



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.

Monthly statements - To reduce multiple touch items, May statements and calendars will be sent via email only, not through the USPS. We believe we have email addresses for all members on file, but if a member of your family or a friend who is a member mentions they are not receiving emailed updates have them contact suggestions@theclubatglenmore.com with their name, member number and a request to be added. You can also pay your statement online via ACH transfer instead of mailing in checks. Email [Rita](#) for details.

Dining To-Go or Delivery - Lunch & dinner [menus](#) available for delivery and 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 (\$30) or 6 (\$45), salads and desserts optional, allow 45 minutes 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! Memorial Day Stableford - Mon 5/25 - Our first socially-distanced tournament. Make your own tee times, play with your own groups, turn in your card after you finish and watch the website for results. Men's and ladies divisions, points for gross scores, plus handicap and tee adjustments. \$10 entry fee, email [Jack](#) to sign up. Save the date for the **Ladies Member-Member**, Sat-Sun 6/27-28, and the **Men's Member-Guest**, Thu-Sat 7/16-18.

NEW! On Course Food & Drink Delivery - Visit the club website (or bookmark [this page](#)), order from your phone, enter the hole you're on, and we'll deliver to you on the course. Available 11:30-5, Tue-Sun, when weather permits.

NEW! Touchless Golf Ops Tipping - The golf operations hourly team is cleaning and sanitizing carts and range balls among other things. The only way to tip them until now has been cash, which is understandably out of favor. Glenmore is beta testing a tipping app called [Tack](#) which was developed by a team at UVA Darden. We are the first golf course in the country to use this technology. There are two ways to tip, QR code or online. Future iterations could include credit card and/or member number storage, along whatever other ideas our members come up with. [Give it a try.](#)

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](#). All classes are currently complimentary.

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! Evening Yoga Nidra - Also known as yogic sleep or sleep with

awareness, this ancient practice is rapidly gaining popularity in the West. Join Holly Hedstrom via Zoom for a highly relaxing class intended to induce full-body relaxation and overcome the sleeplessness and poor dreams the pandemic brings many. Thu 7-8pm, email [Mark](#) to sign up.

NEW! Demo Tennis Equipment - New demos are now available. Equipment will be disinfected prior to and following member use and must be checked out in advance. For more info email [Mark](#).

New Member Spotlight - Welcome Scott and Louise Wawner back to the club. Scott is recently retired from VA Eagle Distributing, and Louise is an active member of the PVCC faculty. They have three children, distributed as evenly across the country as is possible--Hawaii, Idaho, and C'ville--and five, soon to be six, grandchildren. An avid swimmer and reader, Louise is the daughter of the legendary Gene Corrigan. Scott is a birdwatcher who loves to hunt and fish, and they both love travelling. They're involved with local chapters of the [Boys & Girls Club](#) and [Computers for Kids](#), and support the [World Central Kitchen](#) which is leading the COVID-19 response [#ChefsForAmerica](#).



Suggestions are always welcome at:
suggestions@theclubatglenmore.com

www.theclubatglenmore.com

The Club at Glenmore

1750 Piper Way, Keswick, VA 22947
(434) 817-0506

[unsubscribe from this list](#)
