



Mount Vernon Canyon

CLUB

November & December at the CLUB

Building community, creating memories.

A note from Paul

Dear Mount Vernon Canyon Club Community,

It looks like winter has arrived in full force and your professional team is gearing up for what promises to be another amazing season here at the club! The Racquet Sports, Wellness, and Activities departments are planning for some terrific events and we are looking forward to sharing this time with you and your family over the holiday season.

While the club is known for our annual holiday classics such as the delicious (and enormous) Thanksgiving Buffet, family favorite Santa Brunch, and Holiday Tea, we are also adding some fun new events to the calendar. These include the Holiday Champagne Brunch and Hay Ride and Jazzed Up Holiday Family Brunch. With so many offerings on our calendar, we have something going on to please everyone in the family. Show off your Club and invite your out-of-town guests or friends this holiday season!

Another Club classic we will be bringing back this year is the Holiday Vendor Market where you will be able to check everything off your shopping list with multiple on-site vendors throughout the month of December. Details regarding the vendors can be found inside the newsletter or by calling the front desk.

I am so proud of all we have accomplished in the past three years and it has been a pleasure working with and learning from each and every one of you. That said, November will be my last month here at the club as I have resigned my position as General Manager of Mount Vernon Canyon Club. I have such mixed emotions writing this message: while I am excited for my next step, I will miss the members and the staff that helped to make this club feel like a home away from home over the past three years. I sincerely appreciate having had the opportunity to be your General Manager and I have no doubt the board and new manager will continue these successes in the future! If I can be of any assistance during the time it will take to fill the position, please do not hesitate to ask.

Our team wishes all of you a wonderful holiday season filled with delicious food and surrounded by friends and family. For those traveling, please do so safely and come and visit your Mount Vernon Canyon Club family as we'll be sure to take care of you!

Thank you for an unforgettable three years!

See you at the Club, Paul Anderson, General Manager/COO

Upcoming Events for January & February:



- Winter Wellness Half-Day Retreat - 1/4
- Wine Pairing Evening
- Fat Tuesday Party
- Valentine's Day Celebration
- Platform Tennis is in Full Swing
- Business Mixer with Business Coach

Call or visit our website to make reservations

303.526.0616 | mountvernoncc.com



Multi-Club Indoor Tennis Options This Winter



As a Century club member, you now have access to the racquet sports programming at two other private clubs including Meadow Creek and The Club At Rolling Hills. For more information, email [Ian Hintz, ihintz@mountvernoncc.com](mailto:ihintz@mountvernoncc.com).



NOVEMBER ACTIVITIES



at the Club!



Pumpkin Launch Happy Hour

Friday, November 2nd
5:00 - 7:00 pm

In case you missed it last year, bring your Jack-O-Lantern and launch it into the canyon with the Mount Vernon trebuchet! You get to pull the trigger on our medieval siege engine sending your pumpkin hurtling into the canyon.

Drink specials, savory apps, pumpkin pie, regular and hard ciders available for purchase.

Father/Daughter Dance Boots N' Bling

Saturday, November 10th
5:00 - 7:00 pm



Break out your jeans and cowboy hats and join in some rootin' tootin' fun with your little gals! Chuckwagon dinner including BBQ grilled chicken, pulled pork, corn bread, coleslaw, and foot stompin' country western music.



Western show featuring Bryce Jackman. Get your 'Wanted Poster' photo taken by the Sheriff.

Dads - \$25, Daughters (3-11) - \$12.50

Gobble-Giving Family Pub Night



Thursday,
November 15th
5:00 - 9:00 pm

Join us on Thursday Family Pub Night for an evening of giving, games, and guitar music!

Bring three or more non-perishable food items to donate and enjoy a free cranberry mule drink special.

Live music with Melinda and Gabe (6 - 8 pm) plus pub games galore!

Tonight's Burger Special: The Turkey Burger with cranberry relish and arugula.

Beaujolais France Wine Pairing Dinner



Wednesday,
November 28th
6:00 - 8:00 pm

Enjoy native wines and fine cuisine pairings from the Beaujolais France region.

Menu available online. This event will sell-out, so please reserve early!

\$60 per person

Thanksgiving Buffet



Thursday, November 22nd
11:00 am - 4:00 pm

Get ready for another delicious traditional Thanksgiving buffet this year and leave the cooking and clean-up to us! We will also be hosting chef served family meals right at your private table.

Buffet: Adults - \$35,

Kids (3-11) - \$17.50

Private Served: Adults - \$45,

Kids (3-11) - \$27.50



November





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Join us for our MAD Wednesday & Thursday lunch buffets - \$10.00 per person!</p> <ul style="list-style-type: none"> • Please reserve for dining and events • Check our website for details and to make reservations • Event prices are not inclusive of tax and surcharge • Cancellation policy in effect 				1	2	3
				MAD Lunch Buffet Family Pub Night A la Carte Dinner	Nidra Guided Meditation Pumpkin Launch HH Kids Klub King Crab & Prime Rib with live music A la Carte Dinner 	Prime Rib Night A la Carte Dinner
4	5	6	7	8	9	10
Sunday Brunch Main Clubhouse Closed at 3:00 pm 	Main Clubhouse Closed	Taco Tuesday A la Carte Dinner	MAD Lunch Buffet Italian Buffet A la Carte Dinner	MAD Lunch Buffet Family Pub Night A la Carte Dinner	Nidra Guided Meditation Kids Klub A la Carte Dinner	Father/Daughter Dance Prime Rib Night with live music A la Carte Dinner 
11	12	13	14	15	16	17
Sunday Brunch Main Clubhouse Closed at 3:00 pm Happy Veteran's Day 	Main Clubhouse Closed	Taco Tuesday A la Carte Dinner	MAD Lunch Buffet Italian Buffet A la Carte Dinner	MAD Lunch Buffet Gobble-Giving Family Pub Night A la Carte Dinner Immune Support Workshop 	Nidra Guided Meditation Kids Klub King Crab & Prime Rib with live music A la Carte Dinner	Prime Rib Night A la Carte Dinner
18	19	20	21	22	23	24
Sunday Brunch Main Clubhouse Closed at 3:00 pm	Main Clubhouse Closed	Taco Tuesday A la Carte Dinner	MAD Lunch Buffet Italian Buffet A la Carte Dinner	Thanksgiving Buffet and Private Served Meal 	Nidra Guided Meditation Kids Klub A la Carte Dinner	Prime Rib Night with live music A la Carte Dinner
25	26	27	28	29	30	
Sunday Brunch Main Clubhouse Closed at 3:00 pm	Main Clubhouse Closed	Taco Tuesday A la Carte Dinner World Affairs Council	MAD Lunch Buffet French Wine Pairing Dinner Italian Buffet A la Carte Dinner 	MAD Lunch Buffet Family Pub Night A la Carte Dinner	Kids Klub A la Carte Dinner	



December



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Wednesday & Thursday Holiday Lunch Buffets in December - 11:30 am - 2:00 pm</p> <p>Holiday vendors will display homemade Christmas gift ideas. Listen to the sounds of classic holiday music while you enjoy lunch. Adults (kids ages 12 and up) - \$16.95, kids ages 4 - 11 pay your age, kids 3 and under free.</p>						<p>1</p> <p>Prime Rib Night A la Carte Dinner</p>
<p>2</p>  <p>Energy Medicine Yoga Workshop Sunday Brunch Vendor Day Main Clubhouse Closed at 3:00 pm Hanukkah Begins</p>	<p>3</p> <p>Main Clubhouse Closed</p>	<p>4</p> <p>Taco Tuesday A la Carte Dinner</p>	<p>5</p> <p>Holiday Lunch Buffet Vendor Day Italian Buffet A la Carte Dinner</p>	<p>6</p> <p>Holiday Lunch Buffet Vendor Day Family Pub Night A la Carte Dinner</p>	<p>7</p> <p>Kids Klub Holiday King Crab Buffet with live music Holiday Carolers A la Carte Dinner Vendor Day</p>	<p>8</p> <p>Holiday King Crab Buffet with live music Holiday Carolers A la Carte Dinner Vendor Day</p>
<p>9</p> <p>Sunday Brunch with live music Vendor Day Main Clubhouse Closed at 3:00 pm</p>	<p>10</p> <p>Main Clubhouse Closed</p>	<p>11</p> <p>Taco Tuesday A la Carte Dinner</p>	<p>12</p> <p>Holiday Lunch Buffet Vendor Day Italian Buffet A la Carte Dinner</p>	<p>13</p> <p>Holiday Lunch Buffet Vendor Day Family Pub Night A la Carte Dinner</p>	<p>14</p> <p>Kids Klub Holiday King Crab Buffet with live music Holiday Carolers A la Carte Dinner Vendor Day</p>	<p>15</p>  <p>Santa Brunch Holiday King Crab Buffet with live music Holiday Carolers A la Carte Dinner Vendor Day</p>
<p>16</p> <p>Sunday Brunch with live music Vendor Day Main Clubhouse Closed at 3:00 pm</p>	<p>17</p> <p>Main Clubhouse Closed</p>	<p>18</p> <p>Taco Tuesday A la Carte Dinner</p>	<p>19</p> <p>Holiday Lunch Buffet Vendor Day Italian Buffet A la Carte Dinner</p>	<p>20</p> <p>Holiday Lunch Buffet Vendor Day Family Pub Night A la Carte Dinner</p>	<p>21</p>  <p>Kids Klub Holiday King Crab Buffet with live music Holiday Carolers A la Carte Dinner Vendor Day Winter Begins </p>	<p>22</p>  <p>Holiday Tea Holiday King Crab Buffet with live music Holiday Carolers A la Carte Dinner Vendor Day</p>
<p>23</p> <p>Holiday Champagne Brunch and Hay Ride with live music Holiday Carolers Vendor Day Main Clubhouse Closed at 3:00 pm</p>	<p>24</p>  <p>Christmas Eve Clubhouse Closed</p>	<p>25</p>  <p>Christmas Day Clubhouse Closed</p>	<p>26</p> <p>Clubhouse Closed</p>	<p>27</p> <p>Holiday Lunch Buffet Family Pub Night A la Carte Dinner</p>	<p>28</p> <p>Kids Klub Holiday King Crab Buffet with live music A la Carte Dinner</p>	<p>29</p> <p>Prime Rib Night with live music A la Carte Dinner</p>
<p>30</p>  <p>Jazzed Up Holiday Family Brunch with live music Main Clubhouse Closed at 3:00 pm</p>	<p>31</p> <p>Happy New Year! Clubhouse Closed</p>	<p><i>The Clubhouse will be closed January 1st and 2nd.</i></p> <p><i>We wish you all the best in 2019!</i></p>  				



HOLIDAY CAROLERS PERFORMING: DECEMBER 7, 8, 14, 15, 21, 22, 23
FRIDAY & SATURDAY NIGHTS FROM 6:00 - 8:00 PM
SUNDAY 12/23 FROM 10:30 AM - 1:30 PM

▲ DECEMBER ACTIVITIES ▲

at the Club!

Friday & Saturday Holiday King Crab Buffets

6:00 - 9:00 pm



Reserve now
for our Holiday
King Crab
Buffets this
holiday season!

December 7, 8, 14,
15, 21, 22, 28

Adults (kids ages 12 and up)
- \$55, kids ages 4 - 11 pay
your age, kids 3 & under free.



Santa Breakfast Buffet

Saturday, December 15th
10:00 am - 2:00 pm

Experience the wonder of the
holiday season with your family
at our Santa Breakfast Buffet.
Bring your camera to capture
the special visit your kids will
share with Santa & Mrs. Claus.

Santa's Workshop will be
buzzing with ornament making,
face painting, and writing letters
to Santa with his elves.

Indulge in a scrumptious
breakfast buffet.

Adults- \$25, Kids (3-11)- \$12.50



Holiday Tea

Saturday, December 22nd
12:00 - 2:00 pm

Spend time with family and
friends for conversation, live
music, delicate finger food, and
some last minute shopping at our
Holiday Vendor Market.

Enjoy a live harp performance
by Star Edwards, music that
blends the rhythm of the heart
with the spirit of the world.

Petite finger sandwiches, cheese,
fruit, smoked salmon, scones,
petite fours, and of course - tea!

Adults- \$25, Kids (3-11)- \$12.50

Holiday Champagne Brunch and Hay Ride



Sunday,
December 23rd
10:00 am - 2:00 pm

Enjoy a special holiday Sunday
brunch including prime rib and shrimp cocktail.

Sign up for a festive hay ride from
11:00 am - 1:00 pm including carols,
Christmas cookies, and hot chocolate.

Adults (kids ages 12 and up) - \$30,
kids ages 4 - 11 pay your age,
kids 3 & under free.



Jazzed Up Holiday Family Brunch

Come celebrate New Year's Eve with
your family a day early

Sunday, December 30th
10:00 am - 2:00 pm



Put on your dancing shoes and enjoy
live music by After Midnight Jazz Band
playing from 11 am - 2 pm

Countdown and balloon drop at noon!

Kids' New Year's crafts, resolutions, and magician.

Enjoy a New Year's buffet including traditional
food items from other countries. Free glass of
champagne for adults and sparkling cider for kids
for the noontime toast!



Adults (kids ages 12 and up) - \$30,
kids ages 4 - 11 pay your age,
kids 3 & under free.

Mount Vernon's Recreational Activities Calendar



November



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>November & December Wellness Workshops</u> Complimentary for Century Members</p> <p>Nidra Guided Meditations with Lili, Fridays November 2, 9, 16, 23, 9:00 am</p> <p>Immune Support with Erikka Olson, Thursday, November 15, 6:00 - 6:55 pm</p> <p>Energy Medicine Special Yoga Workshop with Michelle De Waelle Sunday, December 2, 9:30 - 11:00 am</p> <p>SAVE THE DATE: Winter Wellness Half-Day Retreat Friday, January 4th, 8:30 am - 1:00 pm, fee for participants</p>				1	2	3
				Core RX: 9:00 am Yoga Flow: 5:00 pm *Platform Drill/Play 4.0/4.5	Nidra Guided Meditation With Lili: 9:00 am	Hatha Yoga: 8:45 am *Platform Intermediate Drill: 12:30 pm *Platform Beginner Drill: 1:30 pm
4	5	6	7	8	9	10
	*Massage Therapy By Appointment Rebecca 303.667.1832	Core RX: 9:00 am Yoga Flow: 5:00 pm *Platform Drill/Play 3.0/3.5: 6:00 pm		Core RX: 9:00 am Yoga Flow: 5:00 pm *Platform Drill/Play 4.0/4.5: 6:00 pm	Nidra Guided Meditation With Lili: 9:00 am	Hatha Yoga: 8:45 am *Platform Intermediate Drill: 12:30 pm *Platform Beginner Drill: 1:30 pm
11	12	13	14	15	16	17
	*Massage Therapy By Appointment Rebecca 303.667.1832	Core RX: 9:00 am Yoga Flow: 5:00 pm *Platform Drill/Play 3.0/3.5: 6:00 pm		Core RX: 9:00 am Yoga Flow: 5:00 pm *Platform Drill/Play 4.0/4.5: 6:00 pm Immune Support Workshop: 6:00 - 6:55 pm	Nidra Guided Meditation With Lili: 9:00 am	Hatha Yoga: 8:45 am *Platform Intermediate Drill: 12:30 pm *Platform Beginner Drill: 1:30 pm
18	19	20	21	22	23	24
	*Massage Therapy By Appointment Rebecca 303.667.1832	Core RX: 9:00 am Yoga Flow: 5:00 pm		Happy Thanksgiving	Nidra Guided Meditation With Lili: 9:00 am	Hatha Yoga: 8:45 am
25	26	27	28	29	30	
	*Massage Therapy By Appointment Rebecca 303.667.1832	Core RX: 9:00 am Yoga Flow: 5:00 pm *Platform Drill/Play 3.0/3.5: 6:00 pm World Affairs Council		Core RX: 9:00 am Yoga Flow: 5:00 pm *Platform Drill/Play 4.0/4.5: 6:00 pm		For Century Members Only!

All Classes without an asterisk are complimentary for Century Members. * Requires a fee.

Mount Vernon's Recreational Activities Calendar



December



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>There are three ways for Century Members to participate in the complimentary classes/workshops:</p> <ol style="list-style-type: none"> 1. Register on-line, a minimum of 5 hrs in advance, if possible. 2. Drop- In (after checking the number registered before you head over.) 3. Last Minute Drop-In (taking a chance that a spot is available, as space is limited.) <p>Members who have already registered have priority for a spot in the class. Drop-In's are welcome to participate if there is room. Room capacity is 12 for Yoga, 10 for Dance and Core classes.</p>					<p>For Century Members Only!</p>	<p>1</p> <p>Hatha Yoga: 8:45 am</p>
<p>2</p> <p>Energy Medicine Special Yoga Workshop 9:30 - 11:00 am</p>	<p>3</p> <p>*Massage Therapy By Appointment Rebecca 303.667.1832</p>	<p>4</p> <p>Core RX: 9:00 am Yoga Flow: 5:00 pm *Platform Drill/Play 3.0/3.5: 6:00 pm</p>	<p>5</p>	<p>6</p> <p>Core RX: 9:00 am Yoga Flow: 5:00 pm *Platform Drill/Play 4.0/4.5: 6:00 pm</p>	<p>7</p>	<p>8</p> <p>Hatha Yoga: 8:45 am *Platform Intermediate Drill: 12:30 pm *Platform Beginner Drill: 1:30 pm</p>
<p>9</p>	<p>10</p> <p>*Massage Therapy By Appointment Rebecca 303.667.1832</p>	<p>11</p> <p>Core RX: 9:00 am Yoga Flow: 5:00 pm *Platform Drill/Play 3.0/3.5: 6:00 pm</p>	<p>12</p>	<p>13</p> <p>Core RX: 9:00 am Yoga Flow: 5:00 pm *Platform Drill/Play 4.0/4.5: 6:00 pm</p>	<p>14</p>	<p>15</p> <p>Hatha Yoga: 8:45 am *Platform Intermediate Drill: 12:30 pm *Platform Beginner Drill: 1:30 pm</p>
<p>16</p>	<p>17</p> <p>*Massage Therapy By Appointment Rebecca 303.667.1832</p>	<p>18</p> <p>Core RX: 9:00 am Yoga Flow: 5:00 pm *Platform Drill/Play 3.0/3.5: 6:00 pm</p>	<p>19</p>	<p>20</p> <p>Core RX: 9:00 am Yoga Flow: 5:00 pm *Platform Drill/Play 4.0/4.5: 6:00 pm</p>	<p>21</p>	<p>22</p> <p>Hatha Yoga: 8:45 am *Platform Intermediate Drill: 12:30 pm *Platform Beginner Drill: 1:30 pm</p>
<p>23</p>	<p>24</p> <p>Christmas Eve Clubhouse Closed</p>	<p>25</p> <p>Merry Christmas Clubhouse Closed</p>	<p>26</p> <p>Clubhouse Closed</p>	<p>27</p> <p>Core RX: 9:00 am Yoga Flow: 5:00 pm</p>	<p>28</p>	<p>29</p> <p>Hatha Yoga: 8:45 am</p>
<p>30</p>	<p>31</p>	<p>* Massage Therapy Sessions with Rebecca Border, Licensed Therapist. This service requires a fee. Please contact Rebecca directly at 303.667.1832. Massage Therapy appointments take place on Mondays when most of the Clubhouse services are closed.</p> <p>* Rob Grevious, our Personal Trainer, works with an array of clients in regards to age, gender, body type, and fitness goals helping them attain their highest potential. He has been a Personal Trainer for 17 years and is A.C.E., E.S.T.A. and A.F.A.A. certified. This service requires a fee. To make an appointment, contact Robert at 720.233.5190.</p>				

All Classes without an asterisk are complimentary for Century Members. * Requires a fee.



RACQUET SPORTS

racquets@mountvernoncc.com

Indoor Tennis

Century members have access to indoor tennis at two locations this fall and winter. There will also be instruction available on Friday and Sunday nights.

For more information, please email Ian Hintz (ihintz@mountvernoncc.com).

Platform Tennis Boot Camp

Before you develop any bad habits, come get a tune-up on your game! Get a group of 4-5 players and schedule a two-hour boot camp with Brock Borman. Areas of emphasis will include proper grips, court positioning, taking the ball off the screen, shot selection, and strategy. Members can schedule and participate in as many camps as they'd like! Cost is \$35 per player. Please email racquets@mountvernoncc.com to schedule!

Platform Tennis Saturday Drills

Registration is required on the Racquets Calendar. Cost is \$18 per player.

Intermediate 12:30 - 1:30 pm

Beginner 1:30 - 2:30 pm

To stay informed on ALL Racquet Sports information, please join the "Racquets Weekly Update" opt-in group on your member profile!

Contact Us

303.526.0616 • www.mountvernoncc.com



24933 Clubhouse Circle
Golden, CO 80401

Century Members... Wellness/Fitness News

wellness@mountvernoncc.com

WELLNESS WORKSHOPS Complimentary for Century Members

Nidra Guided Meditations with Lili, Fridays November 2, 9, 16, 23, 9:00 am

Immune Support with Erikka Olson, Thursday, November 15, 6:00 - 6:55 pm

Energy Medicine Special Yoga Workshop with Michelle De Waelle
Sunday, December 2, 9:30 - 11:00 am

SAVE THE DATE: Winter Wellness Half-Day Retreat
Friday, January 4th, 8:30 am - 1:00 pm (fee for participants)

FITNESS WEEKLY OFFERINGS FOR NOVEMBER and DECEMBER Complimentary for Century Members

Core RX: Tuesday and Thursday, 9:00 am

Yoga Flow: Tuesday and Thursday, 5:00 pm

Hatha Yoga: Saturday, 8:45 am

Mondays Massage Therapy available at the club with fee.
Contact Rebecca, 303.667.1832

Certified Personal Trainer available with fee, call Robert at 720.233.5190

COMING UP THIS WINTER: New Wednesday Exercise Class

Hosting an event?

Let our Catering Department
handle the details!

*Double Loyalty Points to
your membership account
for any new bookings held
between October 1st and March 1st!*



With valid food and beverage minimum.

Please contact our team for
more information.

Samantha Sears
Director of Sales for Private Events
303.526.3105, ssears@mountvernoncc.com

Mary Campopiano & Nicole Truax
Events & Catering Managers
303.526.3106
mcampopiano@mountvernoncc.com,
ntruax@mountvernoncc.com