



LAKE CLUB NEWS

JUNE 2022 | ISSUE 02 | VOLUME XI

IN THIS ISSUE

SPA	P2
FITNESS	P2
MARINA	P2
RESTAURANT	P3
SCHEDULES	P3
POOL	P3
EVENTS	P3

Dear Members:

SUMMER OFFICIALLY BEGINS ON TUESDAY, JUNE 21st!!!

June is the start of the busy season in Montauk and at The Club; please refer to the **JUNE CALENDAR** on our website to stay on top of open dates and events. In short, the pool and restaurant are open Thurs-Mon until June 14th and then starting June 15th, they are both open 7 days through Labor Day Weekend. We do not offer dinner service on Tuesdays all season long. As for guest rooms, please book your summer rooms now! In anticipation of an amazing weather summer, please plan ahead if you think you need rooms for your guests. To book guest rooms, email us at reservations@montauklakeclub.com. You can view our rooms and rates on our website at www.montauklakeclub.com/rooms.

RESTAURANT STARTS IN JUNE

THURS JUNE 2 | STEAKHOUSE NIGHT BEGINS EVERY WEEK

FRI JUNE 3 | HAPPY HOUR 5-7:30PM [LIVE MUSIC BEGINS FRI 6/24]

SUN JUNE 5 | SUNDAY BRUNCH 10AM-3PM

MON JUNE 6 | LA DOLCE VIDA ON MONDAY NIGHTS

TUES JUNE 15 | LUNCH SPECIALS

WED JUNE 29 | DINNER + A MOVIE [NIGHT AT THE MUSEUM SHOWING ON 6/29]

FITNESS SCHEDULE ALL SUMMER

FRIDAY MORNINGS | YOGA WITH KAT RUIZ [MORE ON PAGE 2]

SATURDAY MORNINGS | PILATES WITH ASHLEY PATTEN [MORE ON PAGE 2]

SPA BOOKINGS

BY APPT | JUNE SPECIALS ARE HAPPENING!! PREPARE YOUR SKIN FOR THE SUN!! SEE PAGE 2



It may seem early to think about the **4th OF JULY BBQ** – but it is JUST around the corner. If you know you’re coming, you are welcome to make your reservations now! Please visit the “Restaurant Page” of our website to reserve a table.

SPA



"June is the time for being in the world in new ways, for throwing off the cold and dark spots of life." — Joan D. Chittister

"Far up in the deep blue sky, Great white clouds are floating by; All the world is dressed in green; Many happy birds are seen, Roses bright and sunshine clear Show that lovely June is here." — F. G. Sanders

June is here! Let summer begin! How to begin? To start, let us **HONOR THE MEN** in our lives. In honor of Father's Day and the men in our lives, we have a **Men's Only Sea Salt Facial**, designed exclusively for a man's sensibilities and skin concerns. This facial will condition and soothe both skin and beards. We will use the essence of sea minerals with Bergamot and rosemary finishing with an activated charcoal masque and beard balm. To make him feel truly cared for, add our new **Sea Salt Stone Massage**. Warmed salt stones that will relax sore and stressed back muscles are just the beginning of this treatment. We are sure this new addition to our massage menu will put "ahhh" in spa for men (or women). ☺ Because June is more than just Father's Day – we are also celebrating weddings and graduations.

It's time for **Cheers and Champagne** for **brides, grooms, and graduates**. In keeping with the celebrations, the spa is offering a customized facial with an effervescent- yes, bubbly! **Champagne Masque**. This facial oxygenates the skin leaving it clear and refreshed. An excellent treatment for before or after any celebration and a great gift idea!

Special Offer: Free travel gift kit with the purchase of a Men's Only facial or a "Lace your Face" travel masque with Effervescent Champagne Facial gift certificate. (for June only - while supplies last). At the Lake Club, it's more than well-being, it's well-living." Advance appointments are recommended. Please check out our new menu starting June 1, 2022. For gift certificates, info, and appointments...

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

YOGA ON FRIDAYS

ON FRIDAYS AT 9AM, JOIN KAT RUIZ FOR YOGA ON THE 2ND FLOOR OF THE DOCKHOUSE. Kat Ruiz is a Health and Wellness leader who has been teaching yoga, meditation and breathwork for over 13 years. Kat received her Master's in Education in 2008 from NYU. Kat has taught in New York City public schools and worked with all levels and all ages of the communities of New York City and Montauk, New York. The member rate/class is \$30. To sign up, please email her at katruizwellness@gmail.com.

PILATES ON SATURDAYS

ON SATURDAYS AT 9AM, ASHLET 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

RIP Richard Janis ...

This summer will not be the same without Richy. Rich was the best dockmaster. I worked with Rich at Star Island, and for many years I was the dockmaster at the Montauk Yacht Club. My name is John Murray and I will be the new dockmaster at the Montauk Lake Club. It will not be easy for me to do all that Rich did, but I will try my best. Remember one thing, you never know how short life could be. Enjoy every day to the fullest.

I can be reached at 631-926-1766 or dockmaster@montauklakeclub.com. If your boat hasn't arrived yet, feel free to give me a heads up as to when it may arrive, and if there's anything I can do to assist you while getting settled into the 2022 season.

Our **Fishing Tournament** has started so I'm looking forward to that all season long – from what I hear it's pretty competitive, so good luck.

-JOHN MURRAY, dockmaster

GOOD LUCK THIS SEASON



FOOD + DRINK

COCKTAIL OF THE MONTH

UME SPRITZE

1.5 oz UME

2 oz Prosecco/Sparkling Wine

Top with Seltzer

Citrus Garnish



Happy Summer!

We are finally here. We are starting some very exciting programs this month at the Montauk Lake Club and really hope you will come and be a part of our festivities.

Monday nights are set to be really exciting with La Dolce Vida (everything Italian) we will also be having some really exciting wine makers join us to preview their wines. On Monday, June 20th we will have the owner of Fattoria di Magliano. Fattoria di Magliano is a young wine-making company spanning over 97 hectares in the heart of the Maremma territory. It was founded in 1997 by Agostino Lenci, who, after a long and successful career in the footwear industry, decided to follow his dream of becoming a winemaker. He chose this part of Tuscany because of the century-old tradition that rules this land, where men seek to preserve the environment of a territory both wilder and more reserved than elsewhere. Don't miss out on this awesome opportunity and make your reservation now.

-NESHA, restaurant manager

THE MENU –

At the MLC we love that we are able to offer such a wide variety of fresh local seafood. In the kitchen, when we are creating new fish dishes for our ever-changing seasonal menu, the conversation always includes asking what the best method of cooking will be. When it comes to seafood, the methods of cooking are almost as numerous as the types of fish and shellfish available to us. We may choose to steam, bake, grill, roast, envelope, fry or even smoke a piece of fish (to name only a few). However, we must always consider both the species in hand and what seasonal produce we have available to us. This spring and summer be sure to take notice of some of the unique choices we may make when preparing our fish dishes.

Alongside fresh catches, we're excited to incorporate seasonal fruits and vegetables such as asparagus, radishes and fava beans ("oh my")! It is perhaps the spring alliums, the plant family, to which onions belong, that our kitchen looks forward to working with the most. In the spring, as lively ramps, hearty garlic scapes, and tender spring onions become available, so does the opportunity to highlight this often tamed and buried flavor. Lending themselves to a wide variety of cooking techniques including pickling, grilling, and slow cooked confit, spring alliums can even be used to punch up pesto or create complex jams. Can't wait to see you dining soon!

-CHEF MIKE

SCHEDULE

RESTAURANT OPEN HOURS

Dates	Open Days	Hours
5/26 – 6/14	Thurs - Mon	11am – 9pm
6/15 – 9/05	Wed - Mon Tuesdays (no dinner)	11am – 10pm 11am – 3pm
9/06 – 10/10	Thurs - Mon	11am – 9pm
10/11 – 11/26	Fri, Sat, Sun	11am – 9pm
Sunday Brunch		
Begins 6/05	Sundays	10am – 3pm
Hot Breakfast		
Begins 7/03	Sat & Sun	8AM – 10AM

CLUB PARTIES

JUNE

Sun 06-19 Father's Day Dinner

JULY

Sun 07-04 BBQ + Beach Party

Sun 07-17 Lobster Bake #1

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
5/26 – 6/14	Thurs – Mon	10am – 6pm
6/15 – 9/05	Daily	10am – 6pm
9/06 – 10/10	Thurs – Mon	10am – 6pm
10/11	Pool Closed For The Season	



JUNE 2022 | ISSUE 02 | VOLUME XI

FATHER'S DAY DINNER

SUNDAY, JUNE 19 | 5-10PM

STAY TUNED FOR SPECIAL "DAD" MENU OFFERINGS | PLEASE MAKE RESERVATIONS
CALL 631.668.5705 | **TEXT** 631.536.6262 | **EMAIL** RESTAURANT@MONTAUKLAKECLUB.COM



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