



CLUB NEWSLETTER

JULY 2024 • VOLUME XIII • ISSUE 02

Dear Members:

July is finally here!! Summer is in full swing – YAY!

At the Club

The restaurant and pool are open 7 days a week, the guest rooms are available daily, the fitness center is open 24/7, spa appointments are readily available, fitness classes are offered weekly on Thursday and Sunday mornings, and we welcome members for any occasion.

Room Bookings + Cancellation Reminders

This is a gentle reminder that if you have room bookings for this summer, those reservations cannot be cancelled or adjusted within 14 days of the arrival date. Please review what you have booked to be sure your commitment with us is what it should be. If you can't find your confirmation email, simply call us at 631.668.5705 ext. 101 or email us at frontdesk@montauklakeclub.com

Once Again, The Club is "A Wee Bit Irish"

This season, we welcome 4 students from Ireland to work at the Lake Club. We are pleased to share some information about them, their interests, and their plans for the future. All 4 of them are working at the front desk, so stop by, give a call, or shoot them an email to say hello or a friendly welcome. They are at your service!!

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Aoife Murray

Where are you from in Ireland?

I'm from a coastal town called Malahide in Dublin, Ireland!

Have you been to the US before? If yes, where?

No! This is actually my first time in the US!

What and where are you studying in college?

I have just finished my bachelor's degree in Business Studies majoring in Human Resources at DCU in Dublin.

What type of music do you listen to?

Currently loving country music and afrobeats!

Would you rather give up your cell phone for a month or bathing for a month?

It would be tough but I'd have to give up my cell phone I guess ...



Madeleine Mitchell

Where are you from in Ireland?

I'm from Salthill, Galway.

Have you been to the US before? If yes, where?

Yes! I've been to California and New York.

What and where are you studying in college?

I'm studying Genetics and Genomics at the University of Galway.

What type of music do you listen to?

I listen to a bit of everything, but my favorite artist is The Mary Wallopers.

Would you rather have lobster claws for hands or squid tentacles for legs?

It would be tough but I'd rather give up my phone!



Carrie Rose Reynolds

Where are you from in Ireland?

I'm from Dublin, Ireland.

Have you been to the US before? If yes, where?

Yes, I've been to Long Beach New York a few times visiting my aunt and came to Montauk on a day trip last year and loved it. Knew I had to come back!

What and where are you studying in college?

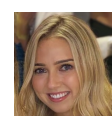
I study Business & Marketing in Technological University Dublin.

What type of music do you listen to?

I listen to Mamma Mia soundtrack and the Beatles.

Would you rather have lobster claws for hands or squid tentacles for legs?

Hmm definitely would give up the phone if faced with this but hopefully never will be...



Eimear O'Connell

Where are you from in Ireland?

I am from Galway in the West of Ireland.

Have you been to the US before? If yes, where?

Yes! I have been to Boston and New York.

What and where are you studying in college?

I'm studying Medicine at the University of Galway.

What type of music do you listen to?

I listen to everything but my favorite band is Funkhaus.

Would you rather have lobster claws for hands or squid tentacles for legs?

I would give up my cellphone!

MARINA

FISHING TOURNAMENT LEADERS

*Results as of 6/29

Youth Division

Good Luck Kids!!! No Catches Weighed Yet!!

Adult Division

	SPECIES	WEIGHT	DATE	ANGLER	BOAT
Inshore	Striped Bass	19.5 lbs.	6-14	Tim McDonough	Wildlife
	Fluke	4.0 lbs.	6-29	Jeff Hildreth	Full On
	Sea Bass	2.5 lbs.	6-29	Jeff Hildreth	Full On
Offshore	Porgy	2.1 lbs.	6-27	Kathy Ammerman	Wild Life
	Blue Fin Tina	296 lbs.	6-8	Carmine Zoccolillo	Canyon Bound
	Yellow Fin Tuna	62.5 lbs.	6-19	John Arceri	Slim Shady



THE SPA

"Summer is the time when one sheds one's tensions with one's clothes, and the right kind of day is jeweled balm for the battered spirit..."

- Ada Louise Huxtable

Summer is the time and Spa@MLC is the place where one sheds one's tensions.... And today can be the right kind of day for uplifting your spirit! Now offering services with an active summer appeal! Get "Ready, Set" a probiotic facial to strengthen and protect. Relax into a soothing, revitalizing "Summer Refresh" facial. Got (too much) Sun? Try the Recovery facial to soothe and heal. Experience deep relaxation, pain relief and anxiety release with the NEW Citrus Chill- a Therapeutic massage with a Leef CBD balm, oil and inhalation. We have a fantastic staff of licensed, experienced, and caring professionals bringing innovative techniques to their services. Our therapists are in great demand and will be engaged quickly – so make your appointments early! Look for the July menu at www.montauklakeclub.com/spa

As Always – at Spa@ MLC – We look forward to treating You!

To inquire about our services, appointment times, or to purchase a spa gift certificate:

Email | spa@montauklakeclub.com

Leave a Message | 631.6685705 ext. 109

Text Maura | 772.925.9058

FITNESS

Yoga on SUNDAYS with Kat Ruiz

Kat's class is located on the 2nd floor of the dock house at 10AM. Yoga Flow offers a practice of linking breath to movement, flowing through postures, building heat in the body while focusing the mind using moving meditation and breathwork. This athletic style yoga will leave you feeling sculpted, toned, stretched, and relaxed, ready to take on your day. Class is open to all levels.

Please bring your own mat.

Sign Up: www.montauklakeclub.com/yoga

More Information: www.katruizwellness.com

Pilates on THURSDAYS with Ashley Patten

Ashley is teaching Pilates every Thursday at 9:15AM. The class is held on the south lawn, near the rack of paddle boards and kayaks. Please bring your own mat.

Sign Up: www.montauklakeclub.com/pilates

More Information: www.ashleypattenpilates.com

Our **Fitness Center** is open 24/7. It is required that you sign in upon arrival; thank you for your cooperation.



Water Sports

At the beach near the marina, we offer complimentary use of kayaks, paddleboards, and peddle boats. They are available from 9AM-5PM. Please wear a lifejacket – enjoy!



RESTAURANT

Food, Wine, Reservations, and More...

JULY IS HERE

Music is in the Air at MLC!

Experience a great local lineup during Happy Hour every Friday evening from 5:30-7pm. Enjoy discounted prices at the bar and try our new Happy Hour menu while you soak up the MTK sunsets. July artists include Joe Delia, Vanessa Trouble and Dudley Music.



Members can also enjoy some music at two-member events this month:

Sunday, July 7th is the annual "Fourth of July BBQ." From 12:00-3:00pm, celebrate our independence with grilled burgers, hot dogs, steak and fish along with a variety of cool summer salads and plenty of corn on the cob and watermelon. The bar will be open and **The Hey Nows!** will be playing music!! The Hey Nows! are a high energy #top40 party rock band based in the greater NYC area! We're excited to try them out!



If lobster is calling you, don't miss the **Sunday, July 21st Lobster Bake**. The time will be 5:30-9pm offering members a plethora of food along with yummy cocktails at our bar. Enjoy an authentic New Orleans sound by REEB and a sunset too. Look for your invitation to easily RSVP -- come one come all!



Firepits + Cabanas

The firepits are first come first serve and all are welcome -- no reservations there. Perhaps inquire about reserving a cabana at the pool for an afternoon or maybe stop by to enjoy a lite bite from the Chat Lounge menu between 3-5pm.



Hot Breakfast + Sunday Brunch

Hot breakfast is available on the weekends from 8-10am. Brunch is still available every Sunday from 11am-3pm.

Can't wait to see you!

-Audine Franzone, Restaurant Manager



RESTAURANT RESERVATIONS

General la carte dinner reservations are taken each calendar week for that week by calling 631-668-5705 extension 112.

Larger Parties (12+), please email your request to restaurant@montauklakeclub.com

SCHEDULES

RESTAURANT SCHEDULE

Dates	Open Days	Hours
6/12 - 9/09	Wed - Mon	11AM - 10PM
	Tues (no dinner)	11AM - 3PM
9/10 - 10/14	Thurs - Mon	11AM - 9PM
10/15 - 12/01	Fri, Sat, Sun	11AM - 9PM

Sunday Brunch

Sundays 11AM - 3PM

Hot Breakfast

Saturdays & Sundays 8AM - 10AM

CLUB EVENTS

JULY

Sun 07-07 4th of July BBQ
Sun 07-21 Lobster Bake #1

AUGUST

Sun 08-11 Lobster Bake #2

SEPTEMBER

Sun 09-01 Labor Day BBQ

OCTOBER

Sun 10-13 Columbus Day BBQ
Sat 10-26 Halloween Party

NOVEMBER

Thurs 11-28 Thanksgiving Dinner
Sun 12-01 Members Brunch

POOL SCHEDULE

HOURS 10AM-6PM

*Adult Swim 10-11am daily

Dates Open Days

6/12 - 9/09 Daily (Mon-Sun)
9/10 - 10/14 Thurs, Fri, Sat, Sun, Mon
10/15 Pool closed for the season

YOGA WITH KAT

Sundays Dock House 10:00AM
Sign Up: www.montauklakeclub.com/yoga

PILATES WITH ASHLEY

Thursdays MLC Lawn 9:15AM
Sign Up: www.montauklakeclub.com/pilates





LOBSTER BAKE

SUNDAY, JULY 21st • 5:30PM-9PM

MUSIC FEATURING REEB

No Regular Lunch Menu | Kitchen Closed 3-5:30pm | Dinner served 5:30-9PM

HOW TO REQUEST A TABLE

Visit www.montauklakeclub.com/restaurant



JULY NEWSLETTER



MONTAUK LAKE CLUB
P.O Box 760
211 East Lake Drive
Montauk, New York 11954

