



## DAILY ACTIVITIES AT THE FALLS

Sunday October 14, 2018

Tides: **H** 3:32am 3:42pm **L** 9:24am 10:02pm Sunrise: 6:54am Sunset: 6:01pm

**Suggested Activity: Stonewall Kitchen Cooking Demonstration**

Enjoy a freshly prepared luncheon and learn how to cook it! All demonstration classes include and appetizer, entree and dessert along with take home recipes to enjoy again and again. Please visit <http://stonewallkitchen.com/cookingschool> for information and schedule. Ask at the Front Desk about a 10% discount.

**Suggested Activity: Garden Street Bowl**

Not just your average bowling alley... recently added four skeeball lanes, shuffleboard, darts, and even a bocce ball pit! Dine at Crotux Kitchen and Taphouse that offer two dozen brews and ciders on tap! 1 Garden St. Kennebunk, 207.636.7799

**Suggested Activity: LL Bean in Freeport, ME**

Just an hour north of the Resort. Enjoy the decorations and activities offered or just shop! For more information, please visit [www.visitfreeport.com](http://www.visitfreeport.com) or [www.llbean.com](http://www.llbean.com)

**Suggested Activity: Live Music at Clay Hill Farm**

5:30pm - 8:30pm, Local Duo Curt Besette + Jenn Kurtz in the lounge. 220 Clay Hill Road, Cape Neddick

Monday October 15, 2018

Tides: **H** 4:23am 4:32pm **L** 10:16am 10:56pm Sunrise: 6:55am Sunset: 5:59pm

**8:15am – 8:45am Aqua Yogaerobics**

A relaxing mix of yoga, stretches and aerobic movements in the pool to start your day. (Please note: swimming will still be permitted during this time, we will only be in shallow end) Limit of 10, please sign up in Activities Hall.

**9:30am – 10:30am Tour Around Town**

First time in Ogunquit or maybe you're an OGT veteran? Sit back, relax and let Megan give you a tour of our beautiful coastal town and point out the points of interest you can visit later on in the week! Please sign up in Activities Hall. Only 9 spots available in van. We'll meet at Front Lobby!

**11:30am – 12:30pm Rock Painting**

Join Megan upstairs in Activities Hall. All materials are provided. Limit of 10, please.

**Suggested Activity: Nubble Lighthouses**

A quick drive south will bring you to our infamous Nubble Lighthouse located in York, Maine. Plug Sohier Park Rd, York into your GPS or ask the front desk for directions. Bring your camera and keep an eye out for seals on the rocks!

## DAILY ACTIVITIES AT THE FALLS

**Suggested Activity:** **Live Jazz at The Leavitt Theatre**

10:00pm. Live Jazz every Monday night in the lounge! The Leavitt Theatre, 259 Main Street, Ogunquit.

### Tuesday October 16, 2018

Tides: **H** 5:17am 5:26pm    **L** 11:11am 11:53pm    Sunrise: 6:56am    Sunset: 5:58pm

**9:00am – 10:00am**                      **Maine Magnets**

Come upstairs in the Activities Room to create your own personalized magnet to take home as a souvenir. This is a complimentary activity and all materials are provided. Please sign up in Activity Hall.

**10:30am – 1:30pm**                      **Private Walking Tour of Kennebunkport and 'White Columns' Home**

Take a step back in time for a private tour of an elaborately decorated Victorian home and learn about the history of the house, and the original owners, The Perkins Family, as well as the President Bush Museum. This tour also includes a guided walk around historic Kennebunkport to learn about its rich history. This tour is a favorite with our guests! *Must sign up before 12:00pm Monday.*

**Minimum of 4 to run this tour. \$15 admission fee.**

### Wednesday October 17, 2018

Tides: **H** 6:13am 6:22pm    **L** 12:10pm    Sunrise: 6:58am    Sunset: 5:56pm

**8:00am – 8:30am**                      **Aqua Yogaerobics**

A relaxing mix of yoga, stretches and aerobic movements in the pool to start your day. (Please note: swimming will still be permitted during this time, we will only be in shallow end) Limit of 10, please sign up in Activities Hall.

**9:00am – 11:00am**                      **Perkins Cove + Marginal Way Walk**

Ogunquit's most popular point of interest: this beautiful cliff walk offers spectacular views of the ocean with plenty of spots to rest. Sign up in Activities Hall and Megan will be your guide. Only 9 spots in the van! We will meet up at the Front Lobby!

**12:00pm – 1:00pm**                      **Drink Coasters**

Decorate and design your very own coasters to take home in the Activities Room. All materials provided. Please sign up in Activities Hall. Please sign up at Activities Hall. They conveniently fit in your car cup holders!

**3:00pm – 4:00pm**                      **Mt. Agamenticus Foliage Watch**

Lets take a ride to the top of Mt. Agamenticus and see how Maine's foliage is coming along! Sign up in the hall and we'll take a 15 minute ride to the top of Mt. A and take in the beautiful views of the Atlantic to the east and the White Mountain Range to the north and west! Limit of 9.

**Suggested Activity:** **Irish Music at Feiles Irish Pub**

6:30pm – 9:30pm every Wednesday! Enjoy live Irish music at the pub. 1619 Post Road, Wells

## DAILY ACTIVITIES AT THE FALLS

Thursday October 18, 2018

Tides: **H** 7:10am 7:20pm **L** 12:50am 1:09pm Sunrise: 6:59am Sunset: 5:55pm

**9:00am – 3:00pm**

### **Lighthouse Tour + Lunch at Lobster Shack Restaurant**

Sit back, relax and let InnSeason drive you to a few of Maine's most beautiful and photographed lighthouses starting with Breakwater Lighthouse aka "Bug Light" overlooking Portland's skyline. The lighthouses are in close proximity to one another including Portland's Head Light which is the most photographed lighthouse in the world and "Two Lights" in Cape Elizabeth. Lunch will be at The Lobster Shack Restaurant at Two Lights overlooking the ocean! [www.lobstershacktwolights.com](http://www.lobstershacktwolights.com) Please sign up in Activities Hall. We'll meet at Front Lobby!

***Cost is \$10.00 per person, please pay at front desk. Must sign up before 12:00 Wednesday.***

**3:30pm – 4:00pm**

### **Halloween Mask Making**

With Halloween just around the corner release your inner child by creating some mask in the Activities Room. All materials provided. Please sign up in Activities Hall.

**Suggested Activity:**

### **Trivia at Feiles Irish Pub**

Join in the pub every Thursday for trivia from 7:00pm – 9:00pm. 1619 Post Road, Wel

### Other Suggested Activities

#### **The Ogunquit Playhouse**

September 5<sup>th</sup> – October 28<sup>th</sup> – Jersey Boys

For more information and tickets, please call box office at 207.646.5511 or visit [www.ogunquitplayhouse.org](http://www.ogunquitplayhouse.org)

#### **Ogunquit Museum of American Art**

Open every day 10:00am – 5:00pm

\$10/adult \$9/student/senior

543 Shore Rd, Ogunquit

#### **Maine is thriving with local brewers!**

Bissell Brothers, Portland; Hidden Cove Brewing, Co. Wells; SoMe Brewing Company, York; Woodland Farms Brewing, Kittery; Tributary Brewing Company, Kittery; Federal Jacks, Kennebunk

Pssst... follow us on social media

InnSeason Resorts – The Falls at Ogunquit @fallsatogunquit



**\*Activities may be canceled due to lack of sign-ups or no shows**