

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
September 2023	Tai Chi Migis Cocktail Party	Pilates Core Tykona II Cruise	Yoga Pickleball Clinic Make Danish w/Cait Bingo	Pilates Kayak Paddle Tykona II Cruise Bonfire	Body Sculpting Needle Felting Workshop Lobster Bake	Yoga Pickleball Clinic Cookout Lunch Bonfire
Breakfast Cookout Yoga	Tai Chi Kayak Paddle Trail Walk w/Jed Migis Cocktail Party	Pilates Core Tykona II Cruise Chewonki Presents Calling All Birds	Yoga Tour Migis Gardens Pickleball Clinic Needle Felting Workshop Bingo	Pilates Tykona II Cruise Nature Photography Walk Bonfire	Body Sculpting DIY Autumn Adventure Stop by the Front Desk for Ideas	Yoga Pickleball Clinic Cookout Lunch Bonfire
Breakfast Cookout Yoga	Chewonki Presents Calling All Birds Migis Cocktail Party	Tykona II Cruise Needle Felting Workshop	Kayak Paddle Pickleball Clinic Bingo	Tykona II Cruise Nature Photography Walk Bonfire	DIY Autumn Adventure Stop by the Front Desk for Ideas	Congratulations Nikki & Max!!
	Needle Felting Workshop Migis Cocktail Party	Tykona II Cruise Chewonki Presents Calling All Birds	Kayak Paddle Tour Migis Gardens Pickleball Clinic Make Danish w/Cait Bingo	Tykona II Cruise Nature Photography Walk Bonfire	DIY Autumn Adventure Stop by the Front Desk for Ideas	Congratulations Brittany & Mike!!
October 	Trail Walk w/Jed Migis Cocktail Party	Tykona II Cruise Chewonki Presents Calling All Birds	Kayak Paddle Pickleball Clinic Make Danish w/ Cait Bingo	Tykona II Cruise Nature Photography Walk Bonfire	DIY Autumn Adventure Stop by the Front Desk for Ideas	Yoga Pickleball Clinic Cookout Lunch Fireworks
Breakfast Cookout Yoga	Closing Dinner Celebration!	Thank you for a great year!				

Monday, September 4th:

Thai Chi with Beth -9:55 a.m.- Boulders

Tuesday, September 5th:

Pilates Core with Nicole- 9:55 a.m. - Boulders

Tykona II Cruise - 10:00 a.m. - Boat Cove

Wednesday, September 6th:

Yoga with Beth -9:55 a.m. in Boulders

Pickleball Clinic - 11:00 a.m. -Pickleball Courts

Make Danish with Pastry Chef Cait - Cait will lead a hands on presentation about making Danish. Sign up at the Front Desk. **Class is limited to 10p.** 2:15 p.m. in the Family Dining Room.

Thursday, September 7th:

Pilates with Nicole - 9:55 a.m. in Boulders

Guided Kayak Tour - 10 a.m. - 12:00 p.m. - Join a Registered Maine Guide for an easy and relaxed paddle along the shoreline and through the islands to a breathtaking view of the great bay. No experience necessary. **Space is limited to 12p.** Sign up at the Front Desk.

Tykona II Cruise - 10:00 a.m. - Boat Cove

Friday, September 8th:

Body Sculpting with Beth - 9:55 a.m. - Boulders

Basic Needle Felting Workshop -2:30 p.m.-Meet in Boulders - Designed for the beginner - join Marty & Kim for a hands on introduction to needle felting using dry wool and a special needle....using a "Thyme Tile" pattern to make a piece to bring home with you. **Space is limited to 12p.** Sign up at the Front Desk.

Saturday, September 9th:

Yoga with Joan - 9:55 a.m. - Boulders

Pickleball Clinic - 11:00 a.m. - Pickleball Courts

Sunday, September 10th:

Yoga with Joan - 9:55 a.m. - Boulders

Monday, September 11th:

Thai Chi with Beth -9:55 a.m. - Boulders

Guided Kayak Tour - 10 a.m.-12:00 p.m.-Join a Registered Maine Guide for an easy and relaxed paddle along the shoreline and through the islands to a breathtaking view of great bay. No exp. necessary. **Space limited to 12p.** Sign up at Front Desk.

Trail Walk with Jed - 2:15 p.m. - Join Jed and walk the Migis Trails. Meet on the Front Porch.

Tuesday, September 12th:

Pilates Core with Nicole- 9:55 a.m. in Boulders

Tykona II Cruise - 10:00 a.m. - Boat Cove

Chewonki Foundation Presents Calling all Birds - 2:30 p.m. - Boulders - Join an educator from Chewonki and cover the basics of bird adaptations, learn about coloring, beak shape, feet shape, and bird calls! Meet two live birds that have similar adaptations, but very different sounds. This presentation is for birding experts and novices alike.

Wednesday, September 13th:

Yoga with Beth Meet at 9:55 a.m. - Boulders

Tour the Migis Gardens - 10:00 a.m. - Join Lou from Landcrafters of Maine for a tour of the Migis gardens. Meet in front of the Main Lodge

Pickleball Clinic - 11:00 a.m. -Pickleball Courts

Basic Needle Felting Workshop -2:30 p.m.-Boulders - Designed for the beginner - join Kim for a hands on introduction to needle felting using a "Thyme Tile" pattern to make a piece to bring home with you. **Space is limited to 12p.** Sign up at the Front Desk.

Thursday, September 14th:

Pilates with Nicole - 9:55 a.m. - Boulders

Tykona II Cruise - 10:00 a.m. - Boat Cove

Nature Photography Walk with Jeanne- 3:30 p.m. - Taking good photographs of nature is challenging. Landscapes that look lovely when looking at them in the moment often do not translate into good pictures. Find out why as we explore these and other concepts crucial to recognizing good composition during our walk. **Class is limited to 12p.** Sign up at the Front Desk. Meet on the Front Porch.

Friday, September 15th:

Body Sculpting with Beth - 9:55 a.m. - Boulders

Saturday, September 16th:

Yoga with Joan - 9:55 a.m. - Boulders

Pickleball Clinic - 11:00 a.m. - Pickleball Courts

Sunday, September 17th:

Yoga with Joan - 9:55 a.m. - Boulders

Monday, September 18th:

Chewonki Foundation Presents Calling all Birds 2:30 p.m. - Boulders - No matter where you live, you're sure to have birds nearby! Covering the basics of bird adaptations, learn about coloring, beak shape, feet shape, and of course bird calls! Meet two live birds that have similar adaptations, but very different sounds. This presentation is for birding experts and novices alike.

Tuesday, September 19th:

Tykona II Cruise - 10:00 a.m. - Boat Cove

Basic Needle Felting Workshop -2:30 p.m.-Boulders- Designed for the beginner - join Kayley for a hands on an introduction to needle felting and make a special piece to bring home with you. **Class is limited to 15p.** Sign up at the Front Desk.

Wednesday, September 20th:

Guided Kayak Tour - 10 a.m. - 12:00 p.m. - Join a Registered Maine Guide for an easy and relaxed paddle along the shoreline and through the islands to a breathtaking view of the great bay. No experience necessary. **Space is limited to 12p.** Sign up at the Front Desk.

Pickleball Clinic - 11:00 a.m. - Pickleball Courts

Thursday, September 21st:

Tykona II Cruise - 10:00 a.m. - Boat Cove

Nature Photography Walk with Jeanne- 3:30 p.m. - Taking good photographs of nature is challenging. Landscapes that look lovely when looking at them in the moment often do not translate into good pictures. Find out why as we explore these and other concepts crucial to recognizing good composition during our walk. **Class is limited to 12p.** Sign up at the Front Desk. Meet on the Front Porch.

Monday, September 25th:

Basic Needle Felting Workshop - 2:30 p.m. - Boulders- Designed for the beginner - join Kayley for a hands on introduction to needle felting and make a special piece to bring home with you. **Class limited to 15p.-** Sign up at the Front Desk.

Tuesday, September 26th:

Tykona II Cruise - 10:00 a.m. - Boat Cove

Chewonki Foundation Presents Calling all Birds - 2:30 p.m. - Boulders - No matter where you live, you're sure to have birds nearby! Covering the basics of bird adaptations, learn about coloring, beak shape, feet shape, and of course bird calls! Meet two live birds that have similar adaptations, but very different sounds. This presentation is for birding experts and novices alike.

Wednesday, September 27th:

Guided Kayak Tour - 10 a.m. - 12:00 p.m. - Join a Registered Maine Guide for an easy and relaxed paddle along the shoreline and through the islands to a breathtaking view of the great bay. No experience necessary. **Space is limited to 12p.** Sign up at the Front Desk.

Tour the Migis Gardens - 10:00 a.m. - Join Lou from Landcrafters of Maine for a tour of the Migis gardens. Meet in front of the Main Lodge

Pickleball Clinic - 11:00 a.m. - Pickleball Courts

Make Danish with Pastry Chef Cait - Cait will lead a hands on presentation about making Danish. Sign up at the Front Desk. **Class is limited to 10p.** 2:15 p.m. in the Family Dining Room.

Thursday, September 28th:

Tykona II Cruise - 10:00 a.m. - Boat Cove

Nature Photography Walk with Jeanne- 3:30 p.m. - Taking good photographs of nature is challenging. Landscapes that look lovely when looking at them in the moment often do not translate into good pictures. Find out why as we explore these and other concepts crucial to recognizing good composition during our walk. **Class is limited to 12p.** Sign up at the Front Desk. Meet on the Front Porch.

Monday, October 2nd:

Trail Walk with Jed - 2:15 p.m. - Join Jed and walk the Migis Trails. Meet on the Front Porch.

Tuesday, October 3rd:

Tykona II Cruise - 10:00 a.m. - Boat Cove  
Chewonki Foundation Presents Calling all Birds - 2:30 p.m. -Boulders - No matter where you live, you're sure to have birds nearby! Covering the basics of bird adaptations, learn about coloring, beak shape, feet shape, and of course bird calls! Meet two live birds that have similar adaptations, but very different sounds. This presentation is for birding experts and novices alike.

Wednesday, October 4th:

Guided Kayak Tour - 10 a.m. - 12:00 p.m. - Join a Registered Maine Guide for an easy and relaxed paddle along the shoreline and through the islands to a breathtaking view of the great bay. No experience necessary. **Space is limited to 12p.** Sign up at the Front Desk.

Pickleball Clinic - 11:00 a.m. -Pickleball Courts  
Make Danish with Pastry Chef Cait - Cait will lead a hands on presentation about making Danish. Sign up at the Front Desk. **Class is limited to 10p.** 2:15 p.m. in the Family Dining Room.

Thursday, October 5th:

Tykona II Cruise - 11:00 a.m. - Boat Cove  
Nature Photography Walk with Jeanne- 3:30 p.m. - Taking good photographs of nature is challenging. Landscapes that look lovely when looking at them in the moment often do not translate into good pictures. Find out why as we explore these and other concepts crucial to recognizing good composition during our walk. **Class is limited to 12p.** Sign up at the Front Desk. Meet on the Front Porch.

Saturday, October 7:

Yoga with Joan - 9:55 a.m. - Boulders  
Pickleball Clinic- 11:00 a.m. - Pickleball Courts

Sunday, October 8th:

Yoga with Joan - 9:55 a.m. - Boulders

Monday, October 9th:

Closing Dinner Celebration!