



THIS WEEK AT OLD EDWARDS

OCTOBER 31 - NOVEMBER 6, 2011

MONDAY 10/31

Fitness Classes

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

Summer House Idea Showhouse

Benefits the Cashiers-Highlands Humane Society, 526-5577

Monday Madness! Open Mic Night

Fressers, 7:30 pm, 4188

Corbitt Brothers Live

The Ugly Dog Pub, 9 pm, 526-8364



Highlands Downtown Trick or Treat
6 pm to 8 pm

Wine Garden Monster Bash
and Costume Competition
6 pm to 9 pm

Wear Your Costume
and Receive a FREE Cocktail

Weather Permitting

Judging will be at 8 pm.

Call 828-787-2625 for more information.

TUESDAY 11/1

Fitness Classes

Core Stability & Flexibility	7:15 am
Healthy Start	9:15 am
"On The Ball"	10:30 am
Inndoor Cycling	1 pm
Total Toning	5:15 pm

Summer House Idea Showhouse

Benefits the Cashiers-Highlands Humane Society, 526-5577

Music at The Pizza Place

7 pm, 526-5660

Music at on the Verandah...

7 pm, 526-2338

WEDNESDAY 11/2

Fitness Classes

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

Summer House Idea Showhouse

Benefits the Cashiers-Highlands Humane Society, 526-5577

Free Children Movies

Hudson Library, 3:30 pm, 526-3031

Music at The Pizza Place

7 pm, 526-5660

Music at on the Verandah...

7 pm, 526-2338

Bluegrass at The Ugly Dog

7:30 pm, 526-8364

THURSDAY 11/3

Fitness Classes

Fit For A Better Life	7:15 am
Yoga	9:15 am
"On The Ball"	10:30 am
Indoor Cycling	11:30 am
Total Toning	5:15 pm

Summer House Idea Showhouse

Benefits the Cashiers-Highlands Humane Society, 526-5577

The Kitchen Witches

PAC, 7:30 pm, 526-8084

Music at on the Verandah...

7 pm, 526-2338

Wizard of Oz

Smoky Mtn, Center for the Performing Arts
7:30 pm, \$13, 877-415-7315

Karaoke at Highlands Smokehouse

9 pm -12 am, 526-5000

FRIDAY 11/4

Fitness Classes

Core Stability & Flexibility	7:15 am
Indoor Cycling	9:15 am
Zumba	10:30 am
Healthy Heart	11:30 am
Total Toning	5:15 pm

Summer House Idea Showhouse

Benefits the Cashiers-Highlands Humane Society, 526-5577

The Kitchen Witches

PAC, 7:30 pm, 526-8084

Maestro and Cy Timmons Live

Hummingbird Lounge, From 6 pm

Music at on the Verandah...

7 pm, 526-2338

Wizard of Oz

Smoky Mtn, Center for the Performing Arts
7:30 pm, \$13, 877-415-7315

Live Music at Ruka's Table

526-3636

SATURDAY 11/5

Fitness Classes

Core Stability & Flexibility	9:15 am
Healthy Heart	10:30 am
Indoor Cycling	11:30 am
Whiteside Mountain Hike	1 pm

Summer House Idea Showhouse

Benefits the Cashiers-Highlands Humane Society, 526-5577

Wine Tasting

Mountain Fresh, 2 pm, 526-2400

The Kitchen Witches

PAC, 7:30 pm, 526-8084

Wine Tasting and Live Jazz

Ruka's Table, 4:30 pm - 6:30 pm, 526-3636

Maestro and Cy Timmons Live

Hummingbird Lounge, From 6 pm

Music at on the Verandah...

7 pm - 8 pm, 526-2338

Wizard of Oz

Smoky Mtn, Center for the Performing Arts
7:30 pm, \$13, 877-415-7315

Live Music

The Ugly Dog Pub, 9 pm, 526-8364

SUNDAY 11/6

Fitness Classes

Sunset Rock Hike	10:30 am
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Summer House Idea Showhouse

Benefits the Cashiers-Highlands Humane Society, 526-5577

The Kitchen Witches

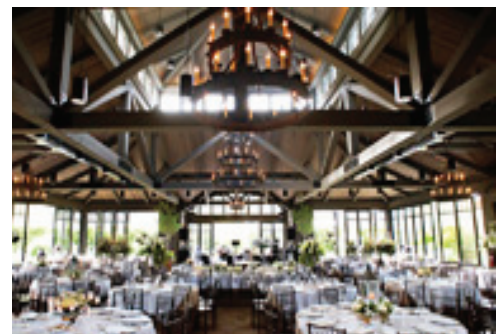
PAC, 2:30 pm, 526-8084

Fiddling Mitch

Highlands Smokehouse, 6 pm, 526-5000

Music at on the Verandah...

7 pm, 526-2338



DESTINATION WEDDINGS

AT OLD EDWARDS INN AND SPA
For A Memorable Mountain Wedding

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

828-787-2610 www.olderedwardsinn.com

OLD EDWARDS COMFORT AND JOY CELEBRATION



11/25

A THANKSGIVING TO REMEMBER

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

11/26, 12/3, 12/10, 12/17

COMPLIMENTARY WINE TASTINGS

Part of Comfort and Joy 2011
Old Edwards Inn Lobby

11/01 - 12/31

HOLIDAYS AT OLD EDWARDS

Christmas Tree Package

Christmas Tree voucher to Tom Sawyer Tree Farm and Elf Village with a \$50 dining credit.

Comfort and Joy Getaway Package

Two night deluxe accommodations
Two classic spa treatments per person
Three-course dinner in Madison's for two
Call 828-526-8008. Daily festivities include Wine Tastings and Food Demonstrations.

12/6 - 12/8

JEFF GALLOWAY RUNNING TRAINING RETREAT

Social Events, Clinics and Short Runs

12/25

AN OLD EDWARDS CHRISTMAS

Serving Lunch from 12 pm to 5 pm in Madison's.

12/31

NEW YEAR'S EVE AT OLD EDWARDS

Two-Night Package from \$390 Per Night
Including Dinner, Live Entertainment,
Two Parties and a Bloody Mary/
Mimosa Bar New Year's Day

GUESTS OF OLD EDWARDS INN AND SPA RECEIVE A 10% DISCOUNT ON ALL MERCHANDISE AT ACORNS BOUTIQUE AND ACORNS ON CHURCH, EXCLUDING SALE ITEMS.

HOURS OF OPERATION

Acorns Boutique		
Monday - Saturday		10 am - 6 pm
Sunday		10 am - 5 pm
Acorns on Church		
Monday - Saturday		10 am - 6 pm
Sunday		10 am - 5 pm
Fitness Center		7 am - 7 pm
Spa and Salon		9 am - 6 pm
Spa Cafe		11:30 am - 5 pm
Madison's Restaurant		
Breakfast	Daily	7 am - 10 am
Lunch	Daily	11:30 am - 2 pm
Dinner	Daily	6 pm - 9 pm
Hummingbird Lounge		2 pm - 10 pm
Wine Garden		
Lunch	Daily	11:30 am - 4 pm
Light Fare	Daily	4 pm - 6 pm
Dinner	Daily	6 pm - 9 pm
Old Edwards Club Grill		
Lunch	Monday - Saturday	11 am - 8 pm
	Sunday Brunch	11 am - 3 pm
	Sunday Bar	3 pm - 6 pm
Old Edwards Golf Shop		
Monday		10:30 am - 6 pm
Tuesday - Sunday		7:30 am - 6 pm

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.

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

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.

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

Aqua Fit: 60 Minutes (Weather Permitting)

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.

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 dumb-bells to strengthen the body.

Highlands Botanical Gardens: 60-90 Minutes

Join others as you tour the Highlands Botanical Garden. Your guide will take you along the 8 garden trails and show you the various flowers blooming throughout the garden trails, each month there is a new flower blooming, come along and see what's blooming this month.

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 & 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!

Zumba Circuit: 60 Minutes

Zumba flavor in a circuit format including step, weights and more. Dance your way to a stronger you.