

DWINDLING DAYLIGHT

NOVEMBER



Montauk Lake Club
2012 Newsletter
Volume 1 | Issue 8

News & Coming Events

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****35% OFF ROOM SPECIAL****

Need a place to stay or have guests in town over Thanksgiving?
Book rooms at the Montauk Lake Club at a 35% discount.

*Discount cannot be combined with other offers or promotions

RESTAURANT OPEN

Now Through Nov 24th

Friday – Sunday

*Only Members Brunch available on Sun 11/25

HAPPY HOUR through Nov 23rd

THANKSGIVING DINNER

November 22nd

MEMBERS BRUNCH

November 25th

... Details on Page 3

Bartender's Corner

Drink of the Month

FRENCH PEAR MARTINI

Ingredients:

- 1- St. Germain Liqueur
- 2- Pear Vodka
- 3- Champagne
- 4- Sugar on the Rim



BY BRIAN REID
Restaurant Manager

Spa & Fitness

With the hectic holiday season fast approaching, it is sometimes difficult to find the time to exercise. Here is a snapshot of some quick calorie-burning exercises that may help you remain active over the next few weeks. These exercises burn a lot of calories in a shorter amount of time:

- 1) **Interval training** (on machines, jump rope, running, aerobics): Interval training is extremely time-efficient, because your workout is complete after 25-30 minutes. Interval training should only be done three times a week. Most cardio machines (treadmill, bike, Stairmaster) have an interval program option.
- 2) **Strength training** (lunges, push-ups, FIT ball exercises). For strength training, we suggest multi-group exercises, the new trend in fitness. This kind of exercise is able to target many muscle groups with one exercise. All of these exercises burn more calories than exercising isolated body parts individually.
- 3) **Flexibility training** (yoga positions, stretching). Yoga and Pilates incorporate strength and flexibility. Yoga is a great stress-relieving option during the holiday season. Flexibility is the key to feeling free with movement.

WANT TO LEARN MORE?? To learn more about calorie-burning exercises that fit your schedule, body, and mood through this holiday season, don't forget that **KIM FRENCH** is here to assist you on all of these levels! Contact her at **631.278.9666** or email **kfrenchfitness@aol.com**.

QUICK FACT

Fact: Holiday Weight Gain

Contrary to popular belief, most people only gain about one pound over the holidays.

The bad news? Most people don't ever lose that extra weight. It may stick with them for a lifetime.



Catch of the Month

CHRIS FOUNTOUKIS

Boat Name:
THALASSA

(continued from front page)

Coming Events

THANKSGIVING DINNER

Thursday, November 22nd

Served from 2:00pm – 8:00pm

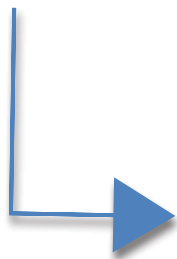
\$45 Adults | \$20 Children (Under 14)

* Beverages Additional



The last event this season!!!

(Club closed Nov 26th)



MEMBERS BRUNCH

(complimentary)

Sunday, November 25th

Available 11:00am – 2:00pm

Restaurant Schedule

2012 Restaurant Schedule	May 4- May 23	May 24- June 20	June 21- Sept 5	Sept 6- Oct 1	Oct 2- Nov 24
BAR 11am-10pm	Fri - Sun	Thurs- Mon	DAILY	Thurs- Mon	Fri - Sun
LUNCH 11am-3pm	Fri - Sun	Thurs- Mon	DAILY	Thurs- Mon	Fri - Sun

New! Happy Hour

Monday - Friday
(5:30pm-7:00pm)



½ price drinks
FRI NIGHT LIVE
ENTERTAINMENT

May 4th - May 23rd
FRIDAYS | \$5 Bar Menu

May 24th - June 20th
Thursday, Friday & Monday
FRIDAYS | \$5 Bar Menu

June 21st - Sept 5th
Monday - Friday
FRIDAYS | \$5 Bar Menu

Sept 6th - Oct 1st
Thursday, Friday & Monday
FRIDAYS | \$5 Bar Menu

Oct 2nd - Nov 24th
FRIDAYS | \$5 Bar Menu

BREAKFAST | all season

Continental Breakfast

8am- 10am

Served daily (April 13th - Dec 15th)

Hot Breakfast

8am- 10am

Served every Saturday and Sunday (June 30 - Sept 2)

BRUNCH (in addition to our regular lunch menu)

10am- 3pm

Served every Sunday (July 1- Sept 2)

Kid's Happy Hour

Every Friday Night
July 6th - Aug 31st
(5:30pm - 6:30pm)

POOL SCHEDULE | open May 18 - Oct 14

10am-6pm

May 18 - June 19
Wednesday - Sunday

June 20 - Sept 11
OPEN DAILY

Sept 12 - Oct 14
Wednesday - Sunday

POOL CLOSES OCT 14

Poolside Nibbles & Nibblents

Adult Swim ONLY

June 30 - Sept 2

Sat - Sun - Holidays
10am- 11am



Daily Specials

(June 29th– Sept 2nd)

MONDAY	PRICE FIX – 3 courses for the price of your entrée (Every Monday June 4 th - Oct 1 st) MARGARITA MONDAYS – ½ price margaritas
TUESDAY	SPA DAY & Healthy Lunch Special – Take advantage of our TUESDAY Spa Special and receive ½ price off any salad on the lunch menu BURGER & a BEER – One (1) beer comes free with burger (lunch) *Also available Fri Night Happy Hour
WEDNESDAY	MARTINI MADNESS – ½ price martini menu & Featured Martini of the Week BURGER & a BEER – One (1) beer comes free with burger (lunch & dinner) *Also available Fri Night Happy Hour
THURSDAY	PASTA NIGHT – Chef Keith's weekly "home made" pasta dishes (3) in addition to our dinner menu
FRIDAY	PRIME RIB NIGHT – 6:00pm- 10:00pm LIVE ENTERTAINMENT WATERFRONT – Beginning at 5:30 KID'S HAPPY HOUR – 5:30pm – 6:30pm Poolside w/ nibbles & niblets
SATURDAY	HOT BREAKFAST served waterfront 8:00am-10:00am
SUNDAY	HOT BREAKFAST served waterfront 8:00-10:00am BRUNCH served in addition to our ala carte lunch menu 10:00am- 3:00pm



Specials Events

Member's Cocktail Party	June 30 th 6pm -10pm Live Entertainment; Food + Festivities Complimentary; Beverage & Gratuity Addtl.
Fishing Tournament	Starts July 2 nd Ends Sept 1 st
Lobster Bakes	July 21 st (6pm -10pm) August 18 th (6pm -10pm)
BBQ's Bounce Castle & More! 12pm – 3pm	May 27 th - Memorial Day July 1 st - Fourth of July Sept 2 nd - Labor Day
Greenery Scenery	August 17 th Cocktail Party
Complimentary Member's Brunch	November 25 th 11am – 2pm



Holidays

Mother's Day Brunch	May 13 th 12pm- 3pm
Father's Day Dinner	June 17 th 6pm – 10pm
Halloween Party	October 27 th
Thanksgiving Dinner	November 22 nd

Past Events

HALLOWEEN PARTY!!!



A Monster



A Young Man Riding an Ostrich



A Mime



Catwoman and Black Widow

(continued on page 7)



For more pictures and videos from past events, visit our Facebook Page and YouTube Channel.

Dock Chat

Marina Open 8am-5pm Daily



Did You Know?

FACT 1

Scallops swim with jet-propelled speed by clapping its shell open and shut.

FACT 2

Dolphins sleep with one eye open!

FACT 3

Octopuses have 3 hearts.



A witch, a fairy, and a vampire!!

Past Events

(continued from page 6)



A Cat, Frankenstein, Pirates, Indians, and more!!



Catwoman, Batman, Danica Patrick, and Dale Earnhardt, Jr.

THANKSGIVING DINNER

Thursday, November 22nd

Served from 2pm – 8pm

Family Style



MEMBERS BRUNCH

Sunday, November 25th

Available from 11am – 2pm

Close the 2012 season with us!



Are You Coming?

Email RSVP to judys@montauklakeclub.com

Montauk Lake Club



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