

THE FOREST CLUB

MONTHLY



13 | Crawfish Boil



TABLE OF CONTENTS

Board of Directors.....	3
Forest Club Events	4-24
Garland’s Corner.....	25
Tennis.....	26
Fitness	27
Club Calendar	28-29
Staff Directory	30

OUR STORY

The Forest Club is a Home Away from Home

Situated on more than six wooded acres, deep in the heart of Houston just off Memorial Drive, the Club is a rare gem in the bustling City of Houston. Founded in 1946, by some of Houston’s oldest and finest families, The Forest Club’s guiding principle has always been to create a comfortable environment where friends and family can gather, dine and enjoy recreational activities; a place where the staff knows your name and greets you warmly each visit.

BOARD OF DIRECTORS



FROM THE PRESIDENT



Fellow Members –

Though it’s only late February as I write this update, the azaleas at the Club are beginning to bloom. Pulling into the Club and seeing all of them in full bloom is always startling to me and is one more reminder of this fantastic place we get to enjoy. It also reminds me that we’re fortunate to get to enjoy them, even for a short while, when so many people don’t even realize our amazing Club exists!

The projects mentioned in last month’s article are ongoing. The restroom remodel should be complete by the end of February, and the turf for the playground is being installed. New carpet for both locker rooms has been ordered and will be installed in the coming weeks. The bigger news for the Club is that our chef has taken another position at a different club due to unforeseen circumstances. While certainly not expected, we’re focused on his replacement and have already engaged our search consultant. We should have a slate of prospective candidates to interview in the next two weeks. In the meantime, our kitchen staff is very competent and capable and will continue serving the fantastic food we’re accustomed to having. I can personally speak to this as the paella at the recent Spanish wine dinner was absolutely outstanding!

This month’s letter from me is brief but know that the Club is doing well, and the Board is working diligently to identify our Club’s future chef.

I look forward to seeing you at The Forest Club.

Will Stacy

YOGA | MONDAYS, WEDNESDAYS, & SATURDAYS



Forest Club Yoga

Mondays at 8:30am
Wednesdays at 8:30am & Slow Flow at 9:40am
Saturdays at 9am

Join us in the Teen Room to:

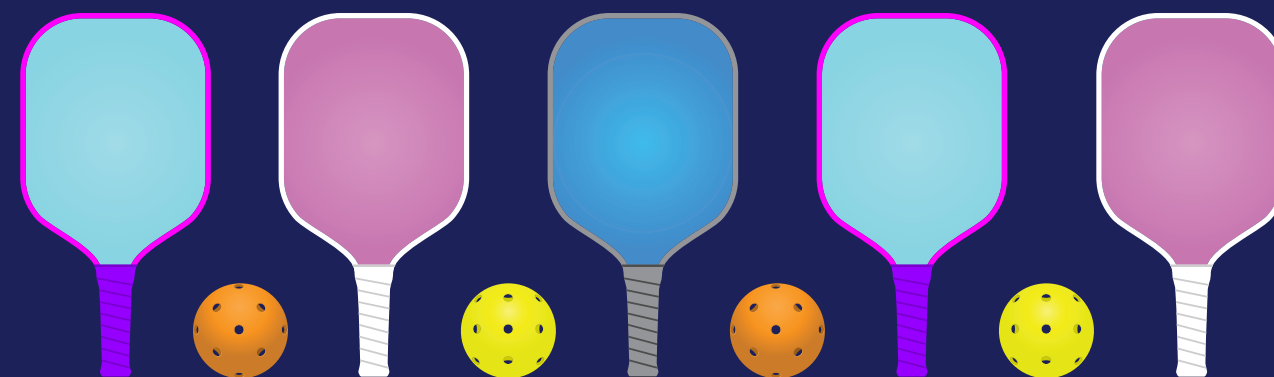
GET A GREAT FULL BODY WORKOUT
FOCUS ON BREATHING
IMPROVE FLEXIBILITY
FEEL AMAZING

\$20/Class
Bring your own yoga mat

Contact Kathryn Johnson with questions.
kathrynmjohnson@comcast.net

PICKLEBALL | THURSDAYS, 6PM

OPEN PICKLEBALL PLAY



What are you waiting for? Show up with your partner & meet other members at the club for a pick-up pickleball match.

Every Thursday at 6pm - until you are pickled out!

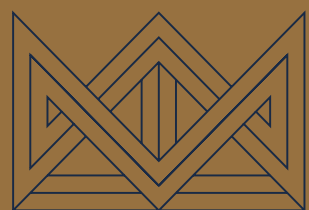
Demos will be provided on a first come, first serve basis.

Please RSVP to bethanne.cooper@forestclub.org



FOREST CLUB EVENTS

MIXED DOUBLES | SUNDAYS, 2PM



KINGS &
MIXED



QUEENS
DOUBLES

EVERY SUNDAY

Beginning Feb. 16 at 2pm

UNTIL YOU ARE TIRED OF RUNNING AROUND!

One set no-ad; winners move up one court, and losers move down one court. Kings and Queens is a self-directed event, so make sure you bring a can of balls, your partner, and meet your fellow opponents on the deck at court one.

RSVP: BethAnne.Cooper@forestclub.org



FOREST CLUB EVENTS

MONTHLY SUNDAY BRUNCH | EVERY FOURTH SUNDAY, 11AM

MONTHLY SUNDAY BRUNCH BUFFET

4th Sunday of Every Month

11am to 3pm

\$35 ADULTS
\$17 KIDS



RESERVATIONS REQUIRED

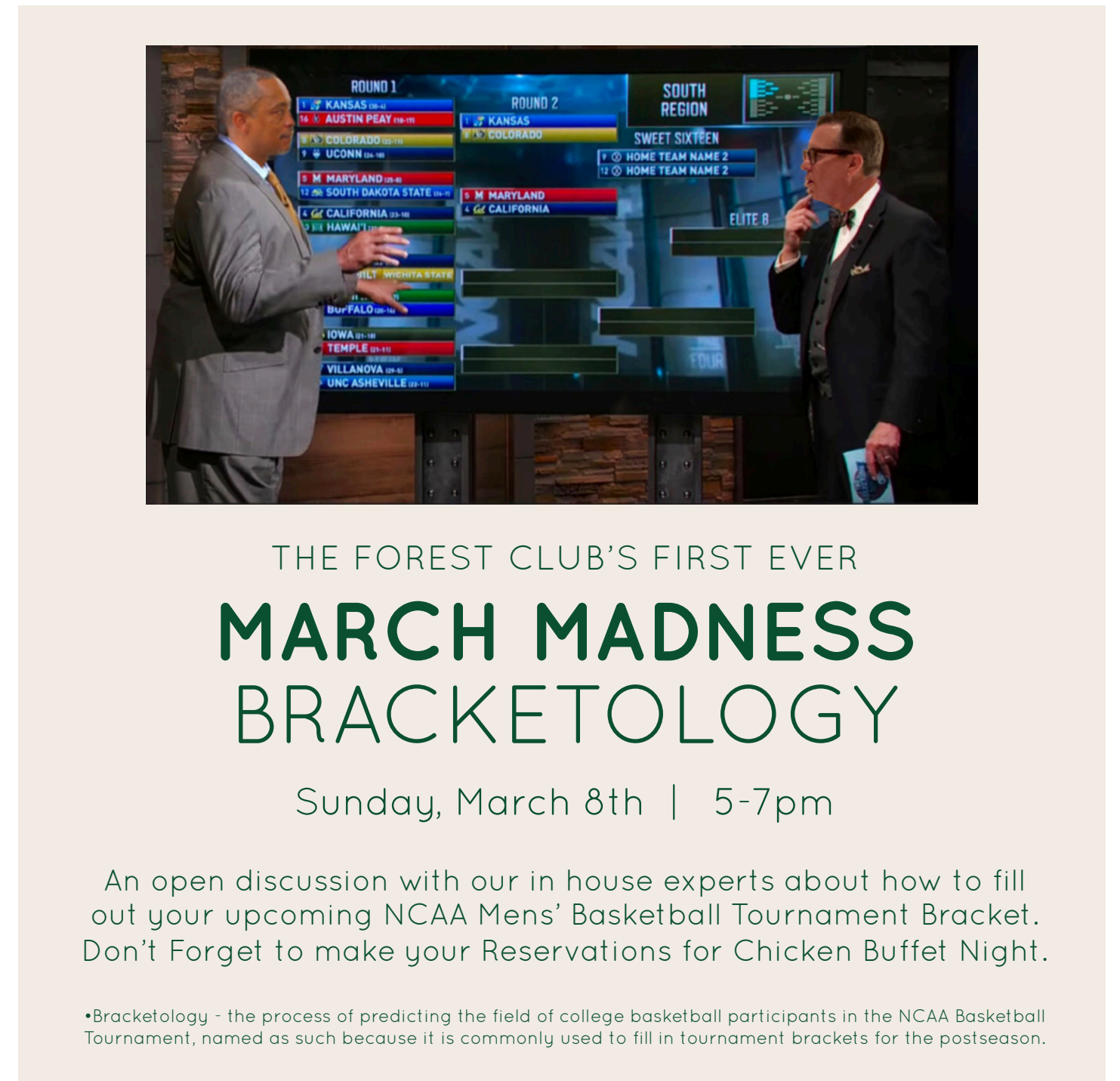
FOREST CLUB EVENTS

WILD GAME DINNER | MARCH 5, 7PM



FOREST CLUB EVENTS

MARCH MADNESS | MARCH 8, 5PM

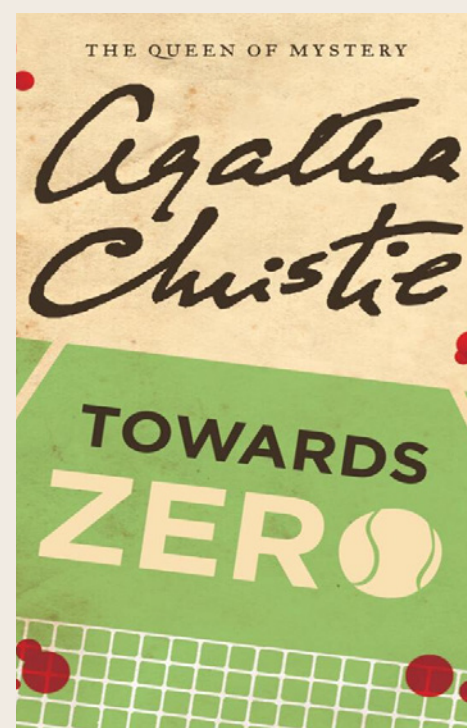


FOREST CLUB EVENTS

BOOK CLUB | MARCH 10, 6PM

BOOK CLUB

Tuesday, March 10 at 6pm



Our March book is a classic whodunit, *Towards Zero* by Agatha Christie. One of Agatha Christie's own personal favorites, *Towards Zero* is set at Gull's Point, an idyllic seaside home, where a house party and a carefully planned murder intersect. For new fans of Agatha Christie, this book is a stand-alone—not part of the Miss Marple or Hercule Poirot series, so you can dive right in, and enjoy her wondrous storytelling.

Reservations Required.

FOREST CLUB EVENTS

TENNIS CAMP | MARCH 17-20, 9AM



**Spring Break
Tennis Camp**

**\$225 Members
\$300 Non-Members**
To register go to
tinyurl.com/fcspring2019

**March 17-20
9am-12pm
The Forest Club
Ages 5-14**



**Awards Lunch
Celebration
included on Friday**



For questions contact Stacy Aguirre at stacy.aguirre@forestclub.org

CANASTA | MARCH 25, 9:30 AM

Join us for **CANASTA**

**and practice what
you have learned.**

**No teachers this
time, just a chance
to play.**



Wednesday, March 25th

9:30am-12:30pm

\$5 per person. Beverages and snacks provided. Reservations required.

For questions or to RSVP contact Deanna Packard.

Deanna.Packard@forestclub.org

713-686-3728 ext. 223

CRAWFISH BOIL | MARCH 27, 5:30 PM



ANNUAL CRAWFISH BOIL

FRIDAY, MARCH 27TH

5:30 PM

ADULTS \$44

KIDS \$22

**RESERVATIONS
REQUIRED**

FOREST CLUB EVENTS

SENIOR LUNCHEON | MARCH 29, 12PM

* Celebrate your High School Senior at our annual

SENIOR RECOGNITION LUNCHEON

Sunday, March 29th

12pm to 3pm

\$25

Reservations Required

* * *

FOREST CLUB EVENTS

LADIES' ASSOCIATION SPRING LUNCHEON | APRIL 3, 11:30 AM



NOW SHOWING

LADIES' ASSOCIATION

SPRING LUNCHEON

FRIDAY, APRIL 3RD | 11:30AM

Featuring

Kristen Hertenberg

Kristen is best known for her role as Christine in the Las Vegas production of The Phantom of the Opera. A Nevada Magazine - Desert Companion - named her Best Torch Singer in Las Vegas.

\$35

GUESTS WELCOME

FOR MORE INFORMATION ON KRISTEN HERTZENBERG
GO TO WWW.KRISTENHERTZENBERG.COM

RESERVATIONS REQUIRED

MOTHER DAUGHTER DOUBLES | APRIL 4, 8:30AM

MOTHER DAUGHTER DOUBLES EVENT

MOTHERS, DAUGHTERS, IN-LAWS AND INVITED
NON-MEMBER GUESTS ARE WELCOME TO COMPETE

SATURDAY, APRIL 4TH
8:30AM

\$40 PER TEAM

INCLUDES PRE-GAME BREAKFAST AND LUNCH FOLLOWING THE MATCHES

CHAired BY SHARI LAKENMACHER AND LINDA WEST

TO RSVP CONTACT SHIRLEY AT
SHIRLEY.MENDOZA@FORESTCLUB.ORG

FISH FRY | APRIL 10, 5PM

GOOD FRIDAY FISH FRY

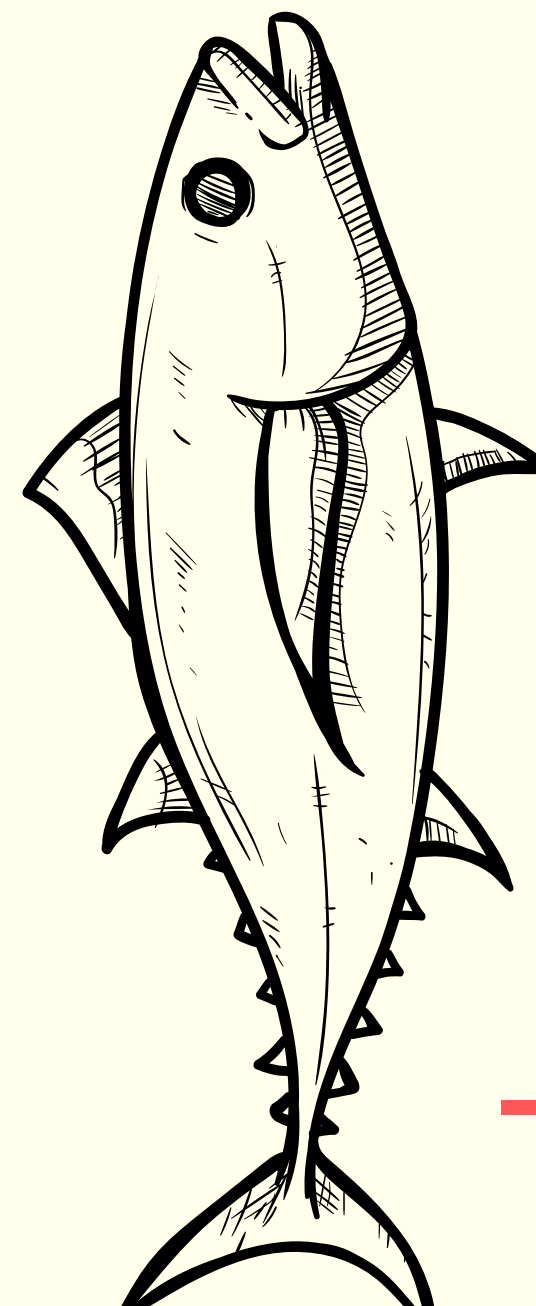
FRIDAY, APRIL 10TH

5PM

ADULTS \$35

KIDS \$14

RESERVATIONS REQUIRED



BRUNCH WITH THE BUNNY | APRIL 11, 11AM



BRUNCH WITH THE BUNNY

HOP ON OVER AND CELEBRATE EASTER WITH US!

SATURDAY, APRIL 11TH | 11AM

Easter Egg Hunt Begins 11:30AM

Petting Zoo, Pony Rides, Family Photos and much more. Don't forget to bring your basket!

Adults \$25
Kids \$15

Club Closes at 2PM

Members Children and Grandchildren only

Reservations Required



EASTER BRUNCH | APRIL 12, 11AM



THE FOREST CLUB

Easter Brunch

SUNDAY, APRIL 12TH

TWO SEATINGS
11 AM | 1 PM

ADULTS \$45
KIDS \$18

CLUB CLOSSES AT 3 PM

Reservations Required





FOREST CLUB EVENTS

BOOK CLUB | APRIL 14, 6PM

BOOK CLUB

Tuesday, April 14 at 6pm



Houston native Katherine Center can always be counted on for warm, humor-filled storytelling with an uplifting message of hope. *Things You Save in a Fire* tells the story of a fearless female firefighter in Austin, Texas, who finds her way back to Boston, answering the call of her estranged mother. Told with a lot of heart, this novel will offer much to enjoy in conversation with your friends at The Forest Club.

Reservations Required.



FOREST CLUB EVENTS

PIZZA NIGHT WITH NADIA | APRIL 16, 6PM

Nadia's Pizza Night

on the patio!

Thursday, April 16th
6pm

Nadia's Pizza Creations
&
Garland's Selection of Wines

Adults \$30
Kids \$17



RESERVATIONS REQUIRED

KNOCK ON WOOD DOUBLES | APRIL 16, 6PM

KNOCK ON WOOD A DOUBLES EVENT

Chaired by Bill Lakenmacher and Rob West

THURSDAY, APRIL 16TH
6PM



*Let's honor the tennis legends by donning our vintage outfits.
Men will be switching out their 21st century racquets for
wooden ones.*

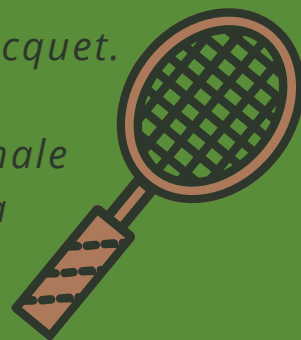
Ladies will play with their current modern racquet.

*Awards for the Best Dressed Male and Female
Tennis Athlete of the 1920's-1970's era*



\$20
INCLUDES SNACKS AND (2) DRINKS PER PERSON

RSVP to bethanne.cooper@forestclub.org



CARDBOARD BOAT REGATTA | APRIL 25, 10AM



CARDBOARD BOAT REGATTA

SATURDAY, APRIL 25TH
10AM

**BUILD A BOAT MADE OF ONLY THE SUPPLIES WE PROVIDE!
WILL YOURS SINK OR FLOAT?**

**\$75 PER TEAM TO REGISTER
AT LEAST 1 TEAM MEMBER MUST BE AN ADULT
NO SUPPLIES FROM HOME WILL BE ALLOWED
LUNCH WILL BE PROVIDED**

WINNER WILL RECEIVE A CHILDREN'S BIRTHDAY PARTY WITH A DJ



**FOR QUESTIONS AND RULES CONTACT DEANNA PACKARD AT
DEANNA.PACKARD@FORESTCLUB.ORG**

JUNIOR TENNIS PROGRAM | TUESDAYS, THURSDAYS, & SATURDAYS

JUNIOR TENNIS PROGRAM

ORANGE BALL (BEGINNERS)

TUESDAY AND THURSDAY 4-5PM

SATURDAY 2-3PM

1 DAY A WEEK \$80 MEMBER/\$100 NON-MEMBER PER MONTH
2 DAYS A WEEK \$150 MEMBER/\$185 NON-MEMBER PER MONTH
3 DAYS A WEEK \$200 MEMBER/\$240 NON-MEMBER PER MONTH

GREEN BALL (INTERMEDIATE)

TUESDAY, THURSDAY & SATURDAY 4-5:30PM

1 DAY A WEEK \$120 MEMBER/\$140 NON-MEMBER PER MONTH
2 DAYS A WEEK \$200 MEMBER/\$240 NON-MEMBER PER MONTH
3 DAYS A WEEK \$275 MEMBERS/\$325 NON-MEMBER PER MONTH

JUNIOR EXCELLENCE (ADVANCED)

TUESDAY AND THURSDAY 5:30-7:30PM

SATURDAY 3:30-5:30PM

1 DAY A WEEK \$160 MEMBER/\$190 NON-MEMBER PER MONTH
2 DAYS A WEEK \$265 MEMBER/\$300 NON-MEMBER PER MONTH
3 DAYS A WEEK \$360 MEMBER/\$400 NON-MEMBER PER MONTH

DIRECTED BY STACY AGUIRRE, DIRECTOR OF JUNIOR TENNIS

STACY.AGUIRRE@FORESTCLUB.ORG

TO REGISTER GO TO [HTTP://TINYURL.COM/FCJUNIOR](http://tinyurl.com/FCJUNIOR)



WINE OF THE MONTH

2017 Azuly Garanza, \$14

Single Vineyard, natural, low intervention and organic wine of high quality. Evolved and generous on the nose, with cassis, chocolate and wild cherry fruit in the mouth. This medium bodied wine will provide a luxurious entry into the time of year where our patio becomes our pleasure.

BEER OF THE MONTH

Southern Star Kolsch, \$6

Crisp & clean, this beer presents itself as a super quaffable session beer. Subtle classic barley flavors are balanced with soft bitterness and a pleasant slightly spicy hop nose and flavor.

DRINK OF THE MONTH

B-L-Tx Lemonade, \$9

Blackberries, lemonade and Texas whiskey, our take on a classic "Lynchberg Lemonade."

WHY CAN'T I PLAY MATCHES LIKE I PRACTICE?



At every tennis level there is a point at which you will notice you perform better on the practice court than in a match. Being able to turn the match switch “on,” is a learned skill. I want to go over ways to help you bridge the gap from the practice court to competition.

Competition gets your nerves firing. Now all of a sudden you care more about the outcome of the match, maybe almost too much to where you become fearful of losing. That nervous energy has to come out somehow and one physical way to get you into the competition mindset is to get your body moving. Focus on keeping your feet active between points as this can set you up successfully for the next shot. You don’t want to be a deer in headlights early on in the match, this can dampen your reflexes and kill your footwork!

Next, set up matches with people that you don’t know well or sign-up for club events where you don’t know who will show up. Playing matches with the same people (while incredibly fun and has it’s own benefits) does not enable you to practice being nervous. Remember, to turn the match switch to “on,” you want to mimic competition nerves on the practice court as much as possible.

And now, let’s address your brain. How about giving mindfulness a try? Mindfulness is a type of meditation that allows the reduction of stress.

Novak Djokovic, Bianca Andreescu, and Milos Raonic have openly talked about the benefits of meditation and the impact it has made in their tennis games. A study published in the Journal of Health Psychology illustrates that in athletes who practice meditation, there is a decrease in cortisol, the stress hormone. Building a mindfulness practice over time enables the body to discover how to relax and manage tense moments more healthily. Also, it helps to cultivate a more optimistic and proactive mental approach to difficulties and problems, which is also useful for improving sports performance.

If you are unsure how to get started with meditation, try the *Headspace app. Headspace offers beginner-friendly sports performance meditations ranging from 2-20 minutes.

So there you have it. I hope you have the curiosity to try one of the three ways listed above to turn on your “match switch!”

As always, if you have any questions feel free to reach out to any of the tennis pros. We are here for you!

Keep Playing,
Shirley

**I have no affiliation with Head Space; I use it personally to stay mentally fit.*

THE BETTER FAT LOSS EXERCISE SOLUTION



Instead of relying on countless hours of cardio on the treadmill or elliptical to help you shed fat, look to its counterpart, resistance training.

Resistance training, particularly the type that raises the heart rate and involves multiple joint complex exercises, may be better at converting fat to fuel as well as helping maintain muscle mass.

Complex multi-joint resistance exercises are exercises that recruit multiple joints. Common examples of these types of exercises include squats, deadlifts, push presses and bent-over rows. In contrast with single-joint exercises like bicep curls and leg extensions, multi-joint exercises recruit a variety of big muscle groups – and the more muscles you recruit, the greater the challenge and calorie burn.

Intense strength training workouts can also help you continue burning calories long after your workout is over. Resistance training, if it takes the form of a circuit, a complex or another type of metabolic conditioning, can bring the body into an energy system that prefers fat as fuel and create what’s known as an “afterburn effect.”

This afterburn is also known as excess post-exercise oxygen consumption (EPOC) and refers to the extra work your body has to do to repair your muscles and tissues after an intense workout, which requires more energy and in turn burning calories. A study in the European Journal of Applied Physiology suggests your caloric burn at rest remains elevated up to 72 hours after a workout, which is great news if your goal is to lose fat.



CLUB CALENDAR

MARCH 2020

SUN	MON	TUE	WED	THU	FRI	SAT
<div>1</div> <div>Fried Chicken Buffet Every Sunday</div> <div>Mixed Doubles Every Sunday 2pm</div>	<div>2</div> <div>Club Closed</div> <div>Yoga 8:30am</div>	<div>3</div> <div>Shrimp Night Every Tuesday</div>	<div>4</div> <div>Yoga 8:30am 9:40am</div>	<div>5</div> <div>Open Pickleball Play Every Thursday 6pm</div> <div>Wild Game Dinner 7pm</div>	<div>6</div>	<div>7</div> <div>Yoga 9am</div>
<div>8</div> <div>March Madness Bracketology 5pm</div>	<div>9</div> <div>Club Closed</div> <div>Yoga 8:30am</div>	<div>10</div> <div>Book Club 6pm</div>	<div>11</div> <div>Yoga 8:30am 9:40am</div>	<div>12</div>	<div>13</div>	<div>14</div> <div>Yoga 9am</div>
<div>15</div>	<div>16</div> <div>Club Closed</div> <div>Yoga 8:30am</div>	<div>17</div> <div>Spring Break Tennis Camp</div>	<div>18</div> <div>Yoga 8:30am 9:40am</div> <div>Spring Break Tennis Camp</div>	<div>19</div> <div>Spring Break Tennis Camp</div>	<div>20</div> <div>Spring Break Tennis Camp</div>	<div>21</div> <div>Yoga 9am</div>
<div>22</div> <div>Brunch Buffet 11am</div>	<div>23</div> <div>Club Closed</div> <div>Yoga 8:30am</div>	<div>24</div>	<div>25</div> <div>Yoga 8:30am 9:40am</div> <div>Canasta 9:30am</div>	<div>26</div>	<div>27</div> <div>Crawfish Boil 5:30pm</div>	<div>28</div> <div>Yoga 9am</div>
<div>29</div> <div>Senior Recognition Lunch 12pm</div>	<div>30</div> <div>Club Closed</div> <div>Yoga 8:30am</div>	<div>31</div>				

CLUB CALENDAR



APRIL 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			<div>1</div> <div>Yoga 8:30am 9:40am</div>	<div>2</div> <div>Open Pickleball Play Every Thursday 6pm</div>	<div>3</div> <div>Ladies Assoc. Spring Lunch 11:30am</div>	<div>4</div> <div>Yoga 9am</div> <div>Mother/Daughter Doubles 8:30am</div>
<div>5</div> <div>Fried Chicken Buffet</div> <div>Mixed Doubles 2pm</div>	<div>6</div> <div>Club Closed</div> <div>Yoga 8:30am</div>	<div>7</div> <div>Shrimp Night Every Tuesday</div>	<div>8</div> <div>Yoga 8:30am 9:40am</div>	<div>9</div>	<div>10</div> <div>Good Friday Fish Fry 5pm</div>	<div>11</div> <div>Yoga 9am</div> <div>Brunch with the Bunny 11am</div>
<div>12</div> <div>Easter Brunch 11am & 1pm</div>	<div>13</div> <div>Club Closed</div> <div>Yoga 8:30am</div>	<div>14</div> <div>Book Club 6pm</div>	<div>15</div> <div>Yoga 8:30am 9:40am</div>	<div>16</div> <div>Nadia's Pizza Night 6pm</div> <div>Knock on Wood Doubles 6pm</div>	<div>17</div>	<div>18</div> <div>Yoga 9am</div>
<div>19</div> <div>Fried Chicken Buffet</div> <div>Mixed Doubles 2pm</div>	<div>20</div> <div>Club Closed</div> <div>Yoga 8:30am</div>	<div>21</div>	<div>22</div> <div>Yoga 8:30am 9:40am</div>	<div>23</div>	<div>24</div>	<div>25</div> <div>Yoga 9am</div> <div>Cardboard Boat Regatta 10am</div>
<div>26</div> <div>Brunch Buffet 11am</div> <div>Swim Team Kick Off</div> <div>Mixed Doubles 2pm</div>	<div>27</div> <div>Club Closed</div> <div>Yoga 8:30am</div>	<div>28</div>	<div>29</div> <div>Yoga 8:30am 9:40am</div> <div>Ladies Assoc. Try Something New</div>	<div>30</div>		



1946

THE FOREST CLUB

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Houston, TX 77024

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Tommy Chingos

Maintenance Manager

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www.forestclub.org