

817.878.4000

MAY / JUNE 2024

CITY CLUB

F O R T W O R T H

A NewsMagazine for Members of City Club



**MOTHER'S DAY
BRUNCH**

Page 3

**OREGON & WASHINGTON
STATE TASTING & BUFFET**

Page 10

**ARGENTINA AND CHILE
WINE TASTING & BUFFET**

Page 11

www.cityclubfw.com



Craig Halvorson
General Manager

MESSAGE FROM THE GENERAL MANAGER

As the summer is fast approaching, not only is the weather heating up – so is the event calendar at City Club. We have some exciting new events to keep you active at the Club, and we are bringing back some old favorites earlier this year. I want to personally thank so many of you who offer-up suggestions on events you are looking

for at the Club. As always, we are so grateful you have made, and continue to make, City Club a big part of your everyday lives. Well-wishes for your early summer plans and safe journeys to all of you who will be traveling (Don't forget about our many out-of-town reciprocal Private Clubs available to you).

Ok, Let's get down to business.

We have several events in May. We have our **Mother's Day Brunch on Sunday May 12th**. Be sure to reserve early to secure your table and treat Mom to a delicious brunch. **See page 3** for details. On **May 16th** we will have our **Oregon & Washington State Wine Tasting and Buffet**. This will be a great opportunity to enjoy some good Pinot Noir and many other varietals from these excellent regions. **See page 10** for details. On **May 23rd** we will have another **"Dinner in the Wine Room."** We will be hosting the Krupp Brothers Winery from Napa Valley. Sandy Huffine, Executive Vice President at Krupp Brothers will be in attendance to talk about the wines and the winery. **See page 9** for details.

In June, we will provide **Father's Day Meals To-Go**. Chef John will be making your Father's Day meal super easy this year. **See page 6** for all the details. On **June 20th** we will have our **Chile & Argentina Wine Tasting and Buffet**. This will be a great event to enjoy some flavors from South America. **See page 11** for details.

I am excited to bring back our **Summer Happy Hour** a month earlier this year. Starting in May, on Tuesdays & Wednesdays, we will have drink specials and half-priced bar menu from 4:00pm to 6:00pm. **See page 7** for details.

Also, during May and June, we are starting our **"Thursday Night Dinner Specials"**. Every Thursday evening, we will have a special themed dinner. We will have a Fajita Night with Margarita special, a Pasta Night with an Italian wine bottle special, and Prime Rib Night complete with Yorkshire Pudding and a Cabernet Sauvignon wine bottle special. **See page 5** for dates and details.

Please read through the news magazine and check out all of the events and happenings we have going on at the Club during May & June. Please be sure to call ahead and make your reservation before heading to the Club, we will have your table ready for you upon arrival.

See you around the Club!

MEMBER DINING

Take-out Orders 817-878-4000

Lunch: Monday – Friday 11:30 am – 2:00 pm

Dinner: Tuesday – Saturday 4:00 pm – 7:00 pm



Oak Bar - reservations are required at 817-878-4000

Lunch: Tuesday – Friday 11:30 am to 2:00 pm

Dinner: Tuesday – Saturday 4:00 pm to 8:00 pm



Terrace Room

Lunch: Monday – Friday 11:30 am to 2:00 pm

Dinner: Tuesday – Saturday 4:00 pm to 8:00 pm

Last seating at 7:00 pm



The Grill Buffet

Lunch: Monday – Friday 11:30 am – 2:00 pm

Mother's Day Brunch

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

BRUNCH MENU

Omelette & Waffle Station
Smoked Sausage
Applewood Smoked Bacon
Mini Vegetable Quiche
Mini Smoked Salmon Quiche
Southwest Breakfast Potatoes
Assorted Fruit
Blueberry and Raspberry Parfaits
Breakfast Pastries and Donuts

DIP STATION

Spinach & Artichoke Dip
Crab Dip with Pita Bread and Crostini

PASTA STATION

Penne Pasta, Tri-Color Rotini Pasta
Alfredo Sauce, Marinara Sauce

CARVING STATION

Grilled Ribeye Chops
with Creamy Horseradish and Rosemary Mustard
Roasted Turkey Breast
with Cranberry Sauce

MAIN BUFFET

Tuscan Roasted Chicken
with Cacciatore Sauce
Parmesan Crusted Snapper
Mac & Cheese
Broccoli Rice Casserole
Sautéed Zucchini and Tomatoes
Twice Baked Potatoes
Roasted Carrots with Honey and Lemon

COLD SEAFOOD STATION

Boiled Shrimp
with Lemons and Cocktail Sauce
Vegetable Sushi Roll, Spicy Shrimp Roll,
Tuna Roll, and California Roll
Poached Salmon
with Dill Cucumber Sauce

SALAD AND APPETIZER STATION

Spring Mixed Salad
Creamy Cucumber and Shrimp Salad
Tomato and Mozzarella Salad
with Arugula
Deviled Eggs
Antipasto Platter
with Asparagus, Bell Pepper, Mushroom,
and Assorted Cheeses

DESSERT STATION

Triple Chocolate Mousse Cake
Strawberry Shortcake
Fruit Tarts
Assorted Petit Fours
Iced & Hand Decorated Cookies
Chocolate Covered Strawberries
Assorted Chocolate Truffles
Mini Muffins:
Red Velvet, Carrot Cake,
Chocolate, and Vanilla

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

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 Wednesday, May 8th.

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: \$60
includes Champagne or Mimosas.
Additional wine and cocktails may
be charged to member account
per person, plus tax and gratuity.

Ages 13 and above, \$60

Ages 3-12, \$30

Children under age 3 are complimentary
Per person, plus tax and gratuity

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

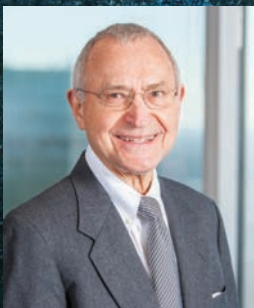
In Partnership with City Club

**Complimentary for
City Club Members and their Guests.**
Lunch and Speaker—Noon to 1:30 p.m.

THURSDAY, MAY 9

Kirk Bryant will
be presenting:

*"So You Want to Buy a
Building...Pitfalls to Closing a
Texas Commercial Real
Estate Transaction"*



THURSDAY, JUNE 13

John Allen Chalk
will be presenting:
"Texas Lemon Law"

Reservations required.

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



STEAK NIGHT

Every Friday

FIRST COURSE

Choice of Caesar Salad or
Seafood Gumbo

ENTRÉE

8 oz. New York Strip or 5 oz. Beef Tenderloin
Served with Asparagus and
Twice Bake Potato

\$30

MANAGERS SELECTION WINE BOTTLE SPECIAL

\$40



FOR RESERVATIONS

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

DINNER IS SERVED

Thursday Night Specials

IN THE TERRACE ROOM

FAJITA NIGHT

MAY 9TH AND JUNE 6TH

Tortilla Soup
Fajita Plate
(Choice of Beef, Chicken, Shrimp)
Served with
Spanish Rice and
Chorizo Borracho Beans
\$20
Top Shelf Margarita Special \$8

PASTA NIGHT

MAY 23RD AND JUNE 13TH

Tomato & Mozzarella Salad
Choice of Entrée:
Shrimp & Scallop Pasta,
Beef Short Rib Pasta,
Creamy Tuscan Chicken Pasta
Served with Fresh Baked Garlic Bread
\$28
Italian Wine Bottle Special \$40

PRIME RIB NIGHT

MAY 30TH AND JUNE 27TH

Wedge Salad
with Blue Cheese Dressing
Roasted Prime Rib
Served with
Yorkshire Pudding,
Garlic Mashed Potatoes and
Sautéed French Beans
Horseradish Sauce and Brown Gravy
\$30
Cabernet Sauvignon Bottle Special \$40





Treat Dad (and your Family) to a great Father's Day heat and serve meal! Chef John is preparing meals to-go, just turn on the oven to heat-up the dinner!

The Club will neatly pack up your choice of steaks (par cooked & seasoned), Garlic Butter Shrimp, Asparagus, and Twice Baked Potatoes along with a Field Green Salad ready to be tossed, Artisan Bread, and Mini Pecan Pies for dessert.

Items requiring additional heating will be in aluminum pans ready for the oven.

\$58 per person ++

Qty of persons _____

Field Green Salad

with Cherry Tomatoes, Red Onions, Herb Crostini's, and Pecorino Romano Cheese with Whiskey Vinaigrette

6 oz Grilled Filet Mignon Qty ____ **-OR-** 12 oz Grilled Prime Ribeye Qty ____

Served with Herb Compound Butter, Garlic Shrimp, Sautéed Asparagus, and Twice Baked Potatoes

Artisan Bread, and Butter Balls

3" Inch Bourbon Pecan Pies

IMPORTANT DATES FOR ORDER AND PICK UP:

Order must be **PLACED by Wednesday, June 12th by 12 Noon**

PICK UP Friday, June 14th 11:00am - 5:30pm

or Saturday, June 15th 2:00pm - 5:30pm

To place your order, please contact Carol Roszell at 817-878-4084

or email crozell@cityclubfw.com

CANCELLATION POLICY: Orders cancelled less than 72 hours prior to scheduled pick up date will be charged to the member's account.



Plaid
for Women®

Let's get together!

Tuesdays, May 14th

and June 11th

from 11:30 a.m. to 1:00 p.m.

at City Club

For members and their guests.

Reservations at 817.878.4000 or

reception@cityclubfw.com,

\$27.00 inclusive.

SUMMER FUN IN FORT WORTH

MAY

Mayfest | May 2-5, 2024 | Trinity Park

Mayfest has activities for the whole family, including live music, festival food, carnival rides, bounce houses, student art contest, and much more!

Tacos and Tequila Festival | May 18

Panther Island Pavilion

Enjoy a day of live performances with Ludacris, Ashanti, and more and the best taco chefs in DFW.

Charles Schwab Challenge | May 20-26

Colonial Country Club

The tournament is played at Colonial Country Club. Tickets are on sale now at www.charlesschwabchallenge.com.

JUNE

Juneteenth, Opal's Walk | June 18-19

Starts at Evans Plaza

Dr. Opal Lee, "Grandmother of Juneteenth" leads a 2.5-mile walk around the city, representative of the two and a half years it took for news of the Emancipation Proclamation to reach Texas.

SUMMER HAPPY HOUR BEGINS MAY 1ST!

Happy Hour

TUESDAYS & WEDNESDAYS

4:00pm-6:00pm



*Special Drink Price
&
Half Off Bar Menu*

New to the Cellar

From Craig Halvorson



This is a wonderful time of year to enjoy a nice Pinot Noir. I would like to introduce you to the newest vintage from **Kosta Brown Winery**. We have received the 2021 Kosta Brown Sonoma Coast Pinot Noir. Founders Dan Kosta and Michael Brown started out with humble beginnings while working together in a local restaurant in 1997. While starting Kosta Brown, Michael worked on developing relationships with key growers in Northern California while Dan worked to market and sell their new product. In 2011, they were surprised to learn their 2009 Sonoma Coast Pinot Noir was named Wine Spectator's #1 Wine of the Year. Quite an accomplishment. They have remained committed to embracing innovation, pushing boundaries and welcome unconventional approaches in the cellar to make irresistible Pinot Noir and Chardonnay.

"The 2021 Pinot Noir Sonoma Coast was matured in 39% new oak for 15 months. The nose opens slowly from allspice and brown sugar to a core of red cherry and cranberry, tea leaves and lavender. The medium-bodied palate offers surprisingly concentrated fruit supported by grainy tannins and seamless freshness, and it has a long, spicy finish."

- Robert Parker's Wine Advocate

96 Points Jeb Dunnuck
94 Points James Suckling



DINNER in the WINE ROOM

Featuring



With Special Guest

SANDY HUFFINE

EXECUTIVE VICE PRESIDENT

Thursday May 23, 2024

Reception at 6:15pm | Dinner at 6:45pm | Price: \$125

Please join us for an exclusive wine dinner featuring Krupp Brothers Winery with Sandy Huffine, Executive Vice President. We will taste thru the Krupp Brothers collection while Chef John Marquez prepares a perfectly paired four course gourmet dinner.

THIS WILL BE AN AMAZING EVENING!



OREGON AND WASHINGTON STATE TASTING & BUFFET

THURSDAY MAY 16, 2024

Cost \$60 For Tasting & Buffet

Wine Tasting Begins at 5:30 | Buffet Open from 6:00 - 8:00 pm



*Pinot
Noir*

Featuring White and Red Wines from Oregon and Washington State

HORS D'OEUVRE TABLE

Charcuterie & Cheese Board
Creamy Chicken Salad on Grilled Artisan Bread
Crab Salad in Cucumber Cup

DINNER BUFFET

Shrimp Salad with Apple and Fennel, Citrus Dressing
Macaroni Pasta Salad
Braised Short Rib with Brown Gravy
Cedar Plank Salmon with Tartar Sauce
Roasted Cabbage Wedges with Onion Dijon Sauce
Grilled Sweet Potatoes with Blue Cheese and Bacon Crumbles

DESSERT

Assorted Mini Chef's Desserts

FOR RESERVATIONS

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

Argentina and Chile Wine Tasting & Buffet

THURSDAY JUNE 20, 2024

Cost \$60 For Tasting & Buffet

Wine Tasting Begins at 5:30 | Buffet Open from 6:00 - 8:00 pm



Featuring White and Red Wines from Argentina and Chili

HORS D'OEUVRE TABLE

Charcuterie & Cheese Board

Beef Empanadas

Provoleta with Grilled Artisan Bread and Chimichurri

DINNER BUFFET

Argentina Style Cabbage Salad

Shrimp and Pesto Pasta Salad

New York Strip Carne Asada with Chimichurri

Pan Seared Snapper with Lemon Butter Sauce

Grilled Vegetables with Red Wine Vinegar and Garlic

Roasted New Potatoes with Paprika and Red Onions

DESSERT

Assorted Mini Chef's Desserts

FOR RESERVATIONS

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



KELLY'S CORNER

*All things
Weddings & Events*

**Need space for a
graduation celebration?**

WE'VE GOT YOU COVERED!

Whether planning an intimate 4 course meal with wine pairings, or a cocktail and hors d'oeuvre reception, we'd love to help you celebrate this spring.

*For sample menus, bar selections or
other details, please call Kelly Norvell
at 817-878-4051 or knorvell@cityclubfw.com*



BOOK YOUR CORORATE MEETING TODAY

with Kim Keen

- 8 Meeting Spaces to Accommodate 1 - 350 people
 - All Natural Lighting
- Each room is unique with warm, inviting furnishings
 - Complimentary WiFi
 - Custom menus
- Audio Visual available on request
 - Seasoned Staff
 - Expert planners



RECEIVE \$100 OFF

Room Rental for meetings booked
June, July and August

Call Kim Keen at 817-878-4078 or
email at kkeen@cityclubfw.com

Here comes the Reciprocal Showcase!

CRANE CREEK COUNTRY CLUB

THE CRANE CREEK COUNTRY CLUB, in beautiful Boise, Idaho, is a reciprocal club of ours, and boy, is it something special. Crane Creek Country Club was established over half a century ago by a group of local golf enthusiasts. Originally called Highlands Country Club, Crane Creek was adopted in time for its grand opening in 1963. The original course layout was designed by golf course architect Bob Baldock, with recent and current enhancements by award-winning architect David Druzisky.

In the early years before the clubhouse was built, the club's charter members used a nearby Cold War-era bomb shelter for socializing and story telling. Many of these stories are still being retold and remembered today. The clubhouse as it stands was completed in 1969, with its first remodel completed in 1984. In 2006, the clubhouse underwent another major renovation, making it a luxurious and comfortable space for gathering with friends and family.

Throughout the years the course itself has been updated as well, leaving no holes untouched. Beautifully sodded and reshaped greens surround a forward set of tees, new championship tees and twice the surface area of sand, including several new fairway bunkers. Crane Creek has always been known as the premier country club in the Treasure Valley, and will continue to invest in people, facilities and amenities for years to come.

500 W. Curling Drive, Boise, ID 83702

208-514-4340

Contact Matt Burrell- Membership Director, before your next trip to Boise, ID,
to get set up to enjoy all the amenities The Crane Creek Country Club
has to offer. mburrell@cityclubfw.com or 817-878-4088

FORT WORTH PERFORMANCES You Don't Want To Miss!



MAY 10 - 12
CHICAGO



JUNE
11 - 16 &
18 - 23
HAMILTON



MAY 3 - 4

BEETHOVEN'S VIOLIN CONCERTO:
BEETHOVEN AND SHOSTAKOVICH

MAY 24 - 25

DVORAK'S EIGHTH: DVORAK AND CHOPIN

MAY 31 - JUNE 1

SEASON FINALE: JENNIFER HIGDON,
KEVIN DAY, AND MAHLER 5



MAY 9
ANDERSON & ROE



MAY 17 - 18
BEAUTY AND
THE BEAST



Tell Craig or his staff you're attending a performance and receive a
COMPLIMENTARY GLASS OF CHAMPAGNE
(One for each ticket holder).



FOR DINNER RESERVATIONS BEFORE THE SHOW

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

Welcome NEW MEMBERS

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

ELLE WHITAKER

Bourland, Wall & Wenzel, P.C.

SCOTT REASOR

Diesslin Group

ADAM DAKE

Cardinal Logistics

ALYSSA LUNA

Apex Capital Corp.

CINDY BENNETT

Luther King Capital Mgmt.

RICK & HEATHER MATUS

Retired

SUSAN HASTINGS

Ulterra Drilling

RICHARD DEBERRY

Phelps Dunbar, LLP

NICOLE SCROGGINS

NewWaveTelecom & Technologies, Inc.

AUSTIN SIEWERT

TPG

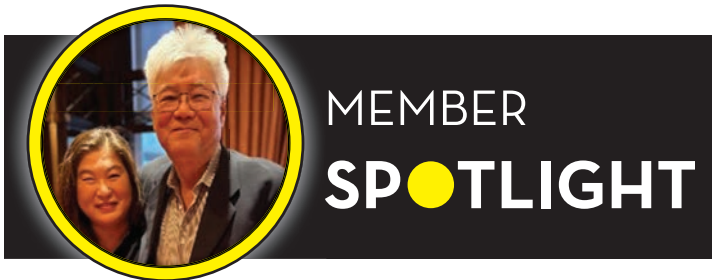
KAYLEIGH SHORTES

Prestige Star Management

MARY BETH GOMEZ & GABE BABIN

GEORGE MARLOW

UBS



MR. HEN-CHEN LEE and MRS. YUN YULEE

Mr. & Mrs. Lee both were born and raised in Taiwan. Mr. Lee graduated from University of Chinese Culture, Taipei, Taiwan in June 1976 with a B.S. degree in Geological Oceanography. After two years military service in Taiwan, Mr. Lee came to the USA in August 1978 and attended school at the University of Arkansas. In January 1982, he received a Master's in Geology from the University of Arkansas. Mr. Lee had been in the oil & gas industry for over 42 years and retired in 2023.

Mrs. Lee is the Queen of the Lee family. She prioritizes her family's well-being, ensuring everyone is fed and cared for. She strives for harmony and happiness within their home, making it a haven for her loved ones. Mrs. Lee creates a comfortable and loving atmosphere for her family. She is a member of the Interbrook Club and Arlington Women's Association.

Mr. & Mrs. Lee like to travel. Travel is one of the most rewarding and enriching experiences in the world. One of their favorite things about travel is to taste all the different food! So far, they have been to forty-eight different countries and 32 States in the USA!

Other than travel, Mr. Lee loves gardening and the squirrels are his biggest competitor. Craftsmanship is Mrs. Lee's hobby. Mrs. Lee loves design & making quilts, jewelries, purses etc., by using her hands and without a sewing machine.

Initially, they had joined all three of the Clubs in downtown Fort Worth at the same time. It was like opening a door to many fun and friendly faces. They decided City Club of Fort Worth was the one to keep. City Club offers all the above reasons and monthly wine tasting, Chef's Table, special events for special occasions and holidays. The most important is the atmosphere and services other restaurants do not have. The "RECIPROCAL SHOWCASE" is another reason they joined City Club.

The Lee's find City Club employees are professional and kind. Every time they take the escalator to the Club, there is always a very happy, cheerful, delightful face, either Terence or Jennifer, to welcome them. Maria and Guberto are the two they love the most. Of course, the General Manager, Mr. Craig Halvorson, and his leadership is not to be missed.

Mr. & Mrs. Lee have hosted many gatherings at the Club, the Lee Family Christmas, Birthdays and Mrs. Lee's Wine Club Party in the Wine Room. All their guests felt so special to attend. Recently, Mrs. Lee hosted her special birthday party in the Library /Study with more than forty family members and friends.

The Seafood night at the Club is a super event. They also love the Wine Tasting & Buffet, and Dinner in the Wine Room. Besides the amazing food and wines, the events give Mr. & Mrs. Lee chances to enjoy and socialize with other club members.

Mrs. Lee is a Pescatarian and her go to is the daily seafood offering. She claims the best Sea Bass dish is at City Club. And, they say the Lobster is out of this world. Mrs. Lee will not miss Seafood night. The Mesclun Salad and Steak with Lobster Oscar combination is Mr. Lee's favorite.

Recently, the Lee's reserved the Wine Room to host a private event for their dearest friend family from Taipei, Taiwan. The guests not only loved it but commented on the elegant room and on the exceptional quality of food and impeccable services. They believe City Club is better than a five-star restaurant in Taipei, Taiwan.

Thank you to the Lee's! We are so happy you are City Club members and look forward to seeing you at many events throughout the year!



Meet Jennifer Martinez! We know you know her by her brilliant smile and warm welcoming demeanor as she greets you at the reception desk. She does so much more than that and now you will know a bit more about her.

Jennifer has been with the City Club for just over 2 years. Before gracing us with her presence she went to college at Mary Hardin-Baylor for a B.S. in Computer Science. (With her knowledge in the field Jennifer is able to maintain our website).

When she is not at the club, she likes to go shopping and trying out new restaurants with friends and family. Jennifer enjoys movies, listening to music, reading and playing video games.

On nice days you can find her at a park going on nature walks and enjoying the scenery. Traveling and vacations are some of her favorite things to do because she gets a chance to explore



new places, different lifestyles and try new cuisine.

Jennifer is a native Texan and was born and raised in Cowtown! Next time you are in for an event or lunch or dinner, make sure you say hi and ask her about her favorite video game or type of music! Keep up the great work and we truly appreciate you here at the City Club.

FITNESS FOR YOU

Regular exercise offers numerous mental health benefits, positively impacting various aspects of psychological well-being. From reducing stress and anxiety to improving mood and self-esteem, physical activity plays a pivotal role in promoting mental wellness. I have put together some major benefits to exercise below. Keep in mind, you do not have to train like an Olympic athlete to reap these benefits. You just have to move a bit.

1

Stress Reduction: Exercise is a powerful stress reliever. Physical activity stimulates the production of endorphins, neurotransmitters in the brain that act as natural painkillers and mood elevators. This release of endorphins during exercise helps to alleviate stress and tension, promoting a sense of calmness and relaxation.

2

Anxiety Management: Engaging in regular exercise can significantly reduce symptoms of anxiety disorders. Physical activity helps to lower levels of stress hormones, such as cortisol and adrenaline, while increasing the production of feel-good chemicals like serotonin. As a result, individuals who exercise regularly often experience reduced feelings of worry and apprehension.

3

Improved Mood: Exercise has a profound impact on mood regulation.

It can lift spirits, boost energy levels, and enhance overall emotional well-being. The release of endorphins during exercise creates a euphoric sensation known as the “runner’s high,” which can elevate mood and create a sense of happiness and contentment.

4

Enhanced Self-Esteem: Regular physical activity is linked to improved self-esteem and self-confidence. Achieving fitness goals, whether it’s completing a challenging workout or making progress in strength and endurance, fosters a sense of accomplishment and self-worth. Additionally, the physical improvements that come with regular exercise, such as weight loss and increased muscle tone, can enhance body image and confidence.

5

Cognitive Function: Exercise not only benefits the body but also the mind. Research suggests that regular physical activity can improve cognitive function and protect against age-related decline in mental abilities. Aerobic exercise, in

particular, has been shown to enhance memory, concentration, and learning ability by promoting the growth of new brain cells and improving blood flow to the brain.

6

Sleep Quality: Regular exercise can promote better sleep quality and duration. Physical activity helps to regulate the body’s internal clock, promoting feelings of alertness during the day and inducing restful sleep at night. Additionally, exercise can alleviate symptoms of insomnia and other sleep disorders by reducing stress and anxiety levels.

7

Social Interaction: Many forms of exercise involve social interaction, whether it’s participating in group fitness classes, joining sports teams, or simply exercising with friends or family. Social connections and support networks formed through exercise can provide emotional support, motivation, and a sense of belonging, all of which are important for mental well-being.

**So, what are you waiting for?
LET’S GOOOOOOOO!**



FIND YOUR FITNESS

Mondays

Boot Camp MPS
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

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-
12:10-12:45pm
Roland Mash

Reformer Pilates PIL

5:30-6:15pm
Sophia Saucedo

Tuesdays

Circuit City MFC

6:00-7:00am
Sally Greenwood

F.I.T. MFC

6:30-7:15am
Roland Mash

F.I.T. WFC

-WOMEN ONLY-
6:30-7:15am
Sue Horton

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
Craig Burrell

Kettle Bells Express MPS

12:20-12:50pm
Roland Mash

Yoga YS

5:00-6:00pm
Alexis Ackel

Wednesdays

Pump It Up! MPS

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

9:30-10:00am
Sally Greenwood

Barre It! YS

9:00-9:45am
Sue Horton

Reformer Pilates PIL

11:00-11:50am
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-
12:10-12:45pm
Roland Mash

Reformer Pilates PIL

5:30-6:20pm
Sandy Mellina

Thursdays

Spin MFC

6:00-6:50
Sally Greenwood

F.I.T. MFC

6:30-7:15am
Roland Mash

Abs Express MFC

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

Fridays

Boot Camp MPS

6:00-7:00am
Sally Greenwood

F.I.T. MFC

6:30-7:15am
Roland Mash

F.I.T. WFC

-WOMEN ONLY-
6:30-7:15am
Sue Horton

Pilates Mat PIL

9:00-9:50am
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 Center.

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

LEGEND

YS= Yoga Studio

MPS= Multi-Purpose Studio

PIL= Pilates Studio

WFC= Women's Fitness Center

MFC= Men's Fitness Center

MAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUMMER HAPPY HOUR BEGINS

TUESDAYS & WEDNESDAYS
4:00pm-6:00pm

1

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner



2

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner

3

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner

*Beethoven's Violin
Concerto: Beethoven &
Shostakovich
FWSO 7:30pm*

STEAK NIGHT

4

Fitness
9am - 1pm (WFC)
8am - 2pm (MFC)
To Go Meals and
Dining for Dinner

*Beethoven's Violin
Concerto: Beethoven &
Shostakovich
FWSO 7:30pm*

5

CLOSED

6

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and
Dining for Lunch

BFF DAY FITNESS CENTER

7

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner



8

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner



9

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner

*Anderson & Roe
The Cliburn 7:30pm*

FAJITA NIGHT

10

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner

*CHICAGO
PAFW 7:30pm*

STEAK NIGHT

11

Fitness
9am - 1pm (WFC)
8am - 2pm (MFC)
To Go Meals and
Dining for Dinner

*CHICAGO
PAFW 1:30pm | 7:00pm*

12

*Mother's
Day
Brunch*

13

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and
Dining for Lunch

14

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner



Plaid
for Women®

15

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

**OREGON & WASHINGTON
WINE TASTING & BUFFET
5:30 PM-8:00 PM**

**WHITAKER CHALK
LUNCH & LEARN**

17

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner

*Beauty and the Beast
TBT 8:00pm*

STEAK NIGHT

18

Fitness
9am - 1pm (WFC)
8am - 2pm (MFC)
To Go Meals and
Dining for Dinner

*An Evening
with Suzy Bogguss
PAFW 7:30pm*

*Beauty and the Beast
TBT 2:00pm | 8:00pm*

19

CLOSED

20

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and
Dining for Lunch

21

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner



22

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

**DINNER IN THE WINE ROOM
6:15pm**

PASTA NIGHT

24

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner

*Dvorak's Eighth:
Dvorak and Chopin
FWSO 7:30pm*

STEAK NIGHT

25

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner

*Dvorak's Eighth:
Dvorak and Chopin
FWSO 7:30pm*

26

CLOSED

27

CLOSED

28

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner



29

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner



30

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner

PRIME RIB NIGHT

31

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining
for Lunch & Dinner

*Season Finale: Jenifer
Higdon, Kevin Day, and
Mahler 5 | FWSO 7:30pm*

STEAK NIGHT



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.**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**SUMMER
HAPPY
HOUR**

continues...

**TUESDAYS &
WEDNESDAYS
4:00pm-6:00pm**

Father's Day

MEALS TO-GO | SEE PAGE 6

SUPER EASY!

Heating instructions included!



**PLACE YOUR
ORDER BY
JUNE 12 U**



1

Fitness
9am - 1pm (WFC)
8am - 2pm (MFC)

To Go Meals and
Dining for Dinner

Season Finale: *Jennifer
Higdon, Kevin Day, and
Mahler 5 | FWSO 7:30pm*

2

CLOSED

3

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and
Dining for Lunch

BFF DAY FITNESS C ENTER

4

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and Dining
for Lunch & Dinner



5

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and Dining
for Lunch & Dinner



6

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and Dining
for Lunch & Dinner

FAJITA NIGHT

7

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and Dining
for Lunch & Dinner

STEAK NIGHT

8

Fitness
9am - 1pm (WFC)
8am - 2pm (MFC)

To Go Meals and
Dining for Dinner

9

CLOSED

10

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and
Dining for Lunch

11

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and Dining
for Lunch & Dinner

**HAMILTON
PAFW 7:30pm**



**Plaid
for Women®**

12

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and Dining
for Lunch & Dinner



**HAMILTON
PAFW 7:30pm**

**LAST DAY TO ORDER
FATHER'S DAY MEAL**

13

Fitness 5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining for
Lunch & Dinner

**HAMILTON PAFW 7:30pm
WHITAKER CHALK
LUNCH & LEARN**

**PICK UP FATHER'S DAY
MEALS TO-GO ORDER**

PASTA NIGHT

14

Fitness 5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining for
Lunch & Dinner

HAMILTON PAFW 7:30pm

**PICK UP FATHER'S DAY
MEALS TO-GO ORDER**

STEAK NIGHT

15

Fitness
9am - 1pm (WFC)
8am - 2pm (MFC)

To Go Meals and
Dining for Dinner

**HAMILTON
PAFW 1:30pm | 7:30pm**

16

CLOSED

17

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and
Dining for Lunch

18

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and Dining
for Lunch & Dinner

**HAMILTON
PAFW 7:30pm**



19

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and Dining
for Lunch & Dinner

**HAMILTON
PAFW 7:30pm**



20

Fitness 5am - 6:30pm (WFC)
5am - 7pm (MFC)
To Go Meals and Dining for
Lunch & Dinner

HAMILTON PAFW 7:30pm

**ARGENTINA & CHILI
WINE TASTING &
BUFFET
5:30 PM-8:00 PM**

21

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and Dining
for Lunch & Dinner

**HAMILTON
PAFW 7:30pm**

STEAK NIGHT

22

Fitness
9am - 1pm (WFC)
8am - 2pm (MFC)

To Go Meals and
Dining for Dinner

**HAMILTON
PAFW 1:30pm | 7:30pm**

23

CLOSED

24

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and
Dining for Lunch

25

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and Dining
for Lunch & Dinner



26

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and Dining
for Lunch & Dinner



27

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and Dining
for Lunch & Dinner

PRIME RIB NIGHT

28

Fitness
5am - 6:30pm (WFC)
5am - 7pm (MFC)

To Go Meals and Dining
for Lunch & Dinner

29

Fitness
9am - 1pm (WFC)
8am - 2pm (MFC)

To Go Meals and
Dining for Dinner

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 parking fees for time over the complimentary 3 hours:

\$3 for 0-1 hr | \$6 for 1-2 hrs | \$7 for 2-2.5 hrs | \$9 for 2.5-3 hrs | \$12 for 3-4 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.

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.

CITY CLUB

F O R T W O R T H
downtown's business, fitness & social club

301 Commerce Street
Fort Worth, TX 76102

OPERATION HOURS

LAST SEATING AT 7:00 PM

The Terrace Room

Reservations 817.878.4000
reception@cityclubfw.com
Lunch Monday - Friday
11:30 am - 2:00 pm
Cocktails Tuesday - Saturday
4:00 pm - 8:00 pm
Dinner 4:00 pm - 8:00 pm

*The Oak Bar (Private Dining)

Reservations 817.878.4000
reception@cityclubfw.com
Lunch Tuesday - Friday
11:30 am - 2:00 pm
Dinner Tuesday - Saturday
4:00 pm - 8:00 pm

*Available by advanced reservation only

The Grill Room

Reservations 817.878.4000
reception@cityclubfw.com
Lunch Monday - Friday
11:30 am - 2:00 pm

Fitness Centers

Men's Fitness Center 817.878.4016
Monday - Friday: 5:00 am - 7:00 pm
Saturday: 8:00 am - 2:00 pm
Women's Fitness Center 817.878.4094
Monday - Friday: 5:00 am - 6:30 pm
Saturday: 9:00 am - 1:00 pm

Accounting

Paula Muller 817.878.4087
pmuller@cityclubfw.com

For Reservations and Information

Management Offices 817.878.4000
Monday - Friday 9:00 am - 5:00 pm
General Manager
Craig Halvorson 817.878.4077
chalvorson@cityclubfw.com

Membership Director

Matt Burrell 817.878.4088
mburrell@cityclubfw.com

Catering

Kim Keen 817.878.4028
kkeen@cityclubfw.com
Kelly Norvell 817.878.4051
knorvell@cityclubfw.com

The City Club is closed on
Sunday and Monday for Dinner,
except for special occasions.

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