



Newsletter

FRENCHMAN'S
CREEK 
BEACH & COUNTRY CLUB

January 2015



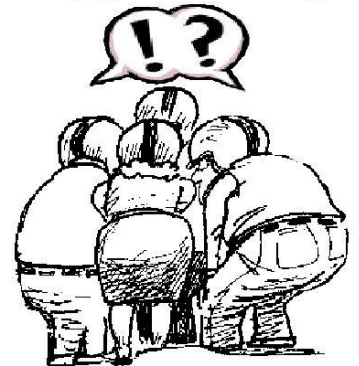
Trivia Night

Monday January 12th, 6:30 p.m.

Once again we invite you to a night of dinner and fun quizzes. While there are plenty of hard brain teasers out there, it is nice to have some easy trivia Questions and Answers.

Prizes awarded to best team. The evening begins at 6:30 p.m. Organize your

Team Trivia



What We Love About

JANUARY

WHAT YOU NEED TO DO, SEE, HEAR, AND TALK ABOUT THIS MONTH

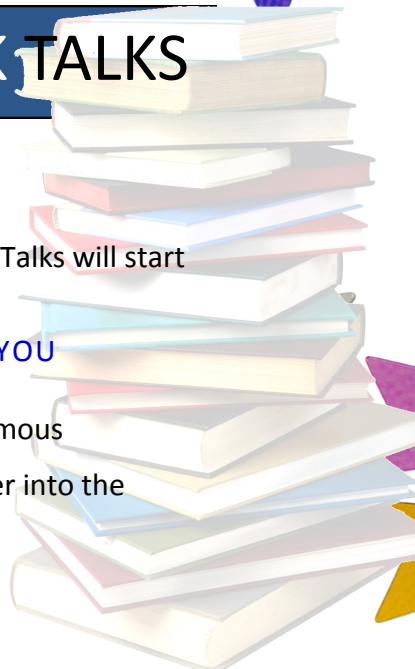
ROSENCRANS BOOK TALKS

Wednesday, January 14th

Let's meet for coffee at 9:30 a.m. The Book Talks will start promptly at 10:00 a.m.

EVERYTHING I NEVER TOLD YOU
BY CELESTE NG

Mesmerizing debut novel that shrinks enormous issues of race, prejudice, identity and gender into the dynamics of a single family.



INSIDE THIS ISSUE

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SOCIAL MEDIA 101



Google+ (or **Google Plus**) is a social networking and identity service that is owned and operated by Google Inc. Google has described Google+ as a "social layer" that enhances many of its online properties, and that it is not simply a social networking website, but also an authorship tool that associates web-content directly with its owner/author. It is the fifth-largest social networking site in the world after Facebook. 540 million monthly active users are part of the Identity service site, by interacting socially with Google+'s enhanced properties, like Gmail, +1 button, and YouTube comments. In October 2013, Google counted 540 million active users who used at least one Google+ service, of which 300 million users are active in "the stream"



Like us on Facebook

After registering to use the site, users can create a User profile, add other users as "friends", exchange messages, post status updates and photos, share videos and receive notifications when others update their profiles. Additionally, users may join common-interest user groups, organized by workplace, school or college, or other characteristics, and categorize their friends into lists such as "People From Work" or "Close Friends". Facebook had over 1.3 billion active users as of June 2014. www.facebook.com/FrenchmansCreek



Blogger is a blog-publishing service that allows multi-user blogs with time-stamped entries. Follow us on our blog:

www.frenchmanscreekblog.blogspot.com

Visit us on the Web
www.FrenchmansCreek.com
To see all our great features!

Frenchman's Creek Beach & Country Club
13495 Tournament Drive
Palm Beach Gardens, FL 33410
Club House: (561) 622-8300

Frenchman's Creek Beach Club
400 Celestial Way
Juno Beach, FL 33408
Beach Club: (561) 624-3400

Stay Connected with Us!

Did you know that 1.2 billion people around the world subscribe to social Media? Did you know that Frenchman's Creek has a facebook Page? To enhance our marketing efforts, Social Media will allow us to create dialogue and share the "Frenchman's Creek Lifestyle" with members, your friends and family , as well as the general public - all of whom are our prospective members.



Happy New Year!
Celebrate with us

**FRENCHMAN'S
CREEK**
BEACH & COUNTRY CLUB

Best Band in town

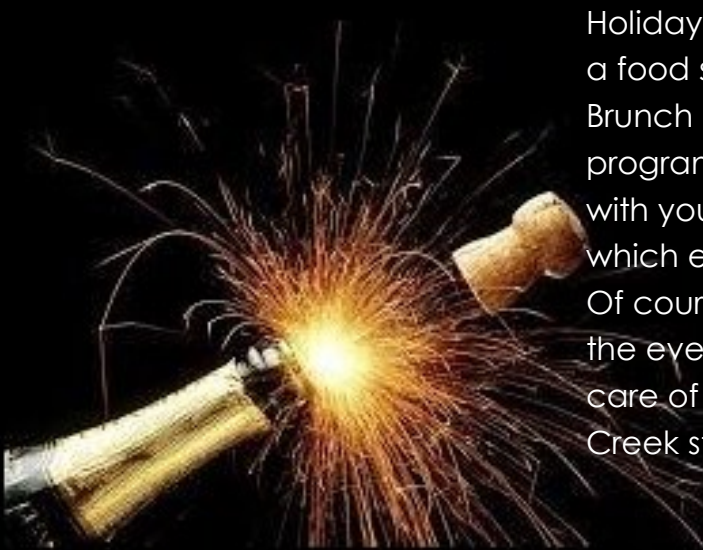
Supper Club for Adults begins at 8:30 p.m. Dining and Dance Celebration to welcome the New Year 2015.

New Year's Day Brunch

We will welcome the New Year with a Bang! An upscale Holiday Brunch is available in the Main Dining Room with a food selection that exceeds the regular Sunday Brunch and also is not part of the all inclusive Lunch program. The New Year's Brunch however is included with your New Year's Eve Celebration Tickets. (No matter which event you have attended)

Of course you can also join us if you have NOT attended the events. Just check in at the Podium and we will take care of you, your guests and families in Frenchman's Creek style!

RSVP (561) 273-2647



Save
the Date

Sunday, February 1

Join us for the BIG GAME, which will be shown in the Sports Bar at 6:00 p.m. Classic "Superbowl Foods " await. Come early to save your seat! Enclosed in this issue you will find our Take-Out menu selection.



SUPERBOWL BBQ



Performers Series featuring Paul Tanner

Thursday, January 15

7:00 p.m.

Main Clubhouse



A singer and impressionist, he has amazed audiences from Las Vegas to Broadway. He has been compared to the "Man of Many Voices" - Danny Gans. He brings the likes of Elvis, Tom Jones, Neil Diamond, Barry Manilow, Nat King Cole, and many others.

Top of the line entertainment of the highest quality. Cocktails and buffet dinner followed by show. Always the most special of evenings.

Casual Chic Attire

Reservations: 273-2647

Beach Club Events



Thursday, January 8th

Stone Crab Night

6:00 p.m. - 9:00 p.m.



Monday, January 19th

Lobster Dinner

6:00 p.m. - 9:00 p.m.

Thursday, January 22nd

Skype Wine Dinner

6:00 p.m.

This is the modern version of a wine-lecture. Enjoy the Beach Club's great creations paired with some of the best wines and learn more about this vineyard's history as we tune in to a live conversation via Skype.

Sunday, January 25th

Calypso Brunch

11:30 a.m. - 2:30 p.m.

The soft island sounds of a steel drum and the addition of Caribbean brunch entrees will be available on the last Sunday of the month. Same great brunch price, same great brunch selections only more added for your enjoyment.



BEACH CLUB

CABARET

A unique and intimate evening, featuring fabulous cabaret performers with a specialty menu.
Tables of 6 please!



Jimmy Keys

Monday, January 5th, Evening begins at 6:30 p.m.

An international musical comedy entertainer.
He delivers a high energy must see variety show packed with comedy.



Jodie Langel

Monday, January 26th, Evening begins at 6:30 p.m.

Returning by popular demand, Jodie premiered on Broadway as the role of Cosette in "Les Misérables."

As an actress, Jodie recently starred in "Everyday Rapture" at the Boca Raton Theater Guild and "Bare" at the Broward Center.

She was the youngest person to ever portray the role Grizabella ("CATS") and the Pre Broadway show "Martin Guerre" as Bertrande. Jodie starred in the critically acclaimed production of "Next to Normal" as Diana at the Actors Playhouse where she won the prestigious "Silver Palm Award" and "Broadway world" awards and was nominated for a Carbonell.

3RD ANNUAL FOREIGN LANGUAGE FILM FESTIVAL

AFTERSHOCK (2010)

Wednesday, January 7th

We are starting off this year with a Chinese emotional masterpiece that tracks the story of one family and the effect a natural issue has on them.

It will show how tightly the Chinese family culture is and what they believe in.

This was a big budget film, it can also destroy a tough guy. So carry with you tissues, however the tears will roll back into your eyes for a powerful ending. Due to the length of the movie we will be starting promptly at **5:15 p.m.** This film will end at 7:30 p.m.

ELLING (2011)

Tuesday, January 13th

This film is about 2 men in their 40's who meet in a government institution.

Only 90 minutes, I thought this was hysterical, although a touch of sadness to the story line. It was nominated for the best foreign film in 2001, shot mostly around Oslo, Norway.

ALL TOGETHER (2011)

Wednesday, January 28th

Jane Fonda in a foreign film? Yes! What would happen if you decide you don't want to live in an assisted living and decide you and a bunch of friends should live under the same roof?

Very entertaining, a french-german film, only 96 minutes of grimly funny or wacky comedy, you decide!

See you at the movies!

Refreshments are available, please be seated 5-10 minutes before showtime.

SHOWTIMES are 5:30 p.m. prompt and 7:45 p.m.

Debbie Hornstein



Flavors around the World Dinner Dance

● ————— New York

A great event, not to be missed!

Bring your passport and join us for an all-inclusive trip around the world in “80 minutes”

From Africa, Egypt and Morocco through Europe with stops in Venice, Bavaria, Paris over to China, Japan and India. Let’s not forget South America where you will be greeted in Mexico and Rio de Janeiro. Back to Seattle and San Francisco, Chicago and Palm Beach Gardens.

You are travelling first class and your trip is accompanied by Great Dinner, Great Dance Music and of course our fantastic travel guides from the Food & Beverage department. All this and much more: ***on Saturday, January 31st***

6:00 p.m. to 9:00 p.m.

Guests are welcome! Attire: Casual (put on your dancing shoes)

Make your Travel Arrangements now (561) 273-2647

Sommelier's Club

Gourmet Wine Dinner

Saturday, January 17th, 6:30 p.m.

Our own Master Sommelier Stephen Fisher has invited Representatives from Winebow whose Passion is your Passport to the World of Wine. Winebow's award-winning portfolio of Italian wines is distributed nationwide under the Leonardo LoCascio Selections (LLS) label, the de facto seal of approval for Italian wine enthusiasts. LLS wines typically come from smaller, independent wineries offering a special combination of high quality, excellent value and the distinctive characteristics of their respective regions. Reservations: (561) 273-2647

Beach Club Skype Wine Dinner

Thursday, January 22nd, 6:00 p.m.

Torbreck Vintners was created with the aim of building one of the finest wine estates in the world. The vision is to pay homage to the vineyards of the Barossa Valley, home to some of the oldest vines on the planet.

This is the modern version of a wine-lecture. Enjoy the Beach Club's great creations paired with some of the best wines and learn more about this vineyard's history as we tune in to a live conversation via Skype.

Reservations: (561) 624-3400

Great Tastings

Scotch Tasting

Friday, January 9th, 6:00 p.m.

Gin & Vodka Tasting

Tuesday, January 20th, 6:00 p.m.

Taste what's new in the spirits department.

We will meet you for
A drink in the Sports Bar

Scotch Dinner

Thursday, January 29th, 6:00 p.m.

Todd Richman, Master of Whiskey will share his wealth of knowledge with you. Of course you will get to try the objects of discussion; paired as usual with Chef Bernd's delicacies. Your Host Stephen Fisher is looking forward to welcoming you to this fabulous gathering.

Reservations: (561) 273-2647

Cigar Club

Friday, January 9th, 3:30 p.m. and
Wednesday, January 21st, 3:30 p.m.

The Cigar Club meets at the Cigar Lounge out side the Men's Card Room to enjoy Drinks, Hors d'oeuvres and Conversation. All while enjoying a cigar. Bring your own or enjoy one of our selection.



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Art of My Heart

January 23rd & 24th

This year's Annual Art Expo will be a great Art Viewing and Dining Experience

The evening begins with Gallery Viewing at 6:00 p.m. and the Dining Room opens for an elegant Dinner at 7:00 p.m.

Dancing will be available!

Attire: Jacket & Tie

Please RSVP to the Food & Beverage Office, phone: (561) 273-2647 or email: reservations@frenchmancreek.com.

Winter 2014 Art Studio Schedule

Oil & Acrylic Painting

Tuesdays 2:00 p.m. - 5:00 p.m. All levels.

Instructor: Rita Boutros

Sessions: 4 weeks - Cost \$200

January 6th– January 27th

February 3rd–February 25th

March 3rd–March 31st

(no class March 17th)

April 7th–April 28th

Drop-ins are available at \$55

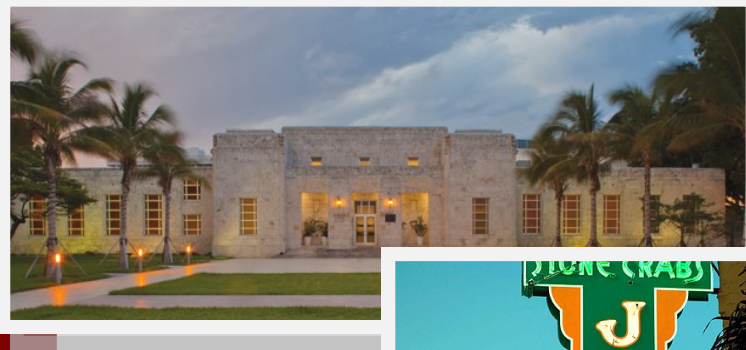
For more information and registration form, please contact the Food & Beverage Office at 561-868-6370



Frenchman's Creek Excursions

Bilian and the transportation department have planned three great trips in January. We start off with a trip to Miami to the Bass Museum and while we are all the way down there we make a stop at Joe's Stone Crabs. This will be an all day excursion. The second trip is a repeat from last year which was a very popular trip to the International Polo Club with VIP Brunch. Third we will take everybody shopping. We take a trip to the Palm Beach Outlets. We take the bus so we can transport all our shopping bags back!

Details are as follows:



Bass Museum and Joe's Stone Crabs in Miami



Sunday, January 18th

Pick up from Frenchman's Creek at 9:30 a.m. We arrive at the Bass Museum at 12:00 p.m. We will take time at the museum until 4:30 p.m. and from there leave to have dinner at Joe's Stone Crabs. Return to Frenchman's Creek will be at approximately at 9:30 p.m. Transportation charge \$20, Bass general admission charge \$8.



Game Day at the International Polo Club in Wellington

Sunday, January 25th

We will Leave Frenchman's Creek at 12:00 p.m. and plan to return by 6:00 p.m. \$150 per person includes: Transportation, VIP Brunch at the members only Mullet restaurant, Two hours open bar. Watch the polo game directly from restaurant This will be another popular event. Sign up now!

A Day at the Mall in West Palm Beach

Thursday, January 29th

The bus will pick us up at Frenchman's Creek at 10:00 a.m. and take us to the Palm Beach Outlets, return from the Mall by 5:00 p.m. Transportation charge: \$20





FRENCHMAN'S CREEK WOMEN FOR CANCER RESEARCH BENEFITING SCRIPPS RESEARCH INSTITUTE

Calendar of Events

Sunday, January 25th

House Tour

Registration in the Lobby 12:00 p.m.

Tours 1:00 p.m. - 4:00 p.m.

Monday, January 26th

Tennis Tournament

Registration 8:45 a.m.

Tennis Play 9:00 a.m.

Tuesday, January 27th

Golf Tournament

Registration 7:30 a.m.

Tee Off: 18 Holes at 8:30 a.m. &
9 Holes at 10:30 a.m.

Luncheon at 1:00 p.m.

(Food served at the luncheon will be charged to your account)

The Scripps Research Institute is one of the world's largest non-profit independent biomedical research organizations.

The institute's mission is to perform high-impact biomedical research that improves human health and to provide the highest quality scientific education and training for the next generation of scientists. Scripps Florida, the institute's first campus outside of La Jolla, CA, was founded in 2004 and provides advanced equipment and facilities in Jupiter, FL. For more information, please visit www.scripps.edu.

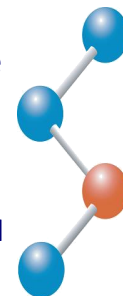
Facts and Figures:

Scripps Research Institute scientists are among the most prolific and entrepreneurial in the world. Each year they generate more than 200 invention disclosures, the first step toward applying for a patent. Each investigator aims to improve scientific understanding of the human body and to find therapies that can treat and prevent what ails it. The Scripps Research Institute is a place where today's brightest scientific minds can pursue that goal by doing what they do best: scientific discovery.

If you count health as one of the things you're most thankful for this year, consider making a gift in support of tomorrow's medical advances. The remarkable achievements you read about each month are possible because of dedication to science and top-notch technology – and because of the generous support of individuals like you.

Today's tax deductible donation to

The Scripps Research Institute translates into tomorrow's saved lives.



SCRIPPS
FLORIDA™

THE SCRIPPS RESEARCH INSTITUTE

Your Donation to Scripps of \$500 and more entitles you to:

Participate in Golf and Tennis Activities, One House Tour Ticket, One Commemorative Flower and One Book of 5 Raffles Tickets

A Scripps Donation of \$1000 and more entitles you to:

Participate in Golf and Tennis Activities, Two House Tour Ticket, Three Commemorative Flower and Two Books of 5 Raffles Tickets

Intermediate/ Advanced Intermediate Bridge Classes at Frenchman's Creek



Phillip Alder

Phillip Alder is returning this year to teach Intermediate/ Advanced Intermediate Bridge Classes.

Bridge champion, coach, author and teacher, he writes the United Feature Syndicate bridge column, and is the bridge columnist for The New York Times.

As a bridge teacher, Alder has conducted many classes and bridge holidays.

During the summer he will be teaching around the country, for example, in Arizona, Illinois, Maine, Missouri and Pennsylvania.

Bridge Classes will be held Monday Mornings 9:30 a.m. - 11:30 a.m.
January 12th and 19th
February 2nd and 23rd
March 2nd and 9th

2015 Men's One Day Member Guest

Friday, January 30, 2015

Please Invite One or Three Guests

7:30 a.m. Registration, Breakfast

Practice Range & Short Game Area available

8:45 a.m. Shotgun

1:00 p.m. Lunch and Awards Presentation

**FRENCHMAN'S
CREEK**
BEACH & COUNTRY CLUB

FORMAT: TWO BEST BALLS OF FOURSOME

**The Golf Pro Shop at Frenchman's Creek (561) 622-1620
www.Frenchmancreek.com**

UNDER THE
Tuscan Sun
LADIES MEMBER GUEST

Tuesday, February 3rd

- 7:00 a.m. Registration & Practice Facility Available
- 7:30 a.m. Breakfast in the Main Dining Room
- 8:45 a.m. Golf Shot Gun
- 1:00 p.m. Luncheon & Awards Presentation

Format: "1" Best Ball Shamble - Gross & Net Awards

Please invite One or Three Guests

GOLF DEMO DAYS

ADAMS GOLF	Wednesday, January 14 th	12:00 p.m. - 4:00 p.m.
BRIDGESTONE BALL FIT	Wednesday, January 14 th	12:00 p.m. - 4:00 p.m.
TAYLORMADE	Wednesday, January 14 th	12:00 p.m. - 4:00 p.m.
CLEVELAND	Monday, January 19 th	12:00 p.m. - 4:00 p.m.
NIKE	Monday, January 19 th	12:00 p.m. - 4:00 p.m.
CALLAWAY	Thursday, January 22 nd	12:00 p.m. - 4:00 p.m.
COBRA	Thursday, January 29 th	12:00 p.m. - 4:00 p.m.



GOLF TOURNAMENTS

JANUARY

LADIES' MEMBER / MEMBER

January 6th & 8th
January 13th & 15th
9 and 18 Holes
Tee times

MEN'S MEMBER / MEMBER

January 16th & 17th
January 23rd & 24th
Tee Times

WOMEN FOR CANCER RESEARCH

Tuesday, January 27th
8:30 a.m.—18 Holes
9:30 a.m.—9 Holes
1:00 p.m. Luncheon

LADIES' GOLF DAYS

Tuesdays
8:30 a.m.—18 Holes
9:30 a.m.—9 Holes

MEN'S GOLF DAY

Wednesdays at 8:30 a.m.

MEN'S MEMBER GUEST DAY

January 30th
Shotgun 8:45 a.m.
Lunch 1:00 p.m.

FEBRUARY

LADIES' MEMBER GUEST DAY

February 3rd
Shotgun 8:45 a.m.
Format: Shamble 1 Best Ball

FRENCHMAN'S CUP

February 5th
Dinner 6:30 p.m.
February 6th & 7th
Golf events

LADIES' PRESIDENT'S CUP

February 10th & 12th
Ringer Tournament

NINE, WINE & DINE

Friday, February 13th
3:00 p.m. Start
9 Hole Format

JUNIOR CLINICS

February 16th & 17th
from 3:00 p.m. to 5:00 p.m.

FAMILY GOLF EVENT

February 18th
12:45 p.m. Shotgun
9 & 18 Holes

SADIE HAWKINS

Sunday, February 22nd
8:30 a.m. Shotgun
Format: Scramble

MIXED COUPLES MEMBER GUEST DAY

February 27th
Shotgun 12:30 p.m.
Format: Shamble
Brunch 10:30 a.m.
Cocktails & Dinner 5:00 p.m.

LADIES' GOLF DAYS

Tuesdays
8:30 a.m.—18 Holes
9:30 a.m.—9 Holes

MEN'S GOLF DAY

Wednesdays at 8:30 a.m.

MARCH

MEN'S 3-DAY MEMBER GUEST

March 5th
Practice Round and
3:00 p.m. Short Game Skills
Challenge
March 6th
Shotgun 8:45 a.m.
Stag Night 7:00 p.m.

March 7th

Shotgun 8:45 a.m.
Dinner Dance and Awards
Presentation 7:00 p.m.

LADIES' MEMBER GUEST DAY

March 10th
Shotgun 8:45 a.m.
Format: Shamble 1 Best Ball

LADIES' CLUB CHAMPIONSHIP

March 12th & 17th
March 19th & 21st
Tee Times

MEN'S CLUB CHAMPIONSHIP

March 13th & 14th
March 20th & 21st
Tee Times

MEET YOUR NEIGHBOR GOLF

March 15th
2:45 p.m. Shotgun
9 Holes

MEN'S CLUB CHAMPIONSHIP CHAMPIONSHIP FLIGHT

March 21st & 22nd
Tee Times

FRENCHMAN'S CREEK CHARITY EVENTS

March 27th
Auction the Pros
March 29th
18-Hole & 9-Holes Events
8:30 a.m. & 12:45 p.m.
Format: Step Aside Scramble
Closing Dinner



Stroke has a new indicator

Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue

STROKE:

Remember the 1st Three Letters.....

S. T. R.

STROKE IDENTIFICATION:

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) ... she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 PM Jane passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, **S.T.R.**

Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack

of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to **SMILE**.

T *Ask the person to **TALK** and **SPEAK A SIMPLE SENTENCE** (Coherently) (i.e. Chicken Soup)

R *Ask him or her to **RAISE BOTH ARMS**.

If he or she has trouble with ANY ONE of these tasks, call an emergency number immediately and describe the symptoms to the dispatcher.

**New Sign of a Stroke -----
Stick out Your Tongue!**

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

A cardiologist says if everyone who reads this information sends it to 10 people; you can bet that at least one life will be saved.

ACT FAST at the First Sign of STROKE





Well **Pickleball** has been a huge success!

Mondays and Thursdays men play at 3:00 so come join if you want to play Pickleball! We are organizing games for the ladies please call or come into the tennis shop and let us know days you would be interested in playing. We also provide Pickleball lessons:

COMPLIMENTARY PICKLEBALL CLINICS

Thursday, January 8th

Thursday, February 12th

Clinics begin at 11:00 a.m.

EXCITING NEWS

Pickleball Club Championship

ONE DAY ONLY!! Thursday, April 23rd

Get out and practice before this date comes. Get a partner it can be mixed, women or men so anyone can play with anyone!!

Put in a Training Session during our weekly Pickleball Club Games

MEN'S PICKLEBALL CLUB

Mondays and Thursdays

We meet at 3:00 p.m. at the Pickleball Court

LADIES PICKLEBALL CLUB

Meets every Friday

at 8:30 a.m. at the Pickleball Court

REMINDER TENNIS CLUB CHAMPIONSHIP

ALL LEVELS MEN and WOMEN DOUBLES WEEK

January 19th to January 25th

Please come into tennis shop and sign up if you are going to play the tennis club championship. We have one week only to finish all matches!

Warm up during our weekly Tennis clinics and prepare for the matches or dust off your racket if you haven't played for some time.

TENNIS CLINICS

LADIES:

Mondays at 8:30 a.m.

Wednesdays and Fridays at 9:00 a.m.

MEN:

Tuesdays at 9:00 a.m.

The **Tennis Pro Shop** is stocked with clothes and shoes so come check out all the new items.

Also, to sign up for any of the tennis or pickleball events or to reserve a court to play, please contact the Tennis Pro Shop. Phone: (561) 622-1623

We look forward to seeing you all on the courts

How Do We Eat In Balance, Feel Energized, Satiated And Lose Weight. **Lunch & Learn Lecture**

This discussion will look at the role nutrition plays in nourishing your body, help you lose your cravings and how balancing nutrient dense foods and carbohydrates keeps you satiated.



Friday, January 9th 11:30 a.m. - 12:30 p.m.

presented by the Fitness & Spa Center

Featuring Maureen Buchbinder Nutrition Coach MS, MBA, BS, CC. Maureen is a Nutrition Consultant and a Health Educator. Maureen specializes in weight loss and getting healthy. She emphasizes on educating you, so you can understand why it is so difficult to maintain or attain your ideal body weight.

Sign up in the Food & Beverage Office (561) 273-2647

Fitness & Spa Center

**FRENCHMAN'S
CREEK**
BEACH & COUNTRY CLUB



NuYou

Six Week Nutrition Challenge

Begins Monday, January 12th through Saturday, February, 28th

Fitness & Spa Center

January Trunk Show

Get ready for an extraordinary January in Frenchman's Creek with chic fashions for you.

Monday, January 12th

8:00 a.m. -12:30 p.m.

Bonnie Roseman Boutique Clothing
Extradinaire Handbags

Monday, January 19th

8:00 a.m. -12:30 p.m.

Anatomie Fitness Apparel
Noat Shoes

Tel: (561) 622-3691



The top half of the poster features a vibrant sunset background with a large white sun and orange-hued hills. Two black silhouettes of people in Tai Chi poses are shown. The person on the left has one arm raised and the other extended horizontally. The person on the right is in a wide, low stance with arms extended. The text 'Tai Chi' is written in a large, bold, black font, with 'workshops for Health' in a smaller font below it.

Tai Chi

workshops for Health

During these workshops you will learn how to cultivate your own "Qi" or Life Force utilizing natural breathing, graceful movements & creative visualization. We can assist you on your path towards restoring, maintaining and optimizing your health.

You will learn the secret of Tai Chi Joint Loosening Exercises that anybody can do which lead to fall prevention, longevity, and flexibility.

Sunday, January 11, 9:00 a.m.

Saturday, January 31, 9:00 a.m.

Sunday, February 8, 9:00 a.m.

Saturday, February 28, 9:00 a.m.

Saturday, March 14, 9:00 a.m.

Sunday, March 22, 9:00 a.m.

Workshops will be located outside by the duck area. Inclement weather days the workshop will be re located to the main clubhouse.

**For complete information and pricing please contact the
Fitness & Spa center at (561) 622-3691**

breathe deep re-energize feed your soul restore dissolve stress

*The Fitness & Spa Center presents
Thursday, February 5th at 5:30pm with Cora*

full moon Yoga Flow



We invite you to experience true inner peace on a full moon night. Unite your body, mind and spirit with an invigorating session of yoga outside with a view of the golf course and lake.

During a full moon, all energies are amplified, so it's a perfect time to focus on calming the mind, increasing positive thoughts, and moving energy through the body.

The class will consist of Hatha flow, stretching, balance poses, controlled breathing and guided meditation.



January Dining Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Year's Day New Year's Brunch at Main Club and Beach Club	2 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	3 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner
4 Club Brunch Beach Club Brunch NFL Sunday BBQ	5 19th Hole Dinner Sports Bar Dinner "BC Cabaret"	6 19th Hole Dinner Sports Bar Dinner The Grille Dinner	7 Foreign Language Film 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	8 19th Hole Dinner Sports Bar Dinner The Grille Dinner BC Stone Crab Night	9 Wellness Lunch & Learn Cigar Club Scotch Tasting 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	10 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner
11 Club Brunch Beach Club Brunch NFL Sunday BBQ	12 Trivia Dinner 19th Hole Dinner Sports Bar Dinner Beach Club Dinner	13 Foreign Language Film 19th Hole Dinner Sports Bar Dinner The Grille Dinner	14 Rosencrans Book Talk 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	15 Board Meeting "Performers Series" 19th Hole Dinner Sports Bar Dinner Beach Club Dinner	16 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	17 Gourmet Wine Dinner 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner
18 Club Brunch Beach Club Brunch BBQ	19 19th Hole Dinner Sports Bar Dinner BC Lobster Dinner	20 Gin & Vodka Tasting 19th Hole Dinner Sports Bar Dinner The Grille Dinner	21 Maltz Cigar Club 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	22 Fitness Latin Dance Party 19th Hole Dinner Sports Bar Dinner The Grille Dinner BC Skype Wine	23 "Art Expo" 19th Hole Dinner Sports Bar Dinner Beach Club Dinner	24 "Art Expo" 19th Hole Dinner Sports Bar Dinner Beach Club Dinner
25 W.F.C.R. House Tour Club Brunch BC Calypso Brunch BBQ	26 W.F.C.R. Tennis 19th Hole Dinner Sports Bar Dinner "BC Cabaret"	27 W.F.C.R. Golf & Luncheon 19th Hole Dinner Sports Bar Dinner The Grille Dinner	28 Foreign Language Film 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	29 Scotch Dinner 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	30 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	31 Flavors of the World Dinner Dance The Grille Dinner Beach Club Dinner