



# Monite-Monday

THE SOUND OF THE CONCH SHELL OR THE DRUM WILL LET YOU KNOW THAT THE ACTIVITIES ARE ABOUT TO BEGIN AND TO MEET US AT THE ACTIVITIES HUT

## 9.00am ANGAI IKA (FISH FEEDING)

Join us and help us serve breakfast to the myriad of fish life in the lagoon. It's a fun activity. Bring the kids!

## 10.00am AKAMARAMA'ANGA (ORIENTATION MEETING)

Please make time to join us for our Orientation Program this morning, especially if you have just arrived. This is the best way to get all the tips on how to get the best out of your stay with us!

## 11.00am UKULELE LESSON & IMENE (SING-ALONG)

Join us and learn how to play the ukulele and enjoy a sing-along session.

## 2.00pm RANGARANGA (WEAVING LESSONS)

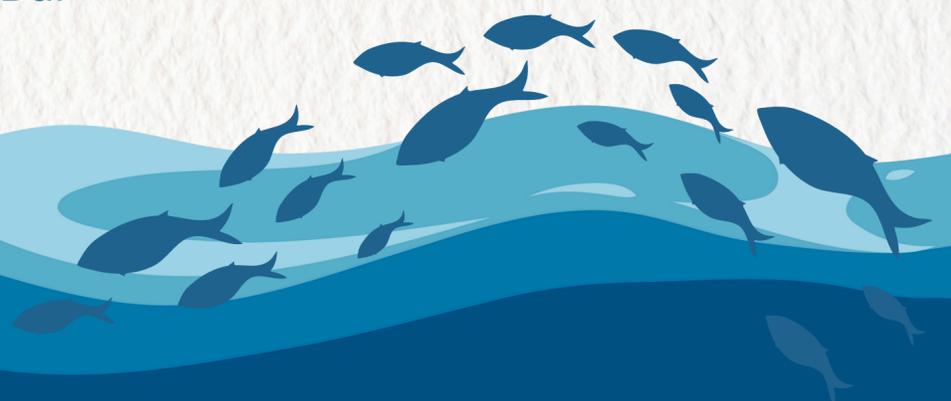
Do you want to learn how to weave? We can show you how to weave an array of goodies.

## 3.30pm KORERO O TE TUMUNU (COCONUT SHOW!)

Come and learn more about the Tree of Life. We'll show you how to climb, and how to open the Nut or the Nu. A show not to be missed!!

## DAILY TROPICAL HOUR 5-6pm

Taste some of our famous cocktails at our Daily Tropical Hour. The best way to wind down after a hard day's holiday. Meet at Mal's Bar





# Ruirua-Tuesday

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## 9.00am ANGAI IKA (FISH FEEDING)

Join us and help us serve breakfast to the myriad of fish life in the lagoon. It's a fun activity. Bring the kids!

## 10.00am AKAMARAMA'ANGA (ORIENTATION MEETING)

Please make time to join us for our Orientation Program this morning, especially if you have just arrived. This is the best way to get all the tips on how to get the best out of your stay with us!

## 11.00am CREATE YOUR OWN PAREU (SARONG)

Come along and make your own Pareu (Sarong) – an original designer piece. \$30.00 per adult & \$20.00 per child.

## 1.30pm RUTU PAU (DRUMMING LESSON)

Learn the basics of our vibrant Cook Island drumming with our drumming master, meet at the Activity Hut.

## 2.30pm EI KATU (HEAD GARLAND) MAKING

Create your own flower head garland - an awesome accessory for an evening out. Bookings essential at the Activity Hut.

## 3.30pm PAREU (SARONG) TYING & ISLAND URA (DANCING) LESSON

We'll show you how to tie a Pareu in various styles. Then a quick tie around your hips so you can sway to the beat and try Cook Island dancing.

## DAILY TROPICAL HOUR 5-6pm

Taste some of our famous cocktails at our Daily Tropical Hour. The best way to wind down after a hard day's holiday. Meet at Mal's Bar





# Ruitoru-Wednesday

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## 8.00am - 12:00pm RESORT MINI MARKET

Local arts & crafts and beautiful Manihiki black pearls. Meet our local artist and see their beautiful art work. Come support our locals, and buy your gifts or souvenirs for your loved ones!

## 9.00am ANGAI IKA (FISH FEEDING)

Join us and help us serve breakfast to the myriad of fish life in the lagoon. It's a fun activity. Bring the kids!

## 10.00am AKAMARAMA'ANGA (ORIENTATION MEETING)

Please make time to join us for our Orientation Program this morning, especially if you have just arrived. This is the best way to get all the tips on how to get the best out of your stay with us!

## 11.00am ARE METUA ROAD. (INLAND WALK)

Join us as one of our staff take you for a leisurely inland walk around the backroad, (Are Metua road).

## 2.00pm COCONUT CREAM MAKING

Come along and learn how we as islanders make 100% pure coconut cream!

## 3.30pm IKA MATA (RAW FISH) DEMONSTRATION

Always been scared of raw fish? No need to be! Come and learn how to make and taste Rarotonga's finest marinated fish dish.

## 8.00pm KIMI KAKARA (CRAB HUNTING)

Don't be afraid! Join us for the Crab Hunting by our battery powered glow-worm! Remember crabs don't nip anyone who is smiling!

MEET AT THE ACTIVITY HUT





# Paraparau-Thursday

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## 9.00am ANGAI IKA (FISH FEEDING)

Join us and help us serve breakfast to the myriad of fish life in the lagoon. It's a fun activity. Bring the kids!

## 10.00am AKAMARAMA'ANGA (ORIENTATION MEETING)

Please make time to join us for our Orientation Program this morning, especially if you have just arrived. This is the best way to get all the tips on how to get the best out of your stay with us!

## 11.00am UKULELE LESSON & IMENE (SING-ALONG)

Join us and learn how to play the ukulele and enjoy a sing-along session.

## 2.00pm TITIA-(SNORKELLING)LESSONS

Come join us and learn how to snorkel in the swimming pool.

## 3.30pm PAREU (SARONG) TYING

Learn to tie your Pareu (sarong) many different ways. You won't need anything else in your wardrobe!

## 5.00pm Big International CRAB RACE Island Style!!

Fancy being a millionaire before you go home! So why not join us? Highest and lowest you can bet \$2.00. Win millions of dollars!!!!

## DAILY TROPICAL HOUR 5-6pm

Taste some of our famous cocktails at our Daily Tropical Hour. The best way to wind down after a hard day's holiday. Meet at Mal's Bar



# Varaire-Friday

THE SOUND OF THE CONCH SHELL OR THE DRUM WILL LET YOU KNOW THAT THE ACTIVITIES ARE ABOUT TO BEGIN AND TO MEET US AT THE ACTIVITIES HUT

## 8.00am ACTIVITY HUT OPEN (till 5:00pm)

Kia Orana! Are you all ready to start a new day in paradise?

## 9.00am ANGAI IKA (FISH FEEDING)

Join us and help us serve breakfast to the myriad of fish life in the lagoon. It's a fun activity. Bring the kids!

## 10.00am AKAMARAMA'ANGA (ORIENTATION MEETING)

Please make time to join us for our Orientation Program this morning, especially if you have just arrived. This is the best way to get all the tips on how to get the best out of your stay with us!

## 11.00am CREATE YOUR OWN PAREU (SARONG)

Design and create your own original sarong.  
\$30.00 per adult, \$20.00 per child.

## 2.00pm PARE UKARAU (HAT WEAVING ).

Demonstration of weaving a kuki hat. 12 years & over.

## 3.30pm TITIA -(FISH FEEDING & SNORKELLING)

Get yourself a mask & snorkel and join us in feeding our fishes within our Marine Reserve Lagoon (dependant on our tides).

## DAILY TROPICAL HOUR 5-6pm

Taste some of our famous cocktails at our Daily Tropical Hour. The best way to wind down after a hard day's holiday. Meet at Mal's Bar





# Ma'anakai-Saturday

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## 8.00am to 12 noon - PUNANGA NUI MARKETS!!!

Saturday is Market Day in Rarotonga at the Punanga Nui Markets in the heart of Avarua. Make time to visit this exciting venue where you get the chance to sample local delicacies, buy locally-made souvenirs and watch the live entertainment. The best time to be at the market is 8:00am – 10.30am.

### A morning not to be missed!

First bus departs at 7.40am from the Resort lobby.



## 10.00am AKAMARAMA'ANGA (ORIENTATION MEETING)

Please make time to join us for our Orientation Program this morning, especially if you have just arrived. This is the best way to get all the tips on how to get the best out of your stay with us!

## 11.00am SNORKELLING LESSON

Before you hit the lagoon, learn how to snorkel in the safety of our pool. Other snorkelling secrets will be revealed.

## 1.30pm RUTU PA'U (DRUMMING LESSON)

Learn the basics of our vibrant Cook Island drumming with our masters, and beat out the amazing sounds of our drums!

## 2.30pm PAREU (SARONG) TYING

101 ways to tie a pareu (sarong).

## 3:30pm URA ISLAND DANCING LESSON

Learn how to shake those hips and legs with your own personal dancing lesson.

## 5:00PM - ACTIVITIES HUT CLOSED.

5.00pm TROPICAL HOUR

Daily cocktail specials. Meet at Mals Bar





# Tapati-Sunday

THE SOUND OF THE CONCH SHELL OR THE DRUM WILL LET YOU KNOW THAT THE ACTIVITIES ARE ABOUT TO BEGIN AND TO MEET US AT THE ACTIVITIES HUT

## 8.00am ACTIVITY HUT OPEN (till 5:00pm)

Kia Orana! Are you all ready to start a new day in paradise?

## 9.00am ANGAI IKA (FISH FEEDING)

Join us and help us serve breakfast to the myriad of fish life in the lagoon. It's a fun activity. Bring the kids!

## 10.00am AKAMARAMA'ANGA (ORIENTATION MEETING)

Please make time to join us for our Orientation Program this morning, especially if you have just arrived. This is the best way to get all the tips on how to get the best out of your stay with us!

## 11.00am NATURE WALK

Explore Mrs. B's garden on a guided tour and discover the names of her stunning plants and flowers within the Resort.

## 1.00pm ANGAI IKA-(FISH FEEDING)

Come and feed the tropical fish and explore the marine life in our own Marine Reserve.

## 3.30pm POOL VOLLEYBALL

The World versus the Kiwi's.  
Grab some friends and come join us play volleyball.

## 5:00PM ACTIVITIES HUT CLOSED.

5.00pm TROPICAL HOUR  
Daily cocktail specials. Meet at Mals Bar

