



# THIS WEEK AT OLD EDWARDS

AUGUST 13 - 20, 2010

## FRIDAY 8/13

### Fitness Classes

Total Toning	7 am
AquaFit	8 am
Low Impact Step	8 am
Zumba	9:15 am
Tai Chi	10:30 am
Pilates	4 pm
Core Sculpting	5:15 pm

**Groovin' on the Green**  
Village Commons in Cashiers, 6:30 pm

**Live Music at Rib Shack**  
**Lisa and Steve McAdams**  
8 pm to 11 pm

**Libby Mathews Painting Live**  
Wine Garden

**Lettice & Lovage**  
Highlands Playhouse, 828-526-2695

**Live Music in Hummingbird**  
**Maestro and Cy Timmons**  
From 6 pm

**Live Music at Rib Shack**  
**Lisa and Steve McAdams**  
8 pm to 11 pm

**Elizabeth Locke Jewelry Trunk Show**  
Acorn's Boutique, 10 am - 5 pm

**The Vega String Quartet**  
Performing Arts Center, 6 pm, 526-9060

## SATURDAY 8/14

### Fitness Classes

Total Toning	7 am
AquaFit	8 am
Sunset Rock Hike	9 am
Tai Chi	10:30 am
Walk Through The Past	11 am
Indoor Cycling	12:30 pm
Core Sculpting	2 pm

**Libby Mathews Painting Live**  
Wine Garden

**Lettice & Lovage**  
Highlands Playhouse, 828-526-2695

**Elizabeth Locke Jewelry Trunk Show**  
Acorn's Boutique, 10 am - 5 pm

**Saturday Art School**  
The Bascom, 10 am to 12 pm  
Kindergarten Through 8th Grade, 526-4949

**Sapphire Valley Arts & Crafts Show**  
Sapphire Valley Resort, 10 am - 4 pm

**Tom Quigley Performing Live**  
Wine Garden, 4:30 pm to 7:30 pm

**Live Music in Hummingbird**  
**Maestro and Cy Timmons**  
From 6 pm

## SUNDAY 8/15

### Fitness Classes

Walk Through The Past	9 am
Whiteside Mountain Hike	10:30 am
Indoor Cycling	1 pm
Stretch & Flex For Golf	2:30 pm

**Lettice & Lovage**  
Highlands Playhouse, 828-526-2695

**Final Gala Concert and Dinner**  
Highlands-Cashiers Chamber Music Festival  
Wildcat Cliff Country Club, 526-9060

**Sapphire Valley Arts & Crafts Show**  
Sapphire Valley Resort, 10 am - 4 pm

**Relay For Life Benefit Auction**  
Sponsored by Fressers Eatery  
Scudders Gallery, 5264111

## MONDAY 8/16

### Fitness Classes

AquaFit	8 am
Yoga	9:15 am
Walk Through The Past	10:30 am
Walk Through The Past	4 pm
Pilates	5 pm

**Lettice & Lovage**  
Highlands Playhouse, 828-526-2695

## TUESDAY 8/17

### Fitness Classes

Total Toning	7 am
Walk and Stretch	8 am
Low Impact Step	8 am
Total Toning	5:15 pm
AquaFit	5:30 pm

**Lettice & Lovage**  
Highlands Playhouse, 828-526-2695

**Dining out for Literacy**  
Relay for Life Percentage Donations  
Wolfgang's Restaurant, 526-3807

## WEDNESDAY 8/18

### Fitness Classes

Total Toning	7 am
Low Impact Step	8 am
Walk & Stretch	8 am
Yoga	9:15 am
Zumba	11:30 am
Walk Through The Past	4 pm
Stretch & Relaxation	5:30 pm
AquaFit	6:15 pm

**Interlude Concert Series**  
First Presbyterian Church, 2 pm

**Lettice & Lovage**  
Highlands Playhouse, 828-526-2695

**Loving Literacy, A Premiere Gala**  
"Dearly Departed"  
Performing Arts Center, 6:30 pm, 526-9938

**Dining out for Literacy**  
Relay for Life Percentage Donations  
Nick's Restaurant, 526- 2706

## THURSDAY 8/19

### Fitness Classes

Total Toning	7 am
Walk and Stretch	8 am
Yoga	9:15 am
Total Toning	5:15 pm

**Do You Know Domestic Wines**  
Highlands Wine and Cheese Shop  
2 pm - 4 pm, \$45 (Wine Tasting Included)

**Lettice & Lovage**  
Highlands Playhouse, 828-526-2695

**Dining out for Literacy**  
Relay for Life Percentage Donations  
Ruka's, 526-3636 SweaTreats, 526-9822

**Karaoke Night at Rib Shack**  
Rib Shack, 10 pm to 1 am

**Dearly Departed**  
Performing Arts Center, 526-4904

## FRIDAY 8/20

### Fitness Classes

Total Toning	7 am
Low Impact Step	8 am
AquaFit	8 am
Zumba	9:15 am
Tai Chi	10:30 am
Pilates	4 pm
Core Sculpting	5:15 pm

**Earthborn Pottery Trunk Show**  
Acorn's Boutique, 10 am - 5 pm

**Lettice & Lovage**  
Highlands Playhouse, 828-526-2695

**Dearly Departed**  
Performing Arts Center, 526-4904

**Live Music in Hummingbird**  
**Maestro and Cy Timmons**  
From 6 pm

**Live Music at Rib Shack**  
**The Honeycutters**  
8 pm to 11 pm

## HOURS OF OPERATION

<b>Acorn's</b>	
Sunday	10 am - 5 pm
Monday - Saturday	10 am - 6 pm
<b>Acorn's Annex</b>	
Tuesday - Saturday	10 am - 5 pm
Sunday - Tuesday	Closed
<b>Fitness Center</b>	6:30 am - 8 pm
<b>Spa and Salon</b>	9 am - 6 pm
<b>Madison's Restaurant</b>	
Breakfast Daily	7 am - 10 am
Lunch Daily	11:30 pm - 2 pm
Dinner Daily	6 pm - 9 pm
<b>Wine Garden</b>	
Lunch Daily	11:30 am - 4 pm
Dinner Daily	4 pm - 6 pm
<b>Rib Shack, Open Daily</b>	11 am - 9 pm
<b>Hummingbird Lounge</b>	2 pm - 10 pm
<b>Pool</b>	6:30 am
<b>Pool Cabana</b>	11 am - 6 pm

## UPCOMING EVENTS AT OLD EDWARDS



8/26-9/2

### GALA OF THE ARTS

Art Sale from the galleries and personal collection of Ann Jacob along with the photography of Greg Newington.

9/7 - 9/9

### FALL STYLE WEEK

Fall Garden Party at The Farm at Old Edwards  
Spa Demonstration on the Spa Terrace  
Fashion Show and Lunch on the Roof Top Terrace

9/11

### OLD EDWARDS PAR 5K

Run/Walk the front nine at Old Edwards Club. Proceeds will benefit the Highlands Literacy Council. Entry fee is \$35, which includes a pancake breakfast and t-shirt.

10/6 - 10/7

### OKTOBERFEST-OLD EDWARDS STYLE

2-Night Spa/Golf Package and wine dinner at The Farm. Enjoy perfectly paired wines & beers of Germany with a feast for the senses and a backdrop of festive live music in the rustically intimate setting of The Barn.

*FestHaus Celebration at Wolfgang's, 10/6*  
*Schmackofatz Tasty Bites at Wolfgang's, 10/7*  
*The Original Highlands Oktoberfest Celebration at The Farm at Old Edwards, 10/7*

11/11-11/14

### HIGHLANDS CULINARY WEEKEND

The 4th Annual Highlands Culinary Weekend, created by the Highlands Chamber of Commerce & Visitor Center, promises to be one of the highlights of the season in Highlands.

*Fall Harvest Celebration Dinner at The Farm, 11/12*  
*Darioush Wine Dinner in Madison's, 11/13*  
*Late Night Shack Attack, 11/13*

11/25

### A THANKSGIVING TO REMEMBER

Create family memories that will last a lifetime while enjoying some of Old Edwards traditions.

11/01 - 12/31

### HOLIDAYS AT OLD EDWARDS

Part of the Comfort and Joy celebration. With a Christmas Tree Package along with a seasonal favorite, Comfort and Joy Getaway Package. Contact 828-526-8008 for more information.

12/31

### LIVE JAZZ NEW YEAR'S CELEBRATION

The New Year's Live Jazz package fills up early. Join the festivities with early evening hors d'oeuvres, dinner in Madison's, party in the Hummingbird and ring in the New Year with a champagne toast and "12 Grapes at Midnight". Bloody Mary Bar and Brunch New Year's Day.

## AMENITIES AND LOCATIONS

### 24-Hour Butler's Pantry

Features hot coffee, teas, fresh fruit, soft drinks, Dove Bars, computers and internet access. Locations in The Lodge lobby and on the second floor of the main Inn just down from Hummingbird Lounge.

### Acorn's Annex

Features an eclectic selection of beautiful antiques and home accents. Located on Church Street next to the Fitness Center. Ext. 2640

### Acorn's Boutique

Select from upscale ladies clothing, gifts, accessories, home accents, jewelry, bath and body products and more. Located on Main Street beside Madison's Restaurant and Wine Garden. Ext. 2551

### Fitness Center

State of the art equipment, fitness classes, hikes and personal training. Located behind the main Inn, across the street from the Spa Apothecary. Ext. 2689

### Hummingbird Lounge

Drawing-room parlor, piano bar and library. Wine and cocktails served from 2pm daily. Light menu available and snacks served with beverages. Located on the second floor of the Main Inn.

### Laundry and Dry Cleaning

Servicing guests with dry cleaning, repairs and hospitality. Phone: 787-2597

### The Lodge

Features comfortable conversation areas, stone fireplace, books, magazines, board games, computer, printer and internet. Butler's area features 24-hour snacks and soft beverages.

### Madison's Restaurant

Old Edwards Inn and Spa award winning restaurant serving an elegant New Southern cuisine in a charming and relaxed environment. Located in the front of the main Inn just off the lobby. Ext. 2525

### Madison's Wine Garden

Alfresco dining experience surrounded by gardens and fountains. Serves lunch and dinner daily and features a beautiful outdoor cocktail bar with truffle-salted popcorn and television. Seasonal

### Old Edwards Club

Is a private club that is accessible to members and guests of Old Edwards Inn and Spa. Dine in the solarium with a glass of wine while taking in the stunning view of the rolling hills and golfers teeing off on hole one. 526-8044

### Old Edwards Concierge

Schedule onsite and offsite activities, including golf, fly fishing, horseback riding, hiking, mountain biking, tennis and lake activities. Get recommendations for shopping and dining as well as regional activities and adventures. Ext. 2502

### Poolside Cabana

Located at the swimming pool, serves wraps, panini's, fruit and light menu items, wine and cocktails. Seasonal

### Rib Shack and Sports Corner

The best ribs in town, family atmosphere, wide screen HD TVs, large selection of beers on tap. Located on Spring Street adjacent to The Lodge. Great location for watching your favorite sporting events and group gatherings. Ext. 2530

### The Spa and Salon at Old Edwards

World-class 25,000 square-foot European style spa with mineral whirlpool, steam room and sauna. Treatments for men and women, luxurious amenities and indulgences. Shop a wide variety of luxurious spa products in the Spa Apothecary or enjoy a delicious meal at the Spa Cafe serving a light menu for spa guests including a selection of teas and seasonal Spatini's. Ext. 2542

### Swimming Pool

Outdoor heated mineral pool and spa that is recessed in a cave-like cove of tile and stone. Behind the Fitness Center and in front of the Lodge. Seasonal

## FITNESS CLASS DESCRIPTIONS

### Low Impact Step: 60 Minutes

Fitness class consisting of cardio training and core training exercises using mats and aerobic steps.

### Tai Chi Chuan: 60 Minutes

Fitness class to help improve balance, athletic performance and reduces stress.

### Total Toning: 30 Minutes

Fitness class consisting of cardio and strength training exercises using hand weights and mats.

### Walk Through The Past: 60 Minutes

A historical 2.5 mile walk around downtown Highlands. You will learn the facts of how Highlands began and developed into one of Western North Carolina's greatest getaways. A must for all historians!

### Whiteside Hike: Approximately 2 Hours

(Requires a 12 hour advance reservation.)

Enjoy the experience of one of America's landmarks along the Eastern Continental Divide. Whiteside Mountain rises to an elevation of 4,930 feet and is a jewel of the Appalachians. Join others as they hike the "moderate" 2.0 mile trail to the summit. Learn the history and nature of this million year old rock! Transportation will be provided by Old Edwards Inn & Spa.

### Yoga: 60 Minutes

Fitness class designed to work on the body's strength, flexibility and alignment through classic postures, breathing exercises and deep relaxation.

### Pilates: 60 Minutes

An open level mat class combining flexibility with strength.

### Stretch & Relaxation: 30 Minutes

Fitness Class consisting of stretching to lengthen the muscles and relieve stress.

### AquaFit: 60 Minutes

A low impact, high energy muscular conditioning class taught in shallow water, incorporating a variety of equipment for resistance... resulting in the increase of strength, definition and toning of the muscles.

### Sunset Rock Hikes: 90 Minutes

Take a bird's eye view of the town from the top of Sunset Rock! A short hike, leads you to a natural cliff side amphitheater where slabs of granite provide front row seats to view the town of Highlands, Brushy Face Mountain and the vista of Horse Cove.

### Zumba: 60 Minutes

A fitness class inspired by Latin dance. A way of mixing body sculpting movements with "easy" to follow dance steps. Zumba uses a variety of styles in its routines, including salsa, reggaeton, hip hop, etc. Music selections include both fast and slow rhythms to help tone and sculpt the body!

### Core Sculpting: 30 Minutes

This fitness class is designed to help you develop your balance and strengthen and sculpt your mid section into a "new & improved" you.

### Indoor Cycling: 60 Minutes

A high-intensity (but individuals may control the intensity on their bicycle) exercise class that involves using a stationary exercise bicycle. Indoor cycling benefits strengthening the muscles of the lower body. It tones the quadriceps and hamstrings, along with working the back and hips.

### Stretch & Flex For Golf: 45 Minutes

Stretching and lengthen of the muscles and which focus on the core and balance to help your golf swing.

## THE FARM AT OLD EDWARDS

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