

Live from NY 92 Y

TUESDAY, FEBRUARY 16TH

AT 8:15PM

MAIN DINING ROOM

Joel Grey:
Master of Ceremonies

For more than 60 years, the actor, singer and dancer Joel Grey has delighted audiences on stage, film and television.

Join him for an intimate conversation about his life, as told in his new memoir, master of ceremonies – his journey from Cleveland to Broadway and Hollywood; his personal stories; coming out at the age of 82; his work as a photographer; and what's next for Joel Grey.

Frenchman's Creek Excursion

STREET ART PAINTING FESTIVAL

SUNDAY, FEBRUARY 21ST

2PM DEPARTURE

5:30PM DINNER

Join more than 100,000 art lovers who will visit the Festival over Lake Worth's signature weekend. With more than 600 artists on the pavement, music on the mainstage, restaurants and food concessions on site, you're sure to get caught up with the excitement. See the streets come alive as 400 artists use the pavement as canvas to transform downtown Lake Worth into a temporary outdoor museum of original art and masterpiece reproductions.

Please RSVP to
561-273-2647.



THIS WEEK AT THE CREEK

FRENCHMAN'S
CREEK
BEACH & COUNTRY CLUB

Holiday Guide to Recreation, Entertainment & Dining
at Frenchman's Creek Beach and Country Club

For the week of Monday, FEBRUARY 15TH TO FEBRUARY 21ST

Holiday Happenings...

Kites for Little Tykes

Monday to Thursday · 9am
Beach Club

Kites will be provided, enjoy this fun activity with the entire family. Call ahead. 561-624-3400.

Beach Fishing

Monday to Thursday · 9am
Beach Club

Fishing poles will be provided, enjoy the mornings at the beach and catch lunch for the day. Details: 561-846-9987.

Tennis Clinics

Every Day · 9am
Tennis Courts

Stay fit with tennis. Tennis clinics for adults are held every day at 9am. Call the tennis shop to register and if you would like to demo a racquet. 561-622-1623.

Fitness Trunk Show

Monday, Feb. 15 · 8am
Fitness & Spa Lobby

Get ready for an extraordinary February at Frenchman's Creek with chic fashions for you.

Kids Yoga Class

Monday, Feb. 15 · 10am
Fitness & Spa Aerobics

An aerobic workout combining various types of dance and play to improve flexibility and strength for a fun and challenging full body workout. Kids ages 6-10 yrs. Details: 561.622.3691.

Junior Golf Academy

Monday, Feb. 15 · 2:45pm
Juniors (6-10 yrs.)

Monday, Feb. 15 · 3:45pm
Juniors (11 yrs. & up)

Golf Practice Range

Junior Golf Academy

Tuesday, Feb. 16 · 2:45pm
Juniors (6-10 yrs.)

Tuesday, Feb. 16 · 3:45pm
Juniors (11 yrs. & up)

Golf Practice Range

Family Bingo

Tuesday, Feb. 16 · 7:15pm
Main Dining Room

A game of chance played with randomly drawn numbers. Great for family and friends. Cash and gift prizes to be awarded. Dinner is served prior to Bingo in the 19th Hole, Sports Bar, Beach Club and The Grille.

Details: 561-273-2647.

Family Golf Tournament

Wednesday, Feb. 17 · 12:45pm
Golf Course

Enjoy this 9-Hole fun competition for the entire family. Sign-up in the Golf Pro Shop. Details: 561.622.1620.

Cobra & Titleist Demo

Thursday, Feb. 18 · 12pm
Golf Practice Range

Come out to the range and try out the latest trends in golf equipment and technology.

Stone Crab Night

Thursday, Feb. 18 · 6pm
Beach Club

Everyone's favorite. Did you get a chance to enjoy this Florida delicacy yet? Make your reservations today! Details: 561.624.3400.

Craft Beer Tasting

Friday, Feb. 19 · 6pm
Sports Bar

A special local Craft Beer selection by Sommelier Stephen Fisher will be available for tasting. Details: 561.273.2647.

Member's Night Mediterranean Style

Saturday, Feb. 20 · 6pm
Main Dining Room

A wonderful social event night with Mediterranean specialties and Entertainment. Invite your family and friends and enjoy this fabulous buffet dinner. Details: 561.273.2647.

Pickleball Club Party

Sunday, Feb. 21 · 10am
Tennis Courts

Pickleball Round Robin with champagne, bloody mary, assorted bite size sandwiches, served courtside. Please contact your Tennis Pro Shop for additional details and to sign-up at (561) 622-1623.

Virtual Fitness Classes

Every Day · at your leisure
Fitness & Spa Center

An awesome way to take a class anytime without commitment to a class schedule. Virtual classes are offered in the group aerobics and spin rooms. Access is 24 hours a day, 7 days a week with the exception when a live class is scheduled in either room. Details: 561.622.3691.

THIS WEEK'S ACTIVITY SCHEDULE



PHONE NUMBERS

Reception 561-622-8300
 POA Office 561-627-1467
 Beach Club 561-624-3400
 Dining 561-273-2647

Catering 561-273-2645
 Concierge 561-846-9987
 Creek Club 561-622-3691
 Fitness & Spa 561-622-3691
 Golf Shop 561-622-1620
 Movie Hotline 561-273-2645

Real Estate 561-784-6505
 Security 561-622-7800
 Starter 561-624-0001
 Take Out 561-273-2648
 Tee-Times 561-273-2665
 Tennis 561-622-1623

Transport 561-846-9987
 The Grille 561-273-2649
 19th Hole 561-273-2654
 Sports Bar 561-273-2652
 Pool Side Cafe 561-273-2638
 Main Dining 561-273-2651

**Monday
February 15, 2016**

6:30am Fitness Aerobics
Virtual X Train

8am Fitness Aerobics
Cardio Sculpt

8am Fitness Spinning
Spin Cycle Zone

8am Fitness Center & Spa
Fitness Trunk Show
Jenny's Jewelry &
Binnies Loft Handbags

8:30am Fitness Pool
Aqua Fusion

9am Beach Club
Beach Fishing

9am Tennis Courts
Adult Tennis Clinic

9am Fitness Aerobics
Barrelates

9:30am Main Dining Room
Phillip Alder Bridge Classes

10am Basketball Court
Basketball (6-12 yrs)

10am Outside Fitness Area
Outside BodyFit

11am Basketball Court
Soccer (6-12 yrs)

10am Fitness Center
Kids Yoga Class (6-10 yrs)

11:30am Tennis Courts
Tiny Tots Tennis (3-6 yrs)

12pm Tennis Courts
Sharks Tennis (7-10 yrs)

1pm Tennis Courts
Challengers Tennis
(11-15 yrs)

1pm Beach Club
Beach Games

2pm Beach Club
Flag Football

2pm Fitness Pool
Arts & Crafts (5-12 yrs)
(Patriotic Sea Shells)

2pm Beach Club
Kites for Little Tykes

2:45pm Golf Practice Range
Junior Golf Academy
(5-10 yrs)

3:00 pm Fitness Aerobics
Mat Pilates

3:45pm Golf Practice Range
Junior Golf Academy
(11 yrs & up)

4pm Fitness Pool
Aqua Spin

4pm Outside Fitness Area
Outside BodyFit

4pm Fitness Spinning
Spin Cycle Zone

4pm Fitness Aerobics
Yin-Yang Yoga

**Tuesday
February 16, 2016**

6:30am Fitness Spinning
Virtual Revolution

8am Fitness Spinning
Spin Cycle Zone

8am Fitness Aerobics
Mat Pilates Fusion

8am Fitness Pool
Waves of Steels
(Water Class for Men)

9am Fitness Aerobics
Cardio Sculpt

9am Fitness Spinning
Spin Cycle Zone

9am Beach Club
Beach Fishing

9am Tennis Courts
Adult Tennis Clinic

10am Fitness Aerobics
Power Yoga

10:30am Bocce Courts
Bocce Ball (6-12 yrs)

11am Fitness Aerobics
Kids Zumba Class (6-10 yrs)

11:30am Tennis Courts
Tiny Tots Tennis (3-6 yrs)

12pm Tennis Courts
Sharks Tennis (7-10 yrs)

**Tuesday
February 16, 2016**

2:45pm Golf Practice Range
Junior Golf Academy
(5-10 yrs)

3:00 pm Fitness Aerobics
Mat Pilates

3:45pm Golf Practice Range
Junior Golf Academy
(11 yrs & up)

4pm Fitness Pool
Aqua Spin

4pm Outside Fitness Area
Outside BodyFit

4pm Fitness Spinning
Spin Cycle Zone

4pm Fitness Aerobics
Yin-Yang Yoga

1pm Tennis Courts
Challengers Tennis
(11-15 yrs)

1pm Beach Club
Beach Games

2pm Beach Club
Volleyball

2pm Fitness Pool
Arts & Crafts (5-12 yrs)
(Decorate a Bag)

2pm Beach Club
Kites for Little Tykes

2:30pm Main Dining Room
Apple Workshop
(Phone/Facetime/Apple)

2:45pm Golf Practice Range
Junior Golf Academy
(5-10 yrs)

3pm Pickleball Courts
Pickleball Club

3:30pm Fitness Aerobics
Barrelates

3:45pm Golf Practice Range
Junior Golf Academy
(11 yrs & up)

4pm Fitness Pool
Aqua Fusion

4pm Fitness Spinning
Spin Cycle Zone

4:30pm Men's Card Room
Duplicate Bridge

4:30pm Fitness Aerobics
Cardio X-treme

5:30pm Outside Fitness Area
Outside Sunset Yoga

7:15pm Main Dining Room East
Family Bingo

8:15pm Main Dining Room West
Live from NY's 92 Y
Joel Grey, Master of Ceremonies

**Wednesday
February 17, 2016**

6:30am Fitness Spinning
Virtual Cycle Max

7:30am Fitness Pool
Aqua Spin

8am Fitness Spinning
Spin Cycle Zone

8am Fitness Aerobics
Cardio Sculpt

8:30am Fitness Pool
Aqua Fusion

9am Fitness Aerobics
Restorative Stretch

9am Fitness Spinning
Spin Cycle Zone

9am Beach Club
Beach Fishing Tournament

9am Tennis Courts
Adult Tennis Clinic

10am Tennis Court #16
Badminton (6-13 yrs)

10am Fitness Aerobics
Zumba

11am Fitness Aerobics
Kids Mat Pilates (6-10 yrs)

11:30am Tennis Courts
Tiny Tots Tennis (3-6 yrs)

12pm Tennis Courts
Sharks Tennis (7-10 yrs)

12:45pm Golf Course
Family Golf Tournament

1pm Tennis Courts
Challengers Tennis
(11-15 yrs)

1pm Beach Club
Beach Games

2pm Beach Club
Flag Football

2pm Fitness Pool
Arts & Crafts (5-12 yrs)
(Color Me Bracelets)

2pm Beach Club
Kites for Little Tykes

3pm Fitness Aerobics
Mat Pilates

3pm Fitness Spinning
Spin Cycle Zone

4pm Main Dining Room
Living Documents
Presentation

4pm Outside Fitness Area
Outside BodyFit

4pm Fitness Aerobics
Therapeutic Stretch

4pm Fitness Spinning
Virtual Revolution

4pm Tennis Courts
Boys & Girls Singles
Tennis Tournament

4:30pm Living Room
Discussion with the
President

**Thursday
February 18, 2016**

6:30am Fitness Spinning
Virtual Leg Speed

8am Fitness Spinning
Spin Cycle Zone

8am Fitness Aerobics
Barrelates

8am Outside Fitness Area
Outside BodyFit

8:00am Fitness Pool
Waves of Steels
(Water Class for Men)

9am Fitness Aerobics
Cardio Sculpt

9am Fitness Spinning
Spin Cycle Zone

9am Beach Club
Beach Fishing

9am Tennis Courts
Adult Tennis Clinic

10am Fitness Aerobics
Power Yoga

10:30am Bocce Ball Court
Bocce Ball (6-13 yrs)

11am Fitness Aerobics
Kids Yoga (6-10 yrs)

11:30am Tennis Courts
Tiny Tots Tennis (3-6 yrs)

12pm Tennis Courts
Sharks Tennis (7-10 yrs)

12pm Golf Practice Range
Cobra and Titleist Demo

1pm Tennis Courts
Challengers Tennis
(11-15 yrs)

1pm Beach Club
Beach Games

2pm Beach Club
Chess & Wii Tournament

2pm Fitness Pool
Arts & Crafts (5-12 yrs)
(Clay Butterfly & Shapes)

2pm Beach Club
Kites for Little Tykes

3pm Pickleball Courts
Pickleball Club

4pm Tennis Courts
Boys & Girls Doubles
Tennis Tournament

4pm Fitness Pool
Aqua Fusion

4pm Fitness Aerobics
Matt Pilates

4pm Fitness Spinning
Spin Cycle Zone

5:30pm Fitness Area
Outside Sunset Yoga

6pm Beach Club
Stone Crab Night

**Friday
February 19, 2016**

6:30am Fitness Spinning
Virtual Pedal Power

8am Fitness Spinning
Spin Cycle Zone

8am Fitness Aerobics
Cardio Sculpt

8:30am Fitness Pool
Aqua Fusion

9am Outside Fitness Area
Outside BodyFit

9am Fitness Spinning
Spin Cycle Zone

9am Fitness Aerobics
Restorative Stretch

9am Tennis Courts
Adult Tennis Clinic

9:30am Fitness Pool
Aqua Spin

10am Fitness Aerobics
Exercise Lite / Low Impact

10am Basketball Court
Basketball (6-13 yrs)

11am Basketball Court
Soccer (6-13 yrs)

11:30am Tennis Courts
Tiny Tots Tennis (3-6 yrs)

12pm Tennis Courts
Sharks Tennis (7-10 yrs)

1pm Tennis Courts
Challengers Tennis
(11-15 yrs)

1pm Beach Club
Beach Games

2pm Fitness Pool
Arts & Crafts (5-12 yrs)
(Suncatchers)

2pm Beach Club
Kites for Little Tykes

2:15pm Main Dining Room
Town Hall Meeting

4pm Fitness Aerobics
Prana Yoga

4pm Fitness Spinning
Virtual Revolution

5pm Fitness Spinning
Spin Cycle Zone

6pm Sports Bar
Craft Beer Tasting

**Saturday
February 20, 2016**

6:30am Fitness Spinning
Virtual Pedal Power

8am Fitness Spinning
Spin Cycle Zone

8am Fitness Aerobics
Cardio Sculpt

8:30am Fitness Pool
Aqua Fusion

9am Outside Fitness Area
Outside BodyFit

9am Fitness Spinning
Spin Cycle Zone

9am Fitness Aerobics
Virtual Interval Body Quick Fix

9am Fitness Aerobics
Virtual Recovery Yoga

9am Tennis Courts
Adult Tennis Clinic

9:30am Fitness Aerobics
Virtual Mat Pilates

10:30am Fitness Aerobics
Virtual Cardio & Strength

11:30am Tennis Courts
Tiny Tots Tennis (3-6 yrs)

12pm Tennis Courts
Sharks Tennis (7-10 yrs)

1pm Tennis Courts
Challengers Tennis
(11-15 yrs)

2pm Beach Club
Kites for Little Tykes

4pm Fitness Spinning
Virtual X-train

4pm Fitness Aerobics
Virtual Blitz Cardio & Tone

5pm Fitness Spinning
Spin Cycle Zone

6pm Main Dining Room
Mediterranean Style
Member's Night

**Sunday
February 21, 2016**

7:30am Fitness Aerobics
Virtual Lean Abs

8:30am Fitness Aerobics
Ropes Gone Wild

8:30am Fitness Spinning
Virtual X Train

9am Fitness Pool
Aqua Fusion

9am Fitness Pilates
Pilates Reformer Class

9:30am Outdoor Fitness Area
Outdoor Partner BodyFit

9:30am Fitness Aerobics
Restorative Stretch

10am Pickleball Courts
Pickleball Club Party

10am Fitness Pilates
Pilates Reformer Class

10am Fitness Spinning
Spin Cycle Zone

10:30am Fitness Aerobics
Zumba

2pm Main Lobby
Excursion-Lake Worth
Street Art Painting Festival


2pm Beach Club
Kites for Little Tykes

4pm Fitness Aerobics
Virtual Blitz Cardio & Tone

4pm Fitness Spinning
Virtual Building Climbing
Strength


Dress Requirements:

For Gentlemen:

 = Shirts with sleeves and shorts of walking lengths and jeans are permitted.


 = Shirts with sleeves and jeans are permitted (NO shorts).

 = Collared shirt and slacks. (NO jeans or shorts permitted).

 = Collared shirt, trousers and jackets are required.


Equivalent attire for ladies.


The Grille *

Lunch: 
Monday to Saturday
11:30am-2:30pm

Dinner: 
Tuesday to Saturday 6-9pm.



19th Hole

Breakfast: 
Every Day 7-10:30am.


Lunch: 
Every Day 11:30am-2:30pm

Dinner: 
Monday to Friday 5:30-8:30pm.


Sports Bar

Lunch: 
Every Day 11:30am-2:30pm
Dinner: 
Every Day 5:30pm -8:30 pm

Pool Side Cafe



Lunch: 
Every Day 11-4pm

Beach Club*

Lunch: 
Monday to Sunday
11:30am-2:30pm

Dinner: 
Monday & Wednesday to
Saturday 6-9pm.

Main Dining Room

Sunday Brunch: 11:30am 
Sunday BBQ: 6pm 

Private Dining / Catering

Please contact Catering Director, George Giller to arrange for your special event at your home or at the club. 561-273-2645.

Take Out / Home Delivery

Enjoy dinner at home? Let us assist you with the cooking. A specialty menu is available for Dinner for Home Delivery. Place your order by 4pm and get dinner to your door between 5-6pm. 561-273-2648.

Recreation & More

Beach Activities

For an exiting day in the sun, come out to the Beach. Enjoy a refreshing dip in the Atlantic Ocean or in our olympic size pool.

Beach Club Shuttle

No need to drive. Hop on one of the all-day shuttles taking you to the Beach Club. Runs daily 10am - 9pm. Or call 561-273-2700. The Shuttle van leaves from the Sales Office location.

Basket Ball

Half Court located next to the tennis facilities by tennis court #16. Basketballs for play are available in the Tennis Pro Shop.

Board Games

Available in the Business Center Library for use at the Clubhouse

Bocce Ball

2 lanes are located behind tennis court #1. Don't know how to play? Instructions are available at the lanes.

Card Rooms

Bridge, Canasta, Poker, Gin and Rummy are all being played on a daily basis in the Ladies and

Men's Card Rooms. The Card Rooms are located in the lower level within the 19th Hole.

Cart Rental

If you need assistance commuting within the community, please contact the Golf Pro Shop to help you arrange for a Golf Cart to use during your visit.

Driving Range

Get warmed up for 18 holes, practice or take a private lesson or clinic! 7am-Dusk. Appropriate golf attire required. 561-622-1620.

Fitness Center

The fully equipped gym offers an array of cardio equipment. Strengthening, stretching areas are available as well. Personal training and group aerobics classes are available. 561-622-3691. The Fitness Center is open for use 24/7.

Game Room

The children's activity room is available 24/7. Computer and board games are available.

Golf

Experience the challenges of championship golf at the Creek.

Lessons available. Appropriate golf attire required. 561-622-1620

Locker Rooms

Day lockers are available for your convenience. Located at the Fitness & Spa Center and the Beach Club Cabana.

Membership Tours

Informational Tours of the club and facilities are available by appointment for guests interested in membership. 561-868-6383.

Movie Theater

See current features in the Meeting room no. 3 in the Clubhouse lower level. Movie Hotline: 561-273-2645.

Pickleball

6 Pickleball courts are available for play. Lessons from our experienced pros are available 7 days a week! Appropriate tennis attire required. Please contact the Tennis Pro Shop to arrange for a court and/or Demo equipment. and to schedule your lessons.

Playground

Located next to the Golf shop Cart Parking lot on the west

Spa

Relax, refresh and renew at our full service spa. Appointments: 561-622-3691.

Swim Lessons

Available upon request at the Fitness Center Pool. 561-622-3691.

Tennis

13 Tennis courts are available for play. Lessons from our experienced pros are available 7 days a week! Appropriate tennis attire required. Please contact the Tennis Pro Shop to arrange for a court and/or Demo equipment. and to schedule your lessons. 9 courts are available for night time play.

Volleyball

Pick up a game of Beach Volleyball at the Beach Club. 561-624-3400.

Water Toys

Water toys for use at the Beach Club are available by the beach cabana locker rooms. At the Fitness Pool you will find water toys located next to the outside entrance to the ladies locker rooms.

Shopping

Golf Pro Shop

All your golfing needs from Ladies and Men's apparel to equipment, gifts and more. Daily 7am -5pm. 561-622-3691.

Tennis Pro Shop

All your tennis and pickleball needs from apparel to equipment and more. Daily 7:30am-4pm. 561-622-1623.

Sommelier Selection

Stock up your bar at home or need a little something to bring to a party? Our Sommelier Stephen Fisher is happy to assist with all your wine & spirits requests.

Fitness & Spa Retail

Offering luxury skin and body care products, unique accessories and gift items. Monday-Sunday 7am to 7pm. 561-622-3691.

