

SHIP & SHORE

NORFOLK YACHT AND COUNTRY CLUB



Robbie Wagner

**PLATFORM TENNIS:
A SPORT FOR BEGINNERS AND SEASONED ATHLETES ALIKE**

Story on page 7

UPCOMING EVENTS

First Friday Wine Tasting
November 1st | 6-8PM

Fall Wine Dinner
November 8th | 6:15PM

Family Bingo Night
November 13th | 7PM

Facilities Enhancement Plan
"Town Hall" Member Meeting
November 14th | 6:30PM

Fireside Friday Happy Hour
November 15th | 5:30-7:30PM

Holiday Sip n' Shop
November 16th | 10AM-1PM

Sunday Brunch Buffet
November 24th | 11AM-2PM

Thanksgiving Day Buffet
November 28th | 12-2:30PM

Black Friday Pickleball, Bonfire,
Seafood Buffet
November 29th

Jr. Tennis Camp
November 29th | 9AM-12PM

Holiday Boat Lighting
December 1st

Gingerbread House Decorating
December 8th | 3-5PM

Brunch with Santa
December 21st | 9-11AM

Wednesday Pasta & Pizza Night
November 6, 13, 20, 27

Weekend Prime Rib Night
Nov. 2, 3, 9, 10, 16, 17, 23, 24, 30

Board of Governors

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Patrick Baker, Vice President
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Mollie McCune, House
PJ Trudell, Junior Sailing
Rob Brown, Membership
Gary Boswick, Tennis
Ben Schill, Yachting

NYCC Staff

Club Phone: (757) 423-4500
Ken Underwood, General Manager
kunderwood@norfolkyacht.com
Michele Hessel, Catering Director
mhessel@norfolkyacht.com
Marty Riddle, Executive Chef
mriddle@norfolkyacht.com
John Williams, Clubhouse Manager
jwilliams@norfolkyacht.com
Suzanne Lyons, Controller
slyons@norfolkyacht.com
Betsy Glover, Membership Director
bglover@norfolkyacht.com
Leigh Knowles, Communications
lknowles@norfolkyacht.com
Cheryl Lehmkuhl, Director of Fitness
clehmkuhl@norfolkyacht.com
Everett Ferguson, Food & Beverage
eferguson@norfolkyacht.com
Jason Mueller, Director of Tennis
jmueller@norfolkyacht.com
Mike Nash, Harbormaster
harbormaster@norfolkyacht.com

Send story ideas and photos to Leigh
at Lknowles@norfolkyacht.com

FROM THE PRESIDENT



This month marks the beginning of the Holiday season. There is no better place to frequent than NYCC during the Holidays. The decorations are beautiful along with sunsets that are breathtaking.

I have spoken a great deal in this column about the creation of memories. I believe they help define us and our families. When Santa visits, the children that sit in his lap are often the children of second or third generation members and for those of us who have witnessed the club traditions over the years, it approaches a reincarnation of past experiences and becomes a very sentimental moment. For those of you who are new to the Club, it may be time to begin such a tradition. I believe it brings a richness to your family and it occurs while surrounded by friends.

And then there is the food. If you do a great deal of food preparation for Thanksgiving or a

Holiday party, the Club can provide delicious options and help manage the intense labor often associated with entertaining during the Holidays. The less time you spend working the more time you have to savor what is around you.

The focus of our Facility Enhancement Plan (FEP) is now on the clubhouse. We have described this as Phase II and it brings us to an exciting time. We will be providing new spaces and enhancements that will compliment your member experience. The consultant that we hired two years ago referred to the second floor views as "million dollar views." I agree. There is no place in Hampton Roads where you can have a meal with such a view. Now it is time to work with a design team that will help guide us toward what it will look like on the inside. The hope is that we will begin to see construction by spring.

Lastly, I want to wish you a wonderful Thanksgiving. We have much to be grateful for.

Jim Forrester, President

FROM THE GENERAL MANAGER



Let me begin this month by thanking you for your patience with the overdue completion of our new Racquet Sport Complex. By the time you read this, landscaping will have been finished, and hopefully the

dome is up and indoor tennis play is underway. There remains a punch list of items that needs to be addressed, many of which will be done in the coming weeks. The major work remaining includes lighting adjustments, the installation of netting above the platform tennis fencing, and the addition of planking over the gap at the Pickleball courts south fence. Over the winter and early spring, we will add shade structures, an attractive shed, and eventually the hard courts will be resurfaced when the temperature for court painting is ideal.

So now we move on to the clubhouse renovation phase of the NYCC 2020 / Facilities Enhancement Plan (FEP). A small team of members was assembled earlier in the year and has been actively working on the selection of an architectural design firm for the project. Three firms responded to our request for proposal. Two firms were ultimately interviewed in person, and independent references were thoroughly checked. Both firms had done local work for private clubs in the area and the reviews of their works were

excellent. It was a difficult choice as we believed both firms would do a great job for NYCC. In the end, the House Committee recommended, and the Board approved, the engagement of Tymoff+Moss Architects. An NYCC / FEP Town Hall Meeting will take place Thursday, November 14th at 6:30pm where you can learn more about the status of all FEP projects, and meet some of the team from Tymoff+Moss.

Of the three phases of NYCC 2020, the architectural and interior design improvements to the clubhouse will touch the most members. Seeing that everyone eats! A core objective of the renovation is to vastly enhance the member dining spaces where both adults and families with young children can dine comfortably. Additionally, we will task Tymoff+Moss to expand our waterfront outdoor dining. And the entire clubhouse will get a much needed face-lift. Our clubhouse of the future will certainly be the flagship of all private clubs in Coastal Virginia.

I welcome the opportunity to hear your thoughts, ideas, and suggestions for the clubhouse renovation. A walking tour of the existing clubhouse is quite enlightening, which could include a back-of-the-house tour with me as your guide.

I hope you have a very happy Thanksgiving,

Kenneth C. Underwood, CCM
General Manager

CLUB EVENTS

For dining reservations and event registration, call the club at 757.423.4500 or Email reservations@norfolkyacht.com. Visit our website for event details.



Thanksgiving Day Buffet

Thursday, November 28th | 12-2:30 p.m.

Celebrate Thanksgiving at NYCC! We're serving our annual Thanksgiving Day feast. Reservations are available on the half hour from noon until 2:30 p.m. You may choose to sit in the Ballroom downstairs, or the Deck or Main Dining Room upstairs, as space allows.

Reservations required. Call the Club at 423-4500. Space fills up fast, so don't wait! Cost: Adults \$29.95++; Kids 12 and under \$15++; Free for kids under 6.

ON THE BUFFET

HATTERAS CLAM CHOWDER
 TURKEY VEGETABLE SOUP
 BUTTERNUT SQUASH BISQUE
 CAESAR AND GREEK SALADS
 CAPRESE SALAD
 IMPORTED AND DOMESTIC CHEESES
 PASTA SALAD AND POTATO SALAD
 SMOKED SALMON WITH DILL SAUCE
 DEVEILED EGGS, COLESLAW
 OYSTERS ON THE HALF SHELL
 STEAMED SHRIMP
 SMITHFIELD HAM
 ROASTED TOM TURKEY
 CORN BREAD DRESSING
 ROASTED PORK LOIN
 MASHED POTATOES AND GRAVY
 SEAFOOD NEWBERG
 BROILED FILET OF FLOUNDER
 COUNTRY STYLE GREEN BEANS
 COLLARD GREENS
 HONEY-GLAZED BABY CARROTS
 AUTUMN RICE PILAF
 MACARONI AND CHEESE
 STEAMED VEGETABLE MEDLEY
 SWEET POTATO SOUFFLÉ
 CARVED ROAST PRIME RIB
 BAKED SMOKED VIRGINIA HAM
 SEASONAL DESSERT BUFFET

And more!



Fall WINE DINNER

Friday, November 8th | 6:15-8 p.m.

NYCC's Waterfront Wine Series continues with a Fall-inspired wine dinner featuring hand-selected pinot with each course. Cocktail hour starts at 6:15PM in the Lafayette Room, followed by dinner at 7:00 in the Main Dining Room.

The cost is \$70 per person. Reservations must be made by November 6th. Please call the club at (757) 423-4500 or email reservations@norfolkyacht.com. Space limited to 50 people.

Childcare will be available at the Fitness Center. Please register in advance by calling (757) 489-5385.

MENU

First Course

CREAM OF MUSHROOM BISQUE

Mascarpone Cream, Mushroom, Caramelized Onion, Gruyere Tart
Pairing: Elk Cove Pinot Gris

Second Course

PAN ROASTED HALIBUT ON PANZANELLA SALAD

Heirloom Tomatoes, Garlic Croutons, Basil, Arugula, Radicchio, Roasted Shallot Vinaigrette
Pairing: Paul Blanck Pinot Gris

Third Course

GRILLED NORTHWEST SALMON

Crushed Fingerling Potatoes, Niçoise Olives, Sweet Pearl Onions, Smoked Tomato Almond Vinaigrette
Pairing: Pike Road Pinot Noir

Fourth Course

PISTACHIO-SAGE CRUSTED LAMB RACK

Pearl Cous Cous, Fall Vegetables, Sweet Potato Puree, Pinot/Cherry Gastrique
Pairing: Fixin Pinot Noir

Fifth Course

RED VELVET CAKE WITH DARK CHOCOLATE

Pairing: Smoke Tree Pinot Noir



Friday, November 15th | 5:30-7:30 p.m.

Join us for happy hour featuring drink specials, complimentary hors d'oeuvres, and a cozy fire. Childcare provided.



Saturday, November 16th | 10 a.m. to 1 p.m.

Ladies, kick off the holiday season and pick up some great gifts! Vendors will be there with something for everyone on your list, including health and beauty products, jewelry, stationary, and specialty gifts. We'll have complimentary hors d'oeuvres and a member-charge bar with mimosa specials. RSVP by Nov. 15. Register Online or call the club at 423-4500. It's free to attend!

Vendors who wish to participate should email Betsy Glover at bglover@norfolkyacht.com.



Saturday, December 21st | 9:00-11:00AM

You don't want to miss Santa's yearly visit to the Club! He'll be dropping in for photos in the Fireplace Room. The morning will feature a brunch buffet, plus crafts for the kids. The Big Guy's appearance is always a sellout affair! Reservations are required and seating will be assigned. Space is limited.



THANKSGIVING DINNER TO GO

From our kitchen to your table!

PLACING YOUR ORDER

Pick up an order form at the front desk of the Clubhouse or download it from NYCC's website (www.norfolkyacht.com/Catering). Completed forms should be returned to the front desk or emailed to Michele Hessel at mhessel@norfolkyacht.com.

Orders must be placed by November 25th.

PICKING UP YOUR ORDER

PICK UP PRIOR TO THANKSGIVING DAY:

Pick up between 10:00 a.m. and 9:00 p.m. at front desk of the Main Clubhouse.

PICK UP ON THANKSGIVING DAY:

Pick up between 10:00 a.m. and 3:00 p.m. in the Catering Office in the Main Clubhouse.

MAIN DISHES

ROASTED TOM TURKEY (22-24 LBS.) \$140++
With Dressing, Gravy, and Cranberry Sauce
Carved for an additional \$15++

ROAST TENDERLOIN OF BEEF \$160++
Sliced or Not Sliced
With horseradish Sauce or Mushroom Sauce
Add 2 Dozen Dinner Rolls for \$11++

BONELESS COUNTRY HAM \$15++/LB.
Cooked and Sliced

CHILLED STEAMED SHRIMP \$24++/LB.
With Cocktail Sauce on a Bed of Lettuce

SMOKED ATLANTIC SALMON \$145++
With Dill Sauce, Capers and Assorted Garniture

SOUPS

NEW ENGLAND CLAM CHOWDER \$14++/QT.

TURKEY VEGETABLE SOUP \$12++/QT.

BUTTERNUT SQUASH BISQUE \$12++/QT.

SIDE DISHES

\$11++ PER QUART

GRAVY

DRESSING

GREEN BEANS

FRIED APPLES

SWEET POTATO SOUFFLÉ

COLLARD GREENS

RICE PILAF

SUCCOTASH

MASHED POTATOES

DESSERTS

\$18++ EACH

PECAN PIE

APPLE PIE

SWEET POTATO PIE

ORCHARD FRUIT PIE

PUMPKIN PIE

BLACK FRIDAY • AT NYCC •

Friday, November 29th

PICKLEBALL | 12-4PM

Come out for some post-Thanksgiving Pickleball! All members welcome. Please sign up ahead of time. See page 7 for more details.

BONFIRE | 3-6PM

Join us on the Skipper's Terrace for a bonfire with cocktails, s'mores, hors d'oeuvres, and live music by local acoustic guitarist Dan Pellegrino. Bring the whole family!

SEAFOOD BUFFET | 5:30-9PM

Ditch those turkey leftovers and come enjoy a wide selection of fresh seafood. Buffet price: \$29.95++ for adults; \$15++ for kids ages 4-12; and children under 4 eat for free. Reservations are strongly encouraged. Call the Club: 423-4500.

MARK YOUR CALENDAR

First Friday Wine Tasting

Nov. 1st | Dec. 6th | 6-8PM

Join us for a complimentary wine tasting and light hors d'oeuvres. Childcare provided.

Family Bingo Night

Wednesday, November 13th | 7PM

We'll have prizes for all winners! It's free to play and all ages are welcome.

Facilities Enhancement Plan "Town Hall" Member Meeting

November 14th | 6:30PM | Clubhouse

All members welcome to come hear about the progress of the Facilities Enhancement Plan and learn which projects are up next.

Gingerbread House Decorating

Sunday, Dec. 8th, 3:30-5:30PM

All ages welcome. We will provide the supplies, just bring yourself! We'll also be serving hot chocolate and holiday cookies. Registration is required. Register by Dec. 2. Sign up Online!

Annual Meeting & Member Party

Save the Date! Saturday, Jan. 25, 2020

NORFOLK YACHT & COUNTRY CLUB



IT'S TIME TO BOOK YOUR HOLIDAY PARTY!

Space is filling up for private events and banquets this holiday season. Contact NYCC's Special Events Director Michele Hessel at 423-4500 or email mhessel@norfolkyacht.com

MEMBER SPOTLIGHTS

HURRAH FOR ANNIE

Annie Housh will be performing with the Hurrah Players in a Christmas play this holiday season. Annie, 9, who attends the Academy for Discovery at Lakewood in Norfolk, said “definitely” when asked if performing is her “thing.”

“I’ve been doing this for two years. This is my fifth show,” she said. Among her roles, she has played Molly in “Annie,” and been an octopus in “The Little Mermaid.” In December, she will be reprising her role of Gladys in “The Best Christmas Pageant Ever.”

Annie is one of the five children of Steve and Brooke Housh. Brother Thomas, 12, is also in the Hurrah Players, appearing in two productions. Seven-year-old twins Katie and Emma Jane (EJ, to the family) are into competitive gymnastics and ballet, respectively. Little sister Ellie, 5, is currently deciding what she will be getting into later.

The Housh family lives in Larchmont and have been NYCC members for about 3 years.

Hurrah for all 7 Houshes!



Annie Housh



A TRIP TO TOAST

For years the guys talked about a trip to champagne country with their wives to learn more about how champagne was made and, of course, to sample some.

The three sets of veteran travelers – Bill and Michael Eisenbeiss, Ed and Linda Lilly and Bob and Ann Branch – finally visited the famed French area in early September.

They picked (and ate some) grapes, saw how champagne is still made in some villages in a big vat where the grapes are pressed by hand, visited the Haute Villers Abbey where Dom Perignon said “I have seen the stars” after discovering champagne.

And experienced an unexpected highlight when they visited the Aisne-Marne American Cemetery and WWI Memorial in Chateau Thierry. The memorial honors U.S. Marines killed in World War I defending the French countryside from German invasion in the

Battle of Belleau Wood.

“It was at closing time and they were taking down the American flag that is flown every day,” said Bill Eisenbeiss, a history buff. “They asked us (the men) if we would like to fold the flag. It was a very moving moment.”

The days were structured around touring the nearby towns, lunch (“and much wine drinking,” said Linda Lilly, a former French teacher) and free time to ride bikes, hike, read or do nothing. It was, they all agreed, the perfect way to spend a fall week.

This was the fourth trip the “best of friends” have taken together. “We’re like family,” said Michael Eisenbeiss. Traveling separately or with other friends, the group has seen much of the world.

This trip started with a flight to Paris, a van picked them up and ferried them to Reims, where they boarded a barge/hotel and traveled to champagne country.

The barge carried just the six and a Belgian

crew of three and a cat. The travelers were free to eat aboard the sumptuous meals prepared aboard the barge or dine in the small towns they passed.

Actually, said Ed Lilly the genesis of the trips started 39 years ago when the guys started playing tennis together at the Club.

“At first, we would play and go our separate ways,” said Lilly. “Then, we started having coffee together afterward. That led to quarterly dinners with all of us and then we started getting together every New Year’s Eve and finally to traveling together.” The guys still play Saturday mornings.

With Bill supplying historical commentary, Bob with his ever-ready iPhone (he took more than 900 pictures), Ann’s comfortable easy demeanor, Ed’s knowledge of champagne and Linda’s French, they had this trip covered.

The group will be making travel plans, “but first we have to recover from this trip,” said Ed Lilly.



YACHTING, JR SAILING, WATERFRONT

HOLIDAY BOAT LIGHTING

Kick off the holiday season by joining the Yachting Division on **Sunday, Dec. 1st** for the annual Boat Lighting. Boaters are encouraged to decorate their vessels with festive lights. The judging begins just after dusk followed by announcing the winners and a celebration featuring good food, drinks, and holiday cheer. This is one of the Club's great holiday traditions. So, come on out. The Yachting Committee says "be prepared for a few new surprises this year," including a non-watercraft category. All members are welcome to enjoy the spectacular illumination. Visit the Club's website for details.



BURGEES ON DISPLAY IN SKIPPER'S LOUNGE



Twenty-four burgees were recently hung over the bar in the Skipper's Lounge, thanks to Lauren Wolcott and Commodore Ben Schill.

The two, who share a passion for traditional nautical décor, worked together over the summer on a "mock up" test board for the Dock House. Wolcott and Schill have collected burgees from prominent clubs as far flung as Waikiki and Key Biscayne, as part of our Burgee Swap program. We now have more than 120 burgees from around the world and college teams where members' children have sailed.

While it has not yet been determined how the Skipper's Lounge will be transformed once the clubhouse renovations are completed, Lauren Wolcott says, "We finally have a clubhouse that looks like a yacht club and members are excited to see some of the burgees on display."

Drop by the Skipper's Lounge to check it out and to learn more about the Burgee Swap program, visit [www.norfolkyacht.com/Burgee Swap](http://www.norfolkyacht.com/BurgeeSwap).

A. RANDOLPH GARNETT AWARD

The A. Randolph Garnett Memorial Trophy was established in 1983 to be presented from "time to time" to someone who has made a special contribution to the growth of sailing at the Club. It is awarded to members of NYCC who have displayed an overall excellence in yachting.

Nominees are judged on the following criteria:

- Personal contributions to the betterment of the Yachting Division
- Sportsmanship
- Sociability
- Seamanship
- Leadership



Left to right: Kelly Stokes, Randy Stokes, Commodore Ben Schill

The award was presented to J. Randolph Stokes, the 14th recipient, at the Annual Yachting dinner on October 25th. A large crowd was in attendance and heard several

heartfelt testimonials from family, friends, and parents of sailors at Norfolk Collegiate about his lifelong dedication to the sport of sailing, coaching youth sailors, and the impact he has made on yachting at NYCC.

Congratulations, Randy!

KEELBOAT RACE SERIES

The 2019 Keelboat Race Series ended in early October. Some familiar skippers collected the awards given out at the Yachting Dinner on October 25th. Rick Sanford, aboard *Elan*, took first place in the Spring Series with Bill Ripley and Bob Burnett second and third, respectively. Ripley, at the helm of *Obsession*, won the Fall Series. Dalton Dunbar was second and Rick Sanford third. In all, 7 sailors competed.



PLATFORM TENNIS ANYONE?

The weather is getting cooler, which means Robbie Wagner expects the action at the platform tennis courts to heat up. Wagner is part of the Sunday morning crew, along with Nic Kohler, Alex Cancado, Johan Vaverud and Rob Brown. He expects the group will be getting plenty of company these fall and winter days when more members are introduced to the game.

Wagner, an all-state tennis player at Catholic High School and former TCIS player of the year prior to playing for Christopher Newport is a member of the Tennis Committee, was introduced to the game on a trip to Philly, a hotbed of the game where it is played primarily in the colder months.



“I fell in love with it instantly,” he said. “It’s even more fun when you play doubles. When I came back I said, “We gotta get this here.”

Wagner, 28, was one of the prime movers in building two platform courts as part of the renovation at the Racquet Sports Complex.

The courts, which border Hampton Blvd. at the edge of the Club, are about half the size of a tennis court and enclosed cage-like on four sides. The top is open. The game is played with a wooden paddle and a denser ball.

Scoring is the same as tennis.

Don’t worry about equipment. The Pro Shop provides that and will be happy to offer some instruction and tips.

“Anyone who has played tennis will pick up the sport easily, but anyone who has reasonable athletic ability will enjoy playing, too,” said Wagner. “You play a lot of shots off the boards that enclose the court. You want to slow down the game, not speed it up, which is counter-intuitive to tennis.”

On an athletic scale, Wagner lists platform as requiring not as many moves or the speed of tennis, but more demanding than pickleball.

Wagner believes we are the only club in Hampton Roads that has platform courts at present. He envisions the sport taking off when other clubs install courts and we can have inter-club tournaments.

“I urge anyone to try it,” said Wagner. “Once you play it a few times and get more comfortable you’ll like it more and more.”

You might even get hooked like Wagner.

NYCC Juniors competed in the 2019 Junior Country Club Cup challenge Oct. 6. This event matches up the best juniors from CCV, Farmington, and PACC. It was a great day of tennis! We didn’t win, but we gave it our all.



Left to right: Xander Smith, Addison Felts, Adele Yanez, Alex Laplace, Bella Cancado, Ann Randolph Furr, Benji Casagrande, Davis Mann and team captain Alfredo Rodriguez.

Adult Beginner Tennis Clinics

Learn from the best, progress each week, and feel confident on the court! One-hour clinics are held at 10:00 a.m. on Wednesdays beginning Nov. 6th. Cost is \$80 for all 6 clinics. Clinics are limited to 6 people each. Please sign up in advance at the Pro Shop, (757) 423-6737, or register Online.

Black Friday Pickleball

Join us for some post-Thanksgiving day pickleball fun on Friday, Nov. 29. Represent your alma mater by wearing your college gear! All members welcome. Registration required. Sign up to play between 12-2pm or 2-4pm. Call the Pro Shop, 423-6737, or register Online. Bring your own paddle or borrow one from NYCC (limited supply available).

Black Friday Junior Tennis Camp

November 29 from 9 a.m. to noon. \$15 per child. Please sign up in advance.

FITNESS

Fitness Center (757) 489-5385

NOVEMBER WORKSHOPS

- November 9 | 10:15-11:45am
Chair Yoga w/Carmen
- November 16 | 10:15-11:45am
Restorative Yoga w/Carmen
- November 17 | 1-2:30pm
Foam Roller w/Sonja
- November 23 | 10-11:30am
Deep Stretch w/Violette



TOYS FOR TOTS

Let’s keep our Toys 4 Tots toy drive going strong by filling up those boxes in the Fitness Center. Pick up a raffle ticket with each donation for the chance to win a massage!

TURKEY DAY HOURS

The Fitness Center will be open from 6 a.m. to 12 Noon on Thursday, Nov. 28th.

TIPS FOR HEALTHY HOLIDAY EATING

- Don’t skip meals. This leads to overeating at next meal.
- Fill up on lower calorie nutrient dense foods like fruits and veggies.
- Make ONE trip to the buffet line.
- Eat slowly and enjoy each mouthful.
- Eat only when hungry.
- Contrast flavors, temperatures and textures for a satisfying meal.
- Avoid grazing when cooking. Those little bites can add up.
- Beware of liquid calories in alcohol & soda.



WINTER HOURS OF OPERATION

Starting November 4th, the Fitness Center will close one hour earlier (at 8 p.m.) Monday-Friday. Normal hours will resume in the Spring.



Norfolk Yacht & Country Club
7001 Hampton Blvd.
Norfolk, VA 23505

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
























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NOVEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
RESTAURANT HOURS (Closed Mondays) Dining Room Lunch: Tues-Sun 11:30am-2:30pm Dinner: Tues-Sun 6-9pm Deck Sunday Breakfast/Brunch: 9am-2pm Lunch: Tues-Sat 11:30am-2:30pm Dinner: Tues-Sun 5:30-9pm Grill Lunch: Tues-Sat 12-2:30pm Dinner: Tues-Sat 6-9pm		FITNESS CENTER Mon-Thurs 5am-8pm Friday 5am-7pm Sat & Sun 7am-6pm YOUTH HOURS 7 days/week 12-5pm Mon-Thurs 7-8pm CHILDCARE HOURS Mon-Sat 8am-12pm Tues-Thurs 5-8pm Sunday 12-4pm		 Somewhere in this newsletter is a hidden membership number. If you find it and it's <i>your</i> number, contact the club at 423-4500 and receive a complimentary dinner for two!		1 CardioTennis 9am Jr. Tennis & Pickleball Halloween Party, 5-7pm First Friday Wine Tasting, 6-8pm 	2 CardioTennis 10am  Prime Rib Dinner Jr. Sea Dragons Swim Clinic 1pm & 2pm 
3 Breakfast 9am-2pm Squash Round Robin 9-10am Junior Play Tennis Program, 1-3pm  Prime Rib Dinner NFL Sunday, Grill 	4 Clubhouse Closed CardioTennis 9am  Fitness: Small Group Training 8-9am; 6-7pm	5 Check your email for dining features. Youth Swim Clinic 6:30pm 	6 CardioTennis 9am, 6:30pm  Adult Beginner Tennis Clinic, 10-11am Pasta & Pizza Night Wine Wednesday Fitness: Small Group Training 8-9am; 6-7pm	7 Youth Swim Clinic 6:30pm 	8 CardioTennis 9am Fall Wine Dinner 	9 CardioTennis 10am  Chair Yoga, 10:15am Jr. Sea Dragons Swim Clinic 1pm & 2pm  Prime Rib Dinner	
10 Breakfast 9am-2pm Squash Round Robin 9-10am Junior Play Tennis Program, 1-3pm  Prime Rib Dinner NFL Sunday, Grill 	11 Clubhouse Closed CardioTennis 9am  Fitness: Small Group Training 8-9am; 6-7pm	12 Check your email for dining features. Youth Swim Clinic 6:30pm 	13 CardioTennis 9am, 6:30pm  Adult Beginner Tennis Clinic, 10-11am Family Bingo Night, 7pm Pasta & Pizza Night Wine Wednesday Small Group Training	14 Youth Swim Clinic 6:30pm  Facilities Enhancement Plan 'Town Hall' Member Meeting, 6:30pm, clubhouse.	15 CardioTennis 9am Fireside Friday Happy Hour 5:30-7:30pm 	16 Restorative Yoga, 10:15-11:45am Sip n' Shop 10am-1pm  Jr. Sea Dragons Swim Clinic 1pm & 2pm  Prime Rib Dinner	
17 Breakfast 9am-2pm Squash Round Robin 9-10am Foam Roller Workshop, 1-2:30pm Prime Rib Dinner NFL Sunday 	18 Clubhouse Closed CardioTennis 9am  Fitness: Small Group Training 8-9am; 6-7pm	19 Check your email for dining features. Youth Swim Clinic 6:30pm  Board Meeting, 6pm	20 CardioTennis 9am, 6:30pm  Adult Beginner Tennis Clinic, 10-11am Pasta & Pizza Night Wine Wednesday Fitness: Small Group Training 8-9am; 6-7pm	21 Youth Swim Clinic 6:30pm 	22 CardioTennis 9am 	23 CardioTennis 10am  Deep Stretch Workshop, 10-11:30am Jr. Sea Dragons Swim Clinic 1pm & 2pm  Prime Rib Dinner	
24 Breakfast 9-11am Sunday Brunch Buffet 11am-2pm Junior Play Tennis Program, 1-3pm  NFL Sunday 	25 Clubhouse Closed CardioTennis 9am  Fitness: Small Group Training 8-9am; 6-7pm	26 Check your email for dining features. Youth Swim Clinic 6:30pm 	27 CardioTennis 9am, 6:30pm  Adult Beginner Tennis Clinic, 10-11am Pasta & Pizza Night Wine Wednesday Fitness: Small Group Training 8-9am; 6-7pm	28  Thanksgiving Day Buffet, Reservations Required Fitness Center open from 6am-12pm	29 Black Friday Pickleball 12-4pm Jr. Tennis Camp 9am-12pm Black Friday Bonfire 3-6pm Seafood Buffet 5:30-9pm	30 CardioTennis 10am  Jr. Sea Dragons Swim Clinic 1pm & 2pm  Prime Rib Dinner	

Login to our website www.norfolkyacht.com/events or call the Club at 757.423.4500 for dining reservations, event details and registration.