

SUNDAY, MAY 14, 2023

TWO SEATINGS, 10:30 am and 12:30 pm Reservations Required



AUSTRALIA &
NEW ZEALAND
WINE TASTING &
BUFFET
Thursday May 18th

Thursday, May 18th Page 10 MOTHER'S
DAY
BRUNCH
Sunday, May 14th
Page 3

GERMAN
WINE TASTING
& BUFFET
Thursday, June 22nd
Page 11



Peggie Muir General Manager

MESSAGE FROM THE GENERAL MANAGER

Spring has sprung (I think...the weather has been beautiful lately but kind of up and down in the temps!) and we are sprinting into Summer...oh, the heat is coming, for sure!

Be sure to come try out our new **Spring and Summer** menus for lunch and dinner! Reservations are always helpful and it also guarantees you a seat at the table. **See page 4 and 5 for details!**

Mother's Day will be here on **Sunday, May 14**th and City Club will have a beautiful **Mother's Day Brunch** prepared for those very wonderful ladies in your lives. We always have a special gift for our Moms, too! **See page 3 for details** and make your reservation as soon as possible before we sell out!

You won't want to miss the complimentary Lunch and Learn presented by Whitaker Chalk Swindle & Schwartz PLLC on the second Thursday of the month...May 11th for "Divorce in Texas" and June 8th for "Construction Disputes, Avoidance, Mitigation and Resolution" See page 7 for details.

We have our **Plaid for Women** meetings on **Tuesday, May 9th** and **Tuesday, June 13th**. This is an excellent group of women meeting women and collaborating about so many things. **See page 15 for details.**

On **Friday, May 5th**, we will be celebrating **Cinco de Mayo** in the **Terrace** with drink specials to add to our Friday Steak Night and Wine Specials. **See page 6 for details**.

On Thursday, May 18th, we have our Australia & New Zealand Wine Tasting and Buffet. This is a great time for meeting fellow members and enjoying wonderful wines and dining selections from down under! See page 10 for details.

Summer Happy Hour starts **Tuesday, June 6th!** Join us in the **Terrace** for drink specials and complimentary Hors d'oeurves Station on **Tuesdays and Wednesdays! See page 6 for details**.

On **Friday, June 9th**, there will be a dinner in the **Wine Room** to enjoy the wines of the **Alvarez Mattiuzzi Vineyards from Mendoza Argentina**. The owners of the Vineyards will be in attendance. This has VERY LIMITED seating so make that reservation as soon as you see this! **See page 8 for details**.

On **Thursday, June 22nd**, we are doing a **German Wine Tasting and Buffet**. This is a first for time for German wines at City Club! Craig, our Wine Director, is bringing in some fabulous German wines and we will be enjoying a delicious German buffet for dinner. **See page 11 for details.**

Don't forget...the Club is closed on Memorial Day, Monday, May 29th!

Call or email me anytime you want to talk to me, whether its good news or bad, I always appreciate hearing from you! You can reach me at: 817.878.4089 desk phone 817.925.0142 cell phone pmuir@cityclubfw.com

BIRTHDAY AND GIFT CERTIFICATES

Please note Birthday
and
Gift Certificates
are for use in the Terrace.



CITY CLUB
WILL BE CLOSED
ON
MONDAY, MAY 29,
2023 FOR
MEMORIAL DAY

PARKING GARAGE REMINDER:

Parking Garage 1 (entrance on Commerce Street) closes at 6:00 pm. If you enter before 6:00 pm, you will still be able to exit when you are ready. If you arrive after 6:00 pm, please use Parking Garage 2 (entrance on Calhoun Street close to Bass Hall). Always bring your parking ticket with you to have it validated.

Mother's Day B R U N C H

SUNDAY, MAY 14, 2023 TWO SEATINGS, 10:30 am and 12:30 pm

BRUNCH MENU

Omelet Station, Smoked Sausage
Applewood Smoked Bacon
Mini Assorted Quiche Wedges
Fresh Scrambled Eggs
Southwest Breakfast Potatoes
Bell Peppers, Onions
Blueberry and Raspberry Parfaits
Breakfast Pastries and Donuts
Breakfast Pizza

MAIN BUFFET

Antipasto Platter

Tuna Nicoise Salad Haricot Verts

Tomato and Mozzarella Salad Arugula

Sushi Bar, Cocktail Shrimp Station

Poached Salmon
Dill Cucumber Sauce

CARVING STATION

Grilled Ribeye Chops Creamy Horseradish and Rosemary Mustard

Lane Snapper with Shrimp Scampi

Tuscan Roasted Chicken with Cacciatore Sauce

Spanish Rice Chorizo and Pancetta

Twice Baked Potatoes

Roasted Carrots Honey and Lemon

Parmesan Tomatoes

Baby Spinach with Ricotta

When you invite the cherished women in your life to this lovely event, you let them know just how special they are.

DESSERTS

Fruit Tart

Triple Chocolate Mousse Cake Iced and Hand-Decorated Cookies Chocolate-Covered Strawberries

Assorted Chocolate Truffles

Petit Fours

Strawberry Shortcake

CHILDRENS SPECIALTIES

French Toast Bites
Personal Pan Pepperoni Pizza and
Cheese Pizza
Mini Cheeseburger Sliders
Chicken Tenders
Buttered Broccoli, Waffle Fries
and Tater Tots
Mac and Cheese

Reservations are required for this popular event.

Please contact the Receptionist at your earliest opportunity at 817.878.4000 or reception@cityclubfw.com.

Cancellation of a reservation, or decrease in number of guests for the reservation, must occur prior to 10 a.m. on Thursday, May 11th.

Cancellations received after that time will result in

the full price charged to the member's account.

Dress Code: Members and their guests are requested to dress in a manner consistent with the decorum of the Club and this special event.

Adults: \$45 includes
unlimited Champagne and Mimosas.
Additional wine and cocktails may
be charged to member account.
Ages 13 and above, \$45
Ages 3-12, \$23
Children under age 3 are complimentary

Per person, plus tax and gratuity



NEW SEASON, NEW MENU

Spring showers and warm weather bring changes to the farmers' market and our menus!

Spring and Summer Lunch Menu

SALADS

© MESCLUN HOUSE SALAD │ 11

HERB MARINATED HEIRLOOM TOMATOES, RED ONIONS, CHAMPAGNE LEMON DIJON DRESSING, ARTISAN BREAD CRISP

GF LARGE WEDGE SALAD | 12

ICEBERG LETTUCE, PICO DE GALLO HEIRLOOM TOMATOES, APPLEWOOD SMOKED BACON, FRESH RED ONIONS AND STELLA BLEU CHEESE CRUMBLES CHOICE OF DRESSING: BLEU CHEESE, RANCH, BALSAMIC, CHIPOTLE RANCH

CAESAR SALAD | 10

SEASONED CROUTONS, PECORINO ROMANO CHEESE AND HOUSE CAESAR DRESSING

GF TEX-MEX BABY SPINACH SALAD | 12

BLACK BEANS, CORN, CHERRY TOMATO PICO DE GALLO, AVOCADO, COTIJA CHEESE, THYME-CHILI DRESSING

GE COBB SALAD | 16

LETTUCE, TOMATOES, CHEDDAR CHEESE, GRILLED CHICKEN, SMOKED BACON, AVOCADO, HARD-BOILED EGG CHOICE OF DRESSING: BLEU CHEESE, RANCH, BALSAMIC, HONEY MUSTARD

ADD TO YOUR SALAD:

GF GRILLED CHICKEN | 9 GF GRILLED JUMBO SHRIMP | 13 GF GRILLED SALMON | 13 GF SLICED GRILLED SIRLOIN | 22

Soups | 9

SOUP OF THE DAY

CHICKEN TORTILLA SOUP

OMELETS | 16

GF BUILD YOUR OWN OMELET

SERVED WITH TOAST AND DICED MARINATED FRUIT CHEESES: MONTEREY JACK, SWISS, CHEDDAR MEAT: HAM, SAUSAGE, TURKEY VEGETABLES: ONIONS, MIXED BELL PEPPERS, MUSHROOMS, TOMATOES

MINI PLATES | 13

GF CHICKEN PAILLARD BABY ARUGULA, CHERRY TOMATOES, AND PARMESAN CHEESE

> MINI SHRIMP AND CRAB CAKE WITH LEMON AIOLI

GF MINI GRILLED SALMON ON A BED OF CREAMY CORN RISOTTO

CHICKEN FRIED STEAK PEPPERED GRAVY AND MASHED POTATOES

ENTREES

SPICY SEAFOOD ANGEL HAIR PASTA | 24

ANGEL HAIR PASTA, SPICY SAN MARZANO TOMATO SAUCE, YELLOW SQUASH, ZUCCHINI, LEEKS, BELL PEPPERS, AND GRILLED SHRIMP

GF SIXTY SOUTH SALMON FILET | 28

GRILLED OR BLACKENED WITH MASHED POTATOES AND MIXED VEGETABLES

GF FRESH FISH OF THE DAY | 30 WITH MASHED POTATOES AND MIXED VEGETABLES

GRILLED LEMON CHICKEN BREAST | 26

VEGETABLE COUSCOUS, ARUGULA SALAD AND LEMON MUSTARD SAUCE

SANDWICHES

SERVED WITH FRENCH FRIES OR SWEET POTATO FRIES

SLICED RIBEYE ON A HOAGIE BUN | 18

THINLY SLICED RIBEYE, CARAMELIZED ONIONS, ARUGULA AND HORSERADISH SAUCE

TUNA MELT | 16

WITH SWISS CHEESE ON WHOLE GRAIN BREAD

TRADITIONAL CITY CLUB — CLUB | 16
SMOKED TURKEY, HAM, BACON, LETTUCE, TOMATOES, SWISS CHEESE
AND MAYONNAISE ON WHITE OR WHEAT BREAD

CITY CLUB CHICKEN SALAD SANDWICH ON CROISSANT OR WHOLE GRAIN BREAD

ROSEMARY HAM AND EGG SANDWICH | 16

ON A GOLDEN BUN

OFF THE GRILL

AVAILABLE ON WHITE OR WHEAT BUN SERVED WITH FRENCH FRIES OR SWEET POTATO FRIES

GRILLED CHICKEN BREAST | 17

GRILLED NOLAN RYAN BEEF BURGER | 18

GRILLED BUFFALO BEEF BURGER | 18

CHOICE OF CHEESE: CHEDDAR, SWISS OR PEPPERJACK

TOPPINGS: AVOCADO, JALAPEÑOS, BACON, MUSHROOMS, GRILLED ONIONS, CHEESE (\$2.00 EACH)

GF) This symbol indicates this item is GLUTEN FREE















Spring and Summer Dinner Menu

APPETIZERS

FRIED CALAMARI RINGS AND CAPERS | 13
WITH TARTAR SAUCE

GE CITY CLUB JUMBO SHRIMP COCKTAIL | 16 HORSERADISH COCKTAIL SAUCE, LEMON WEDGE

TEMPURA BATTERED SEAFOOD POPPERS | 18

FRIED GREEN TOMATOES | 11
HERB GOAT CHEESE SPREAD

MOZZARELLA PEARLS AND PEPPADEW PEPPER BRUSCHETTA | 11

SUSHI | 18

(ALL SUSHI ROLLS INCLUDE WASABI, PICKLED GINGER AND SOY SAUCE)

TEMPURA ROLL
FISH OF THE DAY, GREEN ONIONS, BELL PEPPERS AND CELERY

TEXAS CRAB ROLL Blue Crab Meat, Avocado, Roasted Poblano Pepper, BBQ Aioli, Fried Onions

SPICY SMOKED SALMON ROLL
PICKLED JALAPENOS, CREAM CHEESE AND CUCUMBER

SOUPS | 9

SOUP OF THE DAY

CHICKEN TORTILLA SOUP
TORTILLA STRIPS, AVOCADO AND MONTEREY JACK CHEESE

SALADS

CITY CLUB CAESAR SALAD | 10
HERB CROUTONS, PECORINO ROMANO CHEESE AND
HOUSE PEPPERED CAESAR DRESSING

HOUSE SALAD | 11
HERB MARINATED BABY TOMATOES, RED ONIONS,
ARTISAN BREAD CRISP
AND LEMON HONEY VINAIGRETTE

© WEDGE ICEBERG SALAD | 12
ICEBERG WEDGE, BABY TOMATO PICO DE GALLO, APPLEWOOD SMOKED BACON,
CHIVES, STELLA BLEU CHEESE CRUMBLES AND CREAMY BLEU CHEESE DRESSING

© MANCHEGO AND ROASTED TOMATO SALAD | 13 SWEET PICKLED SHALLOTS, ARUGULA, PESTO, MALDON SALT AND CRACKED PEPPER

PASTA

SPICY SEAFOOD ANGEL HAIR PASTA | 27

SPICY SAN MARZANO TOMATO SAUCE, SHRIMP, CALAMARI, SNAPPER, YELLOW SQUASH, ZUCCHINI, LEEKS, AND BELL PEPPERS

SEAFOOD

⊕ SIXTY SOUTH SALMON | 28

GE CHEF'S FISH OF THE DAY | 30
GRILLED, SEARED, OR BLACKENED

GELEMON CRUSTED SEA BASS | 52

STEAKS OFF THE GRILL

© Cut to Order Beef TenderLoin (4 oz and up) Market Price

GE)8 OZ NEW YORK PRIME STRIPLOIN | 36

© 12 OZ PRIME RIBEYE | 52

©F SURF AND TURF | 47
5 OZ BEEF TENDERLOIN AND 3 GARLIC BUTTER JUMBO PRAWNS

5 OZ STEAK DIANE | 38 MUSHROOM SAUCE

TOPPINGS:

PRAWNS | 8
STILTON BLEU CHEESE | 6
RED WINE CARAMELIZED ONIONS | 4

SAUCE CHOICES:

BEARNAISE, HORSERADISH CREAM SAUCE, OR CITY CLUB STEAK SAUCE

GAME MEATS

GP GRILLED COLORADO LAMB CHOPS | 52 with Mint Gremolata

F TAMARIND GLAZED DUCK BREAST | 38

POULTRY

GF GRILLED LEMON CHICKEN BREAST | 21

VEGETABLES

GF SAUTÉED ASPARAGUS

GF CREAMY BABY SPINACH
GF HARICOT VERT

WITH CHARRED TOMATOES

GF POBLANO CREAMED CORN GF SAUTÉED CREMINI MUSHROOMS

STARCHES

© TWICE BAKED POTATO
POTATO CROQUETTE
ARTICHOKE RISOTTO

PARMESAN AND GARLIC FRENCH FRIES MAC AND CHEESE

(BLUE CHEESE, BACON OR JALAPENO)

Frame of this symbol indicates this item is GLUTEN FREE of the symbol indicates this item is GLUTEN FREE



















If you haven't yet attended an informative lunch you are missing out. You have an experienced attorney discussing a specific area of the law.

You always learn something new and lunch is complimentary!

HOSTED BY



WHITAKER CHALK

SWINDLE & SCHWARTZ PLLC ATTORNEYS & COUNSELORS

In Partnership with City Club

Complimentary for City Club Members and their Guests.

Lunch and Speaker-Noon to 1:30 p.m.

THURSDAY, MAY 11, 2023
"Divorce in Texas"

Brooke Hubbard





THURSDAY, JUNE 8, 2023

"Construction Disputes: Avoidance, Mitigation and Resolution."

Hunter McLean

Reservations required.

RSVP: bdubose@whitakerchalk.com or leave reservation voice message at 817-878-0519.

LOBSTER NIGHT THURSDAYS

SOUP

Lobster Bisque with Blue Lump Crab

ENTRÉE

Steak and Lobster Oscar Grilled 4 oz. Beef Tenderloin Topped with a Cold Water Lobster Tail and Asparagus

> Herb Whipped Potatoes Bernaise Sauce

\$42.00 (plus tax and gratuity)

Not Available on Member Wine Tasting Nights



Friday Steak Night

Every Friday Night at the Club
Choice of First Course:

Caesar Salad or Seafood Gumbo

Entrée:

Chef's Choice Hand Cut Steak Served with Grilled Vegetables and Twice Baked Potato

\$26

Bottle of Wine Special
Managers Selection Red or White Wine

\$30



For reservations, please contact the Receptionist at 817.878.4000 or reception@cityclubfw.com



Special Guests, Ricardo Alvarez

and Gloria Mattiuzzi owners of Alvarez Mattiuzzi Vineyards from Mendoza Argentina.

FRIDAY JUNE 9, 2023

Reception 6:30 pm Wine Dinner 7:00 pm \$100 + tax & gratuity

Chef John Marquez will create a gourmet four course meal, paired perfectly with these amazing Wines.

ALVAREZ MATTIUZZI



SEATING IS VERY LIMITED.

Advanced Reservation is Required, please contact the Receptionist at 817.878.4000 or reception@cityclubfw.com.

New to the Cellar

From Wine Director Craig Halvorson, WSET II



We have a spectacular new addition to the Club's Wine Cellar for this month. Please let me introduce you to the Club's first double 100 pointer - the 2018 Chateau Pichon-Longueville Baron from the Pauillac region in Bordeaux France. This powerful Left Bank Bordeaux Red Blend is 78% Cabernet Sauvignon and 22% Merlot.

The estate was founded in the late 17th Century. When in 1689 Pierre Desmezures de Ruzan, an influential wine merchant and steward of the prestigious Latour and Margaux estates, bought plots of vines close to the Latour estate to create Enclos Rauzan. Interestingly, these vines were part of his daughter Therese's dowry when she married Baron Jacques Pichon de Longueville in 1694, the year in which Pichon Baron estate was founded. Chateau Pichon Longueville Baron is classified as a Second Growth (Deuxiemes Cru) by the Bordeaux Classification of 1855.

2018 Chateau Pichon-Longueville Baron 100 Points Wine Enthusiast 100 Points Wilfred Wong (Wine.com) 99 Points Decanter 97 Points Wine Spectator 97 Points James Suckling

"The 2018 Pichon-Longueville Baron was aged 18 months in barriques, 80% new and 20% one year old, and production represents 50% of the harvest this year. Very deep purple-

black colored, it begins a little coy, rolling slowly and languidly out of the glass with notions of baked raspberries, blueberry coulis, crème de cassis and incense plus nuances of lilacs, truffles, damp soil and garrigue with wafts of lavender and wild sage. Full-bodied, voluptuous and oh-so-seductive, the palate reveals layer upon layer of savory, earthy and black fruit preserves, framed by wonderfully ripe, velvety tannins and lovely freshness, finishing very long and perfumed. Beautiful." Lisa Perrotti-Brown - Robert Parker's Wine Advocate

About the Bordeaux Classifications

One of the well-know elements of the Bordeaux wine scene is its system of "classified growths." Several rankings of producers and estates have been drawn up over the years, establishing a somewhat stable hierarchy of prestige and, to a large extent, bottle price. The most famous of these rankings is the Bordeaux Classification of 1855. This classification was carried out by brokers in Bordeaux city in preparation for the Universal Exhibition in Paris that year. It was essentially a listing of chateau by price their wines brought on the market, which, in this case, proved to be an accurate indicator of quality. Because the Right Bank wines did not command the same prestige at the time, they were excluded from the 1855 ranking. The 61 red wines that were included were subdivided into five levels called crus, or "growths." The top level, known as premier cru, or "first growth," comprised for chateaus: Haut-Brion, Lafite-Rothschild, Latour, and Margaux. A fifth, Chateau Mouton-Rothschild, was moved up to the top tier in 1973.

The City Club's Wine Room cellars 16 Classified Wines, two of which are First Growths.

Check out the Bordeaux section of the Clubs Restaurant Wine List next time you are dining. I think you will be impressed!





Craig Halvorson

Wine and Beverage Director/Dining Room Manager, WSET II

Craig has organized two outstanding Tastings and Buffe Australia & New Zealand Wine Tasting and Buffet in M



Reservations required.

Please contact the Receptionist at 817.878.4000 or reception@cityclubfw.com.

ets for members' enjoyment. There will be an ay and a **German Wine Tasting and Buffet** in June.





WELCOME NEW MEMBERS

City Club welcomes the following members and thanks the members who referred them.

Dusty Jackson

Apex Capital Corp

Katherine M. Lummis Lone Oak Trust Company

Kirk Wimberley Lone Oak Trust Company

Daniel A. Watkins
Tokai Carbon CB

Samuel Knight
Pape-Dawson Engineers

Christine Graygor

Pape-Dawson Engineers

Matthew Malv

Pape-Dawson Engineers

Joseph Austin
Kelly Hart & Hallman LLP

Joshua Reid Tokai Carbon CB

Joel Stewart Luther King Capital Management

Chris Knowles
Billy Bobs Texas

Yuji Miyake Tokai Carbon CB

Caitlyn Hubbard Kelly Hart & Hallman LLP

> **Yessenia Gallegos** Prosperity Bank

Jeremiah Donati
Texas Christian University

Sara Joseph Apex Capital Corp

Callie Doyle
Apex Capital Corp

Sarah King Apex Capital Corp

Mary M. Brooks Apex Capital Corp

Mayra Tavera Ledesma Apex Capital Corp

Craig & Rhonda Anderson
Auto Claims Specialists

Hollie Perdue

Tokai Carbon CB

Maygan DiTucci Apex Capital Corp

Bill & Sue JonesBill: Tokai Carbon CB

Eva Sanders-Ching
Apex Capital Corp

Aracely Ceja Sanchez
Apex Capital Corp

Peter Giuliani Apex Capital Corp

Raul Martinez
Apex Capital Corp

Josh Widman
Apex Capital Corp

Brendan McGranahan Apex Capital Corp

Kasey Merck Apex Capital Corp

Brandon O'Donald
Pape-Dawson Engineers

Dylan PerrinApex Capital Corp

Jason Ching
Apex Capital Corp

Lance Marshall
Apex Capital Corp

Mary Wintermote
Cotten Schmidt LLP

Jerold & Jennifer Mitchell
Jerold: Cotten Schmidt LLP

Matthew Barrett Apex Capital Corp

Sam Bourgeois Apex Capital Corp

Atish Batliwalla Apex Capital Corp

Betsy Lopez-Martinez
Apex Capital Corp

John & Pam Reeser
John: TMA-CHA Architects, Pam:
University Christian Church



Chef's Corner

I hope you'll look over our new Spring/Summer Lunch and Dinner Menus that we just rolled out (pages 4 & 5).

For lunch be sure and try the Sliced Ribeye on a Hoagie Bun; we put thinly sliced ribeye along with caramelized onions, arugula and for a little snap some Horseradish Sauce. It's really tasty!

For dinner I would suggest trying our new pasta dish: Spicy Seafood Angel Hair Pasta. It has shrimp, calamari, snapper and some nice vegetables along with a spicy San Marzano Tomato Sauce. It has a nice kick and the fresh fish takes it to a higher level. We have a couple of new side dishes; the staff really enjoyed the Poblano Creamed Corn and the Potato Croquette.

Remember you can always have a nice lunch in the Grill! I look forward to seeing you at your Club!

Chef Gilbert







FW FORT WORTH SYMPHONY ORCHESTRA

May 5 - 7

Elgar's Enigma Variations: Strauss, Saint-Saens, and Elgar Bass Performance Hall

May 19 - 21

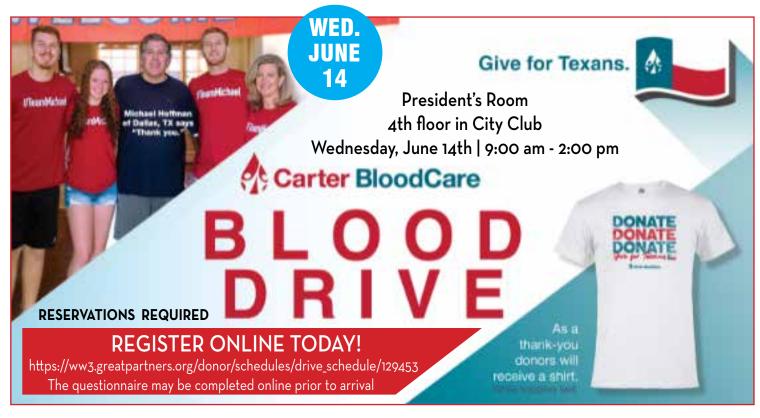
Haydn: The Creation Bass Performance Hall

June 2

An Evening of Kodaly, Mozart, and Brahms Bass Performance Hall









PAULA MULLER ACCOUNTING MANAGER



Our Employee Spotlight for May/
June is our Accounting Manager, Paula
Muller. You may have not met Paula,
but she is an integral part of City Club
and handles all the billing, posting of
your payments, making corrections
to your member account and keeping
guard of your credit card information
that is used for payment on your
account. You know when someone has

a fraudulent credit card and you need to change it? Paula's your gal. When you can't find the receipt for that lunch with your boss and you need a copy? Paula's your gal.

She also takes care of our vendors making sure they are paid timely and properly and handles new-hire paperwork. She is a very busy and valued employee!

Paula has worked at City Club for almost 22 years. She and Peggie, our General Manager, both were in the office every day during COVID to make sure the Club continued to run smoothly.

She also has a smile on her face and a kind word for anyone who walks into her office. We are so very fortunate and glad Paula works with us!

MEMBER SPITLIGHT



Name of Member:

John H. Robinson

What do you do for a living?

I am responsible for all charitable grant administration at the Amon G. Carter Foundation

Favorite Food at the Club?

Eating lunch regularly in the Terrance Room rotates from soup and salad, to

the Club sandwich, to the (heart healthy!) Chicken Fried Steak mini plate.

Does any of the staff stand out in your opinion?

After Jennifer or Terence have taken my reservation, I have complete confidence Craig, Maria, and Gutberto will take very good care of me and my guests every time!

Have you utilized the meeting space at the club?

My wife and I have hosted two wonderful and memorable events in the Oak Room for our son's rehearsal dinner and our "40ish" Anniversary party.

Do you have any special times you enjoy the club? (i.e. Wine Tastings/Buffets, Brunches, Happy Hours, etc.)

You can find us in the Terrace Room almost every Friday for Steak Night before Bass Hall performances.

Any other comments you'd like to make?

As a Foundation policy I do not let others buy me meals. As a result, I host many people at the City Club and I know everything will always be exceptional. Many of my guests make a special point to comment on how much they enjoyed the food, service, and atmosphere.



If you are interested in connection and collaboration, join Plaid for Women Impact Luncheon the second Tuesday of the month.

Let's get together!

On Tuesdays, May 9th and June 13th from 11:30 a.m. to 1:00 p.m. at City Club

Members and their guests may make reservations at 817.878.4000 or reception@cityclubfw.com \$27.00 inclusive

FIND YOUR FITNESS!

Did you know every new member gets a complimentary Fit Assessment from one of our Fitness Instructors? They are also there if you ever have any questions or need help with anything in the Fitness Centers.

Evidence mounts on the benefits of strength training (Harvard School of Public Health) T.H. Chan.

A recent meta-analysis found that people who do muscle-strengthening workouts are less likely to die prematurely than those who don't, adding to previous evidence that strength training has long-term health benefits.

The study found that just 30 to 60 minutes a week of strength training may be enough. Those who worked out for this duration had a 10% to 20% lower risk of dying during the study period from all causes, and from cancer and heart disease specifically, compared to those who did no strength training. The benefits plateaued after one hour, and decreased after two hours.

U.S. exercise guidelines recommend that adults do strength training for all major muscle groups twice a week. This can be accomplished through a variety of workouts, including weightlifting, exercises like push-ups and sit-ups, and some types of yoga. These workouts can be accomplished by attending Sally's Boot Camp or her Weights & Conditioning classes, any of our Yoga classes or our F.I.T classes.

Need some help to get started? We also have both men and women trainers that would be happy to work with you; just call the Men or Women's Fitness Centers and ask for help!



HERE ARE SOME SAFETY TIPS FOR RESISTANCE TRAINING:

- Proper technique is essential. If you're not sure whether you're doing a particular exercise correctly, ask a registered fitness professional, gym instructor or exercise physiologist for help.
- Start slowly. Once your muscles, tendons and ligaments get used to weight training exercises, you may be surprised at how quickly you progress. Once you can easily do 12 repetitions with a particular weight, gradually increase the weight.
- Don't hold your breath. Breathe normally while lifting by exhaling during the exertion or harder phase and inhaling during the easier or relaxation phase.
- Control the weights at all times. Don't throw them up and down or use momentum to 'swing' the weights through their range of motion.
- Maintain a strong form while lifting, as this will prevent injury through incorrect technique. Always lift weights within your own capabilities and slow down or stop if you feel the weight is out of control or too heavy.
- Use the full range of motion. This develops strength of the muscle at all points of the motion of the joint and decreases the chance of injury through over-stretching.
- Wear appropriate clothing and safety equipment such as gloves. Dress comfortably and practically (for example, wear clothes that do not restrict movement and allow you to sweat easily).
- Maintain correct posture and body positioning (form) to reduce the risk of injury at all times.
- Once you have finished a set, gently place the weights on the floor - don't drop them. Otherwise, you could injure yourself or people nearby.
- Don't train if you are over-tired or feeling ill.
- Don't try to train through an injury.
- Muscle needs time to repair and grow after a workout. A good rule of thumb is to rest the muscle group for at least 24 hours before working the same muscle group again.



FIND YOUR FITNESS

Boot Camp MPS 6:00-7:00am Sally Greenwood

Mondays

F.I.T. MFC 6:30-7:15am Roland Mash

Reformer Pilates PIL 7:30-8:20am Julie La Bruyere

Pilates Mat PIL 9:00-9:50am Julie La Bruyere

F.I.T. MFC

12:00-12:45pm Craig Burrell

Reformer Pilates PIL 12:00-12:50pm Julie La Bruyere

Cardio Blast MPS 12:00-12:45pm Sue Horton

Back to Basics MPS -MEN ONLY-

12:20-1:00pm Matt Burrell

Weights & Cardio Circuit **MFC**

Tuesdays

6:00-7:00am Sally Greenwood

> F.I.T. MFC 6:30-7:15am Roland Mash

F.I.T. MFC -WOMEN ONLY-6:30-7:30am Matt Burrell

Reformer Pilates PIL 7:30-8:20am Julie La Bruyere

Extreme Body Sculpt WFC 9:00-10:00am Sally Greenwood

Abs Express WFC 10:00-10:30am Sally Greenwood

Reformer Pilates PIL 11:00-11:50am Julie La Bruyere

Barre It! Express YS 11:30-12:00 noon Sue Horton

Abs Express MPS 11:45am-12:15pm Roland Mash

Reformer Pilates PIL 12:00-12:50pm Julie La Bruyere

F.I.T. MFC 12:00-12:45pm Matt Burrell

Kettle Bells Express MPS

12:20-12:50pm Roland Mash

Yoga YS 5:00-6:00pm Alexis Ackel

Weights & Conditioning **MPS**

Wednesdays Thursdays

Spin MFC

6:00-6:50

Sally Greenwood

F.I.T. MFC

6:30-7:15am

Roland Mash

F.I.T. MPS

-WOMEN ONLY-

6:30-7:30am

Matt Burrell

Abs & More YS

6:50-7:15am

Sally Greenwood

Reformer Pilates PIL

7:30-8:20am

Julie La Bruyere

Extreme Body Sculpt WFC

9:00-10:00am

Sally Greenwood

Abs Express WFC

10:00-10:30am

Sally Greenwood

Reformer Pilates PIL

11:00-11:50am

Julie La Bruyere

Barre It! Express YS

11:30-12:00 noon

Sue Horton

Abs Express MPS

11:45am-12:15pm

Roland Mash

Reformer Pilates PIL

12:00am-12:50pm

Julie La Bruyere

F.I.T. MFC

12:00-12:45pm

Craig Burrell

Kettle Bells Express MPS

12:20-12:50pm

Roland Mash

Yoga YS

5:00-6:00pm

Alexis Ackel

6:00-7:00am Sally Greenwood

> F.I.T. MFC 6:30-7:15am Roland Mash

Reformer Pilates PIL 7:30-8:20am Julie La Bruyere

Pilates Mat PIL 9:00-9:50am Julie La Bruyere

Trinity Trails/Walk/Run 8:30-9:30am

Sally Greenwood

Barre It! YS 9:00-9:50am Sue Horton

Reformer Pilates PIL -MEN ONLY-

10:45-11:35am Julie La Bruyere

Reformer Pilates PIL 12:00-12:50pm Julie La Bruyere

Cardio Blast MPS 12:00-12:45pm Sue Horton

Yoga YS 12:00-1:00pm Shannon Jones

F.I.T. MFC 12:00-12:45pm Craig Burrell

Back to Basics MFC -MEN ONLY-

12:20-1:00pm Matt Burrell

Reformer Pilates PIL 5:30-6:20pm Sandy Mellina

Fridays

Boot Camp MPS 6:00-7:00am Sally Greenwood

> F.I.T. MFC 6:30-7:15am Roland Mash F.I.T. MPS

-WOMEN ONLY-6:30-7:30am Matt Burrell

Pilates Mat PIL 9:00-9:50am Sandy Mellina

Reformer Pilates PIL 10:30-11:30am Sandy Mellina

F.I.T. MFC 12:00-12:45pm Roland Mash

Spin MFC 12:15-1:00pm Angela Fox

Saturdays

Yoga YS 10:15-11:15am Alexis Ackel

Reformer Pilates:

\$15/class \$144/12 classes \$240/24 classes Everyone must have (3) catch up classes in order to take Reformer Pilates

F.I.T. (Men or Women)

\$6.25/single class \$50/8 classes \$85/unlimited classes

ALL CLASSES ARE COED UNLESS SPECIFIED

City Club reserves the right to cancel or reschedule any class without prior notice. Call (817) 878-4094 for more information.

The location of the class is with the class name. A legend is at the bottom. If you have any questions on a specific class please call 817.878.4094 for the Women's Fitness Center and 817.878.4016 for the Men's Fitness

The classes highlighted in orange have a fee associated with them.

MPS= Multi-Purpose Studio

PIL= Pilates Studio

MFC= Men's

LEGEND YS= Yoga Studio

WFC= Women's Fitness Center

Fitness Center

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MAY

-	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Club Closed	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch BFF DAY IN THE FITNESS CENTERS	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner UNT One O'clock Lab Band Spring Showcase PAFW 7:30 pm Elgar's Enigma Variations: Strauss, Saint-Saens, & Elgar FWSO 7:30 pm Cinco de Mayo Drink Specials Friday Steak Night	Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Elgar's Enigma Variations: Strauss, Saint-Saens, & Elgar FWSO 7:30 pm
	7 Club Closed	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch Tootsie PAFW 7:30 pm	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Tootsie PAFW 7:30 pm Plaid for Women	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Tootsie PAFW 7:30 pm	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Tootsie PAFW 7:30 pm WHITAKER/ CHALK LUNCH & LEARN LOBSTER NIGHT	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Tootsie PAFW 7:30 pm Friday Steak Night	Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Tootsie PAFW 1:30 pm/ 7:30 pm
	Mother's Day Brunch	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 5am - 6:30pm (WFC) 5am - 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Australia & New Zealand Wine Tasting & Buffet 5:30 - 8:00 pm	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Haydn: The Creation FWSO 7:30 pm Friday Steak Night	Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Haydn: The Creation FWSO 7:30 pm
	Club Closed	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Alice in Wonderland TBT 8:00 pm Friday Steak Night	Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Alice in Wonderland TBT 2:00 pm 8:00 pm
	Club Closed	Club Closed	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner			

POLICY REMINDERS

CANCELLATION POLICY. There is a 72-hour cancellation notice on all special events at the Club unless otherwise noted. If a cancellation is made after the 72-hour deadline, the member's account will be charged. We will do our best to confirm reservations. It is, however, the member's responsibility to cancel any reservations.

PHOTOGRAPHY POLICY. Members are encouraged to utilize the Club for photograph sittings. Due to security and scheduling issues, it is necessary to reserve a time and space in advance by contacting Catering Manager, Kelly Norvell at 817.878.4051. Unscheduled photography is not permissible.

J U N E

*			PIL			1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAP	nmer PY HOUR ough Aug	House Bar *8 Tito's TERRA 4:00 pn Tuesday Comple	each & House Wine & Martini's ACE BAR n - 6:00 pm Wednesday imentary wures Station	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner An Evening of Kodaly, Mozart, and Brahms FWSO 7:30 pm Friday Steak Night	Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner
4	5	6	7	8	9	10
Club Closed	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch BFF DAY IN THE FITNESS CENTERS	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner WHITAKER/ CHALK LUNCH & LEARN LOBSTER NIGHT	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Christopher Cross & Air Supply UNTHSC 7:30 pm Friday Steak Night	Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner
11	12	13	14	15	16	17
Club Closed	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	Fitness 5am - 6:30pm (WFC) 5am - 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Carter Blood Care President's Room	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner
		for Women®	100	LOBSTER NIGHT	Night	
18	19	20	21	22	23	24
Club Closed	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)	Fitness 9am – 1pm (WFC) 8am – 2pm (MFC)
	To Go Meals and Dining for Lunch	To Go Meals and Dining for Lunch & Dinner	To Go Meals and Dining for Lunch & Dinner	To Go Meals and Dining for Lunch & Dinner	To Go Meals and Dining for Lunch & Dinner	To Go Meals and Dining for Dinner
				German Wine Tasting & Buffet 5:30 pm — 8:00 pm	Friday Steak Night	
25	26	27	28	29	30	
Club Closed	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)	Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)	
	To Go Meals and Dining for Lunch	To Go Meals and Dining for Lunch & Dinner	To Go Meals and Dining for Lunch & Dinner	To Go Meals and Dining for Lunch & Dinner	To Go Meals and Dining for Lunch & Dinner Hadestown	
-	OF THE	Hadestown PAFW 7:30 pm	Hadestown PAFW 7:30 pm	Hadestown PAFW 7:30 pm LOBSTER NIGHT	PAFW 7:30 pm Friday Steak Night	

RESERVATIONS, PLEASE.

City Club Management and Staff always do their utmost to ensure your dining experience at the Club is the very best it can possibly be. Certain days, and times of day, are busier than others due to seasonal events and celebrations. Member reservations for lunch and dinner assist the Club in consistently providing the level of service you deserve. A telephone call to the Club's Receptionist at 817.878.4000, letting us know when you will be coming, how many are in your party, and whether you wish to dine in the Oak Room or the Terrace, will provide seamless enjoyment of your visit to City Club. Any special requests may also be made at this time.

GARAGE PARKING

As a privilege of membership, City Club provides complimentary parking for up to 3 hours in City Center Garages 1 and 2, which are attached via skybridge to the Bank of America Tower.

City Center Parking Garage
Management establishes the
schedule of parking fees for time
over the complimentary 3 hours.
After the complimentary 3 hours,
the schedule of fees is:
\$3 for 0-1 hr \$9 for 2.5-3 hrs
\$6 for 1-2 hrs \$12 for 3-4 hrs
\$7 for 2-2.5 hrs \$15 for over 4 hrs

Parking fees are paid when exiting the garage.

City Club will validate garage parking at the 3rd floor Reception Desk when members are dining at the Club. Parking may also be validated at each Fitness Desk in the Women's and Men's Fitness Centers. It is suggested members park in Garage II (Calhoun St. entrance) when visiting the Club.



Operation Hours

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Last reservation can be seated at 7:00 pm. Club closes at 6:00 pm.							
The Terrace Room		The Grill Room		For Reservations and Information			
Reservations	817.878.4000 reception@cityclubfw.com Monday - Friday 11:30 am - 2:00 pm Tuesday - Saturday 4:00 pm - 8:00 pm	Reservations	817.878.4000 reception@cityclubfw.com	Management Offices Monday - Friday	817.878.4000 9:00 am - 5:00 pm		
Lunch Cocktails		Fitness Centers Men's Fitness Cent Monday - Friday: Saturday: Women's Fitness C	Monday - Friday 11:30 am - 2:00 pm ter 817.878.4016 5:00 am - 7:00 pm 8:00 am - 2:00 pm	General Manager Peggie Muir	817.878.4089 pmuir@cityclubfw.com		
*The Oak Bar (Priv	•			Membership Direc Debbie Rubin	tor 817.878.4088 drubin@cityclubfw.com		
Reservations	817.878.4000 reception@cityclubfw.com	Monday - Friday: Saturday:	5:00 am - 6:30 pm 9:00 am - 1:00 pm	Catering Kim Keen	817.878.4028		
Lunch	Tuesday - Friday 11:30 am - 2:00 pm	Accounting		Kelly Norvell	kkeen@cityclubfw.com 817.878.4051		
Dinner	Tuesday - Saturday 4:00 pm - 8:00 pm	Paula Muller	817.878.4087 pmuller@cityclubfw.com		knorvell@cityclubfw.com		
*Available by adva	nced reservation only			Sunday and N	Club is closed on Monday for Dinner, pecial occasions.		

City Club reserves the right to close the restaurants early if there are no reservations and no patrons.