



Club Calendar

January 2018

DISCOVER WELLNESS

Health & Lifestyle Open House

Friday, January 12th

12:00 pm - 4:00 pm



Complimentary Services Today

Blood Pressure Checks

Vein & Balance Screenings (RSVP)

Physical Therapy Consults

Chair Massages

Massage & Facial Consults

Make Up & Hair Style Consults

Free Raffle for Attendees!



Learn about Wellness Programs and Fitness Classes

Meet Our Professional Fitness & Spa Staff

Try Free Mini Classes (drop in from 12 pm - 4 pm)

Attend Fitness Equipment Demos

Enjoy Healthy Refreshments

Give Blood - Save a Life!

8:30 - 11:30 am - RSVP



RSVPs Appreciated! Some services require sign up in advance.

Call or stop by the Fitness Center & Spa at 239-498-8888 for details

Concerts on The Green

Bee Gees Tribute

Thursday, February 22nd
5:30 pm Gates Open, 7:00 pm Concert

The Bee Gees Tribute performs "Night Fever," "To Love Somebody," "Massachusetts," "I Got to Get a Message," "I Started a Joke," "Jive Talking," "More Than a Woman," "Nite Fever," "You Should Be Dancing," "Tragedy," "Stayin' Alive," and many more.

Food Station #1

Mahi Mahi Sliders
with Mango Salsa and
Power Salad

Food Station #3

Island Spice Chicken
with Plantains, Rice and
Red Beans

Food Station #2

Twin Mini Hot Dogs
with Pasta Salad

Food Station #4

Carved Steak and
Cheese Hero with
Grilled Vegetable Salad

Ice Cream Station

2 Cones for One Ticket!
Butter Pecan, Chocolate, Strawberry

\$8 per Food Ticket

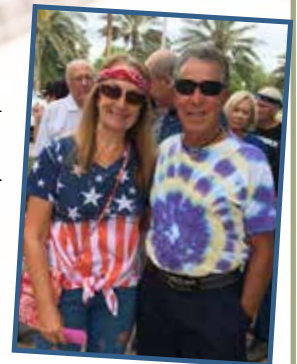
MEMPHIS MOTOWN



Thursday, March 8th
5:30 pm Gates Open
7:00 pm Concert

THE ALTER EAGLES

Thursday, April 12th
6:30 pm Gates Open
8:00 pm Concert



Order your tickets today by calling the Enrichment Center at (239) 949-3800
or from www.TheCommonsClub.com
Each Show is \$30 per ticket

SPRING TRAINING



TICKETS



Minnesota Twins CenturyLink Sports Complex

Monday, February 26th at 1:05 pm
vs. St. Louis Cardinals
\$29.36 per person

Tuesday, February 27th at 6:05 pm
vs. Boston Red Sox
\$30.36 per person

Wednesday, February 28th at 1:05 pm
vs. Tampa Bay Rays
\$30.36 per person

Tuesday, March 13th at 1:05 pm
vs. Baltimore Orioles
\$30.36 per person

Sunday, March 18th at 1:05 pm
vs. Philadelphia Phillies
\$30.36 per person

Wednesday, March 21st at 6:05 pm
vs. Pittsburgh Pirates
\$30.36 per person

Thursday, March 22nd at 1:05 pm
vs. New York Yankees
\$33.36 per person

Friday, March 23rd at 1:05 pm
vs. Houston Astros
\$29.36 per person (Max 2 Tickets per Membership)

Sunday, March 25th at 1:05 pm
vs. Boston Red Sox
\$30.36 per person

Boston Red Sox JetBlue Park at Fenway South

Sunday, February 25th at 1:05 pm
vs. Baltimore Orioles
\$34.36 per person

Tuesday, February 27th at 1:05 pm
vs. St. Louis Cardinals
\$34.36 per person

Wednesday, March 7th at 1:05 pm
vs. Minnesota Twins
\$34.36 per person

Thursday, March 15th at 1:05 pm
vs. Toronto Blue Jays
\$34.36 per person

Friday, March 16th at 6:05 pm
vs. Minnesota Twins
\$34.36 per person

Monday, March 19th at 1:05 pm
vs. Philadelphia Phillies
\$34.36 per person

Saturday, March 24th at 1:05 pm
vs. Houston Astros
\$34.36 per person (Max 2 Tickets per Membership)

* Monday, March 26th at 6:05 pm
vs. Chicago Cubs
\$34.36 per person
(Lottery Drawing Max 2.
Jan 4th Cut Off, Jan 5th Drawing)

Contact The Enrichment Center to Reserve Your Tickets by Calling (239) 949-3800
or by Visiting Our Website at www.TheCommonsClub.com

Limit 4 Tickets per Membership

Limit 2 Tickets per Membership for Twins vs Astros on 3/23/18
and Red Sox vs Astros on 3/24/18.

*Tickets for Red Sox vs Cubs on 3/26/18 available through lottery only.

All Tickets Include Service Fee & Tax



Dig Into History... Fort Myers Beach Mound House Tour

Cruise to the Mound House, a unique archaeological and historical site. While cruising enjoy historical and ecological narration and watch for dolphins along Mantanza's Pass. Mound House offers a one-of-a-kind museum that sits atop a 2,000 year old Calusa Indian Shell Mound. Tour the grounds and meet the Executive Director and interpretive staff to see artifacts up close. A boxed lunch will be provided.

Wednesday, January 24th
**8:45 am meet at the marina
at Edison Ford**
Boat departs at 9 am
3:30 pm - approximate return
\$80 Per person
(Includes ticket, boxed lunch, tax,
port fee and gratuity)

**Contact The Enrichment Center to reserve your space for either tour by
calling (239) 949-3800 or by visiting our Website at www.TheCommonsClub.com.**



ECHO FARMS TOUR & LUNCH AT RIVER DISTRICT

The ECHO Global Farm Tour takes visitors on a fascinating journey through the most creative working farm you'll ever visit.

The tour includes demonstrations, rare plants and the techniques used by farmers in developing countries. The Global Farm Tour walks you through 5 acres replicating 6 different tropical eco-zones: Lowlands, Highlands, Monsoon, Semi-arid, Rain Forest, and Urban/Rooftop plus the Community Garden. The Appropriate Technology Village displays or demonstrates simple tools, devices, and techniques that can be replicated or adapted by farmers across the globe to help them be more efficient and productive.

There is a lot of walking so please be sure to wear comfortable clothes and shoes. All visitors should bring a refillable water bottle, wear sunglasses and a visor/hat, wear comfortable closed walking shoes, sunscreen, and insect repellent. Following the tour we will head to downtown Ft. Myers River District for your lunch on your own.

Thursday, January 25th
**9:00 am - Bus departs
Enrichment Center**
3:00 pm - Approximate return
\$65 per person
(includes docent lead tour, transportation
and gratuity. Lunch on your own)
Minimum of 15 required
Registration form for everyone
to fill out in advance



Lobster Night

Join Us for Our Next Lobster Night!

Call for reservations (239) 498-7777

Friday, January 26th

FIRST COURSE

Served with fresh baked bread with whipped butter

New England Seafood Chowder
or Caesar Salad

ENTREES

*All entrees served with Roasted Fresh Sweet Corn,
and Herbed Red Potatoes*

Roasted Asparagus as an Alternative Vegetable

1.5 lb Live Firm Shell Maine Lobster
with Drawn Butter

Add an additional Lobster for Market Price

Grilled New York Strip Steak
with Mushroom Sauce

Grilled Salmon
with Lemon Butter Sauce



**Live entertainment every
Tuesday night at The Rookery!**

Mark and Matt
January 2nd

Heather and Derrick
January 9th

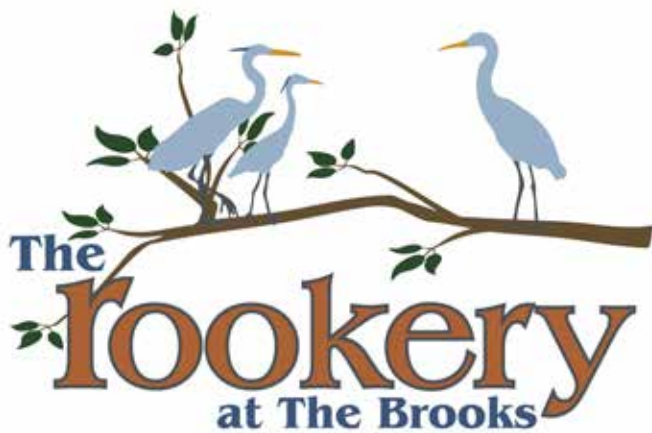
High Voltage
January 16th
Outdoor Event

Derrick and Steve
January 23rd

Larry D.
January 30th

Please contact The Rookery
for reservations, (239) 498-7777

Seats fill up fast, make reservations early
\$2.50 cover charge per person



Lakeside Lunches
Starting
January 2nd!

Tuesday - Friday
11:30 am - 2:00 pm

Welcome to Lakeside Lunch at The Rookery
Sample Menu Items

Market Omelet
Diced Ham, Swiss Cheese, Mushrooms,
Tomatoes and Scallions
with Fresh Berries and Pineapple

Chicken Quesadilla
With Bacon, Scallions, Tomatoes and Cheddar-Jack Cheese
Served with Red and Green Salas and Sour Cream

Lobster Roll
Chilled Lobster Tossed with Remoulade Sauce
on Grilled New England Roll

Rookery Ruben
Shaved Corn beef, Swiss Cheese, Sauerkraut,
House Dressing on Rye Bread

Fish Sandwich
Beer Battered Cod served on a Toasted Kaiser Roll
with Homemade Tartar Sauce

Oven-Roasted Turkey Sandwich
with Bacon, Lettuce, Tomato and Mayonnaise on Toasted
Whole Wheat Bread

SAVE THE DATE!
SUNDAY,
FEBRUARY 4TH

Doors will open at 5:00 pm
Seating at Nest with the Big Screen
Inside Bar Open and Veranda

Food will be available
from 5:30 pm until the end of halftime

SUPER
AFC VS NFC
BOWL
PARTY

~ Cooking with Chef ~

Monday, January 22nd, 10:00 am - 12:00 pm

Easy Cocktail Bites



- **Sausage and Puff Pastry Wheels**
- **Brie Raspberry and Almond Tartlets**
- **Shrimp Spring Rolls with Asian Dipping sauce**
- **Mini Beef and Bean Burritos with Cilantro Cream**

Wine: Chardonnay

Maximum of 20 people
\$35 per person, includes a glass of house wine

Contact The Enrichment Center to reserve your space by calling (239) 949-3800 or by visiting our Website at www.TheCommonsClub.com

POKER NIGHT



Join us at the Rookery for our weekly Poker Tournament every Wednesday Night!

Make sure to join us every week to be eligible for the Grand Prize!

Weekly Dinner Specials

**3 SPECIALS FOR \$22
TUESDAYS**

Every Wednesday Night

Comfort Food

Prime Rib Thursday

**Fish Special
On Friday Evenings**

Saturday Night
ITALIAN DINNER SPECIALS

DISCOVER WELLNESS

Meditation

Guided Meditation at the Fire Pits
with Susie Birchenough
Tuesdays 10:00 - 10:30 am



The practice to free the mind of the constant chatter, worries, doubts, fears, and distractions that subconsciously bombard the mind is the key to living with peace, free of stress and therefore enhanced health. Susie will guide you with simple breathing techniques and soothing words to ease the body and mind into a deeper state of peace, which brings great clarity and awareness of the mind.

Open to all regardless of experience

For more information call (239) 498-8888 or stop by the Fitness & Spa Front Desk



FOREVER FIT

Group Fitness Class

Tuesdays & Thursdays
New Time!
4:00 PM with Missy



This timeless beginner fitness class includes stretching, balance, rhythmic movements, simple dance steps, and strength training. Both standing and seated exercises using exercise bands, balls, and light hand weights will increase vitality and cognitive skills.

Healthy "Weigh"

Fridays at 11:00am

This group starts January 5th
And ends on February 23rd

Don't Wait to
Lose Weight!

8 week program - \$99

Weekly meetings include healthy recipes, group discussion, accountability, fitness tips, and individual weigh-ins.

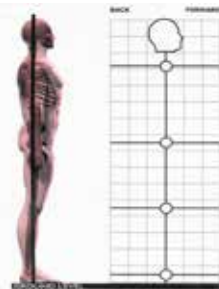
Stop in or call the Fitness Center & Spa
For more information



Egoscue ^{NEW!}

with Lisa

Feel Younger and
Move Better Today!



The Egoscue Method is based on the concept that pain, both chronic and acute, is due to misalignment in the body as it loses its designed posture. The human body is designed to move! However, a sedentary lifestyle causes musculoskeletal dysfunctions and compensations. When these are present, pain and injury set in or are lurking right around the corner.

Egoscue Postural Therapy restores the body back to its designed posture, alleviating pain and returning you back to an active, pain free lifestyle.



For more information, call the the Fitness Center & Spa at 239-498-8888.

DISCOVER WELLNESS

Group Fitness Class

Dance Movements & Rhythms

Saturdays at 11:00am

Starting January 6th

Beginners... Come join us for a new approach

to fitness through dance.

Increase your flexibility, balance, and agility as well as enhance cognitive function and knowledge of movement.

Stretching, balance exercises, dance patterns and most importantly... Fun will all be included! It's never too late and you're never too old to learn the joy that moving to the music can bring.



With Missy



The Commons Club at The Brooks

LIVING A HEALTHY LIFE

Educational Wellness Series

10 Day Detox and Seeds Kick Off

Tuesday, January 30th, 2018

3pm - 4pm



Dr. Heather Auld, M.D.
Integrative Medicine



Renee Sarra, A.P., D.O.M.
Acupuncturist

Learn why our bodies need to detoxify and how to do it safely.

RSVP's are required.
Please call The Commons Club
at 239-498-8888.



LeeHealth.org

Beginning Ballroom Dance

Specialty Class

Mondays at 5:00 pm

January 15th - February 26th

Come join us for a fun evening of
Ballroom Dance basics.

Learn how to dance the Rumba,
Fox Trot, Waltz, Cha Cha and Swing.

Perfect for singles OR couples
No previous dance experience required

What to wear? Comfortable casual attire.
Shoes that slide or glide easily. Dress flats for
the ladies. Dress shoes for the men.

7 week commitment
7 sessions/\$105 per person

Sign up today!

For more information call (239) 498-8888
or stop by the Fitness & Spa Front Desk



Group Fitness Class

Healthy Back

with Lisa

Wednesdays at 2:00pm

Starting January 3rd

In this healthy back class, we will do more than just "manage" your pain, we will seek to establish pain free movement patterns by returning your body to proper alignment, function, and balance. Participants of all ability levels are encouraged to attend!



For more information call (239) 498-8888 or stop by the
Fitness & Spa Front Desk



SPECIALTY CLASS SERIES

Co-Ed Deep Water

with Lanette

Mondays & Wednesdays 3:00pm
January 8th - January 31st

25 Minutes

8 session series - \$120



Your feet will not touch the bottom of the pool for the entire 25 minutes! You will be suspended by a buoyancy belt, which allows your legs to move in a full range of motion with zero impact on your joints! Superb for the late afternoon, after golf or tennis, to increase your flexibility and get your workout in!

Space Limited to 8 Participants



For more information, call the Fitness Center & Spa at 239-498-8888.

GROUP PERSONAL TRAINING

Ladies Burn & Tone

Mondays & Wednesdays at 12:00 pm
January 8th - January 31st

Join Lanette in this small group where you will learn a routine using machines, free weights, and balance exercises.

Burn Fat

Tone & Strengthen



3-4 people = \$40 per person per session
Maximum of 4 people

*4 WEEK COMMITMENT

Note: Because this is a pre-scheduled series, members will be charged for the entire package regardless of attendance.

24 HOUR CANCELLATION POLICY

Sign up now by calling 239-498-8888 or stop by the Fitness Center



Dermaplaning

Rachael
Medical Esthetician

Manual Exfoliation Technique

- Removes layers of dead skin cells, leaving the skin immediately smooth, supple, and vibrant
- Removes the fine vellus hair (peach fuzz)
- Increases absorption of topical products
- Softens the appearance of fine lines and wrinkles
- Allows for makeup to be applied flawlessly



Express Facial + Dermaplaning	\$115
ReVersive + Dermaplaning	\$300
HSR Lifting + Dermaplaning	\$200
Collagen Booster Therapy + Dermaplaning	\$300
European Facial + Dermaplaning	\$145

For more information call (239) 498-8888 or stop by the Fitness & Spa Front Desk

Annual Heart Walk

Saturday, February 17th
8:00 am Walk Begins
Estero Community Park



For more information contact:
Kelly Glewa, 239-495-4901, kelly.glewa@heart.org
or Mary Johnson (239) 498-8888
maryj@thecommonsclub.com



January 2018

GROUP FITNESS

Monday

NEW!!!

- 8:00 am Cycle - Joanne
- 9:00 am Tabata - Joanne
- 9:00 am Aqua Athletics - Lan 
- 10:00 am Multi-Level Yoga - Susie
- 2:00 pm Total Stretch - Lan

Tuesday

NEW!!!

- 8:00 am Cross Train Intervals - Guy
- 9:00 am Ready, Set Sweat - Joanne
- 10:00 am Muscle Madness - Joanne
- 4:00 pm Forever Fit - Missy


Wednesday

- 8:00 am Mat Pilates - Michele
- 9:00 am Strengthen & Lengthen - Lanette
- 9:00 am Hydro Pilates - Michele 
- 10:00 am #BFit - Lan
- NEW!!!** 2:00 pm Healthy Back - Lisa

Thursday

- 8:00 am Yoga Dudes for Golf - Stacey
- 9:00 am Body Blitz - Stacey
- 10:00 am Positively Yoga - Susie
- 4:00 pm Forever Fit - Missy

Friday

- 8:00 am Step Revolution - Stacey
- 9:00 am Tabata - Stacey
- 9:00 am Aqua Athletics - Lan 
- 10:00 am Piyo - Joanne

Saturday

- 9:00 am #BFit - Lan
- 11:00 am Dance Movements & Rhythms - Missy

COMPLIMENTARY Fitness Equipment Orientation



Fitness Equipment Questions?
Invest an hour & take your first
step to better fitness!

Our 45 Minute Group Session covers:

- General Fitness Procedures
- Proper Use of Cardio Machines
- Intensity Recommendations
- Instructions on Strength Equipment

**Sign Up
Today!**

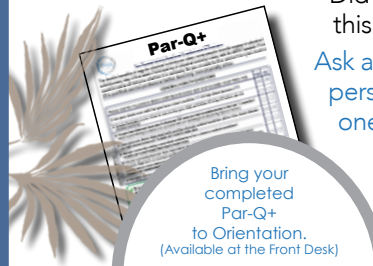
Only 4 - 6 Members
Per Session

Did you know you can take
this class more than once?

Ask about the next step in your
personalized instruction with
one-on-one or small group
personal training.

Reminders:

Sign up at Fitness Center
Wear comfortable workout attire



Bring your
completed
Par-Q+
to Orientation.
(Available at the Front Desk)

PLEASE NOTE: All classes are taught multi-level, starting with a base move and progressing from there. Some have more complicated choreography or progress faster than others. For everyone's safety, once doors are closed, there is no admittance into class.

Aqua classes will be held regardless of air temp., with a pool temp. of at least 80°. Don't miss a chance to workout with fellow participants. In case of inclement weather, your instructor will guide and motivate you on the cardio equipment in the gym. No excuses!

Please note - Classes are subject to change.

Yellow

Entry level and user friendly, good for those new to fitness.

Green

Appropriate for all levels.

Red

Prior experience suggested.

 **Aqua Class**

Beach Club Hours

January - April
Open Daily
9:00 AM – 8:30 PM



Wheel-Chair

The Beach Club has a “Beach Wheel-Chair” available for use. (Call ahead or ask the staff upon arrival).

Paddle Board & Kayak Rentals

The Beach Club has joined forces with Sweetwater Paddle Sports to provide our Gold Members with a “New Way To Enjoy The Water”!



Sweetwater Paddle Sports not only provides Stand-Up Paddle Boards and Kayaks for rental but will deliver them right to the Beach Club.

Call Sweetwater Paddle Sports at (239) 405-7155 to make your reservations so the equipment will be waiting when you arrive at the beach.

To ensure equipment is available, reservations should be made 24 hours in advance.



GRILLING BY THE GULF

BBQ Night!

Friday, January 26th
Dinner served at 5:30 PM
(Sunset at 6:06 PM)

Bring a Bottle of Your Favorite Beverage and spend the evening at the Beach Club with friends as you enjoy a tasty meal while watching a breath-taking sunset.

BBQ Ribs

Pulled Pork

BBQ Chicken

Baked Beans

Cole Slaw

Dessert

**\$25
(includes tax
and service fee)**

**Gold Members Only
Pre-Payment Event -
No Cancellations 5 days prior to event
Reservations are required. Space is limited**

**Register by calling the
Beach Club (239) 498-7779,
or emailing Dawn
(dawnm@thecommonsclub.com)**

The Beach Club Policies and Reminders

The Beach Club is for the use and enjoyment of Commons Club Gold Members. When entering the Beach Club everyone must stop at front desk to register before proceeding to the beach or pavilion areas. Members must present a Membership Card.

Fees

- **Guest Fees (\$11 + 6% sales tax) are charged during the hours of 9:00 am – 4:00 pm regardless of how the member is using the Beach Club.**
- **After 4:00 pm there is a fee (\$5.50 + 6% sales tax) per guest for all groups over 12 total people.**

Guests

- **Immediate Family: children and their spouses, grandchildren and parents may use the Beach Club unaccompanied by the member year round - There is NO fee.**
- **Non-Immediate Family: (siblings, nieces, cousins, etc) and guests must be accompanied by the member whenever using the Beach Club - \$11 + 6% sales tax fee (9 am – 4pm)**
- **Immediate Family and Guests must present a Photo ID.**
- **All Guests will be asked if they reside in The Brooks.**
- **Brooks Residents who are not Commons Club Gold Members may be guests only when accompanied by a Gold Member and no more than 2 times per calendar year. (This includes both daytime beach visits and evening parties).**
- **Members are responsible to register immediate family and guests residing in their homes with the Enrichment Center prior to them using the Beach Club.**
- **Unregistered immediate family will not be permitted access to the facility without the member.**

Beach Catering

Interested in having your beach cook-out or neighborhood party catered?
Call the Beach Club at (239) 498-7779
and ask for Gary the Griller.

Reservations at The Beach Club

Most of our Gold Members enjoy the Beach Club on a casual, last minute basis. Although tables may be reserved in the evening, we always have nine tables available for walk-ins on a first come, first served basis.

Members may also reserve pavilion tables for evening events by following these guidelines:

Reservations Made Within a 30 Day Window

- Reservations may be made Monday through Friday during the hours of 9am and 5pm.
- Reservations can be made in person at the beach, via email or phoned in.
- Reservations are secured on a first come, first served basis.
- Grills are available on a first come, first served basis and are not reserved.
- The Beach Club assigns the area which most appropriately suits your group's needs. (Requests for specific areas are accepted but cannot be guaranteed).
- 60 guests is the maximum number of guests accepted in a reservation.
- When necessary, reservations will be limited.

Guest Fees for Pavilion Reservations

- There is no guest fee for groups of 12 or less.
- For reservations over 12 total people, there is a \$5.50 plus 6% sales tax fee per guest.
- Guest fees will be charged to the sponsoring member's account.
- Guest fees also apply to non-member Brooks Residents. In addition, non-member Brooks Residents may only be a guest of the beach facility 2x annually.
- Guest fees for parties will be waived if the Beach Club caters the event.



**EVERY
WEDNESDAY!**

BEACH BBQ

**Enjoy a night at the Beach
with Family and Friends!**

**Every Wednesday through April 25, 2018
3:00 pm – Sunset**

BBQ features your choice of Burger,
Chicken, Hot Dog, Bratwurst or
Weekly Special plus a side and potato chips.
The fun includes corn-hole, bocce ball,
beach fire pits and S'mores.

Check your weekly email blasts for menu updates.
Cost is \$11.50 plus tax and service fee

Gold Members only.
Reservations can be made
by calling the Beach Club
at (239) 498-7779, or email Dawn at
dawnm@thecommonsclub.com



PRIME RIB AT THE BEACH

Friday, February 16th (limited seating)
(January 19th is sold out, please call to be added to the waitlist)

**Dinner Served at 5:30 pm
(Sunset at 6:00 pm)**



**Salad
Prime Rib
Potato
Dessert**

\$27.50 ++

**Pre-Payment Event - No Cancellations
5 days prior to event**

**Gold Members only. Reservations are required.
Space is limited**

**Reservations for guests will be available
1 week prior to event, if space is available**

**Register by calling the Beach Club (239) 498-7779,
or emailing Dawn (dawnm@thecommonsclub.com)**

TALENTS IN COMMON

All Talents in Common Classes are complementary
For a Full Schedule and Descriptions, please pick up the Talents In Common Brochure at
The Commons Club or visit our website at www.TheCommonsClub.com

To register for one or more of these activities please choose one of three options:

1. Log onto www.thecommonsclub.com. Go to the calendar and select the activities that you would like to attend.
2. Call (239) 949-3800 to make your reservations.
3. Stop in the Enrichment Center to register for your classes today.

January

ISRAEL AND THE WORLD

Monday, January 15th
10:00 am to 11:30 am

MICROSOFT'S EXCEL SPREADSHEETS FOR WINDOWS

Tuesday, January 16th
9:00 am to 10:30 am

NORTH KOREA, A HUMANITARIAN AMBASSADOR'S PERSPECTIVE

Thursday, January 18th
9:00 am to 10:30 am

BASIC MICROSOFT WINDOWS AND INTERNET USE

Friday, January 19th
2:00 pm to 3:30 pm

APPLE'S NUMBERS (EXCEL SPREADSHEETS FOR THE IPHONE AND IPAD)

Tuesday, January 23rd
2:00 pm to 3:30 pm
Max 16

APPS FOR THE IPHONE AND IPAD

Thursday, January 25th
2:00 pm to 3:30 pm
Max 16

WALKING THE APPALACHIAN TRAIL

Friday, January 26th
10:00 am to 11:30 am

LIFE FORCE ENERGY

Tuesday, January 30th
10:00 am to 11:30 am

February

APPLE'S CALENDAR FOR ORGANIZING YOUR DAILY EVENTS

Thursday, February 1st
2:00 pm to 3:30 pm
Max 16

WHY COLLEGE COSTS SO MUCH AND HOW GRANDPARENTS CAN HELP

Monday, February 5th
2:00 pm to 3:30 pm

APPLE'S CONTROL PANEL & NOTIFICATION CENTERS ON IPHONE AND IPAD:

Tuesday, February 6th
9:00 am to 10:30 am
Max 16

INTRODUCTION TO GENEALOGY, PART 2

Friday, February 9th
2:00 pm to 3:30 pm

INTRODUCTION TO GROUP DYNAMICS

Monday, February 12th
10:00 am to 11:30 am

APPLE'S PAGES (WORD PROCESSING FOR THE IPAD AND IPHONE)

Tuesday, February 13th
2:00 pm to 3:30 pm
Max 16

CIVILIZATION: THE WEST AND THE REST

Mondays, February 19th
to March 12th
2:00 pm to 4:00 pm
Please Note: The class on March 5th
will be held at 10:00 am

FENG SHUI FOR YOUR HOME

Tuesday, February 20th
10:00 am to 11:30 am

THE NATURE OF TIME

Wednesday, February 21st
9:00 am to 10:30 am

SETTINGS ON APPLE'S IPADS AND IPHONES

Thursday, February 22nd
2:00 pm to 3:30 pm
Max 16

APPLE'S MULTI-TASKING NOTES

Friday, February 23rd
2:00 pm to 3:30 pm
Max 16

OUR ANCESTORS IN OURSELVES

Tuesday, February 27th
9:00 am to 10:30 am

EUROPE'S BREXIT AND BEYOND

Wednesday, February 28th
10:00 am to 11:30 am



First Aid Safety Training

Monday, January 29th
from 9:00 am to 12:00 pm
\$45.00 per person

Reservations are required by calling
The Enrichment Center at (239) 949-3800
or online at www.TheCommonsClub.com

Heartsaver® First Aid is a video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Students learn duties and responsibilities of first aid rescuers; first aid actions for medical emergencies, including severe choking, heart attack, and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones and sprains, and bites and stings.



Monday, January 22nd
2:00 pm to 3:00 pm

Free Seminar for Dog Owners Only
(please do not bring your pets)

95% of dog behavior problems disappear when owners provide strong leadership for their canine companions! Canine Command will teach you how to humanely enforce rules and practice leadership rituals to help your dog recognize you as the strong, dependable, consistent, and non-confrontational leader he/she wants to follow. Pet owners will obtain valuable information they can use right away to improve their canine's behavior, including a leadership guide.

Complimentary
Reservation required by calling 239-949-3800 or
registering at www.thecommonsclub.com

Fire Extinguisher Safety Will You PASS?



Wednesday, January 31st
1:30 pm to 2:30 pm

- * Learn about the different types of fire extinguishers and the different classifications of fires
- * Learn the parts of a fire extinguisher and how to use one properly
- * Practice putting out a fire using the Bullex Bullseye trainer

Complimentary
Reservation required by calling 239-949-3800 or
registering at www.thecommonsclub.com

Yappy Hour – Mondays 5 pm

At The Rookery
Treats and Eats



Come socialize with your friends
and neighbors!

Art Made Easy

with Judy MacLaren

No Experience Necessary!
Mondays, 1:00 pm to 4:00 pm

Watercolors Made Easy
 Monday, January 8th



Don't Miss
 Floor Cloths!



Monday, January 15th



Watercolors Made Easy
 Monday, January 22nd



Acrylics Made Easy
 Monday, January 29th

\$40 per person includes all supplies.
 Reservations are required by calling
 239-949-3800 or visiting
www.thecommonsclub.com



Previews of Coming "MENU" Attractions

New Outdoor Event at The Rookery
January 25th
5:00 pm - 6:00 pm

Preview New Wine Selections
Preview New Dinner Menu Selections
Join us for Dinner or Movie Night afterwards
Happy Hour Bar and Fire Pits also Available

\$12++ per person * Reservations Call (239) 498-7777

January 4th at 6:00 pm



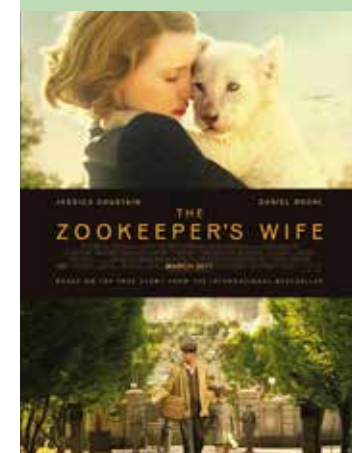
January 11th at 6:00 pm



January 18th at 6:00 pm



January 25th at 6:15 pm





The Renaissance Academy is a learning program through Florida Gulf Coast University. All lectures at The Brooks are specifically selected for our Membership.

Please contact The Renaissance Academy with all reservations at (239) 745-4512

You can also register online 24 hours a day at <https://RegisterRA.fgcu.edu>

Want other opportunities to take different courses?

Stop by the Enrichment Center and get the full booklet of classes offered by The Renaissance Academy.

Intermediate Bridge Hand Evaluation Techniques: Better Auctions = Better Results

\$45 per person, Instructor: Gerald Beaubien

Monday/Tuesday/Wednesday,

January 15th, 16th, 17th, 9:00 am – 12:00 pm

Enrollment is limited

This class is for Intermediate Bridge players with at least 150 master points or a minimum of three years of duplicate experience. Reach better contracts using powerful hand evaluation techniques like the new Modern Losing Trick Count. Understand the true value of honor cards, and how powerful long suits can be in trick taking. Learn how to bid games and slams on fewer points when you have a singleton or void. Learn Losing Trick Count and when/how it should guide your bidding. Learn about balance of power and vulnerability and how they should influence strategic bidding. Learn when and how to sacrifice for winning bridge.

iPhone/iPad for Beginners: iOS 11 and More

\$35 per person, Instructor: John Guerra

Tuesday, January 23rd, 10:00 am – 12:00 pm

This is not a class for users of Android or Windows users. Apple iPhones and iPads have defined the category of smartphones and tablets. They are both remarkable pieces of technology. While the iPhone provides access to phone, voicemail, email, the web, photos, calendars, texting, maps, games and more, the iPad includes many of these same options and can eliminate your need for a desktop or laptop! Whether you already own an iPhone or iPad, or are considering purchasing one, join us as we explore the capabilities of these remarkable devices. This lecture-style demonstration will teach you the basics of the iPhone: apps, settings, organizing, telephone, voicemail, texting, music, books, email and more.

How to Keep Your New Year's Resolutions

\$15 per person, Instructor: Barry Wolfson

Thursday, January 25th, 9:30 am – 10:30 am

Did you know that 90% of all people who make New Year's resolutions fail? Are you tired of making yearly resolutions only to find difficulty sustaining them? Making permanent lifestyle change requires an effective action plan. Learn how hypnosis works and help achieve lasting success.

Better Sleep Through Hypnosis

\$15 per person, Instructor: Barry Wolfson

Thursday, January 25th, 10:30 am – 11:30 am

Do you have difficulty falling asleep? Do you have difficulty getting back to sleep if you wake up during the night? Imagine leaving life's cares and worries behind at the end of each day. Learn relaxation techniques and strategies to fall asleep easier. Start looking forward to a wonderfully blissful, mini-vacation each night.

Apollo 13: American Greatness and the Mission to the Moon

\$24 per person, Instructor: Edward Grace

Monday, January 29th, 1:30 pm – 3:30 pm

2018 will be the 48th anniversary of the Apollo 13 Mission. This course will provide a review of the Apollo Space Program from 1963 – 1972 through the eyes of an MIT engineer who was involved with the design of the Inertial Navigation System used for Command and Lunar Modules on all Apollo Missions. Stationed at Houston Mission Control for the duration of the Apollo 13 flight, our instructor was a member of the team awarded the Presidential Medal of Freedom for its work on the mission. Six missions landed on the moon, two orbited earth and two orbited the moon. Join us for a look back at one of the most dynamic and fascinating NASA space programs of the 20th century.

iPhone/iPad Apps: Calendar, Email and Safari in the New iOS 11

\$35 per person, Instructor: John Guerra

Wednesday, January 31st, 10:00 am – 12:00 pm

This is not a class for Android users and assumes you are familiar with using an iPad/iPhone. So many have Apple iPhones and iPads and yet do not understand how to use the three most important applications on their devices. This program will dive into the detailed workings of the Calendar, Email, and Safari apps on your iPhone/iPad. Throw away your calendar/datebook, this lecture-style class will teach you how to keep your entire schedule easily and efficiently updated, reschedule items and set reminders so you never miss an appointment. Learn how to add new contacts in email, work with attachments, organize email into folders, eliminate unwanted junk mail, and much more. Learn how to surf the net using Safari, read articles without ads, instantly translate foreign language pages, save photos, and add bookmarks/favorites.

February Classes

Change Your Mind to Change Your Weight

\$20 per person, Instructor: Jeanne Berger

Thursday, February 1st, 10 am – 11:30 am

Criminal Profiling

\$20 per person, Instructor: Thomas Eastwood

Monday, February 5th, 10:00 am – 11:30 am

Saudi Arabia: Friend, Foe, or Both?

\$20 per person, Instructor: Steven Mutart

Tuesday, February 6th, 10:30 am to 12:00 pm

Macintosh for Beginners I

\$35 per person, Instructor: John Guerra

Wednesday, February 7th, 10:00 am – 12:00 pm

iPhone/iPad Apps: Messages, Maps and Notes: Texting, Finding Locations and Directions, and Saving/Protecting Your Most Important Information in Notes

\$35 per person, Instructor: John Guerra

Thursday, February 8th, 2:00 pm – 4:00 pm

World War II Intelligence

4.5hr In-Depth Seminar with Lunch Included

\$45 per person, Instructor: Thomas Eastwood

Wednesday, February 14th

10:00 am – 12:00 pm and 12:30 pm – 3:00 pm

Time Lapsed Detroit: Images & History

\$24 per person, Instructor: Arnold Collens

10:00 am – 12:00 pm, Thursday, February 15th

The World's Greatest Museums – The Hermitage, St. Petersburg, Russia

\$20 per person, Instructor: Carol Jonson

Friday, February 16th, 10:00 am – 11:30 am

Married Artists

\$20 per person, Instructor: Dottie Magen

Tuesday, February 20th, 10:00 am – 11:30 am

Exploring the Universe: Black Holes, Quarks, and Quasars

\$20 per person, Instructor: Steven Mutart

Wednesday, February 21st, 1:30 pm – 3:00 pm

Beyond Snapshots: Taking the Best Photos

\$30 per person, Instructor: Frank Berna

Thursday, February 22nd, 9:30 am – 12:30 pm

Managing Stress with Hypnosis

\$15 per person, Instructor: Barry Wolfson

Friday, February 23rd, 9:30 am – 10:30 am

Renaissance Academy 2018 Travel Open House

Pre-Registration is required!

Complimentary, Instructor: John Guerra

Friday, February 23rd, 1:30 pm to 3:00 pm

iPhone/iPad Apps: Camera, Photos, Editing, Organizing, Albums and More in the New iOS 11

\$35 per person, Instructor: John Guerra

Tuesday, February 27th, 2:00 pm – 4:00 pm

South Korea

\$20 per person, Instructor: Lyle Bultman

Wednesday, February 28th, 10:00 am – 11:30 am

Making Florida Your Permanent Paradise

Wednesday, January 31st
10:00 am to 11:30 am

This is our flagship workshop. We will discuss:

- Whether becoming a Florida Domiciliary is the right choice.
- The difference between Residence and Domicile and why it is important to understand the difference.
- Understanding the physical presence test.
- The critical elements of Florida domicile.
- The Florida homestead exemption.
- Updating your estate planning documents after becoming a Florida resident.

**Complimentary class but reservations
are required**

**Please call The Enrichment Center at
(239) 949-3800 or visit our website at
www.TheCommonsClub.com**



FineMark Investment Roundtable

Tuesday, January 23rd * 9:30 am to 10:30 am

**You're invited to attend a roundtable discussion at
FineMark Bank, 10010 Coconut Road.**

Join us for an open forum discussion on the markets and economy with trust and investment experts, Dennis Landfried, Mike Nurenberg and Billie Porter.

Fine Mark's experts will discuss:

- Market Concerns
- Long & Short Term Concerns in the Economy
- Asset Allocation Decisions
- How much risk you are taking in your portfolio
- What we are buying & what we are selling
- Funding your trust

Assorted pastries & coffee will be provided.

Seating is limited.

Complimentary (reservations required)

Please call 239-949-3800 or visit www.thecommonsclub.com

Trash or Treasure Roadshow

Wednesday, February 7th
10:00 am to 12:00 pm

Complimentary

Must have pre-registered to attend.

No entires accepted after January 30th.

Jack Minish, local certified USPAP (Uniform Standards of Professional Appraisal Practice) appraiser and host of NBC 2's Trash or Treasure segment, will lead a Collectibles Roadshow with Peter Knize, Trust Officer with Investor's Security Trust. Learn about the appraisal process and why it's important to know the value of your collectibles for estate planning purposes. Mr. Minish will actually appraise select items at this event (**members must submit the item at least 2 weeks in advance!**)

To submit a collectible for consideration, please contact the Social Department at 239-949-3800 and give the following information:

- Description of the item with photos
- Size
- Maker/Manufacturer
- History of item (if known)
- Best method of contact if your item is selected or if we have questions

Please note that due to the number of items we anticipate will be submitted for consideration and the length of the program, we can't guarantee your item will be featured, but Investor's Security Trust will contact you either way!



AGING IN PLACE

Wednesday, January 24th * 10 am to 11:30 am

As we all preparing for our futures there are a few questions that may need some answering. During this lecture you will review the following suggestions/ideas:

- Articulate what your goals are as you age
 - Where are you going to live and who will take care of you
- Aging at home solutions
 - Have you had your family meeting to discuss your goals with your adult children
 - Fall prevention solutions
 - Healthy living
 - Modifying your home as needed
 - Cost of care at home vs facility setting

Complimentary (reservations required)

Please call 239-949-3800 or visit www.thecommonsclub.com

~ SHEDDING LIGHT ~

The importance of proper lighting and how it enhances a room.

Friday, January 26th
2:00 pm to 3:00 pm



Interior Designer Patricia Isern and ELK Lighting shows how to enhance your space with a little illumination. From chandelier selection to ceiling fan placement these tips and tricks, from a master of the trade, will inspire you to make the simple changes needed to transform an entire room. Don't get left in the dark – as Patricia will also be spotlighting the newest up-and-coming trends in lighting for 2018.

Presented by Robb Stucky International
Complimentary (reservations required)

Please call 239-949-3800 or go to www.thecommonsclub.com



Plant-Based Discussion with The Purple Spoon

January 11th, 1pm to 2:30pm
At The Enrichment Center
Maximum of 30 people

How a plant-based diet is a delicious way to bring a more healthful approach to cooking into your home kitchen. This presentation will feature ingredients from our local farms that are grown using beyond-organic expectations. Chef Kristina will provide some delicious samples to taste.

Complimentary (reservations required)

Please call 239-949-3800

or go to www.thecommonsclub.com

Wire Wrapping Exotic Gem Pendants

Wednesday, January 10th
10:00 am to 11:30 am
\$45 per person

All materials and tools are provided

Learn the easy way to free form wire wrap an exotic gemstone pendant. Participants personally choose their pendant from a unique collection of exotic precious gems. Hear the basic geology, some fun historic facts, and the metaphysical properties said to be associated with the pendant you select. The cost of the class includes a sterling silver chain necklace to showcase your pendant. There will be an OPTIONAL class (Jewelry Making with Precious Gems & Natural Stones) immediately afterwards for anyone wanting to design a beaded necklace for your pendant. Attend both classes & receive \$15 off if you bring your wire wrapped pendant. Both classes are independent so you may attend one class or both.



Jewelry-Making with Precious Gems & Natural Stones

Wednesday, January 10th
11:30 am to 1:30 pm
\$70 per person

All materials and tools provided

Design a stunning upscale necklace using precious gems including amethyst, aventurine, serpentine, citrine, & more. Participants who attend the preceding class (Wire Wrapping Exotic Gem Pendants) and bring their pendant will receive \$15 off. Both classes are independent so you may attend one class or both.

Please register for either class by calling 239-949-3800
or go to www.thecommonsclub.com
No cancellations after Monday, January 8th

January 2018 Club Calendar

Contact Us!
(239) 949-3800

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
	1 The Enrichment Center, Fitness Center, and the Rookery will be closed on New Year's Day, January 1st.	2 10 am - Meditation at the Fire Pits 4 pm - Artists in Common Meeting Rockin' the Rook: Mark & Matt	3 3 pm - Beach Party The Rookery: Comfort Food Special Poker Night	4 2 pm - Men's Bridge The Rookery: Prime Rib 6 pm - Movie Night!	5 9 am - Ladies Bridge The Rookery: Fish Special	6 The Rookery: Italian Special
7	8 10 am - Mah Jongg Play 1 pm - Watercolors Made Easy 5 pm - Yappy Hour	9 9 am - Brooks Fishing Club 10 am - Meditation at the Fire Pits 3:30 pm - Hooked on Books Rockin' the Rook: Heather & Derrick	10 9 am - Garden Club (Meet at FineMark Bank) 10 am - Wire wrapping exotic gem pendants 11:30 am - Jewelry making with precious gems 3 pm - Beach Party The Rookery: Comfort Food Special Poker Night	11 1 pm - Plant-Based Discussion 2 pm - Men's Bridge The Rookery: Prime Rib 6 pm - Movie Night!	12 9 am - Ladies Bridge 12 pm - Fitness Open House 12:30 pm - Beginners Mah Jongg Lessons (6 weeks) The Rookery: Fish Special	13 The Rookery: Italian Special
14	15 9 am - RA - Intermediate Bridge (3 days) 10 am - Mah Jongg Play 10 am - TIC - Israel and the World 1 pm - Floor Cloths 5 pm - Yappy Hour	16 9 am - TIC - Microsoft's Excel Spreadsheets for Windows 10 am - Meditation at the Fire Pits Rockin' the Rook: High Voltage Outdoor LIVE!	17 3 pm - Beach Party The Rookery: Comfort Food Special Poker Night	18 9 am - TIC - North Korea 2 pm - Men's Bridge (at the Rookery) 2:30 pm - Board Meeting The Rookery: Prime Rib 6 pm - Movie Night!	19 9 am - Ladies Bridge 2 pm - TIC - Basic Microsoft Windows Use 2:30 pm - Intermediate Mah Jongg Lessons (4 weeks) 5 pm - Prime Rib at the Beach The Rookery: Fish Special	20 The Rookery: Italian Special
21	22 10 am - Cooking with Chef Joel 10 am - Mah Jongg Play 1 pm - Watercolors Made Easy 2 pm - How to Be a Great Pack Leader 5 pm - Yappy Hour	23 9:30 am - FineMark Bank Roundtable 10 am - RA - iPhone/iPad for Beginners 10 am - Meditation at the Fire Pits 2 pm - TIC - Apple's Numbers (Excel Spreadsheets for the iPhone and iPad) Rockin' the Rook: Derrick & Steve	24 8:45 am - Dig Into History - Mound House Tour 10 am - Aging in Place 3 pm - Beach Party The Rookery: Comfort Food Special Poker Night	25 9 am - ECHO Farms Tour & Lunch 10 am - RA - New Year's Resolutions 10:30 am - RA - Better Sleep Through Hypnosis 2 pm - TIC - Apps 2 pm - Men's Bridge The Rookery: Prime Rib 5 pm - Preview Event 6:15 pm - Movie Night!	26 9 am - Ladies Bridge 10 am - TIC - Walking the Appalachian Trail 2 pm - Shedding Light Presented by Robb Stucky 5 pm - Grilling by the Gulf The Rookery: Lobster Night	27 The Rookery: Italian Special
28	29 9 am - First Aid Safety Training 10 am - Mah Jongg Play 1 pm - Watercolors Made Easy 1:30 pm - RA - Apollo 13 5 pm - Yappy Hour	30 10 am - TIC - Life Force Energy 10 am - Meditation at the Fire Pits 3 pm - Fitness Lecture - 10 Day Detox and Seeds Kick Off Rockin' the Rook: Larry D.	31 10 am - RA - iPhone/iPad Apps 10am - Making Florida your Permanent Paradise 1:30 pm - Fire Extinguisher Training Class 3 pm - Beach Party The Rookery: Comfort Food Special Poker Night	 <p>Legend: Enrichment Center Talents in Common The Rookery Fitness Center and Spa Beach Club Renaissance Academy</p>		

Mah Jongg Lessons



Beginners - Introduction to Mah Jongg Lessons

Fridays, January 12th to February 16th
12:30 pm to 2:30 pm

\$98 per person (Includes Mah Jongg card)
Maximum of 12 people

The ancient game of Mah Jongg is currently enjoying a wonderful revival. It is a game that creates an exciting and stimulating challenge to the mind, and yet allows for an exchange of conversation, laughter and fun with both new and dear friends... Please join Joan Merritt, as instructor, to learn how to play this time-honored game.

For reservations for either class, please contact
The Enrichment Center at (239) 949-3800
or visit our online calendar at
www.TheCommonsClub.com

Intermediate Mah Jongg Lessons (Mah Jongg Made Easier)

Fridays, January 19th to February 9th
2:30 pm to 4:30 pm

\$70 per person
Maximum of 16 people

This four week session is offered to all Mah Jongg players who are looking to improve their skills in selecting and "changing" a hand; as well as learning the finer points of the game as to defensive play and finesse. "Beginner class" attendance is not a prerequisite.

Clubs at the Club



Ladies Bridge

Fridays at 9:15 am

Facilitated by:

Marie DeFrancis

302-547-9275

defrancismt@aol.com

Men's Bridge

Thursdays at 2:00 pm

Facilitated by: Chris Loyd

(239) 949-8480 or

lbiker610@icloud.com

or Gordon Rebrech

(239) 390-9906

clr12@ymail.com



Artists in Common

Tuesday, January 2nd

4:00 pm

Facilitated by: Sue Ann Till

(260) 437-4904 or

sueannt53@yahoo.com



Mah Jongg Play

Mondays at 10:00 am

Enrichment Center

Facilitated by: Joan Merritt

239-947-1633

joanmerrittmahjez@yahoo.com

Open play no sign up required.



Garden Club

Wednesday, January 10th

10 am Lecture at

FineMark Bank

Lunch to Follow

Facilitated by: Bernice Smith

(239) 495-6016 or

bernicessmith72@yahoo.com



Brooks Fishing Club

(Members Only)

Tuesday, January 9th

9:00 am

Facilitated by: Jim Holmes

(239) 498-8780 or

jholmes@holmesltd.com

www.brooksfishingclub.com

Hooked on Books Club

January 9th: *A Gentleman in Moscow* by Amor Towles

February 13th: *The Women in the Castle* by Jessica Shattuck

The Book Club is open to all men and women of
The Commons Club. Feel free to invite a partner or a friend.

Meets Second Tuesday of every Month, 3:30 pm - 5:00 pm

Facilitated by: Ruthmarie Mitsch (614) 946-6718

or rhmitsch@gmail.com

or Matsy Ells, matsy@ellsfamily.com (239) 948-7653

Contact Us!

Have questions about anything you've seen in the Club Calendar? Would you like to make a reservation for any one of our upcoming events? Please contact us! We would be more than happy to help.

The Enrichment Center & Social Activities

(239) 949-3800

Monday to Friday 8:30 am to 5:00 pm

The Fitness Center & Spa

(239) 498-8888

Monday to Friday 6:00 am to 8:00 pm

Saturday 7:00 am to 5:00 pm

Sunday 9:00 am to 4:00 pm

The Rookery

(239) 498-7777

Lakeside Lunch: Tuesday to Friday 11:30 am to 2:00 pm

Happy Hour: Tuesday to Saturday 4:30 pm to 6:00 pm

Dinner Service: Tuesday to Saturday

5:00 pm to 8:00 pm

The Beach Club

(239) 498-7779

Open Monday - Sunday 9:00 am to 8:30 pm



www.TheCommonsClub.com

Visit our Online Calendar for more information about upcoming events!

SAVE THE DATES!

FEBRUARY 7TH!

Ringling Museum

Tour to include the Museum of Art, Circus Museum, Bayfront Gardens, and Ca' d'Zan!



FEBRUARY 20TH!

Manatee Park Kayak Tour

Join us for a leisurely 3 hour paddle on the historic and scenic Orange River!

The Orange River is a famous gathering area for the Manatee during the cold winter months.

