

DAILY ACTIVITIES AT THE FALLS

Friday July 20, 2018

Tides H 5:57am 6:29pm L 12:03pm Sunrise: 5:19am Sunset: 8:17pm

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

Suggested Activity: Dover Children's Museum

Educational center exploring art, science & culture via interactive exhibits for kids & families.
www.childrens-museum.org, 6 Washington St, Dover, NH

Suggested Activities: Portland Museum of Art

Under 21? You get FREE admission to the largest and oldest art museum in Maine! Portland Museum of Art offers several exhibits and classes throughout the week. Visit www.portlandmuseum.org for a list of events and happenings! 7 Congress Square, Portland

Suggested Activity: The Front Porch Piano Bar

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 July 21, 2018

Tides: H 7:00am 7:28pm L 12:44am 1:01pm Sunrise: 5:20am Sunset: 8:17pm

9:00am 'Seas the Day' with Keith

Whether it's your first time in Ogunquit or you're a Falls regular we have the right activity for you! Meet Keith on the back patio where you'll hear about the best restaurants, spots to sit and watch the summer crowds, where to find the very best homemade donuts, chocolates and much more! Be sure to start your visit at the Falls with Seas the Day! *(Poor weather you will meet Keith at the Front Desk)*

Suggested Activity: Ship's Cargo Fair at Church on the Cape

8:30am – 1:30pm, 3 Langsford Road, Kennebunkport. The Cargo Shop's biggest annual event, great items for sale, activities for kids, baked goods and flea market. FMI: 207.967.0471

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

Suggested Activity: Wells Summer Concert Series

Hope Hobbs Gazebo, Harbor Park, 331 Harbor Road, Wells. Concerts begin at 6:30pm every Saturday night. This week is 'The Bel Airs' and Pow-Wow weekend.

Please note: All activities start at designated times and may be canceled for lack of sign-ups.

DAILY ACTIVITIES AT THE FALLS

(Saturday continued)

Suggested Activity: **Jim McCue and the Boston Comedy Festival All Stars**

8:00pm, Jonathan's Ogunquit, 92 Bourne Lane. \$22.5 advance tickets. A night of comedy with Comedian, Jim McCue and the the Boston Comedy Festival All-stars: Jim McCue, Frank Santorelli, Carolyn Plummer, and Sean Sullivan!

Sunday July 22, 2018

Tides: H 8:03am 8:25pm L 1:47am 1:59pm Sunrise: 5:21am Sunset: 8:16pm

Suggested Activity: **6th Annual Simple Gifts Music Festival**

5:00pm, Alfred Shaker Museum, 118 Shaker Hill Road, Alfred. Enjoy and join in with local musicians!

Suggested Activity: **16th Annual Val Ranco Native American Pow-Wow**

9:00am – 5:00pm. Pow-Wow features music, dance, crafts, demonstrations and more. Wells Harbor Park, 331 Harbor Road, Wells.

Suggested Activity: **Ogunquit's Music in the Park**

FREE! 4:00pm, 86 Obeds Lane, Ogunquit "Something in the Water".

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

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.

Monday July 23, 2018

Tides: H 9:03am 9:17pm L 2:46am 2:54pm Sunrise: 5:22am Sunset: 8:15pm

9:00am – 10:00am **Tour Around Town**

First time in Ogunquit or maybe you're an OGT veteran? Sit back, relax and let Megan give you a tour of our beautiful coastal town and point out the points of interest you can visit later on in the week! Please sign up in Activities Hall. Only 10 spots available in van. We will meet at the Reception Center!

11:00am – 12:00pm **Maine Souvenir Magnets**

Come 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.

Please note: All activities start at designated times and may be canceled for lack of sign-ups.

DAILY ACTIVITIES AT THE FALLS

(Monday continued)

12:00pm – 1:00pm

Pool Volleyball

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

1:00pm – 3:00pm

Rachel Carson Preserve

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. Megan will be your guide for this walk. Please sign up in Activities Hall. Bug spray recommended! We will meet at the Reception Center!

Suggested Activity:

Live Jazz at The Leavitt Theatre

FREE! Live Jazz every Monday night in the lounge from 10:00pm to midnight! The Leavitt Theatre, 259 Main Street, Ogunquit.

Tuesday July 24, 2018

Tides: **H** 9:56am 10:05pm **L** 3:39am 3:44pm Sunrise: 5:23am Sunset: 8:14pm

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 (\$40pp). Minimum of two. For more information visit: <https://www.maineoastexplorers.com>

9:00am – 11:00am

Perkins Cove + Marginal Way Walk

Ogunquit's most popular point of interest: this beautiful cliff walk offers spectacular views of the ocean with plenty of spots to rest. Sign up in Activities Hall and Megan will be your guide. Only 10 spots in the van! We will meet up at the Reception Center! Don't forget your SPF and H2o!

11:15am – 12:00pm

Rock Painting

Join Megan upstairs in Activities Hall. All materials are provided. Limit of 10, please.

12:00pm – 1:00pm

Pool Volleyball

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

1:00pm – 1:30pm

Magic Color Scratch Ornaments

Meet for this fun and simple craft. Scratch the top off the ornaments to create your own design. All materials provided. Please sign up in Activities Hall.

Please note: All activities start at designated times and may be canceled for lack of sign-ups.

DAILY ACTIVITIES AT THE FALLS

(Tuesday continued)

1:30pm – 2:30pm

Fluffy Slime!

I have to admit this is kind of fun...!! meet Megan in Activities Room and she'll provide the kid-safe materials and instructions to make your very own fluffy slime! Please sign up in Activities Hall.

3:00pm – 4:00pm

Beach Plum Farm

Take a short walk just across the street from the Resort to enjoy 23 acres of preserved farm land. There are benches to sit and enjoy the views – you might just see our resident 'Great Blue Heron' among the salt marsh grasses! Bug spray suggested! Meet Megan at the front lobby and she will be your guide.

Wednesday July 25, 2018

Tides: **H** 10:43am 10:48pm **L** 4:26am 4:30pm Sunrise: 5:24am Sunset: 8:13pm

9:00am – 3:00pm

Lighthouse Tour + Lunch at Lobster Shack 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 Shack Restaurant at Two Lights overlooking the ocean! www.lobstershacktwolights.com Please BYOSnacks! Please sign up in Activities Hall. We'll meet in back at Reception Center.

3:00pm – 3:30pm

Mermaid Magnets

Join Megan upstairs in Activities Hall. All materials are provided. Sign up in Activities Hall. Limit of 10.

3:30pm – 4:00pm

Heads Up!

The popular virtual game where you try to guess the word you're holding from clues from your team! Join Megan upstairs in Activities Room for a laugh! Please, sign up in Activities Hall.

Thursday July 26, 2018

Tides: **H** 11:26am 11:28pm **L** 5:09am 5:11pm Sunrise: 5:25am Sunset: 8:12pm

9:00am – 11:00am

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 sheet is in Activities Hall. There is a \$5 donation to help support the Center for Wildlife. We will meet at the Reception Center.

11:00am – 11:30am

Make Your Own Mask!

Join Megan upstairs for a quick mask making activity! All materials provided. Please sign up in Activities Hall.

DAILY ACTIVITIES AT THE FALLS

(Thursday continued)

2:00pm – 3:00pm

Ice Cream Social and BINGO

Join Megan on the back patio for a little ice cream and a game of bingo! As always, please bring your own bowl and spoon (*thank you!*). We will meet in Activities Room during poor weather.

Suggested Activity:

Trivia at Feiles Irish Pub

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

Other Suggested Activities

The Ogunquit Playhouse

July 11th – August 4th – An American in Paris

For more information and tickets, please call box office at 207.646.5511 or visit

www.ogunquitplayhouse.org

Wells Reserve at Laudholm

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

Congdons After Dark – Food Truck Park

New England's only food truck park open 4:00pm – late. Several different food trucks, games, face painting and a beer garden. It'll change nightly! 1100 Post Road, Wells. Bring your appetite!

Hackmatack Playhouse

July 4th - 22nd – All Shook Up!

538 School St, Berwick

207.698.1807

Cape Neddick “Nubble” Lighthouse

A short drive to this iconic lighthouse between Short Sands and Long Sands Beaches in York.

Sohier Park Rd, York

Bring your camera!

Ogunquit Museum of American Art

Open every day 10:00am – 5:00pm

\$10/adult \$9/student/senior

543 Shore Rd, Ogunquit

Pssst... follow us on social media



InnSeason Resorts – The Falls at Ogunquit @fallsatogunquit

****Have you seen our games, puzzles and movies? Check them out in the Activities Hall!***

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