

DAILY ACTIVITIES AT THE FALLS

Friday August 18, 2017

Tides H 8:32am 8:54pm L 2:13am 2:27pm Sunrise: 5:50am Sunset: 7:41pm

****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***

Saturday August 19, 2017

Tides: H 9:35am 9:55pm L 3:16am 3:29pm Sunrise: 5:51am Sunset: 7:39pm

9:00am – 10:00am Welcome to summer in Ogunquit!

Never been to Ogunquit before? The Falls has just the right activity for you! Even if you're a regular, sitting in on this orientation will update you with the very latest foodie news! You'll hear about restaurants that you might never find on your own, the very best donuts, homemade chocolates or specialty cocktails. You'll find out who is open and hours during this time of the year. Meet Keith on the back patio. In case of rain, you'll meet at the Front Desk.

Suggested Activity: Stonewall Kitchen Cooking Demonstration

Enjoy a freshly prepared luncheon and learn how to cook it! All demonstration classes include an 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.

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

Sunday August 20, 2017

Tides: H 10:34am 10:52pm L 4:14am 4:28pm Sunrise: 5:52am Sunset: 7:37pm

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 at the Front Desk for installation of the volleyball net.

Suggested Activity: Funtown/Splashtown in Saco, ME

We have discount tickets available for purchase at the Front Desk to this local attraction, north on Rte 1. Please visit www.funtownsplashtownusa.com for information on park and hours of operation.

DAILY ACTIVITIES AT THE FALLS

Monday August 21, 2017

Tides: **H** 11:28am 11:46pm **L** 5:08am 5:23pm Sunrise: 5:53am Sunset: 7:36pm

8:00am – 9:00am Little Fish Swim

Designed for children ages 7 and under to enjoy the pool.

9:00am – 10:00am Adult Swim

Our pool is reserved for adult guests only during this time.

8:30am – 11:00am Marginal Way Walk

Enjoy our beautiful seacoast by strolling along a well paved path. This is a timed, 2-mile walk. We will travel at a fairly leisurely pace, with stops along the way. Wear comfortable walking shoes and appropriate outdoor clothing and bring water. Meet in the front lobby, we will take the van to Perkins Cove and walk to Main Beach. Maximum of 10 guests may ride in the van. To reserve your spot, please sign up in Activities hall.

11:30am – 12:30pm Outdoor Fun!

Want some fresh air and sunshine? Come on out to the patio and have fun with bubbles, hula hoops and other activities. No sign-ups are necessary for this activity, just show up!

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!

2:30pm – 3:30pm Decorate a T-shirt or pillow case

How about a vacation souvenir? Come on up to the Activities room and decorate a shirt or pillow case using fabric markers and stencils. This is a complimentary activity and all ages are welcome. To reserve your spot, please sign up in Activities hall.

Suggested Activity: York's Wild Kingdom Zoo and Amusement Park

We have discount tickets available for purchase at the front desk to this local attraction, just south on Rte 1. Please visit www.yorkswildkingdom.com for information on attractions and hours of operation.

Tuesday August 22, 2017

Tides: **H** 12:19pm **L** 5:59am 6:15pm Sunrise: 5:55am Sunset: 7:34pm

8:00am – 9:00am Little Fish Swim

Designed for children ages 7 and under to enjoy the pool.

DAILY ACTIVITIES AT THE FALLS

(Tuesday continued)

9:00am – 10:00am Adult Swim

Our pool is reserved for adult guests only during this time.

9:30am – 12:30pm Mt. Agamenticus

Join Jeff and friends as we drive to the top of the mountain and hike some easy terrain trails while looking for signs of wildlife. Remember your camera, bug spray, appropriate clothing and walking shoes. You will be following Jeff in your own vehicle, parking is free. To reserve your spot, please sign up in Activities hall.

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. You will be following Megan in your own vehicle, parking is free. To reserve your spot, please sign up in Activities hall.

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!

4:00pm – 4:30pm Make your own slime

Meet Megan on the back patio and she'll provide the kid-safe materials and instructions to make your very own slime! No sign-ups necessary, just show up!

Wednesday August 23, 2017

Tides: **H** 12:38am 1:08pm **L** 6:47am 7:05pm Sunrise: 5:56am Sunset: 7:33pm

8:00am – 9:00am Little Fish Swim

Designed for children ages 7 and under to enjoy the pool.

9:00am – 10:00am Adult Swim

Our pool is reserved for adult guests only during this time.

9:45pm – 12:45pm Rachel Carson Trail

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 Jeff in the front lobby, he'll be your guide for this walk. You will follow Jeff in your own car, parking is free at the trail. To reserve your spot, please sign up in Activities hall.

DAILY ACTIVITIES AT THE FALLS

(Wednesday continued)

10:30am – 11:30am Meet at the Volleyball Net!

Do you like Badminton? How about soccer? Maybe a fun game of volleyball or even horseshoes! Meet Megan at the outdoor net for some fun and games. No sign-ups necessary, just show up!

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!

2:30pm – 3:30pm 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.

Suggest 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.

Thursday August 24, 2017

Tides: H 1:26am 1:54pm L 7:33am 7:53pm Sunrise: 5:57am Sunset: 7:31pm

8:00am – 9:00am Little Fish Swim

Designed for children ages 7 and under to enjoy the pool.

9:00am – 10:00am Adult Swim

Our pool is reserved for adult guests only during this time.

10:30am – 11:30am Crafting Fun!

Come on upstairs to the Activities room and create with Megan! Choose one of our easy crafts to make and take home with you. This is a complimentary activity. To reserve your spot, please sign up in Activities hall.

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!

3:00pm – 4:00pm Ice Cream Social and BINGO!

What better way to finish the week than with some fun (and prizes)! Please bring your own bowl and spoon to help reduce waste and care for our environment. We'll meet on the patio, or in the Activities Room in case of inclement weather. Both children and adults are welcome! This is a complimentary activity. No sign-ups necessary, just show up.

DAILY ACTIVITIES AT THE FALLS

OTHER ACTIVITIES

The Ogunquit Playhouse

August 2nd - 26th - Ragtime!

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

www.ogunquitplayhouse.org

Jonathans in Ogunquit

August 18th – Aztec Two-Step and Devonsquare

August 19th – Jimmy Tingle

August 24th – Bob Marley Comedy Show

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

Hackmatack Playhouse

August 16th – September 2nd – The Fantasticks

For more information and tickets, please visit www.hackmatack.org

Portland Science Center

Real Pirates!

For more information, please visit www.portlandsciencecenter.com

Vinegar Hill Music Theatre

August 18th – Jenna Bush Hager and Barbara Pierce Bush Special Preview 'Sisters First'

August 19th – My Sinatra with Cary Hoffman

August 20th – Sauce Boss

August 24th – Classic Rock Orchestra

For more information and tickets, please visit <http://vinegarhillmusictheatre.com>