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## Weekend Excursions!

1 message

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**Crofton Perdue Associates, Inc.** <keith@croftoninc.com>

Tue, Jul 27, 2021 at 10:02 AM

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### **SATURDAY EXCURSION**

**Canadice Lake Kayak and Hike followed by lunch at the  
Birdhouse Brewing Company in Honeoye 10 AM- 2 PM**

**AND**

### **SUNDAY PILATES**

**Movement FLX Mobile Studio coming on  
Sunday morning for 3 Pilates classes, 9 AM, 10 AM and 11 AM**

#### **SATURDAY EXCURSION DETAILS**

**Kayak and Hike around Canadice Lake**

**Date:** Saturday, July 31st, 2021 10:00 AM - 2:00 PM

**Location/Time:** Meet at [Canadice Lake - 6400 Canadice Lake Rd.](#) about 45 minutes from Bristol Harbour.

**Kayaks:** Bring your own, OR if you would rather rent kayaks [www.CanadiceLakeOutfitters.com](http://www.CanadiceLakeOutfitters.com) will accommodate us! Please RSVP to me directly IF you need a Kayak. They will meet us at the lake, and you can pay after the event.

**Hosts/RSVP:** **Ron & Monica Kraft** Please text or call Monica in advance to let her know you are coming (585-820-0876) and to leave your contact info (just as a precaution).

**Important notes:** Make sure to bring your life vest if you are bringing your own kayak. If you are renting a kayak, a life vest will be provided by the outfitters.  
Light snacks and beverages will be provided by your hosts.  
For those who wish to hike after the paddle, we will hike along the southern end of the lake. The hike is very user-friendly.

The Birdhouse Brewing Company is on Main St. in Honeoye, if people would like to stop for a refreshment afterwards. The food and beer is delicious.

### **PILATES CLASSES DETAILS**

**The Movement FLX is coming to Bristol Harbor!!**

**Join us on Sunday, August 1st for Pilates reformer classes on our mobile Pilates studio at the Bristol Harbor Community Center.**

**Tracy will take you through a Pilates session at your pace and fitness level. You will exercise on the Pilates Reformer and will leave the experience taller, more mobile, stronger and a little sweaty:)**

**Location/Time:** One hour session.

Times Offered: 9:00am, 10:00am and 11:00am 4 people max per class.

**Cost:** \$30 per class (cash, check or Venmo)

**RSVP:** Please email Susan DeVito to sign up. She can be reached at [susan@susandevito.com](mailto:susan@susandevito.com) and she will reconfirm your attendance. Sign up is first come first serve.

Bristol Harbour Village Association | [30 Golfside Circle, Canandaigua, NY 14424](#)

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