



CAPE ARUNDEL
INN & RESORT

October 9 — October 15, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	10	11	12	13	14	15
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	8:30 am Oceanside Yoga 4pm-5pm Wine & Cheese Reception at The Clubhouse	4pm-5pm Wine & Cheese Reception at The Clubhouse	4pm-5pm Wine & Cheese Reception at The Clubhouse 4pm-5pm Gamesman at The Clubhouse	3:30pm-4pm Cooking Demo with Chef Pierre 4pm-5pm Wine & Cheese Reception at The Clubhouse	8:30 am Oceanside Yoga 2:30pm-3pm Ocean Wine & Spirits 4pm-5pm Wine & Cheese Reception at The Clubhouse
Breakfast 8am—10am Clubhouse 8am—9pm Clubhouse Pool 8am-8pm	Breakfast 8am—10am Clubhouse 8am—9pm Clubhouse Pool 8am-8pm	Breakfast 8am—10am Clubhouse 8am—9pm Clubhouse Pool 8am-8pm	Breakfast 8am—10am Clubhouse 8am—9pm Clubhouse Pool 8am-8pm	Breakfast 8am—10am Clubhouse 8am—9pm Clubhouse Pool 8am-8pm	Breakfast 8am—10:00am Clubhouse 8am—9pm Clubhouse Pool 8am-8pm	Breakfast 8am—10:00am Clubhouse 8am—9pm Clubhouse Pool 8am-8pm
Happy Hour 3pm—5pm Ocean 5pm—9pm	Happy Hour 3pm—5pm Ocean 5pm—9pm	Happy Hour 3pm—5pm Ocean 5pm—9pm	Happy Hour 3pm—5pm Ocean 5pm—9pm	Happy Hour 3pm—5pm Ocean 5pm—9pm Supper Shuttle 5pm—10pm	Happy Hour 3pm—5pm Ocean 5pm—9pm Supper Shuttle 5pm—10pm	Happy Hour 3pm—5pm Ocean 5pm—9pm Supper Shuttle 5pm—10pm
Sunrise: 6:48 am Sunset: 6:09 pm	Sunrise: 6:49 am Sunset: 6:07 pm	Sunrise: 6:50 am Sunset: 6:05 pm	Sunrise: 6:52 am Sunset: 6:04 pm	Sunrise: 6:53 am Sunset: 6:02 pm	Sunrise: 6:54 am Sunset: 6:00 pm	Sunrise: 6:55 am Sunset: 5:59 pm
High Tide: 2:04 am/2:20 pm Low Tide: 8:03 am /8:39 pm	High Tide: 2:57 am/3:13 pm Low Tide: 8:54 am /9:34 pm	High Tide: 3:55 am / 4:11 pm Low Tide: 9:50 am /10:35 pm	High Tide: 4:57 am/ 5:15 pm Low Tide: 10:53 am /11:41 pm	High Tide: 6:04 am/6:24 pm Low Tide: 12:01 pm	High Tide: 7:13 am/7:34 pm Low Tide: 12:50 am/1:12 pm	High Tide: 8:18 am/8:40 pm Low Tide: 1:57 am/2:21 pm

Ocean



Guests Amenities Include: Continental Breakfast served from 8am-10am daily at Ocean, 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 Tasting, Afternoon Cookies, Kennebunk Beach Parking Permits, Beach Chairs, Beach Towels.