

Sample Winter Activities Schedule

Sunrise: 7:05 a.m. **Sunset:** 5:17 p.m. **Day:** Wintry Mix with a 80% chance of precipitation, high 32°F
Night: Snow Shower with a 30% chance of precipitation, overnight low of 22°F **UV Index:** 1 Low



Highlighted Events:

- Morning Stretch and Tone
- Garden and Greenhouse Tour
 - Art Exhibit
- Mohonk Geology Tour

Best of Mohonk Sampler

- Paella Valenciana: Cooking Demonstration and Tasting
- Mohonk House History Tour
 - “Name That Wine”
- Ron Toth and Antoine Hepkins Duo
- Dance the Night Away to Live Music!



Time

Activity Description

Location

Morning and Afternoon Schedule – Sample Winter

7:30 a.m. – 8:45 a.m.	Bird Walk: Winter Residents - Who's stayed for the winter? Learn about the survival strategies of the local songbirds with Naturalist Michael. 2 miles. Moderate pace.	Lake Lounge
9:00 a.m. – 9:45 a.m.	Morning Stretch and Tone - Gently wake your body and mind through a medley of yoga, stretch, balance poses designed to improve joint mobility. Restrictions apply; please see the back of the Activities Schedule for more details.	Spa / Motion Room
9:30 a.m. – 12:30 p.m.	Open Skating - Recreational ice skating is available to all ages and abilities. Please check in with the Pavilion Shop prior to skating.	Pavilion
9:30 a.m. - 12:30 p.m.	Tykes' and Children's Program for 2 -12 years old – Registration is from 9:30 a.m. – 9:45 a.m. Parents, please fill out a registration form for each child prior to their first session.	Council House
9:45 a.m.	Garden and Greenhouse Tour - Join a member of Mohonk's gardening team and listen to the history of our gardens as your guide leads you down to our Greenhouse and Garden Shop for a tour of the tropics in bloom.	Lake Lounge
10:00 a.m.	Barn Museum Tour – Join a member of our staff to explore an array of Mohonk antiques and other treasures.	Barn Museum
10:00 a.m.	Winter Activity - Please check the Main Bulletin Board after 9:00 a.m. for specific activity.	Lake Lounge
10:00 a.m. – 10:45 a.m.	Aqua Aerobics - Experience the liberating effects of water on muscles and joints with cardiovascular moves, strength and balance training. Restrictions apply; please see the back of the Activities Schedule for more details.	Spa / Indoor Pool
10:00 a.m. – 11:00 a.m.	Adult Swim – Ages 18 and older.	Spa / Indoor Pool
10:00 a.m. – 4:00 p.m.	Art Exhibit - Erin Parsch – Abstract expressionism oil paintings.	Barn Museum
10:00 a.m. - 4:00 p.m.	Barn Museum - Stop by and peruse our unique treasures and antiquities in our historic Barn Museum, built in 1888.	Barn Museum
10:15 a.m. – 11:30 a.m.	Mohonk Geology Tour – Join Naturalist Michael as we explore the wonders and mysteries of the local geology. 2 miles. Moderate pace. Please pick up snowshoes prior to hike.	Lake Lounge
11:00 a.m.	BEST OF MOHONK SAMPLER – Paella Valenciana: Cooking Demonstration and Tasting with Chef Jim Palmeri - Join Mohonk's own executive Chef as he prepares this classic rice dish from Spain featuring fresh seafood, sausage, and shellfish flavored with saffron and saffrito.	Parlor
11:00 a.m. – 12:00 p.m.	Core Fusion - Energize your body and strengthen your core with a unique fusion of cardio training, fitball, bosu, pilates, power ball core moves. Restrictions apply; please see the back of the Activities Schedule for more details.	Spa / Motion Room
12:15 p.m. – 12:45 p.m.	Metabolic Pump – Ward off osteoporosis and boost your metabolism by building lean tissue through resistance training. Restrictions apply; please see the back of the Activities Schedule for more details.	Spa / Motion Room
2:00 p.m.	House Tour – Join a member of the Mohonk staff for a brief history and tour of the House and facilities. Great for first-time guests!	Meet in the Lake Lounge
2:00 p.m.	Winter Activity - Please check the Main Bulletin Board after 9:00 a.m. for specific activity.	Lake Lounge
2:00 p.m. – 5:00 p.m.	Open Skating - Recreational ice skating is available to all ages and abilities. Please check in with the Pavilion Shop prior to skating.	Pavilion
2:00 p.m. – 5:00 p.m.	Tykes' and Children's Program for 2-12 years old – Registration is from 2:00 p.m. – 2:15 p.m. Parents, please fill out a registration form for each child prior to their first session.	Council House
2:30 p.m. – 3:15 p.m.	Pilates - A core exercise program designed to strengthen and tone deep abdominals, back and hips. Appropriate for all levels. Restrictions apply; please see the back of the Activities Schedule for more details.	Spa / Motion Room
3:00 p.m.	BEST OF MOHONK SAMPLER * – “Name That Wine” with Mohonk's Beverage Manager, Mary Underwood. A wine tasting experience with a twist-guess the wine you are tasting and win a bottle of wine. (Note: Pre-registration is required at the Front Desk. There is a \$20.00 per person fee for this event. Space is limited. Persons under age 21 may not attend the wine tasting.)	Cliff View Room
3:30 p.m. – 4:15 p.m.	Indoor Cycling *- Take a 'ride' with a vigorous cardio workout designed to make you sweat. \$10 class fee applies. Class limited to 6. Restrictions apply; please see the back of the Activities Schedule for more details.	Spa / Motion Room
4:30 p.m. – 5:15 p.m.	Evening Stretch and Tone - Wind down in this total body stretch class designed to increase flexibility and decrease muscle soreness. Restrictions apply; please see the back of the Activities Schedule for more details.	Spa / Motion Room
5:30 p.m.	BEST OF MOHONK SAMPLER – Ron Toth and Antoine Hepkins Duo. Enjoy acoustic music with these popular New York musicians in our cozy Carriage Lounge before dinner.	Carriage Lounge

Time

Activity Description

Location

Dining Schedule — Sample Winter

7:00 a.m. – 10:30 a.m.	Continental Breakfast – Fruit, breakfast bakeries, yogurts, cereals, juices and coffee.	Carriage Lounge
8:00 a.m. – 9:30 a.m.	Breakfast Buffet – Traditional breakfast fare, waffles, pancakes and omelets made to order.	Dining Rooms Located on the Ground Floor
12:00 p.m. – 11:00 p.m.	Carriage Lounge – Enjoy snacks*, light fare*, and cocktails*.	Carriage Lounge
12:00 p.m. – 2:00 p.m.	Lunch Buffet – Carving station, hot entrées, salad bar and dessert buffet.	Main Dining Room
4:00 p.m. – 5:00 p.m.	Afternoon Tea and Cookies.	Lake Lounge
6:00 p.m. – 8:00 p.m.	Mohonk’s Dinnerfest Buffet – Reservations are necessary. Resort casual attire.	Main Dining Room
6:30 p.m. – 8:30 p.m.	Mohonk’s Formal Dining – Reservations are necessary. Jackets are required for gentlemen, no children under 7 years of age, no jeans, shorts or sneakers or open-toed shoes.	Dining Room(s) located on the ground floor

Evening Entertainment

7:00 p.m. – 8:30 p.m.	Evening Children’s Program for 4-12 years old – Registration is from 7:00 p.m. – 7:15 p.m.	Council House
8:00 p.m. – 10:00 p.m.	Open Skating - Recreational ice skating is available to all ages and abilities. Please check in with the Pavilion Shop prior to skating.	Pavilion
8:45 p.m.	Evening Movie: “Eat Pray Love” . Running Time: 133 minutes. Rated: PG-13. A married woman realizes how unhappy her marriage really is, and that her life needs to go in a different direction. After a painful divorce, she takes off on a round-the-world journey to "find herself".	Check Main Bulletin Board after 5:00 p.m.
9:00 p.m.	“Girlz Night Out” a dynamic variety of music from pop to jazz you can dance and listen to featuring sensational vocals, sweet saxophone solos and hypnotic flute playing. Tracy Corry and Suzee B are the girlz night out!	Lake Lounge



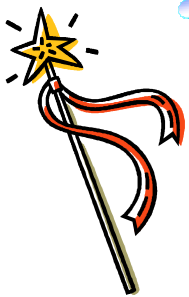
Kids’ Corner:

Kids’ Club Hours:
 9:30 a.m. - 12:30 p.m. & 2:00 p.m. - 5:00 p.m. (2-12 years old)
 7:00 p.m. - 8:30 p.m. (4-12 years old)

Highlighted Activities:
2-3 years old: Magic Wands and “Piglet’s Big Movie”
4-12 years old: Beaded Bracelets and Giants, Wizards and Dwarfs
Evening Session: Kung Fu Panda Rated: PG

Parents, please sign-in your children within the first 15 minutes of Kids’ Club and fill out a registration form for each child prior to their first session.






PLEASE ARRIVE AT LEAST FIVE MINUTES PRIOR TO START TIME OF EVENTS AND ACTIVITIES
EVENTS MAY CHANGE DUE TO THE WEATHER - MAIN BULLETIN BOARD SUPERSEDES THIS SCHEDULE

GREENHOUSE & FLOWER SHOP



- **Flower Shop*** Open daily, hours vary...call ext. **2185 or 2152** Special orders please call 24 hours in advance.
- **Garden Shop*** Located at the Greenhouse...**9:00 a.m.-3:30 p.m. Daily**...Plants*, gifts*, statuary* for sale...**2152**
- **Greenhouse** Tours every Thursday and Saturday...See inside Activities Schedule for details...**2152**



JUST FOR KIDS

Mohonk lets kids be kids!

- **Babysitting*** Contact Guest Services for list...**2015**
- **Children's Programs** For 2-12 year olds. Supervised, fun events. **9:30 a.m. - 12:30 p.m. (2-12 years old) (Sat. - Sun.)** & **2:00 p.m. - 5:00 p.m. (2-12 years old) (Sat.)** **7:00 p.m. - 8:30 p.m. (4-12 years old) (Sat.)** Check Activities Schedule and Main Bulletin Board for Kids' Club Activities. 2&3 years old morning and afternoon sessions only...**2499**
- **Game Room** **9:00 a.m. - 11:00 p.m.** Video Games*, Foosball, Ping Pong, and Board Games.



RECREATION, SPA, AND ACTIVITIES

- **Billiard Room** **7:00 a.m. - 11:00 p.m. (Daily.)** Located in Room 2. Ages 16 and older only.
- **Fitness Center** **6:00 a.m. to 9:00 p.m.** Motion Room, weight machines, treadmills, ellipticals, bikes, and classes. Ages 16 and older. **Private Sessions Available Upon Request*...2739**
Fitness Classes: Ages 16 and older. Classes limited to 24 participants, first come first serve. Please arrive 5 to 10 minutes prior to start of classes. In consideration of other guests, please note there is no admittance once classes are 10 minutes into session.
- **Hiking** Check the Main Bulletin Board for trail conditions and updates. Guided winter activity which include snowshoeing or cross country skiing **10:00 a.m. and 2:00 p.m. Daily.** Please refrain from hiking on trails when snow is present. See inside Activities Schedule.
- **Indoor Pool** **6:00 a.m. - 9:00 p.m. (Daily.)** No lifeguard. Under 16 must be supervised by an adult.
- **Platform Tennis** **Open Daily.** Equipment and sign-up at Guest Services Desk...**2015**
- **Rock Climbing*** **Closed for the Season.**
- **Spa* and Salon*** **Reservations are required.** Sauna, steam room and mineral pool. Ages 16 and older only. Salon appointments are available for ages 6 and up. Adult supervision required for ages under 18. Full line of accessories and products...**2751**
- **Skating Pavilion** **Recreational Ice Skating.** Please refer to the inside of the Activities Schedule or the Main Bulletin Board for open skate hours. Skates are available at the Skate Shop. Private Lesson* reservations can be made on a limited basis...**2775**
- **Ski Shop** **Skis and Snowshoes available. 9:00 a.m. - 5:00 p.m.**
Dependent on Snow Conditions. Lessons* available upon reservation during ski shop hours...**2448**



DINING, SNACKS, SOUVENIRS, AND GIFTS

- **Dining Room Reservations** Please call for Dinner Reservations...**2057**
- **Gift Shop*** **8:00 a.m.-9:00 p.m. (Sun.-Thurs.) 8:00 a.m.-Midnight (Fri. & Sat.)** Mohonk mementos and gift items...**2439**
- **Soda Fountain*** **8:00 a.m.-9:00 p.m. (Sun.-Thurs.) 8:00 a.m.-Midnight (Fri. & Sat.)** Newspapers, Sundaes, Ice Cream, and Snacks...**2439**

BARN AND STABLES

- **Barn Museum** **10:00 a.m.-4:00 p.m. (Sat. and Sun.) 9:30 a.m.-11:30 a.m. (Wed.)** Please see inside Activities Schedule for updates in operating hours...**2447**
Blacksmith Demonstration 10:30 a.m. (Sun. & Wed.) Barn Tour 10:00 a.m. (Sat.)



* Extra charge for this activity