

DAILY ACTIVITIES AT THE FALLS

Friday June 23, 2017

Tides **H** 11:03am 11:17pm **L** 4:45am 4:56pm Sunrise: 5:01am Sunset: 8:28pm

****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 June 24, 2017

Tides: **H** 11:59am **L** 5:40am 5:51pm Sunrise: 5:01am Sunset: 8:28pm

9:00am – 10:00am Let's Get Going, Keith!

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 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.

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

Sunday June 25, 2017

Tides: **H** 12:11am 12:54pm **L** 6:34am 6:46pm Sunrise: 5:01am Sunset: 8:28pm

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.

****We have a Photo Scavenger Hunt for our school-age guests! Pick up your sheet in the Activities Hallway, take photos and show them to the front desk staff to receive a prize!***

DAILY ACTIVITIES AT THE FALLS

Monday June 26, 2017

Tides: H 1:06am 1:50pm L 7:28am 7:42pm Sunrise: 5:02am Sunset: 8:28pm

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 – 11:00pm 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.

9:30am – 10:30am Giant Tissue Flowers

Come and join Mel upstairs in the Activities Room to make some whimsical flowers out of tissue paper! This activity is complimentary and open to all ages. To reserve your spot, please sign up in Activities hall.

11:00am – 12:00pm 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 Tee-shirt Decorating

How about a vacation souvenir? Join Mel in the Activities room and decorate a shirt 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.

Tuesday June 27, 2017

Tides: H 2:01am 2:45pm L 8:22am 8:38pm Sunrise: 5:02am Sunset: 8:28pm

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.

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 Sue in your own vehicle, parking is free. To reserve your spot, please sign up in Activities hall.

11:00am – 12:00pm Decorate a trinket box

Head upstairs to the Activities room where we will be decorating wooden trinket boxes with seashells, gems, and other fun things! This is a complimentary activity and all ages are welcome. 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!

1:30pm – 3:30pm York Center for Wildlife

Meet CFW educators and ambassadors under their outdoor educational pavilion and learn about their history and mission, local wildlife and a chance to observe a baby bird feeding! There is a \$5.00 per person suggested cash donation. Space is limited and you must sign up in advance. You will be following Sue in your own vehicle, parking is free. To reserve your spot, please sign up in Activities hall.

3:00pm – 4:00pm Noodle Ball

Need some exercise? Feel free to join Mel by the outdoor volleyball net for a friendly game of noodle ball! Not sure what this is? Here's a hint: it involves pool noodles and a balloon. No sign-ups necessary, just show up!

5:00pm – 7:15pm Kids Night Out!

Parents, your kids need a break! Send them away for pizza dinner, a movie and games with their new friends. This activity is open to ages 6-12 and only 15 tickets are available. Cost is \$10.00 cash, paid at registration, and parents must register their children at the front desk by 11:00 am. Drop off/pick up is in person by adult guardian only. Minimum of 2 sign-ups for activity to be held. Activity is held in the Reception Center. Please register at the Front Desk.

DAILY ACTIVITIES AT THE FALLS

Wednesday June 28, 2017

Tides: H 2:57am 3:41pm L 9:17am 9:37pm Sunrise: 5:03am Sunset: 8:28pm

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.

9:30am – 10:30am Rock art

Get your creative juices flowing and paint a rock with Mel. Create your own design and keep your rock as a reminder of your time in Ogunquit. This is a complimentary activity and all ages are welcome. To reserve your spot, please sign up in Activities hall.

10:30am – 1:00pm Guided bike tour along Wells Beach

Take in the shore line a different way today! Join Sue and rent a bike to travel along a beach road in Wells where the traffic is much slower and the views are amazing. Total bike trip is 8 miles. Bike rental is \$10.00, which includes a helmet. Space is limited and you must sign up in advance. You will be following Sue in your own vehicle, parking is free. To reserve your spot, please sign up in Activities hall

11:00am – 12:00pm Making Lemonade!

What do you do on a sunny, summer day? Why, make lemonade, of course! Meet Mel on the patio and make your own freshly squeezed lemonade to enjoy. No sign-ups necessary, just show up!

2:30pm – 3:30pm Paper Lanterns

Join Mel upstairs in the Activities Room and learn how to make decorative paper lanterns. All materials and instruction is provided. This is a complimentary activity and all ages are welcome! To reserve your spot, please sign up in Activities hall.

4:00pm – 5:00pm Pool Volleyball

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

Thursday June 29, 2017

Tides: H 3:54am 4:37pm L 10:12am 10:36pm Sunrise: 5:03am Sunset: 8:28pm

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.

DAILY ACTIVITIES AT THE FALLS

(Thursday continued)

9:30am – 10:30am Badminton!

Meet Mel at the outdoor volleyball net for a fun game or two! Make sure to bring some friends and some water to refresh. All ages and abilities are welcome. No sign-ups necessary, just show up!

11:00am – 12:00pm Decorate a wind chime

Come meet Mel in the Activities Room and decorate a wind chime to take home and remember the gentle Ogunquit breezes! This is a complimentary activity and all ages are welcome. 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.

OTHER ACTIVITIES

The Ogunquit Playhouse

May 17th – July 1st – Mamma Mia!

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

Jonathans in Ogunquit

June 25th – Deep Blue 'C' Studio Orchestra

For more information and tickets, please visit www.jonathansogunquit.com

Barn Gallery in Ogunquit

May 24th – June 24th – Opening Exhibitions

Shore Rd and Bourne Ln – for more information, please visit www.barngallery.org

Hackmatack Playhouse

June 16th – July 1st – She Loves Me

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

Portland Science Center

Real Pirates!

For more information, please visit www.portlandsciencecenter.com

DAILY ACTIVITIES AT THE FALLS