

Calypso Traveler Suggestions

Money

Large sums of cash or travelers checks are unnecessary. Most every business accepts credit cards. Cash is mainly needed for the taxis and the take away food vendors: Munchies, Papa Nasty's, and Mackey's.

Clothing

Most people take too many clothes. It is possible to vacation a week on Elbow Cay solely with the contents of a carry-on bag. The island is not a place to "dress to impress". Casual comfort rules. Shorts, outdoor fishing shirts, and T-shirts are normal daywear. Nighttime at the bars and restaurants is a bit dressier - collared shirts for men in the restaurants, but still very casual. Shorts are always appropriate and flops/sandals/boat shoes are normal footwear.

A lightweight rain jacket and pants are useful for rainy days, breezy days on the boat, and when a windbreaker is needed. Lightweight long sleeved shirts and long pants are good if it's a bit chilly, for sun protection, or if you want to step up when stepping out. In the winter months, a fleece or lightweight sweater may be necessary.

Calypso has hair dryers in every bathroom. An iron and portable ironing board are located in the laundry room.

Things to Bring

Camera, small flashlight, sunscreen, hat, sunglasses, books, e-reader, comfortable walking shoes/flops, good snorkel gear,

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wetsuits in cooler months, lightweight raingear, underwater camera (big fun!), favorite music, cards, laptop, Apple TV or similar device, smart phone, tablet, downloaded movies.

Groceries and the Kitchen

The kitchen cookware is more than adequate for most all routine cooking efforts, and there is usually a good selection of basic spices, oils, etc. If you have any special ingredients that you can't live without, bring them or stop at Maxwell's grocery in Marsh Harbour, which is comparable to a mid-sized US grocery store. Stopping for groceries on the way to the ferry dock can be challenging and time consuming, especially when managing bags and boxes of groceries along with your travel bags.

There are 4 grocery stores on the Elbow Cay. The Food Store has the widest selection and carries frozen local seafood. You can give them a credit card and an order list, and they will deliver your groceries to the house at no additional charge. For \$10, they will also pick-up and deliver alcoholic beverages. Contact them through their website, www.foodstorebahamas.com, or call 242-366-0391.

For additional thoughts and suggestions regarding groceries, visit the Calypso website blog at www.calypsobahamas.com.

You cannot bring in any fruits or raw vegetables from the states.

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Adult Beverages

Wine, beer, and liquors are readily available on Elbow Cay. The beer selection is good and the wine selection is basic but adequate. There is no need to purchase beer or wine in Marsh Harbour. The selections and prices are similar on Elbow Cay.

House Telephone

The house number is 242-366-0004. The phone has a toll restrictor which blocks outgoing long distance calls, but access is allowed to some calling card services. Sometimes the phone system goes down on parts of the island. Just like the occasional power outage, this is part of the island experience.

Most visitors communicate with stateside numbers through their cell phones or their laptop computer/smart phones, using services such as Skype or one of many available apps.

Feel free to record a generic message on the answering machine.

Cell Phones / Smart Phones

Most cell phones work fine, but voice calls may be expensive. Check with your carrier to determine rates in the Bahamas. It is recommended that cellular data be disabled on smart phones to avoid exorbitant cellular data charges. Connect to the internet through the Calypso wireless network rather than the cell system.

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Entertainment

Calypso has a dedicated "away room" with Direct TV satellite service, a nice HDTV, and a VCR/DVD player with a some older movies. Many guests bring an Apple TV or similar device to connect to the TV and stream over the internet directly, or in combination with a tablet or smart phone using the appropriate apps. Calypso has the fastest internet service available on the island, which is usually adequate, but may be slow during periods of peak internet use, so downloading special movies to devices before leaving home is recommended.

The game room has a ping pong table, foosball table, pool table, and it's own sound system with a cable that will connect to any device with a mini headphone jack.

The living room has a sound system with XM satellite radio, CD player, Bose speakers, and a cable that will connect to any device with a mini headphone jack. Pandora and some other music streaming services do not work in the Bahamas.

There is a selection of puzzles and board games in the living room closet, but the quality and completeness of either is not guaranteed.

Sun Dried T's in town has a modest selection of beach toys, and also rents surf boards and bicycles. There is a limited selection of donated floats and beach toys at the house, which varies considerably.

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If you are planning to do a lot of snorkeling or diving, or want to insure quality and availability, bring your own gear. Froggie's, located in town, has gear for purchase or rent, but the good rental gear goes pretty quickly and the new gear selection is limited. (There are plenty of tanks and weight belts available for rent.)

Customs/Immigration

You will not be allowed to board your flight to the Bahamas without a current passport.

Your flight attendant should give you a Bahamas immigration card to complete, usually just prior to arrival. Fill it out in advance, one for each person, so the line can move rapidly through immigration. (Bring a pen!)

Taxis

Taxis are readily available just outside the customs exit at the airport terminal, and will take your party to the ferry dock, or the boat rental office if you are renting in Marsh Harbour.

At your request, the taxi will stop by the liquor or grocery store and wait. (Check the ferry schedule!) Adult beverages and basic groceries are available in Hopetown, but the selection is better in Marsh Harbour. There is a published taxi rate schedule dependent upon the number of people, bags, wait time, etc., but nobody pays attention to it. A fully loaded taxi with a modest wait should run \$25-\$35 in cash.

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Cold beverages and light snacks for the 20-minute ferry ride are available in the ferry office. "Back 2 Da Island" is a take-away restaurant next door that sells beer and more substantial food, but can take a while.

The Ferry from Marsh Harbour to Elbow Cay

The Albury Ferry actually operates on a dependable schedule! At the ferry dock, find a cart or helper and take your bags to the boat for the crew to load. Make sure you get on the correct ferry – the ferry is not always docked at the Hope Town sign. Tickets can be purchased at the ferry office or while underway. Enroute, ask the captain to call the caretakers, Jamie and Laura Williams (call sign is "Water Baby"), and let them know that the Calypso party is on board. Enjoy the ride, and let that internal clock start to slow down to a Bahamas pace. Upon arrival at the dock, be sure to account for all of your bags. Depending upon the number in your party, it may take multiple trips to get all your people and bags from the dock to the house.

The ferry can be privately chartered if you do not want to wait for the scheduled ferry, or arrive after the last scheduled ferry. It's best to arrange this in advance. There may be other people from your flight interested in sharing a charter.

Albury Ferry Service 367-3147

Marsh Harbour to Hopetown

7:00, 9:00, 10:30, 12:15 ~ seasonal, 2:00, 4:00, 5:45

Hopetown to Marsh Harbour

8:00, 9:45, 11:30, 1:30 ~ seasonal, 3:00, 4:00, 5:00, 6:30

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The Caretaker and Arrival at the House

All guests should have already provided Elbow Cay Properties an arrival time. Usually, Jamie or Laura will meet you either at the Lodge Dock, or the Calypso dock if you are arriving by rental boat out of Marsh Harbour or your own boat. (If arriving by boat, you will need to establish contact with the caretaker either by cell phone (242-357-6673) and/or VHF radio as previously described.)

The walk-through of the house with the caretaker is your best opportunity to ask questions. Please see the House Guide, usually residing on the living room coffee table, for more details about the house and area.

Securing Your Boat

The Calypso slip is located between the house and town on Nigh Creek, at a dock with about 10 boat slips, innumerable signs, and a pink gate. The house slip is the one next to the end slip on the right (facing the dock from the water) and is clearly identified with a sign.

Secure your boat the way you will almost everywhere else - with an anchor out the stern at least a boat length or two out (depending on water depth) and a bow line to the dock. Tighten the stern anchor line sufficiently to prevent the bow from getting under the dock, and leave enough slack in the bow line for the tide changes. If you have these two lines properly adjusted, you do not need lines to the pilings on either side of the boat, which are troublesome and serve no real benefit. The dock is very well protected from the wind, and there are no boat wakes, so it's perfectly okay for the boat to rub against these side pilings, which will also keep your boat out of the adjacent slip. Please visit the Calypso blog for pictures at www.calypsobahamas.com.

Welcome to Calypso!

Whether you are a new or frequent visitor to Elbow Cay, we welcome you to our island home. The following pages contain information about the house and immediate area that will hopefully prove useful during your stay.

We are from New Bern, NC, and honeymooned on Elbow Cay in 1982. After renting for many years, our growing love for the island led us to purchase an older home in 1999 with our good friend, Tom Taft from Greenville, NC. Unfortunately, the original house was severely damaged by hurricane Floyd only a few months later, and subsequently demolished to make room for Calypso, which we designed ourselves and whose construction we personally supervised over a two year period. As the original owners, we take a great deal of pride in Calypso, and are constantly making improvements for your comfort and enjoyment. Owning and maintaining a vacation home in the Bahamas is a continuous challenge, and we thank you, our renters, for making it possible.

We sincerely hope you come to love the island, and Calypso, as much as we do. Have a fabulous vacation!

Your suggestions or questions are always welcome! We may be contacted via email at calypso@coastalnet.com. Typically you will receive a same-day response.

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Your Caretakers

Jamie and Laura Williams are available by calling "Water Baby" on the house VHF radio, or their home at 366-0758. In an emergency, Jamie's cell is 357-6673. They will be glad to assist with any house problems or questions that you may have, but please respect their privacy by only calling if absolutely necessary. While glad to offer suggestions, they are not a concierge service! Most any of the locals that you see at the marinas, in restaurants, in bars, the dive shop, etc. are more than willing to answer your questions about places to go and things to do.

Security

Elbow Cay is very safe, and theft is very uncommon, but it has occurred. When briefly absent the house, the owners usually leave on a few lights and music, and at night lock the doors. Do not invite trouble by leaving money, wallets/purses, cameras, laptops, etc sitting in plain site when the house is unoccupied.

Emergency Medical Care and Fire Department

You can call Hopetown Fire and Rescue at any time at 366-0500, or on channel 16 on the VHF marine radio. The paramedics can provide limited treatment/stabilization and arrange transport to the hospital in Marsh Harbour if necessary. Most major care is provided in Florida. Be

careful and don't put yourself in the position of needing medical care or fire services.

There is a first aid guide and Epi-pens (for anaphylactic shock) in the cabinet to the left of the refrigerator. Use the Epi-pens at your own risk, and only in the event of a life threatening allergic reaction.

House Supplies

Each guest has two bath towels, a face cloth, and a beach towel. Starter supplies of soap, toilet paper, paper towels, dish detergent, and dishwasher detergent are provided.

LVA Grocery is the nearest store for the purchase of additional supplies. (Take a left out of the driveway and follow the "big road" around the bend until you see the sign.)

Brooms, dustpans, and a vacuum cleaner can be found in the laundry room. There are some basic cleaning supplies under the kitchen sink.

The Internet

Calypso has a free wireless broadband internet connection with best reception near the desk, where the router is located. The SSID is "Calypso" and the password is located on a sign at the desk area. Under no circumstances should you tamper with the modem, router, or wires behind the electronics above the desk. If there is a problem, please contact the caretaker! When the internet is down, the problem is most always with the service provider and not the

house, especially after severe thunder storms and/or power outages.

Most of the local bars/restaurants, and the coffee shop, offer free internet service to their customers. Ask your server for the password.

House Telephones

The land line phone (242-366-0004) is for outgoing local calls, though it will receive all calls. The internet phone (252-296-1060) can be used for calls to/from the US at no charge. These phones are mostly reliable, but occasional outages are a fact of island life. Some guests communicate with stateside numbers through their cell phone, tablet, or laptop computer using services such as Skype or Viber.

Feel free to record a generic message on the answering machine.

Cell Phones / Smart Phones

Most cell phones work fine, but calls may be expensive. Check with your carrier to determine rates in the Bahamas. It is recommended that cellular data be disabled on smart phones to avoid exorbitant data charges. There are true stories of cell phone customers receiving multi-thousand dollar bills from lengthy calls and large music/video/data downloads while in the Bahamas. Connect to the internet through the Calypso wireless network rather than the cell system.

VHF Radio

The calling channel is "16". This is also the emergency and distress channel, so always switch to a working channel. The protocol is to call "Water Baby, Water Baby... Calypso". When the person/place you are calling answers, they will usually say "go to 12" (or another channel). You say "12", switch channels and establish contact on that working channel. It's easier than it sounds here. Just listen for a while to hear how others do it and you'll have no trouble. There are several working channels and you'll quickly learn which ones are regularly used.

Every morning at 8:15 is the "Cruiser's Net" on channel 68. This "talk radio" gives the weather forecast, brief news and stock market synopsis, special events, and special menus at the local restaurants.

Windows

The windows may get salty if the ocean is rough and there is a strong breeze off the ocean. This is unavoidable.

The distortion around the edges of some windows is a slight delamination of the two thick layers of hurricane resistant glass and is not a functional concern. We are in the process of replacing the glass. Forcing a locked window open can rip the locks out of the vinyl sashes. Closing a window with the lock tab already closed will do the same. Parts can also be broken if the windows are forcefully raised too high. If you

have a problem with a window, please don't force it – just move to the next window.

Afternoon storms can form quickly, but fortunately dissipate quickly, bringing unexpected rain and shifting wind. It's best to close the windows before you leave for an extended period of time.

The awning windows that open from the kitchen onto the porch are heavy. *Be very careful when opening and closing them.* You may choose to use the step stool, normally under the kitchen desk.

Please turn off the AC while enjoying island breezes with open windows!

Garbage

Large garbage bags are located in the same cabinet as the trash can, under the “hole” in the kitchen counter. Please use them. Place your bagged trash in the outside garbage cans and place them by the roadside on Monday, Wednesday, and Friday morning. Critters will tear into trash bags that are not in trash cans and make a nasty mess.

Bahamian beer bottles are recycled if left in a separate container with the trash. When buying cases, save the box and place the empties back in the box.

Salt and Sand

Please keep salt and sand outside as much as possible. The salt is very corrosive and the sand clogs drains. Water hoses are conveniently placed to wash away salt and sand from bodies, clothes, and gear. The outdoor shower is ideal for sandy hair and swim suits.

Washer/Dryer

Very few rental homes on Elbow Cay allow renters the use of a washer/dryer for several reasons: excessive usage or abuse, high water consumption, and the detrimental effects of salt and sand. The owners feel strongly that a vacation is much more enjoyable with the option of washing one's clothes. Please use the washer/dryer prudently, and remove salt and sand before washing or drying. **REMEMBER TO CLEAN THE LINT TRAP.** (The heat from a clogged vent line can start a fire!)

Game Room

This is a popular room on rainy days or after dinner! Please do not abuse the foosball, ping-pong, and pool tables. Repairing or replacing them is extremely difficult. *Please do not sit, stand, lean heavily on them, or remove them from the game room.* **PLEASE REVIEW THIS WITH YOUR CHILDREN.** There is a limited supply of balls, and no near-by Walmart! Thank you for helping to keep these tables available for others to enjoy.

Water System

There is no “city water” on Elbow Cay. Most homes collect rainwater, and whatever else comes from the sky, from roofs. ALL Calypso water is “manufactured” with a sophisticated reverse osmosis water maker (referred to as the “RO system”) that takes brackish water from a well in the yard and forces it through special membranes to remove salt and impurities. This highly filtered water is perfectly safe to drink. The RO system is automated and will surely activate during your stay, which is the sound you will hear from the pump room on the ground floor.

The system is designed for normal and responsible usage, and consumes a lot of electricity to make water. Electrical power is costly in the Abacos, so conservation efforts are greatly appreciated.

Discourage playing with the water hose, leaving faucets on for prolonged periods, taking long showers, etc. or you will deplete the reserve supply and/or the water maker will not be able to keep up.

If there is a water leak or a “running” toilet, **NOTIFY THE CARETAKER IMMEDIATELY!!!** One running toilet can deplete the water reserves in a single day – this has happened – and is a great inconvenience to all.

If you see a red light above the single ground floor window on the right side of the house as you pull up to the cart parking

area, or hear a siren emanating from the pump room, call the caretaker immediately as this indicates the water tanks are extremely low and running out of water is imminent.

Toilets

Calypso has some of the most effective low-flush toilets available, but they can still be clogged. There is at least one plunger in the house, usually residing in whichever bathroom last needed one.

Unfortunately, guests must be charged for non-edible objects that can only be extricated by the disassembly of the toilet. (Experience has proven that sun glasses, small toys, driftwood, and sunscreen bottles do not flush!)

Power Outages

Calypso has a very sophisticated automatic whole house generator to supply power in the event of a system outage. It takes a few minutes to start and warm up, and will automatically shut off when grid power is restored. No attention or intervention is required. You can hear it running in the small building at the drive entrance. If there is no power and you don't hear the generator, give the caretaker a call. The VHF radio and desk phone should be operational. In the mean time, minimize the opening of the refrigerator so food will stay cool.

Grill

DO NOT LIGHT WITH THE LID CLOSED.
(Yes, it has already happened. Fortunately, the injuries only required minor medical care.) The grill works differently from most grills and is designed to reach high temperatures, but it can also rapidly overheat to potentially dangerous levels. Please read the detailed instructions, which are permanently framed next to the grill. Be careful. Fire service and medical care on the island are rudimentary at best.

Boating

Please rely upon your boat rental agent for charts and other information necessary for safely operating your boat. They usually give renters a nice chart of South Abaco Sound, with enlargements of the various harbours and danger areas. Don't hesitate to ask advice. The Cruising Guide to the Abacos, a copy of which should be in the living room, is also useful and is readily available for purchase in town.

The Dock

Calypso has a reserved slip, marked with a sign, on Nigh Creek. The creek parallels the road between town and Calypso, and the dock is located at the bright pink gate with all the "Do and Don't" signs.

Furniture

There are lightweight folding chairs in a box on the deck suitable for the beach. If you leave them on the beach when not in use, they may blow, wash, or walk away!

Kindly refrain from taking the living room cushions outside, or sitting on the furniture while wet, or when covered with sunscreen (which stains fabrics).

Beach

The Calypso beach is mostly fine sand with some coral. There is very little current or undertow, however, it can be quite rough in stronger winds. Use good judgment!!!

Sometimes tar washes up on the beach. Check your feet when returning. Cooking oil is an effective remover.

Thank you for using the provided beach towels rather than bedroom blankets and quilts on the beach!

Snorkeling

There are some very pretty coral heads loaded with reef fish, sea fans, and other soft corals within an easy swim of Calypso guests. Look for the darker circular spots about 150-300 feet off the beach in front of the yellow house two houses north (toward town) of Calypso. The heads are about 40' in diameter and are best seen at mid-day from the upper deck on a bright sunny day. The area directly in front

of Calypso has some small ledges and coral heads, but is not nearly as interesting. Do not be surprised or alarmed (Easier said than done!) if you are followed at a distance by a reef barracuda. They are harmless and just curious. Still, it probably is not a good idea to be wearing a watch or jewelry that might flash like a wounded fish.

Many outstanding snorkeling spots are easily accessible for guests with boats. Again, the Cruising Guide to Abacos is an excellent source of information.

Sun

The sun can be very intense in the Bahamas. One can be severely burned in a short period of time. Use sunscreen liberally and cover thoroughly. Young children (and some adults) will miss spots. No one has ever had a vacation ruined from wearing too much sunscreen. Make it a ritual with children at the start of the day, and at regular intervals. Hats, sunglasses, and lightweight outdoor wear with long sleeves are a good idea.

Swimming Pools

The Abaco Inn, Firefly, Hope Town Inn and Marina, Harbour Lodge, and Sea Spray have freshwater pools with associated bars and restaurants. They can be especially attractive on windy days, for lunch and a swim, or when the adults would like a bar cocktail and the kids still have a lot of energy. Please do patronize the bar or restaurant while enjoying their pools.

Groceries

Harbour View, Vernon's, LVA, and The Food Store stock basic groceries, and can be found on the map at the desk. Marsh Harbour has much larger stores with better selections and lower prices, but the travel time and transportation costs are difficult to justify unless you must have a particular item, are purchasing in quantity, or have other reasons to be in Marsh Harbour. The Food Store is the largest grocery, will take advanced orders, and deliver free of charge.

Adult Beverages

Wine, beer and liquor are readily available on Elbow Cay at A&E Liquors, Lighthouse Liquors, Wine Down & Sip Sip, and Hopetown Wine & Spirits – all identified on the map at the desk.

Restaurants

The restaurants range from take out “fast food”, usually an oxymoron in the Bahamas, to candlelit gourmet dinners. The food overall is good to sometimes superb. Local specials or fresh seafood typically are best. Reservations are recommended at Abaco Inn, Firefly, Harbour Lodge, and Boathouse at Sea Spray. Abaco Inn, Firefly, and Boathouse will sometimes provide transportation.

Munchies, Harbours Edge, and Captain Jacks are walk-in only.

Mackey's Take Away is a recent addition and the owners of Calypso have enjoyed some outstanding and reasonably priced local dishes (a big thumbs up on the grilled snapper) when not in the mood to cook or eat out.

Papa Nasty's has truly awesome grilled meats, but take away is recommended as the picnic table dining atmosphere is severely lacking.

Nippers on Guana Cay is a fun boat trip on a nice day. Located on a high bluff overlooking a beautiful beach, Nippers also has a cool pool. On Sundays they usually have an all-you-can-eat pig picking which is enjoyable for the whole family.

Cracker P's on Lubbers Quarters is another favorite spot. Their "Cracker Conch", smoked fish dip, baked beans, and baked mac'n'cheese are notable. Lubbers Landing is next door and has a more limited menu, but the food can be very good. Their tuna burger is excellent. These are fun places for lunch. Rental boats are not supposed to be out after dark, but dinner is great too.

Pete's Pub in Little Harbour is a great lunch spot, especially after stopping at Sandy Cay for a snorkel or Pelican Cay for some beach exploring. Their fish sandwiches are excellent.

What's Behind the Locked Doors (for those that are insanely curious)

The big room in the basement contains leftover building materials, tools, supplies, the owner's golf cart, and personal items. The locked cabinets likewise contain personal items and/or supplies for the use of the caretaker.

Things to Do

The Cruising Guide to Abaco, by Steve Dodge, is an excellent source of information on the surrounding islands and waters. There is usually a copy or two in the living room (please leave for other guests). It is also available at several stores on the island.

Following are some suggestions for activities. Consider them as a starting point for your planning. *Make your plans according to the weather.* If it's calm today, you cannot count on it being calm tomorrow. Take advantage of the here and now. If the weather is nice (sunny and calm), plan longer trips.

Listen to the "cruisers net" on channel 68 at 8:15 am for announced special events, and also check for notices posted around town.

Highly Recommended All Day activities for Sunny, Calm Days

- Boat trip north to Guana Cay for lunch and exploring (Sunday pig pickin' at Nippers) or lunch and a tour of Baker's Bay – a very nice and controversial development
- Boat trip south to Sandy Cay Preserve for snorkeling, (drop off non-divers at nearby Pelican Cay, a beautiful, unspoiled cay to explore), on to Little Harbour for a late lunch at Pete's Pub, visit Johnson Gallery. Stop to dive for star fish (can't keep) on Tilloo Bank. (You should really do two days checking out these places, if the weather is nice.)
- Snorkel trip north to Fowl Cay Preserve, with a stop at Man-O-War Cay (visit Albury Sail Shop and gift stores).
- Kayak with Abaco Outback
- Snorkel or Dive trip with Froggies
- Offshore fishing for mahi, tuna, wahoo, and marlin

Highly Recommended Activities Anytime

- Tour Man-O-War Cay
- Tour the Wyannie Malone Museum
- Visit Boat Harbour Marina and shop in Marsh Harbour
- Swim and/or lunch at any of the Elbow Cay pools

- Lunch at Cracker P's on Lubber's Quarters
- Explore Snake Cay (must be comfortable operating boat in shallow water)
- Charter Robert Lowe for offshore fishing trip
- Visit Lighthouse, climb to top for great panorama (DO NOT MISS)
- Swim/picnic at Tahiti Beach
- Sunday brunch at Harbour Lodge
- Visit local gift shops
- Get fresh bread and pies at Vernon's Grocery
- Snorkel at one of many nearby spots (see Dodge's Guide) There are several good windy day locations.
- Bicycle riding
- Exploring by boat
- Golf cart cruising
- Walk/jog/bike to the "north end" of the island

Highly Recommended Evening Activities

- Grill out on the rear deck
- Sunset cocktails/dinner at Abaco Inn or Firefly
- Abaco Inn band/dancing
- Cocktail golf cart ride south to Tilloo Cut
- Pizza night at Harbours Edge
- DJ night at Harbours Edge, Captain Jack's, or Harbour Lodge
- Enjoy one of many board games – kitchen pantry
- Ping pong, pool, or foosball in game room