

DAILY ACTIVITIES AT THE FALLS

Friday March 9, 2018

Tides **H** 4:29am 5:07pm **L** 10:51am 11:06pm Sunrise: 6:01am Sunset: 5:43pm

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

Suggested Activity: **Children's Museum of New Hampshire**

The kids will LOVE visiting the Children's Museum! 6 Washington Street, Dover, NH 603.742.2002
Hours: Tuesday – Saturday 10:00am – 5:00pm, Sunday 12:00pm – 5:00pm.

Suggested Activity: **Live Music at Tidemark Lounge**

Enjoy live music in Tidemark Lounge at The Cliff House as you cozy up in front of our enormous fireplace, from 6:00pm – 9:00pm every Friday AND Saturday through March.
591 Shore Road, Cape Neddick 207.361.6277

Suggested Activity: **Piano Music at Clay Hill Farm**

220 Clay Hill Road, Cape Neddick call 207.361.2272 for more details.

Saturday March 10, 2018

Tides: **H** 4:29am 6:07pm **L** 10:52am Sunrise: 6:00am Sunset: 5:44pm

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: **Stepdancers from the Stillson School of Irish Dance**

To celebrate St. Patrick's Day, Ogunquit Performing Arts welcomes the return of Stepdancers from the Stillson School of Irish Dance
6:30pm, The Dunaway Center, 23 School Street, Ogunquit. \$5.00 at door.

Suggested Activity: **Garden Street Bowl**

Not just your average bowling alley... recently added four skeeball lanes, shuffleboard, darts, and even a bocce ball pit! Dine at Crotux Kitchen and Taphouse that offer two dozen brews and ciders on tap!
1 Garden St. Kennebunk, 207.636.7799

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

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

DAILY ACTIVITIES AT THE FALLS

Sunday March 11, 2018

Tides: **H** 7:23am 8:09pm **L** 12:05am 1:53pm Sunrise: 6:58am Sunset: 6:45pm



Spring Ahead! Don't forget to turn your clocks forward one hour!

Suggested Activity: Marginal Way

Easily Ogunquit's most popular point of interest, the Marginal Way is a paved cliff walk along the beautiful rocky coast that Maine is so famous for. Plenty of benches along the way with stunning vistas of the Atlantic. Path is not treated during winter so proper footwear is advised. Parking and entrance to path begins at Perkins Cove. Please ask the front desk for directions.

Suggested Activity: LL Bean in Freeport, ME

Just an hour north of the Resort. Enjoy the decorations and activities offered or just shop! For more information, please visit www.visitfreeport.com or www.llbean.com

Monday March 12, 2018

Tides: **H** 8:22am 9:05pm **L** 2:05am 2:50pm Sunrise: 6:56am Sunset: 6:46pm

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 Room hall.

10:30am – 12:30pm 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 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 10 guests may ride in the van. To reserve your spot, please sign up in Activities Hall.

1:30pm – 2:30pm Wine Glass Painting

Learn how to hand paint your own wine glass! All materials provided along with detailed instruction to create your very own work of art. Meet Megan in the Activities Room. This is a complimentary activity. To reserve your spot, please sign up in Activities hall.

Suggested Activity: Monday Night Dance Party with DJ Nate

At 9pm, southern Maine's own DJ Nate gets the place rocking with old school rock and roll and dance tunes. Enjoy late-night snacks until ... well ... late. It's the most civilized late night dance party in town! Old Vines Wine Bar, 173 Port Road, Kennebunk 207.967.2310

DAILY ACTIVITIES AT THE FALLS

Tuesday March 13, 2018

Tides: H 9:16am 9:54pm L 3:00am 3:39pm Sunrise: 6:54am Sunset: 6:48pm

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). Minimum of two. For more information visit: <https://www.maineoastexplorers.com>

9:30am – 11:00am Perkins Cove + Marginal Way

Explore Perkins Cove and walk a portion of the Marginal Way with Megan as your tour guide. It's a chilly time of year but worth a stop to learn some history of Perkins Cove, take a few photos from atop the drawbridge and maybe get to watch "The Crusher" breaking up the ice in the cove! We will walk a short bit of Marginal Way so proper footwear is needed as the path can be icy at times.

12:30pm – 2:30pm Private Tour of Historic 'White Columns' Home + Bush Museum

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, as well as the President Bush Museum. \$10 admission fee. This tour is wonderfully done, and a favorite with our guests! Please sign up by 3:00pm Monday. Minimum of 4 to run this tour.

3:30pm – 4:30pm Mask Making

Join Megan upstairs to decorate masks with friends! You can add glitter and gems or create an animal from the jungle! All materials are provided. 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 March 14, 2018

Tides: H 10:04am 10:37pm L 3:49am 4:23pm Sunrise: 6:53am Sunset: 6:49pm

9:00am – 10:30am Center for Wildlife and Ride to the top of Mt. Agamenticus

Ride with Megan and take a self-guided outside tour at the Center for Wildlife. 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

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(Wednesday continued)

sheet is in Activities Hall. There is a \$5 *suggested* donation to help support the Center for Wildlife.

11:00am – 11:45am 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.

12:00pm – 2:30pm 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! **21+ only!** \$14.95 includes tour, cocktail and samples. Please pay CASH to front desk. Limit of 10 per tour. Please sign up before 3:00 Tuesday.

Suggested Activity: GREASE at the Olenn Performing Arts Center - Wells High School

The Wells Players Proudly Present GREASE at the Olenn Performing Arts Center - Wells High School. 3:30pm (Free admission for Students & Seniors, all others \$5.00) 200 Sanford Rd, Wells. 207.646.7011

Thursday March 15, 2018

Tides: **H** 10:47am 11:16pm **L** 4:32am 5:01pm Sunrise: 6:51am Sunset: 6:50pm

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 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!

3:00pm – 4:00pm Make Your Own Puzzles for Kids

Join Megan upstairs in the Activities Room to create your own puzzle. All materials are provided. Please sign up in Activities Hall.

Suggested Trivia: Trivia at Feiles Irish Pub

Join in the pub every Thursday for trivia from 7:00pm – 9:00pm. 1619 Post Road, Wells, ME

Pssst... follow us on social media



InnSeason Resorts – The Falls at Ogunquit
@fallsatogunquit

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