

January 2012

Every Day

Wine Cellar Tours

Our staff will give guests a tour of our *Wine Spectator* Grand Award Winning Wine Cellar. Please contact Sandy, the Grand Cascades Lodge Concierge for more information. 973.823.6503. Enjoy the daily wine choice, a 2 oz. tasting of wine, complimentary.

Eligibility/Cost: Open to the Public

No Cost

Time/Location: 3:00pm

Meet at Hostess Station at CS Tavern

Every Sunday

Brunch Buffet

Our beautifully appointed buffet features an assortment of fresh pastries, seasonal fruits, omelets and eggs cooked to order, fluffy buttermilk pancakes, brioche French toast and breakfast meats. Our chef will also be carving a different selection of meats each week, along with homemade soups and a variety of hot entrees and mouth-watering desserts.

Eligibility/Cost: Open To Public

\$28.95 Adults; \$15.95 Kids (Ages 5-12);

Kids 5 & Under Free

Time/Location: 9:30am-1:30pm

Crystal Tavern – Chestnut Room

Every Friday

Kids Kraze

Activities for children such as crafts, pool, & gym games. Bring children ready to swim with a change of clothes. Complete with pizza and drink.

Eligibility/Cost: MSC/Hotel Guests

\$10/Child

Time/Location: 5pm-8pm

Minerals Lobby

Live Entertainment

Spend your Friday evening at Crystal Tavern enjoying live entertainment featuring several top acts from New York and New Jersey playing hits from yesterday and today. For information call 973.827.1587 ext 2.

Eligibility/Cost: Open To Public

No Cost

Time/Location: 7pm-11pm

Crystal Tavern

Friday Night Entertainment

Come enjoy DJ Razor every Friday night at Kites Restaurant. For information call 973.864.5840.

Eligibility/Cost: Open To Public

No Cost

Time/Location: 8pm-1am

Kites Restaurant

Every Saturday

Mountain Hike

Join our outdoor guide for a semi strenuous hike to the mountain top. Bring water. Sturdy shoes recommended. No registration necessary.

Eligibility/Cost: Hotel/Social/MSC

No Cost

Time/Location: 9:30am-11:30pm

Meet in Minerals Lobby

Scavenger Hunt – Grand Cascades

Come to the front desk for the scavenger clues.

Eligibility/Cost: MSC/Hotel Guests

No Cost

Time/Location: 12:00pm-4:00pm

Grand Cascades Front Desk

Kids Kraze

Activities for children such as crafts, pool, & gym games. Bring children ready to swim with a change of clothes. Complete with pizza and drink.

Eligibility/Cost: MSC/Hotel Guests
Time/Location: 5pm-8pm

\$10/Child
Minerals Lobby

Saturday Night at the Movies-Grand Cascades

Bring the family to a Saturday night movie at the Biosphere!

Eligibility/Cost: Grand Cascades Hotel Guests (Only)

Time/Location: 8:00pm

No Cost
Biosphere

Saturday Night Entertainment

Come enjoy DJ Razor every Saturday night at Kites Restaurant. For information call 973.864.5840.

Eligibility/Cost: Open To Public

Time/Location: 8pm-1am

No Cost
Kites Restaurant

Weight Loss Program

Your last diet! Lose over 5-7 pounds the first week. A natural and effective weight loss method with long lasting results. Call Caite Fitzgerald at 973-827-2222 ext 3.

Racquetball Leagues Now Forming for 2012

Anyone interested in playing racquetball for the 2012 winter league, please contact Ann Marie Miskewicz at 973-919-8117.

Swim Lessons

Swim lessons for toddlers and up. Call Dan Cox at 973-827-2222 ext. 4112

Eligibility/Cost: Open to Public Members \$100 Non Members \$125

Time/Location: Appointment Pay at Member Services

Tennis Schedule:

Mondays: ages 14+ (High School Varsity) 5:30pm-7:00pm - \$20 per class

Tuesdays: ages 12+ (Intermediate) 4:00pm-5:30pm - \$20 per class

Wednesdays: Adult Beginner Class 11:30am-12:30pm - \$20 per class

Wednesdays: ages 12+ (Elite) 4:00pm-6:00pm - \$35 per class

Thursdays: Adult Advanced Tennis Lessons 7:00pm-8:30pm - \$25 per person (NTRP rating of at least 3.0)

Thursdays: ages 12+ (Advanced) 4:00pm-5:30pm - \$20 per class

Fridays: ages 5-8 (Beginner) 5:00pm-6:00pm - \$15 per class

Fridays: ages 9-12 (Beginner) 6:00pm-7:00pm - \$20 per class

Saturdays: Adult Tennis Scramble 11:00am-12:00pm - \$20 per class

Lesson Rates: Private Lessons - \$60 per 1 hour

Group lessons available

Open court time - \$45 an hour; \$35 for members

Sign up and pay at Member Services Desk in Minerals or call Brad Scheller for more details at 973-864-5816.

January

Seasonal Spa Services

Theme – Mountain Lover's Facial and Body Treatment and Massage

1/2 Monday

New Year Hike/Snowshoe (weather dependent)

Hike the Great Gorge Golf Course with one of our fine hiking guides. If there is natural snow, you must sign up with Member services. 973-827-2222 ext 3. Limited number of snowshoes.
Eligibility/Cost: Hotel Guests/MSA/Social No cost hike, \$10 Snowshoe Rental
Time/Location: 9:30am Meet in Minerals Lobby

1/6 Friday

Red Tail Lodge

Entertainment
Eligibility/Cost: Open to Public Drink Specials
Time/Location: 6:00-9:00pm Red Tail Lodge

1/7 Saturday

MC 3rd Rail Jam

The 3rd Rail Jam is Mountain Creeks largest "park event" of the season. It is a jam based format integrated with skiers and snowboarders broken into four divisions, girls, 15 and under, best of breed, and skiers. The competition normally lasts about 3 hours, followed by an after party that goes late into the night. The key concept of the 3rd Rail Jam is an integration of hip hop and urban culture combined with the modern day competitive realm of snowboarding and skiing. 3rd Rail Jam is back for the 2011-2012 season, so be there!
Eligibility/Cost: Open to Public Details to Follow
Time/Location: TBD Mountain Creek South

Red Tail Lodge

Schuss Apres Ski with "Men of Horses"
Eligibility/Cost: Open to Public Drink Specials
Time/Location: 4:00-7:00pm Red Tail Lodge

1/8 Sunday

MC Twisted Kids

Learn to Freestyle - 1 hour of free coached fun for kids and parents alike.
Eligibility/Cost: Open to Public Free - Waivers Required
Time/Location: Every Sunday @ 1PM on Twist at Vernon Peak. Registration in the Ski School Building at 12PM

1/10 Tuesday

MC Girls Shred Sessions

This one is for the ladies only. Practice your freestyle skills in a fun, supportive environment.
Eligibility/Cost: Open to Public Free - Waivers Required
Time/Location: Every Tuesday @ 5PM at South. Registration in the Lobby starting at 4PM

1/13 Friday

Coors Light MLK Weekend

Red Tail Lodge

Party with "Bruce Jacques"
Eligibility/Cost: Open to Public Coors Light and Grey Goose Specials
Time/Location: 7:00-10:00pm Red Tail Lodge

1/14 Saturday

Kids Move N Groove

Join us for an hour of games, obstacles, exercise, and fun! Ages 5-12
Eligibility/Cost: Hotel Gyests No Cost
Time/Location: 11:00am Minerals Aerobics Room

Red Tail Lodge

Entertainment
Eligibility/Cost: Open to Public Coors Light and Grey Goose Specials

Time/Location: 4:00-7:00pm

Red Tail Lodge

South Lodge

"The Nerds" Private Event. Only 200 tickets available

Eligibility/Cost: Private Event

Coors Light Promos

Time/Location: 10:00pm

Kink

1/15 Sunday

Kids Move N Groove

Join us for an hour of games, obstacles, exercise, and fun! Ages 5-12

Eligibility/Cost: Hotel guests

No Cost

Time/Location: 11:30am

Minerals Aerobics Room

MC Twisted Kids

Learn to Freestyle - 1 hour of free coached fun for kids and parents alike.

Eligibility/Cost: Open to Public

Free – Waivers Required

Time/Location: Every Sunday @ 1PM on Twist at Vernon Peak. Registration in the

Ski School Building at 12PM

Red Tail Lodge

Entertainment

Eligibility/Cost: Open to Public

Coors Light and Grey Goose Specials

Time/Location: 4:00-7:00pm

Red Tail Lodge

Kids Animal Show at Minerals

Eligibility/Cost: Hotel Guests

No Cost

Time/Location: 5:00pm

Minerals Hotel Lobby

1/16 Monday

Martin Luther King Day

Snowshoe or hike (weather permitting)

Join one of our Resort Guides for a fun, invigorating snow shoe trek out on the golf course.

Registration required. Call 973-864-5804.

Eligibility/Cost: Hotel Guests

\$10

Time/Location: 9:30am

Meet in Minerals Lobby

1/17 Tuesday

MC Girls Shred

This one is for the ladies only. Practice your freestyle skills in a fun, supportive environment.

Eligibility/Cost: Open to Public

Free – Waivers Required

Time/Location: Every Tuesday @ 5PM at South. Registration in the Lobby starting at 4PM

1/20 Friday

Corona Weekend

Red Tail Lodge

Entertainment

Eligibility/Cost: Open to Public

Corona and Jim Beam Specials

Time/Location: 6:00-9:00pm

Red Tail Lodge

Moonlight Romp to Stomp with Susan G Komen

Details to Follow

Eligibility/Cost: Open to the Public

Time TBD

Time/Location: TBD Minerals Resort or Mountain Creek (depending on natural snow conditions)

1/21 Saturday

MC Susan G Komen Romp to Stomp

3K or 5K Snowshoe Walk

3K Snowshoe Race

The New Jersey Romp offers a true mountain top experience. Romp participants ride the cabriolet to the top of the mountain where they'll strap on snowshoes to stomp their way to a world without breast cancer. The gorgeous snowshoe course, fun atmosphere, and FREE demo snowshoes* from Tubbs helps to attract participants of all levels. 45% of NJ Romp participants have never snowshoed before! So Romp and stomp for a great cause.

Eligibility/Cost: Open to the Public

Time TBD

Time/Location: TBD

Mountain Creek Ski Resort

MC TransAm Rail Jam

Back for the 10th year, the TransAM is a six stop amateur tour series that kicks off in January and touches down at some of the most progressive park resorts from coast to coast. Spread the word, gather your homies, and register online for a TransAM. Registration for TransAM Mountain Creek opens on Friday January 6th, 2012 at www.highcascade.com
For more information go to www.twsnow.com/transam

Red Tail Lodge

Entertainment

Eligibility/Cost: Open to Public

Corona and Jim Beam Specials

Time/Location: 4:00-7:00pm

Red Tail Lodge

South Lodge

Country Night

Live Performance by "Ramblin On"

Dress country and receive first drink 2 for one

Eligibility/Cost: Open to Public

Corona Specials/Giveaways

Time/Location: 10:00pm

Kink

1/22 Sunday

MC Twisted Kids

Learn to Freestyle - 1 hour of free coached fun for kids and parents alike.

Eligibility/Cost: Open to Public

Free – Waivers Required

Time/Location: Every Sunday @ 1PM on Twist at Vernon Peak. Registration in the Ski School Building at 12PM

Red Tail Lodge

Entertainment

Eligibility/Cost: Open to Public

Corona and Jim Beam Specials

Time/Location: 4:00-7:00pm

Red Tail Lodge

1/24 Tuesday

MC Girls Shred Sessions

This one is for the ladies only. Practice your freestyle skills in a fun, supportive environment.

Eligibility/Cost: Open to Public

Free – Waivers Required

Time/Location: Every Tuesday @ 5PM at South. Registration in the Lobby starting at 4PM

1/27 Friday

Yuengling Weekend

Red Tail Lodge

Entertainment

Eligibility/Cost: Open to Public

Yuengling and Bacardi Specials

Time/Location: 6:00-9:00pm

Red Tail Lodge

1/28 Saturday

"New Start Weekend"

Start the year off right with mind, body, and spirit renewal.

Vinyasa Yoga Class

Also called "flow" yoga is one of the most popular styles of yoga

Eligibility/Cost: Hotel Guests

No Cost

Time/Location: 9:30am-11:00am

Minerals Quarry Room

Ideal Protein Workshop

Join Sharon as she explains the value of our weight loss program.

Eligibility/Cost: Hotel Guests

No Cost

Time/Location: 11:15am-12:00pm

Minerals Granite Room

Meditation

Dave will help you train your mind or self-induce a mode of consciousness to realize benefit.

Eligibility/Cost: Hotel Guests

No Cost

Time/Location: 1:00pm

Minerals Quarry Room

MC Volcom PBRJ

The Volcom PBRJ tour is back for the 2011- 2012 season! The tour is a amateur snowboard contest series. Instead of having three rails in a row, we have them side by side to create a rail zone. There are four divisions; 15 and under, 16 and over, Girls and Open (pro-am).

Eligibility/Cost: Hotel Guests

No Cost

Time/Location: 8:15am-9:30am

Minerals Quarry Room

Red Tail Lodge

Entertainment

Eligibility/Cost: Open to Public

Yuengling and Bacardi Specials

Time/Location: 4:00-7:00pm

Red Tail Lodge

South Lodge

VSMO Amateur Pole Dance Contest, DJ Damien Anthony, Coors Lt. Promo Night

Amateur stripper contest to benefit VSMO

Eligibility/Cost: Open to Public

\$20 Cover- -- all proceeds to benefit VSMO

Time/Location: 10:00pm

Kink

1/28 Sunday

"New Start Weekend" continued

Bosu Cardio Fusion

Round out the "New You" with a high energy

Eligibility/Cost: Hotel Guests

No Cost

Time/Location: 8:15am-9:30am

Minerals Quarry Room

Red Tail Lodge

Entertainment

Eligibility/Cost: Open to Public

Yuengling and Bacardi Specials

Time/Location: 4:00-7:00pm

Red Tail Lodge

1/29 Sunday

MC Twisted Kids

Learn to Freestyle - 1 hour of free coached fun for kids and parents alike.

Eligibility/Cost: Open to Public

Free - Waivers Required

Time/Location: Every Sunday @ 1PM on Twist at Vernon Peak. Registration in the

Ski School Building at 12PM

Red Tail Lodge

Entertainment

Eligibility/Cost: Open to Public

Time/Location: 4:00-7:00pm

Yuengling and Bacardi Specials

Red Tail Lodge

1/31 Tuesday

MC Girls Shred Sessions

This one is for the ladies only. Practice your freestyle skills in a fun, supportive environment.

Eligibility/Cost: Open to Public

Free – Waivers Required

Time/Location: Every Tuesday @ 5PM at South. Registration in the Lobby starting at 4PM