

August 2022



Experience Chautauqua with our Complimentary Activities!

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

*Additional charge, see front desk to purchase