


FRENCHMAN'S  
CREEK   
BEACH & COUNTRY CLUB

# OCTOBER 2017

NEWSLETTER



EXCLUSIVE LUXURY COMMUNITY WITH SERVICE BEYOND IMAGINATION



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Visit us at

<http://www.frenchmancreek.com>  
to see all the new site features!

**Frenchman's Creek Beach  
and Country Club**

13495 Tournament Drive  
Palm Beach Gardens, Florida 33410  
Phone: (561) 622-8300

**Frenchman's Creek Beach Club**

400 Celestial Way  
Juno Beach, Florida 33408  
Phone: (561) 624-3400

S L N P V Y S P S C E C J A Q  
 I Y O E K A O L W A N E Q J D  
 S H S B E H P X B L A J E C E  
 K N A I S W O X B Y C M L S M  
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 F V F N O R O D I A R D K W G

## OCTOBER WORD SEARCH

- |           |           |
|-----------|-----------|
| BEER      | HURRICANE |
| CALYPSO   | IRMA      |
| CHARITY   | LANTERN   |
| CIGAR     | LOBSTER   |
| DISCO     | OCTOBER   |
| GHOULS    | TAI CHI   |
| GOLF      | TENNIS    |
| HALLOWEEN | WORKSHOP  |



## Kathy O'Brien - Community Relations

### Exterior Painting of POA Maintained Homes

If you live in a patio, villa or town-house, a portion of your POA fees include the painting of your home. Items painted include the trim every three (3) years and the entire home painted every six (6) years. The fee you pay is based on the cost associated with painting an original standard A, B, or C, patio, villa or town-house, Barbados, courtyard or Lake Front homes are classified as a Patio C home.

A non-standard A, B, or C patio, villa, or town-house in which changes or additions have been made, either when first built or subsequently, or if there are any extenuating circumstances where extra painting or preparation is required, an additional painting fee will be charged.

The additional amount to be assessed will be the difference between the actual painting costs less the amount billed as part of your POA fees.

Prior to the start of your scheduled trim or full-house painting, a letter will be sent to you by the POA office letting you know the approximate time frame your house will be painted. As a courtesy to our homeowners, if there is an additional charge for this painting, the notice will state the amount and reasons for the additional charge.

If you have any questions, please do not hesitate to call the **POA Office** at **(561) 627-1467**.





## Linda George - Administration

### UPCOMING MEETINGS

#### DISCUSSION WITH THE PRESIDENT & BOARD MEETINGS

##### OCTOBER—2017

- WEDNESDAY, OCTOBER 18—4:30 P.M.—DISCUSSION WITH THE PRESIDENT (LIVING ROOM)
- THURSDAY, OCTOBER 19—12:00 P.M.—MONTHLY BOARD MEETING (BOARD ROOM)
- TUESDAY, OCTOBER 24—10:00 A.M.—SPECIAL BOARD MEETING TO REVIEW THE STRATEGIC PLAN (BOARD ROOM)

##### NOVEMBER—2017

- WEDNESDAY, NOVEMBER 15—4:30 P.M.—DISCUSSION WITH THE PRESIDENT (LIVING ROOM)
- THURSDAY, NOVEMBER 16—12:00 P.M.—MONTHLY BOARD MEETING (BOARD ROOM)

##### DECEMBER—2017

- WEDNESDAY, DECEMBER 13—4:30 P.M.—DISCUSSION WITH THE PRESIDENT (LIVING ROOM)
- THURSDAY, DECEMBER 14—12:00 P.M.—MONTHLY BOARD MEETING (BOARD ROOM)

##### JANUARY—2018

- WEDNESDAY, JANUARY 17—4:30 P.M.—DISCUSSION WITH THE PRESIDENT (LIVING ROOM)
- THURSDAY, JANUARY 18—12:00 P.M.—MONTHLY BOARD MEETING (BOARD ROOM)

##### FEBRUARY—2018

- SATURDAY, FEBRUARY 10—2:30 P.M.—MEET THE CANDIDATES FORUM (MDR)
- WEDNESDAY, FEBRUARY 14—4:30 P.M.—DISCUSSION WITH THE PRESIDENT (LIVING ROOM)
- THURSDAY, FEBRUARY 15—12:00 P.M.—MONTHLY BOARD MEETING (BOARD ROOM)

##### MARCH—2018

- SATURDAY, MARCH 17—2:30 P.M.—ANNUAL MEETING (MDR)
- WEDNESDAY, MARCH 21—4:30 P.M.—DISCUSSION WITH THE PRESIDENT (LIVING ROOM)
- THURSDAY, MARCH 22—12:00 P.M.—MONTHLY BOARD MEETING (BOARD ROOM)



## MEMBERSHIP DIRECTORY

The **2017/2018 Membership Directory** is now available in the POA Office for your convenience.

You may also view the directory on the website ([www.frenchmancreek.com](http://www.frenchmancreek.com)) under "My Club" then "Membership Directory." When logging into the website with your mobile phone, select the "Directory" section. Member names are listed alphabetically and calls can be placed directly by tapping on the phone number.

If you have any questions or have additional changes to your information, please contact the POA Office at (561) 273-2617.

# Community Shredding Day



**Friday, October 6<sup>th</sup>**  
**10:00 a.m. to 12:00 p.m.**  
***Sales Office***

Shreddable items are:

paper ✓  
 paper staples ✓  
 paper clips ✓  
 spirals ✓  
 photos ✓

Items that CANNOT be shredded:

x-rays plastic ✗  
 3 ring binders ✗  
 floppy disks. ✗



## Ashish Sethi - Food and Beverage *Special Dining Nights*

**Beer 'n Brats (Beer Tasting)**  
Monday, October 23<sup>rd</sup> at 5:30 p.m.  
*Sports Bar*



**Lobster Night**  
Wednesday, October 25<sup>th</sup> at 6:00 p.m.  
*Beach Club*



**Calypso Brunch**  
Sunday, October 29<sup>th</sup> at 10:30 a.m.  
*Beach Club*



**DINNER WITH THE GHOULS**  
Saturday, October 28<sup>th</sup> at 5:30 p.m.  
*Beach Club*



### Take Out Service



Dinner is available *everyday*.

Place your order by 4:00 p.m. and we will deliver dinner to your home between 5:00 p.m. and 6:00 p.m.

Please contact the **Food and Beverage Office** for assistance with your order at (561) 273-2647.



# HALLOWEEN PARTY

## DISCO FEVER

Saturday, October 28<sup>th</sup>

7:00 p.m.

*Main Dining Room*

Prizes awarded for best costume.

*Attire: Ghost White and Disco Do's.*





# DINING & SOCIAL

## COLLEGE GAME DAY EVERY SATURDAY AT THE SPORTS BAR

### TAILGATE PARTY

BEGINNING 3:30 P.M. - OPEN LATE  
Live game times varies.



DRAFT BEER  
AND  
WING SPECIALS

<p>October 7<sup>th</sup></p>	 <p>VS.</p>  <p>Michigan Spartans @ Michigan Wolverines</p>
<p>October 14<sup>th</sup></p>	 <p>VS.</p>  <p>Oklahoma Sooners @ Texas Longhorns</p>
<p>October 21<sup>st</sup></p>	 <p>VS.</p>  <p>Michigan Wolverines @ Penn State Nittany</p>
<p>October 28<sup>th</sup></p>	 <p>VS.</p>  <p>Georgia Bulldogs @ Florida Gators</p>

*"It's the name on the FRONT of the jersey that matters most, not the one on the BACK." - Joe Paterno, Penn State.*





**MLB Postseason  
Kick-off**  
October 1<sup>st</sup>  
*Sports Bar*



## The Mystery of Migraines

Thirty-nine million Americans, about 12% of the population, suffer from migraine headaches. Please join Dr. Jennifer Buczyner, a neurologist on the medical staff at Palm Beach Gardens Medical Center, for a lecture to learn about headaches, migraines, stress management, Parkinson's and all available treatment options offered at Palm Beach Gardens Medical Center.

Thursday, October 26<sup>th</sup>  
5:00 p.m. - 6:00 p.m.  
*Main Dining Room*



Palm Beach Gardens  
Medical Center

## Cigar Club

JOIN US!

Every Friday

3:30 p.m.

*Living Room Patio*





# SPECIAL EVENTS

## Tennis and Golf Workshop

Thursday, October 12<sup>th</sup>

*It's a day of assorted fun! Hone in on your tennis and golf skills. Enhance your game with yoga stretching in between.*

***Choose one, two, a few, or ALL ACTIVITIES!***



### Itinerary

8:00 a.m. - 10:00 a.m. TENNIS

11:00 a.m. - 12:00 p.m. YOGA

12:15 p.m. - 1:15 p.m. HEALTHY LUNCH AT THE ***POOLSIDE CAFÉ***

1:30 p.m. - 2:30 p.m. POOLSIDE CHAIR MASSAGE (10 minutes)

4:00 p.m. - 6:00 p.m. GOLF

6:00 p.m. COCKTAILS AND HORS D'OEUVRES AT THE ***SPORTS BAR***

***Sign up with the Food and Beverage Office (561) 273-2647***



## Pamela Rudd - Business Development

### THIS MONTH'S EXCURSION



**Lantern Festival**  
**Saturday, October 21<sup>st</sup>**  
 3:30 P.M. - 8:30 P.M.  
*Morikami Museum and  
 Japanese Gardens*



## Frenchman's Creek Experience

We appreciate, encourage and support all of our members' efforts to promote Frenchman's Creek to potential future residents. Please take the opportunity this season to engage your guests in a 3-day, 2-night membership experience. They will be free to explore the lifestyle that makes Frenchman's Creek Unique, and avail themselves of all the amenities. Explore the beach club; play golf or tennis; rejuvenate at the spa; or invigorate at the fitness center. Enjoy your favorite cocktails and superb dining with your friends:

The Frenchman's Creek Experience is a three day two night night stay anytime during the year except the December holidays:

- The program has a one-time stay restriction and excludes family members.
- There is a nominal charge of \$199 for 4 (2 members and 2 guests), inclusive of enjoyment of all amenities as well as food and beverage.
- Guests reside with the inviting member during the weekend.
- Pre-registration is required.

Plan your 2017-2018 season now and invite your friends to experience Frenchman's Creek. Please contact Pamela Rudd for additional information or to setup the Frenchman's Creek Experience for you and your guests.

If you have friends or family visiting the area who are not participating in the Frenchman's Creek Experience you may invite them to call upon me for a club tour, luncheon or a cocktail. It would be my pleasure to showcase the community.

Phone: (561) 784-6505  
 E-mail: [prudd@frenchmancreek.com](mailto:prudd@frenchmancreek.com)

Sunday	Monday	Tuesday
<p>1</p> <p>SB NFL Week 4</p> <p>Club Brunch</p> <p>SB Baseball Playoffs Post Season Kick-Off</p> <p>MDR/Sports Bar Dinner</p>	<p>2</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>SB NFL Week 4</p> <p>MDR/Sports Bar Dinner</p>	<p>3</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>MDR/Sports Bar Dinner</p>
<p>8</p> <p>SB NFL Week 5</p> <p>Club Brunch</p> <p>MDR / Sports Bar BBQ</p>	<p>9</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>SB NFL Week 5</p> <p>19th Hole Dinner Sports Bar Dinner</p>	<p>10</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>19th Hole Dinner Sports Bar Dinner</p>
<p>15</p> <p>SB NFL Week 6</p> <p>Club Brunch</p> <p>NFL Sunday BBQ</p>	<p>16</p> <p>Poolside Café Lunch 19th Hole Lunch Beach Club Lunch</p> <p>SB NFL Week 6</p> <p>19th Hole Dinner Sports Bar Dinner Beach Club Dinner</p>	<p>17</p> <p>Poolside Café Lunch 19th Hole Lunch Beach Club Lunch</p> <p>19th Hole Dinner Sports Bar Dinner</p>
<p>22</p> <p>SB NFL Week 7</p> <p>Club Brunch Beach Club Brunch</p> <p>NFL Sunday BBQ</p>	<p>23</p> <p>Poolside Café Lunch 19th Hole Lunch The Grille Lunch Beach Club Lunch Beer 'n Brats @ SBar (Beer Tasting)</p> <p>19th Hole Dinner Sports Bar Dinner Beach Club Dinner</p>	<p>24</p> <p>Poolside Café Lunch 19th Hole Lunch The Grille Lunch Beach Club Lunch</p> <p>19th Hole Dinner Sports Bar Dinner</p>
<p>29</p> <p>SB NFL Week 8</p> <p>Club Brunch BC Calypso Brunch</p> <p>NFL Sunday BBQ</p>	<p>30</p> <p>Poolside Café Lunch 19th Hole Lunch The Grille Lunch Beach Club Lunch</p> <p>SB NFL Week 8</p> <p>19th Hole Dinner Sports Bar Dinner Beach Club Dinner</p>	<p>31 Halloween</p> <p>Poolside Café Lunch 19th Hole Lunch The Grille Lunch Beach Club Dinner</p> <p>19th Hole Dinner Sports Bar Dinner</p>

# ber 2017

Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>MDR/Sports Bar Dinner</p>	<p>5</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>SB NFL Week 5</p> <p>MDR/Sports Bar Dinner</p>	<p>6</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>Cigar Club</p> <p>MDR/Sports Bar Dinner</p>	<p>7</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>MDR/Sports Bar Dinner</p>
<p>11</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>19th Hole Dinner Sports Bar Dinner</p>	<p>12</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>SB NFL Week 6</p> <p>19th Hole Dinner Sports Bar Dinner</p>	<p>13</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>Cigar Club</p> <p>19th Hole Dinner Sports Bar Dinner</p>	<p>14</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>19th Hole Dinner Sports Bar Dinner</p>
<p>18</p> <p>Poolside Café Lunch 19th Hole Lunch Beach Club Lunch</p> <p>19th Hole Dinner Sports Bar Dinner Beach Club Dinner</p>	<p>19</p> <p>Poolside Café Lunch 19th Hole Lunch Beach Club Lunch</p> <p>SB NFL Week 7</p> <p>19th Hole Dinner Sports Bar Dinner Beach Club Dinner</p>	<p>20</p> <p>Poolside Café Lunch 19th Hole Lunch Beach Club Lunch</p> <p>Cigar Club</p> <p>19th Hole Dinner Sports Bar Dinner Beach Club Dinner</p>	<p>21</p> <p>Poolside Café Lunch 19th Hole Lunch Beach Club Lunch</p> <p>NBA Season Kickoff @ Sports Bar Dinner</p> <p>19th Hole Dinner Beach Club Dinner</p>
<p>25</p> <p>Poolside Café Lunch 19th Hole Lunch The Grille Lunch Beach Club Lunch</p> <p>19th Hole Dinner Sports Bar Dinner The Grille Dinner BC Lobster Night</p>	<p>26</p> <p>Poolside Café Lunch 19th Hole Lunch The Grille Lunch Beach Club Lunch</p> <p>SB NFL Week 8</p> <p>Sports Bar Dinner The Grille Dinner Beach Club Dinner</p>	<p>27</p> <p>Poolside Café Lunch 19th Hole Lunch The Grille Lunch Beach Club Lunch</p> <p>Cigar Club</p> <p>SB Dinner &amp; Disco The Grille Dinner Beach Club Dinner</p>	<p>28</p> <p>Poolside Café Lunch 19th Hole Lunch The Grille Lunch Beach Club Lunch</p> <p>MDR Halloween Party</p> <p>Sports Bar Dinner BC Dinner with the Ghouls</p>



## CALLING ALL SOFTBALL LOVERS

We meet at the Frenchman's Creek Parking Lot at 8:45 a.m. and head over to *Mirasol Field*.

## SAVE THE DATES

**THURSDAY, NOVEMBER 2, 2017**

**THURSDAY, DECEMBER 7, 2017**

**THURSDAY, JANUARY 18, 2018**

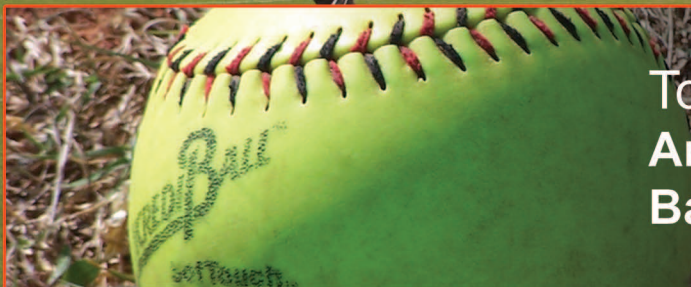
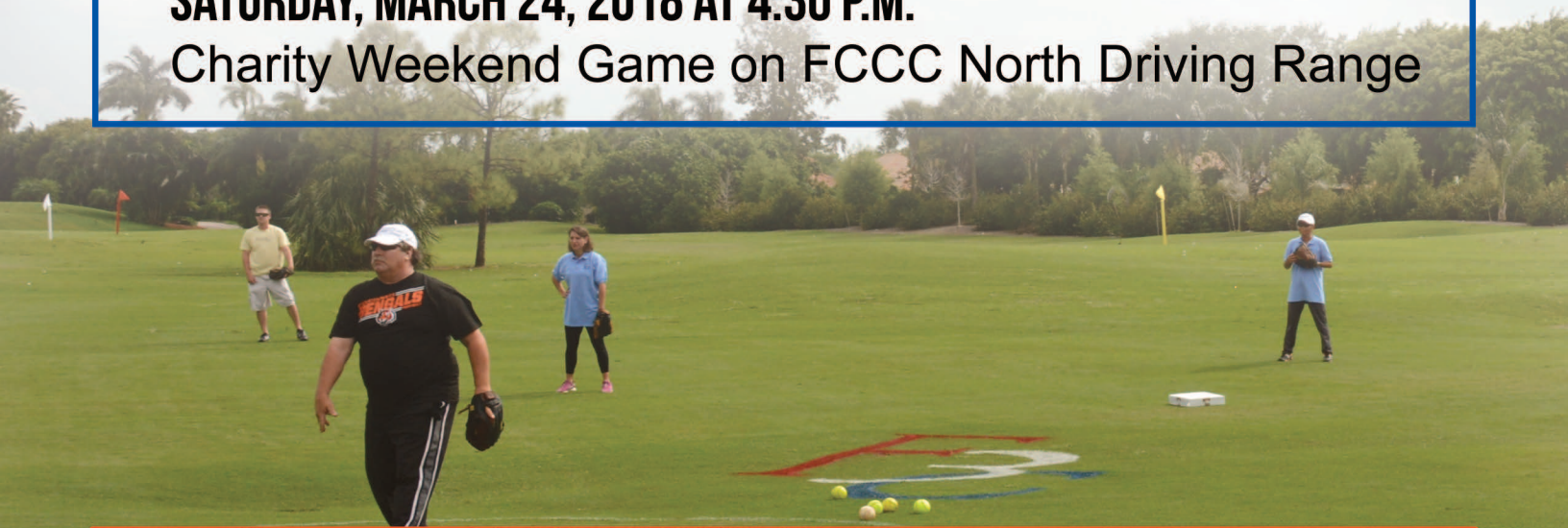
**THURSDAY, FEBRUARY 1, 2018**

**THURSDAY, MARCH 1, 2018**



**SATURDAY, MARCH 24, 2018 AT 4:30 P.M.**

Charity Weekend Game on FCCC North Driving Range



To join our team, please contact:  
Art Lerner (917) 273-4143 or  
Barry Fenner (561) 622-6533

# VOLUNTEER MATCH PROGRAM



Wednesday,  
Nov. 15<sup>th</sup>  
Volunteer  
Showcase

Mark  
Your  
Calendar

Find  
Your  
Match

**HURRICANE IRMA:** The Volunteer Match Program has reached out and followed up with local charities post Irma. Most charities said they will let us know if they need help. They're currently overwhelmed with post Irma work.

**VOLUNTEER SHOWCASE--SAVE THE DATE:** Wednesday, November 15<sup>th</sup> – Volunteer Showcase: 10:00 a.m. to 3:30 p.m. in the Main Dining Room. Over thirty agencies will be there to explain the volunteer positions needed.

**DRESS FOR SUCCESS:** Wednesday, November 15<sup>th</sup> (concurrent with the Volunteer Showcase) in the Living Room – "Dress for Success" will be accepting donations of women's accessories, such as shoes, handbags, and jewelry – but only items suitable for working women. Dottie Kovel has generously helped to organize the collection for "Dress for Success - Accessories Only - Collection." Will be collecting make-up as well, which must be unused and unopened.

**THE LORD'S PLACE:** In early December, we will be collecting thrift shop donations of clothing and household items. The Lord's Place is a non-sectarian charitable organization, which has been providing services to the homeless for over 30 years in the greater Palm Beach area. More details coming soon!

## Making a Difference in October in 20 Minutes!

Grove Park Elementary School in Palm Beach Gardens has asked our community to help in a very special project they have developed, to help expose their students to ideas and thoughts they might never have been exposed to before. This is a **ONE TIME COMMITMENT** during the month of **OCTOBER**. The plan is to have different people come to talk to the children about a special subject for 20 minutes (*Monday-Thursday, 2:00 p.m.-2:20 p.m.*). Please arrive 15 minutes early to register. You could talk about an area of expertise or a subject you have a special interest in. Depending on the topic, the school will decide which grade level will be your best audience!

The goal is to enrich the students as much as we can. To get the children to develop their "thinking skills." You may want to talk about art, a particular artist, music, a special song, travel, what you think about when you pack, a country or a city you visited, history, fitness, business, a hobby, golf, quilting, boating, sewing, banking, yoga, biking, tennis or any topic you choose. You can also bring in an artifact or souvenir! (Remember what fun show and tell was?!) Keep in mind what is common to us may be foreign to many of the students!

Please call **Barbara Stern** at (917) 209-9604 or email [bstern3831@aol.com](mailto:bstern3831@aol.com). We have so much to offer, please consider sharing with these adorable children! Looking forward to hearing from you. This could will be a memorable event, not only for these children but you, too!

On behalf of the Frenchman's Creek Volunteer Match Committee, "Thank You!"



Tiffany DeSouza - Fitness and Spa Director

## Welcome Back!

### *Fitness Specials*

#### **Tour the New Salt Suite**

Himalayan Dry Salt Therapy, also called halotherapy, is a beneficial, non-invasive, drug-free, chemical-free wellness solution that aids in the relief of symptoms for a variety of health problems.

Be introduced to how to use the antigravity chair and all the amenities in the suite.

*Schedule your personal showing today!*

#### **Cardio & Fitness Equipment Orientation**

A review on proper usage and how to maximize all the amazing features on all new treadmills, blood pressure machine, stationary bikes and any other questions you may have.

*Schedule your orientation session today!*

#### **Complimentary Express Group Workouts**

Experience the new express workouts for the month of October.

#### **Core Express: (30 minute class)**

**Saturdays at 9:15 a.m.**

Ignite your core with this express workout that targets all core muscles with crunches, planks, extensions and more.

#### **Express Golf Warm Up Stretch: (30 minute class)**

**Saturdays at 7:15 a.m.**

Unleash the power of your swing with this quick, dynamic warm up that enhances your power, performance and range of motion.

For complete details and appointments, please call the Fitness and Spa Center at 561-622-3691.

Specials are valid from October 1st thru October 31st.



FRENCHMAN'S  
CREEK  
BEACH & COUNTRY CLUB





# TAI CHI

FOR ARTHRITIS & OSTEOPOROSIS



## CLASSES BEGIN OCTOBER 1ST

TAI CHI CLASSES ARE COMPLIMENTARY THE MONTH OF OCTOBER.  
LOCATED IN THE FITNESS CENTER

Learn a simplified tai chi form, evidence based program containing all the fundamental elements and principles of Tai Chi for stronger bones and better balance with Lisa Kirshon.

There is promising evidence in support of using tai chi to reduce pain associated with osteoarthritis, and even larger benefits in pain reduction from tai chi than for other popular interventions.

### What you can expect when participating:

- ◆ All levels are welcome and chairs are available
- ◆ Movements are easier, safer and comfortable to learn
- ◆ Joints are never fully extended or bent too much
- ◆ Strengthen Your Body from The Inside Out
- ◆ Reduce pain and stiffness
- ◆ Improve mobility, breathing, balance, mental and physical relaxation

Classes are Sunday at 9:30 am, Monday at 10:00 am Thursday at 10:00 am

### Find Joy in Your Tai Chi Practice!

For more details and weekly class schedule,  
please call the Fitness Center (561) 622-3691





# FITNESS & SPA

## Group Exercise Schedule

Frenchman's Creek Beach and Country Club, Tel: 561-622-3691

### October 1—15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Virtual</b>	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes
<b>Spin</b>	8:00 Spin Zone - Fran	8:00 Spin Zone - Patricia 4:00 Spin Zone - Angelique	8:00 Spin Zone - Fran	8:00 Spin Zone - Patricia 4:00 Spin Zone - Erica	8:00 Spin Zone - Jeannie	8:00 Spin Zone - Erica	10:00 Spin Zone - Caroline / Erica
<b>Group Fitness</b>	8:00 Cardio Sculpt - Irina 9:00 Gentle Yoga & Stretch Ashley 10:00 Tai Chi for Arthritis - Lisa 4:00 Yin-Yang Yoga - Marianne	8:00 Barre / Mat Pilates - Jane	8:00 Cardio Sculpt - Irina 9:00 Restorative Stretch - Cora	8:00 Cardio Sculpt - Irina 10:00 Tai Chi for Arthritis - Lisa	8:00 Cardio Sculpt - Irina 9:00 Restorative Stretch - Marianne	7:15 Express Golf Warmup Stretch - Erica (30min) 9:15 Core Express - Erica (30min)	9:30 Tai Chi for Arthritis - Lisa
<b>Aqua</b>	8:00 Aqua Fusion - Matt 8:30 Aqua Fusion - Chris	8:00 Aqua Fusion - Matt 8:30 Aqua Fusion - Chris 9:30 Aqua Spin - Chris (**)(Advance Sign Up)	8:00 Aqua Fusion - Matt 8:30 Aqua Fusion - Chris 9:30 Aqua Spin - Chris (**)(Advance Sign Up)	8:00 Aqua Fusion - Matt	8:30 Aqua Fusion - Chris	8:30 Aqua Fusion - Chris	9:00 Aqua Fusion - Matt
<b>Pilates</b>							8:30 Reformer Class - Kate (**)(Advance Sign Up & fee) 9:30 Reformer Class - Kate (**)(Advance Sign Up & fee)

**Group Exercise Information:** Class rates are as follows; daily guest per class rate is \$8, daily per class member rate is \$12 and the unlimited monthly member rate is \$50. (Monthly fee is not applicable to the Pilates Reformer Class). Pilates Reformer Class is \$15 per person. The reformer class is limited to 4 people and registration opens 2 days prior. All classes are suited for all fitness levels. All classes are 55 minutes unless noted otherwise. Virtual classes are video exercise classes, have no fee and are notated accordingly.



## Group Exercise Schedule

Frenchman's Creek Beach and Country Club, Tel: 561-622-3691

### October 16—31

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Virtual</b>	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes
<b>Spin</b>	8:00 Spin Zone –Fran	8:00 Spin Zone –Patricia 4:00 Spin Zone – Angelique	8:00 Spin Zone-Fran	8:00 Spin Zone –Patricia 4:00 Spin Zone – Erica	8:00 Spin Zone-Jeannie	8:00 Spin Zone-Erica	10:00 Spin Zone –Caroline / Erica
<b>Group Fitness</b>	8:00 Cardio Sculpt- Irina 9:00 Gentle Yoga & Stretch Ashley 10:00 Tai Chi for Arthritis- Lisa 4:00 Yin-Yang Yoga –Marianne	8:00 Barre / Mat Pilates -Jane	8:00 Cardio Sculpt- Irina 9:00 Restorative Stretch- Cora 10:00 Zumba- Marisol 4:00 Yoga Flow- Marianne	8:00 Body Blast Toning -Marianne 9:00 Restorative Stretch- Marianne 10:00 Tai Chi for Arthritis- Lisa 4:00 Prana Yoga-Nancy	8:00 Cardio Sculpt- Irina 9:00 Restorative Stretch- Marianne 10:30 Zumba- Marisol	7:15 Express Golf Warmup Stretch- Erica (30min) 9:15 Core Express- Erica (30min)	8:30 Ropes Circuit- Marisol 9:30 Tai Chi for Arthritis- Lisa 10:30 Zumba- Marisol
<b>Aqua</b>	8:30 Aqua Fusion-Chris 4:00 Aqua Spin-Chris ** (Advance Sign Up)	8:00 Waves of Steel-Matt (Water Class for Men) 4:00 Aqua Fusion-Chris	7:30 Aqua Spin-Chris ** (Advance Sign Up) 8:30 Aqua Fusion-Chris	8:00 Waves of Steel-Matt (Water Class for Men) 4:00 Aqua Fusion-Chris	8:30 Aqua Fusion-Chris		9:00 Aqua Fusion-Jane
<b>Pilates</b>		3:00 Reformer Mastery Class- Jeannine ** (Advance Sign Up & fee) *Intermediate & Advance Levels 4:00 Reformer Foundations Class- Jeannine ** (Advance Sign Up & fee) *Novice Level					8:30 Reformer Evolution Class-Kate ** (Advance Sign Up & fee) *All Levels 9:30 Reformer Evolution Class-Kate ** (Advance Sign Up & fee) *All Levels

**Group Exercise Information:** Class rates are as follows: daily per class member rate is \$8, daily guest per class rate is \$12 and the unlimited monthly member rate is \$50. (Monthly fee is not applicable to the Pilates Reformer Class). Pilates Reformer Class is \$15 per person. The reformer class is limited to 4 people and registration opens 2 days prior. All classes are suited for all fitness levels unless notated. All classes are 55 minutes unless notated. Virtual classes are video exercise classes, have no fee and are notated accordingly.



## Letter from J.R. Congdon - Director of Golf

Dear Frenchman's Creek Members,

The season is upon us and we look forward to a fun filled and enjoyable golf year!

In the past few newsletters, I have mentioned that we have gone with a new handicapping system, supported by the USGA called the GHIN system. As part of the previous emails we had requested that any of our members (Men and Ladies) affiliated with other Clubs that have GHIN numbers, to please provide those GHIN numbers to us, so that we can merge your Frenchman's Creek GHIN number with any other club that you may have an affiliation with. To date, we have received less than 100 responses. We are again requesting that you please send your affiliated Clubs GHIN number to Chris Horn at [chorn@frenchmancreek.com](mailto:chorn@frenchmancreek.com) or contact the golf shop at (561) 622-1620. If you unsure how or where to locate your GHIN number let us know and we will contact the Club Professional at your affiliated club to obtain the number.

On another note, in early August we had sent to the entire membership the 2017-2018 golf event schedule of all the Men's, Ladies and Mixed events. There is one change to the previously sent schedule to note. The Men's Club Championship 1st round will be played on Saturday March 10<sup>th</sup>, and the semi-finals and finals will be played on Friday March 16<sup>th</sup> and Saturday March 17<sup>th</sup>, respectively. We are sorry for the confusion, but through your feedback, we feel this schedule change will accommodate more players and hopefully lead to great participation.

As always, we welcome your feedback and input and look forward to your return to Frenchman's Creek very soon.

Regards,  
J.R. Congdon  
Director of Golf



# GOLF SCHEDULE

The Golf Professional Staff is excited to begin the **2017-2018** golf season. We look forward to the return of all Frenchman's Creek Members and get the season off to a successful start. We swing into a full tournament schedule starting this month.

## October 2017 Golf Events

Ladies Field Day Tuesday, October 3 <sup>rd</sup>	8:30 a.m. Shotgun – 18 Holes 9:30 a.m. Shotgun – 9 Holes
Men's Day Wednesday, October 4 <sup>th</sup>	8:30 a.m. Shotgun – 18 Hole
Ladies Field Day Tuesday, October 10 <sup>th</sup>	8:30 a.m. Shotgun – 18 Holes 9:30 a.m. Shotgun – 9 Holes
Men's Day Wednesday, October 11 <sup>th</sup>	8:30 a.m. Shotgun – 18 Holes
Ladies Field Day Tuesday, October 17 <sup>th</sup>	8:30 a.m. Shotgun – 18 Holes 9:30 a.m. Shotgun – 9 Holes
Men's Day Wednesday, October 18 <sup>th</sup>	8:30 a.m. Shotgun – 18 Holes
Ladies Field Day Tuesday, October 24 <sup>th</sup>	8:30 a.m. Shotgun – 18 Holes 9:30 a.m. Shotgun – 9 Holes
Men's Day Wednesday, October 25 <sup>th</sup>	8:30 a.m. Shotgun – 18 Holes
Ladies Field Day Tuesday, October 31 <sup>st</sup>	8:30 a.m. Shotgun – 18 Holes 9:30 a.m. Shotgun – 9 Holes



Rich Luchini, PGA  
Head Golf Professional

# Ask the Pro



## ORDER OF PLAY

Golf is played, for the most part, without supervision of a referee or umpire. The game relies on the integrity of the individual to show consideration for other players and to abide by the rules.

Many people think that the Rules of Golf are there to state what you did wrong or can't do. There are many Rules of Golf that are there to help you in many different ways.

Here is a situation of **ORDER OF PLAY** that comes up many times in our Member/Member Match Play Events and also friendly matches on a daily basis. Players Eric & Richard are partner's playing a match against partner's Chris & Martin and all four balls are on the green in two strokes. Eric's ball is closer to the hole than any other ball and it's Richard's turn to play because he is the farthest from the hole. The team or side of Eric & Richard decide that Eric will putt before Richard so she can try and make the putt for birdie to put pressure on the other team to have to make their putts to tie the hole. Eric made his putt from 6 feet for a birdie and Chris & Martin both missed their putts for birdie and Eric & Richard won the hole. This was a perfect example of knowing the rules of golf and how they can help you. If the Rules of Golf are followed, all players will gain maximum enjoyment from the game.

### Rule 31-4: ORDER OF PLAY

The balls belonging to the same team or side may be played in the order the team or side considers best.

If you have any other Rules questions or situations that you would like to be discussed in future publications, please feel free to come and speak with me.

Rich Luchini, PGA  
Head Golf Professional



## The Frenchman's Creek Ladies Golf Association

The FCLGA invites you to join their association for the **2017-2018 Tournament Season**. Our new FCLGA tournament chair **Sharon Rochlin**, the FCLGA board have worked hard to create a season of varied golf formats, exciting Member Guests. These Tournaments are geared toward all playing levels and are designed for your golfing pleasure. We welcome and encourage all Frenchman's Creek Ladies to participate.

Ladies Opening Day and Luncheon is scheduled for November 7, 2017. It will be a 9:30 a.m. Shotgun (9 Holes) and a fabulous luncheon is planned after golf. Please contact the Golf Pro Shop at (561) 622-1620 for assistance in reference to the FCLGA Membership. **The FCLGA 2017-2018 Membership Application has been enclosed.**

### Why Golf is such an amazing Game!!!

Here listed of a few Amazingly True Golf Truisms:

- A two-foot putt counts the same as a 300 yard drive.
- Never wash your ball on the tee of a hole with water.
- The only sure way to get a par is to leave a four-foot birdie putt 2 inches from the hole.
- It's easy to lower your handicap as it is to lower your hat size.
- One good shank deserves another.
- If your driver is hot, your putter will be ice cold.
- If you can't hit your irons, you will hit your woods fantastic.
- It takes 17 Holes to really get warmed up.
- No golfer ever swung to slowly.
- No golfer except Judy Holsten has ever played to fast.
- One birdie or One Par is a hot streak.
- Whatever you think you're doing wrong is the one you're doing right.



**Tikky Srieud - Director of Tennis**

## OCTOBER SCHEDULE

### TENNIS

**Tennis Shop Hours:**

Beginning on Monday, October 2<sup>nd</sup>, the Tennis Shop opens for regular hours from 7:30 a.m. - 4:00 p.m.

**Tennis Clinic:**

Every Tuesday, 8:30 a.m.

**Round Robin:**

Every Thursday and Saturday at 8:30 a.m.

### BOCCE BALL

Come and enjoy the game every Thursday at 8:30 a.m. Bocce Ball is a calming, competitive way to spend a few hours outdoors in the pleasant company of friends.



### PICKLEBALL

Pickleball courts are always available everyday from 8:00 a.m. to 5:00 p.m. Come and play! Sign up at the Tennis Pro Shop.







## Mark Hall - Security Director



### EVERYONE NEEDS AN EXIT STRATEGY

When a disaster strikes, whether natural or man-made, emergency evacuations are likely to be an important part of the response, and transportation authorities must be ready to facilitate the flow of people. Evacuations for any event can be difficult to plan. These can be large-scale undertakings that may involve thousands, even millions, of people trying to get out of one area in a short time frame.

As numerous experts point out, transportation systems are not designed for evacuations, they're designed for normal traffic flow on a given day. Thus, systems must be adapted when there is an evacuation. Complicating the planning is the fact that inhabitants often delay departure until the last possible minute, so traffic and roads become congested even more.

The key is planning for contingencies, whether that involves alerting the public to the best routes out, rerouting traffic on highways, or providing transportation for people without cars who live in the path of the hurricane, chemical spill, or other impending disaster. Ahead are lessons learned from past evacuations (most often related to hurricanes) and a look at how researchers are trying to use what they learn to lay the groundwork for improved evacuations in the future.

Excerpt from *Security Strategy*, December 2013 Print Issue by Laura Spadanuta.

# HURRICANE IRMA

Early predications on September 5, 2017 of Hurricane Irma forecasted that Palm Beach County will be impacted that weekend. The storm system changed direction west and the community faired very well with minor or no damage at all.

The same cannot be said for the trees and landscape throughout the common areas and around homes. Many common area trees have sustained major damage or have toppled over. Landscape beds were blown away or crushed by falling trees and large limbs. The perimeter fence around the community has been damaged by fallen trees. And, all over the community, roadways and turf areas are covered by landscape debris.

Here are some photos right after Hurricane Irma impacted our area.



# HURRICANE IRMA



# FRENCHMAN'S CREEK



BEACH & COUNTRY CLUB



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Palm Beach Gardens, Florida 33410  
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