



## Member Update

**The Store at Glenmore** - Thanks to the 50+ households who ordered during the store's inaugural week, and those who have provided suggestions for more products to carry. New this week is apple juice and frozen salmon fillets. [Online ordering](#) is open until 5pm on Sun for pick up or delivery the following Tue.

**Weekly Family-Style Specials** - In lieu of our regular weekly specials we're offering a choice of two special "family-style" entrees each week, either sized to serve four (\$30) or six (\$45). This week it's Pan Seared Salmon Cakes with Tartar Sauce and Basmati Rice, or a Whole Roasted Chicken with Lemon and Honey Glaze, Mashed Potatoes and Gravy. Salads and desserts sized to match are available a la carte. Please call the Grill to order (817-0507) and allow at least 30-45 minutes of lead time. The full lunch and dinner [menus](#) are available for delivery (within Glenmore and Rivanna Village) or pick up, 11:30-8, Tue-Sun. You can also order online with a few clicks [here](#).

### **Golf Save-the-Dates -**

- Ladies member-member, Sat-Sun 6/27-28.
- Glenmore member-guest, Thu-Sat 7/16-18.

**Online Tee Times** - Members can book tee times 14 days in advance by [logging in](#) to the members' side of the website and clicking "book tee times." If you're bringing guests, please make a note in the comments section about who the guest is and which member to charge--absent notation we'll charge the member listed in the first slot. Thanks to everyone who has helped us chase bugs and provided feedback for improvement on this new system.

**Practice Areas** - Please be sure to bring your own balls when using the short game practice area and practice putting green. We're no longer leaving balls so as to eliminate potential common-touch items. Please also collect all of your balls when finished.

**Superintendent's Update** - We had some flooding after heavy rain early in the week. There wasn't any real damage done, but the course is still very soggy. *Please follow daily cart rules without exception.* Below is water running down #5, draining into an already overflowing Carroll Creek on Mon morning. If you look closely you'll see the water is completely over the far end of the bridge.



**Swim Team** - There has yet to be a decision made as to whether or not the season will happen, or what form it will take if it does. The Club, staff, and parents committee will be working toward the safest and healthiest solution in conjunction with other area clubs. We'll keep you updated as details emerge, and thank you for your understanding and patience.

**Fitness Classes** - The Fitness Center is still closed, with classes taking place outside or via Skype. All classes are complimentary, with a maximum participation of 8 people per class. Email [Mark](#) to signup, and bring your own mats. Current offerings are:

- **Glenmore Fitness** (meet outside the Clubhouse) - Mon-Fri 8-9am.
- **Yoga** (meet at the Tent Pad) - M/W/F 10-11am.
- **Tai Chi** - At the Tent Pad Tue 4-5pm, via Skype Wed 4-5pm.
- **Outdoor Xtrain** (meet outside the Clubhouse) - M/W/F 7-8am.

**New! Yoga Nidra Class via Zoom with Holly Hedstrom** - 7pm on Thu, beginning 4/23 - Also known as yogic sleep or sleep with awareness, Yoga Nidra is an ancient practice that is rapidly gaining popularity in the West. This evening class is intended to induce full-body relaxation and a deep meditative state of consciousness, holistically addressing physiological, neurological, and subconscious needs. Email [Mark](#) to sign up.

**Racquets** - Please call 817-0539 or email [Mark](#) to reserve a court. Courts must be reserved in advance. Reminder that in Pickleball doubles teams must be comprised of members of the same household, and for all play the [single-touch ball rules](#) we've devised must be followed.

**Repair and Restringing** - We've adjusted the usual procedure as follows:

- Let Colin or Mark know in advance if you would like to have your racquet(s) restrung/regripped/repared.
- We'll advise on the time and location to leave the racquet(s).
- Allow 3-5 days for us to complete the requested work while safely handling equipment: receive, disinfect, maintenance/repair, disinfect, return.
- Following completion, we'll advise on pickup time and location.

**New Member Spotlight** - Please welcome newlyweds Julie and Lee Galloway. COVID-19 may have gotten in the way of their June wedding plans, but not in the way of their "I do's"! They tied the knot in late March before a very small group of loved ones. Julie is an Elkin, NC native, and Lee is originally from Fredericksburg. Lee works for the Department of Defense and Julie is a VP at [Quince Health](#). Big Nats fans, they go to spring training every year. Juile enjoyed a trip to Cuba last year, and Lee is currently reading up on the founding of the Disney Corporation and the clandestine land purchases that became their theme parks.



Suggestions are always welcome at:

[suggestions@theclubatglenmore.com](mailto:suggestions@theclubatglenmore.com)

[www.theclubatglenmore.com](http://www.theclubatglenmore.com)

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