

TOYS FOR TOTS



U.S. MARINE CORPS

Make a child smile!

Drop off new, unwrapped toy at the 1st floor of the Clubhouse at Spanish Wells Golf & Country Club

Drop boxes are outside the Golf Pro Shop and outside the elevator Cut off date is December 8th!

Any questions, give us a call at $239-992-5100 \times 201$

December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Member Monday 5P-7P	3	4 David Harter Memorial Holiday Cart Parade Holiday Buffet 7p –9p	5	6 Italian Buffet 6:00p—8:00p	7 Jingle Bell Bike Ride 9:30a	
8 Christmas Brunch 11a—20p	9	Wellness Workshop 3p—4p Tortillas & Tequila 5p-7p	11 Ladies Night Out Christmas PJ Party 5p—8:30p	12 Trivia Night 6p—8p	13 BBQ Buffet 6:00p-8:00p W/Special Guest - Chuck Swift	14	
15	16 Member Monday 5p-7p	17 BINGO Bingo w/Santa Dinner at 4:30p Bingo at 6:30p	18	Yoga on the Green 4:45p—	20	Due to private event, Pub does not open until 5pm	
22	23 Holiday Lunch 3p—5p	24	CLUB CLOSED Merry Christmas	26	27 Prime Rib Night 6p—8p	28	
29	30	New Year's Eve Party Dinner & Dancing	Pub opens at 11a daily Cabana opens at 8am daily Friday—Saturday All Day Menu 11a-8p. Happy Hour 2p-6p. Pub at 9p Sunday—Thursday All Day Menu 11a-7p. Happy Hour 2p-6p. Pub at 8p				



SPANISH WELLS GOLF & COUNTRY CLUB

December News

Can we believe it's December already! The last 8 weeks have been filled with projects, storms, and so many more events than ever before. We have a big December of golf planned with a few shootouts, women's scramble, men's and ladies league. Remember that we are closed Christmas Day, but if you have to go try out a new driver just be safe and respect the cart rules.

We have finished the Clubhouse seal coat and by will have our entire campus freshly painted. There are a few more projects that we hope to get passed which will be completed in December post board approval. Tune into the next board meeting on November 18th to hear the news. Our cart paths and bunkers will continue to get routine maintenance resulting in consistent course conditions no matter the time of year.

Our month is filled with creative events for you and your families to enjoy. Bingo with Santa, Holiday Lunch, and Sunday Christmas Brunch Buffet are some new options for you to have fun at the Club. We hope you enjoy your Thanksgiving week and wish everyone Happy Holidays.

Thank you,

Siegfried J. J. Wroebel | General Manager, PGA 9801 Treasure Cay Lane | Bonita Springs, FL 34135 o. 239-992-5100 Ext. 205 | f. 239-992-9623

SAVE THE DATE Wednesday, December 4, 2024 DAVE HARTER MEMORIAL HOLIDAY CART PARADE



All Residents are encouraged to join the parade with their decorated golf cart! Contact Catherine Kinniburgh via email: notingreece@hotmail.com to reserve your spot in the parade by clicking the button below.



Route and Times

5:00 pm Assemble Carts on the Fairway of EAST 9.

Look for helpers to guide you. A photo will be taken of all the carts prior to departure

6:00	pm	Depart	t – The	Parade	Beg	ins.
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- 6:02pm Spanish Wells Blvd. to Spanish Moss Way.
- 6:06pm Spanish Moss Way to Robolini down Robolini.
- **6:10pm** Spanish Moss Way to Tambourine down Tambourine
- 6:13pm Spanish Moss Way to Spanish Wells Blvd.
- 6:15pm Spanish Wells Blvd. to Treasure Cay
- 6:18pm Treasure Cay to Tasca.
- 6:23pm Tasca to San Amaro.
- 6:28pm San Amaro to Alhambra.
- 6:33pm Alhambra to Megan.
- 6:38pm Megan to Highgate.
- 6:43pm Highgate to Megan.
- 6:48pm Megan to Alhambra.
- 6:50pm Alhambra to Del Lago.
- 6:55pm Del Lago to Treasure Cay.
- 6:56pm Treasure Cay to Sombrero.
- 7:01pm Sombrero to El Greco.
- 7:08pm El Greco to Verde.
- 7:10pm Verde to Treasure Cay & back to Club through front gates.



Join us after the Cart Parade

Holiday BFFE

Wednesday December 4, 2024 7:00P - 9:00P

\$30++ Members Receive 10% Off

Cranberry Spinach Salad
Mixed Green Salad
Winter Salad
Fresh Fruit
House-made Focaccia

Holiday Bread Pudding w/Candy Cane Icing

Slow Roasted Pot Roast
Honey Chipotle Glazed Chicken
Salmon Primavera
Mashed Yukon Gold Potatoes
Rice Pilaf
Steamed Asparagus
Honey Dill Carrots

NON -MEMBERS/RESIDENTS-CREDIT CARD REQUIRED AT TIME OF RESERVATION.
RESERVATION ARE REQUIRED. CALL 239-992-5100 X201 OR EMAIL:
DINING@SPANISHWELLSCOUNTRYCLUB.COM.

RESERVATION DEADLINE IS END OF DAY MONDAY, DECEMBER 2ND. 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-SHIPTS, BLUE JEANS OR FLIP FLOPS.



ITALIAN BUFFET

FRIDAY, DECEMBER 06, 2024

6:00 PM - 8:00PM

Members Receive 10% Discount

\$30++

SOUP & SALAD BAR

Italian Wedding Soup
House-made Focaccia
Garlic Bread Sticks
Caesar Salad
Mixed Green Salad
Cold Spaghetti Salad
Fresh Fruit

Cannoli Cheesecake
Panna Cotta

DESSERT

DINNER BUFFET

House-made Lasagna
Chicken Marsala
Salmon Piccata
Tuscan Garlic Shrimp
Gnocchi W/Butternut Squash & Bacon
Farfalle in Garlic & Oil
Roast Garlic & Parmesan Broccoli
Giambotta

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 end of day Wednesday, December 4th.

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.



Christmas Brunch 3 Sunday, December 8 at 11a-2p

MENU

SOUP & SALAD

Cream of Mushroom Soup
Waldorf Salad
Mixed Green Salad
Ambrosia Salad
Fresh Fruit
Assorted Pastries, Muffins
& Croissants

DESSERT

Peppermint Ice Cream w/House-made Chocolate Sauce Assorted Christmas Cookies

> \$30++ per person

ENTREES

Scrambled Eggs
Eggs Benedict
French Toast
Bacon & Sausage
Breakfast Potatoes
Assorted Quiche
Waffle Bar

Chocolate Chips, Fresh Berries, Whipped Cream, Bananas, Chopped Bacon, Chicken Tenders & Warm Maple Syrup

Roast Beef
Honey Glazed Ham
Roasted Turkey w/Stuffing
Salmon
Mashed Potatoes
Rice Pilaf
Fresh Vegetable Medley

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, DECEMBER 6TH 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.





Bring a wrapped \$20 grab bag gift to swap at your table. Played along to the Reading of 'TWAS THE NIGHT BEFORE CHRISTMAS"

RESERVATION REQUIRED.

MEMBER ONLY EVENT.

CALL 239-992-5100 X201 OR EMAIL:
DINING@SPANISHWELLSCOUNTRYCLUB.COM
RESERVATION DEADLINE IS END OF DAY
MONDAY, DECEMBER 9TH

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.

DECEMBER 11TH WEDNESDAY

5:00 - 8:30PM

\$31.29++

Ctouton

Starter

Cranberry Feta Dip with Assorted Crackers & Crostini

Plated Dinner:

Holiday Apple Salad Grilled Medallion of Beef with Hasselback Potatoes, Asparagus

Dessert:

Peppermint Hot Chocolate Crème Brulée Garnished with Toasted



Spanish Wells Golf & Country Club presents



THURSDAY, DECEMBER 12TH 6:00 PM - 8:00 PM

Join us for a fun night of friendly competition!

Evening Provided by Spotlight Entertainment

Entry Fee \$10 per player CASH ONLY

Reservations Required

Call 239-992-5100 x201 or email

dining@spanishwellscountryclub.com

Deadline: Tuesday, December 10th at 5:00 PM

Dress Code: Country Club Casual

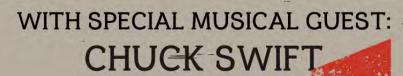
No T-Shirts, Blue Jeans or Flip Flops



FRIDAY DECEMBER 13TH 6P - 8P

\$40++

Members Receive 10% Off-



SOUP & SALAD **CHICKEN NOODLE SOUP CUCUMBER SALAD** POTATO SALAD MIXED GREEN SALAD **BROCCOLI SLAW** FRESH FRUIT

DESSERT STRAWBERRY SHORTCAKE APPLE PIE

HOT BUFFET **BBQ BABY BACK RIBS BBO CHICKEN** BEEF BRISKET **HOUSE-MADE FISH STICKS** BBQ YUKON GOLD POTATOES MEXICAN STREET CORN

HOUSE-MADE MACARONI & CHEESE HOUSE-MADE BAKED BEANS

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

RESERVATION DEADLINE IS END OF DAY WEDNESDAY, DECEMBER 11TH. 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.



BURGERS & BINGO W/SANTA

Tuesday, December 17, 2024

\$10 CASH BUY-IN 4:30 PM - 7:30 PM

Dining begins at 4:30p Bingo begins at 6:30p

\$17.00 ++

Salad or Burger Members Receive 10% Off

BURGER OPTIONS

Smash Burger

Mushroom Swiss Burger

Black & Blue Burger

Classic Cheeseburger

Western BBQ Burger

Impossible Burger

SALAD OPTIONS

Strawberry Poppy Seed Salad Sesame Ginger Salmon Salad Cobb Salad



CHOICE OF BURGER SIDES

Waffle Fries
Sweet Potato Fries
Onion Rings
Fresh Fruit
Coleslaw
House-made Chips

Extra Sides: \$6 each



Reservations required for dinner & bingo. Call 239-992-5100 X201 or email: dining@spanishwellscountryclub.com.

Reservation deadline is Monday, December 16th at 12:00 noon. 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

Members Receive 10% Off



\$25++

HOLIDAY LUNCH



MONDAY, DECEMBER 23, 2024 3:00 PM - 5:00 PM

> Mixed Green or Caesar Salad Choice of

Slow Roast Turkey with Mashed Potatoes, Gravy, Stuffing, Green Bean Casserole, Bourbon Glazed Carrots, Cranberry Sauce.

Or

Honey Glazed Ham with Scalloped Potatoes, Green Bean Casserole, Bourbon Glazed Carrots, Pineapple Relish.

Or

Slow Roast Beef Sliced thin with Mashed Potatoes, Gravy, Green Bean Casserole, Bourbon Glazed Carrots, Fresh Cranberry Relish.

Eggnog Bread Pudding

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, December 20th 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.

COME TOAST IN THE NEW YEAR

TUESDAY DECEMBER 31ST

Cocktails & Hors d'Oeuvres 7-8p Open Call Bar 7p-10p Plated Dinner served @ 8p Champagne Toast @ 11;59p Music & Dancing 9:30p - 12:30a

> \$139++ per Person 10% Member Discount

Dress Code: Holiday Dinner
Attire

Cocktail Hour

Cheese & Fruit Display
Antipasto Skewers
Raspberry Brie in Phyllo
Smoked Salmon Cream Cheese Crostini

Salad

Pomegranate and Pear Salad
Baby Arugula, Sliced Bartlett Pears, Honey Crisp
Apples, Dried Cranberries, Crumbled Goat Cheese,
Pomegranate Arils w/Ginger Honey Dressing

Entrée

Surf & Turf

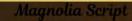
Seared 5 oz. Filet Mignon w/Port Wine Demi-Glace, paired w/Broiled Cold Water Lobster Tail with Drawn Butter, Duchess Potatoes, Sautéed Asparagus w/Crispy Prosciutto

Dessert

Baked Alaska Grand Success

Reservations Required

Call 239-992-5100 x201 or email: dining@spanishwellscountryclub.com Deadline for Reservations: Friday, December 27th at 5:00pm



December 2024 Fitness

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.			
9a-9:50a Zumba 10a-10:50a Core, Strength, Balance 11a-11:30a Chair Yoga 2:30-3p Men's Class	3 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p Aquafit	4 9a-9:45a Core, Strength, Balance 10a-10:50a MELT 3:30p-4:30p MELT	5 8:15a-9a Forever Fit 9a-9:50a Zumba 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	6 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	7 Jingle Bell Bike Ride 9:30a 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga			
9 9a-9:50a Zumba 10a-10:50a Core, Strength, Balance 11a-11:30a Chair Yoga 2:30-3p Men's Class	10 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p Aquafit Wellness 3p-4p	11 9a-9:45a Core, Strength, Balance 10a-10:50a MELT 3:30p-4:30p MELT	12 8:15a-9a Forever Fit 9a-9:50a Zumba 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	13 9-9:50a Pilates 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	14 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga			
16 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class	17 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit	18 9a-9:45a Core, Strength, Balance 10a-10:50a MELT 3:30p-4:30p MELT	19 8:15a-9a Forever Fit 9a-9:50a Zumba 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit 4:45p Yoga on the Green	20 9-9:50a Zumba 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	21 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga			
9a-9:50a Zumba 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga	24 8:15a-9a Butts & Guts 9a-9:30a Cardio Blast 9:35a-10:30a Gentle Yoga 12p-12;45p AquaFit	NO CLASSES MERRY CHRISTMAS!	26 8:15a-9a Forever Fit 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga 12p12:45p Aquafit	27 9-9:50a Pilates 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	28 11:15a-12:00p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga			
30 9a-9:50a Zumba 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class	31 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12;45p AquaFit							

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!

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.

Slow Flow: A traditional Vinyasa Flow, practiced at a much slower pace. A bit more rigorous than Gentle Yoga, this class will provide a great stretch while challenging your strength and mobility.

Yoga Sculpt: A blend of yoga, strength training & body weight movements. This class will strengthen, tone, and lengthen muscles, while pushing you to break a sweat.

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.



Spanish Wells Golf & Country Club

Presents

'How to Ace Your Health This Holiday!'

Contact Casey to reserve your spot on December 10th from

3p-4p. Call 239-992-7005 or

email: ckelley@spanishwellscountryclub.com



Knowledgeable Aging

Speaker Series

JOIN US!



How to Ace Your Health This Holiday!

Julie Hill, RD, LDN, IFMCP

Owner, Integrated Wellbeing

The holiday season is often filled with stress, indulgence, and busy schedules, making it easy to overlook our health. This seminar offers practical tips and strategies to help you stay healthy, energized, and balanced throughout the holidays. From managing your nutrition and staying active despite the busy season, to finding time for selfcare and stress reduction, we'll cover essential steps to help you thrive. Whether you're navigating holiday parties or simply trying to stay on track, this session will provide you with actionable insights to ensure you feel your best all season long.





DATE: December 10, 2024



TIME:
3pm - 4pm EST

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YOGA ON THE GREEN



THURSDAY, DECEMBER 19TH

@ 4:45PM

MEET AT THE BOTTOM OF THE STAIRS CONNECTED TO THE VERANDA

CONTACT CASEY TO REGISTER
239.992.7005
CKELLEY@SPANISHWELLSCOUNTRYCLUB.COM

December 2024 Pickleball

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 Hitting Session 11 am	11	Hitting Session 11 am Registration Deadline for Christmas Tournament	13	14
15	16 Christmas Pickleball Tournament 8 am	¹⁷ Hitting Session 11 am	18	19 Hitting Session 11 am	20	21
22	23	24	Merry Christmas!	26	27	28
29	30	31				

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



PICKLEBALL HITTING SESSION

TUESDAYS & THURSDAYS DECEMBER 10, 12, 17, 19

11:00 AM - 12:00 PM

CLASS SIZE IS LIMITED 6 PARTICIPANTS





ELEVATE YOUR GAME - FOCUS ON GROUNDSTROKES, VOLLEYS, SERVES/RETURNS BALL CONTROL/COURT POSITIONING

CONTACT DOMINIC: 239-992-7005 dominic.dent@spanishwellscountryclub.com



Christmas Pickleball Monday, December 16th Round Robin Wear your most Festive Outfit!



Sign up and be paired randomly with a partner!

Play will begin at 8:00 AM

\$7 Prize Fund Entry Fee

Registration Closes: Thursday, December 12th

To Register Contact Dominic at: 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

