



Friday, February 4, 2022

9:00 a.m. - 9:30 a.m. ●📅
Clear Mind, Calm Heart Meditation
 | *Motion Room*
 Session limited to 12 participants.
 Please sign up no earlier than 24
 hours in advance at x2739.

10:00 a.m.
Winter Activity |
Check Main Bulletin Board
 Join for an outdoor activity that
 will be posted at the Central Stairs
 Bulletin Board by 9:00 a.m daily.

10:00 a.m. - 10:45 a.m. ■📅
Qi Gong Inspiration | *Motion Room*
 Session limited to 9 participants.
 Please sign up no earlier than 24
 hours in advance at x2739.

10:00 a.m. - 12:30 p.m. 🧑🏠
Open Skating | *Pavilion*
 Available to all ages and abilities.
 Please check in with the Pavilion
 Shop for skating at ext. 2775. No
 locker storage available.

11:00 a.m. - 11:45 a.m. ■📅
Get Ur Groove On | *Motion Room*
 Session limited to 9 participants.
 Please sign up no earlier than 24
 hours in advance at x2739.

2:00 p.m.
Winter Activity |
Check Main Bulletin Board
 Join for an outdoor activity that
 will be posted at the Central Stairs
 Bulletin Board by 9:00 a.m daily.

2:00 p.m. - 2:45 p.m. ■📅
Chinese Yoga | *Motion Room*
 Session limited to 9 participants.
 Please sign up no earlier than 24
 hours in advance at ext. 2739.

2:00 p.m. - 5:00 p.m. 🧑🏠
Open Skating | *Pavilion*
 Available to all ages and abilities.
 Please check in with the Pavilion
 Shop for skating at ext. 2775. No
 locker storage available.

2:30 p.m. 🧑🏠
Kubb "Viking Chess" |
Basketball Court
 Kubb is a classic Scandinavian lawn
 game that uses throwing skills and
 defense mastery. This event will
 take place outside, please dress
 appropriately. Each group will have
 their own game.

3:00 p.m. - 3:45 p.m. ■📅
Tai Chi for Neck and Back |
Motion Room
 Session limited to 9 participants.
 Please sign up no earlier than 24
 hours in advance at x2739.

4:00 p.m. - 5:00 p.m. 🧑🏠
**Campfire with Roasted
 Marshmallows!** |
East Side Fire Pits
 Join us by our fire pits and toast a
 delicious marshmallow!

4:00 p.m. - 4:30 p.m. ●📅
Relaxation Meditation |
Motion Room
 Limit 12 people. Sign up required-
 no earlier than 24 hours in advance.
 Please call ext. 2739 to sign up.
 No late admittance.

4:30 p.m. - 5:15 p.m. 📅
Welcome Hour | *Parlor*
 Join us at any point from 4:30 –
 5:15pm in the Parlor where your
 hosts and instructors will greet
 you and verify the classes you will
 be attending this weekend. Pre-
 registration required. Ages 16 & up.

5:00 p.m. ●📅
Slow Detox with Casey | *Parlor*
 Please dress comfortably, all levels
 welcome. Pre-registration required.
 Ages 16 & up.


7:00 p.m. - 9:30 p.m. 🧑🏠
Open Skating | *Pavilion*
 Available to all ages and abilities.
 Please check in with the Pavilion
 Shop for skating at ext. 2775. No
 locker storage available.

8:45 p.m.
Evening Movie: "Saving Mr. Banks" |
Check Main Bulletin after 5pm
 Rated PG-13. Running time 2 hours
 5 minutes. 2013.

9:00 p.m.
Live Music: Swing Vipers | *Parlor*
 The Swing Vipers infuse the timeless
 tunes of the early jazz era
 with a contemporary, gritty style of
 swing.



9:00 p.m. ●📅
Mindfulness in Minutes: Part 1 |
Cliff View Room
 In this session, Nina will guide you
 through some simple techniques
 that will help your brain begin to
 form a new habit – what if you
 could learn to watch the mind,
 instead of going with its storyline?
 Rather than reacting-and-regretting,
 what if you could learn to respond
 more skillfully in the moment? Learn
 more about how to bring it into your
 life!



Dining Schedule


6:00 a.m. - 7:00 a.m. 
Early Morning Coffee |
Outside Lake Lounge

7:00 a.m. - 10:30 a.m. 
Lakeview Breakfast |
Lake Lounge
 Continental breakfast with
 scrambled eggs, bacon, sausage,
 waffle station and potatoes.


7:30 a.m. - 9:30 a.m.  
Breakfast | *Main Dining Room*
 Please call ext. 2475 for reservations.


7:30 a.m. - 10:00 p.m.  
Room Service | *Ext. 2364*
 Included meals available: breakfast
 from 8-9:30 a.m., lunch from
 12 -2 p.m., and dinner from 6-8 p.m.

12:00 p.m. - 2:00 p.m.  
Lunch | *Main Dining Room*
 Please call ext. 2475 for reservations.

12:00 p.m. - 11:00 p.m. 
Carriage Lounge
 Light fare available 12-6 p.m.

4:00 p.m. - 5:00 p.m. 
Tea and Cookies | *Lake Lounge*

6:00 p.m. - 8:00 p.m.  
Dinner | *Main Dining Room*
 Please call ext. 2475 for reservations.

6:00 p.m. - 8:00 p.m.  
Dinner | *West Dining Room*
 Please call ext. 2475 for reservations

\$ À La Carte Experiences

All activities listed in this section require advanced sign up and are not included in the price of your stay


Babysitting | *ext. 2015*
Endurance Concierge | *ext. 2176*
 For endurance athletes.
 Run, swim, or bike.
 Contact Alex Sherwood at
 ajsherwood@mohonk.com


**Private Hikes & Tours, Family or
 Group Events** | *ext. 2186*
**Private Yoga, Fitness or
 Mindfulness Sessions** | *ext. 2739*


Spa and Salon | *ext. 2751*
 Limited availability- please call.


Today's Hours of Operation


Billiard Room
 7:00 a.m. - 11:00 p.m. Ages 16 and
 under, adult supervision required.


 **Disc Golf**
 Dawn til Dusk. Disc golf course
 complimentary. Discs available for
 purchase at Front Desk.


 **Fitness Center** | *ext. 2739*
 8:00 a.m. - 7:00 p.m. Ages 16 and
 older.


 **Game Room**
 9:00 a.m. - 9:00 p.m. Adult
 supervision for ages 12 and under.

 **Gift Shop & Soda Fountain** | *ext. 2782*
 8:00 a.m. - 11:00 p.m. Limit 10
 guests at a time.

 **Greenhouse** | *ext. 2152*
 9:00 a.m. - 3:00 p.m.

 **Indoor Pool** | *ext. 2739*
 8:00 a.m. - 7:00 p.m. Ages 16 and
 under, adult supervision required.

 **Skate Shop** | *ext. 2775*
 10:00 a.m. - 12:30 p.m.
 2:00 p.m. - 5:00 p.m.
 7:00 p.m. - 9:30 p.m.
 Skates available at Pavilion Skate
 Shop.

 **Ski Shop** | *ext. 2448*
 9:00 a.m. - 5:00 p.m. Access
 through Council House. Cross-
 country skis, snowshoes, and ice
 traction devices available weather
 permitting. Please check Main
 Bulletin Board for conditions.

Some activities are weather dependent. Events may change or be cancelled; please see Main Bulletin Board.
 This schedule is intended for use by overnight guests only. Drones and other radio controlled devices are prohibited.
 Go Green! Find the Activities Schedule with more details online at www.mohonk.com/guest