

# Girls Weekend!

This is not your usual girls weekend! Rally your best friends, sisters, mother, grandmother, aunts and cousins for this special weekend dedicated to the girls having fun. Enjoy an evening of culinary delights, wine tasting and local vendors to shop from. Have fun at activities like archery, watercolour painting and paintball. This Girls Weekend offers a one-of-a-kind experience with a variety of activities for everyone.



## Lots to do for Everyone!



### Your Hosts for the Weekend—Colton and Hayley

Colton and Hayley are your hosts for the weekend and will be joining in on all of the fun activities we have planned. From the most extreme activities like archery and climbing wall to our cooking demonstration and Girls Night In, Hayley is all smiles and Colton is full of sunshine and personality!

### Girls Night In

Start off the weekend with a Girls Night In. Treat yourself to delectable snacks at the chocolate fountain, enjoy refreshing cider and wine samples from Colio Winery and indulge in the ultra convenience of our shopping mall, where local vendors bring their wares to you!



### Self Defence for Women

Learn some of the basic techniques and a few “best known practices” for women in today’s world. You will leave this session with more confidence.

## 3 Scrumptious Meals a Day



Our famous Rolls and Honey are only the beginning of the dining experience at Fern! The Heritage Dining Room is proud of its long-standing reputation for great food, which goes hand in hand with warm hospitality and attentive service. A wide variety of delicious choices await you for breakfast and lunch. Select from eight entrées for a hearty four-course dinner.

### Cooking Demonstration

Learn a new twist to dessert by making your own “Pie in a Jar” with Fern’s bakers. A fresh take for spring in a hands-on session with a delicious outcome.

### Michelle’s Anautica Spa

Located within the beautiful Fern Resort on Lake Couchiching, Anauticaspa invites all of our ladies for some well-deserved pampering. Whether it be a manicure, pedicure, or relaxation massage, Michelle will be available for all of your beauty and wellness needs.



### Climbing Wall & Archery

See Fern Resort from a different perspective at the top of the climbing wall or test out your strength and practise your aim in archery at the Extreme Area.

### Yoga & Pilates

Join Sandra for a pilates workout that will strengthen your core and boost your energy. Balance your inner Zen with Kathy at yoga to feel relaxed and ready with a balanced mind.



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## Girl's Weekend Schedule

Activities and times are subject to change.

### Friday

- 6:00 PM** **Dinner**—Enjoy an evening of culinary delights in the Heritage Dining Room.
- 8:30–10:00 PM** **Girls Night In**—Hosted by Cotlon and Hayley, a comfortable and casual atmosphere with background music, bartender and mingling opportunities.

### Saturday

- 8:00 AM** **Morning Walk with Hayley**—Meet in front of the Main Inn.
- 8:30–9:30 AM** **Breakfast in the Dining Room**—Enjoy a big country breakfast as you plan your day.
- 10:00 AM** **Tea Leaf Readings**—Ever wonder what the next 12 months has in store for you? Bev Monoogian, a seer of the future, will have your full attention as she recounts your past and delves into your future. Cost is \$30 per reading. Time slots are available through out the day.
- Watercolour Painting**— A class suitable for all levels of artistic ability! Join Nancy Hunter for a rewarding and entertaining lesson.
- Pilates with Sandra**—Join Sandra for a pilates workout that will strengthen your core and boost your energy.
- 11:00 AM** **Climbing Wall with Hayley**— Enjoy the thrill of climbing the vertical monster known as “Mt Fern”, a 40 foot climbing wall that will test your strength and agility.
- 12:00 PM** **Lunch**
- 1:30 PM** **Archery**—Your host, Hayley, will be running an Archery target shoot—most bulls-eyes wins!
- 2:30–3:30 PM** **Cooking Demonstration**—Learn a new twist to dessert by making your own “Pie in a Jar” with Fern’s bakers. A fresh take for spring in a hands-on session with a delicious outcome.

**3:00 PM**

**4:30 PM**

**5:30 PM**

**6:00 PM**

**8:30 PM**

**Paintball Target Practice**—Meet at the extreme area for some target practise.

**Wine 101**— Learn some fun, interesting facts about wine from our friends at the Colio Winery. What would Wine 101 be without some samples?

**Wine & Cheese Party**

**Dinner in the Heritage Dining Room**

**Girls Night Out with Hayley and Colton**— Put on your rock star clothes and join everyone in the Girls lounge for a fun and interactive evening of Karaoke. Come and sing a solo song or belt it out as a group. The more the merrier.

### Sunday

**8:00 AM**

**8:30–9:30 AM**

**10:00 AM**

**10:30 AM**

**11:00 AM**

**12:00 PM**

**Morning Walk with Hayley**—Meet in front of the Main Inn.

**Breakfast in the Dining Room**

**Yoga with Kathy**—Beginner to advanced. Kathy will lead you through a class to help train the mind and soul.

**Acrylic Painting**— A class suitable for all levels of artistic ability! Join Nancy Hunter for a rewarding and entertaining lesson. Cost is \$30 per person.

**Self Defense for Women**—Learn some of the basic techniques and a few “best known practices” for women in today’s world. You will leave this session with more confidence.

**Lunch**