

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cruising Bikes 8:30am-9:30am Adult Swim	Cruising Bikes 8:30am-9:30am Adult Swim	Cruising Bikes 8:30am-9:30am Adult Swim	Cruising Bikes 8:30am-9:30am Adult Swim	Cruising Bikes 8:30am-9:30am Adult Swim	Cruising Bikes 8:30am-9:30am Adult Swim	Cruising Bikes 8:30am-9:30am Adult Swim
8am Adult Yoga	8am Adult Yoga	8am Adult Yoga	8am Adult Yoga	8am Adult Yoga	8am Adult Yoga	8am Adult Yoga
1-2pm There's Always Room for Ice Cream	10:30am Beach Ecology Walks	10am Bug's Life Tour for Kids	9:30am Family Yoga	10am Garden Tour	9:30am Family Yoga	9:30am Family Yoga
6-8pm S'mores at the Fire Pit	3pm Children's Art 6-8pm S'mores at the Fire Pit	5pm Guest Reception 6-8pm S'mores at the Fire Pit	10am Great Pond Walk 6-8pm S'mores at the Fire Pit	1pm SPA Mix Up 5pm Mixology 6-8pm S'mores at the Fire Pit	3pm Children's Art 6-8pm Acoustic Guitar 6-8pm S'mores at the Fire Pit	3pm Children's Art 6-8pm Acoustic Guitar 6-8pm S'mores at the Fire Pit

**Cruising Bikes** Borrow family cruising bikes for a ride to area lighthouses or the Lobster Shack. Available daily, please make reservations with the bellmen.

**Adult Swim** (Daily through 10/14)  
Enjoy early morning exercise or simply relax in our sparkling pool.

**Adult Yoga** (Daily 6/24-10/27) & (Friday, Saturday & Sunday 5/17-6/23)  
Refresh the body & mind with a mixed level class overlooking the Atlantic. Meet on the front lawn, yoga mats provided.

**There's Always Room for Ice Cream!** (6/23-9/1)  
Please join us for a sweet and cold treat. All ages welcome. Meet at the pool area.

**S'mores at the Fire Pit** (Daily through 11/1)  
Gather around the outdoor fire pit with friends and family to roast marshmallows nightly. Times will vary. Please check with Guest Services.

**Beach Ecology Walks** (6/24-8/26)  
Join a naturalist from the Cape Elizabeth Land Trust to explore Crescent Beach. Whether the tide is high or low, come look for birds, shells, hermit crabs and fish, and learn about the natural history of Cape Elizabeth. All ages. Meet on the boulevard.

**Children's Art** (6/24-8/31)  
Create a mantelpiece that reminds you of your Maine vacation all year long. Meet at west end picnic tables. Weather dependent. All art supplies are provided.

**Bug's Life Tour** (6/25- 9/3)  
A whimsical look at eco systems for kids- part eco education and part arts and crafts. Kids learn about the Inn's "Rabbitat" and nectar gardens for endangered wildlife. Weather dependent. Meet at west end picnic table.



CRESCENT BEACH, MAINE

207.799.3134

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**Guest Reception** (7/2-8/27)

Experience all things Maine, as we showcase tastes of local fare and refreshments.

**Family Yoga** (6/26-8/28)

Promote health and wellness in children. Mixed level classes for adults and children on the front lawn. Yoga mats provided.

**Great Pond Walk** (6/5-9/25)

Join head gardener Derrick Daly for a walk to Great Pond and enjoy watchable wildlife on the boardwalk of the 125 acre pond. On-leash dogs are welcome. Gather on the boulevard.

**Garden Tour** (5/30-9/5)

Join the Inn's head gardener Derrick Daly as he shares his enthusiasm and secrets for creating indigenous gardens that are beautiful and great for the environment. Meet on the boulevard. *No tour on July 4.*

**SPA Mix Up** (6/27-9/5)

Taking a bit of the SPA home with you. Join the SPA Director on the front lawn and mix up your own salt and sugar exfoliating scrub. *No Mix Up on July 4.*

**Mixology** (7/11-8/29)

Join us in Sea Glass for a mixology session with ever-changing spirits.

**Acoustic Guitar by the Fire Pit** (6/28-8/31)

Captivating acoustic guitar music by the fire.

**Go Fly a Kite!** - Sunday, July 7, July 21 & August 4 - 2pm-4pm

Glenn Davison will return with his amazing collection of kites. Join him on the seaside lawn to watch them soar, or try your hand at keeping kites afloat!

**All American Barbeque** - Thursday, July 4 & Sunday, September 1

48-hour notice, reservations required. Please call ext. 855 for reservations.

**Cape Farm Alliance Dinner** - September 15

Chef Chadwick celebrates Cape Elizabeth Farmers with a farm to fork, tide to table dinner. This tented dinner will be completely sourced from Cape Elizabeth farms & will benefit the Cape Farm Alliance. Reservations required.

**Full Plates, Full Potential** - September 22

Chef Chadwick will cook a tented benefit dinner with other talented Portland area chefs to help feed hungry kids in Maine. Reservations required.