

TERMINAL CITY TIMES

JANUARY 2021 • VOL. 28 NO. 1



SPECIAL EVENTS • ENTERTAINMENT & DINING
CLUB NEWS • FEATURES & MORE



837 West Hastings Street
Vancouver, BC
V6C 1B6
Canada

Call : 604 681 4121
Text : 604 200 2279
tcclub.com

terminalcityclub
 @tcclub
 Terminal City Club

CONTACT US

Billing : 604 488 8607
Catering : 604 488 8640
Weddings : 604 488 8605
Lions Pub : 604 488 8602
Fitness Centre : 604 488 8622
Member Services : 604 681 4121
Membership Sales : 604 488 8647

CLUB HOURS

MEMBER SERVICES (FRONT DESK)

Monday – Friday : 5 a.m. – 10:15 p.m.
Saturday & Sunday : 7 a.m. – 8 p.m.

FITNESS CENTRE

Monday – Friday : 5 a.m. – 11 p.m.
Saturday & Sunday : 7 a.m. – 8 p.m.

THE GRILL

Monday – Friday :
7 a.m. – 10:30 a.m. breakfast
11:30 a.m. – 9 p.m. all day
Saturday & Sunday :
8 a.m. – 9 p.m. coffee
9 a.m. – 2:30 p.m. brunch
3:30 p.m. – 9 p.m. dinner

MEMBERS' LOUNGE

Monday – Sunday : 7 a.m. – 10 p.m.

CUVÉE & 1892
Temporarily closed

LIONS PUB

Monday – Wednesday : 11 a.m. – 8 p.m.
Thursday – Friday : 11 a.m. – 10 p.m.
Saturday & Sunday : closed



NEW YEAR'S EVE HOURS

The Grill : 7 a.m. – 9 p.m.
Members' Lounge : 7 a.m. – 10 p.m.
Fitness Centre : 5 a.m. – 9 p.m.
Pub : closed

NEW YEAR'S DAY HOURS

All areas of the Club and Pub will be closed on Friday, January 1 for New Year's Day.

NEW MEMBERS

Welcome to our new members!

Robert Afan
Heather Davidson
Simrath Grewal

IT'S NOT
TOO MUCH
TO MASK



2021 DUES & FEES SCHEDULE

Effective January 1, 2021.

Please contact the Membership Administrator, to make arrangements for paying dues yearly at 604 488 8607 or members@tcclub.com.

	MEMBER DUES	CAPITAL RESERVE FUND
Resident & Corporate	\$250 / month	\$37 / month
Resident (34 & under)	\$170 / month	\$37 / month
Diplomatic & Non-Profit	\$250 / month	\$37 / month
Intermediate	\$125 / month	\$18.50 / month
Country	\$125 / month	\$18.50 / month
Non-Resident	\$870 / annum	\$207 / annum
Spousal	\$378 / annum	\$207 / annum
Life	\$378 / annum	n/a

All of the above are currently subject to 5% GST.

OTHER OFFERINGS

Liquor Locker	\$228 / annum
12-bottle Wine Locker	\$400 / annum
24-bottle Wine Locker	\$750 / annum (SOLD OUT!)
Fitness Centre Locker	\$507 / annum
Fitness Centre Hall & Golf Locker	\$276 / annum
Fitness Centre Laundry	\$45.25 / month

All of the above are subject to 5% GST.



PRESIDENT'S LETTER

DEAR FELLOW MEMBERS,

I'd like to take the time to wish everyone a Happy New Year! Hopefully, everyone had safe and enjoyable holiday season, despite the unusual circumstances we are facing. Now that 2020 is behind us, we can reset and refocus on tackling 2021 head on. Secondly, I am honoured to be named President of Terminal City Club, and I look forward to working with staff, our members, and our tremendous Board throughout the year. I am sure we'll face some challenges in the year ahead, but I'm confident in the group we have around the table (or these days, the Zoom call).

As our Past President, Joe Corea spoke to at our Club's Annual General Meeting last month, it was an extraordinary year for TCC with enormous challenges. I would be remiss if I didn't highlight the impressive efforts of our management team over the past nine months, starting with the leadership of our General Manager, Peter Jackman. He and his team have risen to the occasion to ensure the highest health and safety protocols are maintained, and Club operations are running as smoothly as possible.

Our Director of Finance & Facilities, Laura McLachlan, has put in endless hours

re-working our financials and making sure we are on top of all government programs. 2020 threw plenty of curveballs, so kudos to her and her team. Jennifer Silver, our Director of Membership & Marketing and her team have amazed us all in continuing to build our membership through the challenging months following our re-opening. Who would have believed we would finish 2020 with 44 more members than when we started?

I want to extend another thank you to all the members who contributed to our Club Fund late last year to provide a small Christmas bonus to our dedicated employees. The show of support was impressive and speaks volumes of how members appreciate the efforts made by the Club staff to create a safe and welcoming space for all of us.

The Board and staff will keep a close eye on the Public Health Orders, as they pertain to all aspects of our business. Masks will remain mandatory inside the Club until further notice. It is a great relief to see a vaccine is being rolled out.

Our Fitness Centre saw some significant upgrades to our cardio machines last

month. I hope you've all had some time to test out the new gear. We've repurposed some of the old equipment in our A.C.R. (Auxiliary Cardio Room, although I like to call it the Cardio and Chandeliers room). The room requires no reservation.

I can't wait to step further into my role as President in the coming months. I first started coming to TCC in 1969 as a young boy and am honoured to be named President. I look forward to carrying the torch and am happy to hear any feedback or concerns that you, our members may have.

Sincerely,

Stewart Marshall
Terminal City Club President



WHAT'S ON AT THE CLUB

JANUARY //

WEDNESDAY, JANUARY 6	Wine:30 - The New California
THURSDAY, JANUARY 7	Meditation Class
MONDAY, JANUARY 11	Travel Group
TUESDAY, JANUARY 12	Book Club: <i>The Ride of a Lifetime</i>
WEDNESDAY, JANUARY 13	Wine:30 - Oi! Portugal
THURSDAY, JANUARY 14	Meditation Class TCC Salon: Social Isolation and Mental Health
FRIDAY, JANUARY 15	Lunch Exchange: Moral and Ethical Dilemmas of Tech - Automation
WEDNESDAY, JANUARY 20	Wine:30 - Brave New World Wines Part II: New Zealand
THURSDAY, JANUARY 21	Member's Networking Lunch Meditation Class
TUESDAY, JANUARY 26	Discussion Group: The Role of Courts in Policy-Making
WEDNESDAY, JANUARY 27	Wine:30 - Greek Wine Revival
THURSDAY, JANUARY 28	Meditation Class
FRIDAY, JANUARY 29	Gourmet Dinner

TO REGISTER

For more information, contact us!

ONLINE: at Member Central

EMAIL: concierge@tclub.com

CALL: 604 681 4121

TEXT: 604 200 2279

LIVE MUSIC

5:30 – 8:30 P.M.

THURSDAYS • FRIDAYS • SATURDAYS

01 • 07 - Paul Filek	01 • 21 - Cassandra Bangel
01 • 08 - Colin Sankey	01 • 22 - David Capper
01 • 09 - Neal Ryan	01 • 23 - Melanie Dekker
01 • 14 - Dave Martone	01 • 28 - Dave Martone
01 • 15 - Adam Thomas	01 • 29 - Neal Ryan
01 • 16 - Rob Eller	01 • 30 - Rob Eller

drink features

Kick off 2021 with these specials!

FEATURE BEERS: \$3

Because, beer.

FEATURE WINES: \$6 FOR 6 OZ. / \$9 FOR 9 OZ.

A dollar an ounce!

SPECIALTY SPIKED COFFEES: \$8

For that extra jolt.

BARTENDER'S CHOICE COCKTAILS: \$12

Leave it to us.



All Day Happy Hour continues through the month of January! Enjoy \$5.50 pints of Red Truck, Parallel 49, and Russell beers plus House Red and White Wines.

Be sure to check out our **Fresh Sheet**, featuring seasonally inspired dishes. Don't forget! Place charges to your member account and receive 10% off on food.

Pop into the Pub for **Monday and Thursday Night Football** and enjoy our \$20 Burger/Beer special.

Try something new! We've got a great selection of **craft beer** on tap. Check out our rotating craft stout and sour options.

Coming Soon

Grill Room & Kitchen Renovation

FRESH SPACES

Planning is well underway for a substantial Grill Room & expanded Kitchen renovation. The Grill is one of the Club's most well-used spaces; this contemporary refresh will deliver an elegant, eye-catching, and functional dining room to enjoy family dinners, catch up with friends, or impress clients over lunch. The funds were already earmarked prior to the pandemic, and the project will proceed as scheduled this winter, traditionally a quieter time for the Club to minimize impacts to you.

Stay tuned for more details in the coming months on progress. In the meantime, the floor plan and inspiration vibe photos here will give you a glimpse of what to look forward to.



JANUARY EVENTS

06

WINE:30 - THE NEW CALIFORNIA

Wednesday, January 6

5:30 – 6:30 p.m.

 Complimentary event

Did you know that British Columbia is the most important export market for wines from the Golden State? Join Wine Director DJ for an insider's look. See page 8 for the full event description.

07

MEDITATION CLASS

Thursday, January 7

5:30 – 6:30 p.m.

 Complimentary event

Meditation can reduce stress and instill peace and calm, especially in times like these. These individual classes will equip you with a few easy and effective meditation techniques. Enjoy from the comfort of your own home.

11

TRAVEL GROUP

Monday, January 11

5 – 6:30 p.m.

 Complimentary event

The Travel Group is a forum for members to share personal travel stories, gather advice from other savvy travellers, and find inspiration for your next adventure. There is no specific topic/destination to talk about, and there is no presentation planned, it is simply an open and causal group discussion. Come along and see where the evening takes you!

12

BOOK CLUB:

THE RIDE OF A LIFETIME

Tuesday, January 12

5 – 7 p.m.

 Complimentary event

Robert Iger became CEO of The Walt Disney Company in 2005, during a difficult time. In *The Ride of a Lifetime*, Iger shares the lessons he learned while running Disney and leading its 220,000-plus employees, and he explores the principles that are necessary for true leadership.


It's time to line-up book selections for the months ahead! Please bring a list of 4-6 books that have piqued your interest. A quick vote will be held to choose titles for upcoming meetings.

13

WINE:30 - OII! PORTUGAL

Wednesday, January 13

5:30 – 6:30 p.m.

 Complimentary event

This small country is a treasure trove of exciting wines. See page 8 for the full event description.

14

MEDITATION CLASS

Thursday, January 14

5:30 – 6:30 p.m.

Complimentary event - location TBC

See January 7 description for details.

14

TCC SALON: SOCIAL ISOLATION AND MENTAL HEALTH

Thursday, January 14

6 – 9 p.m.


Complimentary event with the purchase of dinner
Kevin McCort, CEO of Vancouver Foundation will lead a Salon discussion about social isolation and mental health in the age of COVID-19.

To ensure physical distancing is possible, registration is currently required for all Club events. As capacity is limited, please cancel if you are unable to attend. Refunds, if applicable, will only be processed for cancellations made 72 hours prior to the event's start date/time.

15 TCC LUNCH EXCHANGE: DILEMMAS OF TECH – AUTOMATION

Friday, January 15

12 noon – 1:30 p.m.

Complimentary event at the Club (food & beverage available through The Grill) or  live on Zoom
TCC members Jonathan Chan (Lunch Exchange host) and Ruben Ugarte (Practico Analysis) facilitate an ongoing discussion about the moral and ethical dilemmas of technology. This month, take a closer look at automation. Automation is often associated with manufacturing plants humming with advanced robotics, but in fact it pervades our everyday lives in more subtle ways. How, and what's at stake?

20 WINE:30 - BRAVE NEW WORLD WINES PART II: NEW ZEALAND

Wednesday, January 20

5:30 – 6:30 p.m.

 *Complimentary event*

In 2020 this island nation bottled 33 million cases of wine and shipped most of it. See page 8 for the full event description.

21 MEMBERS' NETWORKING LUNCH

Thursday, January 21

12 noon – 1:30 p.m.

Complimentary event with the purchase of lunch
Kick off 2021! Join the city's entrepreneurs, executives, and community leaders over a power lunch every third Thursday. This is a terrific opportunity to connect with other members representing diverse industries.

21 MEDITATION CLASS

Thursday, January 21

5:30 – 6:30 p.m.

Complimentary event - location TBC

See January 7 event description.

26 TCC DISCUSSION GROUP: THE ROLE OF COURTS IN POLICY-MAKING

Tuesday, January 26

7:15 – 10:30 p.m.


 *Complimentary event*

Dr. Brian Bird (UBC School of Law) will speak about the role of courts in making policy – as the Americans would say, “originalist vs. activist” – especially with respect to the appointment of Amy Coney Barrett to the U.S. Supreme Court, which results in the Court having more conservative than liberal justices.

27 WINE:30 - GREEK WINE REVIVAL

Wednesday, January 27

5:30 – 6:30 p.m.

 *Complimentary event*

Once the epi-centre of the wine world, Greece ranks as the planet's 16th biggest producer. See page 8 for the full event description.

28 MEDITATION CLASS

Thursday, January 28

5:30 – 6:30 p.m.

Complimentary event - location TBC

See January 7 description for details.

29 GOURMET DINNER

Friday, January 29

6 – 9 p.m.

\$90 plus tax & service charge

Optional wine pairings available

TCC's Gourmet Dinner Series is a member favourite! Save your seat early; this dining experience always sells out.

 **VIRTUAL EVENT – LIVE ON ZOOM**


To ensure physical distancing is possible, registration is currently required for all Club events. As capacity is limited, please cancel if you are unable to attend. Refunds, if applicable, will only be processed for cancellations made 72 hours prior to the event's start date/time.

LIQUID ASSETS

WINE:30 - THE NEW CALIFORNIA

Wednesday, January 6

5:30 – 6:30 p.m.


 Complimentary event

Did you know that British Columbia is the most important export market for wines from the Golden State? Yes, Napa and Sonoma are famed places, but there is a world of wine beyond the North Coast. Join DJ for an insiders look at what's hot and new in Cali from Cab to Pinot and Albariño to Zinfandel.

WINE:30 - OI! PORTUGAL

Wednesday, January 13

5:30 – 6:30 p.m.


 Complimentary event

Grapes have been cultivated in Portugal for several millennia, and today this small country is a treasure trove of exciting wines that go far beyond Port and Madeira. DJ will tour you through the wine countryside and introduce wines, grapes, specialty dishes and share some new and old favourites. The quality-price ratio is truly unbeatable in Portugal!

WINE:30 - BRAVE NEW WORLD WINES PART II: SUPERNATURAL NEW ZEALAND

Wednesday, January 20

5:30 – 6:30 p.m.


 Complimentary event

Rugby, sheep, and kiwifruit are famous exports from New Zealand, but in 2020 this island nation bottled 33 million cases of wine and shipped most of it. Marlborough produces over 77 percent of New Zealand's crush, but there is much, much more to discover. One of the most beautiful of wine landscapes anywhere, DJ will share her wine finds and photo album with you as we look well beyond Sauvignon Blanc.

WINE: 30 - GREEK WINE REVIVAL

Wednesday, January 27

5:30 – 6:30 p.m.

 Complimentary event

If you've holidayed in Greece you've likely tasted Retsina (the traditional wine flavoured with pine resin) and vowed to never touch Greek wine again! Times have changed and from Assyrtiko to Agiorgitiko, DJ will reveal the best of Greece's grapes, regions, and cuisine. Pronunciation guide included!

 VIRTUAL EVENT - LIVE ON ZOOM



Meal Kits

Home cooking has never been easier.

tcc2go.com

TCC HOME

SUBSCRIBE TO TCC'S YOUTUBE CHANNEL

EAT & DRINK @ HOME



We're all spending a lot more time at home these days. Use the downtime to hone your skills in the kitchen or behind the bar; our team will show you how.

MAKE A FRENCH 75

with Megan Powell, Director of Catering

DECANT WHITE WINE

guided by DJ Kearney, Director of Wine

SHUCK AN OYSTER

with Iain Fletcher, Restaurants Manager

FILLET A SALMON

with Executive Chef Dan Creyke

...AND MORE!



HEALTH & WELLNESS @ HOME



It's never been more important to maintain a fitness program. If you're new to fitness, there's no better time to start than in the comfort of your own home.

LIVE FITNESS CLASSES

see page 14-15 for the schedule

YOGA, ANYTIME

*with certified international yoga teacher
and lululemon ambassador Matt Corker*

KEEP CONNECTED @ HOME

Many of our member events have moved online and continue to keep our members connected and engaged:

LIQUID LEARNING

Wine:30 with DJ Kearney, Director of Wine

MEMBER-LED DISCUSSION GROUPS

Lunch Exchange, Discussion Group

MEMBER INTEREST GROUPS

Book Club, Travel Group

...AND MORE!

Log on to Member Central to access exclusive new content and archived recordings of select offerings. Keep your eye on our weekly e-blasts and follow us on social for updates!

 terminalcityclub  @tclub  Terminal City Club

HAVE YOU HEARD

Barinder Bhullar just joined Clean Prosperity's Public Affairs Advisory Group, a new formation featuring high-profile political and policy strategists from across the political spectrum. The purpose is to advise Clean Prosperity, a Canadian climate policy organization, in its efforts to build a cross-partisan consensus on climate policy. Barinder is Principal, Mainland Strategies Inc., and former Director of Policy to British Columbia Premier Christy Clark, and also served in various other senior roles within Government.



Congratulations to **Glenn Sigurdson, CM, QC**, for his recent appointment to the Order of Canada. Glenn was acknowledged "for his dexterous relationship-building skills and for his contributions to alternative dispute resolution across Canada and beyond." He is internationally recognized particularly for his work mediating complex multi-party challenges involving environmental, resource, and land use issues, from mining to oil and gas, fish to forests, energy and water, often involving indigenous rights and interests.



Congratulations to **Farhad Mehrabi** for the successful launch of Persian lifestyle magazine, *ALEPH*. An English and Farsi language publication, *ALEPH*'s mission is to connect the East and West through a shared love of excellence, inspiration, and beauty. The inaugural issue featured a feature on TCC; view the piece online at alephmagazine.com.

ALEPH
PERSIAN LIFESTYLE MAGAZINE



MEET TCC'S NEWEST DIRECTORS!



John Hammond is a retired Managing Director of Willis Towers Watson, where he led the Executive Compensation and Rewards practice for Canada.

During his tenure, the Canada practice achieved multiple years of revenue growth, profitability, and a leading market share. He brings over 20 years of experience consulting to Boards and senior management on executive and director-level compensation matters and related governance implications. John has deep financial acumen and is a certified corporate director from the Institute of Corporate Directors.

Damian Frith is a versatile Executive and Management Consultant with a 20-year record managing and advising organizations dealing with significant challenges: unpredictable business performance, information technology, contract and client relationship issues, misaligned business strategies, and weak operational disciplines. Damian

employs a keen focus on improved business performance, often through an appropriate investment in technology and resources. He has been instrumental in improving customer and employee satisfaction and financial performance for his clients.



ANNALISA KING

MEMBER OF THE MONTH

The salient piece of advice Annalisa King likes to offer others who aspire to her success is this: “Life and career should be treated like a roller coaster. It’s all about the ride, not the destination. Enjoy and live in the moment, in the present, do things today.”

The ride for Annalisa and her husband Tim took something of a wild turn 12 years ago when the highly accomplished business professional accepted the challenge of Chief Financial Officer for Best Buy Canada. Of course, the role in itself was demanding enough, but it also came with a move – a big move of some 3,500 kilometres, a move from Toronto to Vancouver.

“I’m retired now, as is Tim, though with my board work, Tim refers to my retirement comment as ‘fake news.’ But I must say we quite enjoy our relaxed Vancouver lifestyle. Our son and daughter are grown up. They live in other provinces. So, life for us here is fairly quiet. We greatly enjoy our friends; we love to travel.”

The couple joined TCC upon retirement, a period Annalisa calls “a time to breathe.” The idea of a social club greatly appealed to them both. They wanted somewhere to hang out with familiar and friendly people, who shared common interests.

“We have a tight group of friends,” she says. “The circle is small and TCC is such a welcoming environment. We’re also wine and food lovers, so we are greatly attracted to the tastings and similar events. And, of course, there’s the gym. I really wanted a gym, so that was key to our decision to join.”

The gym is where Annalisa likes to find herself three times a week. She fits her fitness in between all the other activities that engage her time these days, including an active board life. Most significantly she is Chair of the Board for the Vancouver Airport Authority, but

she is also serving on three other publicly traded company boards.

When someone has accomplished all that Annalisa has accomplished, they become a voice of influence, a voice that attracts the rapt attention of others. Her remarkable successes are manifest – worthy of study and emulation. Yet, she makes clear that what is “success” for her, might not be the same for others. “Everyone values things differently” she says. “For me, it’s never been about title. For me, it is about being the very best at what I am doing. I’ve always wanted to take things to the next level. I’ve never done anything halfway.

“The main stage in life always comes back to having impact, to accomplishing something you are proud of. I always ask myself: ‘Am I going to leave a footprint, and will I positively affect people’s lives?’ If I can do that for a few people before I leave this earth, I’d say that is what success means to me.”

Like everyone, 2020 has had a dramatic impact on Annalisa’s life. She is a great lover of travel, so this year of lockdown has denied her and Tim the adventures they so fondly adore.

“Now that we can’t travel, I have two things that occupy much of my free time,” she says. “One is cooking/baking and the other is painting. These things offset my finance brain. They challenge me in new ways. I love dissecting a dish that I have eaten to see if I can replicate a portion of it. And I spend many hours painting in my tiny studio. But boy, oh boy, do we miss travelling.”

When life returns to a degree of normal and the skies re-open for business, Egypt is high on the “next destination” list. And, of course, there’s Europe. “My favourite place to travel is, well, Europe,” she says. “If you want me to narrow it down, okay, Italy. No, wait, that is Tim’s. For me, France. Or maybe Spain. Those would be



the top three. To argue it further is the subject for a great debate in the Members’ Lounge, is it not?

“I love art, food, wine, and Tim is also a huge history buff. We both adore architecture. We spent two months in South America, just pre-pandemic, and explored so many great places. I just love this process of discovery, culture, and history.”

For now, Annalisa and Tim are greatly appreciative of a more modest journey – the one from their home to the TCC.

“For us, two things have most significantly increased our enjoyment of the club. One is when [TCC Director of Wine] DJ Kearney showed up. The content and the sessions on wine and spirits went to a whole new level. We both love her to death. DJ and Chef Dan [Creyke], and the whole team there have done a superb job. Second for us is the Members’ Lounge. We absolutely adore that space to just go, hang out, have a drink and enjoy. The vibe is amazing.

“It’s so interesting to me that the two things we love the most weren’t even there when we joined. That’s a credit to the TCC for always upping its game. Bravo.” 🍷

COPEMAN CORNER

HOW TO MANAGE RETURN TO WORK ANXIETY DURING THE PANDEMIC

The prospect of returning to work can cause a variety of thoughts and emotions ranging from eagerness to return to life in the new normal, to fear of a potential second wave of a virus that we still do not fully understand.

How can you manage “return to work” anxiety?

One of the first steps would be to find out what your employer is doing to keep up with public health guidelines about safe return to work. Some questions to ask include:

- Are employees spaced out to allow for appropriate physical distancing? If that’s not possible, are there physical barriers (such as plexiglass dividers) in place?
- Are masks going to be used?
- Will employees’ temperatures be checked on arrival?

- Will your work complete a COVID-19 screening prior to each workday to ensure employees are symptom free?

Employers can also play an important role by providing clear information and compiling answers to some commonly asked questions, such as:

- What do you do if you’re feeling sick?
- Whom do you notify if you’re feeling sick?
- How much sick time can an employee take?
- What about mental health days or wellness days?
- What do you do if a family member has COVID-19?

Physical and mental health are closely related. Besides practicing frequent handwashing and physical distancing in

the workplace, practice stress-reduction and simple strategies that can reduce anxiety such as getting at least 8 hours of sleep, exercising regularly and limiting alcohol consumption.

Powered with information from your employer and from public health officials, along with simple physical, mental and preventative strategies, we can gain a sense of control that can decrease our anxiety levels related to returning to work.

—Amra Dizdarevic



Call 604 227 4589 to learn more about how the mental health programs and services at Copeman Healthcare supported by TELUS Health could help.

KIDS CLUB

Sign-up for Kids Club today!

MEMBERSHIP INCLUDES:

- personalized membership card
- stamp card
- exclusive Kids Club events

Every time you visit the Club, visit Member Services for a Stamp!

Collect: **10 stamps**
and get any dessert from
The Grill for **FREE!**

**FOR MORE INFORMATION
OR TO SIGN UP, CONTACT:**

KIDS CLUB CAPTAIN
604 681 4121
joinus@tcclub.com

FAMILY PRIME RIB DINNER

Every Sunday in The Grill

5 – 9 p.m.

\$31 plus tax & service charge

Our family dinner night is a longstanding favourite! Enjoy slow roasted prime rib au jus, seasonal vegetables, creamy whipped potato, and Yorkshire pudding.

Kids Menu (aged 10 & under)

\$14 plus tax & service charge

Fresh fruit cup or vegetable sticks with ranch dip, thin sliced prime rib stuffed in a Yorkshire pudding, seasonal vegetables and creamy whipped potato, and vanilla ice cream with chocolate or caramel sauce.

Make a reservation online on OpenTable or by contacting Member Services.

SWEET KITS

Kids love our sugar cookie and cupcake decorating kits! Visit tcc2go.com.





NEW YEAR'S EVE, DECEMBER 31: 5 A.M. - 9 P.M.
NEW YEAR'S DAY, JANUARY 1: CLOSED

POLICIES

COVID-19 SPECIAL RESTRICTIONS

At this time, a **reservation is required** to use the Fitness Centre (gym, pool, squash).

Members may reserve up to three time slots a week; time slots are 60-minutes during peak hours and 90-minutes during off-peak hours. Each booking is inclusive of changing, exercising, and showering, so please plan your time accordingly.

To make a Fitness Centre reservation, contact Member Services. Indicate your preferred date and time of day (morning, afternoon, night) and we will respond with available options.

- Email concierge@tcclub.com
- Call 604 681 4121
- Text 604 200 2279

AS A COURTESY TO OTHER MEMBERS, IF YOU ARE UNABLE TO MAKE YOUR BOOKING, PLEASE REMEMBER TO CANCEL.

GUEST POLICY

The guest policy has also been amended temporarily; members may only bring their spouse and children under 19 (i.e. same household) to use the Fitness Centre with them. Please do not bring food or drinks other than water to the gym.

EXERCISE ROOM POLICY

A maximum of 12 people are permitted in the gym at a time.

SQUASH COURT POLICY

Sanitize the door handles before entering and after completing play. Please play solo unless joined by a second person from the same household.

SWIMMING POOL & HOT TUB POLICY

Full body showers are mandatory before entering the swimming pool and hot tub. Only one person per lane unless the member is joined by a second person from same household (maximum of 2 people per lane at a time). Only two lanes can be shared. A maximum of 6 people are permitted in the pool at any given time. Only one person may use the hot tub at a time unless the member is joined by a second person from the same household.

SAUNA & STEAM ROOM POLICY

Mandatory full body showers are required before entering the sauna and the steam-room. There may only be one person at a time unless joined by a second person from the same household (maximum of 2 people in the steam-room or sauna at a time). Members must inform the Fitness Centre staff prior to using either room (to ensure the room is sanitized before next use).

MASKS ARE MANDATORY IN THE FITNESS CENTRE

Locker-room : Masks are mandatory unless showering, using the sauna or steam-room.

Swimming Pool Area : Masks are mandatory unless entering the swimming pool or hot tub.

Squash Courts : Masks are mandatory until players enter the court and the door is closed.

Exercise Room : Masks are mandatory when moving around the exercise floor; members may only remove their mask when performing strenuous exercises on a cardio machine or on a selectorized/free weight area. Masks must be worn when moving from one equipment to another or on a stretch mat.





NEW YEAR'S EVE, DECEMBER 31: 5 A.M. - 9 P.M.
NEW YEAR'S DAY, JANUARY 1: CLOSED

FITNESS

VIRTUAL CLASSES

F.I.T. WITH RACHEL

Mondays, 12 noon – 1 p.m.

This functional circuit training class utilizes your own body weight to increase muscular strength, improve cardiovascular endurance and burn calories.

VINYASA YOGA WITH CLARE

Tuesdays, 7 – 8 a.m.

Vinyasa Yoga is an active, flowing style of yoga proven to improve strength, balance, and flexibility. This is an all-levels class, with options provided to ensure all participants feel challenged and successful.

CARDIO & CORE WITH LEILA

Tuesdays, 1:15 – 2:15 p.m.

Stand straighter, walk taller, and move better when you commit to this class! Full-body cardio sculpting moves are followed by a variety of exercises that improve strength and stability.

MAT PILATES WITH ZORICA

Wednesdays, 6:30 – 7:30 a.m.

Zorica Jovic is a BASI®-certified Pilates Instructor and an award-winning gymnast. Pilates hits both large and small muscle groups, giving added strength and improved mobility. *Private classes with Zorica are also available.*

CARDIO KICKBOXING WITH LEILA

Wednesdays, 12 noon – 1 p.m.

Kick off the new year with this fun, non-contact workout engaging every muscle group in your body. This high-energy class combines boxing skills and drills; increase your cardiovascular endurance, power and stamina. You'll feel it the next day!

POWER FLOW YOGA WITH RACHEL

Thursdays, 7 – 8 a.m.

Power Flow is a vigorous, athletic approach to yoga and an excellent complement to any sport. Improve muscle tone, strength, flexibility, and balance, all at once. Get ready to sweat!

SCULPT & STRETCH WITH LEILA

Thursdays, 12 noon – 1 p.m.

This low-intensity class utilizes controlled, non-impact body weight movements focusing on posture, alignment, flexibility, and mobility. Sculpt & Stretch is perfect if you are nursing an injury, tight from your sport, or just sore from being active.

PURE CORE WITH LEILA

Fridays, 12 noon – 1 p.m.

Strengthen and tone your entire midsection. Pure Core exercises focus on improving back strength, spine stability, enhancing abdominal definition, and leaning your waistline.

F.I.T. WITH STRENGTH WITH LEILA

Saturdays, 9 – 10 a.m.

Start your weekend right with this high energy full-body intensity training (F.I.T.) class. Increase strength, improve endurance and burn calories. You will be able to incorporate added resistance to any of the exercises or simply use your own body weight.

Register for virtual fitness classes online at Member Central.



Did you know?
Pre-recorded complimentary fitness classes are also available on TCC's private YouTube channel. See page 9 for more information.



FITNESS

AUXILIARY CARDIO ROOM NOW OPEN!

The Auxiliary Cardio Room (ACR) in the Walker/Ceperley rooms will hold treadmills, bikes, and elliptical trainers spaced to allow generous physical distancing. Hand towels, water, and limited fitness equipment (mats, exercise balls) will also be available.

Access : drop-in (no reservations required)

Time limit : none

Capacity : 7 people

***Members using the ACR will not have access to the Fitness Centre – including lockers or change rooms – as this area remains reservation only.**

The ACR is a temporary set-up. We hope it will relieve some of the pressure on the Fitness Centre and allow more members to access a safe indoor space for exercise. When public health regulations allow and a return to regular business is possible, the ACR will be discontinued and the equipment will be offered for sale.



PERSONAL TRAINING

MilFit personal training is a private one-on-one session designed to focus attention entirely on your needs to make sure you reach your health and fitness goals safely and effectively. Whether you are new to fitness or an athlete, our team of professional and experienced Certified Personal Trainers will customize on-going personalized exercise programs that will be specific towards achieving your best possible health, fitness and well-being. Contact Milwina Guzman for more information at milwina@milfit.com.

SWIM

SWIM LESSONS

Private swim lessons with John Ryan are a structured but fun program that anyone can benefit from. Improve your technique, try new strokes, increase stamina, or just gain confidence being in the water.

FOR KIDS

Kids group swim lessons will resume when it is safe. In the meantime, consider booking private lessons over the weekend. Availability is limited.

To learn more, contact the Fitness Centre front desk at 604 488 8622 or email Sergio Hsia at shsia@tcclub.com.



FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 a.m.			Mat Pilates with Zorica			
7 a.m.		Vinyasa Yoga with Clare		Power Flow Yoga with Rachel		
7:15 a.m.						
7:30 a.m.						
8 a.m.						
9 a.m.						F.I.T Strength with Leila
9:15 a.m.						
9:30 a.m.						
12 p.m.	F.I.T. with Rachel		Cardio Kickboxing with Leila	Sculpt & Stretch with Leila	Pure Core with Leila	
12:15 p.m.						
12:30 p.m.						
1 p.m.						
1:15 p.m.		Cardio & Core with Leila				
1:30 p.m.						
1:45 p.m.						
2 p.m.						
2:15 p.m.						

SQUASH

RACQUET STRINGING AVAILABLE

Have you had a racquet restringing in the past year? If not, your game may be affected. Strings tend to lose tension over a period of six to eight months; and with a new restringing, your shots will have more control and spring in them. Please see the attached restringing prices sheet for details, or the Fitness Centre front desk.



Membership for your family household bubble.

Spousal Membership

Subscription (one-time): \$950
Annual dues: \$585 + 5% tax
Quarterly minimum food spend: Nil

Intermediate Membership

Available to children between the ages of 19-24 of TCC members.
Subscription: Nil
Monthly dues: \$143.50
Quarterly Minimum Food Spend: Nil

Immediate Family Offer

A discounted subscription is available to children 25 and over of TCC members.



**To learn more, contact your
membership team:**

Jennifer Silver & Amanda Jun
joinus@tccclub.com
604 488 8647