. Mgrs: Sarah Dowson, Rachel Weissman, & Elizabeth Donahue

**Mon-Fri Sept 12-16. Do Your Own Thing Midweek.** Bring a book and relax. Bring a friend and use 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: Gina Barros & Ingrid Lietz
Fri-Mon Sept 16-19. Half-Day Kayak Trips Weekend. Set off with L Alison North and L Eileen Yin 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! This is not an instructional weekend. Suitable only for guests with reasonable paddling experience. Saturday, Sept 17, is also International Coastal Cleanup Day. Guests will be invited to participate in conservation efforts. Mgrs: Merri & Rance Fox

Mon-Fri Sept 19-23. Do Your Own Thing Midweek. Bring a book and relax. Bring a friend and use 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: Ed Adomatis & Amy Newell

Fri-Mon Sept 23-26. Watercraft Weekend. No leaders or instruction. Come pick your favorite watercraft (kayak, canoe or paddle board) and find a buddy or enjoy a solo experience. Sailors are welcome to gather with like-minded water enthusiasts and take out sailboats for which they have been authorized. Mgrs: Tom & Beth Marinis

Mon-Wed Sept 26-28. Beach Walk and Stretch Yoga. Enjoy long beach walks, yoga and guided meditation. Bring your journal and comfy clothes. We will have time together and alone in nature. Do as much or as little physical activity as you like. Whether you have an advanced yoga practice or never did yoga before there will be something for you. L Dionne C. Monsanto got her first of five yoga certifications in 2012 and has been teaching since then. Mgrs: Cristine Eyre & Martha Sickles

Wed-Fri Sept 28-30. Acrylic Painting. 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 if needed ($6.00 covers paints, canvas and use of brushes) or to ask questions at Soireepaintingparty@yahoo.com Mgrs: Cristine Eyre & Martha Sickles

Fri-Mon Sept 30 - Oct 3. Irish Dancing. L Regina Carmody, L Noel Cotter, L Dan Hunt, and L James Lally will lead us in the great tradition of Irish music and song for a rollicking good time. A few dance steps might be thrown in as well! Mgrs: Andrea Klein & Liz Tymczyszyn

Mon-Fri Oct 3-7. Do Your Own Thing Midweek. Bring a book and relax. Bring a friend and use 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: Suzanne Amster & Janet Basilone