



**CAPE ARUNDEL  
INN & RESORT**

**July 31— August 6, 2017**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>4pm-5pm</b> Wine & Cheese Reception at The Clubhouse	<b>2:30pm-3pm</b> Ocean Wine & Spirits  <b>4pm-5pm</b> Wine & Cheese Reception at The Clubhouse  <b>4pm-5pm</b> Gamesman at The Clubhouse	<b>9:30am</b> Oceanside Yoga  <b>4pm-6pm</b> Outdoor Live Music  <b>4pm-5pm</b> Wine & Cheese Reception at The Clubhouse	<b>10am-1pm</b> Oceanside Watercolor Class with Judith Kinsman  <b>4pm-5pm</b> Wine & Cheese Reception at The Clubhouse	<b>4pm-5pm</b> Wine & Cheese Reception at The Clubhouse  <b>4pm-5pm</b> Gamesman at The Clubhouse	<b>10am</b> Oceanside Yoga  <b>3:30pm-4pm</b> Cooking Demo with Chef Pierre  <b>4pm-5pm</b> Wine & Cheese Reception at The Clubhouse	<b>2pm-3pm</b> Ocean Wine & Spirits  <b>4pm-5pm</b> Wine & Cheese Reception at The Clubhouse
<b>Breakfast</b> 8am—10am <b>Clubhouse</b> 8am—9pm <b>Clubhouse Pool</b> 8am-8pm  <b>Happy Hour</b> 3pm—5pm <b>Ocean</b> 5pm—9pm  <b>Supper Shuttle</b> 5pm—10pm  <b>Sunrise:</b> 5:30 am <b>Sunset:</b> 8:06 pm  <b>High Tide:</b> 6:12 am / 6:26 pm <b>Low Tide:</b> 12:01 am / 12:17 pm	<b>Breakfast</b> 8am—10am <b>Clubhouse</b> 8am—9pm <b>Clubhouse Pool</b> 8am-8pm  <b>Happy Hour</b> 3pm—5pm <b>Ocean</b> 5pm—9pm  <b>Supper Shuttle</b> 5pm—10pm  <b>Sunrise:</b> 5:31 am <b>Sunset:</b> 8:04 pm  <b>High Tide:</b> 7:10 am / 7:30 pm <b>Low Tide:</b> 1:00 am / 1:11 pm	<b>Breakfast</b> 8am—10am <b>Clubhouse</b> 8am—9pm <b>Clubhouse Pool</b> 8am-8pm  <b>Happy Hour</b> 3pm—5pm <b>Ocean</b> 5pm—9pm  <b>Supper Shuttle</b> 5pm—10pm  <b>Sunrise:</b> 5:32 am <b>Sunset:</b> 8:03 pm  <b>High Tide:</b> 8:07 am / 8:23 pm <b>Low Tide:</b> 1:58 am / 2:06 pm	<b>Breakfast</b> 8am—10am <b>Clubhouse</b> 8am—9pm <b>Clubhouse Pool</b> 8am-8pm  <b>Happy Hour</b> 3pm—5pm <b>Ocean</b> 5pm—9pm  <b>Supper Shuttle</b> 5pm—10pm  <b>Sunrise:</b> 5:33 am <b>Sunset:</b> 8:02 pm  <b>High Tide:</b> 9:03 am / 9:14 pm <b>Low Tide:</b> 2:53 am / 2:58 pm	<b>Breakfast</b> 8am—10am <b>Clubhouse</b> 8am—9pm <b>Clubhouse Pool</b> 8am-8pm  <b>Happy Hour</b> 3pm—5pm <b>Ocean</b> 5pm—9pm  <b>Supper Shuttle</b> 5pm—10pm  <b>Sunrise:</b> 5:34 am <b>Sunset:</b> 8:01 pm  <b>High Tide:</b> 9:54 am / 10:02 pm <b>Low Tide:</b> 3:44 am / 3:47 pm	<b>Breakfast</b> 8am—10:00am <b>Clubhouse</b> 8am—9pm <b>Clubhouse Pool</b> 8am-8pm  <b>Happy Hour</b> 3pm—5pm <b>Ocean</b> 5pm—9pm  <b>Supper Shuttle</b> 5pm—10pm  <b>Sunrise:</b> 5:35 am <b>Sunset:</b> 7:59 pm  <b>High Tide:</b> 10:41 am / 10:46 pm <b>Low Tide:</b> 4:30 am / 4:32 pm	<b>Breakfast</b> 8am—10:00am <b>Clubhouse</b> 8am—9pm <b>Clubhouse Pool</b> 8am-8pm  <b>Happy Hour</b> 3pm—5pm <b>Ocean</b> 5pm—9pm  <b>Supper Shuttle</b> 5pm—10pm  <b>Sunrise:</b> 5:36 am <b>Sunset:</b> 7:58 pm  <b>High Tide:</b> 11:24 am / 11:28pm <b>Low Tide:</b> 5:11 am / 5:14 pm

Ocean



Guests Amenities Include: Continental Breakfast served from 8am-10am daily at both Ocean and the screened porch at The Clubhouse, Complimentary Wi-Fi, Daily Newspapers, Beach Cruiser Bicycles, Oceanside Yoga, Daily Wine & Cheese Reception 4pm-5pm at The Clubhouse, Cooking Demo with Chef Pierre, Cocktail Class, Wine Testing, Oceanside Watercolor Class on the lawn with the local artist Judith Kinsman, Afternoon Cookies, Kennebunk Beach Parking Permits, Beach Chairs, Beach Towels.