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Peggie Muir
General Manager

MESSAGE FROM THE GENERAL MANAGER

We have a busy couple of HOLIDAY months ahead of us at City Club...read all about it right HERE!!

Terrace Room Update. New carpet coming! See **page 8** for details.

Plaid for Women will be meeting at City Club over lunchtime on **Tuesday,**

November 8th and **December 13th.** See **page 9** for details.

The **Lunch and Learn** presentation from Whitaker Chalk Swindle & Schwartz PLLC on **Thursday, November 10th** will be presented by Rich Sanchez. He will be discussing **"Cryptocurrency and Blockchain Technology"**. Lunch is **free** to members! This is the last one for 2022. They will start up again in January 2023. You just need to make a reservation... see **page 4** for details.

Calling all those that entertain during the Holidays! On Thursday, **November 10th,** Chef Gilbert, Craig Halvorson and Kelly Norvell will be teaching you how to make specialty hors d'oeuvres, Craig will teach you how to make 3 different specialty drinks and Kelly will teach you how to make a beautiful floral arrangement for the holidays that you can take home with you. See **page 10** for details.

The **Parade of Lights** is on the **Sunday before Thanksgiving Day.** This is an annual tradition and is **so** popular that it has already **SOLD OUT!!** When we do sell out, the reservations can be somewhat fluid and if you put your name on our wait list, there may a cancellation that would get you into this event so don't totally give up. See **page 3** for details.

If you don't feel like cooking for Thanksgiving or Christmas, let us do it for you! See **page 11** for our **annual "Take-Out" dinners.**

On **Sunday, December 11th,** we have the time-honored, wonderful **Sunday with Santa!** Bring your children to see Santa and his elves and enjoy a lavish brunch at City Club. This is so much fun for the children and their parents and grandparents. Get your **annual family photo with Santa** as he presents gifts to the kids. Make your reservations today! See **page 7** for details.

Carter Bloodcare is back at the Club on **Wednesday, December 14th.** Please consider making a blood donation as supplies are always low in Tarrant County.

Bring your staff to our annual **Office Holiday Luncheon!**

On **Wednesday,**

December 21st, we are offering a lovely buffet luncheon in the Oak Room for you to treat your staff or friends to a holiday lunch.

The price is right and includes champagne if you care to imbibe. A beautiful way to quietly celebrate this special season. See **page 10** for details.

We will be celebrating the ending of 2022 at City Club on **Saturday, December 31st.** We are having a beautiful wine tasting and dinner on **New Year's Eve.** See **page 12** for details.

Call me any time at 817.878.4089 or email me at pmuir@cityclubfw.com or stop me as I run around the Club...I'd love to hear from you about anything and everything!

CITY CLUB CLOSURES

Thursday, November 24th
Friday, November 25th
Saturday, November 26th
Friday, December 23rd
Saturday, December 24th
Monday, December 26th

WAIVER OF REINSTATEMENT FEE

Now through December 30, 2022, the reinstatement fee is waived for members who resigned in good standing. If you know a former member of the Club, please pass along the word and encourage them to take action now by contacting the Membership Office at 817-878-4088.

City Club has partnered with Carter Bloodcare and City Center as a site for blood donations.

They could use everyone's help in building back up their blood supply for Tarrant County. Sign up at:

https://ww3.greatpartners.org/donor/schedules/drive_schedule/129454

WEDNESDAY, DECEMBER 14, 2022

9:00 am - 2:30 pm, Bank of America Tower
301 Commerce Street, President's Room
Fort Worth, TX 76102





City Club's Parade of Lights **SOLD OUT!** & Buffet Dinner

Sunday November 20th

Buffet with Window Table Seating Included
Adults \$49 | Children Ages 3 through 12 \$35

Schedule of Events:

City Club Doors and Bar Open at 4:15 p.m.
Buffet open from 5:30 until 7:00 p.m.

**Advance Reservations
Required. Call 817-878-4000.**

Attendees are **highly encouraged** to arrive downtown early to avoid traffic congestion, road closures, and parking problems.

**Some Streets and Highway Ramps
close as early as 4:00 pm.**

We ask our Members with advance reservations to please inform their guests of the importance of arriving in downtown early.

**Member accounts will still be charged
for any guests unable to arrive.**

Due to the extreme popularity of this event, the Cancellation/Change Policy requires notification no later than Thursday, November 17th by 4:00 p.m.

This Event Sells Out Quickly!

Questions?

Please email:
Craig Halvorson - Dining Manager
& Wine Director
chalvorson@cityclubfw.com

LOBSTER NIGHT THURSDAYS

SOUP

Lobster Bisque
with Blue Lump Crab

ENTRÉE

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

**Not Available on
Member Wine Tasting Nights**



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**

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!

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, NOVEMBER 10TH

**“Cryptocurrency and
Blockchain Technology”**



Enrique “Rick” Sanchez, Jr.

NO LUNCHEON IN DECEMBER

Reservations required. In order to guarantee space for all who want to attend, cancellations received less than 48 hours prior to the Luncheon will be charged \$17, plus tax and gratuity to member account.

**RSVP: bdubose@whitakerchalk.com or
leave reservation voice message at 817-878-0519.**

WELCOME NEW MEMBERS

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

Arturo Pena
First National Bank Texas

Kris Kristynik
Advancement Foundation

Bupe Chinukwe
RM Manifold

Jason Franklin
RM Manifold

Idzel Miranda
RM Manifold Group, Inc.

Henry Brooks
Tokai Carbon CB

Imani Pack
Ulterra Technology

Angela Velasquez
Instituto de la Salud

Ross Dorsett, Jr.
Tokai Carbon CB

Allen Lee
Tokai Carbon CB

Roman Martinez
Endur Contractors

Chris Driver
Bell

Emily Ferchill
CRG Group

Carter Bradford
Jasper Ridge Partners

Bradley Hehn
Baker Brothers Plumbing Air & Electric

Ginger Johnson
Prosperity Bank



NEW TO THE CELLAR

From Wine Director Craig Halvorson, WSET II

HAPPY HOLIDAYS EVERYONE!

This month, I would like to introduce you to our newest Cabernet Sauvignon from the Howell Mountain sub-AVA of Napa Valley in California - 2018 Dunn

Vineyards Cabernet Sauvignon. A true family operation, Randy and Lori Dunn bought the property that is Dunn Vineyards back in 1978. Randy who started in the Wine Business working as a winemaker for Chuck Wagner (Caymus) in Rutherford soon started working full time on his on property. By the end of the '80's Dunn Vineyards had become a very successful operation. Randy was consulting for other wineries and selling out all of his own wine. In 1989 he had run out of room to store barrels and he tunneled into the mountain to make more space. Randy with his son Mike and daughter Jennifer, farm 42 acres of Cabernet Sauvignon on Howell Mountain. Since the start, their goal was to do their best to care for the vines so they produce a wine that tastes like Cabernet Sauvignon with the characteristics you can only get from Howell Mountain. They continue to be a hands-on run business - in the vineyard, on the crush pad, and in the cellar. \$170 Bottle

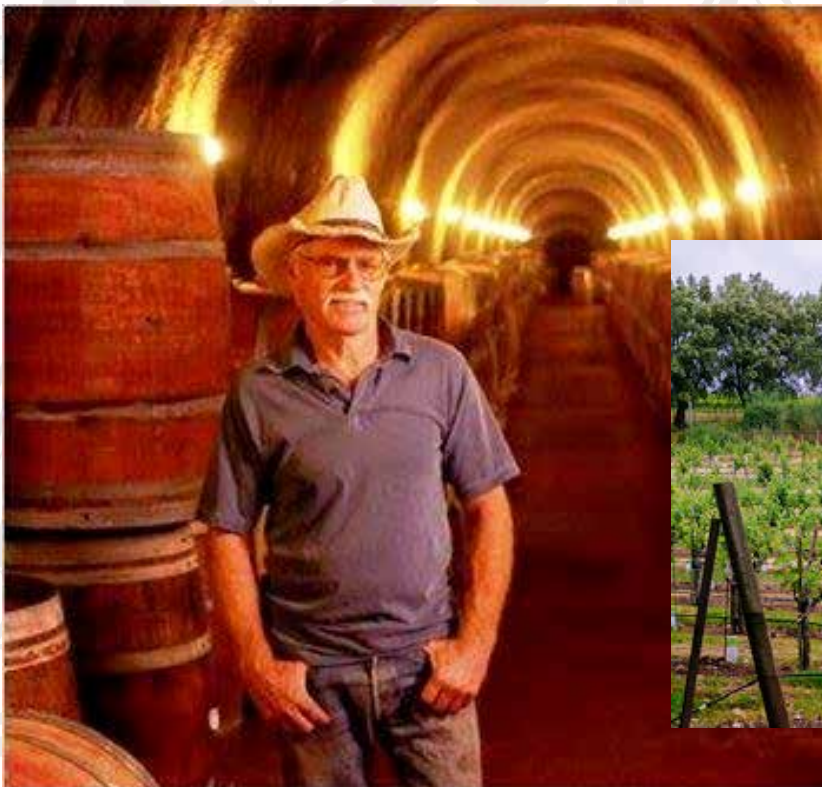


2018 DUNN CABERNET SAUVIGNON

94 Points Robert Parker

94 Points Antonio Galloni, Vinous

"Dunn's 2018 Cabernet Sauvignon shows terrific purity and focus in its aromas of cassis and pencil shavings and on the medium to full-bodied palate, where it's streamlined and smooth. There's intensity and concentration, fine-grained tannins and lingering notes of cassis and graphite on the finish." Robert Parker, Wine Critic



Randy Dunn in his Wine Caves at Dunn Vineyard in Howell Mountain





Craig Halvorson

Wine and Beverage Director/Dining Room Manager, WSET II

WINE PAIRINGS FOR THE HOLIDAYS

Thanksgiving is fast approaching, which also means Christmas isn't far behind. Now probably is a good time to start to think about what wines we want to serve for our Holiday Dinners. Of course, we need to look at our main protein (Turkey, Ham, Christmas Roast), but we also need to look at some of the other items on our menu to make our final varietal selections.

Thanksgiving

The good news here is - many varietals go equally well with both Turkey and Ham - both very neutral proteins. The meat is light enough to handle white wines, yet flavorful enough to hold up to a red. We can easily choose a white or a red. So.... Sounds like we will need two glasses on the table! One for white and one for red.

Here are two white varietals that I think you should try:

Chardonnay is very popular, however to properly pair one with Thanksgiving we need to find one that is clean and crisp vs. oaky, as the oak will overpower the ham and turkey. **Louis Latour Macon-Lugny Chardonnay, Burgundy France \$30**



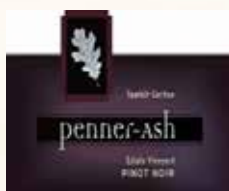
Pinot Grigio is always my go-to varietal for a Thanksgiving white. It's capable of handling garlic, onions, herbs, and rich flavorful high-fat dishes. **Santa Margherita Pinot Grigio, Italy \$25**

Here are two red varietals that will be easy picks for Thanksgiving:



Garnacha would be my first choice. A nice **Spanish Garnacha** would pair very well with many of the sweeter notes like cranberry, sweet potatoes and yams, and creamy pumpkins soups. **Bodegas Morca Garnacha, Spain \$40**

Pinot Noir is one of the traditional favorites for Thanksgiving. Pinot Noir's subtle earthy undertones surround the fruit features of the wine, and tend to show well with the traditional flavors of turkey and stuffing. **Penner-Ash Estate Pinot Noir, Oregon \$65**



Christmas

So, what pairs up with your Roasted Christmas Prime Rib and the natural a jus that will eventually cover everything else on the plate? We need a bold, well-balanced red wine, with strong, smooth tannins to enrich the flavors we have created.



French Red Bordeaux should be at the top of your list. When it comes to roasted beef, a full-bodied, dry, Bordeaux with generous amounts of tannin often works best. **Chateau Cantenac Brown, Margaux, Bordeaux France \$70**

Napa Cabernet Sauvignon is always a great choice for a good piece of mid-rare Prime Rib. It cuts the richness of the Prime Rib while adding a nice herby, earthy element to it. **Turnbull Cabernet Sauvignon, Napa Valley California \$45**





Sunday with Santa

Sunday, December 11th

10:30 and 12:30 p.m.

Breakfast and Brunch Buffet Menu

Breakfast

Made-to-Order Omelets, Sausage,
Applewood Smoked Bacon
Belgian Waffle Station
Scrambled Eggs, Breakfast Potatoes,
Eggs Benedict
Sliced Fruit, Mini Quiche Wedges,
Breakfast Breads and Pastries

Brunch Buffet

Salads/Starters:

Winter White Salad
Butternut Squash Salad
Mini Shrimp Cocktail Shooters
Assorted Sushi

Entrees

Baked Lemon Sole
Sliced Beef Tenderloin
Roasted Turkey Breast
Chicken Piccata
Salmon with Jalapeno Stuffing Crust

Sides

Basmati Rice with Dried Fruit and Nuts
Roasted Sweet Potatoes
Brussels Sprouts & Onions
Broccoli Rice Casserole
Yukon Gold Mashed Potatoes
Grilled Asparagus

Children's Buffet

French Toast Bites
Mini Waffles
Mini Hot Dogs
Chicken Tenders
Macaroni & Cheese Stuffed Potatoes
Broccoli & Carrots

Desserts

Chocolate Eggnog Bread Pudding
Christmas Petit Fours
Glazed Christmas Cookies
Santas Hats
Pumpkin Cheesecake, Yule Logs,
Bailey's Crème Brulee Cake

Santa Claus and his Elves will land the sleigh at the City Club again for this beloved holiday tradition. Bring the entire family and have this special occasion captured with a complimentary photo portrait.

Parents, if you would like Santa to present a gift to your child, please deliver it to the Club's Reception Desk no later than Wednesday, December 7th at 5 pm. Gifts must be wrapped and tagged with the member's name and the child's FIRST AND LAST NAME.

Adults: \$49 (includes 1 complimentary Mimosa or Glass of Champagne)
Children Ages 3-12: \$28 Plus tax and gratuity
Children under age 3 are complimentary

Reservations required. Please contact the Receptionist at 817.878.4000 or reception@cityclubfw.com. CANCELLATION POLICY IN EFFECT: Cancellation of reservation or decrease in number of guests after 10 a.m. on Wednesday, December 7th will result in full price charge to member's account.

BNSF Popular Entertainment Series AT THE BASS

There are fantastic shows for November and December!
Tell Craig or his staff you're attending a performance and
receive a **COMPLIMENTARY GLASS OF CHAMPAGNE!**
(One for each ticket holder).

NOV
11-
13

ELF The Broadway Musical



NOV
21 -
22



MY FAIR LADY

DEC
1 -
4



THE NUTCRACKER

DEC
9 -
24

Terrace Room Update!

WE ARE FINALLY INSTALLING NEW CARPET!

Beginning on Sunday, **October 30th**, the Terrace Room will be **CLOSED** until we **RE-OPEN** on Tuesday, **November 8th**.
We will provide Food-To-Go during this closure. Call 817.878.4000 or email reception@cityclubfw.com to place an order.
Or you may dine in the Grill at street level for lunch.

Lunch Pick-Up: 11:30 am - 2:00 pm | Dinner Pick-Up: 4:00 pm - 6:30 pm

Thank you for your Patience!!





Plaid
for Women®

There is something powerful about sitting at a table of strong, gifted, unique women who share their experience.

Plaid for Women Impact Luncheon the second Tuesday of the month.
We've all been navigating life in the middle of unrivaled once-in-a-lifetime experiences alone which has left us disconnected, detached and cut off.

Let's get together!

**On Tuesdays, November 8th and December 13th
from 11:30 a.m. to 1:00 p.m. at City Club**

**HERE'S WHAT WOMEN ARE SAYING ABOUT
MEETING FOR LUNCH WITH PLAID IMPACT:**

*"It's the highlight of my day." "I always feel empowered."
"I feel valued and inspired."*

We are swinging the doors wide open to invite any female City Club member to join us for lunch. Expect to have meaningful conversations with a great deal of collaboration around a table with a handful of impressive women.
This event is for women only.

**Members and their guests
may make reservations at
817.878.4000 or
reception@cityclubfw.com
\$27.00 inclusive**



Good Info to Know!

GENERAL CATERING INFORMATION/FOOD AND BEVERAGE: As stated in our contracts: "Gourmet and custom menus are available upon request. Excess food or beverage may not be taken from the Club. Guests may not bring food or beverage (alcoholic or otherwise) into the Club from outside sources. Specialty desserts may be brought into the Club with approval from a Catering Manager. City Club must provide ALL food and beverage except the above mentioned items and with the approval from a Catering Manager. There will be a sur-charge assessed if any outside food is brought in.

WANT TO SEE YOUR STATEMENT OR EDIT YOUR CONTACT INFORMATION? Just go to City Club's website: <https://www.cityclubfw.com>, log into or register your account and go to Member Central.

PARKING GARAGE REMINDER: Parking Garage 1 (entrance on Commerce Street) closes at 6:00 pm. If you enter before that time you will still be able to exit when you are ready. If you arrive after 6:00 pm, please use Parking Garage 2 (entrance on Calhoun Street close to Bass Hall). Always bring your parking ticket with you to have it validated.

VALET: Valet is provided to our members and guests between the hours of 6:00 am and 5:45 pm at a rate of \$5.00. If you choose to deal directly with the valet company the cost is \$20.

How to Use Self Validation:

1. You will receive a text from the valet company
2. Click on the text link to the Digital Valet Ticket
3. Select "Validate Parking"
4. Select the location name from the list (City Club BOA)

5. Present phone screen to the receptionist at City Club
6. Staff will enter 4-digit Code and click OK
7. Parking is now validated and you will receive a text message verifying your ticket has been validated (if enabled)
8. You may charge to your account or pay with cash or a credit card to the receptionist



Entertaining For The Holidays

A.K.A.

Booze, Bites & Blooms

THURSDAY **10** NOVEMBER

The Oak Room | 5:30 - 7:30 p.m. | \$49++ per person

🍷 **WE WILL HAVE 3 OF OUR PROFESSIONALS HELPING YOU BEGIN THE HOLIDAYS!** 🍷

We'll start with a glass of champagne in the Oak Bar and then move over to the Oak Room where

- ❶ Mr. Craig will be making and serving 3 different holiday cocktails we're sure you'll enjoy!
- ❷ Chef Gilbert will also be demonstrating a few holiday food tidbits, along with other hors d'oeuvres while you're sipping your specialty cocktail. Watch them both in action!
- ❸ Lastly we will have our favorite florist and catering salesperson Kelly Norvell who will design a holiday floral piece. You'll be able to re-create on-site and take home!

This fun event will fill up quickly!

When making reservations, the receptionist will ask if you plan to attend the floral event as it's limited to 30 people.

We look forward to seeing you!

No time for an office Holiday Party?

Treat your employees to a sumptuous brunch buffet featuring holiday favorites, champagne and decadent desserts!



The Oak Room

Wednesday, December 21st

11:30 am - 2:00 pm

\$29.00 (plus tax and gratuity)

Please contact the Receptionist for Reservations at 817.878.4000 or reception@cityclubfw.com

THANKSGIVING & CHRISTMAS TAKE-OUT DINNERS

YOU SET THE TABLE - WE DO THE COOKING!

Holiday Shopping Tip
Many Members have
given these special dinners
as gifts!

If your traditional family feast is at your home this year, let Chef Gilbert and City Club's culinary staff help with a perfectly prepared "take out" holiday dinner. All you have to do is place your order, pick it up at the Reception Desk or ask us to bring to the curb then heat these traditional and delicious dishes when it's convenient for you and your guests.

Important Dates for Orders and pick up

THANKSGIVING ORDERS MUST BE PLACED BY FRIDAY, NOVEMBER 18TH.

PICK UP order **Tuesday, November 22nd** or **Wednesday, November 23rd** by 5:30 pm

CHRISTMAS ORDERS MUST BE PLACED BY FRIDAY, DECEMBER 16TH.

PICK UP order **Wednesday, December 21st** or **Thursday, December 22nd** between 9:00 am - 5:00 pm

To place your order, please contact Carol Roszell at 817.878.4084 or email crozell@cityclubfw.com.

CANCELLATION POLICY: ORDERS CANCELLED LESS THAN 72 HOURS PRIOR TO SCHEDULED PICK UP DATE
WILL BE CHARGED TO THE MEMBER'S ACCOUNT

___ Roast Tenderloin of Beef - <input type="checkbox"/> Sliced <input type="checkbox"/> Not Sliced (serves 10-12)	\$210.00
___ Pre-Cooked Turkey (De-boned & sliced) (serves 10-12)	\$80.00
___ Pre-Cooked Turkey (Whole) (serves 10-12)	\$65.00
___ Pre-Cooked Ham (Sliced) (serves 16-18)	\$68.00
___ Pre-Cooked Ham (Whole) (serves 16-18)	\$58.00
___ Diced Candied Yams Three pounds (serves 10-12)	\$14.00
___ Club made Stuffing Three pounds (serves 10-12)	\$12.00
___ Giblet Gravy One quart (serves 5-6)	\$7.00
___ Cranberry Relish One quart (serves 6-8)	\$5.00
___ Mashed Potatoes (serves 10-12)	\$12.00
___ Citrus Glazed Carrots (serves 10-12)	\$14.00
___ Brussels Sprouts (serves 10-12)	\$13.00
___ Assorted Dinner Rolls Wheat, Ciabatta, White, Sesame (12 rolls)	\$7.00
___ Pumpkin Pie (serves 6-8)	\$22.00
___ Bourbon Pecan Pie (serves 8-10)	\$36.00
___ Apple or Cherry Cobbler (serves 8-10)	\$18.00
___ Bread Pudding (serves 8-10)	\$16.00
___ Carrot Cake with Cream Cheese Icing (serves 8-10)	\$36.00
___ Vanilla Cake with Salted Caramel, Candied Texas Pecans and Cream Cheese Icing (serves 8-10)	\$36.00

Plus Service Charge and Tax

PAIRING RECOMMENDATIONS

Thanksgiving & Christmas Wine Pairing

As you know the Liquor & Wine Stores are crazy during the holidays so let Craig take care of this stress for you and deliver them straight to your car along with your **Holiday To-Go Food Orders**. Read more about pairings on page 6.

Craig's Recommendations:

Latour Macon-Lugny Chardonnay, Burgundy France	\$30
Santa Margherita Pinot Grigio, Italy	\$25
Bodegas Morca Garnacha, Spain	\$40
Penner-Ash Estate Pinot Noir, Oregon	\$65
Chateau Cantenac Brown, Margaux, Bordeaux France	\$70
Turnbull Cabernet Sauvignon, Napa Valley California	\$45

Please order your wine at the same time you are calling in your Thanksgiving and Christmas Holiday to-go orders.

Your wines will be delivered to your car at the same time you pick up your food - Super easy!!

New Year's Eve Wine Tasting and Buffet

Featuring Sparkling, White and Red Wines from Italy, France, and California



SATURDAY, DECEMBER 31

TASTING

4th Floor Gallery

SEATING

President's Room, Library and

Speaker's Room,

5:30 p.m. – 9:00 p.m.



Dinner Menu

APPETIZER STATION

Smoked Salmon

Cheese Board

Charcuterie Board

DINNER BUFFET

Carved Pepper Crusted Tenderloin

Garlic Jumbo Shrimp Scampi

Au Gratin Potatoes

Haricot Verts with Baby Heirloom Tomatoes

Winter Green Salad with Smoked Bacon, Crumbled Stilton Cheese,
Dried Cranberries and Balsamic Vinaigrette

DESSERT & COFFEE STATION

Assorted Chef's Mini Desserts

\$65 per person

(plus Tax & Gratuity)

Reservations Required

reception@cityclubfw.com

817.878.4000



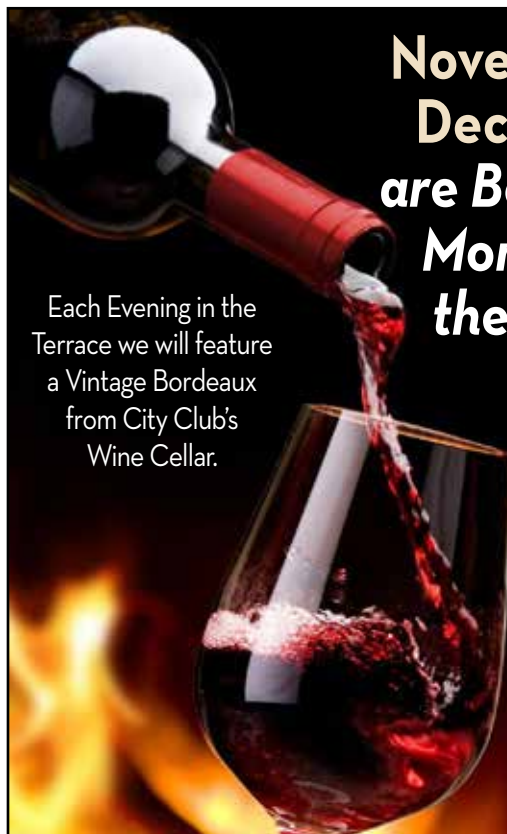


Saying "Good Luck" to one of our own!



Janak Boralugodage has helped every single department at City Club. He would have been an employee of the club for 22 years on December 5th. He began working in the Terrace as a waiter and as Chef Gilbert said


"I turned a little Kitty Cat into a Tiger." Chef promoted him to the Purchasing Manager where he ordered all the food and other supplies for the Club. But you also saw him plate up in the kitchen, move boxes around, help put up the holiday decorations and anything else someone needed. He has owned an auto mechanic garage for several years and decided to concentrate on this. We will really miss his infectious smile and wonderful laugh. Thank you Janak! We will miss you.



Each Evening in the Terrace we will feature a Vintage Bordeaux from City Club's Wine Cellar.

November & December are Bordeaux Months at the Club!

Please ask your Bartender or Server about the Evening Special Bordeaux By-The-Glass offering.




FORT WORTH STOCK SHOW & RODEO

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- Live music at the **Bud Light** Roadhouse
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1911 MONTGOMERY ST., 76107


CALL - 817-502-0011




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CHEVY DEALERS**




**Simmons
Bank**
MEMBER FDIC





Texas Health



Private Events

that are Beyond



Our catering staff can assist you with special functions of almost any kind, from a quiet dinner for 14 people in the elegant Wine Room to a fabulous wedding of 250 in our Ballroom.

City Club specializes in various types of events that include meetings, receptions, celebrations and sit-down dinners.

Our Catering Staff, Kelly Norvell and Kim Keen can assist with creating the perfect event for what you are envisioning. Exquisite food and beverage selections to provide a traditional or contemporary fare, all prepared with local and freshest ingredients. They can connect you with entertainment to match the mood of your event. From a simple piano player to an 8 piece band to get the party started they have built excellent relationships with our area's top entertainers.

Call them today and let them plan your next event!

Kelly Norvell: knorvell@cityclubfw.com (817.878.4051)

Social Events

Kim Keen: kkeen@cityclubfw.com (817.878.4028)

Corporate Events





FITNESS FOR YOU!

BECOME YOUR BEST SELF!!

Worried about the upcoming holidays and that normal weight gain? Yes we'd all like to ignore that lovely Coconut Cream Pie or the Candied Yams that's our favorite every Thanksgiving or Christmas....but is it realistic to forego the enjoyment of our holidays after all we've been through? Studies have shown that we have tried to "soothe" ourselves with food and alcohol since the pandemic.

One way to get a jump on it is to hire one of City Club's personal trainers. The Club's professional, certified trainers are available to design and monitor members' individual workouts. Personal training programs begin with a thorough analysis and establish specific goals that are structured to fulfill members' needs.

OUR WELLNESS AND TRAINING PACKAGES:

(All packages include a General Fitness Assessment)

30 MINUTE SESSION

\$25 ea

Prepaid Package of 10 includes one complimentary training session.

60 MINUTE SESSION

Prepaid Package of 10 includes one complimentary training session.

1 Member	\$40 ea
2 Members	\$35 ea
3 Members	\$30 ea

PACKAGES OF 20 OR 30 - ONE HOUR SESSIONS

include two complimentary Bod Pod assessments.

	20 Sessions	30 Sessions
1 Member	\$750 (\$37.50 ea)	\$1,050 (\$35 ea)
2 Members	\$700 (\$35 ea)	\$990 (\$33 ea)
3 Members	\$600 (\$30 ea)	\$870 (\$29 ea)

*ADD A NUTRITIONAL PACKAGE TO YOUR TRAINING

For a nutrition assessment and an individualized meal plan: (add \$150)

For a nutrition assessment, individual meal plan and 30 minute follow-up nutrition session: (add \$225)

(Cancellations must be received at least 24 hours prior to scheduled appointment or full session fee will be charged.)

HERE ARE YOUR PERSONAL TRAINERS; GET A JUMP ON THE HOLIDAYS!

Men's Fitness Center/817.878.4016

Craig Burrell | Roland Mash | Matt Burrell

Women's Fitness Center/817.878.4094

Sue Horton | Sally Greenwood | Robert Vasquez



**DON'T SHAKE WHEN YOU LAUGH
LIKE A BOWL FULL OF JELLY!**

**Muffin Top and Jelly Belly:
We're here for you.**

Enjoy a Bod Pod Evaluation
for \$20 (1/2 price) in
November and December and get a
head start on your 2023 fitness goals!



FIND YOUR FITNESS

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p>Boot Camp MPS 6:00-7:00am Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>Reformer Pilates PIL 7:30-8:20am Julie La Bruyere</p> <p>Pilates Mat PIL 9:00-9:50am Julie La Bruyere</p> <p>F.I.T. MFC 12:00-12:45pm Roland Mash</p> <p>Spin MFC 12:00-12:45pm Rachelle Wagner</p> <p>Reformer Pilates PIL 12:00-12:50pm Julie La Bruyere</p> <p>Cardio Blast MPS 12:00-12:45pm Sue Horton</p> <p>Back to Basics MPS -MEN ONLY- 12:20-1:00pm Matt Burrell</p> <div> <p>LEGEND</p> <p>YS= Yoga Studio</p> <p>MPS= Multi-Purpose Studio</p> <p>PIL= Pilates Studio</p> <p>WFC= Women's Fitness Center</p> <p>MFC= Men's Fitness Center</p> </div>	<p>Weights & Cardio Circuit MFC 6:00-7:00am Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>F.I.T. MFC -WOMEN ONLY- 6:30-7:30am Matt Burrell</p> <p>Reformer Pilates PIL 7:30-8:20am Julie La Bruyere</p> <p>Extreme Body Sculpt WFC 9:00-10:00am Sally Greenwood</p> <p>Abs Express WFC 10:00-10:30am Sally Greenwood</p> <p>Reformer Pilates PIL 11:00-11:50am Julie La Bruyere</p> <p>Barre It! Express YS 11:30-12:00 noon Sue Horton</p> <p>Abs Express MPS 11:45am-12:15pm Roland Mash</p> <p>Reformer Pilates PIL 12:00-12:50pm Julie La Bruyere</p> <p>F.I.T. MFC 12:00-12:45pm Matt Burrell</p> <p>Kettle Bells Express MPS 12:20-12:50pm Roland Mash</p> <p>Yoga YS 5:00-6:00pm Alexis Ackel</p>	<p>Weights & Conditioning MPS 6:00-7:00am Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>Reformer Pilates PIL 7:30-8:20am Julie La Bruyere</p> <p>Pilates Mat PIL 9:00-9:50am Julie La Bruyere</p> <p>Trinity Trails/Walk/Run 8:30-9:30am Sally Greenwood</p> <p>Barre It! YS 9:00-9:50am Sue Horton</p> <p>Reformer Pilates PIL -MEN ONLY- 10:45-11:35am Julie La Bruyere</p> <p>Spin MFC 12:00-12:45pm Sally Greenwood</p> <p>Reformer Pilates PIL 12:00-12:50pm Julie La Bruyere</p> <p>Cardio Blast MPS 12:00-12:45pm Sue Horton</p> <p>Yoga YS 12:00-1:00pm Shannon Jones</p> <p>F.I.T. MFC 12:00-12:45pm Roland Mash</p> <p>Back to Basics MFC -MEN ONLY- 12:20-1:00pm Matt Burrell</p> <p>Reformer Pilates PIL 5:30-6:20pm Sandy Mellina</p>	<p>Spin MFC 6:00-6:50 Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>F.I.T. MPS -WOMEN ONLY- 6:30-7:30am Matt Burrell</p> <p>Abs & More YS 6:50-7:15am Sally Greenwood</p> <p>Reformer Pilates PIL 7:30-8:20am Julie La Bruyere</p> <p>Extreme Body Sculpt WFC 9:00-10:00am Sally Greenwood</p> <p>Abs Express WFC 10:00-10:30am Sally Greenwood</p> <p>Reformer Pilates PIL 11:00-11:50am Julie La Bruyere</p> <p>Barre It! Express YS 11:30-12:00 noon Sue Horton</p> <p>Abs Express MPS 11:45am-12:15pm Roland Mash</p> <p>Reformer Pilates PIL 12:00am-12:50pm Julie La Bruyere</p> <p>F.I.T. MFC 12:00-12:45pm Matt Burrell</p> <p>Kettle Bells Express MPS 12:20-12:50pm Roland Mash</p> <p>Yoga YS 5:00-6:00pm Alexis Ackel</p>	<p>Boot Camp MPS 6:00-7:00am Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>F.I.T. MPS -WOMEN ONLY- 6:30-7:30am Matt Burrell</p> <p>Pilates Mat PIL 9:00-9:50am Sandy Mellina</p> <p>Reformer Pilates PIL 10:30-11:30am Sandy Mellina</p> <p>F.I.T. MFC 12:00-12:45pm Roland Mash</p> <p>Spin MFC 12:15-1:00pm Angela Fox</p> <div> <p>ALL CLASSES ARE COED UNLESS SPECIFIED</p> <p>FEE FOR CLASSES SHOWN IN ORANGE BOXES</p> <p>City Club reserves the right to cancel or reschedule any class without prior notice. Call (817) 878-4094 for more information.</p> <p>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.</p> <p>The classes highlighted in orange have a fee associated with them. Please call the Men or Women's Fitness Center for the rates for the Reformer Pilates and F.I.T. Classes as well as rates for one-on-one training with our Certified Trainers.</p> </div>	<p>Yoga YS 10:15-11:15am Alexis Ackel</p>

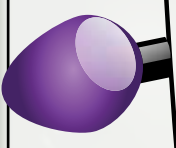
NOVEMBER

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
		1 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	2 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	3 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner LOBSTER NIGHT	4 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Friday Steak Night	5 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner
6 Club Closed	7 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch BFF DAY IN THE FITNESS CENTERS	8 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Plaid for Women®	9 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	10 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Entertaining for the Holidays WHITAKER/ CHALK LUNCH & LEARN LOBSTER NIGHT	11 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Elf the Musical PAFW 7:30pm Friday Steak Night	12 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Elf the Musical PAFW 1:30 7:30
13 Club Closed	14 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	15 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Carter Blood Care Blood Drive 9:00 am – 2:30 pm President's Room	16 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	17 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner LOBSTER NIGHT	18 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Wagner Highlights FWSO 7:30pm Friday Steak Night	19 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Wagner Highlights FWSO 7:30pm
20  Parade of Lights Viewing & Buffet Dinner	21 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch Rudolph the Red-Nosed Reindeer: The Musical PAFW 7:30pm	22 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Rudolph the Red-Nosed Reindeer: The Musical PAFW 7:30pm	23 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	CLUB CLOSED Happy Thanksgiving!		
27 Club Closed	28 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	29 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner My Fair Lady PAFW 7:30pm	30 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner My Fair Lady PAFW 7:30pm			

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>WISHING YOU AND YOUR FAMILY A VERY HAPPY HOLIDAY SEASON. THANK YOU FOR A GREAT YEAR! OUR SUCCESS IS YOUR SUCCESS - PLEASE ACCEPT OUR WARMEST WISHES FOR A TRULY WONDERFUL HOLIDAY.</div>				<div>1</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div> <div>My Fair Lady PAFW 7:30pm</div>	<div>2</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div> <div>My Fair Lady PAFW 7:30pm</div>	<div>3</div> <div>Fitness 9am – 1pm (WFC) 8am – 2pm (MFC)</div> <div>To Go Meals and Dining for Dinner</div> <div>My Fair Lady PAFW 1:30 7:30pm</div>
<div>4</div> <div>Club Closed</div>	<div>5</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch</div> <div>BFF DAY IN THE FITNESS CENTERS</div>	<div>6</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div>	<div>7</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div>	<div>8</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div> <div>LOBSTER NIGHT</div>	<div>9</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div> <div>The Nutcracker TBT 8:00pm</div> <div>Friday Steak Night</div>	<div>10</div> <div>Fitness 9am – 1pm (WFC) 8am – 2pm (MFC)</div> <div>To Go Meals and Dining for Dinner</div> <div>The Nutcracker TBT 2:00pm 8:00pm</div>
<div>11</div> <div>Santa Brunch</div> <div></div>	<div>12</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch</div>	<div>13</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div> <div>Plaid for Women®</div>	<div>14</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div> <div>Carter Blood Care Blood Drive 9:00 am – 2:30 pm President's Room</div>	<div>15</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div> <div>The Nutcracker TBT 8:00pm</div> <div>LOBSTER NIGHT</div>	<div>16</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div> <div>The Nutty Nutcracker TBT 8:00pm</div> <div>Friday Steak Night</div>	<div>17</div> <div>Fitness 9am – 1pm (WFC) 8am – 2pm (MFC)</div> <div>To Go Meals and Dining for Dinner</div> <div>The Nutcracker TBT 2:00pm 8:00pm</div>
<div>18</div> <div>Club Closed</div>	<div>19</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch</div>	<div>20</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div> <div>The Nutcracker 2:00 pm/7:00 pm</div>	<div>21</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div> <div>The Nutcracker 2:00 pm/7:00 pm</div>	<div>22</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div> <div>The Nutcracker 2:00 pm/7:00 pm</div> <div>LOBSTER NIGHT</div>	<div>23</div> <div>24</div> <div>CLUB CLOSED FOR CHRISTMAS</div> <div></div>	
<div>25</div> <div>26</div> <div>CLUB CLOSED FOR CHRISTMAS</div> <div></div>		<div>27</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div>	<div>28</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div>	<div>29</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div> <div>LOBSTER NIGHT</div>	<div>30</div> <div>Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC)</div> <div>To Go Meals and Dining for Lunch & Dinner</div> <div>Friday Steak Night</div>	<div>31</div> <div>Fitness 9am – 1pm (WFC) 8am – 2pm (MFC)</div> <div>To Go Meals and Dining for Dinner</div> <div>ABBA The Concert: A Tribute to ABBA FWSO 7:30pm</div> <div>New Year's Eve Wine Tasting and Buffet 5:30 pm – 9:00 pm</div>

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 11 (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

Reservations 817.878.4000
reception@cityclubfw.com
Lunch Tuesday - Friday
11:30 am - 2:00 pm
Cocktails Tuesday - Saturday
4:00 pm - 8:00 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

Peggie Muir 817.878.4089
pmuir@cityclubfw.com

Membership Director

Debbie Rubin 817.878.4088
drubin@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.