# NOVEMBER ACTIVITY GUIDE

**SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY** This week More about the 8am | vinyasa yoga flow 9:30am | full body fit 10am | cardio tennis clinic\* at The Grand Holidays at The Grand 10-12pm | golf driver fitting\* llam | gratitude meditation 10:30 | core & more 12pm | pickleball clinic\* 1-2pm | golf full swing clinic\* 12-3:30pm | afternoon tea 2pm & 3pm | archery lpm | yoga 4-5:15pm | junior golf clinic\* lpm | golf putting clinic\* 5pm | yoga 2pm & 3pm | archery clubhouse grill fish fry 5 3 6 8am | vinyasa yoga flow 10am | cardio tennis clinic\* 9:30am | full body fit 8am | yoga flow 8am | full body fit llam | calming meditation 9am | gentle yoga 8am | loving kindness llam | gratitude meditation 10-12pm | golf driver fitting\* lpm | feed the horses 12-3:30pm | afternoon tea 10am | yoga sculpt meditation 9:30am | soulful meditation 12pm | pickleball clinic\* 2pm | archery 10:30 | core & more 2pm | pilates body sculpt 10am | yoga sculpt lpm | feed the horses 12:30pm | restorative flow 12-3:30pm | afternoon tea 1-2pm | golf full swing clinic\* 3pm | archery lpm | feed the horses 5pm | amaya happy hour llam | yoga 5pm | amaya happy hour 2pm & 3pm | archery lpm | yoga 5pm | yoga clubhouse grill mini burger lpm | feed the horses clubhouse grill wing wednesday 2pm | archery lpm | golf putting clinic\* 5pm | amaya happy hour 4-5:15pm | junior golf clinic\* 3pm | archery monday 5pm | amaya happy hour clubhouse grill nacho thursday 5pm | yoga 2pm & 3pm | archery clubhouse grill taco tuesday 5pm | amaya happy hour clubhouse grill fish fry 8am | vinyasa yoga flow 10 11 12 13 15 16 8am | yoga flow 10am | cardio tennis clinic\* 9:30am | full body fit 9am | gentle yoga 8am | loving kindness 8am | full body fit lpm | feed the horses 10-12pm | golf driver fitting\* 12pm | pickleball clinic\* llam | calming meditation | 10am | yoga sculpt meditation 9:30am | yoga 2pm | archery 10:30 | core & more 12-3:30pm | afternoon tea 12-3:30pm | afternoon tea 2pm | pilates body sculpt 10am | yoga sculpt lpm | feed the horses 3pm | archery 1-2pm | golf full swing clinic\* 12:30pm | restorative flow 5pm | amaya happy hour llam | yoga lpm | yoga 5pm | amaya happy hour 5pm | yoga 2pm & 3pm | archery lpm | canyon hike lpm | feed the horses clubhouse grill mini burger lpm | golf putting clinic\* clubhouse grill wing wednesday 5pm | amaya happy hour 4-5:15pm | junior golf clinic\* 2pm | archery monday lpm | feed the horses 2pm & 3pm | archery clubhouse grill nacho thursday 5pm | yoga 5pm | amaya happy hour 3pm | archery clubhouse grill fish fry clubhouse grill taco tuesday 5pm | amaya happy hour 17 23 8am | loving kindness | 9 20 21 22 18 meditation 9:30am | full body fit 10am | cardio tennis clinic\* 9am | gentle yoga llam | calming meditation 8am | full body fit lpm | feed the horses 10am | yoga sculpt 10-12pm | golf driver fitting\* llam | gratitude meditation 10am | yoga sculpt 12-3:30pm | afternoon tea 9:30am | soulful meditation 2pm | archery llam | yoga 10:30 | core & more 12pm | pickleball clinic\* 2pm | pilates body sculpt 12:30pm | restorative flow lpm | feed the horses 3pm | archery lpm | canyon hike 1-2pm | golf full swing clinic\* 12-3:30pm | afternoon tea 5pm | amaya happy hour lpm | feed the horses 5pm | amaya happy hour lpm | feed the horses 5pm | yoga 2pm & 3pm | archery lpm | yoga clubhouse grill mini burger 2pm | archery clubhouse grill wing wednesday 5pm | amaya happy hour 5pm | amaya happy hour 4-5:15pm | junior golf clinic\* lpm | golf putting clinic\* monday 3pm | archery clubhouse grill nacho thursday clubhouse grill taco tuesday 5pm | yoga 2pm & 3pm | archery 5pm | amaya happy hour clubhouse grill fish fry 8am | mindfulness 24 25 26 8am | grounding meditation 29 30 mediation 10am | cardio tennis clinic\* 8am | loving kindness 9:30am | full body fit Addison | Dinner Tues through Sat 12-8pm | thanksgiving llam | calming meditation llam | gratitude meditation meditation 8am | full body fit 10-12pm | golf driver fitting\* 2pm | pilates body sculpt three-course menu at amaya 12-3:30pm | afternoon tea 12pm | pickleball clinic\* lpm | canyon hike 9:30am | soulful meditation 10:30am | core & more 12:30pm | restorative flow 5pm | amaya happy hour 12-6pm | thanksgiving buffet lpm | feed the horses 12-3:30pm | holiday tea lpm | feed the horses 1-2pm | golf full swing clinic\* lpm | feed the horses clubhouse grill mini burger lpm | feed the horses 5pm | amaya happy hour 5pm | amaya happy hour 2pm & 3pm | archery lpm | golf putting clinic\* 1-9pm | glice skating\*\* 2pm | archery 2pm & 3pm | archery clubhouse grill taco tuesday clubhouse grill wing wednesday 4-5:30pm | junior golf clinic\* 2pm & 3pm | archery 3pm | archery 5pm | glice skating and santa\*\* 5pm | glice skating and santa\*\* 5-9pm | photos with santa\*\* 5pm | amaya happy hour clubhouse grill fish fry clubhouse grill nacho thursday \*racquet clinics (\$40 per person) reservations are required with the concierge Wellness classes are held in the movement studio. \*schedule your golf clinic (\$50 per person) or tee times at 858-314-1930 For hikes, please meet at the movement studio. GRAND DEL MAR

granddelmar.com

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SPA TREATMENT SPOTLIGHT

Receive 20% off the CINNAMON AND CLOVE SCRUB Monday through Thursday in November. Please call 858-314-2020 to reserve.

#### GOLF

Golf is subject to availability. Practice facility, twilight and junior rates are available. Under 12 is complimentary when accompanied by an adult.

#### **EQUESTRIAN ACTIVITIES**

Riding and non-riding activities for 2 and up and all levels of experience.

Feed the Horses | 1-1:30pm | Tues through Sun

#### PEDAL ON

Take a spin on one of our e-bikes to explore the area.

# BOCCE

Courts available for your use at Grand Social.

# TAKE TO THE COURTS

Tennis and pickleball racquets available.

#### SHOPPING AT THE GRAND

From swimwear, leisure wear and stylish designer accessories to souvenirs and skincare you can find what you are looking for at the Spa Boutique, Grand Gifts or The Preserve. Daily | 9am - 5pm

# KIDS EXPLORER'S CLUB

Sat and Sun - 9am - 5pm 48-hour notice for Mon through Fri

#### **NEARBY EXCURSIONS**

Please visit the concierge to schedule complimentary rides to and from nearby towns and activities.

### DINING OPTIONS

Amaya | Breakfast, Lunch and Dinner Daily, Weekend Brunch and Happy Hour | Daily 5pm-6pm Grand Social | Reopens on Nov 28 with Glice Skating Thur, 1pm - 10pm, Fri - Sat, 5pm - 10pm Lobby Lounge | Bar Service | Daily starting at 4pm Afternoon Tea | Every Sat and Sun 12-3:30pm

Live Entertainment | Every Fri and Sat at 8pm Cent' Anni | Breakfast and Lunch, To-Go Items

Opens at 6am Daily

The Clubhouse Grill | Daily 7:30am - 5pm Daily Specials Mon through Fri In-Room Dining | All Day Daily

\*\* held at grand social Grand Signature Events are in orange.