



Tues Sept 1
LGA Opening Day

Wed Sept 2
Junior Golf Clinics start
Yappy Hour

Thurs Sept 3
E-3 Finale

Fri Sept 4
NEW Menus & Live Music by Sam Sanders

Sat Sept 5
Lottery Golf
Patriot Day Weekend (through September 7th)
Adult Bar closed for Lunch Service

Sun Sept 6
President Cup 2-Man Deadline Match III
Couples Golf
Adult Bar closed for Lunch Service
Upper Estate closes at 3pm (DU open from 3-8pm)

Mon Sept 7
Labor Day Pool Party and Cookout
Fitness Open 6am-6pm/Golf Open 7am-2pm
Tennis and Kids' Clubhouse Closed

Tues Sept 8
Clubhouse Closed (Golf and Dining)
Tennis Open 8:30am-7pm/Fitness Open 5am-8:30pm
Kids' Clubhouse Open 8:30am-1pm

Thurs Sept 10
9-Hole Opening Day
Adult Bar closed for Dinner Service

Fri Sept 11
Prime Rib and Trivia Night
Live Music by Tony Novelty

Sat Sept 12
MGA Event
YES: Amazing Race
Grandparents Day Dinner

Sun Sept 13
JGCC Jags Brunch Tailgate

Mon Sept 14
Dry-Ject Aerifying

Tues Sept 15
Dry-Ject Aerifying
Early Bird Dinner Specials

Wed Sept 16
Family Night: Zoo

Fri Sept 18
Chef's Specials and Open Mic Night

Sat Sept 19
President Cup 2-Man Finals Match

Tues Sept 22
Kids' Art Lesson - Still Life

Thurs Sept 24
Fall Open House

Fri Sept 25
Chef's Specials and Live Music by Darren Corlew
Vintners Club

Sat Sept 26
Men's and Ladies Club Champs
BBQ at the Pool

Sun Sept 27
Men's and Ladies Club Champs
Sunday Brunch
Couples Golf

Tues Sept 29
Early Bird Dinner Specials
Senior Social - Mahjong

Golf Gunfight every Sunday
Men's E-9 every Wednesday
Men's Open Play each Wednesday/Friday
White Tablecloth each Wednesday
Member Appreciation Thursdays
Extended Happy Hour Tuesday-Thursday

Membership News and Happenings SEPTEMBER 2015



Ladies Paint Night



Pop-Up Restaurant Night



Kids' Paint Night



Family Night: Mini Golf

View more photos from these events and other Club events on page 10 of this newsletter, as well as on the Photo Gallery on our website!

MANAGEMENT TEAM

Paul Craven

General Manager

Adam Abbott

Clubhouse Manager

Ray Barr

Head Golf Professional

Sarah Bordwell

Youth & Aquatics Director

Laura Bowman

Membership Director

Mick Childers

Director of Facility Maintenance

Bill Gist

Director of Tennis

Clarece Johnson

Spa/Fitness Manager

Carrie Mengerink

Director of Catering Sales

Tina Nardi

Accounts Receivable

Jackie Pawlick

Human Resources Director

Mike Ramsey

Executive Chef

Kim Shepherd

Chief Financial Officer

Greg Tharp

Golf Course Superintendent

Gus Treyz

Head Tennis Professional

From the Desk of Paul Craven

It's that time of year with the kids back in school and temperatures starting to get a little cooler which means it's time for our tennis leagues and golf championship events to get rolling! Football season is here, and the Club will be offering several opportunities to follow your favorite team on one of our many TV's around the Clubhouse.

As was mentioned in last month's newsletter, the Board of Governors is continuing to work on plans and costs for facility upgrades/improvements that were identified by our membership from the survey completed last year. As soon as all the information is gathered, we will hold a Town Hall meeting to share the ideas with the membership.

From a financial standpoint the Club remains in a solid position. We are right on budget through seven months of our fiscal year and slightly ahead on our membership count from the beginning of the year. We also expect to see membership interest pick up as we enter into such a great time for enjoying outdoor activities and showcasing the Club. In fact, there is a prospective member Open House event on September 24th. If you know someone who may be interested in joining, please have them contact Membership Director Laura Bowman for more information.

On September 14th and September 15th we will carry out the last of three golf course greens aerifications for the year. This Dry-Ject system is the least intrusive process and will have the putting surface in good condition the same week. This last aerification will ensure that our entire golf course will be in great shape for Club Championships that take place the last week of September and the Men's Member-Guest golf event held in mid-October.

As many will have seen in a recent email, we are losing Head Tennis Pro Gus Treyz. Gus has been at the Club nearly five years and has been a wonderful member of the staff for Tennis Director Bill Gist and the Club. Gus has accepted an offer from the very prestigious Sleepy Hollow CC in New York to oversee their extensive racquets program. We wish him and his growing family much success in their future endeavors up north.

See you around the Club!



BOARD OF GOVERNORS

Rich Shafer, President

Strategic Planning/Marketing & Comm.

Rodney Mathis, Vice President

Human Resources/Golf

Rob Schleiter, Treasurer

Finance

Malou Howland, Secretary

House & Adult Social/Aquatics & Youth

Joby Birr

Fitness/By-laws

Susan Dienes

Membership

Bill Gesdorf

Greens

Stephanie Harris

Tennis

Bob Shryock

Property & Bldg. Maintenance

Paul Craven

Welcome New Members!

John and Patricia Flynn*

Armand and Karen Benoit*

Anthony and Christie Graziosi*

James and Anne DeNonna*

Lynn and Mary McCann*

Martin and Janet Fitzgerald*

Matt McKay

Dan and Janice Williams

Kabir and Nicole Mody

Rachel (18) & Ryan (15)

Grace (3) & Nicholas (1)

** Special thanks to our Plantation friends for joining us while their golf course is under renovation. **

Labor Day Pool Party & Cookout!

Monday, September 7th, 11:30am-2:30pm

Games! Slip and Slide!
Prizes! BBQ! And more!

Buffet is available
indoors and outdoors.
(Pool Bar open until 5pm)

Adults - \$15.95
Ages 5-11 - \$7.95
Ages 3-4 - \$3.95

Hours of Operation:

Club Administration

223-5555

Mon-Fri: 9am-5pm

Casual Dining Room

493-3124

Mon: Closed

Tues-Thurs: 11:30am-9pm

Fri: 11:30am- 11pm

(food service until 10pm)

Sat-Sun: 11:30am-8pm

Mulligan's

493-3141

Mon: Closed

Tues: 11:30am-2pm

Wed-Thurs: 11:30am-10pm

(food service until 9pm)

Fri: 11:30am- 11pm

(food service until 10pm)

Sat-Sun: 11:30am-2pm

The Down Under

493-3144

NEW!! Mon-Tues: Closed

Wed-Sun: 7am-3pm

(starts September 8th)

Golf Pro Shop

223-6910

Tues-Sun: 7am-7pm

Tennis Pro Shop

223-3737

Tues-Fri: 8:30am-7pm

(closed each day from 1-3pm)

Sat: 8:30am-5pm

Sun: 12pm-5pm

Fitness Center

223-9020

Mon-Fri: 5am-8:30pm

Sat: 7am-5pm

Sun: 8am-4pm

Kids' Clubhouse

493-3119

NEW!! 223-9400 (Sarah)

Mon-Sat: 8:30am-1pm

Tues-Thurs: 5:30-8:30pm

Fri: 6-10pm Sun: Closed

Pool

223-9400

Open daily: Dawn-Dusk

Snack Shop

493-3149

NEW!! Fri: 3-7pm

Sat-Sun: 11am-7pm

(starts September 8th)

* Tables at the pool may be reserved beginning at 9am. Please only use tables while you are present at the pool - unattended belongings will be submitted to lost and found. *

Please call 223-5555 for reservations (Pool seating is first-come, first-served).

Club Hours for Monday, September 7th:

Dining - 11:30am-2:30pm

Golf - 7am-2pm

Tennis - Closed

Fitness - 6am-6pm

Kids' Clubhouse - Closed

Club Hours for Tuesday, September 8th:

Dining - Closed

Golf - Closed

Tennis - 8:30am-7pm

Fitness - 5am-8:30pm

Kids' Clubhouse - 8am-12pm

Notes from the Pro: Ray Barr

- ~ **Dry-Ject Aerification Reminder:** The Course will be closed on Monday, September 14th, and Tuesday, September 15th for Aerification. Please contact the Golf Pro Shop for details on reciprocal play for Tuesday.
- ~ **Golf Tee Times Changes:** Beginning Wednesday, September 2nd, all weekday tee times will return to an 8am start off hole #1. Weekend times will continue to be double-tee starts from 8-9:48am with all play off #1 tee weekend afternoons through October.
- ~ **Men's Open Play** will go back to 8:30am shotgun starts on Wednesdays & Fridays.
- ~ **Members** are encouraged to please check in with the Golf Professional Staff prior to all golf rounds and/or the use of the practice facilities.
- ~ **Golfers** are reminded to please keep all golf cart tires on the cart paths around all greens, tee areas and driving range parking!

Handicap Committee Update "Every Golfer Wants to Enjoy a Fair Match!"

- Golfers are reminded to post all scores (9 & 18 hole) in the timeliest manner. Posting all scores the day they are played is recommended, especially immediately preceding the revision of handicaps for that two-week period.
- In the event rounds played before the revision are posted after the revision dates of the 1st or 15th of each month, a player's handicap will be manually revised to reflect the proper index.
- In the event a score is missed from posting, please call the Golf Shop at 223-6910 and allow one of the staff to post the round for you.

September 11th, 2015

Join us in a day of reflection this Friday at 8:45am as we honor and recognize the sacrifice of those who lost their lives fourteen years ago in a senseless act of terrorism against our Great Nation!!

As we remember the brave firefighters, police officers, civil servants, and those that made the ultimate sacrifice at the twin towers, we should all stand united and be very proud to be Americans!!! God Bless the U.S.A.



1.) Patrick Cruz made a hole-in-one on hole #12 on August 5th! See more details below under Golfing Achievements!

2.) Golf fun at the first Couples Nine and Dine on July 10th!



Adult Beginning Golfer & Short Game Clinics

Call the Golf Shop for details on the availability for the Beginning Golfer Clinics starting for \$99 per person. The series kicks off with a Clinic by the Professional Staff on Saturday, September 5th, from 10-11am. These 1-Hour Clinics run for 5 weeks September 12th-October 11th. The Short Game Clinic Series begins October 22nd with more details in the October newsletter. For more information, please call the Golf Pro Shop at 223-6910.

Golfing Achievements

Holes-In-One:

7/29 - **Sam Hart** recorded his Ace on hole #3. His shot of 132 yards using an 8-iron was the third of his career playing golf. All recorded at JGCC. Congratulations!

8/5 - **Patrick Cruz** made an Ace on the tough hole #12 for his second hole-in-one of his golf career. His shot of 177 yards using a 7-iron landed just short of the ridge and trickled over the crest and into the hole. He was not completely sure where the ball was until seeing it in the cup at the green. Awesome!

Career Low Rounds:

Patrick Cruz has found his game recently. He stood on the 9th green over a 10' putt for birdie to record a 7-under par 29. He just missed the putt and posted a outward nine of 30. He went on to score a 69 for the day. Congratulations on a great nine holes!

Junior Golf Updates and Achievements

8/2 - N. FL PGA Junior League playoff event was held this day at World Golf Village King & Bear Course. **Andrew Kunkle** and his teammates resulted as the key match in the East Division's Victory. Andrew made a putt on the final hole to secure the victory for his team and for the Division. The East Team heads to the State Championship Aug 30th ... results to come in October's newsletter.

8/7-8 - Harlie & Celeste Valinho (pictured right) both recorded WINS in their respective Divisions of the Annual Back-to-School event held at Ponte Vedra Inn & Club. Harlie posted a 147 (+5) to win by 17 strokes and Celeste posted a 148 (+6) over 36 holes to win by a whopping 38 strokes.

8/8-9 - Charles Collings (pictured right) recorded a great victory in the Premiere Junior Tour event played at the Celebration Course in Disney. He shot a 76-75 to win by two strokes with a birdie on the final hole carrying a one-stroke lead on #18.

The Junior Golf After-School Clinics will begin starting September 2nd. The clinic will run each Wednesday from 4:30-5:30pm for those junior golfers that want to keep their games sharp during the school year. The clinic is \$25/session per person and will cover a different topic each session. Sign up by calling 223-6910 by 12pm each Wednesday.



JGCC Lady Golfers Take The Trophy Back Home After 22 Years!

For the just third time in the Club's 25+ year history, the JGCC lady golfers have brought home a golf trophy after successfully winning their area in the 39th Annual Jacksonville City Summer Team Play Series. The Series, which begins in June and ends in August, consists of 22 to 24 area Clubs competing each week in a 10-week, match play competition. The Clubs are broken down into 4 areas, and each team competes against each other twice. At the end of the 10 week regular season, JGCC emerged victoriously by accumulating more winning points against it's competitors of TPC Valley, Deerwood CC, Eagle Harbor, Amelia River and Sawgrass CC. The team was made up of 19 members of the 18 hole LGA association and was lead by team captain Mary Rice and co-captain Kay Lemmon!



9-Holers Golf Updates:

There's no time like the present! Join the 9-hole golf group for their opening day of play, Thursday, September 10th, at 9am. Arrive early and join the mini clinic of golf instruction with Adam at 8:45am. We will have cart buddies for the month of September, so you can get to know the ladies in the group better. There are lots of opportunities for prizes each month, with a variety of ways to win! I am happy to announce that Rose Imray had a chip-in par on hole number 9 recently.



We always enjoy fun fellowship for lunch at 11:30am after we play. Come join our group, we have saved a seat for you at the table! Call Barbara Larkin, Debra Langdon or Shannon Stanley for more information!

Upcoming September Events

9/1 - LGA 18-Holers Opening Day: All current and new 18-hole ladies wanting to play are encouraged to come out and enjoy the day! Play days are each Tuesday, beginning September 22nd and they are 9am reverse shotgun starts. Sign up sheets will be on the wall in the Golf Shop soon after opening day.

Note: Tuesdays, September 8th and 15th are closed for scheduled days after Labor Day and Aerification.

9/5-7 - "Patriot Day Weekend" Raising funds for Folds of Honor: PGA of America and the North Florida PGA celebrate with "Patriot Day!" JGCC will continue to support this great program in a local way. JGCC will be hosting a Par 3 Closest To Pin Contest. Any and all Members are encouraged to participate on hole #6 during rounds Saturday, Sunday & Monday.

9/6 & 27 - Couples Fall Golf: If any couples are interested in signing up to play, call the golf shop to get your names on the list. This is organized golf two Sundays per month and it is a round robin pairing system. We can take up to 24 couples, so don't miss getting involved.

9/7 - Labor Day: If you would like to make a contribution to the cause, you may do so any time at the counter in the Golf Shop. I would like to personally thank everyone in advance for supporting such a great cause! Tee times for this Monday will be available on hole #1 & #10 beginning at 8am and ending at 9:48am. The Golf Shop will close at 2pm. Come out and join the fun on your day off! **Note:** the course and Club will close on Tuesday, September 8th.

9/10 - LGA 9-Holers Opening Day: We want all current and new 9-hole ladies to sign up for the first play day of the new season. Play days are each Thursday, beginning on September 18th and they are 9am reverse shotgun starts. Sign up sheets will be in the golf shop after opening day.

9/12 - MGA "2-Man 4-5-6 Club Event": The format is 2-Person Pick-Your-Partner. The scoring is one best ball Net with the field divided into Flights by team handicap. Teams will be blind paired with another 2-Man team for the pairings. The sign-up sheet is in the Golf Shop and the deadline is Thursday, September 10th. Hcps 0-9 limited to 4 clubs, hcps 10-19 limited to 5 clubs and hcps 20 & up limited to 6 clubs.

9/26-27 - The Annual Men's & Ladies Club Championships: The Men's Club is divided into Flights by handicap. Players with a handicap of 9 or less may designate Championship and vie for the overall Club Championship title, all others will be flighted by handicap index. Look for sign up sheets on the information wall in the golf shop. The Ladies Club will be divided into Regular & Senior Divisions 18 holes for 2 rounds and competing for Gross & Net prizes. Members of the Club Championship Series (pre-paid for the Series) will not have an entry fee, other participants will be subject to a \$55 tournament fee to cover Sweeps & beverage for the event.

Men's Lottery: The season continues with our Saturday lottery game. Sign up in the golf shop each available Saturday for either a 2-man blind draw partner game or an individual game and earn sweeps. Lottery is a progressive accumulation of sweeps money culminating with a Shoot Out for the top 32 players played December 12th.

Men's E-9: The nine-hole popular game of Stableford Points scoring will continue through October 14th. The game is scheduled for a 5:30pm shotgun starts, due to the loss of daylight. Both nines will be used on the Finale'. Call 223-6910 to sign up by 4:30pm.

Men's Open Play: This is organized play for anyone wanting to play a casual round of golf each Wednesday & Friday. Play days return to **8:30am, beginning September 2nd**, with reverse shotgun starts and pairings made by the golf shop staff. Sign up sheets are in the golf shop and the deadline for sign up is 5pm the day before each play day. Remember: if you need to cancel from any Wednesday or Friday, please do so more than one-hour before the round.

Ladies E-3: The popular afternoon gathering for our ladies E-3 will come to an end for the season with the Finale' Thursday, September 3rd. Play will start at 6pm and all players are encouraged to sign up by calling 223-6910 by 4pm the day of play.



Live Music!

Live Music Fridays

September 4th: Samuel Sanders 7-10pm
(NEW menu selections this evening)

September 11th: Tony Novelly 7-10pm

September 18th: Open Mic Night 8-11pm

September 25th: Darren Corlew 7-10pm

Enjoy Chef's Specials for dinner!

Please call 223-5555 for reservations.

Call Sarah at 223-9400 if you need childcare.

Club Closures

Saturday, September 5th: The Adult Bar will be closed for lunch service.

Sunday, September 6th: The Adult Bar will be closed for lunch service. The Upper Estate closes at 3pm, but the Down Under will be open from 3-8pm for regular dining.

Thursday, September 10th: The Adult Bar will be closed for dinner service.



Prime Rib Buffet & Team Trivia Night

Friday, September 11th, at 6pm

Enjoy a specialty Prime Rib Buffet and Trivia Night featuring a 70's-90's pop culture theme! Teams of 8-10 for Trivia. Plus, enjoy Live Music by Tony Novelly from 7-10pm in the Casual Dining Room.

Adults - \$28.95, Ages 5-11 - \$14.50,
Ages 3-4 - \$7.25 (includes dessert)

Please call 223-5555 for reservations.

Grandparents Day Dinner

Saturday, September 12th

Grandparents, bring your grandkids to the Club to celebrate Grandparents Day! Grandkids (11 & under) will eat FREE! More details on page 11 of newsletter.

Please call 223-5555 for reservations.



JGC Tailgate at Stadium!

**Sunday, September 13th
10:30am-12:30pm**

Join us for a Tailgate Party for the Jags vs. Panthers game! Brunch themed tailgate fare, canned beer, bloody marys, mimosas, and non-alcoholic beverages.

Location TBD and will be communicated via email blast the week prior.

Adults - \$25, Children 11 & under - \$15

Call 223-5555 for reservations.

**** During all regular season Jaguar games, Mug Club members receive 25% (instead of the normal 10%) off draft beer!! ****

Also, we will have bucket specials at the Pool and beer specials in the Dining Room during all Jags games!



Early Bird Special

Early Bird Dinner Specials Tuesdays, September 15th & 29th 4:30-6pm

September 15th:

~ Spaghetti Marinara and Colossal Meatballs

~ Smoked Cornish Game Hen with Wild Rice

~ Thai Curry Shrimp with Jasmine Rice
~ Vegetable Lasagna

September 29th:

Specials will be sent via email blast!

\$12.95 per person includes choice of soup or salad and warm bread.

After 6pm the specials are available for \$15.95 per person.

Please call 223-5555 for reservations.



Family Night: Zoo

Wednesday, September 16th, 5:30-7pm

The Zoo is visiting for Family Night! Join the Jacksonville Zoo team as they share lots of fun facts about their fuzzy little friends. The Buffet will start at 5:30pm followed by the show at 6:15pm.

Ages 5-11: \$5.95 Ages 3-4: \$2.95
Adults can order off the menu.

Please call 223-5555 for reservations.

Save the Date! Family Night in October: MONSTER MASH! Wednesday, October 28th

Calling all teen volunteers! We need help with pre-planning, decorating, and day of party help.

Please let Sarah know ASAP if you are interested in helping out! Teens will also earn school service hours. Call 223-9400 for more information.



Sunday Brunch

Sunday, September 27th, 9am-1pm

Enjoy all of your breakfast favorites!
\$12.95 Adults, \$6.50 children ages 5-11,
\$3.25 children ages 3-4

Come up to the Club for the Jags vs. Patriots game! Wings, appetizers, beer specials!

Please call 223-5555 for reservations.

Senior Social: Mahjong Tuesday, September 29th, at 3pm

Join member Ellie Bell as she teaches the game of Mahjong! Mahjong originated in China and is a game using tiles that is similar to the western card game rummy. It is a game of skill, strategy, and calculation.

Don't forget to stay for dinner and enjoy one of our Early Bird Dinner Specials!

Sign up online for the Mahjong event!

***** Save the Date for the Fall Campout - Tuesday, November 24th!! *****

YOU'VE BEEN SELECTED!!

YOUNG EXECUTIVE SOCIAL:

**THE AMAZING
RACE**

**PIT STOPS, CHALLENGES, AND
CLUES to find ...**

**Beer and Hors d' oeuvres waiting at
the FINISH LINE!**

SATURDAY, SEPTEMBER 12TH, 5-8PM

JGCC CLUBHOUSE

**\$15/ per person
(Includes Keg and Hors d' oeuvres)**

**To hold your place in this Amazing Race,
RSVP by Wednesday, September 9th. Sign
up online or call Laura at 493-3111.**

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Pool Party!

**Saturday, September 26th
3-7pm**

**Food, Music, Fun,
and more!**

**Please sign up online
for this event!**



Fall Open House!

Thursday, September 24th, 6:30-8pm

Refer-A-Friend!

**If you have a friend, neighbor, colleague, etc.
that has been thinking about joining the Club,
please invite them to our Fall Open House!**

**Please call Laura at 493-3111 to
RSVP by Monday, September 21st!**

**Adults - \$12.95, Ages 5-11 - \$6.50, Ages 3-4 - \$3.50
(Buffet available from 4:30-6pm)**

Beers of the Month

Cigar City Jai Alai IPA - \$3 all day, every day

Beverage Cart: Intuition Peoples Pale Ale - \$3

Wine of the Month

Banfi "Le Rime" Pinot Grigio - \$7/glass \$26/bottle

Cocktails of the Month

Sangria September! White or Red Sangria
- \$6 per glass

Vintners Club

Friday, September 25th, at 7pm

Sign up online or call Adam at 493-3135.



**Save the Date! Family Night at the
Jacksonville Armada Game!**

Enjoy a fun night out at the Jacksonville Armada Game!

SATURDAY, OCTOBER 17TH, AT 5:45PM

JGCC members will get to hold the American Flag on
the field at the game!! **We need at least 50
participants for this event!** \$30/per person includes
a t-shirt! Sign up online or call Sarah at 223-9400.

Tennis News and Updates



2015 Club Challenge Results: JGCC beats San Jose Country Club 27 matches to 13 matches! THE CUP COMES HOME!

Congrats to the 80 players from our Club for playing great tennis and winning against our friends from San Jose. It was a beautiful day and it's so much sweeter with the victory! Congratulations JGCC!!



Men's League Signups

Men's League signups are underway! League matches begin Saturday, September 12th. It's not too late to sign up for one of our men's teams. Play is on Saturday morning and we will be having a Men's B2 team (4.0 /3.5 level) and a C1 team (3.5/3.0). Please contact the Tennis Pro Shop at 223-3737 for more information.

Mixed Doubles 7.0 League

Mixed Doubles 7.0 League play begins mid-September. Join a great group of members for some Friday night mixed doubles league play. The 7.0 combined team should be a (4.0/3.0) or (3.5/3.5). Contact the Tennis Pro Shop at 223-3737 to sign up.



Adult 6-Week Beginner Classes

Starts Saturday, September 12th, from 9am-10am

Members interested in learning the great sport of tennis should sign up for this class. This program is designed for those who haven't played tennis before or very little.



Cost is \$90 for the 6-weeks.

Please contact the Tennis Pro Shop at 223-3737 or tennis@jaxgcc.com to sign up.



The working women's c-2 team was moved up to c-1 for the 2015/2016 season! Good luck to all 15 league teams as they begin the season! Play tough!

An Inside Look at Chair Yoga!

Interview with Karen Chafetz, Certified Chair Yoga Instructor

Interviewer: What exactly is Chair Yoga?

KC: Chair Yoga is for people who cannot get down on the floor because of injuries, age, weight, inflexibility or handicap. This includes people with disabilities, seniors, office workers who sit all day and those of us with health issues that require an alternate form of exercise - it is also a great introduction to yoga!

I: How did you get started in Chair Yoga?

KC: I was a regular practitioner of Yoga and found myself with a herniated disc in my lower back and unable to continue my practice. After my surgery, I needed an alternative to mat yoga. I researched my options and found Chair Yoga. I took the course and got certified and began teaching immediately! Even though I still have a mat practice, I get quite a good yoga workout on my chair too!

I: If someone is wheelchair bound, or uses a walker, can they still participate?

KC: Absolutely! Modifications are made to every pose done to accommodate everyone from the beginner to the well practiced Chair Yogi!

I: Is Chair Yoga as beneficial as mat yoga?

KC: Yes! We still practice breathing exercises throughout and you'll be able to increase flexibility as well as improve your posture.



I: If someone has regular mat practice, will they find a Chair Yoga class boring?

KC: No. If you practice regularly on the mat, you will have the ability during Chair Yoga to focus your attention on other things as you won't be worrying about balance. Many people who regularly practice on the mat come to Chair Yoga and use that as an opportunity to focus more on breath, core, posture and other things. How hard you want to work is how much you'll get out of it.

I: Do I need a mat?

KC: No, chairs are provided and we do everything in chairs. Chair Yoga is Yoga in a Chair, not with a chair.

I: Do I need to wear yoga pants or bring a yoga mat?

KC: No, you don't need to bring a yoga mat, everything we do is in the chair, and chairs are provided. As for yoga pants, they are not required, but you do want to wear comfortable clothing that allows you full range of motion to move, twist and bend.

I: Some people are intimidated by yoga because of the complicated poses and difficult breathing aspects. Your thoughts?

KC: Misconceived notions are very popular with yoga, however, Chair Yoga may put an end to those! I use a dynamic approach for individuals with a variety of movements, people who otherwise could not get the healing benefits of a Yoga practice now can in Chair Yoga. In Chair Yoga I offer a safe & controlled approach to wellness, improved movement, increased posture and breath awareness. The Chair allows for greater stability and reduces the fear that keeps us from trying new poses. In a Chair Yoga class you will get a variety of movements, including: twists, hip stretches, and back bends, all to increase benefits of the body and mind - without the challenging arm balancing poses!

I: Can someone participate in a Chair Yoga class if they have a bad back?

KC: Absolutely! A key principle in all forms of yoga practice is to listen to your body and do only what feels right. I was able to start my Chair Yoga practice right after my disc surgery! Additionally, there are always modifications offered as every body is different and every body offers different levels of flexibility available to them.

Chair Yoga Classes with Karen:

Tuesdays at 9:15am and Thursdays at 11:30am

Chair Yoga Classes with Maria:

Sundays at 1:30pm

\$10/member

\$5/spouse or additional family member

Call the Fitness Desk at 223-9020 to sign up!

September Spa Specials

Please call 223-9020 to book your well-deserved Spa treatment!

~ \$80 Ninety-Minute Facial/Massage with Amy Kruszewski

~ \$59 One-Hour Swedish Massage with Amy Kruszewski
(Available Monday-Friday only)

~ \$60 One-Hour European Facial with Amy Kruszewski

~ 20% off Massage Special with Kim Tullis
Saturday, September 12th, and
Sunday, September 27th
10am-4pm

Club Event Photos!



Ladies Paint Night and Kids' Paint Night!



Family Night Mini Golf!



Pop-Up Restaurant Wars!

View more photos from these events and other Club events on the Photo Gallery on our Club website! Visit www.jaxgcc.com and click the Photos tab at the top of the page.

Kids' Clubhouse Hours Change Effective Tuesday, September 1st

- ~ Monday-Saturday - 8:30am-1pm
- ~ Tuesday-Thursday - 5:30-8:30pm
- ~ Friday - 6-10pm ~ Sunday - Closed

**** Please remember to make reservations for the Kids' Clubhouse by calling Sarah at 223-9400 or emailing her at sbordwell@jaxgcc.com. ****

Pool Lifeguards

Lifeguards in September will be staffed on weekends based on weather and pool usage.

Summer Camps 2015!



Thank you to everyone who participated in Summer Camps! You made our summer one to remember! If you didn't receive your camp shirt throughout the summer, but attended Stellar Camp, please see Sarah.



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Grandparents Day Dinner at JGCC

Saturday, September 12th

Grandparents, bring your grandkids to the Club to celebrate Grandparents' Day! Grandkids will eat FREE! We will also have crafts in the Piano Lounge for grandchildren to make a special something for their grandparents. (Grandkids 11 and under)

Please call 223-5555 for reservations.

**** Only grandkids attending with a grandparent will be free. ****

North Florida Swimming

Year round swim program open to JGCC member only!
Practices are ongoing Monday – Thursday 4:45-6:45pm.
Call 223- 9400 for more details.

JGCC Swim Lessons

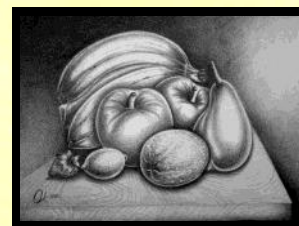
Call Sarah at 223-9400 or email her at sbordwell@jaxgcc.com to book lessons with Coach Morgan.

Private Swim Lessons: Individual Class - \$35; Series of Four - \$120; Series of Eight - \$230; Small Group Lessons: Series of Four - \$100

Kids' Art Lesson - Still Life

Tuesday, September 22nd, 5:30-8pm

Join Ms. Nicole and learn beginning drawing techniques such as value and shading to create a grayscale still life drawing. Kids will learn to draw objects like the fruit picture below!



\$20 per child
Pizza dinner included!
(Ages 7-12)

Sign up online or call Sarah at 223-9400 to RSVP.

Kids' Yoga

Starts Monday, September 14th

Ms. Lauren will hold a yoga class specially designed for kids every Monday afternoon from 5-5:45pm.



Join for a good workout and yoga fun!

\$7/class or \$20/month

Call Sarah at 223-9400 to sign up for yoga classes!

Karate at JGCC

Join Coach Daven to learn many styles of karate including: Judo, Akidd, and Muay Thai every Wednesday!

Ages 5-7 years: 4-4:45pm
Ages 8-11 years: 4:45-5:30pm
Advanced Class: 5:30-6:15pm

\$60/month for 4-week sessions.

Please call Sarah at 223-9400 for details.



Tournament Results

Aug 15 - MGA "Killer Scramble" Results:

First Place: David Jeans, Dave Stimpson, Phillip Meide, and Vince Apicella **Second Place:** Brendan Rager, Scott Glazier, Cliff Stewart, and David Adams **Third Place:** Erik Coombs, Wayne Flynn, Bill Baxter, and Nick Shelley

Close to Pin Proximity Winners: #3 - Rick Cannington 3" #6 - Ian Whitfield 13' 10" #12 - Dan Schwarz 2' 3" #17 - Skip Lunsford 4' 8" **Shootout Qualifier Ladder Putting Contest:** Skip Lunsford

President's Cup 2-Man is down to the Final 4 Teams: **Bruce Boyles/Jim Bishop vs David Mobley/Bobby Roche** and **Patrick Cruz/Ian Kincaid vs Jim Matese/John Petersen**. The final match is scheduled for Saturday, September 19th.

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Club Reminders!



1.) **Club Statements:** Did you know that you can opt out of receiving paper statements from the Club? You can choose to have your statement emailed to you, or choose to view your statement online. Please contact Tina Nardi at 493-3129 for details.

2.) **Dining Reservations Reminder:** To best prepare for our evening dinner service, we do encourage your help by making reservations for any evening you intend on joining us.

3.) **Kids' Clubhouse Reservations Reminder:** Parents, in order to provide the best possible care for your child, we ask that you please make reservations for the Kids' Clubhouse! Call Sarah at 223-9400 or email her at sbordwell@jaxgcc.com.

4.) **Curbside To-Go:** Available Tuesday-Friday from 5-8pm. Call 493-3141 to place your order and make sure you mention Curbside To-Go to our dining staff.

5.) **Texting Golf Alerts:** Be the first to know about the latest course conditions, golf course restrictions, weather interruptions and golf updates by opting in to receive text messages from the Golf Pro Shop. Call or visit the Pro Shop at 223-6910 to provide your cell phone number.

6.) **Club Closed on Mondays:** The Main Level of the Clubhouse and Golf Shop are closed on Mondays. Several areas of the Clubhouse are open, including: the pool, Fitness Center and Administrative offices. To access the Fitness Center or Administrative offices, we ask that you utilize the lower level entrance adjacent to the pool.

7.) **Club Website:** Did you know that we launched a new, interactive Club website last September? Visit www.jaxgcc.com and sign onto the member side to view Club news and events, sign up for member events, book tee times, view statements, view dining menus, and so much more! If you need help logging in, please call Hannah at 223-5555 or email her at hpickett@jaxgcc.com.

8.) **Member Announcements:** Did you know we feature member announcements in our Club newsletter? Submit your announcement and a photo to Hannah at hpickett@jaxgcc.com.

9.) **Dogs at Clubhouse:** Dogs are not permitted in any area inside or outside of the Clubhouse. This includes the Veranda dining area.

Oktoberfest Buffet!

Friday, October 2nd, at 6pm



Enjoy an Oktoberfest Specialty Buffet prepared by Chef Mike and his talented culinary staff!! Beer specials! Live Music by Dustin Bradley!

More details coming soon!