

SCOTTSDALE CAMELBACK RESORT

RUNNING  WATER SPA

relax the mind, renew the body, revive the soul

Holiday Bliss Holistic Happy Hour

available weekly Monday through Friday



11am - 4pm



\$85

50-minute traditional swedish massage enhanced
with a warm therapeutic back & neck wrap

to book your spa escape, please call 480-947-3300 extension 510
specials cannot be combined with any other discounts or promotions

November 9 - November 15



Are you competitive?

Do you like to win games of chance?

Do you like to win prizes?

Then we have the PERFECT activity for you!
Join the Leisure Services team in The Grille
to try your luck with a few games of BINGO

Sunday 11/10 @ 3pm

Monday 11/11 @ 4pm

Wednesday 11/13 @
4pm



See You Poolside

THE GRILLE

a Culinary Experience

Join the Grille Team Every Day of the Week & Enjoy These Features

Burger Monday

any burger on the menu with a side \$6.99

Taco Tuesday

ground beef, lettuce, tomato & cheese in a
flour tortilla

\$2.99 each

Wine Down Wednesday

Chef Drew's selection of imported red & white
wines - *ask your server for varietals & pricing*

fruit & cheese platter \$7.99

roasted vegetable & cheese pinwheels \$5.99

Fish Fry Friday

beer battered cod served with french fries & cole
slaw \$10.25



Channel your
inner Italian and
play a game of
Bocce on our
regulation court

Do you like
volleyball? Do
you like sand?
Why not grab
some friends and
play a game of
sand volleyball?



Anyone up for some
hoops? Why not
throw together a
pick-up game and
meet on Tennis
Court 3 for a few
baskets!

FITNESS & WELLNESS

Time: Event: Location:

Saturday, November 9, 2019

10:30AM Tai Chi Meet @ The Front Desk

Sunday, November 10, 2019

10:00AM Mindful Yoga Meet @ The Front Desk

Monday, November 11, 2019

11:00AM Water in Motion Pool

Tuesday, November 12, 2019

8:00AM Tennis Clinic Tennis Courts

9:00AM Walk & Stretch Meet @ The Front Desk

Wednesday, November 13, 2019

10:00AM Tai Chi Meet @ The Front Desk

11:00AM Hydro Fit Pool

2:00PM Mindful Yoga Meet @ The Front Desk

Thursday, November 14, 2019

11:00AM Aqua - Robics Pool

Friday, November 15, 2019

9:00AM Labyrinth Meditation Walk Meet @ The Front Desk



Julie & Sarah would like to cordially invite you join them poolside **EVERY** day for some sort of FUN... bingo, trivia, crafts, games and so much more!

FUN

Water Exercise– water class to improve balance, increase strength & core stability.

Tai Chi Easy– a gentle Tai Chi & Qigong practice through movement, breathing & focused awareness. Ending your journey with mindful meditation

Tennis Clinic– focus on your tennis fundamentals balanced. \$30 per person. Appointment necessary 24-hour notice required. Private lessons available upon request.

Aqua-Robics– this class focuses on aerobic endurance and resistance training

Mindful Yoga– mindful breath & movement allows our connection with self to unfold.

Hydro Fit– embrace the aqua challenge! A fun aqua workout using the natural resistance of the water, along with aqua equipment to achieve physical & cardiovascular conditioning.

Water In Motion- aerobic & muscle conditioning pool exercises to minimize joint discomfort

Walk & Stretch - enjoy a 30–minute steady paced walk throughout our tranquil property ending with 20–minutes of full body stretching



Answers to Did You Know...

1. Grand Canyon
2. Saguaro
3. True
4. Doc Holliday & Wyatt Earp
5. False

Desert Fun

Find all these Arizona places and

K F J H E L A D S T T O C S G
 C O F C U O C N T A O G D D R
 A A A A N M A O N F L C L H A
 B A C T T V M I W Y Q M O R N
 L P B Y A S L I W B P J A Y D
 E A K J S E G D N L O T Z E C
 M C O N V K V A I G T Y D Q A
 A H D A V U G T L L B Z O R N
 C E J P E X Z W E F X I I G Y
 S A G U A R O S U Q D D R I O
 S O N O R A N D E S E R T D N
 H J E Q U A B O B O K C E G W
 Y Y D C K Y Y H J K F Y G F N
 C B L E G T R A X E U L U C T
 N Z N P X J Z M T V X Y U M C

APACHE

CAMELBACK

COWBOY

FLAGSTAFF

GECKO

GRAND
CANYON

HUMMINGBIRD

JAVELINA

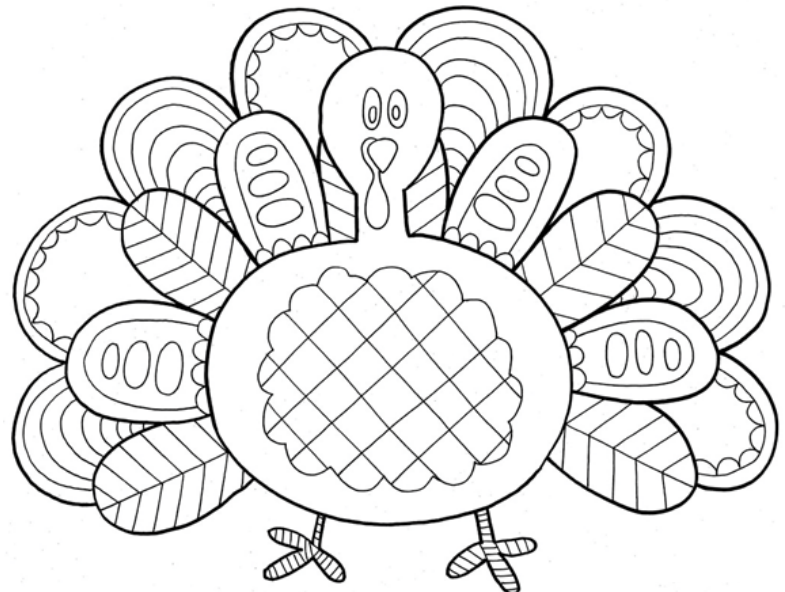
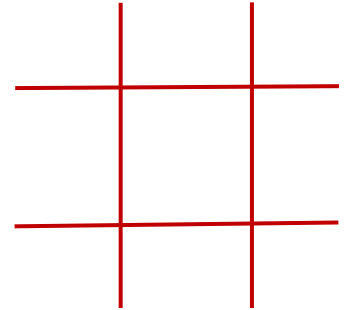
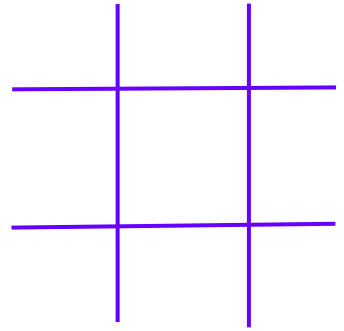
NAVAJO

RATTLESNAKE

SAGUARO

SCOTTSDALE

SONORAN DESERT



Did you know...

1. Which of the Seven Wonders of the World can be found in Arizona?

2. What is the name of the signature cactus here in Arizona _____?
3. The official Arizona state neckwear the bolo tie?
True | False
4. Name two famous gun slingers that fought at the O.K. Corral in Tombstone, AZ _____ &

5. Tucson is the state capitol of Arizona True | False

