

## Daily Programming & Activities:

### Wednesday, September 2, 2009

9:30 a.m. **Leavitt Falls Hike** Experience a beautiful waterfall, hemlocks and fresh air! **Please Note: ON THIS HIKE we will cover a 100 ft. change in elevation over rocky terrain. Make sure this hike is for you.** This is a short, yet rugged walk; allow 1 hour, meet at the Activities Desk

10:30 a.m. **History of Skytop Lodge DVD** Meet in the Club Room, Allow 35 minutes.

11:00 a.m. **Picture Frames Craft** Call or stop by the Activities Desk, ext. 533 to sign up for this quick and easy craft program. Learn fun ways to add color and flair to your summertime pictures. Laurel Lounge.

1:30 p.m. **Sidewalk Chalk Art** Fun for all ages. Come let your creative side out. See what we can create together. Meet at the Activities Desk.

2:00 p.m. **A Nature Walk Along the Trout Stream** John Serrao leads this 1 ½ mile round trip along both sides of Skytop's beautiful stream. See wetlands, old-growth forests, ripe blueberry bushes, rhododendrons, salamanders and magnificent Indian Ladder Falls. Allow 1 hour 45 minutes. Sign up at the Activities Desk, ext. 533, for a spot in the van or follow in your own car to the trailhead. Van seats 11 people. Meet on the North Porch.

3:00 p.m. Test your steady hand in our jumbo-sized **Jenga** game. Meet in the Laurel Lounge.

3:30 a.m. **Guided Mountain Bike Ride** to Indian Ladder Falls. Approximate time is one hour for this 4-mile ride over level terrain. Sign up at ext. 533. Then, meet at the Activities Desk 15 minutes before the ride to complete required paperwork. Minimum age is 8, when accompanied by an adult; or age 12. When unaccompanied. We require a minimum one-hour cancellation notice. Cost is \$13 per person, which includes the bike rental and guide. Maximum of 11 riders

4:00-5:00 p.m. **Afternoon Tea Service** with tea and cookies

9:00 p.m. **Rock 'n' Roll Over Dead** The music librarian has been found dead! Was it a heart attack or...murder? Join other detectives in solving the mystery. Investigate the crime scene and carefully examine the evidence in order to solve the crime and see that justice is served. Join your fellow investigators in the Library, promptly at 9:00 p.m. Ages 11-17. Sign up at the Activities Desk, ext. 533. Maximum of 20 crime solvers!!

9:00-11:00 p.m. Enjoy musical entertainment by the **Windfall Duo** in the Tap Room.

Enjoy **Nonsense**, presented by the Pocono Playhouse located only 4 miles south of Skytop. The shows are at 2:00 p.m. & 8:00 p.m. Call the Playhouse Box Office at 570.595.7456 to reserve your discount tickets. Give them the discount code **SL09** to get \$11 off per ticket, that drops the cost to \$15.00 per ticket.

### Thursday, September 3, 2009

9:30 a.m. **Lake Trail Walk** Join the Activities staff for this leisurely-paced stroll around scenic Skytop. Make sure to bring your camera. Meet at the Activities Desk.

11:00 a.m. **Water Balloon Launchers** Get in the spirit with this fun, high-flying activity. Meet at the Activities Desk for all of the water balloon antics

2:00 p.m. **Vertical Pilates** Pilates in a standing position. This technique works your entire body through coordinated movement and balance. Improve your posture and core strength. This class is a wind down after your day on the golf course. Dress in comfortable clothes and allow 30 minutes. Club Room.

3:00 p.m. **Lawn Bowling Clinic** Did you ever hear of "bowling on the green" but never knew what it meant? This is your chance to learn the fundamentals of the sport of lawn bowling; for ages 10 & up. Flat-soled shoes are required and there is a \$5 greens fee per person. Meet at the Activities Desk

3:30 p.m. **Watercolor Painting Class** Space is limited, sign up in advance at the Activities Desk ext. 533 Try your hand with basic watercolor techniques & create your own work of art depicting the flora/fauna of Skytop Lodge. For ages 12 – adult. Be prepared to go outside on the porch. Materials provided, meet Kimberly on the South Porch. \$5 per person. Allow 90 minutes.

4:00-5:00 p.m. Enjoy **Complimentary Tea**, available outside the Main Dining Room daily

8:00 p.m. **Historic Walk** Learn about Skytop's past, present, and future. Meet at the Activities Desk and allow 50 minutes.

9:00-11:00 p.m. Music in the Tap Room featuring the **Franklen Experience**

9:00 p.m. **Horseracing** Place a bet on the filly of your choice: \$1/bet. *Win \$\$\$*. Join us for the fun in the Laurel Room.

Enjoy **Nunsense**, presented by the Pocono Playhouse located only 4 miles south of Skytop. The shows are at 2:00 p.m. & 8:00 p.m. Call the Playhouse Box Office at 570.595.7456 to reserve your discount tickets. Give them the discount code **SL09** to get \$11 off per ticket, that drops the cost to \$15.00 per ticket.

### **Friday, September 4, 2009**

7:00 & 8:00 a.m. **Watsu, Water Shiatsu, Floating Therapeutic Water Massage** Call it what you will, it's the best-kept secret for stress reduction and deep relaxation! Imagine yourself being floated here in the water of Skytop's beautiful indoor pool, your body feels weightless as you experience beautiful soft music, gentle stretching, and therapeutic shiatsu massage. You will not believe that such a level of pain-free relaxation is actually possible until you experience it for yourself. Schedule your one-hour appointment with Nan, (NCMT, Shiatsu Therapist, Reiki Master and Reflexologist) through the Activities Desk by dialing ext. 533. Cost is \$70. There is a 2-hour cancellation policy; please dial 676-3786 to cancel with Nan and then dial ext. 533 to inform the Activities Desk of your cancellation.

9:00 a.m. Test your steady hand in our jumbo-sized **Jenga** game. Meet in the Laurel Lounge.

9:30 a.m. **Arms Toning Class** Keep those arms toned up!! This 30-minute class will teach you simple exercises that you can do at home that will have your arms looking their best. Meet at the Activities Desk

10:30 a.m. **Sidewalk Chalk Art** Fun for all ages. Come let your creative side out. See what we can create together. Meet at the Activities Desk.

11:00 a.m. **Guided Mountain Bike Ride** to Indian Ladder Falls. Approximate time is one hour for this 4-mile ride over level terrain. Sign up at ext. 533. Then, meet at the Activities Desk 15 minutes before the ride to complete required paperwork. Minimum age is 8, when accompanied by an adult; or age 12. When unaccompanied. We require a minimum one-hour cancellation notice. Cost is \$13 per person, which includes the bike rental and guide. Maximum of 11 riders

Skytop has 3 beautiful waterfalls. Clear your mind of any cares & worries and explore the great outdoors. Stop by the Activities Desk for a trail map, binoculars or backpack!

1:30 p.m. **Leavitt Falls Hike** Experience a beautiful waterfall, hemlocks and fresh air! **Please Note: ON THIS HIKE we will cover a 100 ft. change in elevation over rocky terrain. Make sure this hike is for you.** This is a short, yet rugged walk; allow 1 hour, meet at the Activities Desk

2:00 p.m. **Paper Beads** Limit 12 people. Learn how to recycle your magazines and catalogs to make paper beads. This is a great way to make unique jewelry and help the planet. Call ext. 533 to reserve your spot in the Laurel Lounge for this fun class. Ages 10 and up.

3:00 p.m. **Face Painting** at the Activities Desk. Butterflies, snakes, smiley-faces....be creative!

3:30 p.m. **Origami** Learn about this 1000-years old Japanese tradition of paper folding. Have a relaxing 30 minutes with us, while you make an assortment of animals out of paper. Class limited to 10, for ages 10 and up (Children must be accompanied by an adult). Reserve your spot in the Laurel Lounge by calling ext. 533 at the Activities Desk

4:00-5:00 p.m. Enjoy **Complimentary Tea**, available outside the Main Dining Room daily

9:00 p.m. **Night Hike** Use our PETZEL headlamps to explore "the things that go *bump* in the night." Sign up at the Activities Desk ext. 533 and meet at the Activities Desk.

9:00-11:00 p.m. Lively musical entertainment by **Roy Ramos** in the Tap Room.

Enjoy **Nonsense**, presented by the Pocono Playhouse located only 4 miles south of Skytop. The show is at 8:00 p.m. Call the Playhouse Box Office at 570.595.7456 to reserve your discount tickets. Give them the discount code **SL09** to get \$11 off per ticket, that drops the cost to \$15.00 per ticket.

### **Saturday, September 5, 2009**

7:00 & 8:00 a.m. **Watsu, Water Shiatsu, Floating Therapeutic Water Massage** Call it what you will, it's the best-kept secret for stress reduction and deep relaxation! Imagine yourself being floated here in the water of Skytop's beautiful indoor pool, your body feels weightless as you experience beautiful soft music, gentle stretching, and therapeutic shiatsu massage. You will not believe that such a level of pain-free relaxation is actually possible until you experience it for yourself. Schedule your one-hour appointment with Nan, (NCMT, Shiatsu Therapist, Reiki Master and Reflexologist) through the Activities Desk by dialing ext. 533. Cost is \$70. There is a 2-hour cancellation policy; please dial 676-3786 to cancel with Nan and then dial ext. 533 to inform the Activities Desk of your cancellation.

**Rock Climbing & Paintball** by appointment, call the Adventure Center at ext. 8988. See page 6 for a list of adventures.

9:00 a.m. **Young Ambassadors Decorating A Centerpiece** Dial 8934 to register. Join our Flower Shop staff in this decorating demonstration. To get your passport see the staff at the front desk.

9:30 a.m. **First Timers Skytop Tour** If this is your first time here at Skytop Lodge or you just want to get yourself reacquainted with the property. Join us for this brief tour and informational session. Get your questions answered and find out what Skytop has to offer you. Meet at the Fireplace in the Pine Room (Lobby).

### Love our Gardens?

Treat yourself to a bouquet of beautiful Skytop Garden flowers waiting for you at check out, packed in water for the trip home! Stop by or call the Flower Shoppe @ ext. 8934 to reserve your impressive "fresh cut" bouquet to go now! \$35.00

10:00 a.m.- Noon **Ladies' Doubles Tennis Tournament** For ages 16 and up. Register at the Tennis Pro Shop, ext. 536 before 9:00 a.m. Round robin format. Tournament entry fee is \$16.00 per person. Prizes awarded to winning team. In case of inclement weather, the tournament will be held on Sunday at 10:00 a.m.

10:00-11:00 a.m. **Adults' Beginner Golf Clinic** This clinic will focus on the skills of the game including chipping & putting. Call ext. 8910 to reserve your spot by 9:00 a.m., \$20/person. We need a minimum of 3 participants to hold the clinic.

10:30 a.m. **Yoga, On the Move** Meet at the Activities Desk You will enjoy the fresh air and the beautiful scenery while you practice YOGA postures during an easy walk. This class is a blend of walking, breathing, stretching and relaxing. Wear comfortable clothing and walking shoes. The pace is ideal for total beginners. MEN, WOMEN, and TEENS ARE WELCOME. Class is 1 hour

11:15 a.m. **Vista Hike to the Picnic** Hikers, meet on the North Porch. **Please Note: THIS HIKE IS PHYSICALLY DEMANDING as we cover a 300 ft. change in elevation. Make sure this hike is for you and you can keep up with the group while hiking up the steep side of the mountain.** At the vista, we enjoy the view overlooking Skytop Lake and the Lodge. Then we hike down the ski slope to the picnic site. You can take the shuttle back to the Lodge or walk 1 mile along the lake trail. Bring your appetite and your camera!

11:45, 12:10 & 12:35 p.m. **Tractor-Drawn Hayrides to the Picnic** Space is limited to 20 people per ride: register at the Activities Desk by dialing ext. 533. Cost is \$4 per person (children 3 & under ride free) and departure is from the North Porch. Enjoy the ride! **A one-hour cancellation notice is required to avoid charges**

12:00-1:00 p.m. **OUTDOOR PICNIC** for the adventurous crowd. Don't miss this hearty outdoor meal at the Robin Hood Cove, next to Skytop Lake. Inform your breakfast server if you plan to attend. One mile walk along the Skytop Lake Trail. Van transportation is available from the North Porch and Inn.

1:00-1:30 p.m. **Adult Tennis Clinic** Call ext. 536 before 9:00 a.m. to register. Cost is \$10 per participant, minimum of 3 participants to hold the clinic.

1:00-2:00 p.m. **Junior Golf Clinic** This clinic will cover full swing fundamentals; range balls are included. Cost is \$20/person. Call ext. 8910, before 12:30 p.m. to sign up. We need a minimum of 3 participants to hold the clinic.

2:00 p.m. **A Skytop Mountain Nature Walk to Campbell's View** Join our Naturalist for this easy, 2-mile walk along the top of the mountain to a spectacular vista overlooking Skytop Lake, with views of Camelback and Delaware Water Gap. See unique pine barrens, wildflowers, migrating birds and the effects of the April 2008 forest fire. Allow 2 hours. Sign up at the Activities Desk, ext. 533, for a spot in the van or follow in your own car to the trailhead. Van seats 11 people. Meet on the North Porch.

2:00 p.m. **Pilates-Style Stretch & Tone** A workout designed to achieve long, lean bodies using a series of stretches and beginner Pilates moves. This conditions the body to be more flexible & streamlined and reduces overall stress. Ages 10 - Adult are welcome. This class is approximately 1 hour and meets in the East Laurel Room.

3:00 p.m. **Deep Water Workout** with buoyancy belts, dumbbells and barbells. Develop core stability and muscle tone. Size of the class is limited to thirteen participants. Sign up at the Activities Desk for this total, non-impact exercise class (for ages 12-adult). PLEASE NOTE THAT THE DEEP END OF THE POOL IS RESERVED FOR THIS CLASS.

3:30 p.m. **Water Balloon Launchers** Get in the spirit with this fun, high-flying activity. Meet at the Activities Desk for all of the water balloon antics

Enjoy **Nonsense**, presented by the Pocono Playhouse located only 4 miles south of Skytop. The shows are at 4:00 p.m. & 8:00 p.m. Call the Playhouse Box Office at 570.595.7456 to reserve your discount tickets. Give them the discount code **SL09** to get \$11 off per ticket, that drops the cost to \$15.00 per ticket.

4:00-5:00 p.m. **Afternoon Tea Service** in the Pine Room with tea and cookies

4:00 p.m. **Guided Mountain Bike Ride** to Indian Ladder Falls. Approximate time is one hour for this 4 mile ride over level terrain. Sign up at ext. 533. Then, meet at the Activities Desk 15 minutes before the ride to complete required paperwork. Minimum age is 8, when accompanied by an adult; or age 12. When unaccompanied. We require a minimum one-hour cancellation notice. Cost is \$13 per person, which includes the bike rental and guide. Maximum of 11 riders

5:15-9:00 p.m. **Children's Banquet Dinner** for ages 4-10. Please pre-register your child at the Activities Desk, ext. 533, before 4:30 p.m. **Parents, dinner registration will last from 5:15 – 5:30 pm ONLY.** At 5:40 p.m. the entire group will eat at the children's buffet in the West Windsor Dining Room. Following dinner the children will have fun with face painting, candy bar bingo & a movie. Please bring your children to the Club Room between 5:15 – 5:30 & pick them up PROMPTLY at 9:00 p.m. Cost is \$13/child for registered guests and the Homeowners' cost is \$19.36/child.

7:00 p.m. **Sidewalk Chalk Art** Fun for all ages. Come let your creative side out. See what we can create together. Meet at the Activities Desk.

8:30-11:00 p.m. **The Fabulous '50s Dance** Enjoy some classic tunes while competing in the Twist and hula hoop contests. And don't miss punch and cookies, plus 2 of Skytop's most time-honored tradition: *the Elimination Dance and Grand March.*

### **Sunday, September 6, 2009**

7:00 & 8:00 a.m. **Watsu, Water Shiatsu, Floating Therapeutic Water Massage** Call it what you will, it's the best-kept secret for stress reduction and deep relaxation! Imagine yourself being floated here in the water of Skytop's beautiful indoor pool, your body feels weightless as you experience beautiful soft music, gentle stretching, and therapeutic shiatsu massage. You will not believe that such a level of pain-free relaxation is actually possible until you experience it for yourself. Schedule your one-hour appointment with Nan, (NCMT, Shiatsu Therapist, Reiki Master and Reflexologist) through the Activities Desk by dialing ext. 533. Cost is \$70. There is a 2-hour cancellation policy; please dial 676-3786 to cancel with Nan and then dial ext. 533 to inform the Activities Desk of your cancellation.

8:00 a.m.-1:00 p.m. **Brunch** in the Windsor Dining Room, ext. 465

9:30 a.m. **Tie Dye Your Shirt Off** Our staff has shirts available for you to tie dye in some cool summer tones. The shirts are 100% organic cotton tees, and cost only \$16. Your colorful creations can be used as fun gifts or souvenirs to take home. Ages 6-adult (children under age 10 must be accompanied by a parent). Call ext. 533 by 8:30 a.m. Sunday to reserve your spot for this fun outdoor activity. Meet in the Courtyard outside of the Tea Room.

10:00-11:00 a.m. **Adults' Beginner Golf Clinic** This clinic will focus on the skills of the game including chipping & putting. Call ext. 8910 to reserve your spot by 9:00 a.m., \$20/person. We need a minimum of 3 participants to hold the clinic.

10:00 a.m. **Young Ambassadors Wilderness Skills & Climbing** Stop by the Front Desk to pick up your *Passport to Fun*. Then call ext. 8988 to reserve your spot in the Wilderness training class. Come on out and join in the climbing fun.

10:00 a.m. **A Nature Adventure – The Tall Trees Trail** This walk with John Serrao is an exciting, 1 ½ mile walk through ancient forests, crossing a stream twice (on stepping stones with ropes), scaling a hill; and experiencing huge trees, a beautiful stream and great forest scenes. Allow 2 hours for this fairly rugged. Sign up at the Activities Desk, ext. 533, for a spot in the van or follow in your own car to the trailhead. Van seats 11 people. Meet on the North Porch.

10:30 a.m. **Arms Toning Class** Keep those arms toned up!! This 30-minute class will teach you simple exercises that you can do at home that will have your arms looking their best. Meet at the Activities Desk.

11:00-11:30 a.m. **Children's Tennis Clinic** Call ext. 536 before 9:00 a.m. to register. Cost is \$10 per participant, minimum of 3 participants to hold the clinic.

11:30 a.m. **Sidewalk Chalk Art** Fun for all ages. Come let your creative side out. See what we can create together. Meet at the Activities Desk.

1:00-2:00 p.m. **Junior Golf Clinic** This clinic will cover full swing fundamentals; range balls are included. Cost is \$20/person. Call ext. 8910, before 12:30 p.m. to sign up. We need a minimum of 3 participants to hold the clinic.

1:00-9:00 p.m. Join us for **Wii Play Time** in the Laurel Lounge. Not an avid video game player, no worries. Wii can help. Families welcome to join in on the fun.

Enjoy **Nonsense**, presented by the Pocono Playhouse located only 4 miles south of Skytop. The show is at 2:00 p.m. Call the Playhouse Box Office at 570.595.7456 to reserve your discount tickets. Give them the discount code **SL09** to get \$11 off per ticket, that drops the cost to \$15.00 per ticket.

2:00 p.m. **Leavitt Falls Hike** Experience a beautiful waterfall, hemlocks and fresh air! **Please Note: ON THIS HIKE we will cover a 100 ft. change in elevation over rocky terrain. Make sure this hike is for you.** This is a short, yet rugged walk; allow 1 hour, meet at the Activities Desk

3:00 p.m. **Guided Mountain Bike Ride** to Indian Ladder Falls. Approximate time is one hour for this 4 mile ride over level terrain. Sign up at ext. 533. Then, meet at the Activities Desk 15 minutes before the ride to complete required paperwork. Minimum age is 8, when accompanied by an adult; or age 12. When unaccompanied. We require a minimum one-hour cancellation notice. Cost is \$13 per person, which includes the bike rental and guide. Maximum of 11 riders

3:30 p.m. **Watercolor Painting Class** Space is limited, sign up in advance at the Activities Desk ext. 533 Try your hand with basic watercolor techniques & create your own work of art depicting the flora/fauna of Skytop Lodge. For ages 12 – adult. Be prepared to go outside on the porch. Materials provided, meet Kimberly on the Evergreen Porch. \$5 per person. Allow 90 minutes.

4:00-5:00 p.m. **Afternoon Tea Service** with tea and cookies, and music by **Charlotte Parks** in the Pine Room.

6:30 p.m. **Walking the Meditation Labyrinth** Take a relaxing stroll through our new meditation walking labyrinth. The walking surface is tiny river rocks, so you get a great reflexology treatment for your entire body by walking in your socks, it makes your whole body tingle. Meet at the Activities Desk.

8:00-8:45 p.m. **Temporary Tattoos** at the Activities Desk!!

8:30-10:30 p.m. Pine Room Entertainment by **Tom Doyle & Sandy Cory** Experience how this Big-Band influenced duo uses beautiful vocal and instrumental arrangements to create a sound that is unique in today's music world. Their music spans generations, including some of the modern vocalists of today

9:00 p.m. **Charity BINGO** in the Hemlock Ballroom. \$5/card, good for all games. Win PRIZES!!

### **Monday, September 7, 2009**

7:00 & 8:00 a.m. **Watsu, Water Shiatsu, Floating Therapeutic Water Massage.** Call it what you will, it is the best-kept secret for stress reduction and deep relaxation! Imagine yourself being floated here in the water of Skytop's beautiful indoor pool, your body feels weightless as you experience beautiful soft music, gentle stretching, and therapeutic shiatsu massage. You will not believe that such a level of pain-free relaxation is actually possible until you experience it for yourself. Schedule your one-hour appointment with Nan, (NCMT, Shiatsu Therapist, Reiki Master and Reflexologist) through the Activities Desk by dialing ext. 533. Cost is \$70. There is a 2-hour cancellation policy; please dial 676-3786 to cancel with Nan and then dial ext. 533 to inform the Activities Desk of your cancellation.

9:30 a.m. **Guided Mountain Bike Ride** to Indian Ladder Falls. Approximate time is one hour for this 4-mile ride over level terrain. Sign up at ext. 533. Then, meet at the Activities Desk *15 minutes before the ride* to complete required paperwork. Minimum age is 8, when accompanied by an adult; or age 12. when unaccompanied. We require a minimum one-hour cancellation notice. Cost is \$13 per person, which includes the bike rental and guide. Maximum of 11 riders

10:00 a.m. **The Raven Trail – A Wildlife Walk** End the summer with John Serrao on Skytop's new Raven Trail, featuring many kinds of forests, marshes, streams, waterfalls and plenty of signs of wildlife (bear, beaver, porcupine, etc.) in remote settings. Allow 2 hours for this 2-mile hike. Sign up at the Activities Desk, ext. 533, for a spot in the van or follow in your own car to the trailhead. Van seats 11 people. Meet on the North Porch.

10:30 a.m. **Aqua Strength** Sign up at the Activities Desk, ext. 533, for this refreshing exercise class in the pool that blends stretching, toning, strength training, and cardio. Rest your joints without resting your muscles! Fitness for the mind, body and spirit. **Please note that the shallow end of the pool is reserved for this activity.**

11:00 a.m. **Playdoh Fun** Join us in the Laurel Lounge and make some fun creations with Crayola play dough in the Laurel Lounge.

1:30 p.m. **Walking the Meditation Labyrinth** Take a relaxing stroll through our new meditation walking labyrinth. The walking surface is tiny river rocks, so you get a great reflexology treatment for your entire body by walking in your socks; it makes your whole body tingle. Meet at the Activities Desk.

2:30 p.m. **Arms Toning Class** Keep those arms toned up!! This 30-minute class will teach you simple exercises that you can do at home that will have your arms looking their best. Meet at the Activities Desk.

3:30 p.m. **Face Painting** at the Activities Desk. Butterflies, snakes, smiley-faces....be creative!

4:00-5:00 p.m. Enjoy **Complimentary Tea**, available outside the Main Dining Room daily.

### **Tuesday, September 8, 2009**

9:30 a.m. **Historic Walk** Learn about Skytop's past, present, and future. Meet at the Activities Desk and allow 50 minutes.

10:30 a.m. **History of Skytop Lodge DVD** Meet in the Laurel Lounge, Allow 35 minutes.

11:00 a.m. **Pilates-Style Stretch & Tone** A workout designed to achieve long, lean bodies using a series of stretches and beginner Pilates moves. This conditions the body to be more flexible & streamlined and reduces overall stress. Ages 10 - Adult are welcome. This class is approximately 1 hour and meets in the Club Room.

1:30 p.m. **Lawn Bowling Clinic** Did you ever hear of "bowling on the green" but never knew what it meant? This is your chance to learn the fundamentals of the sport of lawn bowling; for ages 10 & up. Flat-soled shoes are required and there is a \$5 greens fee per person. Meet at the Activities Desk.

3:00 p.m. **Arms Toning Class** Keep those arms toned up!! This 30-minute class will teach you simple exercises that you can do at home that will have your arms looking their best. Meet at the Activities Desk.

4:00 p.m. **Walking the Meditation Labyrinth** Take a relaxing stroll through our new meditation walking labyrinth. The walking surface is tiny river rocks, so you get a great reflexology treatment for your entire body by walking in your socks; it makes your whole body tingle. Meet at the Activities Desk.

4:00-5:00 p.m. Enjoy **Complimentary Tea**, available outside the Main Dining Room daily.