# LAKE CLUB NEWS

**MAY 2022 | ISSUE 01 | VOLUME XI**

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Dear Members:

We are very excited to start Season 2022 at the Lake Club! The Club officially opens Friday, May 6th! On Friday and Saturday of that weekend, the restaurant is open from 11AM-9PM; Come for **Happy Hour** on Friday to celebrate the season opening (5:30-7PM)! To make dining reservations, please call us at 631.668.5705 or email restaurant@montauklakeclub.com. Sunday, May 8th is Mother's Day – we are hosting our annual **Mother's Day Brunch** from 10AM-5PM. Reservations are required – we are offering 3 seating times. There is no dinner service that day. The link to book a table and to view the Mother's Day Brunch menu is on the restaurant page of our website.

On Sunday, May 29th we are hosting the **Memorial Day BBQ** from 12PM – 3PM, with live music from The Sturdy Souls and Kids Fun– we can't wait!! Reservations are required. For restaurant schedules all season long, please refer to page 3 of our newsletters or visit our website. We'll also send out weekly emails and text reminders about events, openings, and schedules; if you are not receiving our emails or text messages, please email us at info@montauklakeclub.com. Our current menus are viewable on our website. The link to our restaurant page is: www.montauklakeclub.com/restaurant.

The **Spa** opens Saturday, May 7th | For services, specials, and appointments, please refer to page 2.

The **Guest Rooms** are available daily starting Friday, May 6th. If you think you may need to rent rooms this season, please contact the reservations desk ASAP. They can be reached at 631.668.5705 or reservations@montauklakeclub.com. To view our rooms and rates, please visit our website at: www.montauklakeclub.com/rooms.

The **Pool** is scheduled to open on Friday, May 20th from 10AM-6PM. It will be open Fri, Sat, and Sun that weekend, and then opens again Thurs – Mon starting Thurs, May 26th. We offer adult swim daily (when the pool is open) from 10-11AM. Upon entering the pool area, please sign in with the lifeguard. Cocktail and food menus available all day long!

Starting Memorial Day Weekend, we're offering **Pilates** and **Yoga** weekly… see page 2. If you have any questions regarding your membership, please let us know. Wishing you an enjoyable month of May!!

# SPA

Welcome, Members! We are all very excited about this May, "the pleasant time; its face beautiful," and the coming Summer! The Spa will welcome our members with quality massage and skincare services starting **May 7th**. Every season brings some change, and this year we are working on our services and monthly specials to get and keep you looking and feeling your best, head to feet. All-natural facial nano-infusions treatments, LED Light Cell Rejuvenation, Microcurrent Lift, Aromatic massage, CBD, and meditative therapies will be on the menu to tempt you to "treat" yourself and your guests.

What would tempt you, what would you like to see offered? We would love to get your feedback as we continue with our goal to bring Wellness into your Club lifestyle! Please email Maura at spa@montauklakeclub.com with your suggestions, requests, or comments and **enter to win a $50 gift certificate***. We will do our best to have that on the menu for you!

The NEW Summer 2022 menu is coming Memorial Day Weekend; look for our Mother's Day Gift Certificate Specials in your email soon. We expect a very busy season, so please book appointments early and often! Your support is appreciated and essential, and we do - We look forward to treating you! - *Maura*

**Minimum entries required – Drawing is May 30th*

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

# YOGA ON FRIDAYS

**Starting Friday, May 27th** - we are excited to host **KAT RUIZ** for yoga on Fridays at 9AM. 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. Kat has been seen in the Wall Street Journal and The New York Post. Kat currently resides in Montauk, NY with her husband and two children. Her class is located on the 2nd floor of the dock house. The member rate/class is $30. To sign up, please email her at **ruizke@gmail.com.**

# PILATES ON SATURDAYS

**Starting Saturday, June 4th** - join one of our fellow members, **Ashley Patten**, all summer long on Saturdays at 9am for Pilates on the lawn. Pilates is a full body workout that strengthens and stretches from the inside out. Ashley's classes reflect the authentic principles of Pilates while simultaneously drawing from the vast experience of her movement career. 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" (when booking option opens).

# MARINA

**Happy Spring and Welcome Back!**

Spring, Really??? It's March 29. We woke up to a temperature of 20 degrees with a wind chill of 7 degrees! On the 1st the temps will be back to normal and we'll begin getting the marina ready for the season. Turn on the dock water, remove ice-eaters, switch on the dock power and wi-fi system. If you had any issues with your slip water, electric, and wi-fi let me know asap so we can remedy any problems before your boat arrives.

As far as the **Wi-Fi** goes we've done system upgrades plus the 130 Westport the "Stellar" is not headed north this summer so we expect that to make a difference. Please keep in mind it is against MLC rules to install any antennas and or devises that impede the wi-fi system.

**Arrival Date** | Please keep me posted as to the arrival date of your boat so that we can give you a hand getting tied up. For the new members. Lines-2 bow, 2 stem, and 2 spring. If your slip has side boarding 2-3 fenders are advisable. A second set of lines should be on board and easily accessible for storm tie ups.

**GYM** | Please keep in mind it's a work out room not a playroom. Rules state that no one under 18 should be in the gym unless accompanied by an adult. Weights and treadmills can easily hurt someone who is not using them properly. For those using weights, please rack them when finished and if you would please don't drop them onto the floor. The office and bathrooms are directly below. Last and most important. Please close the windows and doors when you are leaving the gym. Please wipe down the equipment you've used when finished.

**LOADING/UNLOADING** | please move your car to the lot when finished. We ask the you park by the dock house for no longer than 15 minutes.

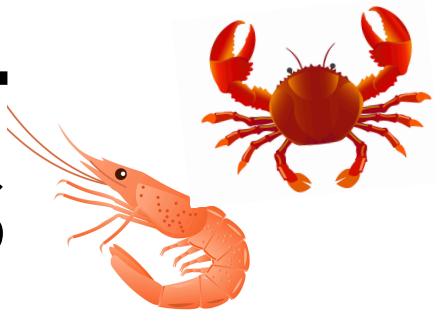
**DOCK CARTS** | please return to the rack when you're finished unloading. Preferably not the next morning.

**MEMBER TRANSIENT DOCKAGE** | are limited to 4 "member" transient dockage slips. So, please if you are going to have your boat away from the club let me know so that we can make the slip available to another member.

we are looking forward to another great summer and appreciate all the help that you have given the crew in the past. Happy Mother's Day to all the moms!!

-JOHN, dockmaster
dockmaster@montauklakeclub.com

# FOOD + EVENTS



## "HI" FROM THE RESTAURANT

Welcome back for the 2022 season!
We are so happy to see you all here and look forward to a wonderful season of sun and fun in Montauk. Here are a few new exciting details for the season…

**HAPPY HOUR** will now be on Fridays from 5:30 -7:00 pm and drink specials will run on Sundays from 4pm to 7pm!

**CABANAS & FIRE PITS** are now available for rental throughout the summer! Please reach out to **restaurant@montauklakeclub.com** for pricing details and reservations.

Our **TEXT TO ORDER** option is still available for you to use **631.536.6262** as well as our online ordering system!

We are really excited to be back for lots of wonderful memories and good times! Let's have an awesome 2022 season!

-NESHA, restaurant manager

## THE MENU – SPRING 2022

We are so happy to be getting back into the kitchen and the spring is the perfect time to do it because of the wide variety of seasonal fruit and vegetables coming to market. As always, our spring menus will highlight this time of year by making plenty of use of ingredients such as local asparagus, local strawberries, wild leeks, foraged mushrooms, fresh English peas, fava beans, black truffles, and fiddlehead ferns.
We've expanded our All-Day Menu to feature, alongside some of the classics, new items including; seafood appetizers, consisting of cooked crab, shrimp and salmon tartare, additional vegetarian choices, share plates, and new entrée salad options. Whether you are looking for a great burger, a lite lunch or something a little more refined, we have you covered. Come see us this May!

-CHEF MIKE

## MOTHER'S DAY BRUNCH

SUNDAY, MAY 8 | SERVED 10AM-5PM
**PLEASE VISIT OUR WEBSITE TO VIEW THE MENU AND TO MAKE RESERVATIONS... OR CALL** 631.668.5705 | **TEXT** 631.536.6262 | **EMAIL** restaurant@montauklakeclub.com

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## MEMORIAL DAY BBQ

Sunday, May 29th from 12pm – 3pm with live music from THE STURDY SOULS
Kids Fun! Stay Tuned for Details…
[No regular lunch menu + kitchen closes 3-5pm on this day]

A link to sign up with be shared in May … or reserve early via the text line or email below
TEXT/EMAIL 631.536.6262 or restaurant@montauklakeclub.com

# SCHEDULE

## RESTAURANT OPEN HOURS

| Dates | Open Days | Hours |
|---|---|---|
| 5/06 – 5/25 | Fri, Sat, Sun | 11am – 9pm |
| 5/26 – 6/14 | Thurs - Mon | 11am – 9pm |
| 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** | | |
| Begins 6/05 | Sundays | 10am – 3pm |
| **Hot Breakfast** | | |
| Begins 7/03 | Sat & Sun | 8AM – 10AM |

# CLUB PARTIES

**MAY**
Sun 05-08 Mother's Day Brunch
Sun 05-29 Memorial Day BBQ

**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 |
|---|---|---|
| 5/20 – 5/25 | Fri – Sun | 10am – 6pm |
| 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 | |

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SUNDAY, MAY 8 | SERVED 10AM-5PM

**PLEASE VISIT OUR WEBSITE TO VIEW THE MENU AND TO MAKE RESERVATIONS... OR**

**CALL** 631.668.5705 | **TEXT** 631.536.6262 | **EMAIL** RESTAURANT@MONTAUKLAKECLUB.COM

# MEMORIAL DAY BBQ

SUNDAY, MAY 29th | 12PM-3PM

MUSIC FROM THE STURDY SOULS + KID FUN!

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

**STAY TUNED FOR MORE DETAILS...**

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