

THE

MAY / JUNE 2019

# LOOKOUT

THE OFFICIAL NEWSLETTER OF THE UNIVERSITY CLUB & THE ST PAUL ATHLETIC CLUB



*Welcoming  
Summer*

9

**Mother's Day  
Brunch**

9

**Father's Day BBQ**

10

**Memorial Day  
Pig Roast**

20

**Stout's Island  
Weekend**

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## CLUB HOURS

### UC BUILDING HOURS

*Memorial Day - Labor Day*

Sunday - Monday | 6 am - 8 pm

Tuesday - Saturday | 6 am - 10 pm

### UC RESTAURANT HOURS

*Memorial Day - Labor Day*

Sunday | 11 am - 7 pm

Monday - Thursday | 11 am - 9 pm

Friday - Saturday | 11 am - 10 pm

Last seating 30 minutes before close.

### SPAC

Monday - Friday | 5am-10pm

Saturday-Sunday | 7am-8pm

*Hours subject to change and are weather dependent.*

## POOL HOURS

### Monday-Friday

6-8 am | Lap Swimming\*

8-12 pm | Camp U Club (6/10 - 8/9)

12 - dusk | Open swim\*

*\*No lifeguard on duty. Swim at own risk. \*\**

*No open swim during Camp U Club.*

### Weekends

10 am - dusk | Open swim\*

*\*Enter through the building for an early morning swim. Lifeguard on duty until 8:00 pm. Weather dependent.*

## LETTERS FROM OUR MANAGERS

Spring weather and poolside fun are just around the corner.

Here's a look at everything coming up in the next months.

### From Meghan's Desk

As I write this, another snowstorm is heading our direction! We've all endured a robust Minnesota winter and deserve a warm spring, but Mother Nature had other plans for us this year. Rest assured, the staff of the University Club has been gearing up for the warmer weather for weeks now. Below are a few of the events and happenings around the club that you don't want to miss.

May 4th is our renowned Kentucky Derby Day and we have a few surprises for you. Remember to buy your tickets online at Eventbrite and use promo code (code) to obtain your member discount. Did you know wearing a hat to the Kentucky Derby is believed to bear good luck? Dust off your wide brimmed hats, colorful fascinators and bowlers to get in the spirit. Mint Juleps will be plentiful too!

Make your reservations early for Mother's Day Brunch on May 12th. As always, Chef George will be serving a fabulous buffet and we will be booking to capacity.

Member Weekend at Stout's Island Lodge is just around the corner May 17th through 20th. Please contact Sue Katsiotis directly for additional information.

As per tradition, we'll mark the start of our summer season and our 2019 pool opener with the annual Memorial Day celebration and Pig Roast. Plan to attend and dip your toes in the pool on May 27th.

We'll also be celebrating Father's Day on June 16th and hosting a Dive-in Movie on June 28th. I'm looking forward to my first summer season with all of you. Please don't hesitate to contact me should you have questions, suggestions or feedback.

See you at the Club!

-Meghan

### From Sarah's Desk

After a never-ending winter, we're ready to focus on summer—and all of the fun activities that comes with it. As a relative newcomer to Minnesota, I've been amazed at all the fun outdoor activities that are available to those who are lucky enough to live here. There are endless opportunities for hiking camping, kayaking, and more.

I can't overstate how important it is to get or stay in shape so you can take full advantage of those opportunities. Keep up your weight lifting and gym routine so you can grab a paddle or hiking boots with more energy, more strength, more stamina and a reduced risk of injury. More daylight means more time to take care of yourself!

The Saint Paul Athletic Club is focused on keeping things interesting in the gym over Summer. This is a great time to work with a personal trainer to reach a goal that has been just out of reach in the past. A few other ideas:

- Push yourself with our Master's Swim program Thursdays and Sundays.
- Dive into a consistent Yoga practice.
- Try out Fusion and get in the best overall shape possible with knowledgeable and experienced coaches.
- Pop into our Raspberry Island evening outdoor workouts starting in summer (open to the general public).
- Join us for our 3-day yoga retreat at the SPAC from May 10 - 12th (visit <https://www.body-matter.com/spac-may-retreat> for more information and to register)

Don't forget to mark your calendar for the Sister Property Weekend, from May 17<sup>th</sup> to 19<sup>th</sup>.

We're more focused than ever on helping our members get in the best functional shape possible. That means different things for different folks. Our goal is to encourage and challenge everyone at every level. We'd love to talk to you about how we can help you reach your goals. I look forward to seeing you at the Club!

Best,  
-Sarah

# WELCOME TO OUR NEW MEMBERS!

- |                    |                   |                      |                    |                   |
|--------------------|-------------------|----------------------|--------------------|-------------------|
| Brianka Agboola    | Michael Conroy    | Linda Jenny          | William Moore      | Catherine Shively |
| Jamie Aller        | Brandon Cooksey   | Eric Johnson         | Alex Morris        | Kirsten Siers     |
| James Andacht      | Zachary Davis     | James Johnson        | Daniel Mosow       | Jeremy Siers      |
| Christine Andacht  | Dagmawi Dejene    | Ryan Jordan          | Alicia Munson      | Benjamin Siers    |
| Madeline Andacht   | Duane Dial        | Linda Lou Kanter     | Diane Murray       | Brian Silva       |
| Kameena Anderson   | Arturo Digirolamo | Maxwell Karas        | Zachary Neubauer   | Megan Somers      |
| Ellie Anderson     | Carole Digirolamo | Michael Kinsel       | Meghann Oglesby    | Zacharia Soubra   |
| Eddie Anderson     | Scott Digirolamo  | Johnell Kolve        | Laci Ourada        | Nuavana Staack    |
| Edward Anderson    | Audrey Digirolamo | Chris Kolve          | Jonathan Palmer    | Scott Steiner     |
| Veronica Antoniol  | Angela Dixon      | Joe Lammel           | Siobhan Palmer     | Jeremy Stomberg   |
| Dos Santos         | Dwayne Dixon      | Laura Lane           | Emilia Perkins     | Devonta Stringer  |
| Jhon Milton Arenas | Andrew Dreyfus    | Kalsey Laplante      | Jenny Peters       | Rick Sundberg     |
| Valery Argo        | Cheryl Ela        | Amy Larkin           | Alex Peters        | Susan Tigner      |
| Thomas Arnold      | Tamir Einabarawy  | Joan Larson          | Hazel Phelps       | Celeste Vershoor  |
| Alisa Augdahl      | Emily Essert      | Paul Lawson          | William Phelps     | Esmee Vershour    |
| Gieselle Augdahl   | Renee Fall        | Christopher Liverman | Laura Pineros      | Rob Vold          |
| Lon Augdahl        | Abbie Farrell     | Ronald Losoya        | Brian Pollack      | Joanne Wahlstrom  |
| Alan Augdahl       | David Filosa      | Susanne Lovejoy      | Colleen Pollack    | Rachel Walch      |
| Geny Augdahl       | Robert Flood      | Heather Lund         | Maggie Pollack     | Tyler Wiegert     |
| Rigoberto Augirre  | Emma Flood        | Grace Martin         | Teddy Pollack      | Christine Wiegert |
| Bridgewater Bank   | Cheryl Flood      | Andrew Martin        | Kestrel Pollock    | Edward Wiegert    |
| Erin Bankson       | Kevin Foley       | Gloria Martin        | Isla Pollock       | Austin Wiegert    |
| Danielle Becker    | Mick Foley        | William Martin       | Stirling Pollock   | Evan Wilson       |
| Adeline Bennett    | Robin Freakins    | Julia Martinez       | Scott Pollock      | Michael Wilson    |
| Eric Bialek        | Matthew Freeman   | Keeley McCall        | Anne Pollock       | Mike Wona         |
| Rebecca Bishop     | Michael Gaard     | Maureen McDowall     | Oskar Pollock      | Wynne Wrede       |
| Richard Bishop     | Safia Gele        | Dustin McIntyre      | Matthew Rahn       | Dylan Wrede       |
| Aaron Bjornson     | Jessica Gerard    | Kelly Meehan         | Donald Raleigh III | Michael Wrona     |
| Clarissa Blanchet  | Katharine Gerbner | John Meyer           | Margaret Ratley    | Sonya Wrona       |
| Iona Blanchet      | Steven Gergen     | Ambrose Michel       | Katy Ratley        | Nicole Wrona      |
| Sean Blanchet      | Mark Gibbs        | Magdalene Michel     | Luke Ratley        | Jeffrey Wutzke    |
| Nick Boerum        | Tommi Godwin      | James Michel         | Hank Ratley        | Linda Wutzke      |
| Lynda Bohlsen      | Amanda Green      | Theresa Michel       | Jack Ratley        | Kayla Yang-Best   |
| Ian Borgelt        | Brian Hall        | George Mignogna      | Tammy Reno         | Stephen Yoch      |
| Nicholas Brant     | Ryan Hamilton     | Clare Migogna        | Janice Rick        | Andrea Yoch       |
| Lindsey Brown      | Kyle Hargrave     | Charlie Mignogna     | Angela Riffe       | Clint Zahnow      |
| Susan Burns        | Rafael Hernandez  | Michael Miller       | Ara Rosenbaum      | Mona Zielke       |
| Jeff Butler        | Tony Holte        | William Miller       | Kerri Ryan         | Zachary Zielke    |
| Maria Caram        | Nils Hougen       | Mario Montoy         | Febus Ryan         | Daniel Zogaa      |
| Logan Clark        | Dana James        |                      | Savannah Sellegill | Andrea Zuber      |



## FEATURED CLUB: THE STANDARD, CHICAGO

**A piece of Chicago history, and setting of multiple events by President Obama.**

The Standard Club, located in the loop of downtown Chicago, is celebrating its sesquicentennial this year, having been founded in April 1869. In February 1870 it occupied its first clubhouse, especially erected for it, at the corner of Michigan Avenue and 13th Street. In October 1871, twenty-one months after occupying it, the club suspended its activities so that the building could be used as the headquarters for the Central Relief Committee in the wake of the Great Chicago Fire of October 8-10, 1871. The club reoccupied its quarters in the fall of 1872 and spent a considerable sum repairing and refurbishing it.

The club occupied its second clubhouse at Michigan Avenue and 24th Street from 1889-1926. Its current clubhouse was designed by Albert Kahn and opened in 1926. "The club is a

place where distinguished business people, professionals, community leaders and their families gather to experience the best the city has to offer." Though affiliation with such a club points to an enjoyment of the finer things in life, the Standard's members are committed to the organization's credo of devotion to ethical giving. "Those who don't have these commitments won't feel at home here, and they probably won't make it through the membership process," the general manager said. President Obama staged multiple events in the grand ballroom on the fifth floor. The clubhouse is located three blocks west of Grant Park between State and Dearborn Streets at Jackson Boulevard. It has 60 overnight rooms, a library, a formal dining room, a cocktail lounge with informal dining, a large business center, an indoor swimming pool, running track, basketball court, paddleball



## EMPLOYEE SPOTLIGHT: SARAH BAUMERT

Experienced in dance and yoga, Baumert brings new agility to the SPAC



Perhaps you've seen someone doing handstands on the turf on the SPAC's 7th floor. If this person has the flexibility of a yoga instructor, the grace of a dancer and the smile of someone who is truly letting loose and playing, it's probably resident yoga and movement guru Sarah Baumert.

Sarah loves playing around and finding fun ways to move her body, but when it comes to helping people feel better in their own bodies, she's all business. On staff since 2016, Sarah was integral to building the SPAC's yoga program. In addition to teaching yoga classes, Sarah is part of SPAC's Fusion team, helping with stretching, foam rolling, balance exercises and overall recovery training. She also individually trains SPAC members who are looking for a more mindful approach to training, and who want to incorporate balance, strength, mobility, and recovery into their physi-

cal activity. "I am really precise in the work that I do with people and have an ability to help them feel where and how to stretch particular muscles in a detailed way," says Sarah.

Prior to joining the SPAC, Sarah taught both dance and yoga at the University of Minnesota and she's still a professional contemporary dancer, performing and touring both locally and internationally. She recently finished a four-year training program in the Feldenkrais® method, a unique approach designed to help people increase ease and range of motion, improve flexibility and coordination, and rediscover innate capacity for graceful, efficient movement. "Since how you move is how you move through life, these improvements will often enhance your thinking, emotional regulation, and problem-solving capabilities," she says. "It has been amazing to watch my clients have moments of being in their body in a whole new way."

Sarah is hosting a weekend-long yoga retreat at the Saint Paul Athletic Club from May 10-12. It's ideal for those with an established yoga practice, or those who are interested in deepening a newer practice. Sarah will incorporate her expertise in movement, mindfulness meditation and the Feldenkrais method, and it's sure to be a truly transformative experience. Interested in joining the retreat? Contact the SPAC right away—space is limited and the retreat is soon! You can also contact us to work with Sarah one-on-one. Whatever challenge you're facing, Sarah can help you move through it with more intention and ease. And who knows—you might be the one doing smiling handstands soon.

## MEMBER Q&A: TRAINING WITH RYAN TUPLY

Ryan Tupy has found inspiration at the SPAC, and has been here ever since.

Come for the massage. Stay for the total-body, total-life transformation.

This somewhat unusual approach is how Ryan Tupy found himself part of the Saint Paul Athletic Club. Ryan was familiar with the SPAC from seeing ads in the skyways, but he didn't set foot on the property until his chiropractor recommended that Ryan pay a visit to Devin, the SPAC's highly sought-after massage therapist.

That was eight months ago. And things have changed for Ryan since then—not only are his muscles looser (he signed up for the Vitality program which means he gets monthly massages) but his muscles are also stronger. A lot stronger. We caught up with Ryan to learn more about his journey:

SPAC: What prompted you to join the Club after your first massage?

RT: I wanted to find a way to get back into shape with some peer accountability. Ultimately, it was the group class offerings that prompted me to join at first, and as I look back, it is the world-class trainers who have kept me coming back day in and day out.

SPAC: And when you say, "day in and day out," you really mean it!

RT: Yes, I started my membership by doing Fusion by SPAC six days per week. I jumped in as a complete novice with no knowledge of the moves and totally out of shape, rocking a sweet dad bod (with no kids). Day one, trainers Michael and Matt were there to help me get acclimated, work on proper technique, and light a fire under me. They made the classes very approachable, for a beginner and really helped me get back into shape.



SPAC: You've made some seriously incredible progress in a short amount of time. Don't be shy, tell us about it!

RT: Being eight months in the Fusion classes are still a daily grind, the weights have gotten heavier, my technique better, and every day it's something new. Three months ago, I added Strength Club to my membership. I wanted to work on some strength training outside of Fusion but really did not know where or how to start. Strength Club meets twice a week in a small class environment with trainer Matt. Matt is wealth of information, dry humor, and an impressive shoe collection. When he's not chiding me about my atrocious diet, he has somehow managed to improve my squats by 100lbs, deadlifts by 120, and bench press by 60. The class has been the real deal and worth every penny.

SPAC: We're bowing down to your commitment and dedication and are so glad you've found something that works so well for you. You're an inspiration!

## A WORD ON OUR DRESS CODE

### Looking good and feeling great at the clubs

One of the hallmarks that sets a private club apart is the assurance that certain expectations will be met. Private clubs have always had dress codes and the University Club is no exception. As summer and pool season approach, we wanted to take this opportunity to remind everyone of the dress codes at the University Club. The intent of a dress code is to maintain an environment that is comfortable for all members and conducive to a fine private club. It is a courtesy to others when attending the club. The dress code applies to members of the club, their guests, and members of the public attending events at The University Club.

#### Business Casual Attire

**Men:** Defined as shirt with collar (dress shirt, golf or polo), turtleneck or sweater and dress slacks or khakis

**Women:** Defined as shirt with collar, blouse, sweater, and skirt or tailored pants

#### Athletic Attire

Defined for both men and women as workout shorts, t-shirts (with sleeves for men), athletic shoes, yoga pants, sweatshirts and pants, jogging suits, bathing suits, flip-flops, and beach or pool wear. (Flip-flops, beach or pool wear are only permitted in the pool and outdoor play areas.)

#### Children's Attire

Children 13 or older, please comply with the adult dress code. Children under the age of 13, please comply with The University Club's standard of acceptable casual dress. Flip flops, beach or pool wear are only permitted in the pool and outdoor play areas.

Dress denim is the only form of denim allowed throughout the University Club, and must be accompanied by a jacket if dining in the Ramsey Room.

#### Dress Code

Fireside Room:	Business Casual
The Lobby:	Business Casual
Ramsey Dining:	Business Casual*
	*Dress denim rules apply
Member's Bar:	Business Casual
Varsity Grill:	Business Casual
Outdoor Deck:	Business Casual
Private Event Room:	Business Casual or Casual as specified by event or host
Fitness Center:	Athletic
Outdoor grounds:	Athletic
Pool/Backyard:	Athletic

## WANTED: YOUR BEST CLUB STORIES

### Your chance to be featured in our upcoming edition of The Lookout

Through its many decades of operation, the University Club and Saint Paul Athletic Club have been host to countless noteworthy guests, unforgettable evenings, and legendary stories. Now, we're looking to pass these

stories on. For our upcoming feature, If These Walls Could Talk, we'll be sharing some of the best stories from our members. If you would like to contribute, please contact Sue Katsiotis.

## FOOD SPOTLIGHT: WILD ALASKAN SALMON

### Enjoy the rich taste of salmon, fresh from the Alaskan wilds to your plate

In the late 1800s, Alaska's Copper River opened for commercial fishing. As one of the earliest and most celebrated Alaskan Fisheries, the Copper River has been in the celebrations and rituals of the native Eyak communities for thousands of years, the hearts and economy of the locals for over a century, and the menus and tables of a nation for decades. It is truly one of the most significant Salmon runs of the season.

The Copper River is a fast flowing, 290 mile long, valley-carving beast. Dropping an average of 12 feet per mile at 7 miles per hour, this is a Salmon Slalom like no other. The sheer speed and escalation of the Copper River is directly related to the celebration of the fattiness of Copper River Salmon. The needed "fat" of the fish to make this run

is comparable to fish that make much longer journeys. Long before their instinctive migrations begin, these fish naturally understand the necessity of feeding for fuel. They voraciously pack on the silky fat to burn along the trek to their spawning grounds upriver. River salmon will generally contain more fat for running to spawning grounds, while Alaska boasts the highest fat of all, when compared to European or farm salmon varieties. For chefs and foodies, the grueling upsteam climb required of the Copper River salmon translates to a rich, savory flavor.

This spring, we invite you to try our mouthwatering plates prepared by our skilled chefs, bringing the wild flavors of Alaska's rushing rivers straight to your plate. We can't wait to see you there!

## BEVERAGE SPOTLIGHT: SUMMER OF ROSÉ

### Uncork something special in great company

They tend to go hand-in-hand in my opinion, admittedly I think about Rose all of the time and not just in spring or summer! To some, wine can be intimidating or perhaps overwhelming, that's why we partner with the professionals to bring you "summer in a glass" as one member recently described it to me.

Rose varietals have become more popular in recent years, but did you know many of the first recorded wines were rose? They were made by watering down field blends that were a combination of white and red grapes. In ancient Greece it was considered civilized to drink diluted wine and only the less cultured drank pure wine.

Thankfully you will have more reasons to enjoy sipping rose soon as we will be bringing back the Kendall Jackson Vinter's Reserve as well as a few new additions being featured throughout May and June. Looking forward to summer outside while you enjoy whatever your favorite beverage might be!





## PASTA NIGHT

### That's Amore

Enjoy time with friends and family as our chefs create signature pasta dishes just for you at this member favorite event. May's Pasta Night will be the last event of the season, and Pasta Night will return in Fall 2019.

**Price: \$15 for adults, \$10 for children**

**WHEN** - May 14<sup>th</sup>

**WHERE** - University Club

## FRIDAY WEENIE ROASTS

### The smell of wood smoke in summer

A summer tradition returns to the University Club. We're bringing back our Friday Night Weenie Roasts by the pool, with hot dogs and s'mores making a delicious Friday night treat for those long summer nights.

**Weenie Roasts will be held every Friday between May 31<sup>st</sup> and August 30<sup>th</sup>, from 5:00 - 7:00 pm.**

## SUNDAY BRUNCH

### Returning in Fall 2019

We're retiring our fan favorite Sunday Brunch for the summer, and are excited to bring it back in Fall 2019.

**The University Club will be open for dining on Sundays from 11 am - 7 pm between Memorial Day and Labor Day, and will feature Bloody Marys, mimosas, and a signature egg dish.**

## MOTHER'S DAY BRUNCH

### Do something special for mom

This Mother's Day, our chefs are creating an incredible spread for you and your family to share in celebration of the mothers in your life. Spend the Sunday with family, enjoying delicious food while overlooking the blooming spring colors of the Mississippi River Valley.

**Reservations required.**

**Pricing: \$40 for adults, \$18 for children ages 6 to 12, free for children aged 5 and under.**

*Save the date for our signature Father's Day BBQ on June 16<sup>th</sup> at the University Club. Stay tuned to our weekly updates for details and RSVP information.*

## STIR FRY NIGHT

### A delicious meal for summertime

We're bringing back a fan favorite offering for those unforgettable nights by the pool and on our scenic patio. Stir Fry Night will have our chefs prepare custom stir-fry dishes for you, featuring a rotating selection of fresh ingredients.

**Stir Fry Night will be offered on June 11<sup>th</sup>, July 9<sup>th</sup> and August 13<sup>th</sup>. Pricing is \$15 for adults, \$10 for children, free under 5.**





Modern amenities.  
Relaxed luxury.  
15% VIP Discount.

As part of your membership, you receive a 15% discount to the iconic Hotel 340, which occupies the top floors of the Saint Paul Athletic Club building in downtown Saint Paul. Hotel 340 is Saint Paul's only independent boutique hotel and is a favorite among travel experts and reviewers. It's hailed as a "hidden gem"—but as a member, you're already an insider.

**Here are just a few of the reasons to plan your next stay here:**

Upscale design featuring a striking two-story lobby with fireplace and sweeping marble staircases

**Free Continental Breakfast**  
includes breakfast sandwiches, waffles, hard boiled eggs, fresh cut fruit and more

**Complimentary Wi-Fi**

1080p flat screen televisions

**Kerig Coffee Makers and Hot Tea**

Business Center

**Lobby Bar**  
Open 7:00 am - 1:00 am

**Complimentary access to The SPAC** for guests ages 18+

Proximity to the light rail

**Skyway access to the Xcel Center, Union Depot and RiverCentre**

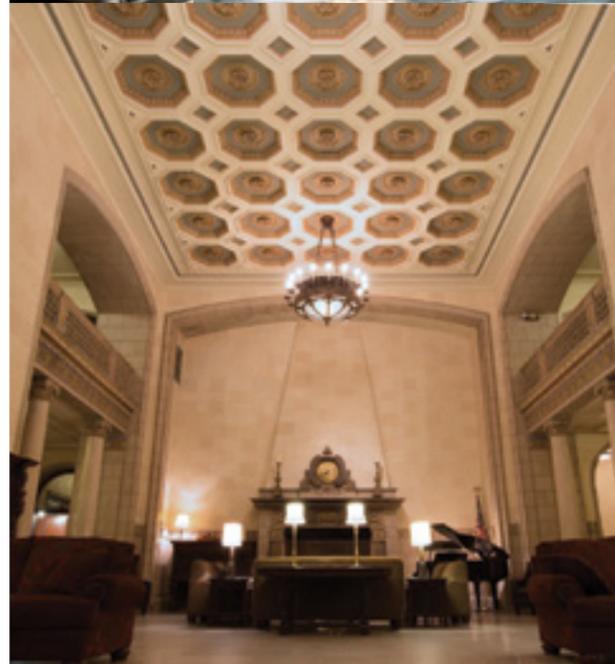
Award-winning dining options, nightlife, and cultural attractions in the heart of downtown Saint Paul

Steps from the Mississippi and Rice Park

**Whether you need a staycation, have guests coming to town or want to turn an evening into an adventure, we look forward to having you.**

reservations@hotel340.com  
651.280.4120

340 Cedar Street, Saint Paul, Minnesota 55101



## CLUB 101

### Find your people

We're known for an incredible list of "Clubs with the club." These gatherings span an impressive variety of interests. Wine, books, travel, languages, clubs devoted to specific authors, writing, investment clubs and much more!

The Club 101 event gives members the opportunity to meet with a representatives from each our Clubs with the Club. Explore your passions or find a new one: meet new people; expand your horizons; and make the most of your membership! Club 101 helps us make new connections with The University Club.

**WHEN** - Friday June 7<sup>th</sup>, 5:00 - 7:00 pm  
**WHERE** - University Club

## TRAVEL CLUB

### Plan your next adventure

Looking out the windows of the Fireside Room, wishing for a fire! Yes, that's right, mid-April and the snow, wind, sleet, rain, hail all pounding down outside the windows remind us that this is Minnesota where we have learned never to speak of "normal weather!" All this reminds me to be flexible when making summer plans for Travel Club and to get outside whenever possible! We've already altered the timing for our April meeting, moving it to May 1 for a May Day Celebration when we hope for an excursion to the WA Frost's patio while we await the opening of the University Club's deck by Memorial Day. We'll meet again on May 22 for our regular May meeting and enjoy hearing about the Spring European Holiday trips taken by members including Krakow and the Orkney Islands. Of course, everyone dreams of sun and warmth when traveling, so we'll hope to see photos with our travelers walking under blue skies wearing designer sunglasses while sipping a local beverage! Then in June we're going to share ideas for fall travels by hearing

**Travel Club will meet next on May 22<sup>nd</sup> at the University Club.**

## COCKTAILS AND CONVERSATION

### Literature in good company

Sip on a specialty cocktail created to go along with the book of the month, as you discuss the latest literature in good company. All book club books are available for purchase at Red Balloon Bookshop, 891 Grand Avenue. Mention the University Club Book Club to receive a 20 percent discount. May's book for Cocktails & Conversation is *An American Marriage* by Tayari Jones. June will feature *The Overstory* by Richard Powers, and August will feature *Wildly Successful Farming* by Brian DeVore.

**WHEN** - 5/7, 6/18, 8/6, 7:00 pm  
**WHERE** - University Club

from members who have traveled on fall trips they want to recommend. Some have been floating the idea of a trip for the Travel Club to Mackinaw Island or maybe a fall foliage tour out to New England if not this year, perhaps 2020.

In July several of our members will be taking a trip together to Sonoma Wine Country from July 19-22 so we will not have a regular Travel Club meeting in July or August. We are planning an excursion or two together to area Arts Fairs or Concerts for July and August with the dates TBA, so check out the U Club's weekly updates or make sure to read all your email updates for Travel Club members. We also have a few spaces left for the Sonoma Wine Country Tour in July and another Sonoma tour in October. Contact Sharron for more details and to get your name on the Travel Club email list for updates.

**For details and other questions, please contact Sharron Pelham: sharronpelham@gmail.com**

## NEW: GARDENING CLUB

### Take part in new growth at the Club

Calling all veteran green thumbs, enthusiastic newcomers and everything in between – We are looking to grow a new community at the University Club! Gardening Club's first big project will be working on the Kids and Kitchen garden, which will take place on May 25<sup>th</sup>. Watch the weekly member updates for more information.

If you are interested in getting involved, please email [membership@universityclubofstpaul.com](mailto:membership@universityclubofstpaul.com)

## NEW: KNITTING CLUB

### Let's stitch a new group together

All are welcome to join Knitting Club, a new club that offers the chance for social sessions of knitting, trading advice and ideas, and building our skills. While just beginning, Knitting Club has just one mission: To help those in need in our community. Watch the weekly updates for more information.

If you are interested in joining, please email [membership@universityclubofstpaul.com](mailto:membership@universityclubofstpaul.com)

## THROUGH THE GRAPEVINE

### It's always a great time with wine

Through the Grapevine is a club for people who want to know more about wine. It's hosted by Chuck Kanski, the wine expert behind Solo Vino. Through the Grapevine will be an exclusive group, limited to 20 people to make sure everyone can ask questions and participate. Make sure to join in on our May session, "A Summer of Rose," before the club takes a brief summer intermission for June and July.

If you are interested in joining, please email [membership@universityclubofstpaul.com](mailto:membership@universityclubofstpaul.com)

## GREAT BOOKS CLUB

### Read up on the classics

The Great Books Discussion group meets on the second Wednesday of each month at 5pm. Join other convivial readers as we discuss writings from collections curated by the Great Books Foundation in Chicago. Read, think, and express your opinions!

During our spring discussions we'll delve into the genre of Sudden Fiction. Sudden or Flash fiction is a fictional work of extreme brevity that still offers character and plot development. In history, fables and parables are examples of Sudden Fiction's roots. Sudden Fiction may be the perfect literary form for today's busy lifestyles!

On **May 8, 2019** we'll read William Maxwell's "The Country Where Nobody Ever Grew Old and Died", and Grace Paley's "Wants."

On **June 12, 2019** our selections will be Donald Barthelme's "A City of Churches" and Don Shea's "True Love."

We hope to see you at the table!

If you would like more information about Great Books Club, please contact Margaret King:

[kingmuelken@q.com](mailto:kingmuelken@q.com) | 651-285-7550



Through the Grapevine will meet on **May 28<sup>th</sup>** at **7:00 pm** at the University Club.

## FEATURED CLUB: PICKLEBALL AT THE SPAC



### Make new friends, learn new skills and stay active as a community

Don't miss this new interactive sport at the Saint Paul Athletic Club! Pickleball is a paddle sport for two or four players that combines elements of badminton, tennis, and table tennis. The University Club's new Pickleball Club is a great way for new players or longtime pickleball fans to connect for a friendly game.

Pickleball is the newest Club Within a Club, and is an excellent opportunity to learn a new sport (or hone your existing skills), make new connections, and stay active through the summer. The University Club has purchased

nets, pickle balls and rackets. We are excited to give our members the opportunity to learn and play the fastest growing recreation sport in North America!

Following the initial meeting on **Wednesday, May 22<sup>nd</sup>**, The Pickle Ball club will meet weekly all summer long at 6:00 pm courtside at the University Club.

**WHEN** - Wednesday May 22<sup>nd</sup>, 6:00 pm  
**WHERE** - University Club

## LEARN TO DANCE

### Put some spring in your step

Tricia Wood, Owner & Dance Instructor at Dance and Entertainment Studios, will be leading a series of dance classes at the University Club. Now's your chance to polish up your skills or learn something new to impress on the dance floor!

#### Dates

May 2, 9, 16, 23, 30  
5:30-6:30pm **EAST COAST SWING**



**Cost:** \$10 per lesson  
**Location:** University Club

## L'ALLIANCE FRANCAIS

### Your gateway to the francophone world

L'apéritif en français is a monthly conversation group hosted in partnership between the University Club and Alliance Française Mpls/St Paul. We meet in the President's Room and speak French in a relaxed and open environment. Guests are invited to order a drink, or as we say in French an "apéritif" from the bar upstairs. An Alliance Française staff representative will typically guide the group, but all are welcome to take initiative

to bring up new topics. French language levels typically range from intermediate to native speaker, with beginners welcome for a challenge as well! Topics arise as group participants suggest them, but often include travel, cinema, art and upcoming events.

**L'apéritif en français meets on the second Thursday of each month at the University Club.**

## HUMP DAY GAMES

### Who doesn't love a giant Jenga?

Hump Day Games is a happy-go-lucky club for the big kid in all of us. If you're 21 or older and interested in turning an ordinary Wednesday into a romp of a good time, this club is for you. We have an endless roster of games, like Drunk, Stoned or Stupid?, Pictionary and Giant Jenga. We've got a bunch of great board games. And, we're not afraid to bring out the Twister mat.

#### Contact:

Lisa Tabor - lisa@culturebrokers.com,  
Shasha Porter - shashacporter@gmail.com  
Rosemary Ugboajah - rosemaryu@nekacreative.com

#### Dates:

Wednesday 5/15 and Wednesday 6/12  
6pm until the last card is played



## READINGS BY WRITERS

### Hear authors' perspectives on contemporary and classic literature

We have a wonderful collection of insightful and talented artists coming to the Club. Meeting every third Tuesday of the month, Readings by Writers' diverse topics range from writers bringing their personal cultural truths to light and Bob Dylan, to Somali poetry and reflections on contemporary cultural subjects.

Readings by Writers is a club by members and for members, and seeks to engage literary curiosities with discussions of familiar genres and encouragement to explore something new.

**On Tuesday, May 21st at 7:30 pm, Readings by Writers will host the following guest writers:**

**Nicole Helget:** Helget was selected as a Barnes and Nobles "Discover Great New Writers" and "Featured Authors," and has starred reviews from Booklist and Publisher's Weekly. Her work has earned the Tamarack Award and Speakeasy Prize, as well as Midwest Selections Pick, several Minnesota Book Award nominations, and two Minnesota State Arts Board grants.

**Brad Zellar:** The Coen brothers took inspiration for the visuals in their film A Serious Man from Brad's book the Suburban World: The Norling Photos. He has worked as a writer for City Pages, the Utne Reader, and as literary critic and senior editor for The Rake. House of Coates is Brad's most recent project, with photographs by Alec Soth and Lester B. Morrison.

**Sarah Stonich:** Stonich has won numerous awards and her books have been chosen as community reads in two dozen midwestern cities. Her work These Granite Islands was a Barnes & Noble Great New Writers pick. Her memoir Shelter: Off The Grid In The Mostly Magnetic North won a NEMBA award.

**Anika Fajardo:** Fajardo was born in Colombia and raised in Minnesota. Her writing has been published in the anthologies Brief Encounters: A Collection of Contemporary Nonfiction and Sky Blue Water: Great Stories for Young Readers (Minnesota, 2016). She has earned awards from the Jerome Foundation, the Minnesota State Arts Board, and the Loft Literary Center. The manuscript for Magical Realism for Non-Believers was a finalist for the Bakeless Literary Prize in Creative Nonfiction.

**Ed Bok Lee:** Bok Lee is the author of three books of poetry, most recently Mitochondrial Night (Coffee House Press, March 2019). The son of North and South Korean emigrants, he teaches at Metropolitan State University in Saint Paul, and also works as an artist, translator, and for two decades has taught in programs for youth and the incarcerated. Honors include the American Book Award, Minnesota Book Award, Asian American Literary Award (Members' Choice), and a PEN/Open Book Award.

*For the June event, Readings by Writers will have readers from the anthology on fatherhood—The Road by Heart: Poems of Fatherhood, edited by Richard Broderick and Greg Watson and published by Nodin Press.*



## CLUB ENTREPRENEUR

Get clued in on the latest insights in the professional world

### Does Culture Eat Strategy for Breakfast?

Most business leaders are looking at the current talent market and wondering what they can do to retain and recruit top talent to their organization.

With the talent marketing getting tighter, we need to think outside the box to really drive high performance and retention in our organizations. It all starts with the culture that you are creating and sustaining in your organizations. The days of just having the smartest people and working harder to achieve your results are over. Companies now need to get as curious about their people strategy as they do anything else in their business to drive results.

Where you are going matters, but the reasons why you are doing it and how you get there matters more. As generational differences continue to drive changes in many of our organizations, it's important as business leaders to hear new ideas and approaches to help your organization adjust. Join us to hear a panel of expert consultants and business leaders talk about the impact a healthy culture can have on your growth as an organization.

Key takeaways for attendees include:

*How to retain your top talent that you have today and drive higher performance in a tight labor market*

*Key aspects of your business that might be driving lower engagement and retention – things you don't even realize*

*Creative (and inexpensive) ways to increase retention, engagement, and performance in your workforce.*

*Realistic and actionable ideas (no theory) that you can start to implement in your business immediately.*

Club Entrepreneur's May meeting will feature the following panelists:

Jaime Taets, CEO, Keystone Group International  
Aleesha Webb, President of Village Bank  
Laura King, Director of Recruiting, CorTalent

### Luncheon Schedule

11:15 - 12:00 pm Open Networking  
12:00 - 12:20 pm Lunch Served and Presentation Begins  
1:00 pm Program Ends and Networking

Lunch is \$35 (\$45 walk-ins and less than 24 hours prior to event)

*If you would like to get on Club Entrepreneur's mailing list or have questions, please contact:*

### Chum Struve

651-247-3091 or [chumstruve@legalshieldassociate.com](mailto:chumstruve@legalshieldassociate.com)

For signup details, please visit:  
<http://clubesaintpaul032019.eventbrite.com>

Club Entrepreneur is a monthly group that holds sessions at the University Club to discuss the latest trends in business, finance and market trends. It is a great opportunity to connect with like-minded business people, network, and learn new techniques in controlling the market.

Club E meetings cost \$35 advance, or \$45 within 24 hours of the event. Price includes lunch.

**Club Entrepreneur will meet on  
Wednesday, May 15<sup>th</sup> at the University Club.**

## HANDS ON SUNDAYS

Families come together over crafts

All families are invited to join us one Sunday each month for activities that include science experiments, dance and movement workshops and constructing gingerbread house masterpieces.

Guided by University Club staff as well as guest instructors, Hands On Sundays provides an opportunity for the whole family to come together to enjoy a creative kinetic activity.

**Hands On Sundays will take a seasonal break for the summer, and will return in October 2019.**

## DATE NIGHT

Take an evening out

Join us for fun-filled and rejuvenating evenings – We'll watch the kids, and you and your partner can enjoy the evening with one another.

Date Night childcare activities are as follows:

### May 17<sup>th</sup> – Bingo Night

You asked, we listened! The last Date Night of the season is our fan favorite Bingo Night, of course featuring dinner and a movie.

*Date Night runs from 5:00 - 9:00 pm, and costs \$15 per child. Bingo Night will be the last Date Night event of the season, as we are taking a summer hiatus.*

To RSVP, contact:

[membership@universityclubofstpaul.com](mailto:membership@universityclubofstpaul.com)





## DIVE-IN MOVIE

The defining summertime classic returns

Nothing says summer like pool noodles, good friends and a classic Hollywood blockbuster movie as the long summer nights fade into darkness. We're pleased to re-launch our Dive In Movie events, where we set up a large-screen projector and sound system to screen classic movies for our guests. Pool floaties are encouraged.

**Dive-In Movie Summer Premiere:**  
June 28<sup>th</sup>, movie begins at dusk.

Dive-In Movies are free for all members.

To suggest a movie, please email  
[skatsiotis@universityclubofstpaul.com](mailto:skatsiotis@universityclubofstpaul.com)



## STOUT'S ISLAND MEMBER WEEKEND 2019

Take a retreat to the great north woods

We are inviting all the members of our sister properties (University Club of Saint Paul and Saint Paul Athletic Club) to join us again this spring for some Stout's sponsored, Club-inspired programming. If you are not a Club member, we still invite you to join us for this exciting weekend and enjoy the included programming. Activities will include yoga and meditation classes, complimentary dry snacks during happy hour both nights, bonfires (with s'mores!) both nights, and live music on Saturday night. On Saturday compete in the Rugged Adventure Run, test your nerve, strength, endurance, coordination, and your ability to hit a target after being spun around several times.



**WHEN** - May 17<sup>th</sup> - 19<sup>th</sup>

For questions or to make reservations, contact:  
[info@stoutislandlodge.com](mailto:info@stoutislandlodge.com)



## SUMMER FAMILY FUN FRIDAYS

A new dimension of fun at the University Club

We're opening up an all-new selection of great summertime fun to be enjoyed by the whole family. Classic favorites like our Dive In Movies return, as well as new activities like reptile zoos and more. Stay tuned to member updates for more details and sign-up information.

- May 25<sup>th</sup>** - Kids and Kitchen Garden Planting 1:00-4:00 pm
- Weenie Roasts** Every Friday June 7<sup>th</sup> - August 30<sup>th</sup> 5:00-7:00 pm
- June 21<sup>st</sup>** - Owatonna Reptile Zoo - Poolside 6:30 pm
- June 28<sup>th</sup>** - Dive In Movie
- July 19<sup>th</sup>** - Kids Dance - 6:30-8:00 pm Poolside
- August 2<sup>nd</sup>** - Dive In Movie
- August 9<sup>th</sup>** - Camp U Club Art Show 5:00-6:30 pm - Rigging's Yard
- 2019 Talent Show** - 6:30 pm Poolside

# FULL SCHEDULE ANNOUNCED: FIELD TRIP FRIDAYS

We're opening up our jam-packed summer field trip program

Now, all the fun of Friday can continue even after Camp U Club ends. We're making our Friday field trips open to all University Club youth between the ages of 5 and 15, even if they are not Camp U Club campers – Field trips are most fun with a full bus! We're pleased to share our full field trip schedule, as listed below.

## Friday, June 14<sup>th</sup>: Vertical Endeavors

Cost \$40.00  
12:00pm – 4:00 pm

Vertical Endeavors operates some of the largest and most advanced indoor climbing facilities in the Midwest. On this trip, campers of all abilities will have the opportunity to flex their muscles and reach new heights.

## Friday, June 21<sup>st</sup>: History Center

Cost \$25.00  
12:00pm – 4:00pm

The History Center is one of Minnesota's most beloved museums. Campers will spend the day learning about our state's past and what makes it so wonderful today.

## Friday, June 28<sup>th</sup>: Sky Zone

Cost \$40.00  
12:00pm – 4:00pm

*\*All Campers must wear socks for this field trip*  
Bouncing is a great way to get some exercises, try new things and burn off some excess energy. Campers will enjoy bouncing their way through the afternoon!

## Friday, July 12<sup>th</sup>: Fort Snelling

Cost \$20.00  
12:00pm – 4:00pm

Fort Snelling is one of Minnesota's greatest State Parks! Campers will spend the day by the Mississippi river hiking, building sandcastles, and exploring the natural world.

## Friday, July 19<sup>th</sup>: Snapology

Cost \$35.00  
12:00pm – 4:00pm

Snapology engages young learners by using LEGO® bricks, K'Nex and technology. Campers will spend the afternoon creatively combining STEM topics, coding, and teamwork!

## Thursday, July 25<sup>th</sup>: Banquet

Cost \$15.00 for children, \$25.00 for adults  
5:30pm – 8:00pm

Celebrate all the accomplishments of the season in style. Campers and their families are welcome to attend a banquet at the Saint Paul Athletic Club. Coaches will look back at the highlights of the summer and present campers with special awards!

## Friday, July 26<sup>th</sup>: Feed My Starving Children

FREE  
12:00pm – 3:00pm

Campers will help pack nutritionally complete meals that will be delivered to the neediest children and family world-wide. This field trip is a great chance for campers to learn about giving back to their community.

## Friday, August 2<sup>nd</sup>: Cascade Bay

Cost \$35.00  
12:00pm – 4:30pm

Campers will spend the day cooling off in the leisure pool, lazy river, or on their choice of 7 waterslides! If that's not enough excitement, a round of mini-golf is always available.

## Friday, August 9<sup>th</sup>: Base Camp: Fort Snelling

Cost \$40.00  
12:00pm – 4:30pm

Base Camp is the perfect place for campers show off their teamwork and leadership skills! They will have the opportunity to participate in archery and rock climbing.

*For each trip, please ensure your child brings a bag lunch, water bottle, and wears comfortable walking shoes. Flip-flops are not allowed.*

# FUSION AT THE SPAC

Your one-stop-shop for the full-body workout

Fusion is a multifaceted workout program designed to get you in the best all around shape possible. Some people want to be strong, some want to be fast, some want to lose fat, some want to get trim and some want more mobility. We say " Why not have it all?"

This program is built to make you stronger, faster, leaner, more mobile all in one. Every workout is different and targets specific movements to get you there effectively, safely and efficiently.

**For questions, contact:**  
[MZuehl@TheSPAC.com](mailto:MZuehl@TheSPAC.com)

**WHEN** - Mon-Fri at 6am and 12pm daily, Sat at 9am

**WHERE** - SPAC

**SCHEDULE** - New sessions starting on the first of the month in May, June and July.

**PRICE** - Unlimited Fusion \$99/session, 10 Punch Pass \$120



# SPAC RACQUETBALL CHALLENGE

Push it to the limit

We're bringing new structure to an exciting new challenge for racquetball enthusiasts, both veterans and newbies alike. Download the R2sports app on your smart phone or visit the website, and search for the Saint Paul Athletic Club Racquetball Challenge Ladder. Register your level and challenge other members. Win and move up the rankings!  
[www.r2sports.com/website/event-website.asp?tid=30758](http://www.r2sports.com/website/event-website.asp?tid=30758)

- Challenge other members and schedule a time to play
- Post scores and move up the rankings!
- Open to members only
- This challenge ladder will run now through August 15th
- Prizes for winners

# PILATES REFORMER

Try something new this summer

As summer approaches, there's a new opportunity to improve your pilates skills. Trainers Georgene Gray and Jennifer Hildebrandt offer private training sessions and group classes tailored to individual goals and skill levels. The perfect option for the pilates veteran or interested amateur.

**WHEN** - Thursdays at 12 pm  
Saturdays at 9 am  
Series starts May 9th.

*Space is limited! \$99 for 4 sessions on Thursdays or Saturdays.*

*Sign up online at :  
[www.saintpaulathleticclub.com](http://www.saintpaulathleticclub.com)*

# IN FOCUS: FEELING RIGHT FOR SUMMER

## Feeling Good Starts with Eating Right and Moving Your Body

It's a cruel Catch-22 for many of us:

You're feeling sluggish and lethargic. The last thing you are in the mood to do is exercise or whip up a meal chock full of fresh vegetables.

It seems so much easier to binge-watch the latest streaming craze and order delivery.

And yet, making healthy choices is exactly what you need to do to feel better. We understand the challenge. And you're not alone.

What's the easiest way to feel better and get healthier?

Here's a hint: It's not about deprivation. And it's not about forcing yourself to do something you don't want to do.

The easiest way to feel better and get healthier is to add in small, positive changes. Frame it as getting to experience new things that you truly might enjoy.

Case in point: Instead of thinking about depriving yourself of a favorite treat, try adding in more colorful, fresh fruits and vegetables. Maybe there's a favorite way to prepare veggies (steamed with olive oil? Dipped in Greek yogurt mixed with spices? Roasted to perfection?) that you haven't discovered yet. Maybe you haven't allowed yourself to indulge in fruit that's perfectly in season and perfectly ripe.

Instead of thinking "I have to exercise," think: "I can add in some body movement."

Maybe there's a type of body movement you haven't discovered yet that will be your new favorite hobby. It'll be different for everyone: spin, yoga, walking, weight lifting, high intensity interval training, swimming—the options are endless.

There's no magic fix, and you don't have to make dramatic changes to feel a difference. You're your own best science experiment, and you deserve it.

Most important of all, this isn't about a number on a scale

or a pants size. This is about feeling better. When you feel better, anything is possible.

What can you add in? Let us know if we can help.

## Getting ready for beach season

Want to know the best way to get a beach body?

Step 1: Have a body.

Step 2: Bring it to the beach.

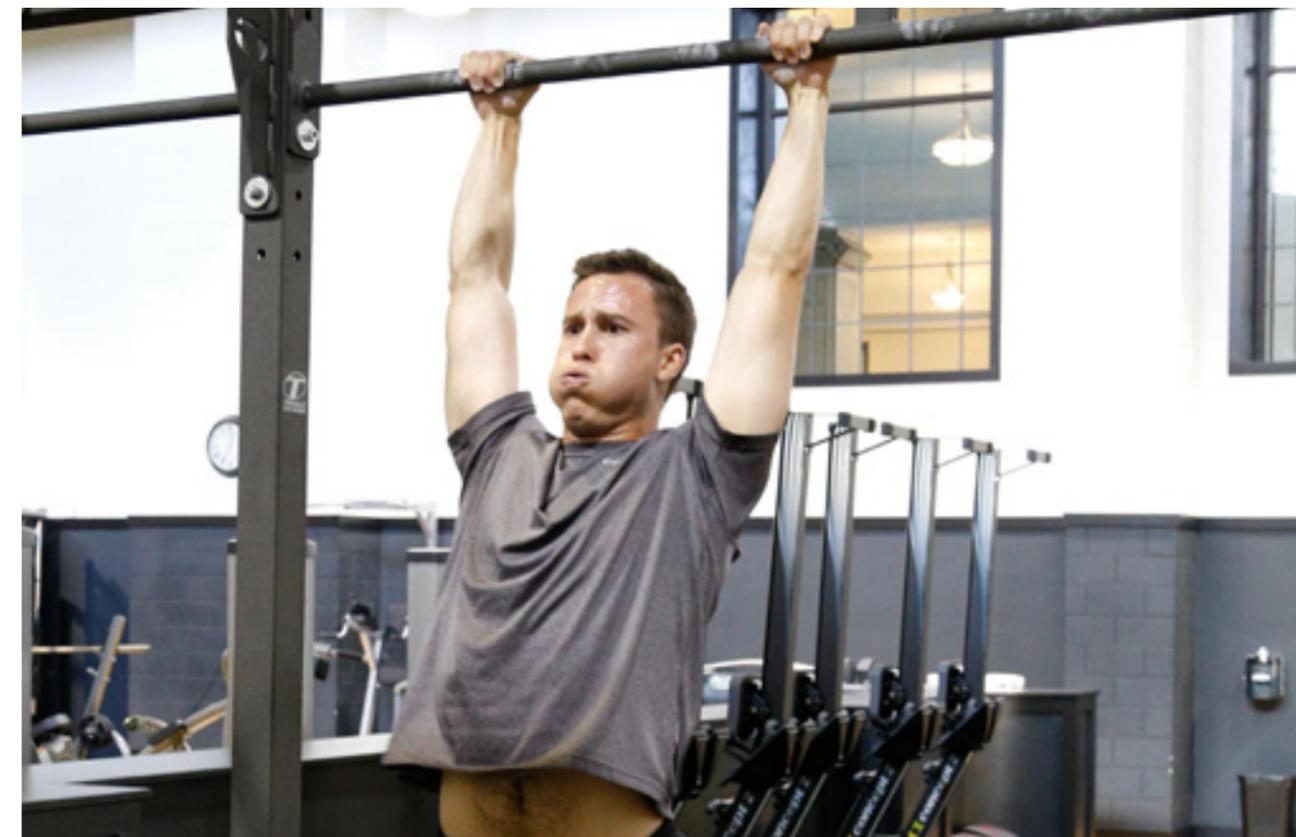
Bet you didn't expect that response, did you?

At the Saint Paul Athletic Club, we're all about all-encompassing, whole-person wellness. That means we're here to help you meet your goals, whatever those may be. If those goals pertain to weight loss, we're here to help. If those goals are about being able to chase after your kids (or grandkids) or climb Mount Kilimanjaro or meet new people or touch your toes or find a new hobby, we're here for that, too.

This time of year, there's a whole lot of talk about pool-ready or beach-ready bodies, but we want you to show up as you are, feeling confident and strong and comfortable in your skin. That means something different for everyone, and there's no such thing as a perfect beach/pool body. Wherever you are in your journey and whatever your goals may be, we're here to cheer you on and provide the support and resources (and pool!) you're looking for. (Psst—if you're looking for a tailored plan or want help setting and achieving goals, our personal trainers are a great place to start.)

Ready to dive in?

If you're an executive member, you can enjoy the full effects of pool season at our sister property, the University Club of Saint Paul, with its legendary patio and beloved outdoor pool. The pool at the Saint Paul Athletic Club is prized year-round, so any time of year can be pool season.



## TENNIS AT THE U CLUB

### It's time to make a racquet

This summer, you've got the opportunity to up your tennis game with the University Club's instructors. Members can make reservation for 60 minute (singles) or 90 minutes (doubles) lessons.

For rates and sign-ups, please contact our tutors:

**Jami Bauer, USPTA Certified Tennis Instructor**

jamibauer@thespac.com, 612-207-6076

**Sol Rosenthal, Tennis Instructor**

solrosenthal@yahoo.com, 651-233-9894

*Thank you in advance for lining and sweeping the court at the conclusion of your lesson.*

## STRENGTH CLUB

### Make 2019 your strongest year yet

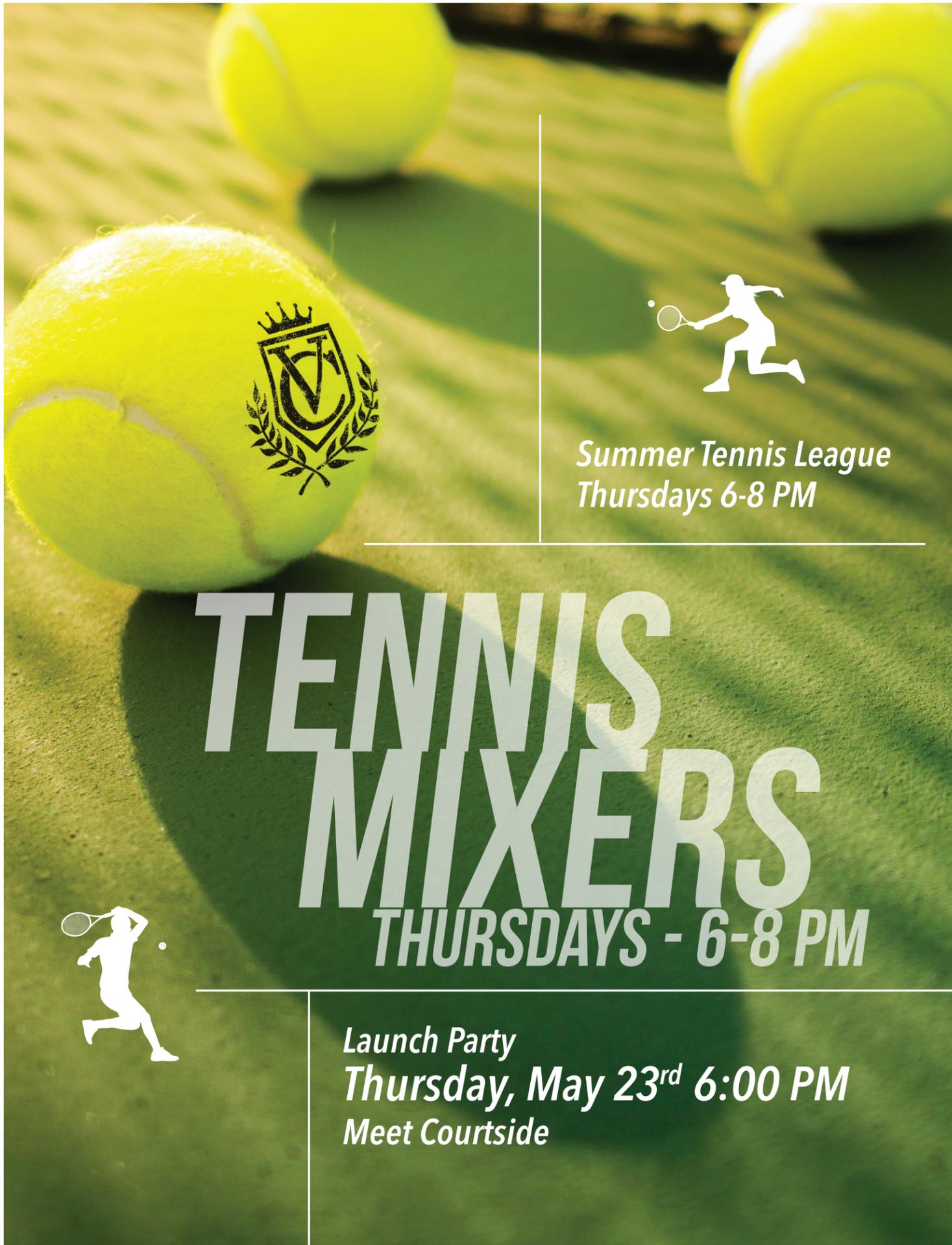
In Strength Club, athletes will gain a working knowledge of high-power movements like the deadlift, squat, and olympic-style presses. Strength Club creates a bond between participants, a friendship where everyone involved is improving becoming stronger, more confident, and in better shape. Participants will get 2 hours of work every week in a small group with local Strength and Conditioning Coach Matt Hanson.

**WHEN** - Mondays and Wednesdays, 11am

**WHERE** - SPAC, Floor 7

**Next session runs from May 13<sup>th</sup> - June 5<sup>th</sup>.**

**Sign up online at [www.saintpaulathleticclub.com](http://www.saintpaulathleticclub.com)**



*Summer Tennis League  
Thursdays 6-8 PM*

# TENNIS MIXERS

**THURSDAYS - 6-8 PM**

*Launch Party  
Thursday, May 23<sup>rd</sup> 6:00 PM  
Meet Courtside*

FITNESS & WELLNESS

**MASTER'S SWIM**



Improve your swimming and make new connections.  
Thursdays @ 6pm and Sundays @ 4pm  
Various packages available 10/20/30  
Sign up online at [www.saintpaulathleticclub.com](http://www.saintpaulathleticclub.com).

**FITNESS ANNOUNCEMENT**

We've updated our web functionality – Now you can register for group fitness classes online!  
Visit [www.saintpaulathleticclub.com](http://www.saintpaulathleticclub.com) for a whole new look and functionality.

**SAVE THE DATE: SPAC SUMMER OF FITNESS**

We're rolling out a whole season of active family fun

Summer means no shortage of opportunities to get outside and get active, from biking to work to going for a swim at the beach. Now, we've made it even easier (and more fun) to find exciting ways to stay active!  
We've planned a full roster of fitness events for our members, offering the chance to connect with friends and family while discovering exciting new ways to stay in shape and make exercise fun.

Dates for SPAC's summer programming are tentative and will be announced when finalized.  
For questions, please contact:  
[mzuehl@thespac.com](mailto:mzuehl@thespac.com)

**Calendar**

<b>May</b> Stout's Island trip	<b>September</b> Fitness JAM
<b>June</b> Beer Run Solstice Yoga	<b>October</b> St. Paul Marathon Cheer Station Monster Dash
<b>July</b> CHS Field Obstacle Course	<b>November</b> Turkey Trot Dance Party & VIP Lounge
<b>August</b> Member Appreciation Picnic on Raspberry Island	<b>December</b> Securian Run



YOU'RE INVITED

# SISTER PROPERTIES WELLNESS WEEKEND

Join us this spring for some Stout's sponsored, Club-inspired programming. This event is open to members and non-members. Activities will include candlelight yoga and meditation classes, complimentary appetizers during happy hour both nights, bonfires (with s'mores!) both nights, and live music on Saturday night. Space is limited at each event, so make sure to sign up in advance!

UClub/SPAC Member Discount: 35%  
Non-Member Discount: 20%



Reservations call 715-354-3646

## SCHEDULE

### Friday, May 17

5:30-8:30 pm Dinner on Your Own  
Reservations recommended for dining room. Call (715) 354-3646

7:00 pm Happy Hour in Great Room  
Drink & appetizers specials, complimentary dry snacks

### Saturday, May 18

7:00 am Yoga (RSVP required)

10:00 am Yoga (RSVP required)

2:30 pm Rugged Adventure Run  
Test your nerve, strength, endurance, coordination, and your ability to hit a target after being spun around several times. Bring water shoes and swimming suit/wet suit. RSVP required.

- Log carries
- Wood splitting
- Weighted pole
- Polar plunge
- Body weight exercises
- Spinning your head on a bat followed by a target toss
- Hill runs

4:30 p.m. Happy Hour in Great Room

Drink & appetizers specials, complimentary dry snacks

5:30 pm Group Dinner Pasta Bar  
Pasta bar. \$35 per person. Gratuity and tax included. RSVP required.

5:30 pm Dinner on Your Own  
Reservations recommended

7:15 pm Piano Concert  
Paul Brandt plays in the Great Room Piano in the Bar

8:45 pm Campfire Guitar  
by Paul Brandt at the Upper Bonfire Area Campfire with guitar

### Sunday, May 19

7:00 am Yoga (RSVP required)

10:00 am Yoga (RSVP required)

11:00 am Check-out



# MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 SPAC Pickle Ball Garden Club Travel Club	2 SPAC Happy Hour Cass Gilbert Society Learn to Dance	3	4 Kentucky Derby Party
5 Spring Indoor Swim Team	6 Cocktails and Conversation	7 Cocktails and Conversation	8 SPAC Pickle Ball Great Books Club Investment Club Hump Day Games	9 Learn to Dance Conversational French	10	11
12	13 Pasta Night Conversational Spanish	14	15 SPAC Pickle Ball Club E	16	17 Date Night Youth Service Team	18 Fitzgerald Round Table Stout's Island Weekend
19 Croquet Opening Meeting Stout's Island Weekend	20 Readings by Writers	21 Readings by Writers	22 Pickle Ball League Opening Travel Club	23 Tennis Mixer Info / Sign Up Poker Night	24	25 Prime Rib Night Kid's Garden Kitchen
26	27 Through the Grapevine GK Chesterson Society	28	29 Pickle Ball League	30 Tennis Mixer	31	

# JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Pickle Ball League	4	5 Pickle Ball League	6 Cass Gilbert Society Tennis Mixer	7	8
9	10 Stir Fry Night	11 Stir Fry Night	12 Great Books Club Investment Club Pickle Ball League Hump Day Games	13 Tennis Mixer Conversational French	14	15 Fitzgerald Round Table
16	17 Cocktails and Conversation Readings by Writers	18 Cocktails and Conversation Readings by Writers	19 Pickle Ball League Club E	20 Tennis Mixer	21 Poolside Reptile Zoo	22 Prime Rib Night
23	24 GK Chesterson Society	25 GK Chesterson Society	26 Pickle Ball League Travel Club	27 Tennis Mixer Poker Night	28 Dive In Movie	29
30						



## Where life's moments turn into memories.

For over 40 years, Commonwealth Properties has created places to house extraordinary—and simple—moments. Our places have witnessed a million conversations, reconnections, revelries, and renewals.

We didn't build these spaces. We are devoted stewards of their legacies, ensuring that these places are around to hold your story and the stories of those who come after you. Place matters.



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**STOUT'S  
ISLAND LODGE**  
ESTABLISHED 1903

