



Monday, February 7, 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.

9:30 a.m. ●📅

Indoor Family Archery | *Conference House*

Limit 16 people. Sign up required-no earlier than 24 hours in advance. Please call ext. 2186 to sign up. Ages 7 and up. No late admittance.

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. - 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.

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.

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.

11:15 a.m. ●📅

Indoor Archery | *Conference House*

Limit 16 people. Sign up required-no earlier than 24 hours in advance. Please call ext. 2186 to sign up. Ages 13 and up. No late admittance.

2:00 p.m. ●📅

Indoor Family Archery | *Conference House*

Limit 16 people. Sign up required-no earlier than 24 hours in advance. Please call ext. 2186 to sign up. Ages 7 and up. No late admittance.

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. ●📅

Calming Yoga | *Motion Room*

Session limited to 9 participants. Please sign up no earlier than 24 hours in advance at x2739.

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.

3:00 p.m. - 3:45 p.m. ■📅

Stability Ball Training | *Motion Room*

Limit 9 people. Sign up required-no earlier than 24 hours in advance. Please call ext. 2739 to sign up. No late admittance.

4:00 p.m. - 4:45 p.m. ●📅

Stretch and Relax | *Motion Room*

Limit 9 people. Sign up required-no earlier than 24 hours in advance. Please call ext. 2739 to sign up. No late admittance.

4:00 p.m. - 5:00 p.m. 🧊

Campfire with Roasted Marshmallows! | *East Side Fire Pits*

8:45 p.m.

Evening Movie: "Ocean's Eleven"

| Check Main Bulletin after 5pm
Rated PG-13, running time 1 hour 56 minutes. 2001.

9:00 p.m.

Evening Lecture: The Gunks & Valley Towns Through Time with Ron Knapp | *Parlor*

Join professor and author Ronald G. Knapp as he takes a walk through time viewing the topography of the Shawangunk Mountains with escarpments, boulders, cliffs, crevices, and "sky lakes".



Easy



Moderate



Strenuous



Special Event



Family-Friendly




Sign-Up






Additional Fee



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.

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. - 8:00 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. 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