GUIDE TO FUN ? ADVENTURE

WEEKLY ACTIVITIES— January 13 - 19, 2020

4.4	+	12
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6a-8p Daily Buzz Brainteasers Grab & Go

- Power Walk Elements Wellness Center
- 4-6p Colibri Social Hour*

Tues, Jan 14

6a-8p Daily Buzz Brainteasers Grah & Go

- 8a Yoga Elements Wellness Center
- Qi Gong Elements Wellness Center
- Yoga Elements Wellness Center
- 4-6p Colibri Social Hour*
- 5:30p Native Flute with Larry Redhouse Main Courtvard

Wed, Jan 15

6a-8p Daily Buzz Brainteasers Grah & Go

- 10a Yoga Elements Wellness Center
- Zumba Elements Wellness Center
- Colibri Social Hour*
 - Power Walk Elements Wellness Center
- 5:30p Native Flute with Larry Redhouse Main Courtyard

Thu, Jan 16

6a-8p Daily Buzz Brainteasers Grab & Go

- Yoga Elements Wellness Center
- Desert Hike Elements Wellness Center
- Yoga Elements Wellness Center
- Meditation Elements Wellness Center
- 4-6p Colibri Social Hour*
- 5:30p Native Flute with Larry Redhouse Main Courtyard

Fri, Jan 17

- 6a-8p Daily Buzz Brainteasers Grah & Go
- 9a Power Walk Elements Wellness Center
- 5-9p El Con Kids Club* Reservations rea. 24 hours in advance
- 5:30p Native Flute with Larry Redhouse Main Courtyard
- 6-9p Live Music: Pianist Sly Slipetsky Colibri Lounge

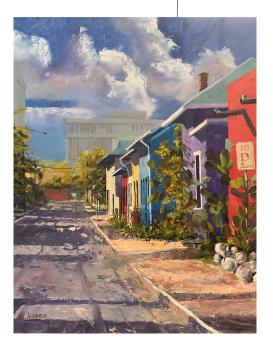
Sat, Jan 18

- 6a-8p Daily Buzz Brainteasers Grah & Go
- 8:15a Rise & Shine Yoga Elements Wellness Center
- 9:30a Desert Walk Elements Wellness Center
- 9a-9p El Con Kids Club* Reservations req. 24 hours in advance
- 5:30p Native Flute with Larry Redhouse Main Courtvard
- 6-9p Live Music: Pianist Sly Slipetsky Colibri Lounae

Sun, Jan 19

- 6a-8p Daily Buzz Brainteasers Grah & Go
- 8:30a Cardio Boot Camp Elements Wellness Center
- 9a-1p El Con Kids Club* Reservations rea. 24 hours in advance

*Additional charges apply.



Featured Artist of the Month

Chuck Albanese

Artist

Chuck's work can be seen in our Artist's Nest, located just down the main hall from the Tech Lounge, open 9am to 9pm daily.



Resort Dining

Sundance Café – Serving casual American cuisine for breakfast, and lunch. *Ext.*1700

Daily Hours:

Breakfast 6:30-11am (12pm Sat-Sun) Lunch 11am-1:30pm

Epazote Kitchen & Cocktails – Whether you're a seasoned connoisseur of Southwest cuisine, or a curious adventurer, you'll be treated to a fresh, inspiring experience every time you walk through our doors. Reservations recommended. *Ext.* 1705

Open Daily 5-10pm

Colibri Lobby Lounge – Sip on one of our signature cocktails while enjoying a selection of gastropub favorites. *Ext.* 1757

Open M-Sat 11am-midnight Open Sunday 10am-midnight Social Hour daily 4-6pm

Desert Springs Bar & Grill – Enjoy your favorite beverage and relaxed poolside dining. *Ext.* 1187

Open daily at 11am

Grab & Go – For a morning Starbucks, breakfast sandwich or anytime salad or sandwich, try our new lobby outlet for a quick bite, snack or beverage. Wine and beer also available. *Ext.* 1596

Open daily

In-Room Dining – Unwind, relax and enjoy a meal in the comfort and privacy of your room. *Ext.* 1717

Available daily 6am-11pm

Resort Pools

Desert Springs Oasis – With our mild Tucson weather, you can enjoy our Desert Springs Oasis any time of year.

Daily Hours:

Main Pool 7am-10pm Hot & Cold Springs 7am-10pm Slide Rock 9am-5pm Shallow Springs 9am-5pm

Acacia Pool – Offering a serene retreat from the hustle and bustle of the outside world, our adults-only Acacia Pool offers a quiet, scenic area for guests to relax and unwind.

Open daily 7am-10pm

Well-Being

Elements Wellness Center
Spa Treatments – Relax and
rejuvenate at the Spa at Elements
Wellness Center. Call the spa desk
to make a reservation or to
inquire about spa treatments and
seasonal specials. Services
include massages, body treatments and energy treatments.

Open daily 8am-7pm

Call ext. 1260 for more information or to book an appointment.

Daily Window to Wellness – Enjoy our many fitness classes to get you started or to continue on a journey to wellness.

Complimentary with resort fee. Children ages 16-18 years may participate with parental permission; children under age 16 must be accompanied by a parent or guardian. Please remember to bring water, wear a hat and sunscreen and wear appropriate shoes.

Fitness Center – Our state-of-theart facility includes weights and cardio equipment by Life Fitness. The fitness center is located in Elements Wellness Center.

Open daily 24 hours with room key; complimentary use with resort fee.

Recreation

Bike Rentals – Bicycles are available for use for 1 or 2 hours during Elements Wellness Center hours starting at 8am. Last available rental time is 3pm, for return by 5pm.

2-hour rental complimentary with resort fee.

Hiking – Miles of paths take you through the beautiful high-desert landscape. Plus, there are hiking trails that enter the adjacent national forest.

See Concierge for maps

Kids Club – Half day, full day or by the hour, our team has endless activities for guests ages 4-12. Kids Club reservations must be made at least 24 hours in advance of requested time.

Call 520.544.1186 for details.