



THIS WEEK AT OLD EDWARDS

JULY 23 - JULY 30, 2010

FRIDAY 7/23

Fitness Classes

Core Sculpting	7 am
Low Impact Step	8 am
Zumba	9:15 am
Tai Chi	10:30 am

Groovin' on the Green

Village Commons in Cashiers, 6:30 pm

The Andrews Brothers

Highlands Playhouse, 828-526-2695

Cashiers Benefit Antique Show

Blue Ridge School, 9 am - 5 pm

Barbara Wells Clothing and Safia Day Jewelry Trunk Shows

Acorn's Boutique, 10 am - 5 pm

Live Music at Rib Shack

Chris O'Neill

8 pm to 11 pm

Diane McPhail Painting Live

Wine Garden

Live Music

Maestro and Cy Timmons

Hummingbird Lounge From 6 pm

Mountain Music

Relay for Life Benefit, 6:45 pm
The Dendy Family, Highlands School

All In The Family

Highlands-Cashiers Chamber Music Festival
Performing Arts Center, 6 pm

Live Snakes

Highlands Nature Center, 7 pm

SATURDAY 7/24

Fitness Classes

Total Toning	7 am
Aqua Fit	8 am
Walk Through The Past	8 am
Whiteside Mountain Hike	9:30 am
Pilates	9:15 am
Tai Chi	10:30 am
Indoor Cycling	12:30 pm
Core Sculpting	2 pm

Bark For Life

Relay For Life of Highlands Benefit
Highlands Community Center, 9 am

Barbara Wells Clothing and Safia Day Jewelry Trunk Shows

Acorn's Boutique, 10 am - 5 pm

Diane McPhail Painting Live

Wine Garden

Saturday Art School

The Bascom, 10 am to 12 pm
Kindergarten Through 8th Grade

Cashiers Benefit Antique Show

Blue Ridge School, 9 am - 5 pm

Artists in Residence and Toe River Potters Exhibition

The Bascom

Art Academy - Botanical Watercolor

The Bascom, 2 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

The Andrews Brothers

Highlands Playhouse, 828-526-2695

Dance For Life

Relay For Life of Highlands Benefit
Highlands Community Center, 7 pm - 11 pm

SUNDAY 7/25

Fitness Classes

Walk Through The Past	9 am
Whiteside Mountain Hike	10:30 am
Indoor Cycling	1 pm
Core Sculpting	3 pm

Barbara Wells Clothing and Safia Day Jewelry Trunk Shows

Acorn's Boutique, 10 am - 5 pm

Cashiers Benefit Antique Show

Blue Ridge School, 9 am - 5 pm

The Andrews Brothers

Highlands Playhouse, 828-526-2695

All In The Family

Highlands-Cashiers Chamber Music Festival
Performing Arts Center, 5 pm

MONDAY 7/26

Fitness Classes

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

Cashiers Benefit Antique Show

Blue Ridge School, 9 am - 5 pm

Art Academy - Outdoor Drawing

The Bascom, 10 am

Art Academy - Life Drawing

The Bascom, 5 pm

The Andrews Brothers

Highlands Playhouse, 828-526-2695

TUESDAY 7/27

Fitness Classes

Low Impact Step	8 am
Walk Through The Past	10:30 am
Total Toning	5 pm
AquaFit	5:30 pm

Hongian Zhang

Artist in Residence Talk, The Bascom, 5 pm

The Andrews Brothers

Highlands Playhouse, 828-526-2695

WEDNESDAY 7/28

Fitness Classes

Total Toning	7 am
Low Impact Step	8 am
Walk & Stretch	8 am
Yoga	9:15 am
Zumba	11:30 am
Indoor Cycling	1 pm
Core Sculpting	3 pm
Stretch & Relaxation	5:30 pm

Art Academy - Interactive Art Appreciation

The Bascom, 10 am

Art Academy - Painting Oil or Acrylic

The Bascom, 2 pm

Art Academy - Creative Journaling

The Bascom, 2 pm

The Andrews Brothers

Highlands Playhouse, 828-526-2695

THURSDAY 7/29

Fitness Classes

Core Sculpting	7 am
AquaFit	8 am
Yoga	9:15 am
Indoor Cycling	11:30 am
Total Toning	5:15 pm

Art Academy - Watercolor Basics

The Bascom, 10 am

Art Academy - Pastels: Skies, Clouds, Water, Mist

The Bascom, 1 pm

Hedges Cellars and Montinore Estate Wines Flight

With Chris Draves, Wolfgang's Restaurant, 5 pm

The Andrews Brothers

Highlands Playhouse, 828-526-2695

The Good, The Bad, and The Ugly: Mushrooms of the Southern Appalachians

Highlands Nature Center, 7 pm

Karaoke Night at Rib Shack

Rib Shack, 10 pm to 1 am

FRIDAY 7/30

Fitness Classes

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

Slane and Slane Jewelry Trunk Show

Acorn's Boutique, 10 am - 5 pm

The Andrews Brothers

Highlands Playhouse, 828-526-2695

HCCMF Special Event

Performing Arts Center, 6 pm

Live Music at Rib Shack Hurricane Creek

8 pm to 11 pm

UPCOMING EVENTS AT OLD EDWARDS



8/26 OPENING NIGHT OF GALA OF THE ARTS PAHLMAYER WINE DINNER

Join Pahlmeyer, Artist Peter Polities, and Old Edwards as we celebrate the start of a beautiful week of art, music, food and wine known as Gala of the Arts at The Farm 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.

8/27 AN EVENING WITH ANN JACOB

Be a part of this evening to remember with Ann Jacob in the private Wine Room at Old Edwards with a reception in the Hummingbird Lounge prior. Seating is limited.

9/7 - 9/9 FALL FASHION 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.

10/7 OKTOBERFEST

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.

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.

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 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 at midnight.

THE FARM AT OLD EDWARDS For A Memorable Mountain Wedding

FULL-SERVICE DESTINATION WEDDINGS

- Multiple Ceremony and Event Venues
- Multiple Bedroom Cottages & Suites
- Full Service Catering
- World-Class Florals
- Recreation for Wedding Party & Guests

828-787-2610 | www.oldedwardsinn.com

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

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.