

MONTHLY ACTIVITIES

OCTOBER 2019

Calendar of Local Events



SONOMA COUNTY HARVEST FAIR

TASTE THE BEST OF SONOMA COUNTY

Friday, October 4, 2019 - Saturday, October 5, 2019

The annual Harvest Fair showcases Sonoma County's grand harvest. Over 100 wineries are featured at the Grand Tasting Pavilion where guests can savor innovative cuisine, award-winning wines, and more. Everyone is invited to participate in the world championship grape stomp.

harvestfair.org



OKTOBERFEST

Sunday, October 6, 2019

Oktoberfest at Cornerstone embodies the essence of this traditional German holiday! Great beer and hearty food, with ample activities for children, make this an event that's fun for the whole family! Featuring live polka music by Grand Isle Fire Brigade and a strolling accordion player! Wander through the hay bales and an heirloom pumpkin patch! Take your little ones for pony rides and a trip to the petting zoo!

cornerstonesonoma.com/events/2019/10/6/cornerstone-oktoberfest



DOG HIKES AT KUNDE

Saturday, October 12, 2019

Join Jeff Kunde, his wife Roberta, and their dogs Cooper and Kalie, for a hike through the breathtaking Kunde Estate. Enjoy a day with your pup as you hike through vineyard rows, oak woodlands, as you weave your way along paths that stretch from the valley floor up into the Mayacamas Mountain range. The hike concludes with a wine tasting and wine country lunch. A percentage of ticket cost to be donated to Dogwood Animal Rescue Project and Sonoma County Humane Society.

kunde.com/Plan-Your-Visit/Estate--Dog-Hikes



geyserville
beer + wine + spirits

GEYSERVILLE BEER, WINE & SPIRITS FESTIVAL

Sunday, October 13, 2019

The fourth annual Geyserville Beer, Wine, & Spirits Festival is a one-of-a-kind event in Sonoma County! Taste the best of what Sonoma County has to offer in the world of craft beer, artisan wineries, and micro distillers. Sip some sauvignon blanc from Alexander Valley, move onto an IPA made in Santa Rosa, finished by a whiskey made in Petaluma. Get to know the brewers, wineries, and distillers in Sonoma County.

eventbrite.com/e/2019-geyserville-beer-wine-spirits-festival-tickets-53122477761



PEACE, LOVE, AND WOODSTOCK

CHARLES M SCHULZ MUSEUM

Through March 8, 2020

Early on, birds appeared in Peanuts, but a very special bird arrived in the later 1960s, capturing hearts with his unique personality and eccentric ways. Named for the 1969 music festival in rural New York, Woodstock may be the smallest Peanuts character, but he has a huge presence. In celebration of the music festival's 50th anniversary, take a trip through the life of Woodstock—from namesake to nest—and see why Woodstock is the friend everyone wishes they had. #PeaceLoveWoodstock

schulzmuseum.org/peace-love-woodstock/

Spa Treatments of the Month

— October 2019 —

BODY BUTTER WRAP & MASSAGE

Enjoy a full body exfoliation with our dry body brush, devour your skin in vanilla body butter and feel the warmth of a body wrap, while your body nourished in the heat of the bio-matrix sheet you will receive a head, neck, shoulder and scalp massage.

PUMPKIN & SPICE FACIAL

Enjoy our customized facial treatment that includes a 20% multi-fruit complex peel and autumn spice oil massage. On the neck, arms & hands.

Teacher Appreciation Month

— October 2019 —

Celebrating Teacher Appreciation Day with a month long celebration

Teachers save 20% off any Spa Treatment through the month of October. Please quote "TEACHERS" when you book - proof of teacher status may be requested upon check in.

Spa Boutique



ZENTS

Discover the powerful potions, lotions and oils of the ZENTS range available in the Spa Boutique. Created in Colorado via a journey of discovery around India, the range features gentle aromas as well as the popular Unzented range suitable for even the most sensitive of people. Purchase any Zents products in October and receive 15% off the price.

Fitness Workshops

— October 2019 —

HIP HIP HOORAY!

October 6, 11am-1pm

SPIRIT OF ALOHA

October 13, 11am-1pm

YOGA, SOUND HEALING & WELL-BEING

October 20, 1pm-3pm

RESTORE, RELEASE AND RENEW YOGA WORKSHOP

October 27, 11am-1pm

WORKSHOP DESCRIPTIONS

HIP HIP HOORAY!

A playful exploration of the hips! This practice will include stretching, strengthening and will bring awareness to our inner landscape. Release tension on the spine by accessing our deep hip muscles while maintaining joint integrity. Some myofascial work will be explored along with yoga and pranayama (breathing practices). Please attend class with an empty stomach and an open mind.

SPIRIT OF ALOHA

Experience joy, freedom and the interconnectedness of all life through the Hawaiian wisdom of "Aloha" meditation, breath, music and more! Cleanse your mind, body and spirit through this ancient practice of Polynesian hidden healing secrets.

YOGA, SOUND HEALING & WELL-BEING

Includes instruction and hand-outs on how to down-regulate your nervous system from "Fight or Flight" to "Relaxation Response." Also includes training on Self-Healing Practices from Japanese acupressure (Jin Shin Jyutsu).

RESTORE, RELEASE AND RENEW YOGA WORKSHOP

A playful and energetic yoga practice set to soulful music. This quarterly workshop features a seasonal theme and includes poetry and other inspirational readings to feed the soul. The workshop begins with more active poses and winds down to slow and restorative poses for deep relaxation. Appropriate for all levels.

Food & Drink

Santé Weekend Brunch

is served Saturdays and Sundays
7am – 1pm.

Traditional Santé Breakfast menu is available

Monday-Friday, 7am-11am.



WEEKEND BRUNCH MENU *(sample)*

MAMMA'S WARM BANANA BREAD espresso peanut butter	JALISCO CHILAQUILES two sunny-side up eggs, queso fresco, cilantro, avocado, corn tortilla chips, guajillo red sauce
FRIED GREEN TOMATOES Dungeness crab, remoulade	EGGS BENEDICT two poached eggs, Canadian bacon, baby spinach, tomatoes, hollandaise, English muffin
APPLE DUTCH BABY German style oven-baked pancake, bourbon maple syrup	HUEVOS RANCHEROS two sunny-side up eggs, caggiano chorizo, guacamole, pico de gallo, black beans, cheddar cheese, corn tortillas
BRUNCH BURGER caramelized onions, delice de Bourgogne, fried egg, pancetta, roasted garlic aioli, brioche bun	OMELET three egg whites, roasted vegetables, mushrooms, fine herbs, side fruit
LEMON COTTAGE CHEESE PANCAKES crème fraiche, orange marmalade, maple syrup	KALE CAESAR sunflower seeds, crispy shallots, parmigiana, Caesar dressing, croutons
CALIFORNIA SCRAMBLE two eggs, green onions, tomatoes, avocado	add chicken/shrimp/steak
CHICKEN & WAFFLES fried Mary's chicken, Belgian waffle, bourbon barrel-aged maple syrup, curry	DOUBLE SMOKED SALMON
SONOMA DUCK CONFIT HASH two eggs, tater tots, chimichurri, hollandaise	THE REAL REASON YOU CAME TO BRUNCH Gloria Ferrer Mimosa Blanc de Noirs