

Adventures at the Helm

July 2021

ACTIVITIES

Sunday:

9AM: WATER AEROBICS – Indoor Pool
10AM-12PM: CORNHOLE—Discovery Lawn
1PM: AFTERNOON MOVIE
2PM: BOONE ISLAND HISTORY WALK – Front Desk
2PM: SPA SCRUB \$20 – Spa Reception
3:30-4:30PM: BATTLE CHIP – Discovery Lawn
6PM: EVENING MOVIE

Monday:

10-12PM: CORNHOLE— Discovery Lawn
12:30-1:30PM: BATTLECHIP--Discovery Lawn
2PM: SPA SCRUB \$20 – Spa Reception
2PM: AFTERNOON MOVIE
3PM: TRAIL WALK (Self-Guided)
4:30-5:30PM: BEAR FACTORY \$25 per bear – Movie Theatre
6-7PM: CORNHOLE—Discovery Lawn
7PM: EVENING MOVIE

Tuesday:

11AM: BOCCEE BALL – Discovery Lawn
12PM: HISTORY TOUR – Front Desk
2PM: AFTERNOON MOVIE
2PM: SPA SCRUB \$20 – Spa Reception
3PM: TRAIL WALK (Self-Guided)
4:30PM: BEAR FACTORY \$25 per bear – Movie Theatre
5:30PM-6:30PM: BATTLECHIP – Discovery Lawn
7PM: EVENING MOVIE

Wednesday:

8AM: YOGA – North Point Lawn
10AM-12PM: CORNHOLE
12PM: ART GALLEY TOUR – Front Desk
2PM: AFTERNOON MOVIE
2PM: SPA SCRUB \$20 – Spa Reception
3PM: SELF-GUIDED TRAIL WALK
4:30PM-5:30PM: BEAR FACTORY \$25 per bear – Movie Theatre
6-7PM: BOCCE – Discovery Lawn
7PM: EVENING MOVIE

Thursday:

8AM: YOGA – North Point Lawn
9AM: HIIT—Discovery Lawn
10-12PM: CORNHOLE—Discovery Lawn
11AM-12PM: Nature Programs w/ Dan Gardoqui (1st, 8th, 15th, 22nd, 29th)
12PM: CLIFF WALK WITH BOONE ISLAND HISTORY – Front Desk
2PM: AFTERNOON MOVIE
2PM: SPA SCRUB \$20 – Spa Reception
3PM: TRAIL WALK (Self-Guided)
4:30PM-5:30PM: BEAR FACTORY \$25 per bear – Movie Theatre
6-7PM: BOCCE – Discovery Lawn
7PM: EVENING MOVIE
8:30PM: ASTRONOMY WALK—Bald Head Fire Pit

Friday:

8AM: YOGA – North Point Lawn
9AM: HIIT Discovery Lawn
10AM-12PM: CORNHOLE—Discovery Lawn
11:30AM-12:30PM: CENTER FOR WILDLIFE (9th & 23rd)
12PM: HISTORY TOUR—Front Desk
2PM: AFTERNOON MOVIE
2PM: SPA SCRUB \$20 – Spa Reception
3PM: TRAIL WALK (Self-Guided)
4:30-5:30PM: BATTLECHIP—Discovery Lawn
6-7PM: CORNHOLE—Discovery Lawn
7PM: EVENING MOVIE

Saturday:

8AM: YOGA – North Point Lawn
10AM: BARRE – Discovery Lawn
10AM-12PM: CORNHOLE—Discovery Lawn
11AM-1PM: TYE DYE
11:30AM-12:30PM: CENTER FOR WILDLIFE (3rd, 17th, & 31st)
1PM: HISTORY WALK – Front Desk
2PM: SPA SCRUB \$20 – Spa Reception
2PM: AFTERNOON MOVIE
4:30-5:30PM: BEAR FACTORY \$25 per bear—Movie Theatre
6-7PM: BOCCE—Discovery Lawn
7PM: EVENING MOVIE

DESCRIPTIONS OF ACTIVITIES

BATTLE CHIP – IS AN OUTDOOR GOLF ACTIVITY WITH FUN TWIST! DESIGNED TO HELP IMPROVE YOUR SHORT GAME – NO EXPERIENCE NEEDED, CLUBS AND BALLS PROVIDED.
BUILD A BEAR – JOIN THE RECREATION TEAM IN PICKING OUT A NEW BUDDY TO FILL WITH LOVE AND BRING HOME WITH YOU. (PLEASE NOTE, OUTSIDE OF WORKSHOPTIME BEAR KITS ARE AVAILABLE FOR ROOM DELIVERY – FOR MORE INFORMATION PLEASE CONTACT CONCIERGE)
ASTRONOMY WALK – ONCE A WEEK JOIN OUR ASTRONOMER, MR. EDWARD GLEASON FROM THE SOUTHWORTH PLANETARIUM IN PORTLAND, FOR A WALK AROUND OUR PROPERTY TO UNCOVER THE MYSTERY OF THE COSMOS. ** IN THE EVENT CANCELED DUE TO WEATHER CONCIERGE WILL PROVIDE AN INFO SHEET FOR YOUR CONVIENCE)

NATURE PROGRAMS W/ DAN GARDOQUI –

- **THE NATURE OF MAINE** – A ONE HOUR EXPLORATION OF THE CLIFFHOUSE MAINE TRAILS. EXPLORE THE WOODLANDS AND SEASIDES LEARNING ABOUT LOCAL WILDLIFE.
- **GROUNDING IN NATURE** – A PEACFUL AND INSPIRING TOUR OF THE CLIFFHOUSE MAINE TRAILS AND SEASIDE. BY THE END OF THIS HOUR-LONG EXPERIENCE, YOU’LL BE BREATHING DEPPER, AND FEELING MORE RELAXED AND CONNECTED WITH THE MAINE OUTDOORS
- **UNPLUGGED & CONNECTED TO NATURE: IT DOESN’T TAKE LONG TO SINK INTO THE REAL MAINE.** ONE HOUR SCREEN FREE GREEN TIME ON THE GORGUES TRAILS AND SEASCAPES ON THE CLIFFHOUSE PROPERTY

SELF GUIDED OPTIONS:

TRAIL WALKS – OUR TRAILS REMAIN OPEN YEAR-ROUND AND ARE AVAILABLE TO EXPLORE AT YOUR CONVIENCE

ART GALLERIES – SITUATED AROUND PROPERTY WE HAVE MULTIPLE ART

ARTIST IN RESIDENCE:

STOP BY OUR STUDIO FOR AVAILABILITY ON CLASSES INSTRUCTED BY OUR ARTIST IN RESIDENCE—RIC DELLA BERNARDA

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7PM: EVENING MOVIE
8:30PM: ASTRONOMY WALK—Bald Head Fire Pit

Friday:

9AM: HIIT Discovery Lawn
9AM: YOGA – 7th Floor Ledges
10AM-12PM: CORNHOLE—Discovery Lawn
12PM: HISTORY TOUR—Front Desk
2PM: AFTERNOON MOVIE
2PM: SPA SCRUB \$20 – Spa Reception
3PM: TRAIL WALK (Self-Guided)
4:30-5:30PM: BATTLECHIP—Discovery Lawn
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7PM: EVENING MOVIE

Saturday:

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10AM: BARRE – Discovery Lawn
10AM-12PM: CORNHOLE—Discovery Lawn
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2PM: SPA SCRUB \$20 – Spa Reception
2PM: AFTERNOON MOVIE
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TOURS – OUR VARIOUS PROPERTY TOURS ARE DESIGNED TO HIGHLIGHT AREAS YOU MAY NOT HAVE HAD THE CHANCE TO SEE AND PROVIDE INFORMATION ABOUT THE PROPERTY AND THE LOCAL HISTORY

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