



# Tour, sweat and more this week

## Every day

Explore Kennebunkport in a unique and exciting way - through a Red Cloak Haunted History Tour! Offered daily, these walking ghost tours will give you an inside look into the historic area and some of the earlier residents as well as some of the spirits who inhabit the sea captain's homes and other buildings.



Hear of a heartbreaking premonition, see a "witch's house,"

learn little known folklore and experience a walk back in time on the easy stroll through one of the oldest sections in town. Tours are offered several times **every day** through November.

The tours are private for your family or group and are appropriate for all ages. Guided from point to point by your professional storyteller, the walks are done by phone via conference call. This allows for questions, interaction and personalization on your Maine "Adventure in Discovery." Up to 10 people can join in on the call for \$29.95 total.

A Red Cloak "TeleTour" can be booked online or over the phone. Other types of historical tours are available throughout the state. [www.RedCloakTours.com](http://www.RedCloakTours.com) or 207-380-3806

## Fridays

Join The Daily Sweat for an outdoor sweat + flow class every Friday this summer at the Nonantum Resort's lighthouse! We will flow by the ocean under the sunshine. Drop ins are \$20 and free for members. If you are a hotel guest, please sign up directly through the concierge at the front desk

## Saturdays

Join The Daily Sweat for an outdoor sweat + flow class every Saturday this summer in the Shakespeare Garden at The Colony Hotel! We will flow by the ocean under the sunshine. Drop ins are \$20 and free for members.

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## Summer workshops at the Nonantum

Located at the beautiful Nonantum Resort (95 Ocean Ave, Kennebunkport), these outdoor summer adult workshops (ages 18+) are a great way to relax and stay creative this summer!



Lead by local artist Piper Castles, these workshops are appropriate for all levels of experience. In the event of rain, workshops will be held indoors.

### Lobster Buoy Decorating (Adults)

Monday, July 5 (4:30-6pm)  
Monday, August 2 (4:30-6pm)  
Monday, August 30 (4:30-6pm)

### Seaside Watercolors (Adults)

Monday, June 28 (4:30-6pm)  
Monday, July 19 (4:30-6pm)  
Monday, August 9 (4:30-6pm)  
Monday, August 23 (4:30-6pm)

### Botanical Watercolors (Adults)

Monday, July 12 (4:30-6pm)  
Monday, July 26 (4:30-6pm)  
Monday, August 16 (4:30-6pm)

### Register here:

<https://rivertreearts.org/art-classes-adult-teens/>





## NEED INFO?

Our kiosk in Lower Village is stocked with bags of materials on hooks to help you better navigate around the Kennebunks.

Inside you'll find:

**EAT THE KENNEBUNKS:** Our dining guide contains a list of local eateries along with our ever-popular Lobster Roll Trail of the Kennebunks and Cocktail Trail of the Kennebunks.

**GO KENNEBUNKS:** Our guidebook is THE quintessential guide to all things Kennebunks. You'll find listings for all businesses, a tide chart, descriptions of local beaches and much, much more.

**OUR MAP:** Can't get there from here? You can with our map!

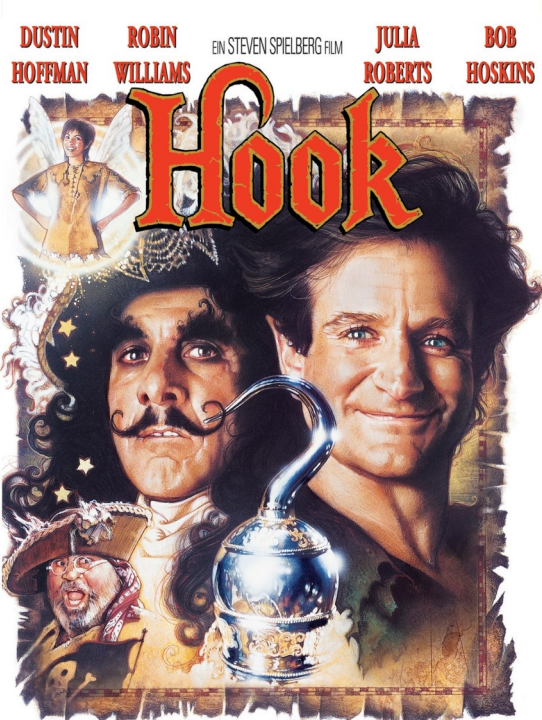
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#### Sundays

Sunday Mashups - Beyonce v Lizzo. \$20 drop-ins, free for members at The Daily Sweat, Kennebunk.

#### July 1

Kids Take Over the Barn Movies: HOOK  
Kids are taking over Vinegar Hills Music Theater! We'll be showing some of the greatest family films ever made for the big screen this summer. A workaholic yuppie lawyer remembers he was once Peter Pan after Captain Hook kidnaps his children. This forces the miserable man to rediscover his inner child while returning to Neverland to rescue them and become a better father. Rated PG Movies start at 7 PM, Doors open at 6:30pm. General admission tickets: Adults \$7.00 Children \$4.00 with a .50 fee per ticket. \*\* Children must be accompanied by an adult\*\*



# please be patient & kind



Many of our businesses are experiencing staffing shortages as we head into the busy season. Please be patient and kind with staff while understanding that everything may take a little bit longer.

Thank you for your support.



Featured: Guava and Maria Cookies  
Visit us to taste our summer flavors!



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