

# August 2022



Experience Chautauqua with our Complimentary Activities!

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	<b>Gentle Flow Yoga*</b> 1 8:00 AM Meet in Academic Hall <b>Walking History Tour</b> 10:00 AM Meet in Academic Hall	2 <b>Tales By The Trails</b> 10:00 AM Chautauqua Café	3 <b>Mindfulness</b> 9:30 AM Meet in Academic Hall	4	<b>Guided Hike</b> 5 7:00 AM Meet at Academic Hall <b>Guest Mixer</b> 3:30 PM Meet in Academic Hall	6
7	<b>Gentle Flow Yoga*</b> 8 8:00 AM Meet in Academic Hall <b>Walking History Tour</b> 10:00 AM Meet in Academic Hall	9 <b>Forest Bathing*</b> 8:30 AM Meet at Academic Hall	10 <b>Mindfulness</b> 9:30 AM Meet in Academic Hall	11	<b>Guided Hike</b> 12 7:00 AM Meet at Academic Hall <b>Guest Mixer</b> 3:30 PM Meet in Academic Hall	13
14	<b>Gentle Flow Yoga*</b> 15 8:00 AM Meet in Academic Hall <b>Walking History Tour</b> 10:00 AM Meet in Academic Hall	16 <b>Tales By The Trails</b> 10:00 AM Chautauqua Café	17 <b>Mindfulness</b> 9:30 AM Meet in Academic Hall	18	<b>Guided Hike</b> 19 7:00 AM Meet at Academic Hall <b>Guest Mixer</b> 3:30 PM Meet in Academic Hall	20
21	<b>Gentle Flow Yoga*</b> 22 8:00 AM Meet in Academic Hall <b>Walking History Tour</b> 10:00 AM Meet in Academic Hall	23	24 <b>Mindfulness</b> 9:30 AM Meet in Academic Hall	25	<b>Guided Hike</b> 26 7:00 AM Meet at Academic Hall <b>Guest Mixer</b> 3:30 PM Meet in Academic Hall	27
28	<b>Gentle Flow Yoga*</b> 29 8:00 AM Meet in Academic Hall <b>Walking History Tour</b> 10:00 AM Meet in Academic Hall	30 <b>Tales By The Trails</b> 10:00 AM Chautauqua Café	31 <b>Mindfulness</b> 9:30 AM Meet in Academic Hall			

\*Additional charge, see front desk to purchase