



CAPE ARUNDEL
INN & RESORT

September 11 — September 17, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11	12	13	14	15	16	17
4pm-5pm Wine & Cheese Reception at The Clubhouse	2:30pm-3pm Ocean Wine & Spirits 4pm-5pm Wine & Cheese Reception at The Clubhouse 4pm-5pm Gamesman at The Clubhouse	9:30am Oceanside Yoga 4pm-6pm Outdoor Live Music 4pm-5pm Wine & Cheese Reception at The Clubhouse	10am-1pm Oceanside Watercolor Class with Judith Kinsman 4pm-5pm Wine & Cheese Reception at The Clubhouse	4pm-5pm Wine & Cheese Reception at The Clubhouse 4pm-5pm Gamesman at The Clubhouse	10am Oceanside Yoga 3:30pm-4pm Cooking Demo with Chef Pierre 4pm-5pm Wine & Cheese Reception at The Clubhouse	2pm-3pm Ocean Wine & Spirits 4pm-5pm Wine & Cheese Reception at The Clubhouse
Breakfast 8am—10am Clubhouse 8am—9pm Clubhouse Pool 8am-8pm Happy Hour 3pm—5pm Ocean 5pm—9pm Sunrise: 6:16 am Sunset: 6:59 pm High Tide: 3:14 am/3:45 pm Low Tide: 9:15 am /9:51 pm	Breakfast 8am—10am Clubhouse 8am—9pm Clubhouse Pool 8am-8pm Happy Hour 3pm—5pm Ocean Closed Sunrise: 6:17 am Sunset: 6:57 pm High Tide: 4:09 am/4:29 pm Low Tide: 10:08 am /10:50 pm	Breakfast 8am—10am Clubhouse 8am—9pm Clubhouse Pool 8am-8pm Happy Hour 3pm—5pm Ocean 5pm—9pm Sunrise: 6:18 am Sunset: 6:55 pm High Tide: 5:09 am/5:30 pm Low Tide: 11:07 am/11:57pm	Breakfast 8am—10am Clubhouse 8am—9pm Clubhouse Pool 8am-8pm Happy Hour 3pm—5pm Ocean 5pm—9pm Sunrise: 6:20 am Sunset: 6:54 pm High Tide: 6:14 am /6:35 pm Low Tide: 12:11 pm	Breakfast 8am—10am Clubhouse 8am—9pm Clubhouse Pool 8am-8pm Happy Hour 3pm—5pm Ocean Closed Supper Shuttle 5pm—10pm Sunrise: 6:21 am Sunset: 6:52 pm High Tide: 7:22 am /7:42 pm Low Tide: 1:02 am /1:09 pm	Breakfast 8am—10:00am Clubhouse 8am—9pm Clubhouse Pool 8am-8pm Happy Hour 3pm—5pm Ocean 5pm—9pm Supper Shuttle 5pm—10pm Sunrise: 6:22 am Sunset: 6:50 pm High Tide: 8:28 am/8:48 pm Low Tide: 2:09 am/2:26 pm	Breakfast 8am—10:00am Clubhouse 8am—9pm Clubhouse Pool 8am-8pm Happy Hour 3pm—5pm Ocean 5pm—9pm Supper Shuttle 5pm—10pm Sunrise: 6:23 am Sunset: 6:48 pm High Tide: 9:30 am/ 9:49 pm Low Tide: 3:12 am/3:29 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.