



FOX HARB'R
RESORT



FRIENDS FOREV'R

Fox Harb'r Girlfriends Weekend Getaway

APRIL 28 – 30, 2023

It's time for you and your best friends to reunite, reminisce, and make new memories that will last a lifetime.

FRIDAY, APRIL 28TH

3 pm onwards

Check in & Event Registration
Joyce Centre

Meet your hosts and professional fitness instructors,
Elaine Fitzgerald Muise and Tracy Cipryk.

4 pm – 9:30 pm

Card reading
Joyce Centre
Fee is \$50 per half hour session (appointment
required)

7 pm – 9 pm

Welcome reception
Nova Scotia Ballroom, Joyce Centre
Enjoy hors d'oeuvres and a glass of wine

9 pm – 11:30 pm

Bonfire under the stars!
Joyce Centre
PEI Terrace

SATURDAY, APRIL 29TH

8:30 am – 9:30 am

Eye-opener workout
Northumberland Banquet Room,
Spa & Wellness Centre
All skill levels welcome. Please bring your own mat.

8:30 am – 10:30 am

Breakfast
Nova Scotia Ballroom, Joyce Centre

9:30 am – 7 pm

Card reading
Joyce Centre
Fee is \$50 per half hour session (appointment
required)

Noon – 1 pm

Dance party fitness
Northumberland Banquet Room,
Spa & Wellness Centre

1:00 pm – 2:30 pm

Lunch
Nova Scotia Ballroom, Joyce Centre

2:30 pm – 4:30 pm

Joyce Centre
Wine Tasting Experience (Maximum 20 Guests)
Or
Lobster 101 (Maximum 20 Guests)
Or
Guided seaside hike with hot chocolate and S'mores
at Lighthouse (Meet at Joyce Centre reception)

7:30 pm – Midnight

Egyptian-theme dinner and dance
Nova Scotia Ballroom, Joyce Centre

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SUNDAY, APRIL 30TH

7 am – 9 am

Breakfast bites for ladies on the move
Spa building foyer, Spa & Wellness Centre

8:30 am – 10:00 am

Drumstick dance workout followed by yoga.
Northumberland Banquet Room,
Spa & Wellness Centre
Please bring your own mat.

10 am – 12:30 pm

Card reading
Joyce Centre
Fee is \$50 per half hour session (appointment
required)

11 am

Check out
Joyce Centre
Thank you for staying at Fox Harb'r Resort

11 am – 12:30 pm

Farewell Brunch
Nova Scotia Ballroom, Joyce Centre

Enjoy these resort activities by appointment:

- Dol-ás Spa
- Sport shooting
- Archery
- E-bikes
- Trackman (Golf Simulator)

Complimentary activities:

- Cruiser bikes
- Olympic-size pool with mineral pool and hot tub
- Tennis, pickleball and basketball

