SUMMER AT KANUGA

KANUGA DINING

Kanuga offers buffet-style meals in several dining rooms adjacent to the Main Lodge. Enjoy indoor dining or outdoor seating in covered areas nearby.

BREAKFAST 7:30-9 a.m. | **LUNCH** 11:30 a.m.-1 p.m. | **DINNER** 5:30-7 p.m.
Picnic Lunch and Fancy Dinner are on Wednesday.

KANUGA LAKE

SWIMMING, BOATING, FLEMING'S

The centerpiece of Kanuga, our 30-acre lake, offers swimming, boating, paddle boarding, canoeing, and fishing. Located downstairs at Lakeside Pavilion, Fleming's is a casual spot to grab snacks and beverages dockside while you watch the sun set or relax after swimming or boating.

WATERFRONT HOURS: Saturday 2-6 p.m., Sunday-Friday 10 a.m.- 6 p.m.
FLEMING'S HOURS 1-9 p.m.

THE SHOP AT KANUGA

The Shop at Kanuga is a one-stop location for Kanuga merchandise and apparel, baby gifts, drinkware, books, stationary, ornaments, caps, blankets, and much more. Kanuga Cafe, a gathering place inside the shop, offers 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 Monday-Saturday 8 a.m.-9 p.m., Sunday 8 a.m.-7 p.m.

CHECK OUT OUR NEW ACTIVITIES BOARD!

Located on the cork board across from the dining hall entrance, you'll find all of the programming and activities for the week including youth programs information, Crafting in Minkler schedules, evening programs, and much more.

FOSTER GARDEN OPEN HOURS

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

Summer is a great time to visit Foster Education Garden near Bob Campbell Youth Campus, which is a nice, winding walk up the road from the Main Lodge and cottages. Our team needs help with vegetable and herb harvest, as well as general gardening activities.

KANUGA CRAFT WORKSHOPS

9 a.m.-5 p.m. | MINKLER GROVE

Learn a new hand craft or practice a beloved favorite with a rotation of talented guest artisans leading the way. Available Monday-Friday.
The schedule of the artisans and locations is found on the Activities Board.

SPIRITUAL DIRECTION

Sharing your spiritual stories with a trained mentor helps deepen your relationship with the divine and grow your spirituality. Kanuga's immense natural beauty offers the perfect setting for this work. Sessions available by appointment. *Sign up at check-in. *Fee*

NURSERY (AGES 0-2)

LOCATED IN COLHOUN

9 a.m.-12 p.m.
Activities include arts and crafts, enrichment, and more.
$15 per child each day

Please scan the QR code above to register.
Available Monday-Friday only.

CHILDREN & TEENS

9 a.m.-12 p.m. | 2-5 p.m.*
Activities include arts and crafts, creative dramatics, nature walks, waterfront, and more.

KANUGA TOTS
AGES 3-5 | GOOCH A
KANUGA KIDS
AGES 6-9 | GOOCH B
KANUGA OUTDOORS
AGES 10-14 | GOOCH C
KANUGA ADVENTURES
AGES 15-18 | GYM YOGA ROOM

Please register at the Front Desk upon arrival.
Available Monday-Friday only.

**There is no afternoon session on Friday.*

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.

All guests (adults and children) must have a signed activities waiver to participate in any activity.

Activity waivers are at the Front Desk.

SATURDAY

WELCOME RECEPTION
3 p.m. | FIREPLACE LOUNGE
Welcome home! Snacks and beverages are available as you check in and gather with old and new friends.

EVENING PRAYER
7:15 p.m. | LAKESIDE CHAPEL

NIBBLE & SIP
7:30 p.m. | FIREPLACE LOUNGE
Join us to reconnect with each other and enjoy refreshments.

SUNDAY

EUCHARIST & KANUGA UPDATE
10 a.m. | CHAPEL OF THE TRANSFIGURATION

SOUND BATH
3-4:30 p.m. | GOOCH MAIN
This session using chimes and crystal bowls is designed to soothe your nervous system and move you into a state of rest.
Sign up at check-in. $20 participation fee.

HYMN SING
7:15 p.m. | LAKESIDE PAVILION
Remember the days when we gathered to sing those old-timey hymns that everyone knows? We are bringing the tradition back, but this time with beer and other refreshments (with copies of the words)!

KARAOKE
8:15 p.m. | LAKESIDE PAVILION

MONDAY

CRAFTING IN MINKLER
9 a.m. -12 p.m. | MINKLER GROVE

NATURE IMMERSION
9:30 - 11 a.m. | ST. FRANCIS CHAPEL
Join our Coordinator of Community and Spiritual Life, Aimee Bostwick, for a forest bathing experience to connect with the Creator, nature, and yourself.

PICKLEBALL TOURNAMENT
10 a.m. - 12 p.m. | SHAFFER TENNIS COURTS

CRAFTING IN MINKLER
1- 4 p.m. | MINKLER GROVE

GENTLE FLOW YOGA
3 - 5 p.m. | GOOCH MAIN

BOOK CLUB
5 p.m. | ROCKING CHAIR PORCH

EVENING PRAYER
7:15 p.m. | LAKESIDE CHAPEL

SQUARE DANCE
8:00 p.m. | MAIN LOBBY PARKING LOT Throw on your dancing shoes for a traditional square dance with Whitewater Bluegrass!

TUESDAY

CRAFTING IN MINKLER
9 a.m. -12 p.m. | MINKLER GROVE

TIE DYE FOR ADULTS
10 a.m. - 12 p.m. | MINKLER GROVE
Fold it, crumple it, twist it, color it! Relive your sunniest childhood days and show off your best design. It feels like camp for grown-ups.

CRAFTING IN MINKLER
1- 4 p.m. | MINKLER GROVE

CORNHOLE TOURNAMENT
2 - 4 p.m. | INN PLAYGROUND

BOOK CLUB
5 p.m. | ROCKING CHAIR PORCH

EVENING PRAYER
7:15 p.m. | LAKESIDE CHAPEL

TRIVIA
7:30 p.m. | LAKESIDE PAVILION
Test your brain power and knowledge with some seriously friendly competition at trivia night!

BONFIRE & GOURMET S'MORES
8 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!

WEDNESDAY

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

CRAFTING IN MINKLER
9 a.m. -12 p.m. | MINKLER GROVE

TENNIS TOURNAMENT
10 a.m. - 12 p.m. | SHAFFER TENNIS COURTS

CRAFTING IN MINKLER
1- 4 p.m. | MINKLER GROVE

KANUGA CLUE HUNT
2 p.m. | MAIN LOBBY PARKING LOT
There are some crazy characters running around Kanuga, can you find them all and solve the riddle?
This is a large group game for youth programs, parents and adults are welcome to join the fun!

GENTLE FLOW YOGA
3 - 5 p.m. | GOOCH MAIN
Start with yin poses and relax with gravity to direct a specific stretch for connective tissue and joints. Afterwards, connect with yourself in a gentle floor flow.

EVENING PRAYER
7:15 p.m. | LAKESIDE CHAPEL

CARNIVAL
7:30 p.m. | MAIN LOBBY PARKING LOT
Join us for all your favorite games, prizes, snacks, and family fun at the carnival.

THURSDAY

CRAFTING IN MINKLER
9 a.m. -12 p.m. | MINKLER GROVE

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.

CRAFTING IN MINKLER
1- 4 p.m. | MINKLER GROVE

CLIMBING TOWER FOR ADULTS
3 - 5 p.m. | CLIMBING TOWER
Climbing is fun and empowering, especially with family and friends cheering each other on. Kanuga's climbing tower is 40-feet tall with three different climbs varying in difficulty.

EVENING PRAYER
7:15 p.m. | LAKESIDE CHAPEL

BINGO
7:30 p.m. | BALTHIS-RODWELL
Come one, come all, come on down to the bingo competition! Join us for an evening of good fun, prizes, and laughs.

FRIDAY

CRAFTING IN MINKLER
9 a.m. -12 p.m. | MINKLER GROVE

TAILGATE FARMERS MARKET
9 a.m. | KANUGA LAKE INN PARKING LOT
Support local artisans and vendors by shopping at our tailgate market.

5K & FUN RUN
9 a.m. | KANUGA LAKE INN PARKING LOT
Join us for a fun run for all ages, a competitive 5k to show off your speed.

CRAFTING IN MINKLER
1- 4 p.m. | MINKLER GROVE

FOLLIES REHEARSAL
2 - 5 p.m. | BALTHIS-RODWELL
Lights, camera, action! Display your talents at Follies rehearsal before the big show.

EVENING PRAYER
7:15 p.m. | LAKESIDE CHAPEL

FOLLIES
7:30 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.

CANDLELIT LABYRINTH
9:30 p.m. | LABYRINTH
Close your week with a reflective labyrinth walk, and go forth to share the Kanuga rhythm and spirit with the rest of the world.