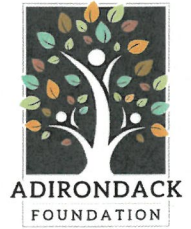


Minerva Seniors Enjoy History, By Land and By Water

Officially known as the Sleeping Giant Seniors, named after a mountain range that one can enjoy that peeks just over the roof of the Minerva Town hall, these folks don't waste their time napping or sleeping but seem to always be on the go!

Especially in the warmer months of the year, the Sleeping Giants travel and enjoy our wonderful Adirondack area and beyond. Aided by a generous grant from the Community Fund for the Gore Mountain Region of the Adirondack Foundation, the organization recently visited the Rogers Island museum in Fort Edward, New York and took a trip back in time to the pre-revolutionary period of our country's history.



With our personal guide, the Sleeping Giants first viewed a movie about Major Robert Rogers and then were led on a tour of the museum. The very spot where the museum is located was the place where Major Robert Rogers trained his men and wrote his "Rules" in 1757, dating involvement in the French and Indian War.

More recently, Lake George was the destination for a cruise on the *Lac du Sacrament*, including lunch and entertainment. Several of the Sleeping Giants took the stairs to the upper deck to enjoy the warm air, the broad expanse of the lake and to view the historic buildings that populate the shoreline. Entertainment was lively and dancing was available.



Our seniors enjoy being with each other and seeing the wonderful Adirondack sites. The readers are encouraged to check their local senior group for a delightful experience.