

NEED TO KNOWS

Activities with a  require you to sign up at Front Desk at least 1 hour before the event!

Meet in the Front Room for activities with no specified location.

EXERTION LEVELS

1-Very Low (L-1)

Easy effort and suitable for most people. Uneven ground and stairs are generally unavoidable.

2-Low (L-2)

Some effort required but generally suitable for most people. Programs can sometimes be up to an hour of standing or consistent effort.

3-Medium (L-3)

Considerable effort is required and good physical health is assumed. Programs can exceed an hour of moderate physical effort.

4-High (L-4)

High amount of effort is required and excellent physical condition necessary. Suitable footwear is a necessity.



Follow Us!

Stay up to date with everything that's happening at The Briars by following us on social media or joining our mailing list!



Facebook.com/BriarsResort



@BriarsResort

55 HEDGE ROAD
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THE BRIARS
RESORT & SPA ON LAKE SIMCOE

Recreation Guide
October 2 - 8, 2023

Monday, October 2

8:00 am to 9:30 am - Breakfast

6pm-7:30pm - Dinner Hours

8 pm - Fire in the Fountain Court

Tuesday October 3

8:00 am to 9:30 am - Breakfast

6 pm to 7:30pm - Dinner

8 pm - Fire in the Fountain Court

Wednesday, October 4

8:00 am to 9:30 am - Breakfast

4:30pm History Tour


A short walk around the grounds explaining our evolution from farm to year-round resort.

6 pm to 7:30 pm - Dinner

8pm Fire in the Fountain Court

Thursday October 5


8:00 am to 9:30 am - Breakfast

 **11am & 4pm Functional Training -2**
Join Christopher for training that focuses on your body's ability to preform everyday activities.

6 pm to 7:30 pm - Dinner

Friday October 6


8:00 am to 9:30 am - Breakfast


 **11am Functional Training - 2**
Join Chris for an intro to training that focuses on your body's ability to preform everyday activities

6 pm to 8pm - Dinner

Saturday October 7

8:00 am to 10:00 am - Breakfast

 **11am Functional Training -2**
Join Christopher for an intro to training your body's ability to preform everyday activities

 **2pm Pumpkin Carving**
Meet Chris and Bob in the Fountain Court to practice for Halloween, and release your inner child!

6 pm to 8pm - Dinner

Sunday October 8

8:30 am to 10:00 am - Breakfast

10:30am Fall Walk
Join Bob for informative walk around our heritage resort property

6 pm to 7:30 pm - Dinner

8 pm - Fire in the Fountain Court

Food and Drink

Drinkwaters Lounge

Open 11:30am daily
Food Service 7:30pm -Sat 8pm

Dinner Menu

served 6-7:30 Sunday to Thursday
6pm -8pm Friday & Saturday Nights

OTHER THINGS TO DO:

Indoor Pool, Hot Tub & Sauna

Go for a swim in the pool, relax in the hot tub and unwind in the sauna!
Open: 10am-10pm

Games, Games & More Games

Checkout our games rooms for Darts, Billiards, Ping Pong and more!
Equipment at Front Desk.

Spa

Located on floor A, book appointments in advance! Ask about our monthly specials!



Fall Walks

We have a short forest trail behind the Tennis Courts, as well there are a number of local walks & hikes.
Ask the Front Desk for a copy of our walking map and local recommendations