



Mount Vernon Canyon

CLUB

MARCH & APRIL at the CLUB

Building community, creating memories.

A message from the General Manager

Dear Mount Vernon Canyon Club Members,

A lot has been happening at the Mount Vernon Canyon Club in my first month. Most of it is behind the scenes for my education and to prepare for future Member experiences. Meetings with Members, employees and vendors have taken up much of my time.

On February 6th, the Department Leaders and I had our first of many event marketing meetings in which we reviewed the events already planned as well as discussed new events for the balance of 2019. The diversity of our Member events are going to appeal to all Member types whether single, families, empty nesters, and all age groups.

We have scheduled dates for our concert series that will be held quarterly on designated Friday nights. We are introducing quarterly dinner dance events which will include a plated dinner. Some old favorite entertainers like Danny Showers and Tunisia are coming back and we will add some new groups to extend the variety of entertainment. On selected King Crab and Prime Rib nights there will be solo entertainers for soft background music for additional value to an already great experience.

As a good neighbor, the Board of Directors has extended the use of our pool to the Genesee Swim Team while their pool is being renovated. The hours of their swim practices will parallel those of our swim team so there will be no hours taken away from "open pool" swim times for our Members.

I look forward to all of the Spring Events, meeting more Members and seeing all of our Members around our Club!

Added Experiences for May & June 2019:

- Innovative, exciting, **seasonal Summer menu** created by our culinary Food and Beverage Director, Ryan Wolf
- **Memorial Day BBQ** at the pool
- **Makos Swim Team** begins
- **Margarita Member Mingler**
- **Summer Camps** with tennis instruction, pool time, and tons more exciting activities for kids
- Annual **Mother's Day** and **Father's Day** delicious buffet
- **Kids Klub Adventure Series** featuring exciting presentations from Nature's Educators
- **Concert Series** continues
- **Friday Afternoon Club** (FAC) every Friday night alternating between the pool and racquet center with games for kids and adults and food & drink specials
- **Wine Pairing Dinner**

.....And More!

Call or click to make reservations today
303.526.0616 | mountvernoncc.com

MARCH 2019 ACTIVITIES



FAT TUESDAY

Tuesday, March 5th 6-9 pm

Get ready to par-tay! This traditional kick-off to Mardi-Gras celebration will be bigger and better with Live Music by **Jerry & Joy: Acoustic Duo** and delicious dinner buffet complete with 'king cake'!
\$35 per person



NEW MEMBER COFFEE

Saturday, March 9th 9am

Calling all new (and new-ish) Members! Come by the Club for some coffee and a chance to meet all of the Club staff as well as representative from the Board of Directors. You will have the chance to ask any Membership questions you may have and maybe even find out a few more ways to take advantage of some of the awesome perks your MVCC Membership includes!



OPA! GREEK WINE PAIRING DINNER

Wednesday, March 20th , 6-8 pm

Even Dionysus (the Greek god of wine) himself would give his blessing for this authentic Greek cusine paired with Greek wines. This event makes for a truly unique Club experience so please be sure to reserve early as this event will typically sell-out fast!



KIDS KLUB-ADENTURE SERIES

Friday, March 1st, 6-9pm

Nature's Educators Presens: Interesting Invertebrates!

Invertebrates are animals with no backbone....but that doesn't mean they're weak or shy! This program will introduce kids to some of these interesting creatures. Your kids will have the chance to meet and learn about 5 inverts during this talk!
\$10 per child. Dinner Included. RSVP Neccessary.



ST. PATRICK'S DAY PUB CRAWL

Saturday, March 16th, 6-9pm

As the luck of the Irish would have it MVCC is holding THE BEST St. Pat's celebration! Put on your Irish River Dance shoes and kick it up with the authentic Irish band **SKEAN DUBH**.

There will be plenty of Irish drink specials, beer tasting and pub games to entice every leprechaun in County Cork as well as a delicious traditional Irish buffet!

Adult-\$35, Kids- \$17.50
RSVP necessary.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>A la carte dining is offered in addition to any nightly specials Tuesday-Saturday night in The Fireside Lounge.</p> <p><i>*Fitness/Wellness Classes will be denoted in green.</i></p>					<p>1 Fusion Fitness 9am</p> <p>Kids Klub-Adventure Series 6-9pm</p> <p>King Crab Buffet 6-9pm</p>	<p>2 Hatha Yoga 8:45am</p> <p>Prime Rib Night 6-9pm</p>
<p>3 Sunday Brunch Buffet 10am-2pm</p>	<p>4 CLUBHOUSE CLOSED</p> <p>Simply Yoga 5pm</p>	<p>5 Fusion Fitness 9am</p> <p>Fat Tuesday 6-9pm</p> <p>Taco Tuesday</p>	<p>6 Spring Renewal Self-Care Series 9-9:55am</p> <p>Lunch Buffet</p> <p>Italian Night Buffet</p>	<p>7 Lunch Buffet</p> <p>Simply Yoga 5pm</p> <p>Family Burger Night</p>	<p>8 Fusion Fitness 9am</p>	<p>9 Hatha Yoga 8:45am</p> <p>New Member Coffee 9-10am</p> <p>Prime Rib Night 6-9pm</p>
<p>10 Sunday Brunch Buffet 10am-2pm</p> <p>NEW Aerobic/Barre 9am</p>	<p>11 CLUBHOUSE CLOSED</p> <p>Simply Yoga 5pm</p>	<p>12 Fusion Fitness 9am</p> <p>Taco Tuesday</p>	<p>13 Spring Renewal Self-Care Series 9-9:55am</p> <p>Lunch Buffet</p> <p>Italian Night Buffet</p>	<p>14 Lunch Buffet</p> <p>Simply Yoga 5pm</p> <p>Family Burger Night</p>	<p>15 Fusion Fitness 9am</p> <p>King Crab Buffet 6-9pm</p>	<p>16 Hatha Yoga 8:45am</p> <p>St. Patrick's Day Pub Crawl 6-9pm</p> <p>Prime Rib Night 6-9pm</p>
<p>17 Sunday Brunch Buffet 10am-2pm</p> <p>NEW Aerobic/Barre 9am</p>	<p>18 CLUBHOUSE CLOSED</p> <p>Simply Yoga 5pm</p>	<p>19 Fusion Fitness 9am</p> <p>Taco Tuesday</p>	<p>20 Lunch Buffet</p> <p>Opa! Greek Wine Pairing Dinner 6-8pm</p> <p>Italian Night Buffet</p>	<p>21 Lunch Buffet</p> <p>Simply Yoga 5pm</p> <p>Family Burger Night</p>	<p>22 Fusion Fitness 9am</p>	<p>23 Hatha Yoga 8:45am</p> <p>Prime Rib Night 6-9pm</p>
<p>24 Sunday Brunch Buffet 10am-2pm</p> <p>NEW Aerobic/Barre 9am</p>	<p>25 CLUBHOUSE CLOSED</p> <p>Simply Yoga 5pm</p>	<p>26 Fusion Fitness 9am</p> <p>Taco Tuesday</p>	<p>27 Lunch Buffet</p> <p>Italian Night Buffet</p>	<p>28 Lunch Buffet</p> <p>Simply Yoga 5pm</p> <p>Family Burger Night</p>	<p>Please Note: Dining reservations are not required but requested. Please do call ahead if you are planning on dining at the club so we can ensure your table will be ready upon your arrival.</p>	

MARCH 2019 CALENDAR

APRIL 2019 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CLUBHOUSE CLOSED Simply Yoga 5pm	2 Fusion Fitness 9am Taco Tuesday	3 Spring Renewal Self-Care Series 9-9:55am Lunch Buffet Italian Night Buffet	4 Lunch Buffet Simply Yoga 5pm Member Mingler 5:30-7pm Family Burger Night	5 Fusion Fitness 9am Kids Klub 6-9pm King Crab Buffet 6-9pm	6 Hatha Yoga 8:45am Prime Rib Night 6-9pm
7 Sunday Brunch Buffet 10am-2pm NEW Aerobic/Barre 9am	8 CLUBHOUSE CLOSED Simply Yoga 5pm	9 Fusion Fitness 9am Taco Tuesday	10 Spring Renewal Self-Care Series 9-9:55am Lunch Buffet Italian Night Buffet	11 Lunch Buffet Simply Yoga 5pm Summer Recreation Celebration 6-9pm Family Burger Night	12 Fusion Fitness 9am	13 Hatha Yoga 8:45am Prime Rib Night 6-9pm Dinner Dance 6-10pm
14 Sunday Brunch Buffet 10am-2pm NEW Aerobic/Barre 9am	15 CLUBHOUSE CLOSED Simply Yoga 5pm	16 Fusion Fitness 9am Taco Tuesday	17 Spring Renewal Self-Care Series 9-9:55am Lunch Buffet Italian Night Buffet	18 Lunch Buffet Simply Yoga 5pm Family Burger Night	19 Fusion Fitness 9am King Crab Buffet 6-9pm	20 Hatha Yoga 8:45am Kids' Easter 10am-1pm Prime Rib Night 6-9pm
21 Annual Easter Brunch Buffet 11am-4pm NEW Aerobic/Barre 9am	22 CLUBHOUSE CLOSED Simply Yoga 5pm	23 Fusion Fitness 9am Taco Tuesday	24 Spring Renewal Self-Care Series 9-9:55am Lunch Buffet Italian Night Buffet	25 Lunch Buffet Simply Yoga 5pm Family Burger Night	26 Fusion Fitness 9am	27 Hatha Yoga 8:45am Prime Rib Night 6-9pm
28 Sunday Brunch Buffet 10am-2pm NEW Aerobic/Barre 9am	29 CLUBHOUSE CLOSED Simply Yoga 5pm	30 Fusion Fitness 9am Taco Tuesday	<p>Please Note: Dining reservations are not required but requested. Please do call ahead if you are planning on dining at the club so we can ensure your table will be ready upon your arrival.</p> <p><i>*Fitness/Wellness Classes will be denoted in green.</i></p>			

MEMBER MINGLER

Thursday, April 4th, 5:30-7pm

Mix and mingle with other Club Members at this fun Member event! Get a chance to meet Members and the Club staff with complimentary appetizers provided by Chef Ryan and a cash bar.



SUMMER RECREATION CELEBRATION

Thursday, April 11th, 6-9pm

Let's celebrate summer and all of the incredible recreation opportunities we have right here at MVCC!! Meet the coaches and instructors for swim team, fitness and wellness classes. Register for swim team or junior team tennis, sign up for camps, order your swim team gear, and more!

Buffet: \$12-Adults, \$6 -Kids



ANNUAL KIDS EASTER SHOW

Saturday, April 20th, 10am-1pm

Hop on over to the club for a bunny-rific fun time! Enjoy the Easter Show and balloons with Club favorite: **Bryce Jackman!** And, don't forget to visit the Bunny Hop Shop for all of the Easter fun you can imagine! There just might be a visit from the Easter Bunny! Face painting, games, crafts, AND.....The EGG-STRAVAGANZA Easter egg hunt!

Adults-\$25, Kids-\$17.50



KIDS KLUB-ADVENTURE SERIES

Friday, April 5th, 6-9pm

Join Nature's Educators to learn about the amazing world of Mammals! Meet two different rabbits and learn all about them. Your kids also have the chance to feel various pelts from mammals and see and learn about skulls, teeth, bones, and more! Did you know we are mammals also?!

\$10 per child. Dinner Included. RSVP Neccessary.



DINNER DANCE

Saturday, April 13th
6-10pm

Come and enjoy an elegant evening listening to the magic of timeless classic tunes performed by Danny Showers and his band.

A plated dinner will be served between the hours of 6 and 8 then dance the night away until 10:00 pm!

\$45 per person.
RSVP necessary.

WHAT'S HAPPENING

around your club



RACQUET sports

Regardless of your age or ability, the Racquet Sports Department has programs and options available for members all year long! The platform tennis season (aka paddle) is currently in full swing, as it's a great game to play outdoors in any temperature. Have you played pickleball yet? It's the fastest growing sport in America and is one of the easiest sports to learn and play. Pickleball can be played on the platform tennis courts and you can also use the tennis courts. If you are interested in getting involved in any racquet sport (tennis, paddle, pickleball), please email us to get started! (racquets@mountvernoncc.com)! — *Ian*

Let's celebrate spring at MVCC! Fat Tuesday, St. Pat's Pub Crawl, Summer Recreation Celebration, Kid's Easter, Easter, Concert Series and MORE! I am saving my energy for ALL of it—can't wait. The fun is always happening at our Club. How can you go wrong with visits from leprechauns, the Easter Bunny and Cajun food galore? And, don't even get me started on the musical variety we are offering; between the Concert Series, Dinner Dances and King Crab and Prime Rib nights we have it covered. So, let's spring ahead together into some amazing fun times at MVCC! — *Leatha*

HAVING a good time



CATERING corner

Celebrate Good Times with Mount Vernon! Celebrations are more exciting with friends and family. Plan your graduation party, birthday party, anniversary, or confirmation reception at the club this spring or summer. Let Mount Vernon and our talented staff take away some of the stress! Please welcome Shannon Engler to the catering and events department. Many of you may know her from her service in the Lounge or making the refreshing beverages at the pool bar. I am excited to have her as part of the team! Give us a call us today to plan your life celebrations! — *Nicole*

I'm so excited to be able to provide Members with a new weekly fitness class schedule beginning in March. Check out the calendars for the updated fitness class schedule. A new class for March and April that I'm really excited about is the **Aerobic/Barre** with Vanessa on Sundays at 9am and we just added a **Spring Renewal Self-Care Series** to the calendar where our Members can experience techniques that are grounded in Chinese medicine, Chi Gong, and Tai Chi with certified Shiatsu therapist and lover of life, Sashi Barzilai. — Feel free to contact me at wellness@mountvernoncc.com — *Lili*

WELLNESS and fitness



MISE EN PLACE

Upcoming Events for March & April 2019

With Chef Ryan

You spoke and we listened! Live Music & Dancing are back here at Mount Vernon and we couldn't be more excited!!! I hope you will join us at our upcoming events featuring live entertainment, dinner, and dancing. From the Concert Series to our Dinner Dance as well as Mardi Gras there is sure to be a band and menu to suit your taste.

Additionally, we look forward to continuing our popular Taco Tuesday's and Italian buffet Wednesday's. With the changing of the seasons our menus will be too! Keep an eye out for new spring A la Carte menus in April, as well as lighter and healthier buffet options during our Wednesday and Thursday lunch buffets.

Chef's Pro Tip:

Make reservations when visiting the club and you will be invited to participate in an online Member satisfaction survey. I personally review all surveys and follow up on the feedback we receive as a tool to improve our food quality, food service, and our event offerings. If you have a compliment, a concern or a suggestion of events that you want to see here at Mount Vernon, I would love to hear from you!

At your service,
Ryan Wolf



NEW! Fitness & Wellness Classes

A SPRING RENEWAL SELF-CARE SERIES

Wednesdays through March and April.

Experience techniques that are grounded in Chinese medicine, Chi Gong, and Tai Chi with certified Shiatsu therapist and lover of life, Sashi Barzilai.



AEROBIC/BARRE CLASS

Sundays through March and April.

This class is a fun mixture of cardio and upper body work along with some high reps at the ballet barre using our own body weight to strengthen the lower body.

Now Yoga on Mondays, Thursdays and Saturdays; Core Fusion on Tuesdays and Fridays.

Take Home RECIPE

Gougeres

(French cheese puffs)

- ½ cup milk
- ½ cup water
- 4 oz butter
- 1 cup flour
- 4 each eggs
- Pinch salt & pepper
- Pinch grated nutmeg
- 4 oz gruyere cheese

In a medium saucepan, combine the water, milk, butter and salt and bring to a boil. Add the flour and stir it in with a wooden spoon until a smooth dough forms; stir over low heat until it dries out and pulls away from the pan, about 2 minutes.

Place the dough in a kitchen aid mixer and allow to cool for a couple of minutes. Beat the eggs into the dough one at a time and make sure each egg is fully incorporated before adding another.

When all eggs have been added add the cheese and spices. Place the finished dough in a pastry bag and pipe 1 oz mounds onto a baking sheet lined with a silicone mat or parchment paper. Bake in the oven at 400 degrees for 20 minutes.

Enjoy!!!!



Mount Vernon Canyon

CLUB

24933 Clubhouse Circle
Golden, CO 80401



ANNUAL EASTER Sunday Brunch Buffet

Sunday, April 21st, 11am-4pm

Break out your Easter bonnet and celebrate spring with your family and friends at MVCC with an amazing brunch buffet! Be sure to RSVP early for this annual Club favorite that is sure to sell-out!

Buffet: Adults-\$39, Kids-\$19.50

Please call the front desk for reservations at 303.526.0616

Racquet Sports

racquets@mountvernoncc.com

New to racquet sports, looking to get more involved, or just have a question?

Racquet Sports Director, Ian Hintz, would be happy answer any of your questions or get you out on the courts to gauge your skill level and hook you up with other club members!

Contact ianhintz@mountvernoncc.com or at call 303.526.4173.

ADULT USTA TENNIS LEAGUES

If you are interested in being on a USTA team, please email the Racquets department. There will be men's, women's and mixed teams available in the 2019 season!

JUNIOR TENNIS

Junior tennis will begin on the weekends in April (weather permitting). Times will be announced soon! Please email the Racquets department if your child would like to play tennis at the Club in the spring.

ROLLING HILLS

Want to play indoor tennis for 1 hour, 1.5 hour, or 2 hour at the same day and the same time slot each week?

Email racquets@mountvernoncc.com to find an open time-slot.



PLATFORM TENNIS DRILL

Saturdays 3:00-4:30PM

On Saturdays, there will be a 1.5 hour drill for intermediate players.

Please register on the racquets calendar

NEW!

INDOOR TENNIS OPTIONS

As a full Century club member, you now have access to the racquet sports programming at 2 other private clubs in the area!

This new unprecedented access program will give you year-round access at a discounted rate!

MEADOW CREEK

*Join Meadow Creek under 1 of the 7 different membership types and enjoy:

- 7 heated indoor tennis courts
- 3 outdoor tennis courts
- 2 platform tennis courts
- Fitness facilities



Membership Type	Initiation Fee	Monthly Dues
Individual	\$75	\$60
Couple	\$125	\$105
Senior Individual	\$60	\$70
Senior Couple	\$75	\$98
Junior	\$40	\$40
Young Adult	\$50	\$55
Young Adult Couple	\$100	\$90

THE CLUB AT ROLLING HILLS

MVCC Century members will now have 5-10 hours (set schedule) of indoor tennis court usage at Rolling Hillswith scheduling available through the MVCC racquet center.

*Court time will be \$28 per hour.

