

Activity Schedule

May 2008

Monday

9:00 a.m. – 10:00 a.m.	Yoga	Alvadora Spa
7:00 p.m. – 11:00 p.m.	Gaetano, Spanish Guitar	T.Cook's Lounge

Tuesday

2:00 p.m. – 3:00 p.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
2:00 p.m. – 3:00 p.m.	Skincare Clinic	Alvadora Spa
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.		Alvadora Spa
10:30 a.m. – 11:00 a.m.	Botanical Journey	
10:30 p.m. – 11:30 p.m.	Pastry Workshop*	T.Cook's Fireplace
6:30 p.m. – 7:30 p.m.	Chair Massage	Pool
7:00 p.m. – 11:00 p.m.	Salsa Dancing	Alvadora Spa
	Dwight Brewer piano, Katherine Todd vocals	T.Cook's Lounge

Friday

8:30 a.m. – 9:30 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 Sunset Serenade with Gaetano	Montavista Terrace
7:00 p.m. – 11:00 p.m.	Dwight Brewer piano, Rita Kurtz vocals	T.Cook's Lounge

Saturday

7:30 a.m. – 8:30 a.m.	Fitness Walk	Alvadora Spa
9:00 a.m. – 10:00 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
6:00 p.m. – 7:30 p.m.	Restorative Yoga	Alvadora Spa
7:00 p.m. – 11:00 p.m.	Dwight Brewer piano, Rita Kurtz vocals	T.Cook's Lounge

Sunday

8:00 a.m. – 9:00 a.m.	Mindful Walking Meditation	Alvadora Spa
7:00 p.m. – 11:00 p.m.	Gaetano, Spanish Guitar	T. Cooks Lounge

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

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

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