



95211 CLUBHOUSE ROAD • FERNANDINA BEACH, FL 32034 • TEL (904) 652-0660 • FAX (904) 321-0328

## *Greetings from the Club*

### **From the Golf Shop**

Dear Amelia National Members,

It is with great excitement that we announce and welcome our new Head Golf Professional/Assistant General Manager, Mike Cooney.

Mike is a class A PGA member and has been the Director of Golf at Golden Ocala for the past 11 years. His experience also includes Head Golf Professional at Sawgrass Country Club, Ponte Vedra, Director of Golf at Southwood Golf Club in Tallahassee and Head Golf Professional at Osprey Cove in St. Marys, Georgia.

Mike grew up in Glastonbury, Connecticut and attended Georgia Southern University where he played collegiate golf. Following college he played mini tours throughout the country as well as the South African PGA Tour and advanced to the finals of PGA Tour Qualifying.

Mike's scope of responsibility will be to oversee the golf operation and any other part of the operation deemed necessary to make sure that the Club and the Membership continues to grow and prosper.

Mike will start in September and be here when we reopen the golf course in early October. He and his wife Barbara, (Bunny) who is from Jacksonville are very much excited to be returning to the area and are looking forward to meeting all of Amelia National Members.

Sincerely,

Gregory P. Brousse  
Managing Director  
Amelia National Golf Club

### **Treva Heath / Membership Director**

Dear Members –

Wow....it's almost Fall! I hope that everyone has had an enjoyable summer...I don't know about you but I am looking forward to the cooler months ahead.

Over the past few months we have been working on things around the Clubhouse, pool landscaping and parking lot landscaping. We are looking forward to our September golf course renovations and pool renovations as we move into the fall.

The Club will be selecting a new "House & Golf Advisory" committee in the next few weeks; these committees will meet once every 2 months and will be a sounding board for the Club; the "House" committee giving ideas on new social events and dinner ideas for the Club and the "Golf" committee with ideas on improving golf course member activities.

As the summer winds down and the fall months approach, we are looking forward to a busy rest of the year with new lunch and dinner menus, Trivia to begin in October, a new member social in November and of course our annual member Christmas party at the beginning of December

On behalf of the entire staff, your support is greatly appreciated and a vital part to the success of the Club.

## News from the Green

### GOLF COURSE

The golf course is closed on Mondays  
**MONDAYS THE GOLF COURSE IS SPRAYED WITH PESTICIDES (HERBICIDES AND INSECTICIDES) – FOR YOUR SAFETY WE ASK THAT YOU STAY OFF OF THE GOLF COURSE**

The Golf Course and Cart Paths are for "Registered Golfers" Use ONLY.

- Walking, Running, Biking, Rollerblading or Skateboarding is NOT allowed on the Golf Course or Cart Paths.
- NO Fishing is allowed in the lakes of Amelia National
- Dogs are NOT allowed on the Golf Course, Cart Paths or inside the Swimming Pool areas.
- Other than golf course maintenance, no motorized vehicles of any type are allowed on the golf course or golf cart paths.
- We ask that you make Tee Times, so we can best service your golfing needs. As an additional courtesy we also ask that you call the golf shop prior to coming to the driving range to practice.



### Men's Golf Events

#### **\*Patriot's Day**

##### **Folds of the Honor Foundation**

(PGA Program)

September 1 – 4, 2017

(Friday-Monday)

#### **Golf Course Aerification –September 5th – 11th**

Men's Alternate Shot

September 28, 2017 (Thursday)

9:30am Shotgun

Two man (pick your partner)

#### **Amelia National Ryder Cup Matches**

Tuesday, October 17th, Thursday, October 19th,  
Saturday, October 21st. Tee times TBA

## Men's Golf Events Continued

#### **\*Veterans Day Tournament**

November 11th, 2016 (Friday)

10:00 a.m. Shotgun (Two Best Ball of Four)

#### **\*Four Club Tournament**

November 16, 2017 (Thursday)

9:30am Shotgun

Entry \$20 per player

#### **\*Individual Stableford (Men's & Ladies Divisions)**

December 14, 2017 (Thursday)

9:30am Shotgun

Entry \$20 per player

## Couples Events

#### **Member Guest**

October 6 - 7, 2017 (Friday & Saturday)

Entry: \$300 per team

See event entry for details

#### **Halloween Couples Scramble**

October 29, 2017 (Sunday)

12:00 p.m. Shotgun – 18 holes

Entry: \$20 per couple

Guests are welcome - \$40 per couple  
+ cart fees and tax

#### **Turkey Couples Scramble**

November 19, 2017 (Sunday)

12:00 p.m. shotgun start – 18 holes

Entry: \$20 per couple

Guests are welcome - \$40 per couple  
+ cart fees and tax

#### **Christmas Scramble**

December 10, 2017 (Sunday)

12:00 p.m. shotgun start – 18 holes

Entry: \$20 per couple

Guests are welcome - \$40 per couple  
+ cart fees and tax

## MGA Events

October 31, 2017 - Thursday – 9am shotgun

November 28, 2017 - Tuesday – 10am shotgun

December 21, 2017 - Thursday – 10am shotgun



# 2017 Member Guest Tournament



**Bob Eggleston and  
Dan O'Connell**



**Member Guest Winners  
Ricardo Henriquez and  
Ken Dye**



**Don Smith and  
Bob Montgomery**



**Chris Wimsett and  
Dale Dignum**

# Dining News

## Food & Beverage

The weather is starting to change outside and things are getting interesting inside the club too!

### *New* Food Menu

We are excited to debut our new food menu upon our return from aerification. The kitchen team was hard at work over the past few weeks creating new dishes to go with many of the original favorites. We are eager to see you in the clubhouse to try the new menu and hear your responses.

### Pool Cabana & Beverage Cart

The cabana will continue to operate on weekends through the month of September and close for the season on Sunday, October 1, 2017. We are excited to offer beverage cart service beginning in October and will carry all your beverage needs along with food items.

### New Staff Members

A new staff member has joined the ranks since our last newsletter. Rebekah Fletcher is our newest server on staff. She joins current team members Gracie, Jessica, and Emma. Be sure to give her a warm welcome next time you see her around the clubhouse.

### Holidays

There are a lot of holidays in the coming months: Halloween, Thanksgiving, Christmas, and New Year's! Be sure to keep on top of your emails and signage in the clubhouse regarding event dates and special menus. Don't forget to think about us for your holiday gatherings. Doesn't matter the size, we can accommodate groups small and large. I look forward to hearing from you and hosting you and your families in the clubhouse!



### Cocktail Recipe

As the weather starts to get a little cooler, enjoy a twist on this classic whiskey cocktail to help keep you warm.

#### Elderflower Manhattan

1.5 oz Rye Whiskey

$\frac{3}{4}$  oz St. Germain (or similar Elderflower liqueur)

$\frac{3}{4}$  oz Sweet (Red) Vermouth

Combine all ingredients with ice in shaker and stir vigorously. Pour into martini glass. Garnish with lemon peel and cherry.

### Comments & Suggestions

Remember that I am always available to talk and listen to what the members of Amelia National want in their clubhouse.

Do not hesitate to email me  
TRonchetta@icihomes.com or find  
me around the bar area!

Be sure to check your e-mails for weekly dining updates. See you around the Club!



# Luau Party!



### Benefits of Regular Exercise!



First of all let me take this opportunity to thank everyone that took the time to come and meet me at our meet & great on July 29th. I would also like to take this opportunity to tell you a little bit about the amazing effects that regular exercise has on the human body, regardless of age.

#### - The heart

The heart is a muscle and will get bigger and stronger. Beating volume increases while resting heart rate lowers.

#### - The lungs

Exercise results in a higher density of blood vessels in the lung vesicles. More efficient breathing and a lower breathing frequency while in rest. Plus the diaphragm becomes stronger.

#### - Blood and blood vessels

The total amount of blood increases. Blood vessels work more efficient and the flexibility of the vascular walls increases.

#### - Cholesterol

The amount of cholesterol in your blood decreases. Healthier blood vessels lead to a decrease of cholesterol. Disrupted levels of cholesterol increases the chances to inflammation and sickness. With effective and directed training you lower these chances.

#### - Fat percentage

The body learns to burn off fat more efficient and the total body fat percentage drops.

#### - Muscle composition

The thickness of muscle fibers and overall muscle strength increases, resulting in your body and muscles looking better and more athletic.

#### - Motor skills

Coordination increases. (A side mark is that coordination only increases while using functional movements and not while using machines in a gym).

#### - Bone density

The bone density increases because of the increased force the muscles have on the attachments to the bone. Certain exercises using your own bodyweight increases bone density due to the impact while landing.

#### - Cartilage

Movement and exercise is good for the condition of our cartilage. Cartilage is the layer on top of the bones, where bones connect in joints. People often think cartilage wears due to movement. This is NOT true. Scientific research shows inactivity is deteriorating for cartilage and movement actually strengthens it.

#### - Flexibility

The flexibility of muscles, ligaments and joint capsules increases. Because of this flexibility increases and you can move more easily.



#### - Mental mood and emotional resilience

The exercising human scores higher on tests on mental toughness and is emotionally more resilient. Exercise is a stress relief. Research shows that exercising 3 times a week for a period of 6 to 8 weeks even helps against depression while only having positive side effects.

#### - Immune system

Your immune system starts functioning better. Those that exercise regularly are sick less often.

#### - Sleep

Exercise helps you sleep better.

*Continued on next page*



article continued

- Memory and brain function

Research shows that people who exercise and participate in sports have better memory, better brain function and appear more alert.

- Digestion improves

Exercise helps digestion of food and helps bowel movement.

And I saved the best for last!

- Libido

Those who exercise regularly have an increased libido!

All these benefits are reversible. When you do not use something the body will start to break it down. Not moving, no exercise or sports will result in the deterioration of our body. Inactivity for two to three weeks and the deterioration process is in full effect. Exercising two or three times a week with high intensity keeps the body and mind fit and healthy. So keeping active and exercising regularly is more than healthy! A good balance of exercise, rest and a healthy nutrition is the key to success and will ultimately increase the quality of life! Every human body is different, so make sure to listen to your body. If you are interested in an individual and personalized training routine to help you enjoy the quality of life and experience all the benefits of exercise come find me near the gym or in case I am not there, feel free to give me a call.

Patrick

Phone: (904) 805-2133

Email: [adapt.excel@gmail.com](mailto:adapt.excel@gmail.com)

Website: [www.adaptandexcelll.com](http://www.adaptandexcelll.com)



**HOURS OF OPERATION ARE: 4:30 AM – 10:00 PM**

Use of the fitness center is for adults and minor children only; all minors (10-15) MUST be accompanied by an adult at all times while in the fitness center. Children under the age of (10) are NOT allowed in the gym or allowed to use the gym equipment for safety reasons. Anyone not utilizing the fitness center equipment in a safe and courteous manner will be asked to leave the fitness center.

We ask that anyone using the free weights or the smith machine please re-rack all weight plates and replace any dumbbells at the completion of their workout.

- Please be considerate of other members that will be using the gym equipment; by wiping down all equipment after use.

- SHIRTS AND SHOES MUST BE WORN AT ALL TIMES WHILE WORKING OUT IN THE FITNESS AREA

- Please be conscious and respectful of other members...loud music is not permitted in the gym.

**AquaGym Fitness Classes at Amelia National**



AquaGym Classes are fun fast paced aquatic fitness classes meant for ALL fitness levels. AquaGym Fitness classes utilize the resistance and buoyancy of the water to create an amazing aerobic and strength training workout. Easy on your joints and bones, but always an amazing workout!



Tuesdays, Thursdays & Saturdays at 8:30 AM @ Clubhouse pool (May-October)  
Classes are \$8 per session with an option to purchase a monthly pass; drop-ins are welcome!  
If you would like to sign up for classes at Amelia National  
Please contact: Stephanie Newberry @ [stephanie@newberry.com](mailto:stephanie@newberry.com) or (904) 206-1057

## New Head Tennis Professional

I am excited to announce that the Amelia National Tennis has hired William Morrill Hay as its Head Tennis Professional. Morrill's first day on the courts will be Friday, August 25th. We will host a meet and greet and social Friday evening from 6pm to 8pm. We will be serving food and beer/wine so please RSVP to me letting me know whether you would like to attend only the meet and greet or if you also want to bring your racket to play. I would like RSVPs by Thursday afternoon so that we can plan the food and beverages. Also, if you would like to schedule drills or lessons before Morrill's arrival, please let me know. He will be available for team clinics and lessons Monday-Saturday every week.

Morrill's tennis career started in Northern California where he competed at a high level reaching a national ranking of 70 by the age of 16 and was ranked in the top 10 in the state of California. Morrill competed against players such as Brad Gilbert and Greg Holmes as well as many nationally ranked players. Morrill played Division 1 tennis at Indiana University. After college, he competed in satellite and futures tournaments. Turning to coaching, Morrill has more than 20 years' experience coaching both juniors and club players. For the past 8 years he was at Valencia Palms Tennis Club, Del Ray Beach, where he coached 6 men's teams to 4 championships and 4 women's teams to 6 championships. Given Morrill's experience both as a player and team coach, we believe he will be a great asset to our growing juniors programs and club team play. Morrill is an effective communicator on the court and his love of the game is always on display, from the first ball to the last ball.

Morrill's passion for tennis continues beyond coaching as he regularly competes in the open division for his age group.

Please join me in welcoming Morrill to Amelia National Tennis!

Kevin



## Friendly Reminders

- Please do not walk on any courts if there is any rain or standing water on the courts.
- Please notify us via email of any guests coming to the club: [info@amelianationaltennis.com](mailto:info@amelianationaltennis.com)
- When making a reservation please only reserve a court if YOU will be playing on that court.
- Please cancel your reservation if you are unable to use your court.

If you are the last one on the court in the evening we would appreciate it if you sweep the playing area. Please know this is not a requirement, it just helps ensure the best playing conditions for everyone at the club.

We are a dog friendly club, however if you do bring your pet please make sure they are supervised at all times.

When using balls from the ball machine or one of our baskets please pick up and return to correct place.

Kids under the age of 16 must be accompanied by an adult unless involved in a lesson or a clinic.



# LET'S PLAY TENNIS!



## Amelia National Club Gym



# Reminders and Updates

## *"Just a few reminders"*

\*\* Please refrain from using cell phones in the Clubhouse, if you should need to take a call while you are enjoying the Clubhouse please step out onto one of the verandahs or outside of the Clubhouse.

\*\* Parking of any type of vehicle in front of the Amelia National Clubhouse is not permitted. Thanks for your cooperation.

## **Amelia National Clubhouse Attire Rules**

Appropriate attire is always required.

Please refer to the following dress attire policy:

\*\* As a courtesy, men must remove hats/caps in the Clubhouse.

\*\* Shirt and shoes are required inside the Clubhouse.

\*\* Appropriate jeans and shorts can be worn for lunch, Tuesday & Friday night dinners

(Baggy jeans, jeans with holes and cut-offs are not permitted)

\*\* Collared shirts are required, non-collared dress shirts are acceptable.

(T-shirts are NOT permitted for Tuesday or Friday night dinners or specific special events)

\*\* Jackets for gentlemen are at times required for special events or dinners and will be noted in advance.

\*\* Swimsuits are NOT permitted in the Clubhouse.

(Swimsuit cover ups and tennis cover ups are permitted.)

## Upcoming Events

### \* Oktoberfest

Sept 30th 5:30 - 8:00

### \* Trivia Night

Oct 26th

Dinner 5:00 - 6:30

Trivia Starts at 7:00

### \* Member Fall Social

Nov 10th 6:00-9:00

### \* Trivia Night

Nov 18th

Dinner 5:00 - 6:30

Trivia Starts at 7:00

### \* Thanksgiving Buffet

Nov 23rd 11:00 - 3:00

### \* Member Christmas Party

Dec 6th 6:00 - 9:00

### \* New Years Eve

Dec 31st

## WELCOME NEW MEMBERS!

<i>Name</i>	<i>From</i>
<i>Bauer, Michael</i>	<i>FL</i>
<i>Concord, Michael &amp; Susan</i>	<i>MD</i>
<i>Gold, Deborah &amp; Defendini, Myrta</i>	<i>FL</i>
<i>Howat, Scott &amp; Lori</i>	<i>CO</i>
<i>Kearney, Stephan &amp; Susan</i>	<i>FL</i>
<i>Peterson, Christopher &amp; Leslie</i>	<i>TX</i>
<i>Rodriguez, Ramon &amp; Bornhorst, Sue</i>	<i>NJ</i>
<i>Zaragoza, Jose &amp; Elsie</i>	<i>FL</i>
<i>Raspa, Dan &amp; Jessica</i>	<i>MD</i>
<i>Pelletier, T.J. &amp; Amanda</i>	<i>FL</i>
<i>LeConte, Gabriel</i>	<i>CA</i>
<i>Boltz, Brian</i>	<i>FL</i>



## CHESS

**First Sunday of the Month \* 1-3 pm**

**(please check monthly calendar,  
dates are subject to change)**

**If interested please contact**

**Walter Brandt**

**Rhj2004@gmail.com**



## ICI Home Sales



Hello Everyone,

We wanted to give you an update on the construction progress here at Amelia National.

As you can see there is a lot of homes being built, at this time we have 20 homes under construction.

That means great new neighbors for all of you.

Please remember if you have friends that you think would enjoy living in Amelia National, please let us know. We can invite them to come stay in our new Discovery Tour home called the Eagles Nest.

This way they can experience all that Amelia National has to offer. Don't forget if they buy an ICI home you will be rewarded \$1000 towards membership.

We hope that you are enjoying Happy Hour on Friday nights with complimentary hors d'oeuvres that ICI has been hosting. We felt this was a great way to socialize and meet with your new neighbors joining the community.

Matt Wilford-ICI Builder  
Mike Dunham-Assistant Builder  
Home Maintenance Tip-

Once monthly, pour one cup of vinegar or bleach into your air conditioners condensation overflow line. This will avoid buildup of algae that could potentially clog the lines.

Juliana Toohey-ICI Homes Sales Associate  
Vicki Maxwell-ICI Homes Sales Assistant



### Residency Has Its Rewards

Refer a friend, neighbor or colleague to the ICI Homes sales team, and if they purchase a new ICI home you will receive a \$1,000 credit in food & beverage at the Amelia National Clubhouse good for one year.

**One third of all new home sales are referrals** from Amelia National residents. That should tell you just how satisfied our residents are! Think who you might know who could make the move and settle into the unparalleled Florida lifestyle within the Amelia National community that you so enjoy! Where the weather is warm all year round, the cost of living is lower than most states in the country, and the things to see and do are limitless.



## MAHJONG

*Every Thursday \* 1 – 4 pm*

*meetings are held @ Clubhouse*

*(please check monthly calendar,  
dates are subject to change)*

*please contact: Carol Manning -  
carolmanning07@gmail.com*

# Piano Lessons



A Nationally Certified Master Teacher is accepting piano students in the Fernandina Beach/Amelia Island area. She and her family reside in the Amelia National neighborhood.

Dr. Anita Boyle Renfroe's studio is open to all ages and all experience levels. She conducts a free "interview lesson" before enrollment to assess a student's musical aptitude, level and readiness for lessons.

Renfroe, the recently retired Director of Keyboard Studies at Millersville University of Pennsylvania, has three degrees (BM, MM, DMA) in Performance Piano with minors in Harpsichord and Organ. Although she is classically trained, she also loves to play by ear and teaches a wide variety of music. Her lessons include technique, theory, improvisation and composition because she believes a student should be able to apply the concepts being studied across the musical spectrum. Renfroe is highly regarded as a pedagogue and frequently gives workshops to teacher organizations around the country. She also is an active performer, with concert dates already set for 2018 in Jacksonville and in the Mid-Atlantic region.

Call 202-368-1978 or email [Anita.renfroe@millersville.edu](mailto:Anita.renfroe@millersville.edu) to set up an interview lesson.



## Let's Get A Massage

If you haven't heard from your neighbors in a while, it's probably because they are keeping a secret from you. What secret you ask? Amelia National has a massage therapist on board, WHAT! Yes, you heard me right. Amelia National has a massage therapist located in the clubhouse. She is taking appointments for Tuesdays and Thursdays. Her name is Amy May. She is a board qualified Massage Therapist in the State of Florida. She has an assortment of tools at her disposal, Deep Tissue Massage, Neuromuscular Massage, Myofascial Release, and Table Tai Stretching. If Ashi Atsu is more your flavor that can be arranged at her other location on Amelia Island. Massage may assist in relieving some of the following issues.

[Anxiety](#)  
[Digestive disorders](#)  
[Fibromyalgia](#)  
[Headaches](#)  
[Insomnia related to stress](#)  
[Myofascial pain syndrome](#)  
[Soft tissue strains or injuries](#)  
[Sports injuries](#)  
[Temporomandibular joint pain](#)

As always, please seek your doctors advise before starting a new fitness or health program. To schedule a massages call (904) 491-4980.



Mark Your Calendar  
Upcoming Birthday Nights



(½ price dinner entrée during your birthday month)

**October 10th**

**November 14th**

**December 12th**



BOOK CLUB

*Meetings are held the  
3<sup>rd</sup> Thursday of each  
month @4:00 pm in  
the Clubhouse (please  
check monthly  
calendar, dates are  
subject to change)*

# Oktoberfest



# September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 HAPPY HOUR 4:00 – 6:00 pm light appetizers	2 AQUA GYM 8:30 am
3	4 LABOR DAY lunch served  11:00 am – 3:00 pm	5 AQUA GYM 8:30 am  Clubhouse & Golf Course Closed	6  Clubhouse & Golf Course Closed	7 AQUA GYM 8:30 am  MAHJONG 1:00 – 4:00 PM  Clubhouse & Golf Course Closed	8  Clubhouse & Golf Course Closed	9 AQUA GYM 8:30 am  Clubhouse & Golf Course Closed
10  Clubhouse & Golf Course Closed	11  Clubhouse & Golf Course Closed	12 AQUA GYM 8:30 am  DINNER “Birthday Night” 5:30-8:00 PM  Golf Course Closed	13  DINNER TAKEOUT 5:00 – 7:00 PM  Golf Course Closed	14 AQUA GYM 8:30 am  MAHJONG 1:00 – 4:00 PM  Golf Course Closed	15 HAPPY HOUR 4:00 – 6:00 light appetizers  DINNER 5:30 – 8:00 PM  Golf Course Closed	16 AQUA GYM 8:30 am  Golf Course Closed
17  CHESS 1:00 pm- 3:00 pm  Golf Course Closed	18  Clubhouse & Golf Course Closed	19 AQUA GYM 8:30 am  DINNER 5:30-8:00 PM  Golf Course Closed	20  LADIES NIGHT 6:00-8:00 PM  Golf Course Closed	21 AQUA GYM 8:30 am  MAHJONG 1:00 – 4:00 PM  BOOK CLUB 4:00 PM  Golf Course Closed	22 HAPPY HOUR 4:00 – 6:00 PM light appetizers  DINNER 5:30 – 8:00 PM  Golf Course Closed	23 AQUA GYM 8:30 am  Golf Course Closed
24  BRUNCH 10:00am-2:00 pm  Golf Course Closed	25  Clubhouse & Golf Course Closed	26 AQUA GYM 8:30 am  DINNER 5:30-8:00 PM  Golf Course Closed	27  DINNER TAKEOUT 5:00 – 7:00 PM  Golf Course Closed	28 AQUA GYM 8:30 am  MAHJONG 1:00 – 4:00 PM  Golf Course Closed	29 HAPPY HOUR 4:00 – 6:00 PM light appetizers  Golf Course Closed	30 AQUA GYM 8:30 am  “OKTOBERFEST” 5:30 - 8:00PM  Golf Course Closed



# October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>          	<b>2</b>   Clubhouse & Golf Course Closed	<b>3</b> AQUA GYM 8:30 am  DINNER 5:30-8:00 PM	<b>4</b>          	<b>5</b> AQUA GYM 8:30 am  MAHJONG 1:00 – 4:00 PM	<b>6</b> TENNIS Jr Fall Classic  HAPPY HOUR 4:00 – 6:00 PM light appetizers  DINNER 5:30-8:00 PM	<b>7</b> AQUA GYM 8:30 am  TENNIS Jr Fall Classic
<b>8</b> CHESS 1:00 pm- 3:00 pm  TENNIS Jr Fall Classic	<b>9</b>   Clubhouse & Golf Course Closed	<b>10</b> AQUA GYM 8:30 am  DINNER "Birthday Night" 5:30-8:00 PM	<b>11</b>   DINNER TAKEOUT 5:00 – 7:00 PM	<b>12</b> AQUA GYM 8:30 am  MAHJONG 1:00 – 4:00 PM	<b>13</b> Golf Course Open for Play  HAPPY HOUR 4:00 – 6:00 PM light appetizers  DINNER 5:30-8:00 PM	<b>14</b> AQUA GYM 8:30 am
<b>15</b>          	<b>16</b>   Clubhouse & Golf Course Closed	<b>17</b> AQUA GYM 8:30 am  LADIES & MENS GOLF 9 & 18 Holes-8:30  GOLF Ryder Cup 9:00 am  DINNER 5:30-8:00 PM	<b>18</b> 9 HOLE GOLF GALS 9:30 AM/COFFEE 10:00 AM/GOLF	<b>19</b> AQUA GYM 8:30 am  LADIES & MENS GOLF 9 & 18 Holes-8:30  GOLF Ryder Cup 9:00 am  MAHJONG 1:00 – 4:00 PM  BOOK CLUB 4:00 PM  TENNIS Adult Fall Classic	<b>20</b> TENNIS Adult Fall Classic  HAPPY HOUR 4:00 – 6:00 PM light appetizers  PRIME RIB NIGHT 5:30-8:00 PM	<b>21</b> AQUA GYM 8:30 am  GOLF Ryder Cup 8:00 am  TENNIS Adult Fall Classic
<b>22</b>   TENNIS Adult Fall Classic	<b>23</b>   Clubhouse & Golf Course Closed	<b>24</b> AQUA GYM 8:30 am  LADIES & MENS GOLF 9 & 18 Holes-8:30  DINNER 5:30-8:00 PM	<b>25</b> 9 HOLE GOLF GALS 9:30 AM/COFFEE 10:00 AM/GOLF  DINNER TAKEOUT 5:00 – 7:00 PM	<b>26</b> AQUA GYM 8:30 am  MGA – 9:00 am  LADIES & MENS GOLF 9 & 18 Holes-8:30  MAHJONG 1:00 – 4:00 PM  TRIVIA NIGHT "Dinner Buffet" 5:00-6:30 PM "Trivia Starts" 7:00 pm	<b>27</b> HAPPY HOUR 4:00 – 6:00 PM light appetizers  DINNER 5:30-8:00 PM	<b>28</b> AQUA GYM 8:30 am  LADIES GOLF "FUN DAY" 9-Holes 9:30 am Shotgun
<b>29</b>  COUPLES GOLF 12:00 pm  BRUNCH 10:00am-2:00 pm	<b>30</b>   Clubhouse & Golf Course Closed	<b>31</b> AQUA GYM 8:30 am  LADIES & MENS GOLF 9 & 18 Holes-8:30  HALLOWEEN BUFFET 5:00pm-8:00 pm	<b>Notes:</b>			

# November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b>  9 HOLE GOLF GALS 9:30 AM/COFFEE 10:00 AM/GOLF	<b>2</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30  MAHJONG 1:00 – 4:00 PM	<b>3</b>  HAPPY HOUR 4:00 – 6:00 PM light appetizers  DINNER 5:30-8:00 PM  TENNIS Wine & Cheese Social	
<b>5</b>  CHESS 1:00 pm- 3:00 pm	<b>6</b>  Clubhouse & Golf Course Closed	<b>7</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30  MGA – 9:00 am  DINNER 5:30-8:00 PM	<b>8</b>  9 HOLE GOLF GALS 9:30 AM/COFFEE 10:00 AM/GOLF  DINNER TAKEOUT 5:00 – 7:00 PM	<b>9</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30  MAHJONG 1:00 – 4:00 PM	<b>10</b>  FALL MEMBER SOCIAL 6:00 –9:00 PM	<b>11</b>  GOLF Veterans Day 10:00 am
<b>12</b>  BRUNCH 10:00am-2:00 pm	<b>13</b>  Clubhouse & Golf Course Closed	<b>14</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30  DINNER “Birthday Night” 5:30-8:00 PM	<b>15</b>  9 HOLE GOLF GALS 9:30 AM/COFFEE 10:00 AM/GOLF  LADIES NIGHT 6:00-8:00 PM	<b>16</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30  GOLF 4 Club Tournament Men’s & Ladies 9:30 am  MAHJONG 1:00 – 4:00 PM  BOOK CLUB 4:00 PM	<b>17</b>  HAPPY HOUR 4:00 – 6:00 PM light appetizers  DINNER 5:30-8:00 PM	<b>18</b>  TRIVIA NIGHT “Dinner Buffet” 5:00-6:30 PM “Trivia Starts” 7:00 pm  TENNIS Jr Play Day
<b>19</b>  COUPLES GOLF “Turkey Scramble” 12:00 pm	<b>20</b>  Clubhouse & Golf Course Closed	<b>21</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30  DINNER 5:30-8:00 PM	<b>22</b>  9 HOLE GOLF GALS 9:30 AM/COFFEE 10:00 AM/GOLF  DINNER TAKEOUT 5:00 – 7:00 PM	<b>23</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30  THANKSGIVING BUFFET 11:00am-3:00 pm  NO MAHJONG	<b>24</b>  HAPPY HOUR 4:00 – 6:00 PM light appetizers  DINNER 5:30-8:00 PM	<b>25</b>
<b>26</b>	<b>27</b>  Clubhouse & Golf Course Closed	<b>28</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30  DINNER 5:30-8:00 PM	<b>29</b>  9 HOLE GOLF GALS 9:30 AM/COFFEE 10:00 AM/GOLF	<b>30</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30  MAHJONG 1:00 – 4:00 PM	<b>Notes:</b>	



# December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b>  HAPPY HOUR 4:00 – 6:00 PM light appetizers  DINNER 5:30-8:00 PM	<b>2</b>          
<b>3</b>  CHESS 1:00 pm- 3:00 pm	<b>4</b>  Clubhouse & Golf Course Closed	<b>5</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30   DINNER 5:30-8:00 PM	<b>6</b>  9 HOLE GOLF GALS 9:30 AM/COFFEE 10:00 AM/GOLF  MEMBER CHRISTMAS PARTY & GOLF SHOP BALLOON SALE 6:00-9:00 pm	<b>7</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30   MAHJONG 1:00 – 4:00 PM	<b>8</b>     HAPPY HOUR 4:00 – 6:00 PM light appetizers  DINNER 5:30-8:00 PM	<b>9</b>          TENNIS Ladies Tennis Ugly Sweater Party
<b>10</b>  COUPLES GOLF “Christmas Scramble” 12:00 pm	<b>11</b>  Clubhouse & Golf Course Closed	<b>12</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30   “BIRTHDAY NIGHT” DINNER 5:30-8:00 PM	<b>13</b>  9 HOLE GOLF GALS 9:30 AM/COFFEE 10:00 AM/GOLF  LADIES ORNAMENT EXCHANGE 6:00-8:00 pm	<b>14</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30  GOLF Ind. Stableford Men’s & Ladies 9:30 am  MAHJONG 1:00 – 4:00 PM  BOOK CLUB 4:00 PM	<b>15</b>     HAPPY HOUR 4:00 – 6:00 PM light appetizers  DINNER 5:30-8:00 PM	<b>16</b>          
<b>17</b>  BRUNCH 10:00am-2:00 pm	<b>18</b>  Clubhouse & Golf Course Closed	<b>19</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30   DINNER 5:30-8:00 PM	<b>20</b>  9 HOLE GOLF GALS 9:30 AM/COFFEE 10:00 AM/GOLF  DINNER TAKEOUT 5:00 – 7:00 PM	<b>21</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30  MGA-9:00 am   MAHJONG 1:00 – 4:00 PM	<b>22</b>     HAPPY HOUR 4:00 – 6:00 PM light appetizers  DINNER 5:30-8:00 PM	<b>23</b>          
<b>24</b>  CLUB CLOSED @ 2:00 pm	<b>25</b>  Clubhouse & Golf Course Closed	<b>26</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30   DINNER 5:30-8:00 PM	<b>27</b>  9 HOLE GOLF GALS 9:30 AM/COFFEE 10:00 AM/GOLF	<b>28</b>  LADIES & MENS GOLF 9 & 18 Holes-8:30   MAHJONG 1:00 – 4:00 PM	<b>29</b>     HAPPY HOUR 4:00 – 6:00 PM light appetizers  NO DINNER	<b>30</b>          
<b>31</b>  NEW/ YEARS EVE	<b>Notes:</b>					



*Amelia National*  
GOLF & COUNTRY CLUB

95211 CLUBHOUSE ROAD • FERNANDINA BEACH, FL 32034 • TEL (904) 652-0660 • FAX (904) 321-0328

Managing Director / Greg Brousse • Club Manager-Membership Director / Treva Heath  
Head Golf Professional / Asst. General Manager/ Mike Cooney • Food & Beverage Manager/ Tito Ronchetta •  
Executive Chef / Pam Melchi Kevin O'Brien – Membership Director Pro Shop – (904) 310-3934  
Golf Superintendent / Bill Griffith • Marketing Director/ Grounds Supervisor/ Keven O'Brien  
Accounting Department / (386) 437-2993 • Amelia National Guard House / (904) 321-2484  
Leland Management - (HOA inquiries) / (904) 572-4342 • Cheryl Graham – [cgraham@lelandmanagement.com](mailto:cgraham@lelandmanagement.com)  
Hours of Operation • Monday – Closed  
Golf Shop - Tuesday – Sunday / 7:30 am – 5:30 pm  
Lunch - Tuesday – Sunday / 11:00 am – 3:00 pm  
Bar – Wed., Thurs., Sat., & Sun. / 11:00 am – 6:00 pm  
Tuesday & Friday / 11:00 am – 8:00 pm