







3 THINGS TO KNOW

New Members | Bok Tower

4. GET INVOLVED

Interest Groups and Clubs - 4 Social | Events - 5 Book Clubs - 6

7 GOLF

Golf information

8 TENNIS

US Open Mixer | Summer Schedule

9 WELLNESS

Health Benefits of Yoga Morning Wellness Smoothie

10 CULINARY

Meet your new F & B
Manager 10
Bee's Knees 11
White Chicken Chili 12
Sept. Friday Specials 13

14 OUT & ABOUT

Catch up on events around town.

15 A LOOK AHEAD

Save the date for upcoming events.





Twin Isles Country Club

Main number - 941-637-1232

Office Manager - Peggy Miller Ext. 421

FOH Manager - Ashley Eairheart Ext. 420

Admin Assistant - Kelly Hajney Ext. 422 khajney@popegolf.net

Golf Professional | Interim Clubhouse Manager - Steve Baisch
Ext 427

Tennis Professional - Bob Blazekovic Ext. 430

Restaurant Reservations

Ext.429

Pro Shop

Vice President | Operations - Ryan Henderson

941-444-6600 ext 731 rhenderson@popegolf.net

Liaison's Contact Information

Social Liaison:

June Espositio - june0710@aol.com

Tennis Liaison's:

Jeannie Schmidt Jeannielushschmidt@hotmail.com Richard Wagar rwagar@comcast.net

Golf Liaison's:

Monika Tandon - mdtandon1@gmail.com Ed Volk - volk_5hotmail.com Ed Bouton - ed.bouton@gmail.com

THINGS TO KNOW





New Members

- Lorrie Jergenson/Scott Brown- Social
- Gary Richmond- Golf



Bok Tower Gardens is a 250-acre contemplative garden and bird sanctuary located atop Iron Mountain, north of Lake Wales Florida. Formerly known as the Bok Mountain Lake Sanctuary and Singing Tower, the garden's attractions include the Singing Tower and its 60-bell carillon, the Bok Exedra, the Pinewood Estate, the Pine Ridge Trail, and the Visitor Center. 1151 Tower Blvd. Lake Wales, FL 863-676-1408 info@boktowergardens.org

DAILY ADMISSION

Bok Tower Gardens is open 365 days a year from 8:00 a.m. – 6:00 p.m., with last admission at 5:00 p.m. (the Gardens open at 10 a.m. on Thanksgiving Day and Christmas Day). The Visitor Center, Blue Palmetto Cafe, and Shop at Bok are open daily from 9:00 a.m. – 5:00 p.m.

Adult admission is \$16, Children (ages 5-12) \$5, children under 5 are free, Dogs are \$5. Reciprocal admission for participating gardens and cultural institutions will be offered. For your convenience, general admission tickets can be purchased upon arrival at the Entrance Gate or in advance with online ticketing link below. All special event and educational program tickets (with the exception of Brunch in the Gardens) include general admission for the day.

Tickets include:

Single-day admission to select Garden areas and the 3.5-mile Pine Ridge Preserve hiking trail. Access to Garden areas is subject to change without notice.

Interest Groups

Interest groups and social clubs create a great opportunity for members to learn a new skill, make new friends, or share a hobby with other members who have similar interests.

Meet fellow members with similar interests by creating or joining an Interest Group, such as a card club, a walking group, a Mahjong club, or perhaps a cocktail of the month club, options are endless.

Any Member wishing to develop an interest group or club should contact Peggy Miller, Office Manager to receive information and an application.









GET INVOLVED



CARD NIGHT September 7,14,21,28 6:00pm



BINGO NIGHT WED., September 7, 21

6:30pm

R.S.V.P. 941-637-1232 Come join us and try your luck at Bingo.



MAH JONGG

TUES & FRI., TUES., 6,13,20,27 FRI., 2,9,16,23,30 11:00 am

Activity room, all materials included Laura Felmore 941-661-1900



HAPPY HOUR

Every Tues-Sat 3 pm - 6 pm

1/2 price drink specials!



TRIVIA NIGHT

Thursday - Sept.15 5:00pm



GUITAR CLASS

EVERY MONDAY 1-3PM

All Members are welcome to join the class. At the beginning of the class, new students will get instructions & then the group jam for about an hour and a half



BOOK CLUB

WED, SEPT., 28 | 3 pm

Book: THE LINCOLN HIGHWAYI

Author: AMOR TOWELS RSVP by emailing Nancy Svehla nlsvehla924@comcast.net or sign up in the book at the podium

Interest Groups



Ladies Art & Crafts is back! TUES., SEPT., 13 | 3-6 pm

\$15 supplies included.
Boondoggle crafting by
Jeanene Arrington
Decorative Palmetto
Palm weaving.
Space class size 20.
Reservations are
required R.S.V.P. by 9/6
Sign up at the podium in
the Club notebook.No
refunds for no-shows or
cancellations after 9/6

GET INVOLVED

New Interest Group

Great Books Enthusiasts of TICC

Book selections and dates:

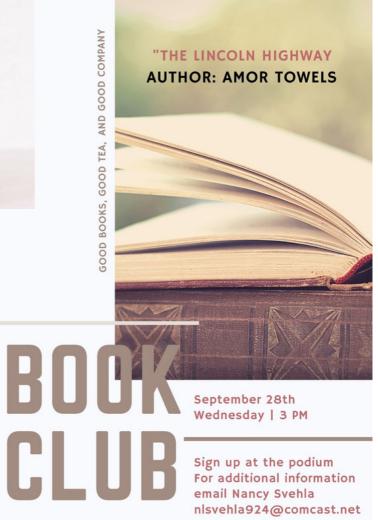
Second Wednesday of every other month

- October 12th The Dictionary of Lost Words | by Pip Williams
- December 14th The Christmas Carol | by Charles Dickens
- February 8th Flights | by Olga Tokarczuk





BLOOD DRIVE Wednesday, September 28th One Blood - Blood Drive 11-4



GOLF

Labor Day Scramble

Monday, September 5 8:30AM Buffet 12:00 pm

> Lunch only - \$ 20.00 Golf & Lunch - \$35.00

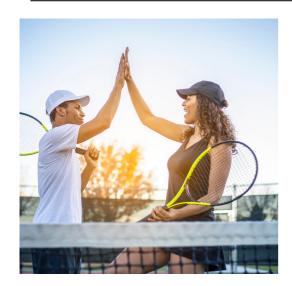
bbq ribs, hot dogs, hamburger, rolls, cheese and condiments, corn on the cob, cole slaw, cookies

RSVP in Pro-Shop by 9/1



TWIN ISLES COUNTRY CLUB | Page 7

TENNIS



Join us as we celebrate the <u>Grand Slam Tennis</u> <u>Tournaments of 2022!!</u>

The U.S. Open Mixer will take place on Saturday, September 10th at 10:00 AM

Afterward, we will adjourn to the grill room for drinks and lunch to be ordered from the club's menu and watch the ladies' finals.

Tennis Price: \$2.00

To sign up contact Bob at 941-467-4951|bobblazekovic@ymail.com

WILL THE LAST ONE IN FLORIDA PLEASE TURN OUT THE LIGHTS ADULT SUMMER TENNIS MIXER SERIES

10:00 AM - 12:00 PM

Cost: **\$10.00**

Luncheon to follow

A fun fast-paced tennis mixer with players from Twin Isles and other local clubs competing. After play is finished a complimentary \$10.00 ticket will be issued to each player (good for that day only) to redeem in the restaurant for drinks and food. After you have finished beating them up on the court, go rub it in in the Grill Room!

Summer Schedule

Women's

Men's

Wednesday 09/21

Thursday 09/22

To sign up contact Bob at 941-467-4051 or bobblazekovic@ymail.com

WELLNESS



September is National Yoga Awareness

Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially help you heal faster.

- 1. Yoga improves strength, balance and flexibility.
- 2. Yoga helps with back pain relief.
- 3. Yoga can ease arthritis symptoms.
- 4. Yoga benefits heart health.
- 5. Yoga relaxes you, to help you sleep better.
- 6. Yoga can mean more energy and brighter moods
- 7. Yoga helps you manage stress.
- 8. Yoga connects you with a supportive community.
- 9. Yoga promotes better self-care.

Morning Wellness Smoothie

This Morning Wellness Smoothie is the perfect, delicious, nutrient-dense smoothie to add to your morning routine. Packed with antioxidants, vitamins, and mineral-rich fruits and vegetables like ginger, beets, and carrots, this is a tasty treat to get your day off to a good start.

Ingredients

- 2 Small Beets, peeled
- 2 Carrots
- 2" Ginger, peeled
- 1 cup Blueberries (fresh or frozen)
- 2 cups Mango
- 2-3 Pitted Dates
- 1 1/2 cup Almond Milk, more if needed

Directions:

- Add all ingredients to a blender, and pulse until combined. Serve immediately.
- (f the smoothie is too thick, add more milk. If it is too thin, add more frozen fruit and/or ice.



Meet the team!

Food & Beverage Manager



My name is Ashley Eairheart, I am excited to join the team as your new Food & Beverage Manager! Born and raised in North Port, I truly enjoy the florida lifestyle. I have been in the Country Club business since I was 15 years old where I started my career in the hospitality industry at Heron-Creek Golf & Country Club. Once I realized I had a passion for decorating and working closely with Weddings and Events, I decided that it was time for me to move in that direction. Most recently, I served as the events coordinator at Kings Gate Golf Club. I truly enjoy making everyone's party dreams come true and I hope that I can provide an excellent service to the residents here at Twin Isles. I am looking forward to meeting everyone and I know we will have a fun and exciting new season ahead of us! I am eager to listen and provide solutions, please feel free to come see me in the office if you have any questions, comments or concerns.

Ashley Eairheart | ext. 420 aeairheart@popegolf.net

CULINARY



Bee's Knees

The Bee's Knees cocktail is a Prohibition-era classic made up of gin, honey and lemon. It is a delicious, spirit-forward cocktail that is a nice balance of sweet, tart, and strong.

The phrase "bee's knees" was often used to call something "the best," and was a popular saying during the Roaring Twenties, a decade of opulence, decadence, and despite Prohibition, craft cocktails.

Add a little St. Germaines for a different twist.

INGREDIENTS:

For the cocktail:

- 2 oz gin
- 0.5 oz honey syrup (1:1)
- 0.75 oz fresh lemon juice
- Lemon twist for garnish

Instructions

- Add all ingredients (except garnish) to a cocktail shaker with ice and shake until chilled.
- Strain into a chilled coupe or cocktail glass.
- Garnish with a lemon twist and serve.

CULINARY

This White Chicken Chili is hearty, warming, creamy and perfectly comforting. It's a great alternative to traditional beef chili and makes a simple, yet completely delicious dinner! Makes about 8 cup



YIELD: 4 SERVINGS PREP TIME: 15 MIN COOK TIME: 35 MIN TOTAL TIME: 50 MIN

White Chicken Chili

Ingredients

- 1 small yellow onion, diced
- 1 tbsp olive oil
- 2 cloves garlic, finely minced
- 2 (14.5 oz) cans low-sodium chicken broth
- 1 (7 oz) can diced green chilies
- 1 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp dried oregano
- 1/2 tsp ground coriander
- 1/2 tsp paprika
- 1/2 tsp dried oregano
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- salt and freshly ground black pepper, to taste

- 1 (8 oz) pkg Neufchatel cheese (aka light cream cheese), cut into small cubes
- 1 1/4 cup frozen or fresh corn
- 2 (15 oz) cans cannellini beans
- 2 1/2 cups shredded cooked rotisserie or left-over chicken*
- 1 Tbsp fresh lime juice
- 2 Tbsp chopped fresh cilantro, plus more for serving
- Tortilla chips or strips, monterey jack cheese, sliced avocado for serving (optional)

Directions

- Heat olive oil in a large pot over medium-high heat. Add onion and saute' 4 minutes, add garlic and saute' 30 seconds longer.
- Add chicken broth, green chilies, cumin, paprika, oregano, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil then reduce heat to medium-low and simmer 15 minutes.
- Drain and rinse beans in a fine mesh strainer or colander then measure out 1 cup. Set whole beans aside, transfer 1 cup beans to a food processor along with 1/4 cup broth from soup, puree until nearly smooth**.
- Add Neufchatel cheese to soup along with corn, whole beans and pureed beans and stir well. Simmer 5 10 minutes longer.
- Stir in chicken, fresh lime juice and cilantro. Serve with Monterey Jack cheese, more cilantro, avocado slices and tortilla chips if desired.

*Recipe updated to use pre-cooked shredded chicken (previously used raw chicken in this recipe and cooked at the beginning). I like the flavor of rotisserie chicken better plus this way you don't end with over-cooked chicken breasts

**If you don't own a food processor you can skip the pureeing step, soup just won't be quite as creamy.



UPCOMING EVENTS

But & about

Check out these fun events happening around town!



PORT CHAROLETTE BEACH DRUM CIRCLE

4500 Harbor Blvd, Port Charlotte FL 33952 Every Saturday Night, one hour before sunset.and everyone is welcome. Bring a chair and a drum to play or just come to listen.

PUNTA GORDA DOWNTOWN FARMERS MARKET

Taylor Street (between W. Olympia Ave. and Herald Ct.) Punta Gorda, FL Voted the best small market in Florida and 15th in the USA,

you can find a large number of vendors offering fruits and vegetables, pickles, jams and jellies, orange juice, German bakery, fresh homemade pasta, kitchenware, cupcakes, beef, and fresh seafood, fresh citrus, jewelry, candles and soaps, dip mixes, Florida arts and crafts, cheese, baguettes and olives, homemade pies, orchids, organic produce, personalized pens, kettle corn, coffee beans and drinks, native and exotic plants, natural facial products and all-natural smoothies. Also features live entertainment! Located at the corner of Taylor and Olympia in downtown Punta Gorda.

COMMUNITY BEACH YOGA

Englewood Beach every day, year-round (including holidays), 8:30–9:30am with Lata or Robert.

Enjoy a gentle yoga flow, ocean waves, sunshine, fresh air and being in nature! Class is a \$5 donation. Loving Light Yoga also offers Sunset Yoga, Sunrise Yoga, Crystal Bowls Meditation, and Full Moon Yoga on a monthly schedule. Times and dates vary. Check our website for details. Celebrating 13 1/2 years at Englewood Beach!





WINE & CRAFT BEER TASTINGS

Punta Gorda Chocolate & Wine 117 Herald Court, Suite 1112, Punta Gorda, FL Complimentary Tasting,9:30 AM to 2:30 PM - Saturday's

Our Tastings are every Saturday year round! We suggest calling

and making a reservation, spots fill up quick come season. This Complimentary Tasting includes a 15 minute tour with one of the Owners, Stephan, who will take you through the Tasting Table and give you the perfect experience. Give us a call today at (941) 505-0479

A LOOK AHEAD



Welcome Back Pool party with Michael B October 17





