

SUMMER - 2023 - ACTIVITIES

KANUGA DINING

Kanuga offers buffet-style meals prepared by our executive chef. Enjoy indoor dining or outdoor seating in covered areas nearby.

BREAKFAST: 7:30-9 a.m. | LUNCH: 11:30 a.m.-1 p.m. | SUPPER: 5:30-7 p.m.

Picnic Lunch is on Wednesday. Fancy Dinner is on Thursday.

KANUGA LAKE

SWIMMING, BOATING, FLEMING'S

The lake offers swimming, boating, paddle boarding, canoeing, and fishing.

Located downstairs at Lakeside Pavilion, Fleming's is a casual spot for snacks and beverages.

WATERFRONT HOURS: 10 a.m.-6 p.m.

To accommodate check-in, Saturday waterfront hours are 4-6 p.m.

Lifeguards are on duty during operating hours. At least one adult over 18 years of age must accompany and supervise children. Children ages 12 and under must pass a swim test and receive an armband in order to participate in waterfront activities.

THE SHOP AT KANUGA

The Shop at Kanuga offers Kanuga merch and apparel, baby gifts, drink-ware, books, stationery, ornaments, caps, blankets, and more. Kanuga Cafe, a gathering place inside the shop, features fresh espresso and cappuccino, chocolates and sweets, cold beer, wine, snacks, s'mores packs, soft drinks, juices, flavored milks, custard, and ice cream.

SHOP HOURS: 8 a.m.-9 p.m.

FOSTER GARDEN OPEN HOURS

8 a.m.-12 p.m. | FOSTER EDUCATION GARDEN

Kanuga's Environmental Programs Specialist Mary Kait Brown needs your help in the garden this summer. Drop in to pull weeds, harvest, or just to say hello. We've got veggies, fruits, and herbs!

KANUGA ARTISAN WORKSHOPS

MINKLER GROVE

Wood Carving with Kent: M-F, 9-11:30 a.m. & 2-4:30-ish p.m.

Watercolor with Miriam: M-F, 9-11:30 a.m.

Fiber Arts with Julie: Wednesday only, 9-11:30 a.m. & 2-4:30 p.m.

Block Printing with M.: M-F, 9-11:30 a.m.

SPIRITUAL DIRECTION

Sharing your spiritual stories with a trained mentor helps deepen your relationship with the divine and grow your spirituality. *Sign up in the Main Lodge. *fee*

LABYRINTH WALK BY CANDLELIGHT

Join us for an evening labyrinth walk led by a Kanuga facilitator. The labyrinth is between St. Paul's-Colhoun Gymnasium and the lake. *Sign up in the Main Lodge.*

SOUND BATH YOGA

This session uses chimes and crystal bowls to move you into a state of rest.

Sound and restorative yoga are suitable for all levels. *Sign up in the Main Lodge. *fee*

ST. JOHN'S MEDITATION ROOM

Visit for a yoga class or drop in for quiet time. Indoor labyrinth, books, a prayer circle, a teapot, and creative supplies are available.

BIBLE STUDY

Our chaplain will lead Bible Study three days a week. Days, locations, and times will be announced in the dining room.

NURSERY (AGES 0-2)

LOCATED IN GOOCH C

9-11:30 a.m. | 2-5 p.m.*

Activities include arts and crafts, enrichment, and more.

\$30 per child each day

Please register at the Front Desk or scan the QR code.

Available Monday-Friday.

**no Wednesday afternoon session*



CHILDREN & TEENS

9-11:30 a.m. | 2-5 p.m.*

Activities include arts and crafts, creative dramatics, nature walks, waterfront, and more.

KANUGA TOTS

AGES 3-5 | GOOCH B

KANUGA KIDS

AGES 6-9 | GOOCH A

KANUGA OUTDOORS

AGES 10-14 | GYM

KANUGA ADVENTURES

AGES 15-18 | GYM YOGA ROOM

Please register at the Front Desk upon arrival.

Available Monday-Friday.

**no Wednesday afternoon session*

CHILDREN & TEENS DROP-OFF

9 A.M. DAILY, GOOCH MAIN

SUMMER POLICIES

For adventure activities, closed-toe shoes are required.

Guests under 18 years of age must be supervised by an adult.

Children under 12 years of age must pass the required swim test and receive the necessary arm band to participate in waterfront activities.

Activity sign-ups are not required, with the exception of children's and guided spiritual programming.

SATURDAY

WELCOME RECEPTION

4 p.m. | FIREPLACE LOUNGE

EVENING PRAYER

7:15 p.m. | LAKESIDE CHAPEL

NIBBLE & SIP

7:30 p.m. | LAKESIDE PAVILION

Live music and refreshments

SUNDAY

WORSHIP WITH EUCHARIST

10 a.m. | CHAPEL OF TRANSFIGURATION

OPEN GYM

1 p.m. | GYM

SPORTS BAR AT FLEMING'S

3 p.m. | FLEMING'S

SOUND BATH YOGA

3 p.m. | ST JOHN'S

TRIVIA

8 p.m. | FLEMING'S

MONDAY

PICKLE-BALL TOURNAMENT

10 a.m. | SHAFFER TENNIS COURTS

GENTLE FLOW & YIN STRETCH

3 p.m. | ST. JOHN'S

Start with yin poses and relax with gravity to direct a specific stretch for connective tissue and joints.

EVENING PRAYER

7:15 p.m. | LAKESIDE CHAPEL

SQUARE DANCE

7:30 p.m. | MAIN LOBBY PARKING LOT

Uncle Ted returns to call with a bluegrass band.

KARAOKE

9 p.m. | FLEMING'S

TUESDAY

ALIGN & REFINE YOGA

10:30 a.m. | ST. JOHN'S

CORN-HOLE TOURNAMENT

10 a.m. | INN PLAYGROUND

TIE DYE FOR ADULTS

4 p.m. | MINKLER GROVE

EVENING PRAYER

7:15 p.m. | LAKESIDE CHAPEL

BINGO

8 p.m. | BALTHIS-RODWELL

WEDNESDAY

WORSHIP WITH EUCHARIST

7:30 a.m. | ST. FRANCIS CHAPEL

SUN SALUTATION CLASS

8 a.m. | ST. JOHN'S

These postures of flowing movements create full-body stretch and movement of the spine.

STAFF VS GUEST KICKBALL

2 p.m. | PINKY ELLIOT FIELD

Can you make it home?! Play against your favorite staff members in a riveting game of kickball.

FOLLIES REHEARSAL

3 p.m. | BALTHIS-RODWELL

Lights, camera, action! Display your talents at Follies rehearsal before the big show.

CARNIVAL

6:30 p.m. | MAIN LOBBY PARKING LOT

Join us for all your favorite games, prizes, snacks, and family fun at the carnival.

EVENING PRAYER

7:15 p.m. | LAKESIDE CHAPEL

FIREWORKS

9:15 p.m. | WATERFRONT

Experience Kanuga's incredible fireworks display over the lake.

THURSDAY

ARCHERY FOR ADULTS

10:30 a.m. | PINKY ELLIOT FIELD

Ready, aim, release! Beginning and experienced archers are welcome to the field to brush up on your bow action.

GENTLE FLOW & YIN STRETCH

10:30 a.m. | ST. JOHN'S

TENNIS TOURNAMENT

10 a.m. | SHAFFER TENNIS COURTS

Who will emerge as Kanuga's top tennis champs?

CLIMBING TOWER FOR ADULTS

3 p.m. | CLIMBING TOWER

Kanuga's climbing tower is 40-feet tall with four different climbs of varying difficulty.

FANCY DINNER

5:30-7 p.m. | DINING ROOM

EVENING PRAYER

7:15 p.m. | LAKESIDE CHAPEL

BONFIRE & GOURMET S'MORES

7:30 p.m. | LAKEVIEW FIRE PIT

Join us for a summer bonfire with everyone's favorite: s'mores. But this time it's much (s')more than the basic graham cracker with chocolate and marshmallows!

HOPS & HYMNS

7:30 p.m. | LAKESIDE PAVILION

RAIN: ROCKING CHAIR PORCH

Remember the days when folks gathered to sing old-timey hymns that everyone knew by heart? We're bringing the tradition back, and spicing it up with refreshments.

LABYRINTH CANDLELIGHT WALK

9-9:30 p.m. | LABYRINTH

Guided walk under the evening skies

FRIDAY

TAILGATE FARMERS' MARKET

9 a.m. | KANUGA LAKE INN PARKING LOT

Check out the works of local artisans and vendors.

5K & FUN RUN

5K 9:30 a.m. | Fun Run 10:30 a.m.

KANUGA LAKE INN PARKING LOT

All ages compete for fun and bragging rights!

RESTORATIVE YOGA CLASS

2 p.m. | ST. JOHN'S

This relaxing class invites your body to open through the skillful placement of props, allowing tension to unwind its grip on the body.

EVENING PRAYER

7:15 p.m. | LAKESIDE CHAPEL

FOLLIES!

8 p.m. | BALTHIS-RODWELL

It's not a skit. It's not a Broadway show. It's Kanuga FOLLIES, where guests treat each other to performances of all kinds.

GAME NIGHT

9:30 p.m. | FIREPLACE LOUNGE

Wind down with some good, old-fashioned board games like Sorry!, Monopoly, and Scrabble.