



The Elora Mill Cultivation Series

June 1st – June 30th

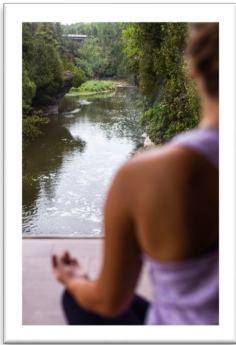
Engage in our memory making cultivation series that ensures your time with us is as fulfilling as it can be. We invite you to engage and share in a behind the scenes with our talented team, creative partners and community.

Embrace exploration, enhance your well-being, sip refined flavours, experience the finest local cuisine, challenge your palate or channel your creative energy.

****Join one of our weekday workshops – offered Mondays -Thursdays from 2pm-3:30/4:00pm ****

MONDAY'S

Mind, Body & Spirit Connection
Mindful Movement & Guided Meditation
with Host Kim Hedge



Join host Kim Hedge in this class designed for mind and body wellbeing. Start your week with ease with mindful movement and guided meditation. Relax the body, open the mind, and rejuvenate the spirit.

This offering is accessible to all levels
- no experience is required.

Please wear clothing comfortable for movement.

TUESDAY'S

Exploring the World of Wine & Beverage
with Elora Mill Sommelier Kendra Ellsworth



BBQ Wines to Celebrate Dad

Nothing is as nostalgic as a dad stationed behind a grill, masterfully preparing some of the best foods enjoyed in warmer weather.

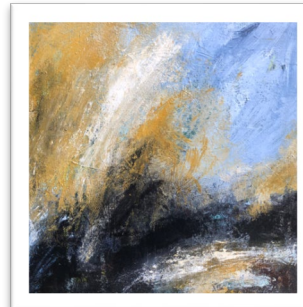
Although we would never want to pull them away from such duty, this month we will give them a break and let them enjoy some nice wines that will pair well with their barbecued goods.

Join us for an afternoon of wine tasting and be sure to bring your finest dad jokes.

Cheers!

WEDNESDAY'S

Creation & Discovery
with Artist Carolyn Sharp



Join our special guest Carolyn Sharp, a contemporary artist exploring the many layers, rhythms and patterns of the natural landscape in an abstracted style.

Whether you are looking to unleash your inner artist, or just craving some fun social time, this will be the perfect opportunity to explore that creativeness that lives inside all of us!

Take your very own painting home and watch it become a conversation piece with all those that walk past it!

All levels of experience welcome.

THURSDAY'S

Food as More than Just Eating
with our Kitchen Team



June highlights strawberry season.

Our Kitchen Team invites you to join them in creating a unique summer dish – Strawberry and Rhubarb Gazpacho.

Learn how to make this delicious, chilled soup and impress your family and friends when hosting your next backyard gathering.

Buen provecho!



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Creation & Discovery with Artist Carolyn Sharp 2:00PM – 4:00PM Penstock Lounge or Foundry	2 Food as More than Just Eating with our Kitchen Team 2:00PM – 3:30PM Elora Mill Kitchen	3	4
5	6 Mind & Body Connection Soulful Flow and Meditation with Host Kim Hedge 2:00PM – 3:30PM Spa Fitness Centre	7 Exploring the World of Wine & Beverage with Host Kendra Ellsworth 2:00PM – 3:30PM Penstock Lounge	8 Creation & Discovery with Artist Carolyn Sharp 2:00PM – 4:00PM Penstock Lounge or Foundry	9 Food as More than Just Eating with our Kitchen Team 2:00PM – 3:30PM Elora Mill Kitchen	10	11
12	13 Mind & Body Connection Soulful Flow and Meditation with Host Kim Hedge 2:00PM – 3:30PM Spa Fitness Centre	14 Exploring the World of Wine & Beverage with Host Kendra Ellsworth 2:00PM – 3:30PM Penstock Lounge	15 Creation & Discovery with Artist Carolyn Sharp 2:00PM – 4:00PM Penstock Lounge or Foundry	16 Food as More than Just Eating with our Kitchen Team 2:00PM – 3:30PM Elora Mill Kitchen	17	18
19	20 Mind & Body Connection Soulful Flow and Meditation with Host Kim Hedge 2:00PM – 3:30PM Spa Fitness Centre	21 Exploring the World of Wine & Beverage with Host Kendra Ellsworth 2:00PM – 3:30PM Penstock Lounge	22 Creation & Discovery with Artist Carolyn Sharp 2:00PM – 4:00PM Penstock Lounge or Foundry	23 Food as More than Just Eating with our Kitchen Team 2:00PM – 3:30PM Elora Mill Kitchen	24	25
26	27 Mind & Body Connection Soulful Flow and Meditation with Host Kim Hedge 2:00PM – 3:30PM Spa Fitness Centre	28 Exploring the World of Wine & Beverage with Host Kendra Ellsworth 2:00PM – 3:30PM Penstock Lounge	29 Creation & Discovery with Artist Carolyn Sharp 2:00PM – 4:00PM Penstock Lounge or Foundry	30 Food as More than Just Eating with our Kitchen Team 2:00PM – 3:30PM Elora Mill Kitchen		