

July 2022



Experience Chautauqua with our Complimentary Activities!

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			Mindfulness 9:30 AM Meet in Academic Hall		1 Guided Hike 7:00 AM Meet at Academic Hall	2
3 Café Grand Opening 12:00 PM Chautauqua Café	4 Gentle Flow Yoga* 8:00 AM Meet in Academic Hall	5	6 Mindfulness 9:30 AM Meet in Academic Hall Game day 1:00 PM Picnic Shelter	7	8 Guided Hike 7:00 AM Meet at Academic Hall Guest Mixer 3:30 PM Meet in Academic Hall	9
10	11 Gentle Flow Yoga* 8:00 AM Meet in Academic Hall Walking History Tour 10:00 AM Meet in Academic Hall	12	13 Mindfulness 9:30 AM Meet in Academic Hall	14 Forest Bathing* 8:30 AM Meet at Academic Hall	15 Guided Hike 7:00 AM Meet at Academic Hall Guest Mixer 3:30 PM Meet in Academic Hall	16
17	18 Gentle Flow Yoga* 8:00 AM Meet in Academic Hall Walking History Tour 10:00 AM Meet in Academic Hall	19 Women's Art Talk 5:30 PM Community House	20 Mindfulness 9:30 AM Meet in Academic Hall	21	22 Guided Hike 7:00 AM Meet at Academic Hall Guest Mixer 3:30 PM Meet in Academic Hall	23
24	25 Gentle Flow Yoga* 8:00 AM Meet in Academic Hall Walking History Tour 10:00 AM Meet in Academic Hall	26	27 Mindfulness 9:30 AM Meet in Academic Hall	28	29	30
31	31 Walking History Tour 10:00 AM Meet in Academic Hall					

*Additional charge, see front desk to purchase