

DAILY ACTIVITIES AT THE FALLS

Friday December 15, 2017

Tides **H** 9:10am 9:42pm **L** 2:47am 3:25pm Sunrise: 7:06am Sunset: 4:09pm

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

Suggested Activity: Dinner with Dickens: 'A Christmas Carol - A New Musical Tale'

7:00pm – 9:00pm at Clay Hill Farm Restaurant. This is a one of a kind theatrical dinner not to be missed! Tickets: \$22 plus the cost of dinner from a la carte nightly menu.

Limited Seating - Reservations Required. (207) 361-2272.

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 all weekend. 'Everyone's happy place!' <https://www.thefrontporch.com>

Saturday December 16, 2017

Tides: **H** 9:51am 10:24pm **L** 3:31am 4:08pm Sunrise: 7:07am Sunset: 4:09pm

Suggested Activity: SoMe Brewing Company

Anniversary Party 12:00pm - 7:00pm. Festive music, great beer! 1 York St. Unit 3 York, ME

Suggested Activity: Live Music at Clay Hill Farm

David Hollis at the piano from 6:00pm – 9:00pm. Clay Hill Farm: 220 Clay Hill Road, Cape Neddick, ME

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

Sunday December 17, 2017

Tides: **H** 10:29am 11:03pm **L** 4:11am 4:47pm Sunrise: 7:08am Sunset: 4:09pm

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: White Christmas The Musical

This is the last day to see Irving Berlin's White Christmas on stage at the Music Hall in Portsmouth, NH.

Performances are at 12:00pm and 4:30pm. 28 Chestnut Street - Portsmouth, NH

FMI: <http://www.themusichall.org/>

Please note some activities may be subject to change due to inclement weather

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Monday December 18, 2017

Tides: **H** 11:05am 11:40pm **L** 4:49am 5:23pm Sunrise: 7:08am Sunset: 4:10pm

9:00am – 10:00am 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.

10:15am – 12:15pm 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 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. To reserve your spot, please sign up in Activities Hall.

1:00pm – 2:00pm Rock Painting

Learn about this easy craft and you'll be making them for everyone! Meet Megan upstairs in the Activities Room and she'll provide the materials and instructions to make your own. This is a complimentary craft activity. Sign up sheet is located in the Activities Hall.

2:00pm – 3:00pm Christmas Cards

Join Megan upstairs in the Activities Room to create some Christmas cards! Please sign up in Activities Hall.

Tuesday December 19 2017

Tides: **H** 11:41am **L** 5:25am 5:59pm Sunrise: 7:09am Sunset: 4:10pm

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 Tour the U.S.S. Albacore Submarine

Tour of the U.S.S. Albacore, a U.S. Navy submarine and see how a crew of 55 men worked and lived aboard a 205' x 27' vessel! There is also a museum/memory garden to explore as well. Tour is \$7.00. Please sign up in the Activities Hall.

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(Tuesday continued)

12:30pm – 2:30pm

Private Tour of Historic 'White Columns' Home

Take a step back in time and allow Megan to drive you to Kennebunkport for a private tour of an elaborately decorated Victorian home and learn about the history of the house, Kennebunkport, and the original owners, The Perkins Family. \$10 admission fee. *Please sign up no later than 3:00pm Monday in Activities Hall.*

3:00pm – 4:00pm

Popsicle Stick Christmas Ornaments

Join Megan to make some simple Christmas Ornaments using Popsicle sticks. Head upstairs for some fun! We'll provide all the materials for your enjoyment. Sign up sheet is located in the Activities Room 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 December 20, 2017

Tides: H 12:16am 12:17pm L 6:01am 6:34pm Sunrise: 7:09am Sunset: 4:10pm

9:00am – 11:00am

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. A maximum of 10 guests may ride in the van, you can also follow in your own vehicle. Sign up sheet is in Activities Hall.

12:00pm – 2:00pm

Private 'Wiggly Bridge Distillery' Tour + Cocktail!

Very excited to offer a private distillery tour at The Wiggly Bridge Distillery in York. While sipping on your cocktail of choice you'll learn about Wiggly Bridge Distillery and their operation as well as their distillation process. You'll end the tour with a tasting of all of their award winning spirits! *Must sign up by 3:00pm Tuesday in Activities Hall. 21+ only!*

2:30pm – 3:30pm

Maine Souvenir Magnets

Join Megan 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

Thursday December 21, 2017

Tides: H 12:53am 12:55pm L 6:39am 7:11pm Sunrise: 7:10am Sunset: 4:11pm

9:00am – 3:00pm

Lighthouse Tour + Lunch at Lobster Cove Restaurant

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

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first three 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 Cove Restaurant in York overlooking Long Sands Beach and then our final stop will be our local Nubble Lighthouse! www.lobstercoverestaurant.com Please BYOSnacks!

OTHER ACTIVITIES



The Music Hall

Irving Berlin's White Christmas Final Weekend

28 Chestnut Street - Portsmouth, NH

(603) 436-2400

Jonathan's Ogunquit

"The Voice Winner," Sawyer Fredericks

Saturday, December 16, 2017, 8:00 pm

92 Bourne Lane, Ogunquit, ME

(207) 646-4777

Messiah Christian Church Children's Christmas Pageant

Sunday, December 17

Join the children of Messiah at 9:30 am for a comical and meaningful story as the world's superheroes explore the rumor that a new superhero is coming to earth.

All are welcome!

207-985-9287



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