



## Member Update

**For safety, the golf course and cart paths are for golfers only. We encourage all outdoor exercise, and for non-golf activities please use sidewalks or the Glenmore trail system. We appreciate the cabin fever and temptation, but we really don't want any injuries.**

**Mother's Day To-Go** - This year is a good year to be extra thankful for family. Treat mom to a special meal at home, with us doing the cooking. The menu features quiches, desserts, salads and sides, plus a Local Chicken with Mushroom Stuffing and a Shrimp & Herb Crusted Roast Salmon. [Order online](#) by 5pm on Thu 5/7.

**NEW! Soft Shell Crab Special - Limited Availability!** - We have three dozen soft shell crabs arriving Wed 4/29. We're lightly frying them (two per order) and pairing them with Sweet Corn Risotto, Lemon and Caper Aioli and Roasted Broccoli. \$27, first come first served, call 817-0507 to order.

**UPDATED! Dining To-Go or Delivery** - Lunch & dinner [menus](#) available for delivery takeout, 11:30-8, Tue-Sun. Call 817-0507 or order [online](#). This week's family-style specials:

- Baked Penne with Marinara and Meatballs
- Chicken, Shrimp and Sausage Jambalaya with Red Rice
- Serves either 4 or 6, salads and desserts optional, allow 45 minutes of lead time.

**The Store at Glenmore** - [Order online](#) by 5pm on Sun for pick up or delivery next Tue.

**Cart Rules Reminder** - One silver lining to these COVID-19 influenced times has been seeing communities come together for the greater good. Please keep that in mind as it applies to the golf course. Unrepaired ballmarks affect us all. Same with the cart damage caused by disregarding posted daily cart rules and/or common sense etiquette. Cart policy violations are subject to disciplinary actions including fines and suspension of privileges. The only thing we want less than to impose such penalties is to see the course damage done by a few affecting the enjoyment of all.

**NEW! Golf Instruction with Bill Fedder** - We're reintroducing lessons on a trial basis, with limited availability, as we figure out and adapt systems to keep both student and teacher safe. If you're interested, email [Bill](#). Individual lessons only, and ages 12+ only to start with. A list of new precautions and procedures is [here](#).

**Fitness** - There is still space open in our outdoor fitness classes, schedule and sign up info [here](#).

**NEW! Power Yoga for Respiratory Health and Golf Fitness** - This Baptiste-based class will have a two-pronged focus: developing strong, pliable muscles for supporting a powerful and technically sound golf swing, and increasing circulatory and breath awareness to support the immune system. With Karen Kopf via Zoom, Tue 5-6pm, email [Mark](#) to sign up.

**NEW! Thursday Evening Yoga Nidra** - Join Holly Hedstrom via Zoom at 7pm beginning Thu 5/7 for a highly relaxing class. 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.

**NEW! Personnel Update** - Please welcome David Harvey to the club as our new Asst Golf Pro. He comes to us from the Lonesome Pine CC in Big Stone Gap. He won a NCAA Division II Mountain East Conference team championship at UVA Wise and later became head coach. Stay at home order or not, his favorite non-golf activity is being home with his girlfriend, dog, and three cats.



**NEW! A Good News Story** - Glenmore owner David's Swales' wife Lisa recently had a purse returned to her...after it was stolen 27 years ago when she was a UVA student. Unchanged since 1993, the purse was found in Alderman Library's duct work at the start of renovations and was a bit of a time capsule. Grab your family members under 25 and read this together to explain to them some of the items found intact. Read more [here](#).

Suggestions are always welcome at:

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

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

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