

DAILY ACTIVITIES AT THE FALLS

Friday October 13, 2017

Tides H 6:01am 6:22pm L 11:57am Sunrise: 6:53am Sunset: 6:02pm

****Pool is closed for cleaning until 12:00pm***

****Did you know that we have an outdoor net to play volleyball or badminton? We also have a huge selection of outdoor games for your enjoyment during your stay with us! Inquire at the Front Desk for more information***

Suggested Activity: Wells Reserve at Laudholm

6 miles up the road, in Wells, you'll find miles of trails, a historic home site, and easy access for all ages and abilities! Enjoy group tours, yoga, and evening concerts. Please visit www.wellsreserve.org for more information and schedule of events.

Suggested Activity: The Front Porch

A fun entertainment destination and award-winning restaurant. The Front Porch is located in the heart of beautiful downtown Ogunquit village at 9 Shore Road. Enjoy singing? Piano sing along begins upstairs at 6pm until close. 'Everyone's happy place!' <https://www.thefrontporch.com>

Saturday October 14, 2017

Tides: H 7:08am 7:31pm L 12:43am 1:07pm Sunrise: 6:54am Sunset: 6:01pm

Suggested Activity: HARVESTFEST

York Chamber of Commerce presents a day-long family event in York Beach with music, 150 crafters and vendors, delicious food, and kids activities. Location: Short Sands Beach, York Beach, Maine <http://www.yorkharvestfest.com>

****Have you seen our games, puzzles and movies? Check them out at the Front Desk!***

Sunday October 15, 2017

Tides: H 8:14am 8:3pm L 1:49am 2:14pm Sunrise: 6:56am Sunset: 5:59pm

Suggested Activity: The Leavitt Theatre: Haunted Theatre Tour

Come take a tour through the historic and haunted Leavitt Theatre... If you Dare! The Leavitt has been Ogunquit's scariest building for 94 years! 4:00pm – 8:00pm
259 Main Street Route 1, Ogunquit, Maine 03907 (207) 646-3123

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

DAILY ACTIVITIES AT THE FALLS

<http://stonewallkitchen.com/cookingschool> for information and schedule.

Ask at the Front Desk about a 10% discount.

Monday October 16, 2017

Tides: **H** 9:14am 9:37pm **L** 2:50am 3:16pm Sunrise: 6:57am Sunset: 5:57pm

9:00am – 9:45am Tour Around Town

Join Megan and let her drive you around and point out some fun things to do and see in Ogunquit and surrounding areas. Pick out your favorite spots to go back and enjoy this week! Only 10 spots are available in the van, please sign up in Activities Hall.

10:30am – 12:30pm POWER OF PLACE Curator's Sculpture Tour at Wells Reserve

Take a half-mile walk with renowned curator and POWER OF PLACE visionary June LaCombe. June selected the 65 artworks by 36 artists displayed during our Summer of Art & Science, so she holds great insight about the artists and their creations. Hear how she selects art for exhibition and determines the best site for each piece. Only 10 spots available in van, please sign up in Activities Hall.

2:00pm – 3:00pm Make a Birdhouse

Come upstairs to the Activities Room and meet Megan to create and decorate your own wood birdhouse. All materials and instruction provided. This is a complimentary activity. To reserve your spot, please sign up in Activities Hall.

Suggested Activity: Pool Volleyball

Time to get your family in the pool for some friendly competition! This is a great way to meet new friends, too! Please ask the front desk and Megan will gladly put up the net for you.

Tuesday October 17, 2017

Tides: **H** 10:07am 10:31pm **L** 3:45am 4:10pm Sunrise: 6:58am Sunset: 5:56pm

10:30am - 12:30pm Ogunquit Museum of American Art

Visit our local art museum featuring some of the best American Art around! You'll also want to take some time outdoors at the museum to enjoy the sculptures, gardens and beautiful scenery. Admission is \$10.00/9.00. Maximum of 10 guests may ride in the van. To reserve your spot please sign up in Activities Hall. *A private docent is almost always available for these tours!*

1:00pm – 2:00pm Pool Volleyball

Time to get your family in the pool for some friendly competition! This is a great way to meet new friends, too!

1:30pm – 3:30pm Rachel Carson Walk and Bush Compound: Walker's Point

Part of our National Wildlife Refuge in Wells, ME, this is an interpretive walking trail with stops along the way. The total loop is an easy 1 mile walk. Meet Megan in the front lobby, she'll be your guide for

DAILY ACTIVITIES AT THE FALLS

(Tuesday continued)

this walk. After the walk we'll ride through Kennebunkport and make a quick stop to check out the Bush Compound for a photo op. A maximum of ten guests may ride in the van. To reserve your spot please sign up in Activities Hall.

Suggested Activity: Wells Flagship Cinema

Every Tuesday Flagship Cinema offers matinee prices all day for all movies. Located in: Wells Shopping Plaza, 75 Wells Plaza, Wells, ME, 207-216-9737

Wednesday October 18, 2017

Tides: **H** 10:55am 11:19pm **L** 4:34am 4:59pm Sunrise: 6:59am Sunset: 5:54pm

9:00am - 12:00pm Maine Forest Bathing Walk

Enjoy a gentle walk through beautiful landscapes designed to slow down the mind and body so participants can immerse themselves in Maine's natural beauty. Forest Bathing is a fun, relaxing way to shed stress, connect with nature, and receive the benefits of spending time outdoors. If you're looking for a unique Maine experience that rejuvenates mind, body, and soul, this is it! These walks are guided by Jeff, a professional Maine and Forest Therapy Guide. These walks are suitable for anyone who can slowly walk up to a mile ages 10 and up. Meet Jeff in the lobby for directions as you will use your own vehicle. Please see Front Desk for sign-up and payment (\$30pp).

For more information visit: <https://www.maineoastexplorers.com>

9:30am – 11:30am Marginal Way Walk

Enjoy our beautiful seacoast by strolling along a well paved path. Take a break along the way and preserve the views with pictures taken for your later enjoyment. Wear comfortable walking shoes and appropriate outdoor clothing. Meet in the front lobby, Megan will drive the van to Perkins Cove and will be your guide on the walk. Maximum of 10 guests may ride in the van, you can also follow in your own vehicle. Sign up sheet in Activities Hall.

1:00pm – 3:00pm York Center for Wildlife and Ride to the top of Mt. Agamenticus

Ride with Megan and take a self-guided tour at the York Center for Wildlife. There is a \$5.00 suggested donation at the Center to view their resident porcupine, owls, falcons and learn about the other wildlife on their property. After we will ride to the top of Mt. Agamenticus where we have wide views of the Atlantic Ocean as well as the White Mountains, including Mt. Washington on clear days. Maximum of 10 guests may ride in van. Sign up sheet is in Activities Hall.

Suggested Activity: Pool Volleyball

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DAILY ACTIVITIES AT THE FALLS

Thursday October 19, 2017

Tides: **H** 11:38am **L** 5:18am 5:44pm Sunrise: 7:00am Sunset: 5:53pm

9:00am – 2:00pm

Lighthouse Tour

Sit back, relax and let Megan 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 first three lighthouses are in close proximity to one another including Portland's Head Light which is the most photographed lighthouse in the world. The third lighthouse, Two Lights, is next to The Lobster Shack Restaurant where we can have lunch if everyone is hungry! Feel free to BYOlunch if you'd prefer! www.lobstershacktwolights.com

3:30pm – 4:30pm

Mini Pumpkin Painting

Boo! It's October already!?! Meet Megan upstairs in Activities Room and she'll provide the materials and instructions to paint your own pumpkin to take home with you. This is a complimentary craft activity. Sign up sheet is located in Activities Room hall.

Suggested Activity:

Spiller Farm

Check out Spiller Farms located at 85 Spiller Farm Lane in Wells and pick some apples, pumpkins or sunflowers to bring home with you! This is a cash only establishment.

OTHER ACTIVITIES

The Ogunquit Playhouse

October 4th – October 29th From Here to Eternity

For more information and tickets, please call box office at 207-646-5511 or visit

www.ogunquitplayhouse.org

HARVESTFEST

York Chamber of Commerce presents a day-long family event in York Beach with music, 150 crafters and vendors, delicious food, and kids activities.

Location: Short Sands Beach, York Beach, Maine

<http://www.yorkharvestfest.com>

Jonathans in Ogunquit

October 13th - Jon Pousette-Dart

For more information, please visit <https://tickets.jonathansogunquit.com/>

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