

Summer Guest Period Sample Schedule

Saturday

- 4:00 p.m. Check In
 6:30 p.m. Supper
 7:30 p.m. Vespers
 8:00 p.m. Nibble and Sip Social
An informal social by the lake to see old friends and meet new ones.

Sunday

- 8:00 a.m. Eucharist
 8:00-9:00 a.m. Breakfast
 10:00 a.m. Eucharist
 12:30 p.m. Lunch
 6:30 p.m. Supper
 8:00 p.m. Evening Entertainment
A variety of musicians perform on Sunday evenings; most are local and all are very talented. Always wonderful for all ages.

Monday

- 8:00-9:00 a.m. Breakfast
 9:00 a.m.-noon Young People's Programs, Nursery
*Nursery for infants up to the age of 3
 Children's Program for ages 3-8
 Youth Program for ages 9-12
 Kanuga Outdoors for ages 13-18*
 9:00 a.m. Bible Study
A time for learning and discussion with the week's chaplain.
 9:00 a.m. Round Robin Tennis Tournament
 9:45 a.m. Adult arts and crafts
Watercolor painting, carving of wood or stone, basket making, scrapbooking...
 12:30 p.m. Lunch
 1:30-3:00 p.m. Creative Dramatics
Visit our Creative Dramatics Director to get ideas for an act, rehearse, and get ready for Friday's Follies!
 2:00-5:00 p.m. Young People's Programs
 6:30 p.m. Supper
 7:30 p.m. Vespers
 8:00 p.m. Square Dance

Tuesday

- 8:00-9:00 a.m. Breakfast
 9:00 a.m.-noon Young People's Programs, Nursery
 9:30 a.m. Off-campus Hike
 9:45 a.m. Adult arts and crafts
 12:30 p.m. Lunch
 1:30-3:00 p.m. Creative Dramatics
 2:00-5:00 p.m. Young People's Programs
 2:00 p.m. Yoga
For all experience levels and ages.
 6:30 p.m. Supper
 7:30 p.m. Vespers
 8:00 p.m. Recreation Night
Play Bingo, climb at the tower, see a movie, gather a group for bridge.

Wednesday

- 7:30 a.m. Eucharist at St. Francis Chapel
 8:00-9:00 a.m. Breakfast
 9:00 a.m.-noon Young People's Programs, Nursery
 9:00 a.m. Bible Study
 9:45 a.m. Adult arts and crafts
 12:30 p.m. Lunch
 1:30-3:00 p.m. Creative Dramatics
 2:00-4:00 p.m. Adult/ Child Crafts
 3:00 p.m. Guest vs. Staff Softball Game
 6:30 p.m. Buffet Supper
 7:30 p.m. Carnival and Sing Along
All the favorite carnival games with fun prizes, followed by a chance for the whole family to gather around and sing songs new and old.

Thursday

- 8:00 a.m. Whitewater Rafting Trip
Take a family trip on the nearby French Broad River. Ages 8 and above. Additional charge; sign up by Tuesday.
 8:00-9:00 a.m. Breakfast
 9:00 a.m.-noon Young People's Programs, Nursery
 9:45 a.m. Adult arts and crafts
 12:30 p.m. Lunch
 1:30-3:00 p.m. Creative Dramatics
 2:00-5:00 p.m. Young People's Programs
 2:00 p.m. Yoga
 6:30 p.m. Supper
 7:30 p.m. Vespers
 8:00 p.m. Evening Entertainment
Be entertained and amazed by a talented performer – often a magician, juggler, ventriloquist, or puppeteer.

Friday

- 8:00-9:00 a.m. Breakfast
 9:00 a.m.-noon Young People's Programs, Nursery
 9:00 a.m. Bible Study
 9:30 a.m. Road Race
A two mile run for ages 13 and above.
 9:45 a.m. Adult arts and crafts
 11:45 a.m. Fun Run
For ages 3-12, a .6 mile loop with a prize for all participants.
 12:30 p.m. Lunch
 1:30-3:00 p.m. Creative Dramatics
 2:00-5:00 p.m. Young People's Programs
 2:00 p.m. Hike
 6:30 p.m. Supper
 7:30 p.m. Vespers
 8:00 p.m. Kanuga Follies
Bring your best acts! The grand finale of the week is YOU, performing alongside your family and friends.

Saturday

- 8:00-9:00 a.m. Breakfast and departure