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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

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

DECEMBER WORD SEARCH

- | | |
|------------|--------------|
| HANUKKAH | MANTRA |
| BEACH CLUB | DECEMBER |
| WINEMAKER | CELEBRATION |
| GOURMET | CHRISTMAS |
| DANCE | EXTRAVAGANZA |
| POKER | CONCERT |
| SCOTCH | DONATION |
| HEALTH | TRIVIA |

UPCOMING MEETINGS **DISCUSSION WITH THE PRESIDENT & BOARD MEETINGS**

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)**

All Board and Discussion with the President Meetings are open for all Frenchman's Creek Members to attend. Please contact Linda George at (561) 273-2615 or lgeorge@frenchmancreek.com, if you have any questions about these meetings, or would like to schedule a meeting with Mr. Goswami or President William Gersten.

POA SERVICES

TRANSPORTATION SERVICES

For transportation to / from the airport, theatre, shopping, etc., please contact the POA Office at (561) 627-1467 to make arrangements. Limo service is also available.

SHIPPING SERVICES

The POA Office provides assistance with all your USPS and Fed Ex shipping of letters and packages. Remember to change your mailing address with the USPS to your Frenchman's Creek address prior to your return.

NOTARIZATION

For your convenience, the POA Office offers notarization services. When needing numerous documents notarized requiring witnesses, please contact the POA Office in advance to set an appointment. Please keep in mind that all parties must be present to sign in front of the Notary per State of Florida requirements.

Community Shredding Day



Friday, December 8th
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. ✗



DINING & SOCIAL

Ashish Sethi - Food and Beverage Director

Holiday Dining Schedule

Modified Dining Schedule

Friday, December 22nd thru Sunday, December 31st

19th Hole

The 19th Hole will be offering Lunch from 11:30 a.m. to 2:30 p.m. every day and Dinner from 5:30 p.m. to 9:00 p.m. Monday thru Sunday, *except on December 24th and December 25th.*

Main Dining Room

FAMILY BREAKFAST

Served daily at 7:00 a.m.

CHARACTER BREAKFAST

Friday, December 22nd thru Sunday, December 31st at 8:00 a.m.

The Grille

Members and guests over *12 years old* are welcome for dinner.



New Year's Day

Monday, January 1, 2018

Brunch will be served in the *Main Dining Room* and *Beach Club* from 11:00 a.m. until 3:00 p.m. The *19th Hole* and the *Poolside Café* are available for lunch.

There will be no dinner service at the *Main Clubhouse* or the *Beach Club*. However, take-out and delivery service will be available. Please contact the **Food and Beverage Office** at (561) 273-2647 and place your order by 4:00 p.m.

DINING & SOCIAL

Special Dining Nights

Concert Dinner

Saturday, December 2nd at 6:00 p.m.

Main Dining Room

Enjoy a nice dinner while viewing a Whitney Houston performance projected on-screen.



Gourmet Wine Dinner

Thursday, December 7th at 6:30 p.m.

Main Clubhouse

Craig Elliot from Wilson Daniel's will be in attendance to showcase his French selections including Domaine Leflaive.



Opening Dinner Dance

Saturday, December 9th at 7:00 p.m.

Main Dining Room

Dance the night away with music from a live band.



Hanukkah

Tuesday, December 12th at 5:30 p.m.

Main Dining Room

Candle-lighting followed by traditional dinner.



Friday Night Lites (Vodka and Latkes)

Friday, December 15th at 6:00 p.m.

Living Room Lounge

Join us for a cocktail reception. Fun and casual atmosphere. Music by a DJ.



Trivia Dinner

Monday, December 18th at 6:30 p.m.

The Grille

A night of dinner and fun quizzes. Prizes awarded for best team. Make your own team. Tables are limited to 12 seats.



DINING & SOCIAL

Special Dining Nights

Christmas Eve Dinner

Sunday, December 24th at 5:30 p.m.

Main Dining Room

Attire: Jacket optional

Christmas Day Dinner

Monday, December 25th at 5:30 p.m.

Main Dining Room

Attire: Jacket (Tie optional)

Italian Dinner

Tuesday, December 26th at 6:00 p.m.

Main Dining Room

Family Dinner

Wednesday, December 27th at 6:00 p.m.

Main Dining Room

Princess and Pirates

Family Dinner

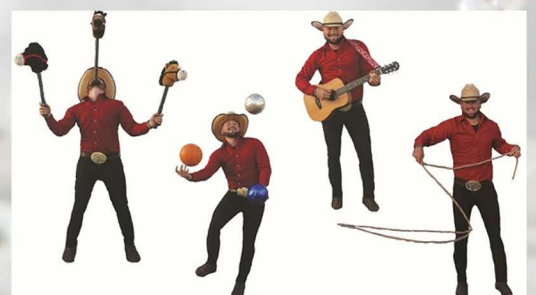
Thursday, December 28th at 6:00 p.m.

Main Dining Room

Western Family Dinner and Danny Grant Show

Monday, December 29th at 6:00 p.m.

Main Dining Room



DINING & SOCIAL

2018

*Wishing you a
Happy and
Healthy
New Year!*



**Glow For It
(Family Party)**
Sunday, December 31st
6:00 p.m.
Main Dining Room



**Adult's New Year's
Eve Celebration!**
Sunday, December 31st
8:30 p.m.
The Grille
Attire: Festive

If you have any questions, please call the Food and Beverage Office at (561) 273-2647.

DINING & SOCIAL



Cindy Teyssedou - Beach Club Director

Beach Club Dining

Stone Crab Nights

Monday, December 4th
Wednesday, December 13th
6:00 p.m.

Winemaker Dinner (with Arkenstone)

Thursday, December 14th
6:00 p.m.

Lobster Nights

Wednesday, December 27th
Thursday, December 28th
6:00 p.m.

New Year's Eve Brunch

Sunday, December 31st
11:00 a.m.



Beach Club Shuttle Service

***Hop on the Beach Club shuttle
and join us at the beach!***

The shuttle service is available every day at the *Sales Office* from **10:00 a.m. to 9:00 p.m.**

Please contact the *Main Club* valet at **(561) 273-2700** for additional information or to make transportation arrangements.

Please call the Beach Club at (561) 624-3400, to make your reservations now.

Happy Holidays!

SPECIAL EVENTS

Fridays at 12:30 p.m.
December 1st, 8th, 15th
Main Dining Room

Tuesdays at 4:00 p.m.
December 5th, 12th, 19th
Ladies Card Room

Duplicate Bridge

Join us for the friendliest bridge game in town!

If you enjoy social bridge, you will love our duplicate game with your friends and neighbors.

We enforce “zero tolerance”...never a sad word spoken to the opponent or partner! Hank Rosely will again be our eminent director.



Speaker Series: Alan Dershowitz

Come enjoy a mind opening lecture. Mr. Dershowitz is a Harvard Law Professor and renowned commentator on Israel and domestic politics. He is also a prominent criminal defense lawyer.

Apple Class

Get tips for using the latest Apple OS 11 for your iPhone and / or iPad.

iOS 11

Scotch Tasting

All Scotch whisky was originally made from malted barley. Commercial distilleries began introducing whisky made from wheat and rye in the late 18th century. (Wikipedia)

Poker Night

After each night, there will be an event/game winner. At the end of the tournament, we will announce the overall/tournament winner. **(7:15 p.m. Registration)** Reserve your spot now! (561) 273-2647



FCTV

FCTV

channel 999

now in **HD**

Hope you're enjoying the new programming.

Golf **Events**
Tennis **Cooking**
Fitness **Weather**
Dining **News**



If you have any questions, please contact JP Caldwell of FCTV at (561) 273-2619 or e-mail: JPCaldwell@Frenchmancreek.com.

December 2017

Sunday

Monday

Tuesday

<p>December 31 New Year's Eve</p> <p>Club Brunch Beach Club Brunch</p> <p>Glow For It (Family Party)</p> <p>New Year's Eve Celebration (Adults Party)</p>		
<p>3</p> <p>Club Brunch Beach Club Brunch</p> <p>NFL Sunday BBQ</p>	<p>4</p> <p>19th Hole Dinner BC Stone Crab Night</p>	<p>5</p> <p>19th Hole Dinner Sports Bar Dinner</p>
<p>10</p> <p>Club Brunch Beach Club Brunch</p> <p>NFL Sunday BBQ</p>	<p>11</p> <p>19th Hole Dinner Sports Bar Dinner Beach Club Dinner</p>	<p>12 Hanukkah</p> <p>Hanukkah Dinner Sports Bar Dinner The Grille Dinner</p>
<p>17</p> <p>Club Brunch Beach Club Brunch</p> <p>NFL Sunday BBQ</p>	<p>18</p> <p>Trivia Dinner 19th Hole Dinner Sports Bar Dinner Beach Club Dinner</p>	<p>19</p> <p>19th Hole Dinner Sports Bar Dinner The Grille Dinner</p>
<p>24 Christmas Eve</p> <p>Club Brunch Beach Club Brunch</p> <p>Christmas Eve Dinner</p>	<p>25 Christmas Day</p> <p>Christmas Day Dinner</p>	<p>26</p> <p>Italian Family Dinner 19th Hole Dinner The Grille Adults Only Beach Club Dinner</p>



Wednesday

Thursday

Friday

Saturday

		1 Cigar Club The Grille Dinner Beach Club Dinner	2 MDR Concert Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner
6 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	7 Gourmet Wine Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	8 Cigar Club Sports Bar Dinner The Grille Dinner Beach Club Dinner	9 Opening Dinner Dance 19th Hole Dinner Beach Club Dinner
13 Scotch Tasting 19th Hole Dinner Sports Bar Dinner The Grille Dinner BC Stone Crab Night	14 Sports Bar Dinner The Grille Dinner BC Winemaker Dinner	15 Cigar Club Friday Night Lites Sports Bar Dinner The Grille Dinner Beach Club Dinner	16 Sports Bar Dinner The Grille Dinner Beach Club Dinner
20 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	21 Poker Night 19th Hole Dinner Sports Bar Dinner The Grille Dinner Beach Club Dinner	22 Cigar Club 19th Hole Dinner Sports Bar Dinner The Grille Adults Only Beach Club Dinner	23 19th Hole Dinner Sports Bar Dinner The Grille Adults Only Beach Club Dinner
27 Family Dinner 19th Hole Dinner The Grille Adults Only BC Lobster Night	28 Princess and Pirates Family Dinner 19th Hole Dinner The Grille Adults Only BC Lobster Night	29 Cigar Club Western Family Dinner and Danny Grant Show 19th Hole Dinner The Grille Adults Only Beach Club Dinner	30 Family Bingo 19th Hole Dinner Sports Bar Dinner The Grille Adults Only Beach Club Dinner





Pamela Rudd - Business Development

2017-2018 EXCURSIONS

Wednesday, December 13th
Monday, February 5th
9:45 A.M. - 1:30 P.M.
The Gardens Mall

A customized day filled with goodie bags, high-fashion excursions at select retailers and lifestyle stores. Enjoy a variety of amenities; from makeovers to facials, personal shopping to raffles. End the day at *Cooper's Hawk* with wine tasting and a nice luncheon.

LADIES DAY OUT



HAMILTON



Date: TBD



BROWARD
CENTER

— for the —
PERFORMING ARTS

GUIDED TOURS

ELLIOTT
museum



Wednesday, January 17th
9:30 A.M. - 3:00 P.M.
*Elliott Museum and House of
Refuge*

*Luncheon at The Dolphin Bar &
Shrimp House*

FUTURE EXCURSIONS

What would you like to do and where would you like to go? Please let us know your suggestions. We would love to hear from you!

Marketing Office

Phone: (561) 868-6383

Email: marketdept@frenchmancreek.com

MARKETING AND COMMUNICATIONS

2018 Frenchman's Creek Pet Calendar

Available at the
Golf Pro Shop,
Tennis Pro Shop, and
Fitness Center



JANUARY



FEBRUARY



MARCH



APRIL



MAY



JUNE



JULY



AUGUST



SEPTEMBER



NOVEMBER



OCTOBER



DECEMBER

CREEK CLUB

**Amazing activities from
Saturday, December 18th thru
Monday, January 1st**

WATER ACTIVITIES

Monday, December 18th to
Monday, January 1st

Lake Frenchman's is there for use from
dawn to dusk. To access, please
contact Security at **(561) 622-8300**.



HOLIDAY SCHEDULE

SLIP 'n SLIDE

Friday, December 22nd to
Monday, December 25th



Lake
Frenchman's



Get a copy of the
**Recreational
Calendar** pamphlet
for the complete
FULL schedule.

Available
throughout the
Main Clubhouse
and online.

SOFTBALL GAMES

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, 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

Donate all types of items such as clothing, shoes, jewelry, dishes, etc.

Volunteer Match Program

Unpacking and cleaning your closets? Think about donating.



CLEAN YOUR CLOSET FOR THE NEW SEASON!

THE LORD'S PLACE

Breaking the Cycle of Homelessness

Donate your unused items to The Lord's Place thrift shop!

The Lord's Place is a non-sectarian charitable organization and is one of the top-rated thrift shops in the area. They generate the most sales during the holiday shopping period and appreciate your donations. Receipts will be available.

LOCATION: SALES OFFICE (The Bank)

DROP-OFF DATES: FRIDAY, DECEMBER 1st thru SUNDAY, DECEMBER 10th

NO FURNITURE. PICK-UPS FOR FURNITURE ITEMS MUST BE ARRANGED DIRECTLY WITH THE LORD'S PLACE THRIFT SHOP. (561) 537-4666.



GOLF

Letter from J.R. Congdon - Director of Golf

Dear Members,

The holiday season is always a fun and exciting time, as family and friends make Frenchman's Creek their winter home for a couple of weeks. This is also the time that we need to give a few reminders pertaining to the practice facilities, the golf courses and club owned golf cart use, so that everyone can have a safe and enjoyable time.

During this time period, that we receive many requests for additional golf carts for family use. It is highly recommended that if you would like additional carts, please request in advance. For daily use of a club cart, please see *Todd Kitchen, Director of Outside Operations*, for all the details.

It's always great to see all the kids and grandkids enthusiastic about golf, and we encourage them to play and practice as much as they want. Please note, children under the age of 16 may only use the North end of the range and they must be accompanied by an adult. Furthermore, any guest using the South end of the range should be dressed in the appropriate attire, which means a collared shirt and golf short or slacks at all times.

Lastly, there are a couple of important golf events being contested in December. The **Men's President's Cup** (2 man partner event) will be held on **December 15th and 16th** and the **Ladies Eclectic Championship** will be held on **December 12th and 14th**. Sign up sheets for both events are available outside the Golf Pro Shop. For additional details, please contact the Golf Pro Shop at (561) 622-1620.

We wish everyone a ***Happy and Health Holiday Season.***

Warmest Regards,
J.R. Congdon
Director of Golf

GOLF SCHEDULE



December 2017 Golf Events

Mixed Couples '9' Wine & Dine Friday, December 1 st	3:00 p.m. Shotgun – 9 Holes
Ladies Field Day Tuesday, December 5 th	8:30 a.m. Shotgun – 18 Holes 9:30 a.m. Shotgun – 9 Holes
Men's Day Wednesday, December 6 th	8:30 a.m. Shotgun – 18 Holes
Ladies Eclectic Tuesday, December 12 th	8:30 a.m. Shotgun – 18 Holes 9:30 a.m. Shotgun – 9 Holes
Men's Health Day Wednesday, December 13 th	8:45 a.m. Shotgun – 18 Holes
Ladies Eclectic Thursday, December 14 th	8:30 a.m. Shotgun – 18 Holes 9:30 a.m. Shotgun – 9 Holes
Men's President Cup Friday, December 15 th (Round 1) Friday, December 16 th (Round 2)	8:30 a.m. Shotgun – 18 Holes 8:30 a.m. Shotgun – 18 Holes
Ladies Field Day Tuesday, December 19 th	8:30 a.m. Shotgun – 18 Holes 9:30 a.m. Shotgun – 9 Holes
Men's Day Wednesday, December 20 th	No Men's Field Day Holiday Period
Ladies Field Day Tuesday, December 26 th	No Ladies Field Day Holiday Period
Men's Day Wednesday, December 27 th	No Men's Field Day Holiday Period



Ask the Pro



How to Play Sixes

A typical round of 18 holes is fun but why not add a little spice to your weekly golf games. Sixes is a format in golf that I believe a very small percentage of golfers actually know how to score or even know how to play. Admittedly, this is one of my favorite games to play on the course. It keeps things interesting. You might get slaughtered for six holes, but then you have 12 holes to make that all up.

Here's how it's played:

In a foursome, you rotate a playing partner every six holes. At the end of 18 holes, the other three players in your group will have been your partner for six holes. You can use any scoring format in sixes and each six-hole stretch is a separate match. Basically, you could lose one of your six-hole matches, but if you win the other two, you come out ahead at the end of 18 holes.

The first thing you need to do is find out the course handicaps of each of the players from the tees they will playing and then divide each by three. (**3 separate Matches**)

Player 1 has a handicap index of 9.1 which equates to an 11 handicap from the White Tees. Divide his handicap of 11 by 3 = 3.66 which would then be rounded up to a 4.

Player 2 has a handicap index of 4.8 which equates to a 5 handicap from the White Tees. Divide his handicap of 5 by 3 = 1.66 which would then be rounded up to a 2.

Player 3 has a handicap index of 3.4 which equates to a 4 handicap from the White Tees. Divide his handicap of 4 by 3 = 1.33 which would then be rounded down to a 1.

Player 4 has a handicap index of 13.4 which equates to a 15 handicap from the White Tees. Divide his handicap of 15 by 3 = 5.

Players 1, 2 & 4 will play off the low handicap of Player 3 which is a 1 handicap in each of the 3 matches after the calculations were made.

Player 1 (4-1=3) will get a shot on the 3 lowest handicap holes in each of the 3 matches.

Player 2 (2-1=1) will get a shot lowest handicap hole in each of the 3 matches.

Player 4 (5-1=4) will get a shot on the 4 lowest handicap holes in each of the 3 matches.

(Continue on Page 22)

(Continued from Page 21) **How to Play Sixes**

On the scorecard there is a line: Index / Sixes. On that line on each hole there is a handicap hole index and a sixes index. Match 1 would be the first 6 holes (1-6) the second match would be 6 holes (7-12) the third and final match would be 6 holes (13-18).

Here is an example of a scorecard of match #1. Players 1 & 2 are playing a match against Players 3 & 4. The number next to the player's name is the sixes handicap that was computed above.

<i>Hole</i>	1	2	3	4	5	6
Par	5	3	4	4	4	3
Sixes	2	6	5	1	3	4
Player 1 (3)	6/5 *	4	4	4/3 *	6/5 *	3
Player 2 (1)	5	3	4	4/3 *	5	2
Player 3 (0)	5	4	4	4	5	3
Player 4 (4)	6/5 *	4	4	4/3 *	5/4 *	4/3 *
Match +/-	Even	1 up	1 up	1 up	Even	1 up

Match 1: Players 1 & 2 won the first match 1 up against Players 3 & 4.

Match 2: Players 1 & 3 will play against Players 2 & 4.

Match 3: Players 1 & 4 will play against Players 2 & 3.

If you have any rule questions or rule situations that you would like to be discussed in future publications, please submit them to me by email at rluchini@frenchmancreek.com.



FITNESS & SPA



Tiffany DeSouza - Fitness and Spa Director

Upcoming Events

HOLIDAY SHOPPING EXTRAVAGANZA

Tuesday, December 5th

3:00 p.m. - 7:00 p.m.

WILD WORKOUT WEDNESDAY

Bring a Friend!

Wednesday, December 6th

10:00 a.m. Zumba and/or

4:00 p.m. Yoga

MINDFUL MOVEMENT AND MEDITATION WORKSHOP

Thursday, December 7th

4:00 p.m.

MANTRA MONDAY

Bring a Friend!

Monday, December 11th

9:00 a.m. Mat Pilates and/or

10:00 a.m. Tai Chi and/or

4:00 p.m. Yin-Yang Yoga Class

MINDFUL MOVEMENT AND MEDITATION WORKSHOP

Thursday, December 14th

4:00 p.m.

For complete details on all of the events or to make appointments, please call the Fitness and Spa Center at **561-622-3691**.



HOLIDAY SHOPPING EXTRAVAGANZA!

Tuesday, December 5th

3:00 p.m. – 7:00 p.m.

Holiday Shopping Extravaganza
(located in the Main Clubhouse)

You are cordially invited to our holiday shopping extravaganza to pick up gifts for all your loved ones.

This Mega trunk features a variety of vendors so you can purchase the perfect gift that is the perfect fit for anyone.

Come and enjoy a One-Stop Shop for all your holiday needs.

20+ Featured Vendors

Anatomie, Bonnie's Loft Handbags, Jodi Rose Originals, Jenny's Jewels, Oh My Bod Casualwear, Extradinaire Handbags, Lifestyles of Lynee's Accessories, Swing Control, Walter Genuine, JoFit, David Cline, Pure Amici, Jude Walter Genuin, Barbara Rodolitz, Linda's Last Call, Up! Pants, and more...

Plus Complimentary Gift Wrapping.

Fitness and Spa Center: (561) 622-3691
Golf Pro Shop: (561) 622-1620

FITNESS & SPA

Group Exercise Schedule

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

December 1-16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Virtual	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
Spin	8:00 Spin Zone – Fran	8:00 Spin Zone – Carolina 4:00 Spin Zone – Angelique	8:00 Spin Zone- Fran	8:00 Spin Zone – Jane 4:00 Spin Zone – Carolina	8:00 Spin Zone- Jeanmie	8:00 Spin Zone- Erica/Jane	10:00 Spin Zone – Carolina / Erica
Group Fitness	8:00 Cardio Sculpt- Irina 9:00 Mat Pilates - Christine 10:00 Tai Chi for Arthritis– Lisa 4:00 Yin-Yang Yoga – Marianne	8:00 Barreletes - Jane 5:00 Hatha Yoga 75min– Cora	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 10:00 Tai Chi for Arthritis– Lisa 3:00 Barreletes – Christine	8:00 Cardio Sculpt– Irina 9:00 Restorative Stretch- Marianne 4:00 Prana Yoga- Nancy	9:15 Core Express– Erica/Jane (30min)	8:30 Ropes Circuit– Marisol 9:30 Tai Chi for Arthritis– Lisa 10:30 Zumba– Marisol
Aqua	8:00 Waves of Steel-Matt (Water Class for Men) 8:30 Aqua Fusion- Chris 4:00 Aqua Spin- Chris ***(Advance Sign Up)	8:00 Waves of Steel-Matt (Water Class for Men) Aqua Fusion- Chris 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) Aqua Fusion- Chris 4:00 Aqua Fusion- Chris	8:30 Aqua Fusion- Chris	8:30 Aqua Fusion- Chris	9:00 Aqua Fusion- Jane
Pilates	3:00 Reformer Mastery Class- Jeanmine ***(Advance Sign Up & fee) *Intermediate & Advance Levels 4:00 Reformer Yoga Fusion Class- Jeanmine ***(Advance Sign Up & fee) *All Levels	3:00 Reformer Evolution Class- Kate ***(Advance Sign Up & fee) *All Levels 4:00 Reformer Evolution Class- Kate ***(Advance Sign Up & fee) *All Levels	3:00 Reformer Evolution Class- Kate ***(Advance Sign Up & fee) *All Levels 4:00 Reformer Evolution Class- Kate ***(Advance Sign Up & fee) *All Levels	3:00 Reformer Evolution Class- Kate ***(Advance Sign Up & fee) *All Levels 4:00 Reformer Evolution Class- Kate ***(Advance Sign Up & fee) *All Levels	8:30 Reformer Mastery Class- Kate ***(Advance Sign Up & fee) *Intermediate & Advance Levels 9:30 Reformer Evolution Class- Kate ***(Advance Sign Up & fee) *All Levels		

FITNESS & SPA

Holiday Group Exercise Schedule

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

DECEMBER 17th - January 1st

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Virtual	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
Spin Zone	17 10:00 Spin Carolina/Erica	18 8:00 Spin Fran	19 8:00 Spin Carolina 4:00 Spin Angelique	20 7:00 Spin Jane 8:00 Spin Fran 3:00 Spin Angelique	21 8:00 Spin Jane 9:00 Spin Jeannie 4:00 Spin Carolina	22 8:00 Spin Carolina 9:00 Spin Carolina 5:00 Spin Matt	23 7:00 Spin Angelique 8:00 Spin Jane 4:00 Spin Matt
	24 9:00 Spin Angelique 10:00 Spin Carolina/Erica 4:00 Spin Matt	25 8:00 Spin Angelique	26 7:00 Spin Jane 8:00 Spin Carolina 4:00 Spin Angelique	27 7:00 Spin Jane 8:00 Spin Fran 3:00 Spin Angelique	28 7:00 Spin Jane 8:00 Spin Jane 4:00 Spin Carolina	29 8:00 Spin Carolina 9:00 Spin Carolina 4:00 Spin Matt	30 7:00 Spin Angelique 8:00 Spin Jane 4:00 Spin Matt
	31 8:00 Spin Jane 10:00 Spin Carolina/Erica	1/1/18 9:00 Spin Angelique					
Group Fitness	17 8:30 Ropes Circuit Marisol 9:30 Tai Chi Lisa 10:30 Zumba Marisol Pilates classes* (Sign Up) 8:30 Reformer Kate 9:30 Reformer Kate	18 8:00 Cardio Sculpt Inina 9:00 Mat Pilates 10:00 Tai Chi Christine 4:00 Yin-Yang Yoga Lisa Marianne	19 8:00 Barrelates Jane 5:00 Hatha Yoga 75min Cora	20 8:00 Cardio Sculpt Inina 9:00 Restore Stretch Cora 10:00 Zumba Marisol 11:00 FitKids 4Fun Teri 3:00 Body Blast Tone Marianne 4:00 Yoga Flow Marianne Pilates classes* (Sign Up) 3:00 Reformer Kate 4:00 Reformer Kate	21 8:00 Body Blast Tone Marianne 9:00 Power Yoga Jeanine 10:00 Tai Chi Lisa 11:00 Kids Cardio Jaime 3:00 Barrelates Christine 4:00 Mind & Body Reflection Jane	22 8:00 Cardio Sculpt Inina 9:00 Restore Stretch Marianne 10:00 Power Yoga Tiffany 11:00 Kids Yoga Marianne 3:00 Barrelates Jane 4:00 Prana Yoga Nancy	23 8:15 Mat Pilates Angelique 9:15 CORE Express 25min Jane 10:00 Power Yoga Tiffany 11:00 FitKids 4Fun Teri 3:00 Ropes Circuit Matt 4:30 Sunset Yoga Tiffany
	24 8:30 Ropes Circuit Marisol 9:30 Tai Chi Lisa 10:30 Zumba Marisol 11:30 FitKids 4Fun Teri 5:00 Yoga Flow Matt Pilates classes* (Sign Up) 8:30 Reformer Kate 9:30 Reformer Kate	25 9:00 Mat Pilates Angelique 10:00 Power Yoga Flow Tiffany	26 8:00 Barrelates Jane 9:00 Cardio Sculpt Jane 10:00 Power Yoga Tiffany 11:00 Kids Cardio Jeanine 5:00 Hatha Yoga 75min Cora Pilates classes* (Sign Up) 3:00 Reformer Jeanine 4:00 Reformer/Yoga Jeanine	27 8:00 Cardio Sculpt Inina 8:00 Outside Yoga Jeanine 9:00 Restore Stretch Cora 10:00 Zumba Marisol 3:00 Barrelates Jane 4:00 Yoga Flow Marianne Pilates classes* (Sign Up) 3:00 Reformer Kate 4:00 Reformer Kate	28 8:00 Body Blast Tone Marianne 9:00 Yoga Flow Marianne 10:00 Tai Chi Lisa 11:00 FitKids 4Fun Teri 3:00 Barrelates Christine 5:00 Ropes Circuit Matt	29 8:00 Cardio Sculpt Inina 9:00 Restore Stretch Marianne 10:00 Power Yoga Tiffany 11:00 Kids Yoga Jeanine 4:00 Prana Yoga Nancy 5:00 Ropes Circuit Matt	30 8:15 Mat Pilates Angelique 9:15 CORE Express 25min Jane 10:00 Power Yoga Tiffany 11:00 FitKids 4Fun Teri
	31 8:30 Ropes Circuit Marisol 9:30 Tai Chi Lisa 10:30 Zumba Marisol 4:00 Yoga Flow Matt Pilates classes* (Sign Up) 8:30 Reformer Kate 9:30 Reformer Kate	1/1/18 10:00 Mat Pilates Angelique 11:00 Follow the Yogi Tiffany					
Aqua	17 9:00 Aqua Fusion Jane	18 8:30 Aqua Fusion Chris 4:00 Aqua Spin** (Advance Sign Up) Chris	19 8:00 Mens Water Class Matt 4:00 Aqua Fusion Chris	20 7:30 Aqua Spin** (Advance Sign Up) Chris 8:30 Aqua Fusion Chris	21 8:00 Mens Water Class Matt 4:00 Aqua Fusion Chris	22 8:30 Aqua Fusion Chris	23
	24 9:00 Aqua Fusion Jane	25	26 8:00 Aqua Fusion Matt	27 7:30 Aqua Spin** (Advance Sign Up) Chris 8:30 Aqua Fusion Chris	28 8:00 Aqua Fusion Matt	29 8:30 Aqua Fusion Chris	30
	31 9:00 Aqua Fusion Jane						

AlpPure Oxygen Boost Facial

Feed your skin the power of nature.



Rebuild & energize the skin with active Bio Suisse & cosmeceutical grade ingredients. Luzern's AlpPressure™ ritual, oxygen boost infusion and super-charged serums penetrate nutrients deep into the skin providing immediate results in firmness, radiance and hydration.

For an appointment and pricing information, please call the Fitness Center and Spa at 561-622-3691.



WHAT ARE NOVALASH LASH EXTENSIONS?

NovaLash lash extensions are a glamorous new way to extend the length and thickness of your natural eyelashes and are a practical, convenient and beautiful alternative to the daily use of mascara. Unlike decades-old, traditional false lashes, lash extensions are the first innovation in lash lengthening that can be worn daily without nightly removal. Because each tapered, synthetic lash is bonded to a single natural lash, the final result is effortless glamour.

Our lashes come in a wide variety of lengths, thicknesses, and curl. They can be applied lash by lash to suit any look you desire, from a touch more than natural, all the way down to the dramatic look, with many variations in between to suit any taste. Your eyelashes will look full and flawless, and best of all, the eyelash extensions feel light, natural and are long-lasting, and won't impact even the most active of lifestyles.

For an appointment, please call the Fitness Center and Spa at 561-622-3691.



Tikky Srieud - Director of Tennis

DECEMBER SCHEDULE



TENNIS

Tennis Shop Hours:
7 Days a Week 7:30 a.m. - 4:00 p.m.
Adult Clinic:
Every Tuesday at 9:00 a.m.
Round Robin:
Every Thursday at 8:30 a.m.

Pickleball Welcome Back Party!
Sunday, December 3rd at 10:00 a.m.



PICKLEBALL

Every Sunday at 10:00 a.m.
Every Tuesday and Thursday at 3:00 p.m.
Pickleball courts are always available everyday
from 8:00 a.m. to 5:00 p.m.

BOCCE BALL

Mondays - 4:00 p.m.
Wednesdays - 4:00 p.m.
Thursdays - 4:00 p.m.



Holiday Creek Club Activities

Check out the Creek Club Recreational Calendar for a full schedule of children's tennis beginning December 18th thru January 1st.

Come and play!

Sign up at the Tennis Pro Shop or call (561) 622-1623.



CLUB INFORMATION

Mark Hall - Security Director



GOLF CART SAFETY

We get many inquires about Golf Cart maintenance. Our official position is simple; Golf Cart maintenance should only be performed by trained and authorized personnel. With that said, anyone working on a Golf Cart, even for routine maintenance, should purchase a repair manual for his or her specific Golf Cart. Never attempt to do anything on your Golf Cart unless you have been trained and qualified. Ask your Golf Cart dealer for proper instructions. Do not rely only on what you read and see on the Internet. It can be dangerous.

Batteries in your Golf Cart require maintenance. One important warning is that batteries, when charging or discharging, emit EXPLOSIVE hydrogen gas. Do not smoke, have an open flame, sparks, or any ignition source near lead / acid batteries. Do not charge batteries in a closed area without proper ventilation. The individual cells of the batteries need distilled water added periodically. Call your Golf Cart dealer for instructions. A deep cycle battery should be recharged before it reaches 50% of discharge, optimal 20% discharge.

IMPORTANT SAFETY INFORMATION:

Warning! Taking just a few minutes to read the following information may reduce your liability and the chance of serious injury or even death to yourself, a family member or friends who may operate or passengers in "low speed vehicles" (LSV), also known as "Golf Carts".

Few drivers of golf carts have gone through any formal training in their safe operation. The characteristics and dynamics of golf carts are very different than those of an automobile. Passengers are also at risk due to inadequate safety training. Use of golf carts as a means of alternative transportation is increasing every year. The largest growth in the sales for golf carts is now in the residential setting. More and more teens are now operating golf carts. According to the Consumer Products Safety Commission there are over 10,000 golf cart related injuries every year that require emergency room treatment. PASSENGER EJECTION AND ROLL-OVER USUALLY CAUSE THE MOST SEVERE INJURIES, ESPECIALLY TO THE HEAD. Most golf carts in use do not have seat belts. One factor for this is the lack of suitable anchor points for the restraints and no built in rollover protective structure. The good news is that golf cart manufactures have designed carts with safety devices to help prevent passenger ejection. There are also some simple safety rules that will also assist in preventing injuries.

What Is The Common Cause Of Passenger Ejection And Roll-Overs? What Are Some Ways They Can Be Reduced And Prevented?

A golf cart being driven at close to maximum speed and sharply turned to the left causes the most passenger ejections. The centrifugal forces generated, causes the passenger to be pushed to the right causing the ejection. The driver of a golf cart has less a chance of ejection on a hard left turn at near maximum speed due to the ability to hold onto the steering wheel and their anticipation of the turn. Passengers must be educated in the safety devices designed into the manufacture of golf carts and instructed on their use.

Two of the most important features on golf carts not equipped with seat belts are the "hand hold" bars that rise out of the sides of the seat and "hand hold" molded into the roof on some models. These features can prevent passenger ejection. Another important fact about many golf carts is that braking for many carts is accomplished by only one set of brakes on the rear wheels. This feature can cause instability if golf carts speed is increased due to traveling down a hill or on steep road grades.

Many golf carts used in residential settings have been modified with lift kits, speed chips, or modification to speed governors on gasoline powered carts, which may cause excessive speeds. When you combine increased speeds, sharp turning, and rear wheel braking, the chances of roll-over is increased.

FRENCHMAN'S CREEK



BEACH & COUNTRY CLUB



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