

Activities at the Falls

February 6-11, 2010

"If you don't like the weather in Maine... wait five minutes"

All Mainers know that you just can't count on our weather to stay the same for any reasonable period of time. That's why we will always try to run the majority of our activities as scheduled, rain or shine, warm or cold.

Be sure to check the cold weather packing list at the bottom of this schedule.

SATURDAY

Little Fish Swim 8:00-9:00am

~Designated for children 7 and under and their adult guardian(s).

Koffee with Keith 9:00-10:00am



~Want to know where to go to eat? Things to do? Need directions? Want to learn the history of Ogunquit? Come see the ultimate concierge and pick his brain while enjoying a cup of coffee! This activity will take place upstairs in the Activities Center above the Front Desk Lobby. Start your day off right by saving the planet and bringing your own coffee mug in order to help us reduce, reuse, and recycle!

SUNDAY

Little Fish Swim 8:00-9:00am

~Designated for children 7 and under and their adult guardian(s).

MONDAY

Little Fish Swim 8:00-9:00am

~Designated for children 7 and under and their adult guardian(s).

Explore More with Jeff

9:30-10:00am



~For those who want to experience Southern Maine's most beautiful places and natural treasures. This is a great way to plan out a week of adventure and speak with Jeff about his excursions. Meet in the Activities office upstairs from the Lobby. Be sure to bring your activities schedule and a sense of adventure.

Water Warm-Up!

10:15-11:15am



~Join Jeff in the pool for an hour of warm water stretches and exercises designed for everyone. This session will help people of all ages limber up, stimulate muscle tone, and help relieve aches and pains. This program is a great way to start your day feeling energized and refreshed!

Snowy Mountain Hike

12:15-3:15pm



~Come experience the beauty of winter hiking and the best views Southern Maine has to

offer! The trail has moderate terrain and is 2 miles long. Participants should be in good physical condition and will need to bring a water bottle. Be sure to dress appropriately to match the weather conditions. Participants need to sign up in advance in the hallway directly across from the Front Desk. Meet by the Lobby at 12:10pm.

TUESDAY

Little Fish Swim **8:00-9:00am**

~Designated for children 7 and under and their adult guardian(s).

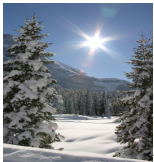
Snowshoe Adventure **10:00am-12:45pm**



~Get ready for some winter fun! This trip is open to all ability levels. Just remember, if you can walk... you can snowshoe! Meet in the Lobby at 9:55am for a snowshoe adventure.

Depending on conditions, we may be deep in the woods, on the beach, or on top of a mountain. Participants should be in good physical condition and will need to bring a water bottle and winter clothing. **Be sure to sign up at the front desk 24 hours in advance so rental equipment can be arranged. There is a \$5 cash fee do at time of sign-up.**

Winter Reserve Walk **1:30pm-4:30pm**



~Follow Jeff as he guides you along the trails that wind through this spectacular sixteen hundred acre Research Reserve. The trails traverse through upland fields, woodlands, salt marsh, and out to a beautiful sandy beach. This is a superb spot to enjoy nature in all her seasons. Participants will also learn about coastal ecology and the history of a saltwater farm. Don't forget your camera as this is one of the last pristine pieces of Southern Maine coastline! The walk will be about 1.5 miles long.

Dress appropriately for weather conditions and bring some water. Participants need to sign up in advance in the hallway directly across from the Front Desk. Meet by the lobby at 1:25pm.

WEDNESDAY

Little Fish Swim **8:00-9:00am**

~Designated for children 7 and under and their adult guardian(s).

Walking Tour of the Marginal Way **9:30-11:30am**



~Join us on a guided tour of Maine's most famous footpath. See the sights and learn the fascinating story behind this special piece of coastline. Tour participants will need to be comfortable walking up to 2.5 miles. This is a spectacular trip that will demand the attention of your camera! Participants need to sign up in advance in the hallway directly across from the Front Desk. The first 14 people to sign up will have seats in the van while any additional participants must drive their own vehicles. Meet by the Lobby at 9:25am.

Frozen Beaver Ponds, Mountain Tops, and Mysterious Rock Formations **12:30-3:45pm**



~Come explore an old colonial road with an incredible landscape. This hike is 3.6 miles long and contains a natural earth and stone trail with moderate terrain. The trip will take you through some very interesting physical features not typically seen all on one trail. Participants should be in good physical condition and will need to bring a water bottle. Be sure to dress appropriately to match the weather conditions. Participants need to sign up in advance in the hallway directly across from the Front Desk. Meet by the Lobby at 12:25pm.

Thursday

Little Fish Swim

8:00-9:00am

~Designated for children 7 and under and their adult guardian(s).

Cross Country Skiing Trip 9:30am-1:00pm



~We will ski through native fields and into beautiful forest trails on this trip. This trip is open to all ability levels, from first-timers to experts. Dress appropriately for weather conditions and bring some water. Meet by the lobby at 9:25am. **Be sure to sign up at the front desk 24 hours in advance so rental equipment can be arranged. There is a \$5 cash fee at time of sign-up.**

Tidal River and Barrier Beach Walk 2:00-4:00pm



~Explore the sights and sounds of the tidal river that helps create our unique barrier beach system that has become an oasis for our coastal wildlife. Learn about the history and ecology of this threatened ecosystem. This is a beautiful exploratory walk that allows participants to engage all their senses while discovering the hidden secrets of this special place. The walk is approximately 1.5 miles and offers great photographic opportunities. Participants need to sign up in advance in the hallway directly across from the Front Desk. Meet by the Lobby at 2:00pm where we will depart on foot.

Cold Weather Packing List

DRESS FOR SUCCESS!

This means something a little different here in Maine. Having fun outside during the colder months in Maine is easy. Just remember, **"Mainers don't believe in bad weather... just bad clothing."** So, come prepared and enjoy the Maine outdoors!

- Always dress in layers... you can always take it off if you get too warm but you can't put in on if you didn't bring it!
- Long underwear, wool blend socks, and moisture wicking materials go a long way for your core layer.
- Warm boots, gloves, hats, and scarves are key to extending your outdoor playtime. Be sure your boots and gloves are waterproof if you like being dry!
- Your outer layer should be waterproof and breathable. This includes pants! Rain pants and snow or ski pants are crucial if you really want to have fun and enjoy all of Maine's moods.
- Fleece makes for a great layering garment because of its light weight and warm characteristics.
- Don't forget a good umbrella. You only have to use it once to be worth its weight in gold.

~**The Activities Department has updated and expanded the board games for you and your family!** We even have a practice putting green and other golf games that can be played right in your room. They can now be borrowed from their new storage cubby directly across from the Front Desk.

*****We also have a selection of lawn games that can now be signed out from the Front Desk.** The games are located in a storage container behind building 1, next to the basement entrance. **Games include: badminton, soccer, football, horseshoes, bocce, and more!**