

- CITY CLUB'S ANNUAL -

# SCOTCH & WHISKEY TASTING & BUFFET

Featuring Single Malt & Blended Scotch and American Whiskeys and Bourbons

## Thursday, October 19, 2023

Tasting: 5:30-7:00pm | Buffet Open: 6:00-8:00pm



### DINNER MENU

#### APPETIZER STATION

Charcuterie and Cheese Board  
Candied Pepper Bacon  
Ginger Snap Cookies with Blue Cheese

#### DINNER BUFFET

Macaroni Pasta Salad  
with bits of Smoked Brisket  
Fried Cod with Tartar Sauce  
City Club Rubbed Prime NY Striploin  
Brown Sugar and Creamy Horseradish Sauce  
Whiskey Glazed Carrots  
Potato Gratin with Cabbage

#### DESSERT & COFFEE STATION

Assorted Chef's Mini Desserts

Cost: \$45 plus tax and gratuity  
Price includes Tasting & Buffet





**Craig Halvorson**  
General Manager

## MESSAGE FROM THE GENERAL MANAGER

I wanted to start out this first message to our membership by saying thank you for all of the congratulatory communications I have received since the announcement of my new position. We all have so many memories at the Club since that young 24-year-old was pouring wine at a dinner party in the Wine

Room 28 years ago (see picture below, that kid was serious about his pouring technique!!).



During all of those years, I have been so honored to have served so many of your families, friends, and business partners. We have shared so many great memories together over the years: graduation dinners, company parties, weddings, retirement parties, holiday parties, birthdays, and anniversaries. I am so fortunate to have been a part of so many great moments we all have shared together.

Thank you for entrusting the City Club with these important events in your lives.

**Ok, Let's get down to business!**

September is kicked off with two great member events. The first is our **Sonoma & Napa Valley Wine Tasting and Buffet** on **Thursday, September 21st** at **5:30pm**. The following week, Plumpjack Winery will be

here for an exclusive **"Dinner in the Wine Room"** with special guest Tia Green, Brand Ambassador from Plumpjack. Chef John Marquez will prepare an amazing dinner perfectly paired with the Plumpjack owned collection of wines. Seating is limited so reserve your seat early.

We have two of our signature events headlining in October. **October 13th** we are having another **Chef's Table**. You will be dining in the kitchen as the Chef's prepare a gourmet four course meal perfectly paired with wines. Limited seating, so please reserve your spot. On **October 19th** we are having our **Annual Scotch and American Whiskey Tasting & Buffet**. This is a great opportunity to taste a few new scotch and bourbon selections you may not have tried before.

Please read through the news magazine and check out all of the events and happenings we have going on at the Club during September & October. Don't forget **every Thursday night** in the **Terrace Room** we have our **Lobster Dinner Special**, it really is a fabulous meal at a good price. And of course, we finish off each work week with our **Friday Night Steak Special**, as many of you call it - "the best steak deal in town" - I tend to agree, but don't forget the managers Special Bottle of Wine to round out the perfect dinner.

Thank You, See you around the Club!

## Event Cancellation Policy

Many members have asked about our cancellation policy, which is on the calendar page.

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.

CITY CLUB WILL BE  
CLOSED ON  
MONDAY, SEPTEMBER 4  
FOR LABOR DAY

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!***

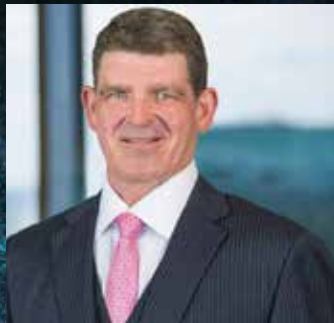
HOSTED BY



**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, SEPTEMBER 14**  
*"Your Trade Secrets and  
How to Protect Them"*  
**Decker Cammack**



**THURSDAY, OCTOBER 12**  
*"Answers to Common  
Consumer Questions"*  
**Caleb Moore**

Reservations required.

**RSVP: [bdubose@whitakerchalk.com](mailto:bdubose@whitakerchalk.com) or  
leave reservation voice message at 817-878-0519.**

# LOBSTER NIGHT

THURSDAYS



Not Available on  
Member Wine Tasting Nights

## SOUP

Lobster Bisque with Blue Lump Crab

## ENTRÉE

Steak and Lobster Oscar  
Grilled 4 oz. Beef Tenderloin  
Topped with a  
Cold Water Lobster Tail and Asparagus  
Herb Whipped Potatoes  
Bernaise Sauce  
\$42.00 (plus tax and gratuity)

## Friday Steak Night

**Every Friday Night at the Club**

**Choice of First Course:**  
Caesar Salad or Seafood Gumbo

**Entrée:**

**Chef's Choice Hand Cut Steak**  
Served with Grilled Vegetables and  
Twice Baked Potato  
\$26

**Bottle of Wine Special**  
Managers Selection Red or White Wine  
\$30



**For reservations, please contact the  
Receptionist at 817.878.4000 or  
[reception@cityclubfw.com](mailto:reception@cityclubfw.com)**





# City Club Kitchen

Chef Gilbert Rivera and his culinary staff have developed these outstanding menu selections, utilizing an abundance of fresh seasonal ingredients.

## Fall & Winter Lunch Menu

City Club Executive  
Chef Gilbert Rivera

### SALADS

**CAESAR SALAD | 10**  
SEASONED CROUTONS,  
PECORINO ROMANO CHEESE AND HOUSE CAESAR DRESSING

**MESCLUN HOUSE SALAD | 11**  
HERB MARINATED HEIRLOOM TOMATOES, RED ONIONS,  
CHAMPAGNE LEMON DIJON DRESSING, ARTISAN BREAD CRISP

**LARGE WEDGE SALAD | 12**  
ICEBERG LETTUCE, PICO DE GALLO HEIRLOOM TOMATOES,  
APPLEWOOD SMOKED BACON,  
FRESH RED ONIONS AND  
STELLA BLEU CHEESE CRUMBLES  
**CHOICE OF DRESSING:**  
BLEU CHEESE, RANCH, BALSAMIC, CHIPOTLE RANCH

**BABY SPINACH SALAD | 12**  
ROASTED BUTTERNUT SQUASH, CRANBERRIES,  
FETA CHEESE, AND CARAMELIZED PECANS  
BALSAMIC FIG VINAIGRETTE

#### ADD TO YOUR SALAD:

**GF** GRILLED CHICKEN | 9      **GF** GRILLED SALMON | 13  
**GF** GRILLED JUMBO SHRIMP | 13      **GF** SLICED GRILLED SIRLOIN | 22

**COBB SALAD | 16**  
LETTUCE, TOMATOES, CHEDDAR CHEESE, GRILLED CHICKEN,  
SMOKED BACON, AVOCADO, HARD-BOILED EGG  
**CHOICE OF DRESSING:**  
BLEU CHEESE, RANCH, BALSAMIC, HONEY MUSTARD

### SOUPS | 9

SOUP OF THE DAY

CHICKEN TORTILLA SOUP

### OMELETS | 16

**BUILD YOUR OWN OMELET**  
SERVED WITH TOAST AND DICED MARINATED FRUIT  
**CHEESES:** MONTEREY JACK, SWISS, CHEDDAR  
**MEAT:** HAM, SAUSAGE, TURKEY  
**VEGETABLES:** ONIONS, MIXED BELL PEPPERS, MUSHROOMS, TOMATOES

### MINI PLATES | 13

**CHICKEN POT PIE**  
FLAKEY CRUST, DICED CHICKEN AND  
MIXED VEGETABLES IN A CREAMY SAUCE

**GF** **MINI BLACKENED SALMON**  
ON A BED OF DIRTY RICE

**BEEF SHORT RIB MACARONI & CHEESE**

**CHICKEN FRIED STEAK**  
PEPPERED GRAVY AND MASHED POTATOES

### ENTREES

**JUMBO SHRIMP PASTA ALLA VODKA | 24**  
CRUSHED TOMATOES, HEAVY CREAM, RED PEPPER FLAKES,  
VODKA, PECORINO ROMANO CHEESE, RIGATONI PASTA

**GRILLED LEMON CHICKEN BREAST | 26**  
VEGETABLE COUSCOUS, ARUGULA SALAD AND LEMON MUSTARD SAUCE

**GF** **SALMON FILET | 28**  
GRILLED OR BLACKENED  
WITH MASHED POTATOES AND MIXED VEGETABLES

**GF** **FRESH FISH OF THE DAY | 30**  
WITH MASHED POTATOES AND MIXED VEGETABLES

### SANDWICHES

SERVED WITH FRENCH FRIES OR SWEET POTATO FRIES

**TRADITIONAL CITY CLUB — CLUB | 16**  
SMOKED TURKEY, HAM, BACON, LETTUCE, TOMATOES, SWISS CHEESE  
AND MAYONNAISE ON WHITE OR WHEAT BREAD

**CITY CLUB CHICKEN SALAD SANDWICH | 16**  
ON CROISSANT, WHITE OR WHEAT BREAD

**GRILLED VEGETABLE CESAR WRAP**  
MIXED VEGETABLES AND ARTISAN GREENS  
WRAPPED IN A CHIPOTLE TORTILLA

**B.L.T.E. | 17**  
BACON, LETTUCE, TOMATO, AND FRIED EGG ON WHOLE GRAIN BREAD

**ITALIAN BEEF SANDWICH | 18**  
THINLY SLICED BEEF, BELL PEPPERS, ONIONS,  
PEPPERONCINI AND PROVOLONE CHEESE  
ON A CRUSTY ROLL OR HOAGIE BUN

### OFF THE GRILL

AVAILABLE ON WHITE OR WHEAT BUN —  
SERVED WITH FRENCH FRIES OR SWEET POTATO FRIES

**GRILLED CHICKEN BREAST | 17**  
**GRILLED NOLAN RYAN BEEF BURGER | 18**

**GRILLED BUFFALO BEEF BURGER | 18**  
**CHOICE OF CHEESE:** CHEDDAR, SWISS OR PEPPERJACK  
**TOPPINGS:** AVOCADO, JALAPEÑOS, BACON,  
MUSHROOMS, GRILLED ONIONS, CHEESE (\$2.00 EACH)

**GF** This symbol indicates that this item is GLUTEN FREE

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs, may increase your risk of foodborne illness, especially if you have certain medical conditions.




# Fall & Winter Dinner Menu


## APPETIZERS

FRIED CALAMARI RINGS AND CAPERS | 13  
WITH TARTAR SAUCE

GRILLED CHICKEN QUESADILLA | 13  
WITH PICO DE GALLO, SOUR CREAM, AND GUACAMOLE  
SUBSTITUTE VEGETABLES | 10 SUBSTITUTE SHRIMP OR BEEF | 16

 CREAMY GARLIC MUSHROOM CAPS | 14  
WITH HERBED GOAT CHEESE

CITY CLUB CRUNCH SUSHI ROLL | 15  
CRAB, SMOKED SALMON, CAVIAR, AVOCADO,  
CUCUMBER, AND CITRUS AIOLI

 CITY CLUB JUMBO SHRIMP COCKTAIL | 16  
COCKTAIL SAUCE AND LEMON WEDGE

TEMPURA LOBSTER DEVILED EGGS | 17  
WITH PICKLED SHALLOTS

FLAT BREAD PIZZA

CALIFORNIA CHICKEN | 14

SPICY SOPPRESSATA | 14

BLACK AND BLUE STEAK | 17

## SOUPS | 9


SOUP OF THE DAY


CHICKEN TORTILLA SOUP  
TORTILLA STRIPS, AVOCADO, AND MONTEREY JACK CHEESE

## SALADS

CITY CLUB CAESAR SALAD | 10  
FRIED ANCHOVIES, HERBED CROUTONS,  
PECORINO ROMANO CHEESE AND HOUSE CAESAR DRESSING

HOUSE BLEND SALAD | 11  
HERB MARINATED BABY TOMATOES, RED ONIONS,  
ARTISAN BREAD CRISP  
AND CHAMPAGNE LEMON HONEY VINAIGRETTE

 WEDGE ICEBERG SALAD | 12  
ICEBERG WEDGE, BABY TOMATO PICO DE GALLO,  
APPLEWOOD SMOKED BACON,  
CHIVES, STELLA BLEU CHEESE CRUMBLES AND  
CREAMY BLEU CHEESE DRESSING


 This symbol indicates that this item is GLUTEN FREE

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs, may increase your risk of foodborne illness, especially if you have certain medical conditions.


## PASTA

JUMBO SHRIMP PASTA ALLA VODKA | 24  
CRUSHED TOMATOES, HEAVY CREAM, RED PEPPER FLAKES,  
VODKA, PECORINO ROMANO CHEESE, RIGATONI PASTA


## SEAFOOD


 SALMON | 28


 CHEF'S FISH OF THE DAY | 26  
GRILLED, SEARED, OR BLACKENED

 6 OZ LEMON CRUSTED CHILEAN SEA BASS | 38


## STEAKS OFF THE GRILL


 CUT TO ORDER BEEF TENDERLOIN  
(4 oz and up) Market Price

 8 OZ GRILLED NEW YORK PRIME STRIPLOIN | 36

 12 OZ GRILLED PRIME RIBEYE | 50

### ADD:

 3 GARLIC BUTTER JUMBO SHRIMP | 8

 STEAK DIANE MUSHROOM CREAM SAUCE | 5

## GAME MEATS

 SEARED LAMB CHOPS | 48  
with Mint Gremolata

## POULTRY


 GRILLED LEMON CHICKEN BREAST | 23  
LEMON MUSTARD SAUCE

## VEGETABLES

 SAUTÉED ASPARAGUS


 CREAMY BABY SPINACH


 ROASTED BRUSSELS SPROUTS  
WITH BALSAMIC AND BACON

 CHARRED ZUCCHINI WITH PESTO

 SAUTÉED CREMINI MUSHROOMS

## STARCHES

 TWICE BAKED POTATO

 ROASTED SWEET POTATOES

CRAB FRIED RICE

PARMESAN AND GARLIC FRENCH FRIES

MAC AND CHEESE

(BLUE CHEESE, BACON OR JALAPENO)



# Chef's Table is Back!

Friday October 13, 2023

Reception at 6:00

Dinner at 6:30

Come have dinner in the kitchen while the Chefs prepare you a delicious four-course meal paired with wines all while cooking for the Restaurant. This is a fun and interactive event with our amazing Chefs.

\$125 per person (Plus tax and gratuity)

Includes Champagne Reception, Dinner and Wine pairing

Reservations required - Limited Seating  
Please contact the Receptionist at 817.878.4000  
or [reception@cityclubfw.com](mailto:reception@cityclubfw.com).



## MEMBER DINING AT THE CLUB



### THE GRILL BUFFET

Monday - Friday

11:30am - 2:00pm



### THE TERRACE RESTAURANT & BAR

Lunch served Monday - Friday

11:30 - 2:00

Cocktails & Dinner

Tuesday - Saturday

4:00pm - Last seating at 7:00pm



### THE OAK BAR - PRIVATE DINING

With Advanced Reservation Only

Lunch served Tuesday - Friday

11:30 - 2:00

Cocktails & Dinner

Tuesday - Saturday

4:00pm - Last seating at 7:00pm



# Dinner in the Wine Room



Featuring Plumpjack Winery  
With Special Guest Tia Green, Brand Ambassador

**Thursday September 28, 2023**

Reception at 6:30

Dinner at 7:00

\$150 per person

Please join us for an exclusive  
wine dinner featuring

**PLUMPJACK WINERY**

with Tia Green, Brand Ambassador.

We will taste thru the Plumpjack collection  
along with their portfolio of premium owned  
wineries while Chef John Marquez prepares a  
perfectly paired four course gourmet dinner.



Tia Green, Brand Ambassador

*This will be one to remember!*

Reservations required - Limited Seating  
Please contact the Receptionist at 817.878.4000  
or [reception@cityclubfw.com](mailto:reception@cityclubfw.com).



# Gathering friends for a holiday party or a cozy dinner?

GREAT FOOD, LIVELY CONVERSATION AND LASTING MEMORIES ARE WHAT CITY CLUB HAS PLANNED FOR YOU THIS HOLIDAY SEASON!



Family, friends and business partners come together during the holidays to celebrate! Make sure to make City Club part of the celebration! With new fall and winter menus and 11 different locations onsite to host events, we can be you and yours one-stop-shop for holiday gatherings! Make sure to place your reservations early so you can get the date and time you need.

Kim Keen, 817.878.4028, [kkeen@cityclubfw.com](mailto:kkeen@cityclubfw.com)  
Kelly Norvell, 817.878.4051, [knorvell@cityclubfw.com](mailto:knorvell@cityclubfw.com)



## SAVE THE DATE! GM Financial Parade of Lights!

**Lights. Camera...Christmas!**  
**SUNDAY, NOVEMBER 19, 2023 - 6:00 PM**

The GM Financial Parade of Lights begins at 6:00 PM at the intersection of Weatherford and Throckmorton Streets.

**We will once again have our traditional  
Parade of Lights Buffet at City Club.**

We have the best seats in the house to watch the parade!  
**Call for reservations (they fill up fast!) at 817.878.4000.**





# BE SURE TO TAKE ADVANTAGE OF OUR RECIPROCAL CLUB PROGRAM.

On business trips or vacation you have access to a multitude of high-end clubs at your disposal.



Heading to Surfside, FL for a little time away? Don't forget to utilize the reciprocal club program for a wonderful dining, exercise and activity experience at The Surf Club. Reciprocal clubs allow City Club members to visit partner clubs all over the country at no extra cost.

**If you are travelling and would like to visit a reciprocal club  
please contact Matt Burrell at 817.878.4088 or  
[mburrell@cityclubfw.com](mailto:mburrell@cityclubfw.com)**





# New to the Cellar

From Craig Halvorson



This month I would like to introduce you to a handful of really amazing entry level Pinot Noirs we have added to our Wine Cellar. These are all priced under \$65 per bottle on the Restaurant Wine List and are drinking exceptionally well.

## 2021 Hartford Court Russian River Valley, California

Hartford Court Russian River Pinot Noir 2021 is a luxurious red wine that boasts of a complex bouquet of aromas and flavors. The wine's nose is filled with fragrant scents of black cherry, blueberry, black currant, allspice, and loam, which transition seamlessly into an explosion of flavors of wild raspberries, dark berries, and crushed rock minerality. The wine's dense entry is perfectly balanced by its sweet and juicy mouthfeel, which is further supported by acidity, silky tannins, and a subtle earthy finish.

## 2021 Archery Summit Dundee Hills Willamette Valley, Oregon

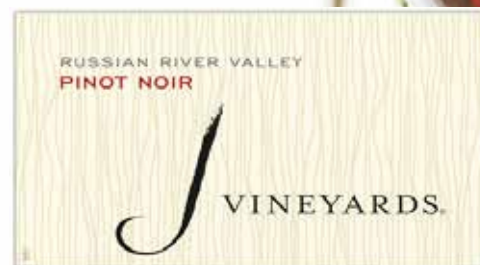
The 2021 Dundee Hills Pinot Noir touts all the hallmarks of our storied appellation. It begins with brambleberry, ripe rainier cherry, blackberry blossoms, cocoa powder, and spice on the nose. The palate is just as lively, with fresh, juicy red fruit backed by graceful tannins and acid. Finishing with spiced oak and a mouth-coating minerality, this wine is a case study in the magic of the Dundee Hills. 97 Points Decanter!

## 2021 J Vineyards Russian River valley, California

Crafted from up to 100 individual small lots, the appealing 2021 Russian River Valley Pinot Noir captures the classic characteristics of this renowned variety and region. Deeply layered and velvet-smooth, offering notes of perfectly ripe blackberry, black cherry, dark plum and cranberry that blend with hints of toast, spice, lavender and rose. Rich oak sweetness characteristics feature on the midpalate, while soft tannins add intriguing texture.

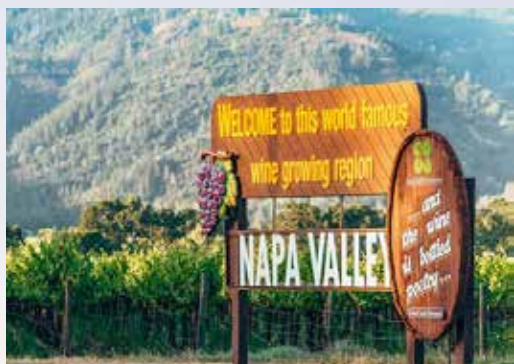
Much of California is too warm for Pinot Noir, but there are a small number of regions close to the coast that produce very good to outstanding Pinot Noir. The Climate within these regions is varied. Much depends on proximity to the coast and how much fog and coastal breezes cool individual vineyards. Look for flavors ranging from sweet black cherry to black raspberry and secondary aromas of vanilla, clove, cola, and caramel.

The State of Oregon produces very good and outstanding-quality wines from Pinot Noir. Due to its northerly latitude and exposure to the Pacific Ocean, its generally cooler than California and has a mostly moderate climate that is ideal for growing Pinot Noir. Expect cranberry, bing cherry fruit flavors with secondary aromas of truffle mushrooms and sometimes even a green dandelion stem flavor. Oregon Pinots are often the closest in style to Burgundy Pinot Noir.





Craig has organized two outstanding Tastings and Buffets for members' enjoyment. There will be an **Napa Valley & Sonoma Wine Tasting & Buffet** in September and **City Club's Annual Scotch & Whiskey Tasting & Buffet** in October.



## Napa Valley & Sonoma Wine Tasting & Buffet

THURSDAY, SEPTEMBER 21, 2023

Cost \$45 For Tasting & Buffet

Wine Tasting: 5:30 - 7:00 pm | Buffet Open: 6:00 - 8:00 pm

**Featuring White and Red Wines from  
The Napa Valley and Sonoma County**

### MENU CREATED BY CHEF JOHN

#### HORS D'OEUVRE TABLE

Charcuterie and Cheese Board

Warm Crab and Spinach Dip

Smoked Salmon Crostini

Pumpnickel toast with Chive Cream Cheese Spread

#### DINNER BUFFET

Pasta Salad

with Shrimp, Fennel, and Apple

Salmon En croute

Pepper Crusted Prime Ribeye with Creamy Horseradish Sauce

Grilled Asparagus

Romesco Sauce

Herbed Whipped Potatoes

Assorted Chef's Mini Desserts



Reservations required.

Please contact the Receptionist at 817.878.4000 or [reception@cityclubfw.com](mailto:reception@cityclubfw.com).





# Welcome

## NEW MEMBERS

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

**Mendes, Luciana**

Crestline Investors, Inc.

**Aydelott, Jennifer**

Wells Fargo

**Aydelott, Payton**

**Barragan, Rafael**

Crestline Summit

**Lawrence, Rodney**

TEP Barnett USA, LLC

**Harris, George T.**

**Sheppard, Jennifer**

Sid Richardson Museum

**Torres, Robin**

Cantex, Inc.

**Wilska, Kari-Pekka**

**Miller, Tod**

Lone Oak Trust Company

**Keith, Darrell**

Keith Law Firm, P. C.

### A word of thanks and gratitude from Peggie Muir, our recently retired General Manager:

For all of you that have sent emails, called me, have given me gifts and cards and lastly, came by to my retirement reception to say good-bye...I thank you from the bottom of my newly retired, peaceful heart. I was absolutely stunned at the outpouring of kindness from the Membership! I am so thankful for all your support through the years and especially here at the end of my time at City Club. I wish each and every one of you the very best in life and I hope you especially enjoy your times at our beautiful City Club!



## FORT WORTH PERFORMANCES

# *You Don't Want To Miss!*

Make your dinner reservations before the show.  
at 817.878.4000 or [reception@cityclubfw.com](mailto:reception@cityclubfw.com).

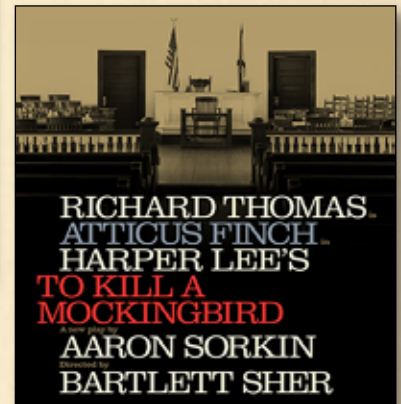
Tell Craig or  
his staff  
you're attending  
a performance and  
receive a  
**COMPLIMENTARY  
GLASS OF CHAMPAGNE**  
(One for each ticket  
holder).



September 15 - 17, 2023  
**JAGGED LITTLE PILL**  
THE MUSICAL



September 26 - October 1, 2023  
**TO KILL A MOCKINGBIRD**



September 8 - 10, 2023

**CLIBURN COMPETITION GOLD MEDALIST**  
**SCHUMANN AND BRAHMS**



October 20 - 22, 2023

**PROKOFIEV AND TCHAIKOVSKY**



October 6 - 8, 2023  
**DRACULA**





## EMPLOYEE SPOTLIGHT



This issue we have the opportunity to celebrate our own **Kelly Norvell!**

***As a part of the Professional Wedding Guild of Fort Worth, Kelly received the Legacy Award. Read below to find out all about Kelly and her latest accolade. Congratulations Kelly and thank you for doing all you do for the City Club!***

The Legacy Award is presented to a long-term member by members of The Professional Wedding Guild or PWG, and is presented to someone who is educated and knowledgeable about weddings and events, who is respected by their peers and gets continued great reviews for being a responsive, helpful, and knowledgeable and professional. Kelly received this award at the 2023 PWG Worthies awards on Sunday, July 23, 2023.

Kelly has been in the wedding industry since 1989 and was a preferred vendor at City Club and other clubs around Fort Worth. After selling her business in 2016, she came to work at City Club to bring her expertise to brides, and other social events. She is a Texas Master Florist, a past Texas Floral Education Committee Chairperson, and is a member of the American Institute of Floral Design. She helped re-write a book in the TMF program called "accounting for the retail FLORIST". Born in Houston, she is a Texas A&M graduate and has lived in Fort Worth since 1985. She is married with one daughter, one bonus daughter and six grandchildren.

When not working, Kelly enjoys gardening, cooking, reading, hiking, and spending play time with the grandchildren. She and her husband have hiked the Tetons, Utah, Colorado, Alaska, Canada, all over Texas and consider Big Bend their home away from home. Her husband, (a general contractor by trade) has talked her into helping him remodel their home which has been an ongoing project since 2022.

## MEMBER SPOTLIGHT

### BUPE AND RACHEL CHINUKWE

My wife, Rachel, and I joined the City Club about a year ago in August 2022. I'm a mechanical engineer and have been working in the venting and heating industry for 7 years. I've helped design schools, restaurants, hotels, stadiums, and resorts across the country. Rachel is a Sales and Tax Senior Manager at BDO, USA LLP. She has helped many companies solve sales tax and use tax problems across the country.

The City Club fitness center really drew us to join. My wife and I had been bouncing around multiple gyms with unsatisfactory results. Fortunately, we ran into Craig, Matt, and Roland. With their help, I have tremendously improved my overall health. Rachel has enjoyed working out with Matt in his morning class and is reaping multiple rewards as well. I've recently started taking Reformer Pilates with Julie and she's wonderful! Besides fitness, we enjoy the tastings, dinner in the terrace and meet ups for lunch at the club.



If you are interested in connection and collaboration, join  
Plaid for Women Impact Luncheon the second Tuesday of the month.

## *Let's get together!*

**On Tuesdays, September 12th, 2023 and October 10, 2023**

**from 11:30 a.m. to 1:00 p.m. at City Club**

Members and their guests may make reservations at 817.878.4000 or [reception@cityclubfw.com](mailto:reception@cityclubfw.com)  
\$27.00 inclusive



# FITNESS

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## FOR YOU

### SCHOOL IS BACK IN SESSION AND THAT MEANS SUMMER HAS DRAWN TO A CLOSE.

Hopefully the incredible Texas heat will break soon as well. Now is the perfect time to make great use of either of our fitness centers. We have a wide array of group classes that will help keep you accountable with anyone of our knowledgeable personal trainers. Make sure next time you are in the fitness centers track down Craig Burrell and Sue Horton and ask them what class might be the best fit for your fitness goals.

### F.I.T. CLASSES

We have F.I.T. classes that are offered on the men's and women's sides. F.I.T. stands for "Functional Intensive Training". The range of exercises varies based on ability and the classes are scalable each day. This type of fast paced workout helps to build muscle through resistance training and strengthen stamina by keeping you at an elevated heart-rate for the duration of the class. The classes itself last from about 35 minutes to 50 minutes depending on the day and what the prescribed workout is. The F.I.T. classes are not included in your membership dues and are an add-on. Each single class is \$6.25 per class, an 8-pack for \$50 or unlimited classes for \$85 per month.

There is no sign-up required, but just as a warning...when you start you might not be able to stop with all the fun and challenging work you will be taking on.



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



# REFORMER AND MAT PILATES CLASSES!

**If Spinning isn't right for you consider our Reformer Pilates/Mat Pilates Classes!**

We have 18 Pilates classes per week.

Both **Julie La Bruyere** and **Sandy Mellina** teach and would love to have you join them!

**Julie and Sandy are offering a Complimentary Fundamentals Class for Reformer Pilates in September.**

- *Only 6 spots are available per class*
- *For members who are not currently enrolled in a Pilates Class*
- *See sign up sheet at Men's and Women's Fitness desks.*
- *Limited to a maximum of 2 complimentary classes*



**Julie La Bruyere**



**Sandy Mellina**

Sign up in the Women's or Men's Fitness Centers.

## Why Try Pilates?

**Some of the Benefits are:**

- Increased muscle strength and tone
- Balanced muscular strength
- Improved stabilization of your spine
- Improved posture, strengthening and lengthening
- Improved physical coordination and balance
- Increased lung capacity and circulation

**If you have any questions please call the Women's Fitness Center at 817.878.4094**





# 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

### LEGEND

YS= Yoga Studio

MPS= Multi-Purpose Studio

PIL= Pilates Studio

WFC= Women's Fitness Center

MFC= Men's Fitness Center

## Tuesdays

**Weights & Cardio Circuit 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

**Weights & Conditioning 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

8:30-9:30am  
Sally Greenwood

### Barre It! YS

9:00-9:50am  
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 & More YS

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

### Reformer Pilates PIL

10:30-11:30am  
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.



# SEPTEMBER

## 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
					<b>1</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Hotel California: A Salute to the Eagles FWSO 7:30 pm	<b>2</b> Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Hotel California: A Salute to the Eagles FWSO 7:30 pm
<b>3</b> Club Closed	<b>4</b> Club Closed For Labor Day	<b>5</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	<b>6</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	<b>7</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner LOBSTER NIGHT	<b>8</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Cliburn Competition Gold Medalist: Schumann and Brahms FWSO 7:30 pm Friday Steak Night	<b>9</b> Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Cliburn Competition Gold Medalist: Schumann and Brahms FWSO 7:30 pm
<b>10</b> Club Closed	<b>11</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch BFF DAY IN THE FITNESS CENTERS	<b>12</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Plaid for Women®	<b>13</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	<b>14</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner LOBSTER NIGHT WHITAKER/ CHALK LUNCH & LEARN	<b>15</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Jagged Little Pill PAFW 7:30 pm Friday Steak Night	<b>16</b> Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Jagged Little Pill PAFW 7:30 pm
<b>17</b> Club Closed	<b>18</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	<b>19</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	<b>20</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	<b>21</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Anna Geniushene The Cliburn 7:30 pm Sonoma & Napa Valley Wine Tasting & Buffet 5:30 pm-8:00 pm	<b>22</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Anna Geniushene The Cliburn 7:30 pm Friday Steak Night	<b>23</b> Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner
<b>24</b> Club Closed	<b>25</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	<b>26</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Harper Lee's TO KILL A MOCKINGBIRD PAFW 7:30 pm	<b>27</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Harper Lee's TO KILL A MOCKINGBIRD PAFW 7:30 pm	<b>28</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Harper Lee's TO KILL A MOCKINGBIRD PAFW 7:30 pm LOBSTER NIGHT	<b>29</b> Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Harper Lee's TO KILL A MOCKINGBIRD PAFW 7:30 pm Friday Steak Night	<b>30</b> Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Harper Lee's TO KILL A MOCKINGBIRD PAFW 1:30 pm   7:30 pm



# OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>  <b>Club Closed</b>	<b>2</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch  <b>BFF DAY IN THE FITNESS CENTERS</b>	<b>3</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner	<b>4</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner	<b>5</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner  <b>LOBSTER NIGHT</b>	<b>6</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner  Dracula TBT 8:00 pm  <b>Friday Steak Night</b>	<b>7</b>  Fitness 9am – 1pm (WFC) 8am – 2pm (MFC)  To Go Meals and Dining for Dinner  Dracula TBT 2:00pm   8:00pm
<b>8</b>  <b>Club Closed</b>	<b>9</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch	<b>10</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner  <b>Plaid for Women®</b>	<b>11</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner	<b>12</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner  <b>WHITAKER/ CHALK LUNCH &amp; LEARN</b>  <b>LOBSTER NIGHT</b>	<b>13</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner  <b>Friday Steak Night</b>	<b>14</b>  Fitness 9am – 1pm (WFC) 8am – 2pm (MFC)  To Go Meals and Dining for Dinner
<b>15</b>  <b>Club Closed</b>	<b>16</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch	<b>17</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner	<b>18</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner	<b>19</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals for Lunch & Dinner  <b>Bourbon &amp; Scotch Tasting &amp; Buffet 5:30pm – 8:00pm</b>	<b>20</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner  Prokofiev & Tchaikovsky FWSO 7:30 pm  <b>Friday Steak Night</b>	<b>21</b>  Fitness 9am – 1pm (WFC) 8am – 2pm (MFC)  To Go Meals and Dining for Dinner  Prokofiev & Tchaikovsky FWSO 7:30 pm
<b>22</b>  <b>Club Closed</b>	<b>23</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch	<b>24</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner	<b>25</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner	<b>26</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner  <b>LOBSTER NIGHT</b>	<b>27</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner  <b>Friday Steak Night</b>	<b>28</b>  Fitness 9am – 1pm (WFC) 8am – 2pm (MFC)  To Go Meals and Dining for Dinner  <b>JOHNNY CASH-The Official Concert Experience PAFW 7:30pm</b>
<b>29</b>  <b>Club Closed</b>	<b>30</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch	<b>31</b>  Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)  To Go Meals and Dining for Lunch & Dinner				

## 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.

## 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 schedule of parking fees for time over the complimentary 3 hours. After the complimentary 3 hours, the schedule of fees is:

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



# 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 reservation can be seated at 7:00 pm. Club closes at 8:00 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 and no patrons.