



# THIS WEEK AT OLD EDWARDS

DECEMBER 12 - 18, 2011

Win a Getaway for Two to Old Edwards Inn and Spa. Post your photos and videos taken during your December visit on our Facebook and/or Youtube page to become eligible. 'Tis the Season...for winning a relaxing trip to Old Edwards!

## MONDAY 12/12

### Fitness Classes

Body Circuit Training	7:15 am
Yoga	9:15 am
Zumba	10:30 am
Classic Bands	11:30 am
Sunset Rock Hike	1 pm

### Christmas Sale

Acorns Boutique, 10 am - 5 pm, 787-1877  
10% to 75% Off Storewide

## TUESDAY 12/13

### Fitness Classes

Core Stability & Flexibility	7:15 am
Classic Bands	9:15 am
"On The Ball"	10:30 am
Inndoor Cycling	1 pm

### Christmas Sale

Acorns Boutique, 10 am - 5 pm, 787-1877  
10% to 75% Off Storewide

## WEDNESDAY 12/14

### Fitness Classes

Total Toning	7:15 am
Yoga	9:15 am
Zumba	10:30 am
Walk Through The Past	1 pm

### Christmas Sale

Acorns Boutique, 10 am - 5 pm, 787-1877  
10% to 75% Off Storewide

## THURSDAY 12/15

### Fitness Classes

Classic Bands	7:15 am
Yoga	9:15 am
"On The Ball"	10:30 am
Indoor Cycling	1 pm
Total Toning	5:15 pm

### Christmas Sale

Acorns Boutique, 10 am - 5 pm, 787-1877  
10% to 75% Off Storewide

### Complimentary Culinary Demo

Inn Lobby, 3:30 pm - 4:30 pm, 526-8008



### TWO-NIGHT WINTER SLIP AWAY & SAVE

2 Nights in Deluxe Accommodations  
3 Course Dinner in Madison's One Evening  
2 x 50 Minute Classic Spa Treatments

From \$320 Per Night Midweek  
From \$335 Per Night Weekends

January 2 - March 31



### SUMPTUOUS SPA BUNDLES

Enjoy a few of our most popular treatments packaged together so you can sample several indulgences at a stress-relieving value!

Joyful Renewal \$150  
Peaceful Indulgence \$275  
Healthy Transformation \$475

## FRIDAY 12/16

### Fitness Classes

Total Toning	7:15 am
Indoor Cycling	9:15 am
Zumba	10:30 am

### Christmas Sale

Acorns Boutique, 10 am - 5 pm, 787-1877  
10% to 75% Off Storewide

**Maestro and Cy Timmons Live**  
Hummingbird Lounge, From 6 pm

**A WINE DINNER  
WITH HUGH ACHESON**  
The Farm at Old Edwards  
6:30 pm Cocktails • 7 pm Dinner

## SATURDAY 12/17

### Fitness Classes

Walk Through The Past	11:30 am
Whiteside Mountain Hike	1 pm

### Christmas Sale

Acorns Boutique, 10 am - 5 pm, 787-1877  
10% to 75% Off Storewide

### Santa at the Visitor's Center

Visitor's Center, 10 am - 3 pm, 526-5841



**Complimentary Wine Tasting**  
Inn Lobby, 2:30 pm - 4 pm, 526-8008

**Maestro and Cy Timmons Live**  
Hummingbird Lounge, From 6 pm

## SUNDAY 12/18

### Fitness Classes

Sunset Rock Hike	10:30 am
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### Christmas Sale

Acorns Boutique, 10 am - 5 pm, 787-1877  
10% to 75% Off Storewide



Give the Ultimate Gift of Comfort and Joy this Holiday Season, An Old Edwards Inn and Spa Gift Card.

Purchase Your Old Edwards Inn Gift Cards at:  
Old Edwards Inn Lobby • Acorns Boutique  
The Spa at Old Edwards

Guests of Old Edwards Recieve a 10%  
Discount at Acorns Boutique

## SHOPPING MADE EASY

At Old Edwards Inn and Spa



Charge it  
to your  
room.

Find something for everyone on your Christmas list this Holiday Season at Old Edwards Inn and Spa.

Acorns Boutique has fine European and American antiques, gifts, jewelry and one-of-a-kind home accessories. Upstairs, shop for designer women's apparel, handbags and scarves.

Acorns on Church has all of the best antiques, new furniture, home decor, art from around the world, rugs and custom slipcovers.

The Spa Boutique has a wide variety of luxurious spa products with great gift sets for women, men and children.

The Front Desk of the Main Inn houses all of your favorite Old Edwards Logo items including the cozy Old Edwards blanket.

## HOURS OF OPERATION

<b>Acorns Boutique</b>	Monday - Sunday	10 am - 5 pm
<b>Acorns on Church</b>	Monday - Sunday	10 am - 5 pm
<b>Fitness Center</b>		7 am - 6 pm
<b>Spa and Salon</b>		9 am - 6 pm
<b>Spa Cafe</b>		11:30 am - 4 pm
<b>Madison's Restaurant</b>	Breakfast Daily	7 am - 10 am
	Lunch Daily	11:30 am - 2 pm
	Dinner Sunday - Thursday	6 pm - 8 pm
	Friday & Saturday	6 pm - 9 pm
<b>Hummingbird Lounge</b>		2 pm - 10 pm
<b>Oakleaf</b>	Monday, Thursday, Friday & Saturday	10 am - 4 pm
	Sunday	12 pm - 4 pm
	Tuesday & Wednesday	Closed

## UPCOMING OLD EDWARDS CULINARY EVENTS

### CHRISTMAS AT OLD EDWARDS

Sunday, December 25 • \$65 Per Person  
Madison's Restaurant

Become part of the traditions this holiday season and join us for lunch from 12 pm to 5 pm. Live piano in Hummingbird Lounge from 11 am to 3 pm.



[www.olderwardsinn.com/Christmas](http://www.olderwardsinn.com/Christmas)

### NEW YEAR'S EVE GALA DINNER

Saturday, December 31 • \$130 Per Person  
Madison's Restaurant



Gala dinner in Madison's Restaurant, Champagne Toast at Midnight, Live Entertainment, Old Edwards Tradition "12 Grapes at Midnight" and Party at Old Edwards Sports Bar.

[www.olderwardsinn.com/NewYear](http://www.olderwardsinn.com/NewYear)

### SHERI CASTLE COOKING SCHOOLS



#### Taste of The South

January 27 - 29

#### Italian Country

February 24 - 26

- Two Nights (January 27/28 or February 24/25)
- Deluxe Accommodations
- Welcome Reception on Friday
- Dinner in Madison's One Night
- Cooking Class on Saturday with Wine Lunch
- Signed Copy of Sheri's Cookbook
- Cooking Apron and Old Edwards Hat

#### Two-Night Package

from \$610 single occupancy  
from \$885 double occupancy

To Schedule Any Old Edwards Culinary Events,  
Call 828.787.2625

Join us on Facebook and Twitter for Exclusive Updates and a Monthly Chance to Win a Trip for Two!

## OLD EDWARDS GUEST AMENITIES

### 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.

### Acorns 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

### Acorns on Church

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

### Fitness Center

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

### Hummingbird Lounge

Featuring piano bar and library. Wine and Old Edwards Premium cocktails served from 2pm daily. Light menu. Live music on Friday and Saturday evenings from 6 pm. Located on the second floor of the Main Inn.

### Laundry and Dry Cleaning

Servicing guests with dry cleaning, repairs and hospitality. Dial the Front Desk.

### The Lodge

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

### Madison's Restaurant

Old Edwards Inn and Spa award winning restaurant serving an sustainable Farm-to-Table cuisine in a charming and relaxed environment. Located in the front of the main Inn just off the lobby. Ext. 2525

### Old Edwards Club

A private club 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. 526-8044. Reopening Spring 2012.

### 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, pizzas, fruit and light menu items, wine and cocktails. Seasonal.

### Rooftop Terrace

Join us on the Rooftop Terrace on the third floor of the Main Inn. Indulge in your favorite Madison's fare and refreshing spirits in an alfresco dining environment. Seasonal.

### 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 Boutique or enjoy a delicious meal at the Spa Cafe serving a light menu for spa guests including a selection of raw cuisine and culinary cocktails. Ext. 2542

### The Wine Garden

Alfresco dining experience surrounded by gardens and fountains. Lunch and dinner daily with a beautiful outdoor cocktail bar with truffle-seasoned popcorn and television. Seasonal

### 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.

## FITNESS CLASS DESCRIPTIONS

### Body Circuit Training: 45 Minutes

This fitness class is a combination of aerobics and resistance training designed to target fat loss, muscle building and overall fitness in a "circuit training" format.

### Classic Bands: 45 Minutes

This fitness class focuses on using resistance bands to help develop muscle groups through resistance training and proper stretching.

### Core Stability & Flexibility: 45 Minutes

Increase your awareness and knowledge while applying new ways to keep your center strong & flexible.

### Fit For A Better Life: 60 Minutes

This full body workout consisting of cardio & strength training exercises prepares the body for daily lifestyle activities. Keeps you on your toes!

### Healthy Start: 45 Minutes

A low-intensity aerobic training class combining stretching and light weight dumbbells to strengthen the body.

### Indoor Cycling: 60 Minutes

A high-intensity individually controlled indoor cycling exercise class that involves using a stationary exercise bicycle. Indoor cycling strengthens the muscles of the lower body and tones the quadriceps and hamstrings, along with working the back and hips.

### "On The Ball": 45 Minutes

Develop strength and stability in all planes of motion. Improve balance and core strength by using the exercise ball in creative and effective exercises and stretches.

### 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.

### 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 and 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.

### Yoga for Life: 60 Minutes

Learn to balance your life as you strengthen your body. Experience an innovative yoga class to ignite your passion for living. Fun eclectic music from around the world!

### 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!