



ALVADORA  
SPA at ROYAL PALMS

**October 2008**

**Monday**

10:30 a.m. – 11:30 a.m.                      Chair Massage                      Resort Pool

**Tuesday**

10:30 a.m. – 11:30 a.m.                      Toe Reading                      Alvadora Spa  
5:30 p.m. – 7:30 p.m.                      Mussels & Martinis                      T. Cook's Lounge  
7:00 p.m. – 11:00 p.m.                      Dwight Brewer, piano                      T. Cook's Lounge

**Wednesday**

9:00 a.m. – 10:00 a.m.                      Yoga                      Alvadora Spa  
10:30 a.m. – 11:00 a.m.                      Culinary Workshop\*                      T. Cook's Fireplace  
5:00 p.m. – 7:00 p.m.                      Tapas & Sangria with Spanish Guitar                      T. Cook's Lounge  
7:00 p.m. – 11:00 p.m.                      Dwight Brewer, piano                      T. Cook's Lounge

**Thursday**

9:00 a.m. – 10:00 a.m.                      Botanical Journey                      Alvadora Spa  
10:30 a.m. – 11:00 a.m.                      Pastry Workshop\*                      T. Cook's Fireplace  
7:00 p.m. – 11:00 p.m.                      Dwight Brewer, piano                      T. Cook's Lounge

**Friday**

8:00 a.m. – 9:00 a.m.                      Tai Chi                      Alvadora Spa  
12:00 p.m. – 2:00 p.m.                      Chef's Table Luncheon\*\*                      T. Cook's Fireplace  
6:30 p.m. – 7:00 p.m.                      Spanish Guitar Serenade with Gaetano                      Montavista Terrace  
7:00 p.m. – 11:00 p.m.                      Dwight Brewer piano, Rita Kurtz vocals                      T. Cook's Lounge

**Saturday**

8:00 a.m. – 9:00 a.m.                      Tai Chi                      Alvadora Spa  
12:00 p.m. – 2:00 p.m.                      Chef's Table Luncheon\*\*                      T. Cook's Fireplace  
3:00 p.m. – 4:00 p.m.                      Wine Tasting                      T. Cook's Lounge  
7:00 p.m. – 11:00 p.m.                      Dwight Brewer piano, Rita Kurtz vocals                      T. Cook's Lounge

**Sunday**

11:45 a.m. – 12:45 p.m.                      Skincare Clinic                      Alvadora Spa

For all guest activities please meet in the Alvadora Spa's reception area to sign in.

\* Please RSVP 24 hours in advance to the Alvadora Spa at extension 702.

\*\* Reservations are highly recommended. Please contact T.Cook's at extension 45051 for reservations.