GOLF AND COUNTRY CLUB



SPECIAL POINTS OF INTEREST:

- Celebrate Easter on April 5th at River Strand by joining us for Easter Brunch.
- We still have a lot going on at the clubhouse, even though we are winding down the winter season.
 Plan to come over for an event, a meal, golf, tennis, fitness or a very relaxing dip in the pool this month.
- Mr. Terry Lyons is your new member voted in to the River Strand Board of Directors. See more on Page 6.

MARCH HOLES IN ONE

Charlene Lemon- Steiner

#7 Sanctuary - 03/15/15 Amazing achievement Charlene! Congrats!



THE STRAND

E-Newsletter for the Members of River Strand Golf and Country Club

THE STRAND

APRIL 2015

Three Talented Individuals Take Home Top Honors!





CONGRATULATE
YOUR
36 HOLE CLUB
CHAMPIONSHIP
WINNERS!



Ladies' Club Champion Beatriz Niemeyer, top left, Men's Club Champion Jack McCauley, top right and Senior Club Champion Ralph Dondi, bottom left, pose with Golf Professionals Corey Pion and Oscar Parks while accepting their Club Championship awards. See more details from this event on Page 7 in the Golf Update section.

"50 Shades of Green" Charity Golf Event A Huge Success!

The 3rd Annual Ladies Golf Association Charity Golf Event, billed this year as "50 Shades of Green", was held March 16-17. It was a beautiful day with cooperative weather. Excited Committee Members Carol Budd, Sam Paice, Fran Beauman, Arlene Silverstein and Debbie DiGiannantonio are pleased to announce that they surpassed last years total by raising a whopping \$13,000 to benefit The Food Bank of Manatee! Special thanks to those who were very instrumental in achieving this success: Arlene and Debbie for their expert organization of the silent auction, the many volunteers who did all sorts of little things to help it all come together, the River Strand golf pros (especially Jodi Hooper), the tournament players, the wonderful silent auction donors/item collectors/bidders and food donors. Photographer Mattie Watson and auctioneer Howard Reben's talents are also very much appreciated.

Not only did the event surpass last year in terms of dollars raised, they also grew in size: 100 total golfers participated in the event. What a wonderful way to show support for your fellow members, your club and your community!

More photos to enjoy can be found inside.



"Our growing season is upon us, and the landscapers will start mowing on a weekly basis beginning April 1st."

Community News

As our main season is coming to a close, there are a few items I would like to remind owners. Please remember to keep your AC units on. By doing so you will help prevent the possibility of mold. It is also recommended to shut off the water to your property if you are going to be gone for long periods of time. This will help prevent water leaks while you are gone.

Our growing season is upon us, and the landscapers will begin mowing on a weekly basis beginning April 1st. They have also recently put out a granular fertilizer, which will help with the health of the grounds. Please do not adjust your irrigation clocks.

Dan Arens, LCAM

As discussed in March, there was a recent burglary in the community. Please be on the alert for any suspicious activity. If you leave for the summer, or any other prolonged time, it is recommended that you have someone watch your home.

Beginning April 1, your member swipe card will be necessary to access the Fitness Center 24 hours a day, 7 days a week. Up to now, it was only needed from 6 pm to 6 am. This is for security purposes and to ensure that only our active members are able to enjoy those amenities.

As always, it is my pleasure being your Community Association Manager and if you should ever need anything, please feel free to call or email me!

Congratulate Your First River Strand Board Member, Mr. Terry Lyons!

Mr. Terry Lyons was voted in as your first River Strand member on the River Strand Board of Directors at the Annual Membership Meeting on Tuesday, March 24th.

Terry has been a full time resident of River Strand since February of 2012 and has maintained a home in Florida for the last 22 years. He has been married to his lovely wife, Nancy, for 33 years and they have 4 children and 6 grandchildren.

Terry has been operating as Chairman of the River Strand Community Compliance Committee (RSCCC) for the past year, assisting with the development and governance of the compliance guidelines. Terry and Nancy are very active in the club. They can be found here often,



whether at a committee meeting of one form or another, dining, playing golf or while attending a club event or activity.

Join us in welcoming Mr. Lyons to the River Strand Board of Directors and this new phase of River Strand development. He can be reached at 941-896-7525 or ternanlyons@aol.com.







These handsome photos are courtesy of River Strand member, Jan Nissen.

The Griffin Tennis Leagues Prize \$\$ Tournament, was held on Sunday, March 15th. Results for the Doubles Tournament are as follows:

Men's Open: Nate Griffin/Zach Bessette def. Jeff Tucker/Eric Luxembourg

Men' 9.0: Jose Tolentino/Dini def. Gary Coulter/Neil Kashdin

Men's 7.0: Carson Smith/Ron Allard def. Jake Mattraw/Chris Ethesorios

Ladies Open: Mara Scmidt/Anastasia Kramperova def. Jessica Steck/Anastasia Nefedova

Ladies 9.0: Megan Donahue/Motoyo Arri won Round Robin flight

Mixed Doubles 7.0: Mike Stanton/Caitlin Lynch

Mixed Doubles 9.0: Steve Roberts/Sylvia Sethares def. Sylvio Tanev/Iva Tanev Mixed Open: Zach Bessette/Anastasia Kramperova def. Nate Griffin/Jessica Steck









Pictured at left:
Kevin Cooper and
Robin Goldin

Mara Schmidt and
Anastasia Kramperova

Motoyo Arri and
Meg Donahue

Sylvia Hethares and
Steve Robert

Did You Know...?



- The Administrative Offices will convert to summer hours after April 4th and will no longer be open on Saturdays. Regular hours for the summer will be from 8 am to 5 pm Monday through Friday.
- We hope you have enjoyed the Line Dancing class this winter! We will say goodbye to Genia for the summer, but she will be back later in the year to start again. Her last class will be on Saturday,
 April 11.
- Fit4Life and AquaFit will also end for the summer on May 20. Lauren will be back in September.
- If you are not receiving our email correspondence, it may be that we do not have your email address or it is incorrect in our system. Please check with the admin office to ensure our records are accurate so that you can stay up to date.
- The Atlantic hurricane season runs from June 1 to November 30 with the peak period from early August through the end of October. Atlantic basin includes the entire Atlantic Ocean, Caribbean Sea and Gulf of Mexico. Ways to prepare for this can be found by visiting the Hurricane Readiness Center pages at mymanatee.org.
- Summer season is just around the corner and we are arranging activities that will blend nicely for the residents who remain in the community. Please send an email to tamip@riverstrandgolf.com if there are any activities in particular that you would like to see.
- Your member swipe card will be needed to access the Fitness Center at all times beginning April 1. Remember to bring your card with you each time you visit.

Golf Tip of the Month

compliments of PGA Professional, Scout Miller

If you find you're missing too many short putts, the cause may be the failure to accelerate the putter through impact resulting in a short or abbreviated follow through. It's important to remember that the longer the putter head follows through towards the target on the target line; (1) It allows you to accelerate through impact, (2) It increases the chance of making square contact, which reduces any or all side spin so the ball will hold its line better.

Practice Drill:

Place a golf club perpendicular to the line of the putt so the face is down and the thinner part of the shaft is on the line of the putt. The shaft should lie just at the edge of the cup. From a distance of 3-5 feet, putt to the hole with sufficient speed so the ball will hit the shaft and pop into the air and fall in the hole. If you decelerate through the stroke and produce a short follow through, you'll generate insufficient speed for the ball to overcome the shaft in front of the hole. Work on this and you should make more putts.

Golf Course Reminders:

- Range balls must be purchased before 6pm and the range closes at 7pm.
- Please remember the golf course is designated for registered golfers only. Please no jogging, walking, biking or your own personal golf carts, etc. This is for your safety.
- Please park your personal golf cart in the designated spots in our parking lot.
- No driving range balls or bags should ever leave the driving range area. Please do not take them home with you. If you see someone taking them please inform the golf shop.
- Please fill your divots on course and on the driving range. Thank you.

River Strand Clubhouse and Community Views



Four-legged attendees at the Bow Wow and Meow Mixer enjoyed the afternoon at the park. Their moms and dads enjoyed the lemonade, cupcakes and tacos! Thanks to all who participated!





The Tai Chi class at the lighthouse is an active group Sundays at 10am. Learn spiritual and physical fitness.



Ray Phaneuf submitted the photo above. Do you know what type of bird this is?



River Strand Sunset above by Carolyn Grinton. Pileated Woodpecker at right by Jim Henderson.

















The Ladies Golf Association Charity Golf Event photos above are compliments of Mattie Watson.

LET THE GAMES BEGIN!

River Strand Ladies Bridge
Bridge meets at 9:30am every
Monday and Friday and ends
around noon. Lunch afterward is
optional. To play, contact
Pauline Tasler at 941-405-4733
or ptasler@gmail.com or
Vivienne Sivak at 941-251-7494
or viviennesivak@msn.com

Bunco

Newcomers are welcome! This is a simple, fun game that anyone can play and is very easy to learn. The Bunco group meets Thursday at 9:30am. Dates may vary. Contact Sharon Pretty 941-840-8441 or email her at sharon.pretty13@gmail.com

Texas Hold-Em Poker

Texas Hold-Em is held every Tuesday from 5:00pm to 8:00pm. Group size is limited to 50 players. \$10 to buy-In. Winners receive a gift certificate to River Strand, which can be used throughout the clubhouse. Visit the Golf Pro Shop to sign up each week.

River Strand Ladies Mahjong

Ladies Mahjong plays every Wednesday at 9:00am. Group plays until about noon, followed by lunch (optional). This is a fun, friendly group and players of all skill levels are welcome! Lynne Monnell - 941-201-4253 or email her at: gmonnell@tampabay.rr.com.

River Strand Mixed Bridge (Men and Women)

Experienced players. Singles are welcome as the Group will rotate partners. Intermittent Thursday evenings in the card room from 5:30pm - 8:00pm. Contact Larry Sivak at lesivak@msn.com or 941-251-7494 for schedule and to sign up.

River Strand Employee of the Month - John Christina

What would we do without John Christina from Fall through Spring? John assists us in our River Strand clubhouse maintenance department and has done so since the year after River Strand began.

According to his supervisor, Dan Arens, "John is one of those types of guys that just gets the job done. He even gets jobs done that you never asked to be done. He is never one to look for praise or acknowledgment, just an employee that enjoys his job and we are lucky to have him as a part of our staff".



John works hard with us from September to June and then spends a few months traveling around the country and Canada with his wife to visit their children and grandchildren. Thank you John, for being part of the River Strand family and for giving your best for so many years.

Complimentary Mahjong Classes Offered

MAHJONG—Beginner Mahjong classes are offered on Wednesday evenings in the Card Room from 6:00 pm to 8:00 pm. No need to sign up ahead of time, just show up a few minutes prior to start. Contact Kathy Martin at 719-238-9964 if you have any questions. Lessons are complimentary.

Veterans Friendship Network



Veterans Network Meeting First Thursday of Every Month 6:30 PM River Strand Clubhouse

Join fellow Veterans in the River Strand community for informal conversation. Field trips and activities are possible. No need to pre-register.

NEW MEMBER? HAVE QUESTIONS?

Sign up in the Administrative offices at the clubhouse for a New Member Orientation.

These informative sessions take place in the Board Room at 2 pm on the first Friday of every month.

Meet other new members and get your River Strand bearings.

Golf Update

Corey Pion, PGA Head Golf Professional

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A special thanks to all the ladies that helped coordinate and set up this years "Fifty Shades of Green" Charity Event for the Food Bank of Manatee County. We helped raise \$13,000!! We exceeded our expectations again and thank everyone who helped make this happen. All of our golf pros enjoyed participating during the event as well.

Jack McCauley is our new 2015 Men's Club Champion. River Strand definitely showed it's toughness with Jack being the only one in the 70's both days. Jack also shot a 64 with 10 birdies on Men's Day March 18th which is our course record and a fantastic score! We held our first Senior Club Championship ages 65 and up and congratulations to Ralph Dondi as he is this years winner. Beatriz Neimeyer is our Ladies' Club 2015 Champion! Low Gross for Men's Second Flight was Jim Moline and Low Gross for Ladies' Second Flight was Lynn McCauley. See photos of winners from this event on the cover.

We had to cancel our Member Guest this year due to lack of participation. This a first for me and for my staff as well. We had less than 20 people signed up in what is usually one of the best events that a club can hold. With over 1200 members, it is very disappointing to have the turnout that we had. We are open to suggestions to hopefully give you as members what you would like to see for this event.

As most of you probably have noticed we now have Hole In One plaques in the hallway to the grille room. If you have made a hole in one, first of all Congrats, secondly please send me an email with the course, hole and date and I'll make sure to get your name on the board. You can send the information to me at corey@riverstrandgolf.com.

The area left of #1 Sanctuary is marked OUT OF BOUNDS. It defines the boundary between the golf course and resident back yards. Please do not drive your golf carts or hit your shots left of the white stakes there or anywhere on the golf course.



How is the Easter Bunny like Shaquille O'Neal? They are both famous for stuffing baskets! What would you get if you crossed the Easter Bunny with Chinese Food? Hop Suey! Why did the Easter Bunny cross the road? Because a chicken had his Easter eggs! Why do we paint Easter eggs? Because it's easier than trying to wallpaper them!

April
Golf
Events,
Leagues
and
Clinics:

Heritage Harbour Cup - TBD

Ladies' 18 Holes - 8:30 Shotgun - Tuesday

Ladies' 9 Hole - 9:15 Shotgun - Tuesday

Men's 18 Holes - 8:30 Shotgun - Wednesday

Men's 9 Holes - 9:15 Shotgun - Wednesday

9 & Dine - 04/06 4pm

Saturday Clinics

Adults: Every Saturday at 10-11, 11-12
(Please call pro shop to sign up)

Juniors: Every Saturday at 12:00
(Please call pro shop to sign up)



Photo Compliments of Carole Findlay



"We begin our course closings at the end of April and start with Tributary on April 27th.

Golf Course Maintenance Report

Jamie McCrosky, GCSA

I think we can say our cooler days are behind us now. During most of March we went from cool and wet directly to very hot. We seem to miss seasonality in Florida normally as we typically experience these patterns. For us in particular as far as affecting the golf course we overseed the tees and fairways and the ryegrass is not suited for the hot temperatures. So we will start to see our transition period as we move through April and May. Normally in the past when we overseeded roughs we experienced poor transitions back to the Bermuda grass. This was due to the rough grass being maintained at a higher height and the rye canopy shaded out the Bermuda grass. We also experience very high traffic in winter, therefore the trampling effect adversely affected the Bermuda grass covered by the rye.

Now the fairways and tees have shown to do a little better with this, because the Bermuda canopy is exposed to more sunlight and the ryegrass mowed at that height during higher temperatures can't cope and dies out sooner granting the Bermuda more growing time in late spring/early summer. The collars have had some issues in previous seasons and we have done some sod replacement there. It can be attributed to the heavy foot traffic we experience in season around the greens and the fact that we fertilize greens and collars weekly in our spray program. What happens is the rye gets so healthy to a point that it gets difficult to get rid of it. We are going to eradicate it chemically this year on the collars at a real light rate to kill off the rye slowly to give the Bermuda a chance to fill in instead of killing off the Rye abruptly while the Bermuda is not ready to take off.

We begin our course closings at the end of April and start with Tributary on April 27th. Our greens are getting to be almost 10 years old. They are developing an organic layer that we want to try to control. Our first aerifications for each course this year will include a deep tine process. The machine will go down about 10 inches which will help break through this organic layer and aid in better drainage and give us more pore space to incorporate more fresh sand in the green profile. This will help displace organic layer and thatch build up. As we did last year we are going to double aerify all greens while closed again to displace more organic layering and incorporate more sand.

We are changing gears on the golf courses now to include our programs for weed and insect control as well as fungus prevention on greens.

Upcoming events:

- Topdressing and grooming of greens 2x monthly: TBA to Pro shop week prior
- April 27th through May 17th: Tributary closed for aerifications

WE WELCOME NEW MEMBERS!

A Very Warm Welcome To Our New River Strand Golf and Country Club Members!

Stephen & Delores Yuras III
Michael & Lynn Friedman
Donato Pietrangelo & Catherine Fraser
Corby Decker & Susan Boyer
George & Janet Perseghin
Michael & Tara Duarte
Don & Nicolette Marks
Paul & Pamela Plunkett
Ana Brian
David & Ali Dunlop
Mike & Margie Brinales
Robert Pilon & Monique Patenaude
John & SRadell
Gusan Bell
Michael Radell

Glen Shulfer
Lucy G. Rhoda
Scott Anderson
Kimberly Yagelski
Michael Ryerson
Linda Muller
Wayne Anderson
Carolyn Giambrone & Tracey Weltzien
Sheila Nehring
Richard Dunbar & Sandra Wisler
Nazir & Shaffin Haji
Tejal & Catherine Metha
Jane Morris & Loretta Pesciotta
Freddie Lynn Housman
Michael & Beth Wergelis

Mark Cook & Susan Nersinger Charles & Linda Graves Catherin & Tejal Mehta Faith Michael Donna & Dave Duwe William Shi & Xu ping Qui James Flaherty Stephen Cerven Ronald & Christine Hominick Rodney & Janet Miller Stephen & Linda O'Brien Victor & Mary Milana Ahmed Aburahmah

Drop Shots

Nate Griffin, USPTA Director of Tennis

It has been a very busy month for River Strand Tennis. Our ladies Tri Cities season came to a conclusion this month, with all 5 teams competing well all season. A big congratulations to captain Pam Tatsak with a 1st place finish at the 3.5 American Division and to captain Jodi Esteban for a 3rd place finish in the 3.0 American Division. Also, a big thank you to all of our ladies' teams captains (Pat Springer - 3.5 Continental, Linda Tosi - 3.5 National and Kara Beene - 4.0 American)

Our social doubles continues to be the most popular activity in our program, which includes (Monday-Saturday) Morning Doubles from 9:30-11:00 am, Tuesday Night Men's Doubles (7-9 pm), and Thursday Night Mixed Doubles (7-9 pm). Most of these programs fill up a few days in advance, so make sure you go to makeclubreservations.com and sign up as early as possible for these weekly events so you don't miss out!! Cost is \$2 per person and all events are organized by the Tennis Pro Staff. A special thanks to our Pro's, Gary Coulter and Abdul Idi, for helping me organize these events and make them a success.

Director of Tennis - Nate Griffin, USPTA ½ Hour Private: \$40. 1 Hour Private: \$80

Head Tennis Professional - Abdul Idi, USPTA

½ Hour Private: \$35, 1 Hour Private: \$70, 1 hour Hitting/Playing session \$50.00

Assistant Tennis Professional – Scott Pothul ½ Hour Private: \$35, 1 Hour Private: \$70

Assistant Tennis Professional - Jessica Steck

½ Hour Private: \$35, 1 Hour Private: \$70, 1 hour Hitting/Playing session \$50.00

Assistant Tennis Professional – Gary Coulter

1/2 Hour Private: \$30, 1 Hour Private: \$60

River Strand Jr. Summer **Tennis Camps 2015**

7135 Grand Estuary Trail Bradenton, FL 34212 941-932-8680

USPTA Tennis Professionals Nate Griffin-Director of Tennis Abdul Idi-Head Tennis Pro Tiffany Davis-Assistant Tennis Pro Jessica Steck-Assistant Tennis Pro Scott Pothul-Director of Junior Tennis

MONDAY THRU THURSDAY
RAIN DATE FRIDAY

IUNE 8-11

JUNE 15-18 JUNE 22-25 JUNE 29-JULY 2 TULY 6-9 JULY 13-16 JULY 20-23 IULY 27-30 AUGUST 10-13

Phone: 941,932,8680 www.riverstrandcountryclub.com E-mail: spothul@hotmail.com

9:55 a.m.

1:30 p.m.

Daily Schedule: Arrival-Check-in

10:00 -11:45 a.m. Tennis instruction, games, match play 10:00-12:00 p.m. Tournament training

11:45-1:30 p.m. Lunch and Swim

Pick-up at swimming pool



\$150 per week -member/\$160 per week-non member \$40 per day-member/\$45 per day-non-member

This is a fun filled week of tennis instruction where stude learn how to play the game of tennis in a friendly and fun learning environment. Ages 5-15 welcome, students will be placed in age. ability appropriate groupings.



THINGS TO BRING:

Tennis Racquet, water bottle Small bag with sun screen. hat swimsuit and towel

Bring your own lunch. on site

River Strand Tennis Programs

Junior Clinics: (sign up: www.makeclubreservations.com)

Stars Clinic (Ages 6-14): Monday, Wednesday & Friday, 5:00-6:30pm, \$20 per class

Future Stars (Ages 4-5): Wednesday and Friday, 4:30-5:00 pm \$10 per class

Adult Clinics: (sign up on www.makeclubreservations.com)

Scott's Intermediate Doubles Clinic: Monday, 6:30-8:00 pm

Abdul's 90 Minute Drill & Play: Tuesday and Thursday,

11:00 am - 12:30 pm \$20.00 per class

Nate's Men's 3.0-3.5 Clinic: Wednesday, 2:00 -3:30 pm \$20 per class

Gary's Beginner's 101 Clinic: Wednesday, 5:30-6:30 pm

\$15.00 per clinic Gary's Beginner's 102 Clinic: Wednesday, 6:30-8:00 pm

\$15.00 per clinic Shot of the Week: Saturday, 9:00 am - 9:30 am (Free) **Jessica's 2.5-3.0 Clinic:** Saturday, 11:00 am – 12:30pm

\$20.00 per class

Scott's 3.5-4.0 Clinic: Sunday, 10:00 am - 11:30 am

\$20.00 per class

Adult Social Play: Sign up on <u>www.makeclubreservations.com</u> Morning Doubles: Monday through Saturday, 9:30 am-11:00 am,

Cost: \$2.00

Men's Night: Tuesday, 7:00-9:00 pm Cost: \$2.00 Mixed Doubles Night: Thursday, 7:00-9:00 pm

Cost: \$2.00 (sign up with partner)

8.5/9.0 Mixed Doubles Night: Monday, 7:00-9:00 pm

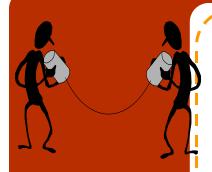
Cost: \$2.00 (sign up with partner)

TENNIS PRO SHOP HOURS

Monday-Friday - 8:00 am - 7:00 pm Saturday and Sunday - 8:00 am - 4:00 pm

Email: tennispro@riverstrandtennis.com

Phone: 941.932.8680



"Safe travels to all of our members who are leaving the community for the summer; we look forward to seeing you again in the Fall/Winter!."

Club Connections hosted by Tami Prince

This month's column is dedicated to the many River Strand members who donate their time to keep our social, fitness and activity calendars hustling and bustling. Without those volunteers who organize, sign up, schedule and carry out the many demands of these activities we would not be able to keep such a robust and well-rounded social calendar going so splendidly. Thank you kindly!

Save the dates for Easter Brunch on the 5th, the Pinot Picasso Painting Class on the 11th, Act III Motown on the 16th, Trivia Night on the 23rd, Van Wezel Field Trip also on the 23rd and Sunday Brunch on the 26th. Come over for the last two Line Dancing classes for the winter season and join the two new fitness classes: Aero-Pump and Seated Strength. Participating in club events keeps you connected to your club and allows wonderful chances to mingle with friends as well as make some new ones.

Summertime will be here before you know it. Please let me know if you become aware of any singles, couples or family activities that you would like to get involved in. Many can be found on the Sarasota and Manatee County websites, local newspaper or by word of mouth. I would be happy to help arrange a group outing if it is something our members might like!

Safe travels to all members who are leaving the community for the summer; we look forward to seeing you again in the Fall/Winter!



KITCHEN CONNECTION

RECIPES FROM RIVER STRAND GOLF AND COUNTRY CLUB CHEF DE CUISINE, ESTEBAN HERRERA

Oysters Casino

Serves 6, 6 Oysters Each

Ingredients:

- 3 dozen oysters, shucked
- 3 slices of bacon
- 4 green onions, finely chopped
- 1/4 cup green bell peppers, chopped
- 1/4 cup red bell peppers, chopped
- 1/4 cup celery, finely chopped
- 1 teaspoon lemon juice
- 1 teaspoon Worcestershire sauce
- 3 drops Tabasco hot sauce
- Lemon wedges for garnish

Arrange oysters on a layer of rock salt in a large baking pan.

In a skillet, cook bacon until crisp. Remove bacon then crumble.

To the bacon drippings in skillet add onions, peppers and celery. Cook until tender.

Stir in lemon juice, Worcestershire and Tabasco sauce.

Spoon the mixture on the oysters then sprinkle with crumbled bacon. Bake for 15 minutes at 400*. Serve with lemon wedges.

Introducing Two New River Strand Fitness Classes by Certified Fitness Instructor Susie McElroy!



AERO-PUMP

Thursdays at 11:30 AM

Come and join Susie for this fun class on Thursdays for 25 minutes of low impact, fat burning, cardio and aerobic activity followed by 25 minutes of muscle and bone building strength and flexibility training, finished with a relaxing stretch.

All major muscle groups will be worked using bands, dumbbells and body weight. Form and injury prevention will be addressed in this class.

Intermediate fitness level. Appropriate footwear required. \$5.00 Per Class.

SEATED STRENGTH

Fridays at 11:45 AM

This 30 minute workout is a strength building class performed entirely while seated.

Don't feel left out of group fitness! Start building muscle and strengthening your bones with Seated Strength. This class will work all major muscle groups using elastic bands and dumbbells, and will finish with a relaxing stretching segment at the end, all while sitting down.



Suitable for beginners, seniors, or for people who may not be able, or want to stand for 30 minutes of exercise.

Appropriate footwear required. \$5.00 Per Class.

No need to register in advance. Just show up a few minutes prior to either class to check in. Questions? Please contact Susie at susiejmcelroy@gmail.com.

Thursday April 23rd 6:00pm9:00pm Siver Strand Golf & Gountry Club

DINNER & DANCE April 16, 2015 COME DANCE THE NIGHT AWAY TO YOUR FAVORITE MOTOWN CLASSICS PERFORMED BY ACT 3... DINNER 5:30PM-8:00PM ACT 3 6:00PM-10:00PM Purchase tickets @ the Grille Room Bar \$10 TICKET WILL BE ON SALE 3/30/15 Does not include Dinner Service Call 941-708-3837 or e-mail: admin@RiverStrandGolf.com. 7155 Grand Estuary Trail, Bradenton, FL 34212

River Strand Golf & Country Club Easter Brunch Sunday, April 05, 2015

Sunday, April 05, 2015 10:30am, 12:00pm & 1:30pm

Breakfast Hems:
Hash Brown Potatoes
Bacon E. Sausage Links
Butternilk Biscuits
Sausage Gravy
Pancakes
Waffles
Eggs Benedict
Cheese Blintz
Omelet Station

Butternut Squash Soup Ambrosia Salad Caesar Salad Mixed Greens Salad Broccoli Walnut Salad Caprese Salad Shrimp Cockail Assorted Pastries Muffins & Breakfast Breads Fresh Fruit Display

> Dessert Station Coffee Orange Juice

\$34.95/Person \$15.95/Children 11 and under Call 941-708-3837 to Reserve

Lunch Items: Chicken Marsala Roasted Eggplant Ravioli Baked Salmon with a Mango Salsa Mixed Vegetables Potatoes Delmonico Rice Pilaf

> Carving Station: Prime Rib Honey Baked Ham



FITNESS & ACTIVITY CALENDAR APRIL 2015

Sun Mon Tue Wed Thu Fri Sat 3 Fit 4 Life 1 Yoga Walking Club 8:00 am 9:00 am 9:00 am Walking Club Mahjong **Bridge** 9:00 am Yoga 9:00 am 9:00 am 9:30 am Line Dancing Bunco 9:30 am Seated Strength 2:00 pm Aqua Fit Aero-Pump 11:30 9:15 am 11:45 am Mixed Bridge Zumba Toning Zumba 5:30pm 11:30 am 4:00 pm Veterans 6:30 pm 5 Fit 4 Life 10 <u>Yoga</u> 11 Fit 4 Life Tai-Chi 8:00 am Walking Club 8:00 am Walking Club 9:00 am Walking Club Aqua Fit 10:00 am 9:00am 9:00 am Mahjong 9:00 am **Bridge** 9:15 am Line Dancing Lighthouse Zumba Step 9:00 am Yoga 9:30 am **Bridge** 2:00 pm 11:15 am 11:30 am Aqua Fit 9:00 am Seated Strength 9:30 am Aerobics Room Zumba 9:15 am Aero-Pump 11:30 11:45 am PINOT PICASSO Zumba Gold **EASTER** 5:00 pm Zumba Toning Mixed Bridge Zumba PAINTING CLASS 11:30 am Texas Hold-Em BRUNCH 11:30 am FLOW Yoga 6:00 5:30pm 4:00 pm 5:00 pm 12 13 Fit 4 Life 15 17 Yoga 8:00 am Walking Club 9:00 am Tai-Chi Fit 4 Life Walking Club Walking Club Aqua Fit 10:00 am 9:00am 8:00 am 9:00 am **Bridge** 9:00 am Zumba Step Lighthouse 9:15 am Mahjong 9:30 am **Yoqa** 11:15 am **Bridge** 11:30 am 9:00 am 9:00 am Seated Strength **TENNIS** 9:30 am Zumba 5:00 pm **Aerobics Room** Aqua Fit Bunco 11:45 am **MEMBER** Texas Hold-Em Zumba Gold 9:15 am 9:30 am Zumba APPRECIATION 5:00 pm 11:30 am Zumba Toning Aero-Pump 11:30 4:00 pm DAY FLOW Yoga 6:00 pm 11:30 am ACT III 19 21 24 25 Fit 4 Life Yoga Tai-Chi Walking Club 8:00 am Fit 4 Life Walking Club 9:00 am Walking Club 10:00 am Aqua Fit 9:00am 8:00 am 9:00 am **Bridge** 9:00 am Lighthouse 9:15 am Zumba Step Mahjong <u>Yoga</u> 9:30 am **Bridge** 11:15 am 11:30 am 9:00 am Seated Strength HAWAIIAN 9:00 am 9:30 am **Aerobics Room** Zumba <u>Aqua Fit</u> Aero-Pump 11:30 11:45 am LUAU Zumba Gold COUPLES 5:00 pm PARTY 11:30 am 9:15 am Zumba CLUB **VAN WEZEL** Texas Hold-Em FLOW Yoga Zumba Toning 4:00 pm CHAMPIONSHIP 5:00 pm TRIVIA NIGHT 6:00 pm 11:30 am 26 27 28 29 30 Fit 4 Life Tai-Chi Walking Club Fit 4 Life Walking Club 8:00 am 10:00 am 9:00am 8:00 am 9:00 am Agua Fit Lighthouse Zumba Step **Mahjong** Yoga 9:15 am 11:15 am 11:30 am 9:00 am 9:00 am Bridge Aerobics Room Zumba Aqua Fit Aero-Pump 11:30 9:30 am 5:00 pm 9:15 am Mixed Bridge Zumba Gold Texas Hold-Em 11:30 am Zumba Toning 5:30pm 5:00 pm FLOW Yoga 11:30 am 6:00 pm

STAY CONNECTED TO YOUR CLUB. VISIT CLUB CONNECTIONS ON A REGULAR BASIS AND READ YOUR RIVER STRAND EMAIL REGARDING UPCOMING EVENTS AND ACTIVITIES.

SOME MAY NOT BE ARRANGED IN TIME FOR PROMOTION IN YOUR MONTHLY NEWSLETTER.

APRIL FITNESS AND SOCIAL ACTIVITIES

FITNESS

AERO-PUMP (NEW!): 11:30 am on Thursday. Aerobics and strength exercises.

AQUA FIT: 9:15 am on Monday/Wednesday. Ending for summer May 20.

CARDIO TENNIS: 6:30 pm on Wednesday and Friday. \$15 members

FIT 4 LIFE: 8:00 am on Monday/Wednesday. Ending for summer May 20.

FLOW YOGA: 6:00 pm Monday. Intermediate practice.

LINE DANCING: 2:00 pm on Saturday. Last class for the summer on April 11.

SEATED STRENGTH (NEW!): 11:45 am on Friday. Performed entirely while seated.

TAI-CHI: 10:00 am at Central Park and 11:15 in Aerobics Room on Sunday

WALKING CLUB: Tuesday, Thursday & Saturday at 9:00 am at Pavilion.

YOGA: 9:00 am on Thursday & Friday

ZUMBA: 5:00 pm on Tuesday and 4:00 pm on Friday

ZUMBA GOLD (Beginner):11:30 am on MondayZUMBA STEP:11:30 am on TuesdayZUMBA TONING:11:30 am on Wednesday

SOCIAL

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ACT 111 MOTOWN DINNER: Thursday, April 16

BRIDGE: 9:30 am on Monday and Friday

BUNCO: 9:30 am - April 2 and 16

EASTER BRUNCH Seatings at 10:30, Noon and 1:30 on Sunday, April 5

HAWAIIAN LUAU PARTY: Saturday, April 25.
MAHJONG: 9:00 am on Wednesday
MIXED BRIDGE: 5:30 pm on April 2, 9 and 30.

PINOT PICASSO PAINTING: Class from 9:00 am to 11:30am on Saturday, April 11

RIVER STRAND STRIDERS: 9:00 am on Tuesday, Thursday and Saturday, start at pavilion.

TEXAS HOLD-'EM: 5:00 pm - 8:00 pm on Tuesday

TRIVIA NIGHT: Thursday, April 23 from 6:00 to 9:00 pm. Singles welcome.

VAN WEZEL FIELD TRIP: Thursday, April 23. Rain: A Tribute to the Beatles. VETERANS NETWORK: 6:30 pm on the First Thursday of every month.

GOLF

9 & DINE: 3:00 pm on March 2. Couples sign up in golf shop.

COUPLES CLUB CHAMPIONSHIP: Sunday, April 19. Sign up in the golf shop.

TENNIS

MEMBER APPRECIATION DAY: Saturday, April 18, 9 am to 1 pm

FOOD & BEVERAGE CALENDAR APRIL 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			l Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Thurs. Dining 5:30pm-8pm	3 Lunch 11am-4:30pm Friday Dining 5:30pm-8pm	4 Lunch 11am-6pm Bar 11am-7pm
EASTER BRUNCH	6 Lunch 11am-5pm Bar 11am-6pm 9 and Dine	7 Lunch 11am-4:30pm Tues. Dining 5:30pm-8pm	8 Lunch 11am-4:30pm Dinner 5:30pm-8pm	9 Lunch 11am-4:30pm Dinner 5:30pm-8pm	10 Lunch 11am-4:30pm Friday Dining 5:30pm-8pm	ll Lunch llam-6pm Bar llam-7pm
12 Breakfast 10am-12:30pm Lunch 11am-5pm Bar 11am-6pm	13 Lunch 11am-5 pm Bar 11am-6pm	14 Lunch 11am-4:30pm Tues. Dining 5:30pm-8pm	15 Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Thurs. Dining 5:30pm-8pm ACT III Dinner Happy Hour Ends 4:30pm	17 Lunch 11am-4:30pm Friday Dining 5:30pm-8pm	18 Lunch 11am-2:30pm Bar 1am-2:30 pm PRIVATE EVENT
Breakfast 10am-12:30pm Lunch 11am-5pm Bar 11am-6pm	20 Lunch 11am-5pm Bar 11am-6pm	21 Lunch 11am-4:30pm Tues. Dining 5:30pm-8pm	22 Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Thurs. Dining 5:30pm-8pm TRIVIA NIGHT 6pm-9pm Happy Hour Ends 4:30pm	Lunch 11am-4:30pm Friday Dining 5:30pm-8pm	25 Lunch llam-6pm Bar llam-7pm HAWAIIAN LUAU PARTY
SUNDAY BRUNCH 10-2 Lunch 11am-5pm Bar 11am-6pm	27 Lunch 11am-5pm Bar 11am-6pm	28 Lunch 11am-4:30pm Tues. Dining 5:30pm-8pm	29 Lunch 11am-4:30pm Dinner 5:30pm-8pm	30 Lunch 11am-4:30pm Thurs. Dining 5:30pm-8pm	Hap	py Easter

JOIN US FOR BRUNCH TWICE THIS MONTH!
EASTER BRUNCH ON APRIL 5TH AND SUNDAY BRUNCH ON APRIL 26TH!

APRIL WEDNESDAY DINNER MENU'S

Prime Rib Night—Buffet **April 1st**

Soup: Chicken Tortilla Salad: Caesar with Garbanzos, Tossed Garden Salad, Tomato Cucumber Salad, Arugula and Pear Salad Entrees:

Carved Prime Rib Baked Tilapia with Roasted Fennel Stuffed Chicken Florentine Gluten Free Pasta Provencal Whipped Potatoes Redskin Smashed Potatoes Dessert:

Carrot Cake with Cream Cheese Icing \$27.95++

Western Night—Buffet April 15th

Soup:

Beef Vegetable with Potatoes

Salads:

Three Bean Salad, Potato Salad, Broccoli Slaw Salad Entrees:

Sliced Marinated Flank Steak with Onion Au-Jus Jack Daniels BBQ Chicken

Baked Red Fish with Smoked Tomato Relish Baked Beans, Wild Western Rice, Buttered Corn on the Cobb Dessert:

Cheesecake with Fresh Berries

Family Night—Buffet April 29th

Soup:

Navy Bean & Ham

Salads:

Garden Salad, Broccoli Walnut Salad and Ambrosia Salad Entrees:

Beef Stew

Chicken & Dumplings

Baked Salmon with Tomato Corn Salsa

Rosemary Roasted Potatoes

Green Bean Casserole

Dessert:

Banana Split

\$21.95++

Italian Night—Plated and Served **April 8th**

Soup:

Chicken Orzo

Salad:

Italian Garden Salad or Tomato Mozzarella Salad Choose One Entree:

Pork Loin Roulade with Roasted Peppers, Prosciutto, Sage

OR Chicken Saltimbocca

Herb Roasted Vegetables,

Asiago Potato Cakes

Dessert:

Tiramisu

2 for \$40++

We welcome back our summer "2 Fors"

Pasta Night—Plated and Served April 22nd

Soup:

Beef Minestrone

Salad:

Cold Pasta Salad or Marinated Italian Vegetable Salad Choose One Entree:

Chicken Scampi with Potato Gnocchi OR Vegetable Lasagna OR Seafood Pomodoro with Rigatoni Pasta

Dessert:

Double Layer Chocolate Cake

2 for \$40++

We welcome back our summer "2 Fors"

Sunday Brunch Buffet—April 26th—10 am-2 pm

Brunch Buffet-Cold Items:

Assorted Pastries & Muffins Fresh Fruit Display

Ambrosia Salad

Breakfast Breads

Smoked Salmon Display

Shrimp Cocktail

Salad du Jour

\$3 Mimosas

and Bloody Marys Adults \$16.95++

Children 10 and under

\$8.95++

Brunch Buffet-Hot Items:

Potatoes O'Brien,

Bacon & Sausage

Grilled Ham Steak

Cheese Biscuits

Sausage Gravy

Eggs Benedict

Waffles with Fresh Berries

Bananas Foster French Toast

Pancakes

Omelet Station

Chef's Choice of Two Hot Entrees

Chef's Selection of Desserts

Reservations Required

River Strand Contact Information and Hours of Operation



RIVER STRAND GOLF AND COUNTRY CLUB

7155 Grand Estuary Trail Bradenton, FL 34212 941-708-3837 Phone 941-708-3785 Fax admin@riverstrandgolf.com www.riverstrandgolf.com

Lennar Customer Care

866-226-4057

Icon Management Services

941-747-7261 Phone 941-526-3283 After Hours

Clubhouse General Office Hours

Mon-Fri, 8:00am-5:00pm Phone: 941-708-3837

Golf Shop Hours

Every Day, 6:00am-6:00pm Phone: 941-708-3617

Tennis Shop Hours

Monday-Friday, 8:00 am-7:00 pm Saturday & Sunday, 8:00 am-4:00 pm

Grille Room

941-932-8667

Check calendar for hours

Fitness Center Hours

24 Hours, every day
Gate card needed for access from 6:00pm-6:00am

Swimming Pools

Open from dawn until dusk

Gate Attendant

Phone: 941-746-2167 (gatehouse) E-Mail: gatehouse@RiverStrandGolf.com

Envera (gate company): 941-556-0732 (24-hours)

Nightly Security Patrol: 941-549-9637

Property Managers - River Strand/Heritage Harbour

Dan Arens, LCAM, Single Family Homes

Phone: 941-932-8663

E-Mail: darens@theiconteam.com Matt Koratich, LCAM, Condominiums

Phone: 941-932-8671

E-Mail: mkoratich@theiconteam.com

Head Golf Professional

Corey Pion, PGA Phone: 941-708-3617

E-Mail: corey@RiverStrandGolf.com

Golf Course Superintendent

Jamie McCrosky, GCSA Phone: 941-748-8626

E-Mail: jamiem@RiverStrandGolf.com

Administrative Assistants

Phone: 941-708-3837

Meghan LeMon: Admin@RiverStrandGolf.com Charli Carlson: Charlic@RiverStrandGolf.com

Executive Chef

Esteban Herrera Phone: 941-932-8665

E-Mail: estebanh@RiverStrandGolf.com

Food & Beverage Manager

Nicole Resner

Phone: 941-932-8664

E-Mail: nicoler@RiverStrandGolf.com

Concession Supervisor

Laura Kommick

Phone: 941-708-3837, ext. 110

Director of Tennis

Nate Griffin, USPTA Phone: 941-932-8680

E-Mail: tennispro@RiverStrandTennis.com

Membership & Communications Director

Tami Prince

Phone: 941-932-8669

E-Mail: tamip@RiverStrandGolf.com

General Manager

Pat Cattanach, PGA, LCAM

Phone: 941-708-3837

E-Mail: pcattanach@theiconteam.com

