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

The centerpiece of Kanuga, our 30-acre lake, offers swimming, boating, paddle boarding, canoeing, and fishing.
WATERFRONT HOURS: Saturday 2 - 6 p.m., Sunday-Friday 10 a.m.- 6 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.

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, **mornings only.***

CHILDREN & TEENS

9 a.m.-12 p.m. | 2-5 p.m.*
Activities include arts and crafts, scavenger hunts, 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 scan the QR code to above to register.
Available Monday-Friday only.
**There is no afternoon session on Friday.*

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. See Activities Board for artisans and locations.

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 will be offered every Wednesday from 9 a.m. to 12 p.m., also available by appointment. *Sign up at check-in. *Fee*

CHECK OUT OUR ACTIVITIES BOARD!

All of the activities and programming for the entire week can be found on our Activities Board, located on the bulletin board across from the dining hall!

SUMMER POLICIES

For all adventure activities, closed-toe shoes are required.

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

All children under 13 years of age must pass the required swim test and receive the necessary arm band to participate in waterfront activities.

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

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. | LAKESIDE PAVILION
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 in the lobby. $20 participation fee.

HYMN SING
7:15 p.m. | LAKESIDE PAVILION
Gather with us to sing classic hymns, bluegrass-style. Bring your instrument at 6:15 pm for a rehearsal if you'd like to join the musicians!

KARAOKE
8:15 p.m. | LAKESIDE PAVILION
Try out our new karaoke machine! Belt it out to your favorite songs, sing along with friends and family, or simply enjoy the party.

MONDAY

FRESH CUT FLOWER SALE
8:30 - 11:30 a.m. | DINING HALL ENTRANCE
Beautiful arrangements from our local friends at Growing in Grace Flower Farm—available for purchase to brighten your Kanuga home!

CRAFTING IN MINKLER
9 a.m.-12 p.m., 1-4 p.m. | MINKLER GROVE
Artisan schedule can be found on the Activities Board.

BIBLE STUDY
9:30 a.m. | SECOND FLOOR LOUNGE

FOREST BATHING
9:30 a.m. | ST. FRANCIS CHAPEL
Connect with nature and yourself through this guided immersive experience.
Sign up in the lobby.

PICKLEBALL TOURNAMENT
10 a.m. - 12 p.m. | TENNIS COURTS
Sign up in the lobby.

COMPASS CHAOS!
2 - 3:30 p.m. | MEET @ GYM
Join one of our Mountain Trail Outdoor School instructors and learn to use a compass while exploring Kanuga's very own orienteering course.
Sign up in the lobby.

ADULT TIE DYE
3:30 - 5 p.m. | MINKLER GROVE

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

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

TUESDAY

BOOK CLUB
8 a.m. | ROCKING CHAIR PORCH
Join us for a discussion about *Sacred Earth, Sacred Soul* by John Philip Newell - no need to read ahead to join the conversation!

CRAFTING IN MINKLER
9 a.m.-12 p.m., 1-4 p.m. | MINKLER GROVE
Artisan schedule can be found on the Activities Board.

GUIDED HIKE WITH NATURALIST
9 - 11 a.m. | MEET @ GYM
Learn about our unique Appalachian ecosystem on the way to a stunning viewpoint!
Sign up in the lobby.

BIBLE STUDY
9:30 a.m. | SECOND FLOOR LOUNGE

YOGA
10 - 11 a.m. | GOOCH MAIN
Sign up in the lobby.

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

ADULT ARCHERY
2 - 3:30 p.m. | PINKY ELLIOT FIELD

COTTAGE 26 OPEN HOUSE
4 p.m. | COTTAGE 26
Come explore our model interior design ideas for all cottages.

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
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!

WEDNESDAY

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

CRAFTING IN MINKLER
9 a.m.-12 p.m., 1-4 p.m. | MINKLER GROVE
Artisan schedule can be found on the Activities Board.

BIBLE STUDY
9:30 a.m. | SECOND FLOOR LOUNGE

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

STAFF VS. GUEST KICKBALL GAME
3 - 5 p.m. | PINKY-ELLIOT FIELD
We're bringing back this classic Kanuga tradition! Water games will be available for our younger friends on the other side of the field. This activity is the youth program for Wednesday afternoon, all guests are welcome to join!

YOGA
3 - 4 p.m. | GOOCH MAIN

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

BOOK CLUB
8 a.m. | ROCKING CHAIR PORCH
Join us for a discussion about *Sacred Earth, Sacred Soul* by John Philip Newell - no need to read ahead to join the conversation!

GARDEN PROJECTS
9 a.m.- 12 p.m.| FOSTER EDUCATIONAL GARDEN
Help Mary Kait, Director of Environmental Programs, rebuild our garden after damage from Hurricane Helene.

CRAFTING IN MINKLER
9 a.m. -12 p.m., 1 - 4 p.m. | MINKLER GROVE
Artisan schedule can be found on the Activities Board.

YOGA
10 - 11 a.m. | GOOCH MAIN
Sign up in the lobby.

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.

KANUGA NEXTGEN GATHERING
4 - 5 p.m. | LAKESIDE PAVILION
Join us for an informal social to explore ways Kanuga can engage the next generation of leaders.

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

ARTISAN MARKET
9 a.m. | MAIN LOBBY PARKING LOT
Support local artisans and vendors by shopping at our tailgate market.

5K
9:30 a.m. | MAIN LOBBY PARKING LOT
Get ready to run (or strut) your stuff in our 5k.

FUN RUN
10:30 a.m. | MAIN LOBBY PARKING LOT
Join us for a fun run for all ages!

CRAFTING IN MINKLER
9 a.m. -12 p.m., 1 - 4 p.m. | MINKLER GROVE
Artisan schedule can be found on the Activities Board.

POND & STREAM EXPLORATION
2 - 4:30 p.m. | MEET @ GYM
Catch critters with nets and identify them in this fun hands-on aquatic class!
Sign up in the lobby.

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

FOLLIES
7:30 p.m. | BALTHIS
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.
Sign up in the lobby.

CANDLELIT LABYRINTH
9:30 p.m. | OUTDOOR LABYRINTH

schedule subject to change, check the Activities Board for the most updated version