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Hi Members!

Welcome to the month of August! As we say every year, "I can't believe it's already August!" Now is the time you start to think of everything you want to enjoy during the summer before Labor Day comes... We are here to fulfill your aspirations!! If you are gathering during the day, don't forget we have our new cabana rentals at the pool for tableside service – take it for the full day because once you get there, you won't want to leave. [trust us, it's happening!]

Restaurant | On Fridays and Saturdays, we are continuing our LIVE MUSIC at night. There are 5 more weekends of this so make sure you plan accordingly ☺ On Sundays, we still have Sunday Brunch from 10AM-3PM and then drink specials at the bar with Carlton from 4-7PM. We're thrilled to see so many people taking advantage of this!! If you haven't been by for Sunday afternoons yet, do it!!

Then mid-week, the restaurant has some really great things happening – Monday night's Italian menu has been really taking off this year. If you come for it, be sure to also check out the wine pairing menu to get a fully delectable experience. Wednesday nights are Movie Night – so we're thrilled to offer those through Labor Day as well. Last but not least, Steakhouse Night on Thursdays – unique and high-quality dishes that we highly suggest you check out.

Room Bookings | We are so happy to see so many of you taking advantage of our guest rooms. Our weekends are running a short waitlist through August, however please jump on it if you would like a room because people do cancel and you may get lucky – it happens more than you think! As for midweek stays – mid to end of August has availability so take advantage of that! Email us at reservations@montauklakeclub.com to inquire ☺.

Fishing Tournament | What an awesome summer on the water!! See page 2 for the current leaders. Congrats to those of you who participated and best of luck during these last few weeks navigating the waters!

Spa | Our spa is transitioning into some new services and products, so be sure to check out Maura's write up on page 2. The feedback we've received from members this season has been incredible, so if you can find some free time, or just time to stay out of the sun for a while to repair yourself, you will be delighted with your experience at our spa.

Stay tuned for details on our end of summer **LUAU** on Labor Day weekend!! Once the details are worked out, you'll be the first to know!!! Cheers to August!

SPA



*"The quiet August noon has come;
A slumberous silence fills the sky;
The winds are still, the trees are dumb,
In glassy sleep the waters lie."
- William Cullen Bryan*

In August's stillness, we wait with thoughts of the change of season. August sits in summer looking at fall. We see a short month left to this Montauk summer and much to prepare for autumn. But right now, be still, be thoughtful, and take stress off your schedule!

Did you know stress can cause a build-up of toxins? Massage and facials help your body release toxins through pressing and draining movements that increase blood and lymphatic flow. Ridding impurities from your system will increase energy, aid in weight loss, and defy aging by reducing inflammation. Our outstanding massage associates will help relieve stress, ease muscle pain, and correct imbalances that can cause sleepiness, headaches, or discomfort.

Want to try a new technique? We have added "Dynamic Cupping" to our massage menu. **NEW FACIALS** to fit with the season - deep cleansing, oxygenating, cooling, smoothing facial or experience a firming and tightening compression action, rich in peptides for an instant lift.

Holistic Services this season are high on everyone's priority, so book early and often for the multitude of benefits just an hour or more can have for you. Make your appointments today!

CONTACT US - spa@montauklakeclub.com | TEXT MAURA TO 772.925.9058 | LEAVE A MESSAGE AT 631.668.5705 ext. 109



YOGA

Kat is back! Join her every Friday at 9AM on the 2nd floor of the dock house. Advanced sign up is required. Email Kat at katruizwellness@gmail.com to reserve your space.

PILATES ON SATURDAYS

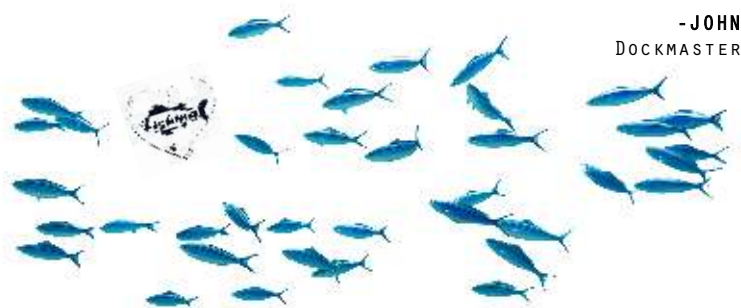
ON SATURDAYS AT 9AM, ASHLEY PATTEN FOR PILATES ON THE LAWN. This is an open level class and is suitable for all levels. Please bring your own mat. If you have any questions, please feel free to reach out to Ashley at www.ashleypattenpilates.com/contact. To sign up, we will be sending out an email with a link to secure your space or you can sign up via www.ashleypattenpilates.com under "Live Classes".

MARINA

Hi Seasonal Boaters –
A few things I wanted to mention as we ease into the final "high season" of summer...

- 1- **AWAY FROM SLIPS** • Please keep me informed if your boat will be out of the slip for a length of time.
- 2- **PARKING** • If you plan on leaving a vehicle on the property for more than 2 days, please park in the main lot in front of the club or in the side south lots.
- 3- **NO WAKE ZONE** • Please respect fellow boaters; travel slowly in front of the marina.
- 4- **GARBAGE** • Please tie garbage bags closed for many reasons.

Thanks for your attention to these!



- JOHN
DOCKMASTER

FISHING LEADERS

As of 7/27/2022

YOUTH DIVISION - INSHORE

FISH	WEIGHT	ANGLER	BOAT
STRIPED BASS	15.5 LBS	WILLIAM HESS	HULLBALLO
FLUKE	4.5 LBS	REILLY JOHNSON	LIFE OF REILLY 20
BLUEFISH	6.0 LBS	REILLY JOHNSON	LIFE OF REILLY 20
SEA BASS	2.5 LBS	CALLIE NACE	BLACK DIAMOND
PORGY	2.2 LBS	REILLY JOHNSON	LIFE OF REILLY 20

YOUTH DIVISION - OFFSHORE

FISH	WEIGHT	ANGLER	BOAT
BLUEFIN TUNA	54.0 LBS	SAWYER SACKS	SHEEP DOG
YELLOWFIN TUNA	52.5 LBS	LUCE DANTE SEBEASS	HOPE
WHITE MARLIN	52.0 LBS	LEO MANCINELLI	SALINA [RELEASED]

ADULT DIVISION - INSHORE

FISH	WEIGHT	ANGLER	BOAT
STRIPED BASS	15.09 LBS	JOE KNESICH	JO-LI
FLUKE	8.5 LBS	NICHOLE DINATO	MORE TIME
BLUEFISH	8.0 LBS	JOE DIBENEDETTO	ECHO
SEA BASS	3.5 LBS	GAIL DOBBS	MLB
PORGY	3.0 LBS	MATT DOBBS	MLB

ADULT DIVISION - OFFSHORE

FISH	WEIGHT	ANGLER	BOAT
BIG EYE TUNA	168.0 LBS	DON GARBER	EURYBIA
BLUE FIN TUNA	118.0 LBS	CARMINE ZOCCOLILLO	CANYON BOUND
YELLOW FIN TUNA	70.5 LBS	CARMINE ZOCCOLILLO	CANYON BOUND
WAHOO	37.5 LBS	JACK LASSEASON	EURYBIA

FOOD + DRINK



DRINK...

WINE IN THIS "CASE"

NO PUN INTENDED ©

I'd like to draw your attention to our newly expanded wine list and urge you to start exploring the world of wine in a new way. I've spent a majority of this season training our staff to understand and appreciate wine. Please feel free to ask any questions that you may have and the staff and I would be happy to help you.

From some of the great Israeli wines (try the unoaked chardonnay), to the Italian chiantis and to the local favorites from the North Fork; there is really something for every pallet. Some of the wines on our list are only here until they run out, so feel free to branch out and try new things! My mission with our wine list is to make it approachable and flavorful. Good wines don't have to cost a ton and some of the best wine can come from the most unexpected places.

-NESHA, restaurant manager

LOBSTER BAKE SUNDAY AUG 7

INNER ROOTS BAND

RESERVATIONS REQUIRED

631.668.5705

Text 631.536.6262

restaurant@montauklakeclub.com

FOOD



Summer is in full swing as we head into August. Long Island sweet corn is almost here and figures to be featured heavily in our upcoming menu changes. Tomatoes, peppers and eggplants are coming into their respective peaks so look for these nightshades utilized throughout our menu. Sunday, August 7th brings our second and final Lobster Bake of the year which will offer BBQ classics as well as boiled to order Canadian lobsters and local assorted Long Island shellfish as well as a full raw bar. Keep an eye out for our first annual end of season LUAU on LABOR DAY weekend. This event will feature signature dishes spanning from the Caribbean, Polynesia, and Hawaii while also offering Tiki culture classics like Crab Rangoon, egg foo young, Chinese spare ribs as well as whole roasted pig and a Hawaiian themed raw bar.

-CHEF MIKE

SCHEDULE

RESTAURANT OPEN HOURS

Dates	Open Days	Hours
6/15 - 9/05	Wed - Mon	11AM - 10PM
	Tuesdays (no dinner)	11AM - 3PM
9/06 - 10/10	Thurs - Mon	11AM - 9PM
10/11 - 11/26	Fri, Sat, Sun	11AM - 9PM

SUNDAY BRUNCH

The last Sunday Brunch is on Aug 28.

10AM - 3PM

HOT BREAKFAST

Saturday + Sunday

The last Hot Breakfast is on Sept 4.

8AM - 10AM

CLUB PARTIES

AUGUST

Sun 08-07 Lobster Bake #2

SEPTEMBER

Sun 09-04 Labor Day BBQ

OCTOBER

Sun 10-09 Columbus Day BBQ

Sat 10-29 Halloween Party

NOVEMBER

Thurs 11-24 Thanksgiving Dinner

Sun 11-27 Members Brunch

POOL

OPEN HOURS *Adult Swim 10-11am daily

Dates	Open Days	Hours
6/15 - 9/05	Daily	10am - 6pm
9/06 - 10/10	Thurs - Mon	10am - 6pm
10/11	Pool Closed For The Season	



LOBSTER BAKE

SUNDAY AUG 7
5-9PM

INNER ROOTS BAND



RESERVATIONS REQUIRED

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Montauk, New York 11954

