

Spanish Wells
GOLF AND COUNTRY CLUB

HAPPY
NEW
YEAR

January 2025
Newsletter



SPANISH WELLS GOLF & COUNTRY CLUB

January 2025 News

Though our final quarter started off with Hurricane Milton, we were able to create our own storm of refinishing areas at the Club and adding new items to elevate your membership experience. December bought us a few lights back in the parking lot that were lost during the hurricane and a new & improved soffit entry at the Clubhouse entrance. Next week, we begin a very big and disruptive project of refinishing the downstairs flooring, stairway to upstairs, elevator floor, and painting in all those areas. We will all miss the green and brown carpet, but if you really miss it you can come check out the old carpet in our offices.

We have outfitted our Starters with the latest and greatest polywood highchairs and podiums to give our team a much higher-level look as players make their way to the tees. The range will have new apple crates for range ball disbursing along with new floater balls which will be rolled out this month.

We've completed our search for a new Director of Golf. Mark Antle will begin his Spanish Wells journey on January 6th and lead our team to higher levels of service, revenue driving, and fiscal management. Mark comes to us as a past FGCU graduate and has been the Head Professional at Heritage Bay, worked at Quail West G&CC and Copperleaf in SW Florida region. Mark will start with bringing Callaway, Titleist, and TaylorMade golf clubs to our facility so you have an opportunity to play the best clubs on the market. I want to thank our team for all the past and future work put in during the vacancy of this very important position.

Have a happy holiday!

Thank you,
Siegfried J. J. Wroebel | General Manager, PGA

SPANISH WELLS GOLF & COUNTRY CLUB

LADIES GOLF LEAGUE



Happy New Year! The Ladies Golf League really kicks into high gear in January with fun weekly events and a major tournament.

Our January tournament is the Spanish Wells Cup, which takes place on January 8th followed by lunch at the club. Weekly games get really creative, including playing with just 5 clubs and throwing out your worst 4 holes.

January is a perfect time to join the league. Membership is \$90 and open to all full golf members. Applications are available in the Pro Shop.



January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 <i>Pilates in the Park at Riverside Park at 9:30a</i>
5 <i>Southern Sunday Dinner 2p-7p</i>	6 <i>Member Monday Happy Hour 2p-7p Food Specials 5p-7p</i>	7 <i>Beginner Pickleball Clinic 11a-12p</i>	8	9 <i>Intermediate Pickleball Clinic 11a-12p</i> <i>Trivia Night 5p-7p</i>	10 <i>Advanced Pickleball Clinic 11a-12p</i> <i>Prime Rib Buffet 6p-8p</i>	11
12 <i>Sunday Brunch 11a-2p</i>	13	14 <i>Beginner Pickleball Clinic 11a-12p</i> <i>Tortilla & Tequila 5p-7p</i>	15 <i>Burgers & Bingo with Sieg 5p-7:30p</i>	16 <i>Intermediate Pickleball Clinic 11a-12p</i> <i>Pickleball Social Starts at 2p</i>	17 <i>Advanced Pickleball Clinic 11a-12p</i> <i>Stretching with Casey 1p</i> <i>Italian Buffet 6p-8p</i>	18 <i>Fitness Scavenger Hunt 10a</i>
19	20 <i>Member Monday Happy Hour 2p-7p Food Specials 5p-7p</i>	21 <i>Beginner Pickleball Clinic 11a-12p</i> <i>Bourbon & Cigar Tasting 5p-7p</i>	22 <i>Men's Breakfast 8a-9:30a</i> <i>Farmer's Walk Competition 1:30p</i>	23 <i>Intermediate Pickleball Clinic 11a-12p</i>	24 <i>Advanced Pickleball Clinic 11a-12p</i> <i>Pros Play Pickleball 3p-5p</i>	25
26	27	28 <i>Beginner Pickleball Clinic 11a-12p</i> <i>Tortilla & Tequila 5p-7p</i>	29	30 <i>Intermediate Pickleball Clinic 11a-12p</i> <i>Health & Wellness Workshop 1p-2p</i>	31 <i>Advanced Pickleball Clinic 11a-12p</i> <i>A la Carte Dinner 6p-8p</i>	

SOUTHERN SUNDAY DINNER

Members
Receive
10%
Discount

January 5th
2pm - 7pm

Fried Chicken or Beef Ribs

\$20.00++
Chicken



\$22.00++
Ribs



Fried Chicken
Breast, Thigh, Leg, & Wing

OR

Slow Roasted Beef Ribs

ALL DINNERS INCLUDE:

House-made Coleslaw

Macaroni Salad

Mashed Potatoes w/Gravy

Peas & Carrots

Green Bean Casserole

Cornbread & Buttermilk Biscuits

House-made Apple Brown Betty

[CLICK HERE TO BOOK](#)

Reservation required. Call 239-992-5100 X201 or
email: dining@spanishwellscountryclub.com.

If you have special diet restrictions, we are happy to accommodate. Let us know when
making your reservation.

Reservation deadline is end of day Friday. To-go order cut-off is 24 hours in advance.

CANCELLATION: 11:00 AM Sunday. Guests will be charged to a Member account.

Dress is country club casual. No T-shirts, blue jeans or flip flops.

Pricing does not include sales tax or service charge.

Spanish Wells Golf & Country Club presents

TRIVIA NIGHT

**CASH
PRIZES**

**THURSDAY, JANUARY 9TH
5:00 PM - 7:00 PM**

**Join us for a fun night of friendly competition!
Evening Provided by Spotlight Entertainment
Entry Fee \$10 per player CASH ONLY**

[CLICK HERE TO BOOK](#)

Reservations Required

Call 239-992-5100 x201

email: dining@spanishwellscountryclub.com

Deadline: Wednesday, January 8th at 5:00 PM

Dress Code: Country Club Casual

No T-Shirts, Blue Jeans or Flip Flops

Spanish Wells

GOLF AND COUNTRY CLUB

PRIME RIB BUFFET

Friday, January 10th from 6p - 8p

\$30++

10%
MEMBER
DISCOUNT

Menu Includes:

SOUP

Chicken Tortilla

SALADS

Mixed Green Salad, Caesar Salad, Fresh Cucumber Tomato Salad, Fresh Fruit

BUFFET

Prime Rib Carving Station w/ Au Jus and Horse Radish Cream Sauce

Bronzed Salmon w/ Lemon Chive Butter Sauce

Oven Roasted Herb Chicken

Cranberry Bacon Green Beans

Fresh Vegetable Medley

Oven Roasted Fingerling Potatoes

Vegetable Rice Pilaf

Rolls and Butter

DESSERT

Ice Cream Bar



**PRIME RIB
CARVING STATION**



**BRONZED
SALMON**



**OVEN ROASTED
HERB CHICKEN**

[CLICK HERE TO BOOK](#)

If you have special diet restrictions, we are happy to accommodate. Let us know when making your reservation.

Reservation required. Call 239-992-5100 X201 or email: dining@spanishwellsclub.com.

Reservation deadline is end of day Wednesday, January 8th.

CANCELLATION: Noon the day of event. Guests will be charged to a member account.

Dress is country club casual. No t-shirts, blue jeans or flip flops.



Sunday Brunch

January 12th, 11:00 AM - 2:00 PM

MENU

SALADS

Mixed Green Salad

Ambrosia Salad

Broccoli Slaw

Fresh Fruit

Assorted Pastries

Muffins

DESSERT

Red Velvet Cake

Apple Pie

\$30++

per person

ENTREES

Scrambled Eggs

French Toast

Bacon & Sausage

Breakfast Potatoes

Omelet Station
w/ Assorted Toppings

Cream Chicken & Biscuits

Honey Glazed Ham

Salmon Florentine

Rice Pilaf

Fresh Vegetable Medley

[CLICK TO BOOK](#)

IF YOU HAVE SPECIAL DIET RESTRICTIONS, WE ARE HAPPY TO ACCOMMODATE.
LET US KNOW WHEN MAKING YOUR RESERVATION. RESERVATION REQUIRED.

CALL 239-992-5100 X201

OR EMAIL: DINING@SPANISHWELLSCOUNTRYCLUB.COM

RESERVATION DEADLINE IS FRIDAY, JANUARY 10TH AT 5:00 PM.

GUESTS WILL BE CHARGED TO A MEMBER ACCOUNT.

DRESS IS COUNTRY CLUB CASUAL. NO T-SHIRTS, BLUE JEANS OR FLIP FLOPS.



JOIN US IN THE CROW'S NEST FOR

TORTILLAS & TEQUILA

TUESDAY, JANUARY 14, 2025
5:00PM - 7:00PM

COME & TRY OUR
MARGARITA
SPECIALS



TEQUILA
YOU CALL
SPECIALS



MENU OPTIONS:

- Loaded Nachos \$16
- Beef or Chicken Tacos \$12
- Steak Tacos \$16
- Shrimp Tacos \$17
- Beef Burrito \$14
- Chicken Chimichanga \$14

All entrees include a Side of Refried Beans & Spanish Rice

[CLICK TO BOOK](#)

Reservations Required.

Call 239-992-5100 x 201 Or

Email: dining@spanishwells.countryclub.com

Reservation Deadline is: Friday, January 10th at 5:00pm

CANCELLATION: 24 HOURS PRIOR TO EVENT.

Guests will be charged to a member account.

Dress is Country Club Casual.

No T-Shirts, Blue Jeans or Flip Flops

Prices do not include Service Charge or Sales Tax



JOIN THE FUN..... BURGERS & BINGO



**FUN
PRIZES**

**GOOD BURGERS
&
GREAT TIME !!**

WEDNESDAY, JANUARY 15, 2025

DINING BEGINS AT 5:00PM

BINGO STARTS AT 6:30PM

\$18.00 ++

Menu Items



**\$10
CASH
BUY-IN**

SALAD OPTIONS

Strawberry Poppy Seed Salad
Sesame Ginger Salmon Salad
Cobb Salad

BURGER OPTIONS

Burger Dog
Smash Burger
Classic Cheeseburger
Impossible Burger

CHOICE OF BURGER SIDES

Waffle Fries
Onion Rings
Fresh Fruit
Coleslaw

House-made Chips

Extra Sides: \$6 each

RESERVATION REQUIRED. CALL 239-992-5100 X201 OR
EMAIL: DINING@SPANISHWELLSCOUNTRYCLUB.COM.

RESERVATION DEADLINE IS:

END OF DAY MONDAY, JANUARY 13, 2025 AT 5:00PM

IF YOU HAVE SPECIAL DIET RESTRICTIONS, WE ARE HAPPY
TO ACCOMMODATE. LET US KNOW WHEN MAKING YOUR
RESERVATION.

CANCELLATION: NOON THE DAY OF EVENT.

GUESTS WILL BE CHARGED TO A MEMBER ACCOUNT.

DRESS IS COUNTRY CLUB CASUAL. NO T-SHIRTS, BLUE
JEANS OR FLIP FLOPS.

Prices do not include Service Charges or Sales Tax

Spanish Wells

GOLF AND COUNTRY CLUB

ITALIAN BUFFET

FRIDAY, JANUARY 17, 2025

6:00PM - 8:00PM

10% Member
Discount

30++

Soup & Salad Bar

Pasta e Fagioli
House-made Focaccia
Garlic Bread
Caesar Salad
Mixed Green Salad
Tomato Mozzarella Salad
Fresh Fruit

Dessert

House-made Tiramisu
Mini Cannoli

Dinner Buffet

Stuffed Shells Baked
w/Bolognese Sauce
Chicken Piccata
Acqua Pazza
Seafood Fra Diavolo
Cheese & Herb Polenta
Penne Tossed in Garlic & Oil
Italian Vegetable Casserole
Roast Garlic Rapini

[CLICK HERE TO BOOK](#)

If you have special diet restrictions, we are happy to accommodate. Let us know when making your reservation. Reservation required @ 239-992-5100 X201 or email: dining@spanishwellscountryclub.com.

Members may Reserve starting on Monday's and Residents may Reserve on Wednesday. Reservation Deadline is End of Day, Wednesday at 5pm, prior to Friday.

CANCELLATION: Noon the day of TGIF. Guests will be charged to a Member account. Dress is Country Club Casual, No T-Shirts, Blue Jeans or Flip Flops.

BOURBON & CIGAR TASTING EVENT

Tuesday, January 21st, 2025

5:00 PM to 7:00 PM

\$45++

Featuring:



**Cigars by
Pablo**

Bourbon Tasting

**Chef Jerry's Decadent
Tasting Selections**

Member Only Event

Reservations Required

Call 239 992 5100 x201 Or

email:

dining@spanishwellsclub.com

Reservation Deadline:

January 10, 2025 at 5:00pm

**Includes a fun:
Shot In The Dark
Closest to the Flag
Competition Event
6:45 - 7:00pm**



CANCELLATION: 24 HOURS PRIOR TO EVENT.

Golf or Country Club Casual attire.

No T Shirts, Blue Jeans, or Flip Flops

Price does not include Service Charge or Sales Tax



JOIN US FOR MEN'S BREAKFAST

Join the men of Spanish Wells for a Breakfast Buffet filled with a morning of entertainment, education, inspiration and conversation. Spanish Wells Community Residents are welcome. (Men, Women and Guests)

Wednesday, January 22, 2025

8:00am - 9:30am

\$25++

Price does not include Service Charge or Sales Tax

THIS MONTH'S GUEST SPEAKER

Stephen McGuire



Stephen McGuire, Author, is an attorney and a federal judge in Washington, D.C. who retired in 2008 as the Chief Judge of the Federal Trade Commission. He will discuss his books which have a common theme of power, greed and corruption in Washington, D.C. in a lecture titled **"How Power is Exercised in Washington, D.C."** Copies of his books will be available for sale and signing.

Breakfast Buffet Includes: Scrambled Eggs, Bacon, Sausage, Biscuits & Gravy, Breakfast Potatoes, Fruit Medley, Danish & Coffee or Tea

Reservation required. Call 239-992-5100 X201

or email: dining@spanishwellscountryclub.com

Reservation deadline is Monday, January 20th at 5:00 PM.

CANCELLATION: 24 HOURS PRIOR TO EVENT.

DRESS IS COUNTRY CLUB CASUAL. NO T-SHIRTS, BLUE JEANS OR FLIP FLOPS.

JOIN US IN THE CROW'S NEST FOR

TORTILLAS & TEQUILA

TUESDAY, JANUARY 28, 2025

5:00PM - 7:00PM



**COME & TRY OUR
MARGARITA
SPECIALS**

MENU OPTIONS:

Loaded Nachos \$16

Beef or Chicken Tacos \$12

Steak Tacos \$16

Shrimp Tacos \$17

Beef Burrito \$14

Chicken Chimichanga \$14

**All entrees include a Side of
Refried Beans and Spanish
Rice**



**TEQUILA
YOU CALL
SPECIALS**

Reservations Required.

Call 239-992-5100 x 201 Or

Email: dining@spanishwellscountryclub.com

Reservation Deadline is: Friday, January 24th at 5:00pm

CLICK TO BOOK

CANCELLATION: 24 HOURS PRIOR TO EVENT.

Guests will be charged to a member account.

Dress is Country Club Casual.

No T-Shirts, Blue Jeans or Flip Flops

Prices do not include Service Charge or Sales Tax



Ala Carte

DINING AT SPANISH WELLS

Friday, January 31, 2025

6:00pm - 8:00pm

Last Seating at 7:45pm



APPETIZERS

- SOUP OF THE DAY \$7
- BAKED BRIE \$18
- FRIED CALAMARI \$18

ENTREES

- BRONZED SALMON \$32
- VEAL PICCATA \$30
- CRAB CAKE \$36
- FILET MIGNON \$38
- LIVER & ONIONS \$22
- CAPELLINI DE POMODORO \$24

SALADS

- WELLS SALAD \$17
- HOUSE SALAD \$12
- CAESAR SALAD \$12
- ADD A PROTEIN TO ANY SALAD:
 - CHICKEN \$5
 - SHRIMP \$7
 - GRILLED STEAK \$7

DESSERT MENU AVAILABLE



CLICK HERE TO BOOK

Reservation required. Call 239-992-5100 X201 or

Email: dining@spanishwellscountryclub.com.

Reservation Deadline is End of Day Monday, January 27th at 5pm.

If you have special diet restrictions, we are happy to accommodate.

Let us know when making your reservation.

CANCELLATION: Noon the day of event.

Guests will be charged to a member account.

Dress is country club casual. No t-shirts, blue jeans or flip flops.



January 2025 Fitness

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1  HAPPY NEW YEAR!	2 8:15a-9a Forever Fit 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	3 9a-9:50a Pilates 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	4 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
6 9a-9:50a Zumba 10a-10:50a Core, Strength, Balance 11a-11:30a Chair Yoga 2:30-3p Men's Class 3:15-4:15p MELT	7 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p Aquafit 4-4:50p Pilates	8 9a-9:45a Core, Strength, Balance 10a-10:50a MELT 11a-11:50a Body Sculpt	9 8:15a-9a Forever Fit 9a-9:50a Zumba 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	10 9-9:50a Pilates 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	11 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
13 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class 3:15-4:15p MELT	14 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit 4-4:50p Pilates	15 9a-9:45a Core, Strength, Balance 10a-10:50a MELT 11a-11:50a Body Sculpt	16 8:15a-9a Forever Fit 9a-9:50a Zumba 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	17 9-9:50a Pilates 9-9:50a Zumba 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	18 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
20 9a-9:50a Zumba 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 3:15-4:15p MELT	21 8:15a-9a Butts & Guts 9a-9:30a Cardio Blast 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit 4-4:50p Pilates	22 9a-9:45a Core, Strength, Balance 10a-10:50a MELT 11a-11:50a Body Sculpt	23 8:15a-9a Forever Fit 9a-9:50a Zumba 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	24 9-9:50a Pilates 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	25 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
27 9a-9:50a Zumba 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class 3:15-4:15p MELT	28 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit 4-4:50p Pilates	29 9a-9:45a Core, Strength, Balance 10a-10:50a MELT 11a-11:50a Body Sculpt	30 8:15a-9a Forever Fit 9a-9:50a Zumba 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	31 9-9:50a Pilates 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	

Fitness Center: 239-992-7005

Wellness Director: Casey Kelley at ckelley@spanishwellscountryclub.com

Fitness Class Descriptions

Aquafit: This low-impact class is performed in water and is designed to improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using water dumbbells and flotation belts.

Bands & Bars: A new strength training class designed to build healthy muscle. We will use a combination of body bars and resistance bands for a full-body workout. Perfect for someone who is looking to gain strength, tone, and sweat!

Body Sculpt: A full body, low impact, strength training class. We will use a variety of equipment and body weight exercises to tone, improve core strength and build a strong foundation.

Butts & Guts: A strength and conditioning class that focuses on glutes and core. This will help you build a strong foundation for the rest of your body. It will begin and end with gentle stretching.

Cardio Step: 30 minutes of high intensity cardio step movements with fun music, no dancing required.

Cardio Intervals: Simple cardio movements done in intervals of 30 seconds of high intensity followed by 15 seconds of low intensity. Set to an upbeat playlist, the moves are simple, but the workout will get your heart rate kicking.

Cardio Strength Intervals: A class that combines strength and cardio exercises in an interval format. Tone your muscles and increase endurance as you alternate between 20 second breaks and 30 second exercises for 45 minutes.

Chair Yoga: 30 minutes of seated stretching. Chair yoga provides the same flexibility and balance training as traditional yoga, without having to get up and down off the floor. A class for all levels.

Core, Strength & Balance: This class is truly suitable for every level of fitness. We'll use light weights and resistance bands to practice stability and improve strength. Every exercise can be modified to work around physical limitations or scaled up to challenge the most fit individual in the class.

Forever Fit: A class designed for all fitness levels. Each exercise can be done standing or in a chair. We will focus on strengthening and toning our muscles, with just a bit of low impact cardio and a good stretch at the end. Nothing on the floor!

Full Body Blast: This is a full body workout that involves cardio to increase the heart rate, and resistance and weight training to sculpt the arms, legs, butt, and core.

Gentle Yoga: A slow flowing class with focus on poses that relax and lengthen, as well as strengthen the muscles. We will start off very gentle, move into more balance-challenging poses, and then slow back down toward the end. We'll breathe slowly and move mindfully before drifting off into a soothing savasana.

MELT: The MELT Method is a science-backed self-care technique that anyone can use to stay active, enhance performance, and remove pain from the body. In this class, we will use specially designed equipment to restore connective tissue and bring the body back into stability and balance. Perfect for those who are frequently active or often in pain.

Men's Stretch, Strength & Balance: Exclusively for men, this class will focus on basic stretching for flexibility, light strength training, proper mobility of the body, and balance.

Pilates: A strengthening and lengthening form of exercise that focuses on your core muscles, while also training your arms and legs. Each exercise can be modified to fit your needs and ability. This is a trial run for time.

Zumba: A dance-fitness class that uses upbeat music to maximize fun and improve cardio. These classes incorporate interval work, which alternate between fast and slow rhythms. A class for all levels.

PILATES[!]

IN THE PARK

SATURDAY,
JANUARY 4TH
@ 9:30AM

RIVERSIDE PARK
ON OLD 41 IN
BONITA SPRINGS

SIGN UP ONLINE OR WITH CASEY
CKELLEY@SPANISHWELLSOUNTRYCLUB.COM /
239.992.7005





PICKLEBALL STRETCH COLLABORATION WITH CASEY

**January 17th at 1:00 PM
FOR 45 MINUTES**



**Come learn stretching techniques
to prevent injuries while improving
performance and the best ways to
warm up and cool down!**

Register with Dominic

239-992-7005

dominic.dent@spanishwellscountryclub.com

Spanish Wells
GOLF AND COUNTRY CLUB

FITNESS SCAVENGER HUNT

JANUARY 18TH AT 10AM

FIND A PARTNER AND JOIN US FOR A
FUN NEW FITNESS CHALLENGE

BE THE FIRST TEAM TO FIND EACH LOCATION
AND COMPLETE EACH EXERCISE TO WIN!



Sign up with Casey via email or phone

239.992.7005

ckelley@spanishwellscountryclub.com

Spanish Wells
GOLF AND COUNTRY CLUB



FARMER'S WALK COMPETITION

BE THE LAST ONE CARRYING YOUR
DUMBBELLS TO WIN THE GRAND PRIZE!

(\$5 buy-in)

WHAT IS A FARMER'S WALK?

A farmer's walk is a full body exercise that involves carrying weights while walking.

WHEN AND WHERE?

January 22nd at 1:30PM
On the lawn to the right of the
tennis courts
(when facing the fitness center)

TO PARTICIPATE, REGISTER WITH CASEY BY
5PM ON JANUARY 20TH
CKELLEY@SPANISHWELLSCOUNTRYCLUB.COM OR
239.992.7005

Health and Wellness

— Workshop —

The first of a 3-part series on Dementia

SPEAKER



**Cynthia Perthuis,
CSA, CADDCT, CDP**

This presentation will give you an overview of dementia and dementia-related diseases like Alzheimer's. They will dispel myths, and replace them with facts, to give participants a clear understanding of what dementia is and is not. (ex. just because you lose your car keys, does not mean you are developing dementia.)

Elder Care Strategist, Senior Care Authority

January 30th

1PM-2PM

At the Fitness Center

10 participant minimum

Sign up with Casey by 1/28
ckelley@spanishwellsclub.com
239.992.7005

January 2025

Pickleball & Tennis

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Courts can be reserved through the Chelsea system, located on; https://www.spanishwellscountryclub.com/sports-wellness Please sign up for events with Dominic at dominic.dent@spanishwellscountryclub.com			<i>1</i>	<i>2</i> <i>Ladies Open</i> <i>Play 11a-12:30p</i>	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i>	<i>7</i> <i>Beginner</i> <i>Clinic 11a</i> <i>Ladies Open</i> <i>Play 11a-12:30p</i>	<i>8</i>	<i>9</i> <i>Intermediate</i> <i>Clinic 11a</i> <i>Ladies Open</i> <i>Play 11a-12:30p</i>	<i>10</i> <i>Advanced</i> <i>Clinic 11a</i>	<i>11</i>
<i>12</i>	<i>13</i>	<i>14</i> <i>Beginner</i> <i>Clinic 11a</i> <i>Ladies Open</i> <i>Play 11a-12:30p</i>	<i>15</i> <i>Pickleball</i> <i>Travel League</i> <i>Match 1p-3p</i>	<i>16</i> <i>Intermediate</i> <i>Clinic 11a</i> <i>Pickleball</i> <i>Social 2p-5p</i> <i>Ladies Open</i> <i>Play 11a-12:30p</i>	<i>17</i> <i>Advanced</i> <i>Clinic 11a</i> <i>Pickleball</i> <i>Stretch</i> <i>Collaboration</i> <i>1p</i>	<i>18</i>
<i>19</i>	<i>20</i> <i>Pickleball</i> <i>League Signup</i> <i>Deadline</i>	<i>21</i> <i>Beginner</i> <i>Clinic 11a</i> <i>Ladies Open</i> <i>Play 11a-12:30p</i>	<i>22</i> <i>Pickleball</i> <i>Travel League</i> <i>Match 1p-3p</i> <i>Tennis Bracket</i> <i>Signup Deadline</i>	<i>23</i> <i>Intermediate</i> <i>Clinic 11a</i> <i>Ladies Open</i> <i>Play 11a-12:30p</i>	<i>24</i> <i>Advanced</i> <i>Clinic 11a</i> <i>Pro Exhibition</i> <i>3p-5p</i>	<i>25</i>
<i>26</i>	<i>27</i>	<i>28</i> <i>Beginner</i> <i>Clinic 11a</i> <i>Ladies Open</i> <i>Play 11a-12:30p</i> <i>League play 1p</i>	<i>29</i> <i>Pickleball</i> <i>Travel League</i> <i>Match 1p-3p</i>	<i>30</i> <i>Intermediate</i> <i>Clinic 11a</i> <i>Ladies Open</i> <i>Play 11a-12:30p</i> <i>League play- 1p</i>	<i>31</i> <i>Advanced</i> <i>Clinic 11a</i>	

Spanish Wells

GOLF AND COUNTRY CLUB

LADIES PICKLEBALL OPEN PLAY

**TUESDAYS & THURSDAYS
11:00 AM - 12:30 PM**

**Come join the fun! Just show up each Tuesday
and Thursday to join!**

**Whether you're a beginner or an experienced
player, come out and enjoy a fun, friendly, and
supportive environment at our Ladies' Open
Play.**

**It's a great opportunity to improve your skills,
get some exercise, and connect with our
pickleball community.**





Spanish Wells

GOLF AND COUNTRY CLUB

BEGINNER PICKLEBALL CLINIC

TUESDAYS

JANUARY 7, 14, 21 & 28

11:00 AM-12:00 PM

Cost - \$100

Class size - 6 participants

REGISTER NOW

For more information:
Call 239-992-7005 or email:
dominic.dent@spanishwellscountryclub.com

Spanish Wells

GOLF AND COUNTRY CLUB

PICKLEBALL CLINIC INTERMEDIATE

CLASS WILL MEET
THURSDAYS
11:00 AM - 12:00 PM
JANUARY 9, 16, 23 & 30

Whether you are a seasoned athlete or new to the game, pickleball offers fun and excitement for players of all skill levels.



- ✓ Cost - \$100
- ✓ Class size - 6 participants
- ✓ Call or email for more information:

239-992-7005



dominic.dent@spanishwellscountryclub.com



Spanish Wells

GOLF AND COUNTRY CLUB

PICKLEBALL CLINIC ADVANCED

CLASS WILL MEET
FRIDAYS
11:00 AM - 12:00 PM
JANUARY 10, 17, 24 & 31



- ✓ Cost - \$100
- ✓ Class size - 6 participants
- ✓ Call or email for more information:

239-992-7005



dominic.dent@spanishwellscountryclub.com





PICKLEBALL SOCIAL

THURSDAY, JANUARY 16TH

★★PLAY BEGINS AT 2:00 PM★★

\$20++

**FOOD & DRINKS TO FOLLOW
IN THE CLUBHOUSE LOBBY BAR!**

Every Player is guaranteed 4 Games

RAFFLE & PRIZES!

FINGER FOODS

House-made Roast Red Pepper Hummus

w/Pita Chips & Vegetable Sticks

Fresh Fruit & Cheese

Bruschetta

Assorted Finger Sandwiches

Watermelon Feta Skewers

DESSERT

Brownies

Blondies

Fresh Strawberries

Sign up by Tuesday, January 14th

Contact Dominic: call: 239-992-7005

email: dominic.dent@spanishwellscountryclub.com

Spanish Wells
GOLF AND COUNTRY CLUB

Spanish Wells

GOLF AND COUNTRY CLUB

PICKLEBALL PRO EXHIBITION

**FRIDAY, JANUARY 24TH
3:00 PM - 5:00 PM**

Don't miss out on the action! Come and watch local pros battle it out in exciting, high level exhibition games.



Spanish Wells

GOLF AND COUNTRY CLUB

TENNIS ROUND ROBIN *Play Begins*

THE WEEK OF JANUARY 27TH

Tennis doubles bracket for men's, women's, and mixed. Sign up to play in the champion's bracket! Teams will play round robin matches leading up to a playoff bracket in March.

Deadline to signup is January 22nd and play will begin the week of January 27th. Format will be dependent on number of teams.



Spanish Wells **travel league is starting back up.** To learn more or sign up reach out to Dominic! You don't want to miss this opportunity to represent Spanish Wells and play some new competition.

Play will be on Wednesdays from 1:00 PM -3:00 PM.

More details to come in the New Year!

Contact Dominic: 239-992-7005 or dominic.dent@spanishwellscountryclub.com



Spanish Wells Golf and Country Club

9801 Treasure Cay Lane, Bonita Springs, FL 34135

spanishwellscountryclub.com

239.992.5100

