



# Mount Vernon Canyon

CLUB

## MAY & JUNE at the CLUB

*Building community, creating memories.*

### A message from the General Manager

Dear Mount Vernon Canyon Club Members,

Spring is here and Summer is right around the corner. Mother's Day, Memorial Day Weekend, the opening day of pool season, Father's Day, and the Racquets leagues are all benchmarks that add vibrancy to the Mount Vernon Canyon Club. These are all great times for family and friends to enjoy each other and meet new friends. In a poem titled "A Club" the author mentions a Club "Is a place where kindred spirits gather to have fun and make friends". There is no better place or time that represents that than the next couple of months at your Club.

This past Easter Brunch was quite an exciting production! This was the largest brunch participation I have seen in my years as a Club Manager. I was amazed at the level of execution from the employee team to create and deliver such an enormous event at such a high quality level. The best of all was seeing so many happy Members enjoying their Club on the same day.

Some of the other successful events in April included the Member Mingler on April 4th. From what I understand it was the largest "Mingler" in a number of years. There were several new Members who connected with more experienced Members which is a primary purpose of such an event. Another well attended event was the Danny Showers dinner dance. I had heard from Members about how much they enjoyed Danny and his band in the past and he did not disappoint anyone that evening! The dance floor was full almost immediately after dinner was completed. I am looking forward to him returning to work his magic again!

Remember to apply sun tan lotion during the many sunny days ahead and I look forward to seeing you around our Club.

### Added Experiences for July & August 2019:

- Innovative, exciting, **seasonal Summer menu** created by our culinary Food and Beverage Director, Ryan Wolf
- **4th of July BBQ** at the pool
- **Aquatheater** featuring 'The BFG' and MVCC member favorite, 'Jaws'
- **Summer Camps** continue with 'racquet sports galore' and 'wild n' crazy week'
- **Tennis Camps** with tennis instruction and pool time continue 9am-1pm through August
- **Afternoon Activities Camp** continues from 1-4pm daily with games, sports, and activities!
- **Wellness Mini-Retreat** with water aerobics, yoga & meditation classes, spa & salon vendors, and a healthy luncheon with Wellness speaker
- **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](http://mountvernoncc.com)**

# MAY 2019 ACTIVITIES



## MEMORIAL DAY PICNIC

**Monday, May 27th, 12:00-3:00pm**

We have all of the right ingredients to start the summer season. BBQ, drink specials, DJ music, and crystal clear pool. All we need is You!



## OPENING DAY AT THE POOL

**Saturday, May 25th, 10am**

It's finally here!!!!

Mark your calendar and grab your goggles it's time to jump in the pool! Start your summer with a splash. Come and enjoy our fabulous pool, eat at the Overlook Grill and while away the day summertime style.



**WORLD  
AFFAIRS  
COUNCILS OF  
AMERICA**

## WORLD AFFAIRS COUNCIL

**Tuesday, May 21st, 6pm-dinner, 7pm-presentation**

Dr. Chalecki will highlight the national security threats that climate change poses, and talk about some climate modification techniques called geoengineering.

Colorado Foothills World Affairs Council regular programs are free and open to the public. There is an optional buffet dinner prior to the program at 6 pm.



## KIDS KLUB-ADVENTURE SERIES

**Friday, May 3rd, 6-9pm**

Natures Educators Presents: Reptiles & Amphibians ! Learn how to identify some of the amazing reptiles and amphibians that live in our very own state! We will bring 6 native herptiles for you to meet and learn about their habitats, diets, defenses, conservation, and more!



## MOTHER'S DAY BRUNCH BUFFET

**Sunday, May 12th, 10am - 4pm**

A delicious Sunday brunch buffet to celebrate Mom including carved prime rib and shrimp cocktail.

Please call the front desk for reservations as this event will sell out!

\$39-Adults, \$19.50-Kids

**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>			1 Lunch Buffet  Italian Night Buffet	2 Lunch Buffet  Simply Yoga 5pm  Family Burger Night	3 Fusion Fitness 9am  Kids Klub 6-9pm  King Crab Buffet 6-9pm	4 Hatha Yoga 8:45am  Prime Rib Night 6-9pm
5 Aerobic/Barre 9am  Sunday Brunch Buffet 10am -2pm	6 Clubhouse Closed  Simply Yoga 5pm  Women's Tennis Night 6pm	7 Fusion Fitness 9am  Taco Tuesday  Men's Tennis Night 6pm	8 Lunch Buffet  Italian Night Buffet	9 Lunch Buffet  Simply Yoga 5pm  Family Burger Night	10 Fusion Fitness 9am	11 Hatha Yoga 8:45am  Prime Rib Night 6-9pm
12 Aerobic/Barre 9am  Mother's Day Sunday Brunch Buffet 10am - 4pm	13 Clubhouse Closed  Simply Yoga 5pm  Women's Tennis 6pm	14 Fusion Fitness 9am  Taco Tuesday  Men's Tennis 6pm	15 Lunch Buffet  Italian Night Buffet	16 Lunch Buffet  Simply Yoga 5pm  Family Burger Night	17 Fusion Fitness 9am  King Crab Buffet 6-9pm	18 Hatha Yoga 8:45am  Prime Rib Night 6-9pm
19 Aerobic/Barre 9am  Sunday Brunch Buffet 10am -2pm	20 Clubhouse Closed  Simply Yoga 5pm  Women's Tennis 6pm	21 Fusion Fitness 9am  World Affairs Council 6pm  Taco Tuesday  Men's Tennis 6pm	22 Lunch Buffet  Italian Night Buffet	23 Lunch Buffet  Simply Yoga 5pm  Family Burger Night	24 Fusion Fitness 9am	25 Hatha Yoga 8:45am  Pool Opening  Prime Rib Night 6-9pm
26 Aerobic/Barre 9am  Sunday Brunch Buffet 10am -2pm	27 Memorial Day Picnic 12 - 3pm  Simply Yoga 5pm  Clubhouse Closed  Women's Tennis 6pm	28 Fusion Fitness 9am  Taco Tuesday  Men's Tennis 6pm	29 Lunch Buffet  Italian Night Buffet	30 Lunch Buffet  Simply Yoga 5pm  Family Burger Night  Family Racquets Night 6pm	31 Fusion Fitness 9am	

MAY 2019 CALENDAR

# JUNE 2019 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>1</p> <p>Hatha Yoga 8:45am</p> <p>Alumni Racquets Party 4:30-7pm</p> <p>Prime Rib Night 6-9pm</p>
<p>2</p> <p>Aerobic/Barre 9am</p> <p>Sunday Brunch Buffet 10am -2pm</p>	<p>3</p> <p>Aqua Aerobics 9-9:55am</p> <p>Clubhouse Closed</p> <p>Simply Yoga 5pm</p> <p>Women's Tennis 6pm</p>	<p>4</p> <p>Men's Tennis 6pm</p>	<p>5</p> <p>Aqua Aerobics 9-9:55am</p> <p>Lunch Buffet</p> <p>Italian Night Buffet</p>	<p>6</p> <p>Lunch Buffet</p> <p>Simply Yoga 5pm</p> <p>Family Burger Night</p>	<p>7</p> <p>Aqua Aerobics 9-9:55am</p> <p>Fusion Fitness 8-8:50am</p> <p>Adult Tennis Social 6pm</p> <p>Kids Klub 6-9pm</p> <p>King Crab Buffet 6-9pm</p>	<p>8</p> <p>Hatha Yoga 8:45am</p> <p>Prime Rib Night 6-9pm</p>
<p>9</p> <p>Aerobic/Barre 9am</p> <p>Sunday Brunch Buffet 10am - 4pm</p>	<p>10</p> <p>Aqua Aerobics 9-9:55am</p> <p>Clubhouse Closed</p> <p>Simply Yoga 5pm</p> <p>Women's Tennis 6pm</p>	<p>11</p> <p>Men's Tennis 6pm</p>	<p>12</p> <p>Aqua Aerobics 9-9:55am</p> <p>Lunch Buffet</p> <p>Spanish Wine Dinner 6:00pm</p> <p>Italian Night Buffet</p>	<p>13</p> <p>Lunch Buffet</p> <p>Simply Yoga 5pm</p> <p>Margarita Member Mingler 5:30-7pm</p> <p>Family Burger Night</p>	<p>14</p> <p>Aqua Aerobics 9-9:55am</p> <p>Fusion Fitness 8-8:50am</p> <p>Adult Tennis Social 6pm</p> <p>Concert Series 7:30-10:00pm</p> <p>Aquatheater dusk at pool</p>	<p>15</p> <p>Hatha Yoga 8:45am</p> <p>Prime Rib Night 6-9pm</p>
<p>16</p> <p>Aerobic/Barre 9am</p> <p>Father's Day Brunch Buffet 10am -3pm</p>	<p>17</p> <p>Aqua Aerobics 9-9:55am</p> <p>Clubhouse Closed</p> <p>Simply Yoga 5pm</p> <p>Women's Tennis 6pm</p>	<p>18</p> <p>Men's Tennis 6pm</p>	<p>19</p> <p>Aqua Aerobics 9-9:55am</p> <p>Lunch Buffet</p> <p>Italian Night Buffet</p>	<p>20</p> <p>Lunch Buffet</p> <p>Simply Yoga 5pm</p> <p>Family Burger Night</p>	<p>21</p> <p>Aqua Aerobics 9-9:55am</p> <p>Fusion Fitness 8-8:50am</p> <p>King Crab Buffet 6-9pm</p>	<p>22</p> <p>Hatha Yoga 8:45am</p> <p>Goat Yoga 9-10am, 10:30-11:30am</p> <p>Prime Rib Night 6-9pm</p>
<p>23</p> <p>Aerobic/Barre 9am</p> <p>Sunday Brunch Buffet 10am -2pm</p>	<p>24</p> <p>Aqua Aerobics 9-9:55am</p> <p>Simply Yoga 5pm</p> <p>Clubhouse Closed</p> <p>Women's Tennis 6pm</p>	<p>25</p> <p>Men's Tennis 6pm</p>	<p>26</p> <p>Aqua Aerobics 9-9:55am</p> <p>Lunch Buffet</p> <p>Italian Night Buffet</p>	<p>27</p> <p>Lunch Buffet</p> <p>Simply Yoga 5pm</p> <p>Family Burger Night</p> <p>Family Racquets Night 6pm</p>	<p>28</p> <p>Aqua Aerobics 9-9:55am</p> <p>Fusion Fitness 8-8:50am</p>	<p>29</p> <p>Lookout Mountain Triathlon</p>
						<p>30</p> <p>Aerobic/Barre 9am</p> <p>Sunday Brunch Buffet 10am -2pm</p>

### MARGARITA MEMBER MINGLER

Thursday, June 13th, 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.



### AQUATHEATER

Friday, June 14th, dusk at the pool

Kickoff the MVCC summer "Dive In" movie series with our featured film: 'Dolphin Tale 2'. Enjoy some unique poolside entertainment with friends and family on a beautiful summer evening.



### KIDS KLUB

Friday, June 7th, 6:00-9:00pm

NATIONAL CHOCOLATE ICE CREAM DAY!!!!

Join in the COOLEST kind of summer fun with ice cream crafts and games. Make your own ice cream slime, pin the cherry on the sundae and, of course enjoy a little cone of your own. Don't miss this special Kid's Klub!



### SUMMER CONCERT SERIES

Friday, June 14th, 6:00-10:00pm

My Old School is a spirited group of musicians that play the musical hits of Steely Dan. The band reaches back to the early 1970's from Steely Dan's first recordings to their music just recorded a few years ago. They've come together to form a dynamite rhythm section, a full 4-piece horn section and vocal harmonies that are incredible to listen to!



HAPPY  
FATHER'S  
Day  
Mustache

### FATHER'S DAY BRUNCH BUFFET

Sunday, June 16th, 10am - 2pm

Leave the messy charcoal to us this Father's Day and come dine a traditional Mount Vernon Brunch with Grilled items for dad, including; smoked beef brisket, bbq chicken and hot links!

\$24.95 per adult  
RSVP necessary.

# WHAT'S HAPPENING

around your club



## WELCOME Lisa

Please welcome Lisa Stanley to the Mount Vernon Canyon Club team! Lisa has just recently joined us as the new *Service Director*-a position not only new to Lisa but new to the Club as well! Lisa will be managing all aspects of Club service dining and has been tasked with ensuring all of our

Members and guests have an incredible dining experience each and every time they join us at the Club! Lisa comes to us with a wealth of experience in front of house management, including most recently with Tag Restaurant Group one of Denver's most prominent fine dining restaurant collections! Please welcome Lisa when you see her around the Club and reach out to her with any feedback you may have!

**Lisa Stanley | [lstanley@mountvernoncc.com](mailto:lstanley@mountvernoncc.com) | 303.526.3104**

**WE ARE EXCITED** about MVCC's summer activities! Whether you and your family are just getting to know us or are returning to MVCC for another summer of fun we welcome you to our 2019 Summer Programs.

## HAVING a good time



We have spent many months preparing and are committed to providing you and your family with a superior summer experience. Our standard programs including, Junior Team Tennis (JTT), swim team and tennis camp are promising to be better than ever this year! - Leatha

# FRIDAY AFTERNOON CLUB

**Multiply your summer enjoyment by joining your friends and family at MVCC for our Friday Afternoon Club (FAC) now being hosted both at the pool AND racquet sports complex!**

## FAC @ RACQUETS

**1st & 3rd Fridays | 5 to 7 pm**  
Now serving up tons of fun at the racquets center! Enjoy a little tennis, bocce ball, horseshoes, or even a volleyball match with food and drink specials!

## FAC @ AQUATICS

**2nd & 4th Fridays | 5 to 7 pm**  
They don't call it a pool party for nothin'! Aqua games, contests, prizes aaaand, summertime Happy Hour drink specials by the poolside bar and grille.

# MISE EN PLACE

## With Chef Ryan

May is one of my favorite months at the club; "the return" to the Vern is such an exciting and vibrant time. I love seeing the tennis courts full and the enthusiasm for the start of the summer pool season. Whether you are motivated by the beautiful views and alfresco dining, lap swimming, wine dinners or our popular concerts series, the club operations teams are working hard to prepare a fun-filled summer for our members!

In other news, I am incredibly excited to announce the addition of Lisa Stanley to our Mount Vernon Canyon Club Team. Lisa brings tremendous value to the club from her wealth of experience in front of the house management. Lisa has already been busy connecting with the membership and working quickly to improve our member's services. Please join me in welcoming Lisa the next time you visit the club!

## Chef's Pro Tip:

We always have a few go-to vegetarian and vegan dishes ready to prepare at a moment's notice, but if you mention your dietary concerns when making reservations we will commit to providing a greater variety of offerings to you!

\*Based on the reservations response we received for Easter please remember to make reservations early for Mother's Day and Father's Day as we will sell out.

## NEW! spring MENU

### STARTERS

Swiss Onion Soup  
Asparagus & Crab Bisque  
Caesar Salad  
Citrus Salad  
The Wedge

### ENTREES

The Vern Signature Burger\*  
Tortelloni & Peas  
Braised Pork Shank (GF)  
Thai Chicken (GF)  
Pan Seared Trout (GF)  
Grilled Flat Iron (GF)  
Grilled Ribeye  
Beef Tenderloin (GF)

## WELLNESS Round-Up

### Wellness Summer Mini-Retreat

Natural Health and Beauty  
Saturday, August 24, 8:30 am - 2pm

Enjoy Aqua Aerobics, Yoga and Meditation classes, shop on-site spa and salon vendors, and enjoy a healthy luncheon by Chef Ryan with Wellness speaker.

### Lap Swim Challenge

Keep track of your laps with the log book located at the guard station. Fun prizes will be awarded at the end of the season!

### A Fitness Membership

Add a Fitness Membership to your current membership type for \$25 per month to gain access to complimentary to all of our Yoga, Fusion Core, Aerobic/Barre classes; access to weight room with cardio and strength equipment; men's and women's showers and lockers in our Fitness Area.

New: Members may accompany a non-member guest to a fitness class for \$15/class



### Goat Yoga

Saturday, June 22nd

9:00-10:00am and 10:30-11:30am

Enjoy this popular, one-of-a-kind yoga class with adorable baby goats! Register by calling the front desk. Open to the community.

\$38/person per class





# Mount Vernon Canyon

CLUB

24933 Clubhouse Circle  
Golden, CO 80401



## LOOKOUT MOUNTAIN TRIATHLON

Saturday, June 29th

Compete in this annual 525 yard pool swim, 10 mile bike course, and 5k run within the Club property!

10% discount for Members.

Go to [digdeepsports.com](http://digdeepsports.com) for more info.

## Racquet Sports

[racquets@mountvernoncc.com](mailto:racquets@mountvernoncc.com)

Ian Hintz-Racquet Sports Director  
[ihintz@mountvernoncc.com](mailto:ihintz@mountvernoncc.com) | 303.526.4173

### ALUMNI RACQUETS PARTY

Saturday, June 1 from 4:30-7pm

Open to All Members and Racquets Alumni. This is a complimentary event for members, past members, and prospective members! Both the hard and clay courts will be used in a fun and competitive format. Appetizers and drinks included!



### WOMEN'S AND MEN'S NIGHTS

Mondays & Tuesdays @ 6pm

Women: Monday nights (starting May 6th). Men: Tuesday nights (starting May 7th). Come play an evening of tennis from beginner skill level to advanced. Food and beverage by request.\$8/player

### FAMILY NIGHTS

Thursdays @ 6pm starting May 30th

Bring the entire family (ages 6+) for games, drills, instruction, and fun! Each week there will be tennis, platform tennis, pickleball, and POP tennis with the racquet sports staff present to run the event and provide instruction. \$10/Adult & \$5/Junior

### ADULT TENNIS DRILLS

For a complete list of group drills please visit the Racquets tab on the website and go to Adult Tennis.

1.0 Hour Drills are \$18/Player

1.5 Hour Drills are \$25/Player

### Beginner to Racquet Sports?

Are you interested in playing tennis, platform tennis, or pickleball, but haven't played much or at all?

Take a lesson from our professional staff to get started and then join one of the group programs!

**Please register for all programs on the online racquets calendar**

### TENNIS CAMPS

Mondays-Fridays | 9am-1pm

Open to all Members

Kids enjoy 2 hours of tennis instruction and fun games in the morning, followed by swimming, and lunch in the afternoon!

Ages 6-13

\$250/week or \$60/day

Sessions:

June 3-7/June 10-14, June 17-21, June 24-28, July 8-12, July 15-19, July 22-26, July 29-August 2, August 5-9, August 12-16



### AFTERNOON ACTIVITIES CAMP

Mondays-Fridays | 1-4pm

Whether participating in the morning camp or not, juniors can spend their afternoons at MVCC with activities such as tennis, swimming, volleyball, hikes, board games, and tons of fun all week long!

Ages 6-13. \$150/week or \$40/day.