

SPA HAPPY HOUR

H³ = Holistic Happy Hour

Monday-Thursday

12рт-5рт

50-minute traditional Swedish massage **\$80**



specials cannot be combined with any other discounts or promotions



Join Chef Drew & The Grille Team poolside all weekend Saturday, May 25 through Monday, May 27

May 25 - May 31



Join us for a swim & a movie under the stars! Sunday, May 26th @ 8pm

Hiccup and Toothless must leave the only home they've known and journey to a hidden world thought only to exist in myth. As their true destines are revealed, dragon and rider will fight together— to the very ends of the Earth—to protect everything they've grown to treasure.

Memorial Day Weekend Features

Red | White | Blue Chips & Salsa \$4.99 add guacamole \$1.99 Tacos choice of: chicken | beef | fish \$2.99 each chicken & beef tacos come with lettuce | tomato | shredded cheese fish tacos come with crispy fish | shredded cabbage | mango salsa Build a Taco Plate: choice of (2) tacos served with rice and beans \$9.99

Cucumber Mojito

Fresh mint & lime muddled with a dash of simple syrup, soda water and topped off with cucumber vodka

\$5.99

Pineapple Rumba

A mixture of light, dark & coconut rum, pina colada mix served in a freshly cored pineapple

\$9.99

Miami Vice

Cucumber Margarita

Indecision... why not enjoy **BOTH** a pina colada **AND** a strawberry daiquiri in one glass

\$5.99

Cucumber vodka adds a twist to an old classic...

\$5.99

Jell-O Shots - Red | White | Blue \$1.99 each

ACTIVITIES & MOVIES

Time:	Event:	Location:	
Saturday, May 25, 2019			
10:00AM	Sonoran Dessert Scavenger Hunt	Meet Poolside	
1:00PM	Battleship	Theater	
3:00PM	Make A Bouquet Of Paper Flowers	Meet Poolside	
4:00PM	Independence Day Resurgence	Theater	
5:00PM	World War Trivia	Poolside	
7:00PM	Patriots Day	Theater	
	Sunday, May 26, 2019		
10:00AM	Carnival Games	Poolside	
1:00PM	Bridge of Spies	Theater	
3:00PM	Ride The Inflatable Bull	Poolside	
4:00PM	Use Your Imagination With LEGOS	Meet Poolside	
5:00PM	Honor Our Veterans BINGO	Poolside	
7:00PM	Dive-In Movie	Poolside	
Monday, May 27, 2019			
11:00AM	Pool Games	Poolside	
1:00PM	Lone Survivor	Theater	
3:00PM	Stars & Stripes Painting	Meet Poolside	
7:00PM	Darkest Hour	Theater	
	Tuesday, May 28, 2019	9	
10:00AM	Walk & Wonder	Meet @ Lobby	
1:00PM	Star Wars The Force Awakens	Theater	
3:00PM	Mini Golf Madness	Meet Poolside	
7:00PM	Frozen	Theater	
	Wednesday, May 29, 20	19	
10:00AM	Wellness Wake-Up	The Gallery	
1:00PM	Jumanji: Welcome To The Jungle	Theater	
3:00PM	Do You Remember??? BINGO	Poolside	
4:00PM	Solo: A Star Wars Story	Theater	
5:00PM	Minute To Win It Games	Meet Poolside	
	Thursday, May 30, 201	9	
10:00AM	How To Play Pickleball	Meet Poolside	
1:00PM	A Simple Favor	Theater	
3:00PM	Make Your Own Rain Stick	Meet Poolside	
4:00PM	Bumblebee	Theater	
5:00PM	Game of Thrones Trivia	Poolside	
Friday, May 31, 2019			
10:00AM	Labyrinth Meditation Walk	Meet @ Lobby	
1:00PM	The Mule	Theater	
3:00PM	Hit Me - Blackjack	Meet Poolside	
4:00PM	On The Basis Of Sex	Theater	
7:00PM	Serenity	Theater	

FITNESS & WELLNESS

Time:	Event:	Location:	
Saturday, May 25, 2019			
9:30AM	Tai Chi	Meet @ The Front Desk	
Sunday, May 26, 2019			
10:00AM	Mindful Yoga	Meet @ The Front Desk	
Monday, May 27, 2019			
10:00AM	Splish / Splash	Pool	
6:00PM	Gentle Yoga	Meet @ The Front Desk	
Tuesday, May 28, 2019			
8:00AM	Tennis Clinic	Tennis Courts	
10:00AM	Water Exercise	Pool	
Wednesday, May 29, 2019			
10:00AM	Hydro Fit	Pool	
Thursday, May 30, 2019			
9:30AM	Water - In - Motion	Pool	
10:30AM	Align Balance Stretch	Meet @ The Front Desk	
Friday, May 31, 2019			
10:00AM	Aqua - Robics	Pool	
	REMEMBER AND HONOR		



<u>Water Exercise</u>– water class to improve balance, increase strength & core stability.

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

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

<u>Aqua-Robics</u>– this class focuses on aerobic endurance and resistance training

<u>Mindful Yoga</u>– mindful breath & movement allows our connection with self to unfold.

<u>Hydro Fit</u>– dynamic total body workout in the pool

<u>Water In Motion</u>- aerobic & muscle conditioning pool exercises to minimize joint discomfort

<u>Move Better: Stretch</u> - total body stretch to maximize flexibility and work out the kinks

<u>Align | Balance | Stretch</u> - this yoga inspired class will strengthen and stretch the midsection of the body

<u>Gentle Yoga</u>– yoga moving at a slower pace with simple postures and conscious movement.

<u>Splish / Splash</u> - splash your way into the day with this family themed water game





Download & Go



Are you looking to enjoy the spectacular weather or cruise around Scottsdale? Download the app & hop an electric scooter

Or... need a ride to a your tee time, to your Arizona adventure, restaurant, or to the airport? Download the Lyft app and don't worry about driving!



AREA EVENTS

<mark>Salt Rive</mark>r Tubing

Daily 9am \$17 per person Looking for a cool and wet adventure? We invite you to spend the day or an afternoon tubing the Lower Salt River rapids in beautiful Tonto National Forest near Mesa, Arizona! Just minutes from Phoenix, the Salt River is a recreational paradise that offers "chills and thrills" while floating on cool and refreshing mountain-stream waters. Enjoy a "floating picnic" and experience the natural wonders of the Salt River!

Beginning May 11th @ 9200 N. Bush Highway Mesa 85215

Date Night Drive-In Movies

Fridays in May (24 & 31) @ The Promenade 16215 N. Scottsdale Rd.

Everyone is invited to join the block party with food tastings, raffles and music from 7:00 p.m.-8:00 p.m. prior to the movie screening at 8:00 p.m. While the movies are free, a suggested donation of canned food items is requested to benefit the Harvest Compassion Center.

The Electric Guitar: Inventing an American Icon Daily 9am - 5pm Through September 15, 2019 - Musical Instrument Museum, North Scottsdale

This exclusive exhibition showcases more than eighty of the rarest electric guitars and amplifiers in the world—from some of the first ever heard to those played by the most famous electric guitarists known today. Decades before rock and roll, these instruments jolted, energized, and even confused the eardrums of the nation.



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