



October 2025 Hours

Golf Pro Shop

Practice Facilities

MONDAY	7AM - 5 PM	MONDAY	7AM - 5 PM
TUESDAY	7AM - 5 PM	TUESDAY	7AM - 5 PM
WEDNESDAY	7AM - 5 PM	WEDNESDAY	7AM - 5 PM
THURSDAY	7AM - 5 PM	THURSDAY	7AM - 5 PM
FRIDAY	7AM - 5 PM	FRIDAY	7AM - 5 PM
SATURDAY	7AM - 5 PM	SATURDAY	7AM - 5 PM
SUNDAY	7AM - 5 PM	SUNDAY	7AM - 5 PM

Crow's Nest

Kitchen

MONDAY	11AM - 8 PM	MONDAY	11AM - 7 PM
TUESDAY	11AM - 8 PM	TUESDAY	11AM - 7 PM
WEDNESDAY	11AM - 8 PM	WEDNESDAY	11AM - 7 PM
THURSDAY	11AM - 8 PM	THURSDAY	11AM - 7 PM
FRIDAY	11AM - 9 PM	FRIDAY	11AM - 8 PM
SATURDAY	11AM - 9 PM	SATURDAY	11AM - 8 PM
SUNDAY	11AM - 8 PM	SUNDAY	11AM - 7 PM

<u>Cabana*</u>

Weather permitting

MONDAY 8AM - 1 PM
TUESDAY 8AM - 1 PM
WEDNESDAY 8AM - 1 PM
THURSDAY 8AM - 1 PM
FRIDAY 8AM - 1 PM
SATURDAY 8AM - 1 PM
SUNDAY 8AM - 1 PM

Administration Office

MON - FRI 9AM - 5 PM
SATURDAY & SUNDAY CLOSED
For any inquiry 239-992-5100 x 201

OCTOBER 2025 CALENDAR OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	À La Carte Dining 5-7	4
Family Style Dinner 5p - 7p	6	7 Mexican Night 5p - 7p	8	9	Oktoberfest Buffet w/Band 6p - 8p	11
12	13	14 9 & Dine 5p - 7p	15	16	17	18 Prime Rib Dinner 5p – 7p
19	20	21	22 Bingo & Pizza 5p - 7p	23	24 Italian Night 5p - 7p	25
26 Brunch 11a - 1p	27	28	29	30	31 Halloween Party 6p - 9p	



À La Carte Dining

Friday, October 3, 2025 5:00 PM - 7:00 PM

Appetizers

Calamari \$12 ++
Ahi Tuna Poke Tower \$15 ++

Salads

House Salad \$8 ++
Caesar Salad \$8 ++
add anchovies \$1
Roasted Squash Salad \$18 ++

Entrees

Pesto Salmon Gnocchi \$28 ++

Pan-seared Salmon served over Potato Gnocchi tossed w/House-made Pesto & Sundried Tomatoes.

Boursin Steak Tips \$32 ++

Pan-Seared Tenderloin Tips topped with Mushroom demi-glace. Served over a Creamy Boursin Risotto and Charred Asparagus.

Shrimp Fra Diavolo \$26 ++

Pan-Seared Shrimp, Shallots, Garlic, Tomatoes, White Wine, Crushed Red Pepper, and Fresh Herbs served over Angel Hair Pasta. Served with Garlic Crostini.

CLICK HERE

Reservations required @239-992-5100 x 201. Click the Link above to make a reservation in Open Table. Reservation deadline is Wednesday, October 1st at 5:00pm. If you have any dietary restrictions, we are happy to accommodate. Let us know when making your reservation. Guests of Members will have a \$10 upcharge and charged to Member account. There will be a \$20 CANCELLATION FEE within 24 hours of event. Dress is Country Club Casual, No T-Shirts, Blue Jeans or Flip Flops.



Family Style Dinner

Sunday, October 5, 2025 5:00 PM - 7:00 PM

6 PERSON MAXIMUM AT TABLE SERVED FAMILY STYLE

SOUTHERN STYLE

FRIED CHICKEN \$22 ++ SMOKED BRISKET \$24 ++

ALL DINNERS INCLUDE:

Mustard Coleslaw

Cowboy Baked Beans

Mac & Cheese

Southern Green Beans

Southern Collard Greens

Cornbread w/Honey Butter

CLICK HERE

DESSERT Apple Crisp a la mode

Reservations required @239-992-5100 x 201. Click the Link above to make a reservation in Open Table. Reservation deadline is Friday, October 3, 2025 at 5:00pm. If you have any dietary restrictions, we are happy to accommodate. Let us know when making your reservation. Guests of Members will have a \$10 upcharge and charged to Member account. There will be a \$20 CANCELLATION FEE within 24 hours of event. Dress is Country Club Casual, No T-Shirts, Blue jeans or Flip flops.



Mexican Night

Tuesday, October 7, 2025 5:00PM -7:00PM

\$35 ++

Grazing Table

Chips, Salsa & Guacamole
Chicken Tostada's
Shrimp Ceviche
Composed Tex Mex Salads

Main Line

Tex-Mex Stuffed Bell Peppers
Chicken Tamales
Mexican Rice
Refried Beans
Mexican Inspired Roasted
Vegetables

Fajita Action Station

Proteins:

Grilled Chicken Breast, Marinated Steak,
Shrimp & Fajita Seasoned Tofu
Veggies:

Sautéed Onions, Mushrooms, Tomatoes, Black Beans, Diced Red Onion & Cilantro Cheeses:

Cheddar Jack, Cojita, & Queso Rotel

Choose Flour & Corn Tortillas

Desserts

Stuffed Churros Tres Leches Cake

Click Here

Reservations required @239-992-5100 X201. Click the Link above to make a reservation in Open Table. Reservation deadline is Wednesday, October 5th at 5:00pm. If you have any dietary restrictions, we are happy to accommodate. Let us know when making your reservation. Guests of Members will have a \$10 upcharge to Member account. There will be a \$20 CANCELLATION FEE within 24 hours of event. Dress is Country Club Casual, NO T-Shirts, Blue jeans or Flip Flops.



OKTOBERFEST

\$35 ++

Friday, October 10, 2025 5:00 PM- 7:00 PM

Grazing Table

Soft Pretzel Bites w/German Beer Cheese
BBQ Sauerkraut Sliders - Pulled Pork, Tangy Sauerkraut, Carolina BBQ
Warm German Potato Salad tossed w/Warm Bacon Vinaigrette
Creamy Bratwurst Stew

Main Line

Chicken Schnitzel & German Spaetzle
Pork Chops with Apples
Beef Rouladen
Potato Latkes
Rotkohl (Braised Red Cabbage)
Roasted Vegetable Platter

Dessert

German Chocolate Cake House-made Apple Strudel

Polka Band & Dancing

Click Here

Reservations required @239-992-5100 x 201. Click the Link above to make a reservation in Open Table. Reservation deadline Wednesday, October 8th at 5:00pm. If you have any dietary restrictions, we are happy to accommodate. Let us know when making your reservation. Guests of Members will have a \$10 upcharge and charged to Member account. There will be a \$20 CANCELLATION FEE within 24 hours of event. Dress is Country Club Casual, No T-Shirts, Blue Jeans or Flip Flops.



\$35 ++

9 & DINE 3 COURSE MEAL

Tuesday, October 14, 2025 5:00 PM- 7:00 PM

<u>All Entrees include:</u>

Traditional Tossed Caesar Salad - Crisp romaine lettuce, shaved parmesan cheese tossed in Caesar dressing. Topped with house-made croutons.

Entree Choices

BBQ Split Chicken - Smoked in house chicken grilled and brushed with a smoky BBQ sauce. Served with smoked mac & cheese and southern collard greens.

Salmon Bruschetta - Pan-seared Salmon topped with classic bruschetta and balsamic reduction. Served with rice pilaf and fresh local vegetables.

Salisbury Steak - House-made Salisbury steak topped with a French onion demi-glace. Served with smoked mac & cheese and fresh local vegetables.



Chef's Choice of Dessert

CLICK HERE

Reservations required @239-992-5100 x 201. Click the Link above to make a reservation in Open Table. Reservation deadlines is Sunday, October 12th at 5:00pm. If you have any dietary restrictions, we are happy to accommodate. Let us know when making your reservation.

Guests of Members will have a \$10 upcharge and charged to Member account.

There will be a \$20 CANCELLATION FEE within 24 hours of event. Dress is Country Club

Casual, No T-Shirts, Blue jeans or Flip flops.



Saturday, October 18, 2025 5:00 PM - 7:00 PM 3 COURSE MEAL \$45 ++

All Prime Rib Dinners include:
Bread Service
Choice of Traditional Wedge Salad or Caesar Salad

Main Entrée:

Slow Roasted Prime Rib
Au jus | Creamy Horseradish Sauce
Baked Potato & Charred Asparagus
Butter & Sour Cream included



Dessert

Pecan Pie w/Maple Roasted Butter Pecan Gelato

Click Here

Reservations required @239-992-5100x201. Click the Link above to make a reservation in Open Table. Reservation deadline is Thursday, October 16th at 5:00pm. If you have any dietary restrictions, we are happy to accommodate. Let us know when making your reservation. Guests of Members will have a \$10 upcharge and charged to Member account. There will be a **\$20**Cancellation Fee within 24 hours of event. Dress is Country Club Casual, No T-Shirts, Blue Jeans or Flip Flops.





<u>ITALIAN NIGHT</u> \$30 ++ October 24, 2025 5:00PM - 7:00PM

Grazing Table

Garlic Knots w/Marinara Spinach & Artichoke Flatbread Tossed Caesar Salad Bowl Composed Italian Chopped Salads Minestrone Soup

Main Line

Caprese Chicken Saltimbocca
Shrimp & Mussels Cioppino
Meatballs in Sunday Sauce
Creamy Risotto w/ Peas & Pancetta
Roasted Vegetable Platter

Chef Attended Pasta Bar

Butter | Chopped Garlic | Chopped Basil | Oil Pastas: Fettucine | Bowtie | GF Pasta Available

Proteins: Grilled Chicken | Shrimp | Italian Sausage

Veggies: Onions | Peppers | Mushrooms |
Spinach | Grape Tomatoes | Broccoli
Sauces: House-made Marinara | Housemade Alfredo | Bolognese
Grated Parmesan Cheese

Dessert

Composed Tiramisu's

Italian Petit fours

Click Here

Reservations required @239-992-5100 x 201. Click the link above to make a reservation in Open Table. Reservation deadline is Wednesday, October 22nd at 5:00pm. If you have dietary restrictions, we are happy to accommodate. Let us know when making your reservation. Guests of Member's will have a \$10 upcharge and charged to Member account. There will be a \$20 CANCELLATION FEE within 24 hours of event. Dress is Country Club Casual, No T-Shirts, Blue Jeans or Flip Flops.



Sunday Brunch

Sunday, October 26, 2025 11:00AM - 1:00PM

Grazing Table

Fresh Fruit Platter
Freshly Baked Danishes
Assorted Breads & Bagels
Whipped Honey Butter & Whipped Cream Cheese
Biscuits & Sausage Gravy

\$35 ++

Omelette Station

Eggs: Whole | Egg Beaters | Egg Whites Omelete Enhancements: Onions | Tomatoes | Mushrooms | Spinach | Bacon | Ham | Turkey | Goat Cheese | Feta Cheese | Cheddar Jack Cheese

Main Line

Quiche Lorraine
Maple Dijon Roasted Salmon w/Wilted Spinach
Cheesy Scrambled Eggs
Breakfast Potatoes
Roasted Vegetable Platter

Dessert

Click Here

Banana Bread w/ Strawberry Compound Butter Assorted Cookies

Reservations required @239-992-5100 x201. Click the Link above to make a reservation in Open Table. Reservation deadline is Thursday, October 23rd at 5:00pm. If you have dietary restrictions, we are happy to accommodate. Let us know when making your reservation. Guests of Members will have a \$10 upcharge and charged to Member account. There will be a \$20 CANCELLATION FEE within 24 hours of event. Dress is County Club Casual, No T-Shirts, Blue Jeans or Flip Flops.



day, October 31, 2025 6:00pm - 9:00pm Open Call Bar 6:00pm - 8:00pm

Grazing Table

Pumpkin Deviled Eggs
Pumpkin Tomato Soup & Grilled Cheese Sticks
Mummy Meatballs in Sunday Sauce
Spider Web Black Bean Dip w/Corn Tortilla Chips
Cheese & Charcuterie Board

Slider Station

Sliders by Michael Myers
Roast Beef Sliders
Smoked Turkey Sliders
BBQ Pulled Pork Sliders
Waffle Fries
Creamy Horseradish
Roasted Garlic Aioli
Bourbon BBQ

\$55 ++

DJ & Dancing



Dessert

Halloween Cookies | Devil's Food Cake



Click Here

Reservations required @239-992-5100 x 201. Click the link above to make a reservation in Open Table. Reservation deadline is Wednesday October 29th at 5:00pm. If you have any dietary restrictions, we are happy to accommodate. Let us know when making your reservation. Guests of Members will have a \$10 upcharge and charged to Member account. There will be a \$20 CANCELLATION FEE within 24 hours of event. Dress is Country Club Casual, No T-Shirts, Blue jeans or Flip Flops. Costumes Welcomed!





Join Casey for our very first CLEAR KAYAK TOUR

We will meet at "Paddle Naples" on Big Hickory Island in Bonita Springs

November 8th at 9:00 AM (please arrive 20 minutes early)

Tandem kayaks only – paddle boards are also available!

Price will depend on participation

PLEASE NOTE: These kayaks are completely see-through for the purpose of viewing the wildlife – we will be in the Gulf and will be working with a professional tour guide.

Contact Casey with questions and registration! 239.992.7005 or ckelley@spanishwellscountrylub.com



Are you a caregiver for someone with Dementia in need of some guidance for your new role?



The Dubin Center has generously offered to host their Caregiver Training program here at Spanish Wells. This is a 3-week evidence-based course that is designed to help you become a more confident and effective caregiver.

The dates are February 12, 19, & 26, 2026 from 12:30pm-3:30pm. Registration is limited and requires a full commitment to all 3 sessions.

Please let us know if you are interested. Call 239.992.5100 x 201 to reserve your spot.



OUR IN-HOUSE STRETCH THERAPIST WILL BE
OFFERING ANOTHER COMPLIMENTARY STRETCH
SAMPLE FOR ANYONE WHO HAS NOT YET WORKED
WITH HER!

CONTACT CASEY TO BOOK YOUR 15 MINUTE SLOT ON OCTOBER 24th FROM 1PM-4PM SPOTS ARE LIMITED





CONTACT CASEY TO SIGN UP

239.992.7005

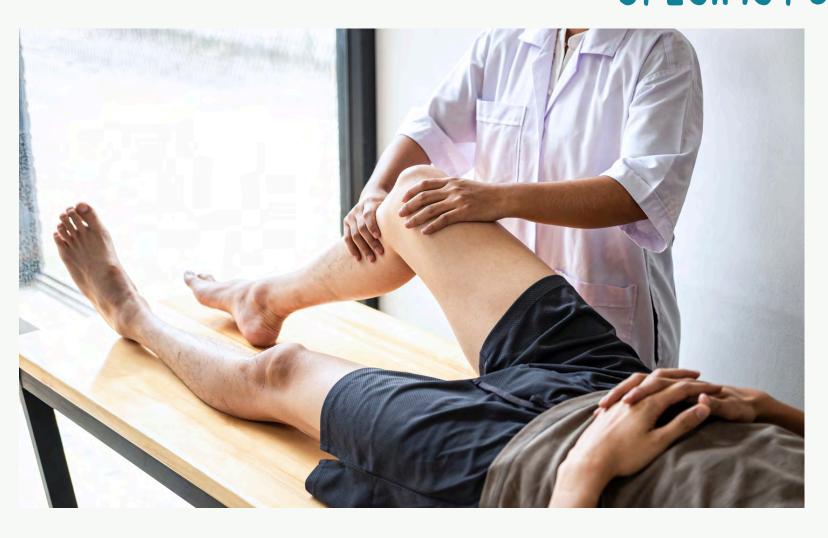
ckelley@spanishwellscountryclub.com



ASSISTED STRETCHING

With Kim Lammers, Stretch Therapist

ASSISTED STRETCHING IS A TECHNIQUE IN WHICH A STRETCH
PROFESSIONAL WILL HELP MOVE YOU THROUGH A SERIES OF STRETCHES TO
INCREASE FLEXIBILITY, ENHANCE MOBILITY, AND RELIEVE ACHES AND
PAINS. IT WILL INVOLVE HANDS-ON WORK TO MOVE YOUR BODY INTO
SPECIFIC POSITIONS.





CONTACT CASEY FOR MORE INFORMATION

239.992.7005 ckelley@spanishwellscountryclub.com

CONTACT KIM TO BOOK YOUR SESSION

810.588.9143





OCTOBER 2025 FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wellness Director: Casey Kelley at ckelley@spanishwellscountryclub.com Fitness Center: 239-992-7005		1 9a-9:45a Bands & Bars 10a-10:50a Forever Fit 11a-11:50a Stretch & Release	2 10a-10:50a Gentle Yoga 11a-11:50a Full Body Blast 12p-12:45p AquaFit	3 8:30a -9:20a Butts & Guts 10a-10:30a Cardio Intervals 10:30a—11:15a Yoga Sculpt 11:30a-12:20p Balance Barre	4 10a-10:45a Cardio Strength Intervals 11a-11:45a Stretch & Release
6 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class	7 9a-9:30a Cardio Step 9:35a-10:25a Gentle Yoga 11a-11:45a AquaFit 12p-12:50p Cardio Fit	8 9a-9:45a Bands & Bars 10a-10:50a Forever Fit 11a-11:50a Stretch & Release	9 9a-9:50a Zumba 10a-10:50a Gentle Yoga 11a-11:50a Full Body Blast 12p-12:45p AquaFit	10 8:30a -9:20a Butts & Guts 10a CSI 11:30a- 12:20p Balance Barre	11 10a-10:45a Cardio Strength Intervals 11a-11:45a Stretch & Release
13 9a-9:50a Zumba 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class	14 9a-9:30a Cardio Step 9:35a-10:25a Gentle Yoga 11a-11:45a AquaFit 12p-12:50p Cardio Fit	15 9a-9:45a Bands & Bars 10a-10:50a Forever Fit 11a-11:50a Stretch & Release	16 9a-9:50a Zumba 10a-10:50a Gentle Yoga 11a-11:50a Full Body Blast 12p-12:45p AquaFit	17 8:30a -9:20a Butts & Guts 10a-10:30a Cardio Intervals 10:30a—11:15a Yoga Sculpt 11:30a-12:20p Balance Barre	18 10a-10:45a Cardio Strength Intervals 11a-11:45a Stretch & Release
20 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class	21 9a-9:30a Cardio Step 9:35a-10:25a Gentle Yoga 11a-11:45a AquaFit 12p-12:50p Cardio Fit	22 9a-9:45a Bands & Bars 10a-10:50a Forever Fit 11a-11:50a Stretch & Release	23 9a-9:50a Zumba 10a-10:50a Gentle Yoga 11a-11:50a Full Body Blast 12p-12:45p AquaFit	24 8:30a -9:20a Butts & Guts 10a-10:30a Cardia Intervals 10:30a—11:15a Yoga Sculpt 11:30a-12:20p Balance Barre	25 10a-10:45a Cardio Strength Intervals 11a-11:45a Stretch & Release
27 9a-9:50a Zumba 10a-10:50a Core, Strength & Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Class	28 9a-9:30a Cardio Step 9:35a-10:25a Gentle Yoga 11a-11:45a AquaFit 12p-12:50p Cardio Fit	29 9a-9:45a Bands & Bars 10a-10:50a Forever Fit 11a-11:50a Stretch & Release	30 9a-9:50a Zumba 10a-10:50a Gentle Yoga 11a-11:50a Full Body Blast 12p-12:45p Aquafit	31 8:30a -9:20a Butts & Guts 10a-10:30a Cardio Intervals 10:30a—11:15a Yoga Sculpt 11:30a-12:20p Balance Barre	

Fitness Class Descriptions

Aquafit: This low-impact class is performed in water and is designed to improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using water dumbbells and flotation noodles.

Bands & Bars: A new strength training class designed to build healthy muscle. We will use a combination of body bars and resistance bands for a full-body workout. Perfect for someone who is looking to gain strength, tone, and sweat!

Body Sculpt: A full body, low impact, strength training class. We will use a variety of equipment and body weight exercises to tone, improve core strength and build a strong foundation.

Butts & Guts: A strength and conditioning class that focuses on glutes and core. This will help you build a strong foundation for the rest of your body. It will begin and end with gentle stretching.

Cardio Step: 30 minutes of high intensity cardio step movements with fun music -- no dancing required.

Cardio Intervals: Simple cardio movements done in intervals of 30 seconds of high intensity followed by 15 seconds of low intensity. Set to an upbeat playlist, the moves are simple, but the workout will get your heart rate kicking.

Cardio Strength Intervals: A class that combines strength and cardio exercises in an interval format. Tone your muscles and increase endurance as you alternate between 20 second breaks and 30 second exercises for 45 minutes.

Chair Yoga: 30 minutes of seated stretching. Chair yoga provides the same flexibility and balance training as traditional yoga, without having to get up and down off the floor. A class for all levels.

Core, Strength & Balance: This class is truly suitable for every level of fitness. We'll use weights and resistance bands to practice stability and improve strength. Every exercise can be modified to work around physical limitations or scaled up to challenge the most fit individual in the class.

Forever Fit: A class designed for all fitness levels. Each exercise can be done in a chair. We will focus on strengthening and toning our muscles, with just a bit of low impact cardio and a good stretch at the end. Nothing on the floor!

Full Body Blast: This is a full body workout that involves cardio to increase the heart rate, and resistance and weight training to sculpt the arms, legs, butt, and core.

Gentle Yoga: A slow flowing class with focus on poses that relax and lengthen, as well as strengthen the muscles. We will start off very gentle, move into more balance-challenging poses, and then slow back down toward the end. We'll breathe slowly and move mindfully before drifting off into a soothing savasana.

MELT: The MELT Method is a science-backed recovery technique that is designed to remove pain from the body and keep you active. In this class, we will use specially designed equipment to restore connective tissue and bring the body back into stability and balance. Perfect for those who frequently experience pain.

Men's Stretch, Strength & Balance: Exclusively for men, this class will focus on basic stretching for flexibility, light strength training, proper mobility of the body, and balance.

Yoga Strength: Enhance your strength, balance, and flexibility, a dynamic fusion of traditional yoga, strength-building movements, and intentional breathwork. This class combines flowing yoga sequences with bodyweight exercises, resistance training, and core work to build endurance, stability, and resilience.

Zumba: A dance-fitness class that uses upbeat music to maximize fun and improve cardio. These classes incorporate interval work, which alternate between fast and slow rhythms. A class for all levels.





PICKLEBALL FALL LEAGUE

OCTOBER 7, 2025 LEAGUE PLAY BEGINS

Women, Men & Mixed Beginner & Intermediate

NOVEMBER 11TH & 13TH **PLAYOFF MATCHES**

- All schedules & matches begin at 1:00 PM
- You will have a set time & day to play
- Sign up as a single or with a partner Registration ends October 2nd, 2025

TUESDAY PM - MEN & WOMEN MATCHES THURSDAY 1PM - MIXED DOUBLE MATCHES

> **\$5 PER DIVISION FOR PRIZE FUND**

Call Dominic at 239.992.7005 or email: dominic.dent@spanishwellscountryclub.com





October 6, 10, 13, 17, 20, 24

10:00 am - 11:00 am
JOIN DOMINIC ON COURT



Class will cover groundstrokes, dinks, volleys, court movement, patience and slowing the game down.

Maximum Class size 6 - Sign up Today

Contact Dominic call: 239-992-7005

email: dominic.dent@spanishwellscountryclub.com



Spanish Wells Golf and Country Club

9801 Treasure Cay Lane, Bonita Springs, FL 34135
spanishwellscountryclub.com
239.992.5100

