

OCTOBER 2021

Issue 09

THE BAY CREEK INSIDER

Monthly Member Newsletter

Inside the Issue



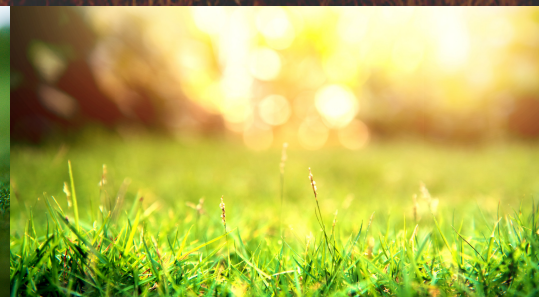
HEALTH & FITNESS

5 Ways that you can take charge of the new fall season. p. 02



FORE! GOLF TALK

Golf updates and news. p. 03



NATURALISTS' CORNER

On a Windswept Beach - Interesting information about Horseshoe Crabs. p. 07

WHAT'S COOKING

Discover the great features the Coach House has in store for us this month. p. 09

MEMBER EVENT CALENDAR



See what's happening this month. pg. 12

NEW PRESERVE GUIDE ON THE BAY CREEK APP

Navigate to the new Preserve Guide by looking under Life Here -> Explore the Preserve -> Preserve Guide. You'll find a wealth of information to help you explore the Nature Preserve as you search for various bird species, identify native Eastern Shore plants, and find yourself face-to-face with the life brimming within our natural oasis!

Several native plant species have been marked and numbered on the trail, so you can follow along with the guide. The tree and shrub list was prepared by staff naturalist Joe Fehr, and the Northampton bird list was prepared by Steve and Kim Grimes along with Joe Fehr.



NOW AVAILABLE FOR DOWNLOAD ON





YOGA CLASSES ARE HERE!

See schedule on calendar on page 9.
Sign-Up via the Bay Creek App or by
contacting the Life Center.



5 WAYS THAT YOU CAN TAKE CHARGE OF THIS NEW FALL SEASON!

By Walkin Lab . Published on September 24, 2012.

<https://www.walkinlab.com/blog/10-ways-that-you-can-take-charge-of-this-new-fall-season/>

1. TAKE ADVANTAGE OF THE WEATHER.

Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures. Walking, hiking and cycling are all awesome in the fall. Discover park trails and take in some new scenery, whether you're walking, biking, or in-line skating. And remember, it doesn't have to seem like exercise to be a great workout. Raking leaves or doing some fall outdoor yard work is a great way to get the heart pumping, and it's great calorie-burning.

2. THINK OUTSIDE THE BOX.

Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Ask any schoolchild: Fall is a great time to learn something new. Many classes at gyms and elsewhere get started in the fall, so look around and see if something intrigues you. Fall is the perfect time to gain new physical skills, because you burn fewer calories when you begin a new activity (thanks to the learning curve). If you learn something new now, by next summer, you'll have mastered the skill — and you'll burn more calories doing it, just in time for swimsuit season.

3. BE AN ACTIVE TV WATCHER.

Many people get geared up for fall premieres of their favorite television shows. If you're going to sit down and watch hours of TV, get moving. Make a date with exercise and TV. While you watch, you can walk or run in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups. In a one-hour show, you probably have close to 20 minutes worth of commercial interruption.

4. INTEGRATE EXERCISE INTO YOUR LIFE.

You already know the obvious suggestions: park farther away from your destination; take stairs instead of elevators; take a walk during your lunch break. Here are a few that are less obvious:

- If you're spending the afternoon taking kids to soccer practice, instead of reading a book or visiting with another parent, why not walk around the outside of the field while they practice? Or (if you feel comfortable) warm-up and cool down with the kids.
- You can even get moving while you get motivated — for fitness or other life goals. Get some inspirational music or find a motivational talk and download it to your phone, then walk while you listen for 30 minutes.

5. REJUVENATE YOURSELF.

Fall is the time to rejuvenate body, mind and spirit. Get a massage after your run. Learn to meditate. Take an art class. Treat yourself not just with exercise but other activities that promote wellness, so you can feel good physically, mentally, emotionally, and spiritually.



GREENS INFO

All the nines will be open daily for the month of October. We have a few days in October that might have limited availability due to tournament outings taking place.

10-7 Junior Achievement Outing – Palmer Front to Palmer Back 144 players

10-21 The Day of Giving / NCEF Outing– Palmer Front to Palmer Back 144 players

10-28 Habitat for Humanity Outing – Palmer Front to Palmer Back 144 players

If you really want to play on one of those days, please call the shop and we will try and accommodate. Remember we have a reciprocal agreement with The Golden Horseshoe in Williamsburg if you want to make a day trip on one of these tournament days.

We are asking everyone to pair together in carts. When the weather heats up, additional cart traffic causes unneeded wear and tear on the course. If you still feel you need an individual cart, you may, but you must pay for both riders (\$30 for 18 holes). The golf staff thanks you in advance for your cooperation.

The first tee time in October is 7:30 am.



BAY CREEK TAKES THE GOLDEN HORSESHOE GOLF CLUB

On September 7th, I took the first 12 members to respond to my Away-Play-Day email to the Golden Horseshoe to play the golf course. This trip was done during our aeration week to give members a chance to go play a different course while ours went through the fall aeration. The trip was perfect! Everyone rode over and back together in the Bay Creek van. The weather cooperated and the Gold Course was in excellent shape. Going forward I plan on doing these trips each time we aerate. So, stay on the lookout for the emails around aeration time.

The cost was \$79 which is our exclusive reciprocal rate for Bay Creek members. The normal rate to play the Gold Course is \$169. Our reciprocal allows Bay Creek Members to play after 11 a.m. Monday through Thursday.

Rate For Golf at The Golden Horseshoe Golf Club
Gold Course Rate is \$79
Green Course Rate is \$55

If you are interested in playing the Golden Horseshoe, please contact the golf shop. All tee times must be made by Bay Creek's Professional Staff. If you have any interest in staying and playing, Bay Creek Members also receive 20% off the Rack Rate for the Colonial Williamsburg Hotel when combined with golf.



OCTOBER 15TH

PLAYING LESSON *Member Clinic*

4:00pm - 6:00pm

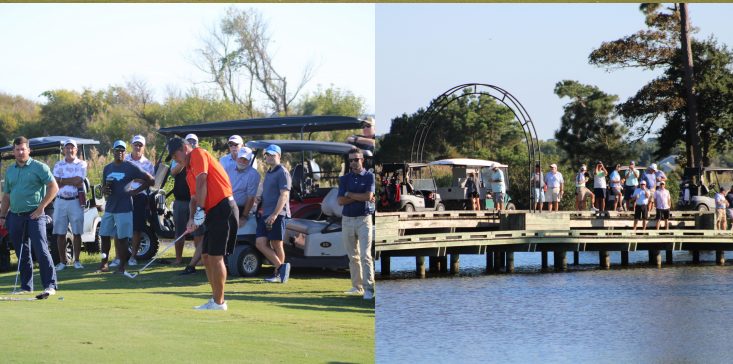
Please join us for our Fall Member Clinic. The cost will be \$20 per person, this includes the golf cart to ride during clinic. The clinic will be led by Zach Pfingst, PGA. Zach will be discussing course management and strategy while playing 9 holes.



To sign up for this event RSVP through the Bay Creek App or by emailing Zach Pfingst, PGA at zach@baycreeklife.com

757.331.8620 | baycreeklife.com





2021 LEGENDS MEMBER GUEST

The Results Are In!

Thank you to all of the participants that played in this year's Legends Member Guest Tournament. We were so happy to see the participation and the enthusiasm over the weekend. The weather was absolutely perfect, and the course was in spectacular shape.

Tournament Format:

Each team was assigned to a flight based on their combined team handicap index. The competition was a Net Best Ball Match Play. Each team played five 9-hole matches against the other teams in their respective flight. There was a total of five (5) matches - three (3) on Friday, and two (2) on Saturday. All matches were played using the entire nine holes, even if the match has already been decided.

Handicap

Each player received 100% of his or her established handicap. Strokes were awarded in each match based on the lowest player's handicap of the foursome. Strokes fell as they may on the card for each match

Scoring

A maximum of ten (10) points were available in each match. Points were awarded as follows:

- 1 point for each hole won
- ½ point for each hole halved
- 1 point for each match won
- ½ point for each match halved

Flight Winners:

The winner of each flight was the team that accumulated the most points during the five matches.

JACK NICKLAUS FLIGHT

	<u>MATCH 1</u>	<u>MATCH 2</u>	<u>MATCH 3</u>	<u>MATCH 4</u>	<u>MATCH 5</u>	<u>TOTAL</u>
Claude Reid & Gary Hill	7	7	6.5	6	7	33.5
Bill Stramm & Adam Wells	8.5	8	3.5	6	4	30
Mike Callaway & Vole Carns	6	3	4	7	6	26
Johnathan Sharpley & Matt Kelley	3	4	6	4	7.5	24.5
Vance Phillips & Stephen	4	2	7	4	2.5	19.5
Pokewaldt	1.5	6	3	3	3	16.5
David Wyatt & Gregory Hills						

ARNOLD PALMER FLIGHT

	<u>MATCH 1</u>	<u>MATCH 2</u>	<u>MATCH 3</u>	<u>MATCH 4</u>	<u>MATCH 5</u>	<u>TOTAL</u>
Jeff Lichty & Michael Lichty	6	6	6	10	3.5	31.5
Pat Sigmon & Mark Garrett	10	4	7	3.5	6.5	31
Bob Kraly & Tom Kraly	6	10	3	5	6.5	30.5
Jake Savage & Carry Morris	4	6	4	6.5	10	30.5
Blaine Smith & Marcus Turner	4	4	10	5	3.5	26.5

TIGER WOODS FLIGHT

	<u>MATCH 1</u>	<u>MATCH 2</u>	<u>MATCH 3</u>	<u>MATCH 4</u>	<u>MATCH 5</u>	<u>TOTAL</u>
Jon Thornbrugh & Kyle Richards	4	6.5	7	10	7	34.5
Edward Meagher & Phil Dimartino	6.5	10	3.5	7	3	30
Jamie Ibarra & Gary Giles	6	3	10	3	7.5	29.5
Nick Lotuaco & Palmer Rutherford	10	3.5	6.5	7	2.5	29.5
Kenny Fodill & John Miner	3.5	7	3	3	10	26.5

WALTER HAGEN FLIGHT

	<u>MATCH 1</u>	<u>MATCH 2</u>	<u>MATCH 3</u>	<u>MATCH 4</u>	<u>MATCH 5</u>	<u>TOTAL</u>
Brad Whitfield & Glenn Joyce	10	5	7	6	3.5	31.5
Terry White & Bill Sterling	2.5	6.5	7.5	4	10	30.5
Charlie Wood & Rob Haggerty	6	3.5	10	4	6.5	30
Jon Puckett & Michael Cranford	7.5	10	3	6	3	29.5
Adam Carroll & Sam Meekins	4	5	2.5	10	7	28.5

BEN HOGAN FLIGHT

	<u>MATCH 1</u>	<u>MATCH 2</u>	<u>MATCH 3</u>	<u>MATCH 4</u>	<u>MATCH 5</u>	<u>TOTAL</u>
Chip Weisenfels & Jason Papillo	6.5	6.5	5	7	10	35
John Orlando & Terry Orlando	3.5	10	7	5	6.5	32
Neil Carns & Patrick Abelon	7	3.5	10	5	6.5	32
Davis Watson & Shea Orlando	3	6	5	10	3.5	27.5
Dave Yount & Bill Yount	10	4	3	3	3	23.5

GARY PLAYER FLIGHT

	<u>MATCH 1</u>	<u>MATCH 2</u>	<u>MATCH 3</u>	<u>MATCH 4</u>	<u>MATCH 5</u>	<u>TOTAL</u>
Rich Hahn & Jeffery Wolff	6	6	6.5	10	7.5	36
Jeremy Etzkorn & Tom Macner	5	7.5	3.5	6	10	32
Mark Riddle & Peter Hodgson	10	4	7	4	4	29
Mark Henry & John Blackburn	4	2.5	10	6	6	28.5
Judy Barker & Ed Barker	5	10	3	4	2.5	24.5



(From Left to Right: Jeffery Wolff & Rich Hahn, Claude Reid & Gary Hill)

Photo Credit: Ron Wrucke

We want to congratulate the flight winners as well as the Overall Champion. The Overall Champion was decided by a "sudden-death" shoot-out involving all Six flight winners. The shoot-out began on hole #1 with the lowest three teams advancing to #2. The lowest two teams then advanced to #3. Ties were to be broken by the second teammate's score, and if needed, a chip-off. The Shootout was handicapped, and strokes were off the low ball as in the matches throughout the event. Congratulations to Claude Reid and Gary Hill who outlasted the other flight champions to become the 2021 Legends Member Guest Champions. The runners up were Rich Hahn and Jeffery Wolff.

Congratulations to all the winners!

Interested in seeing photos from the tournament [click here!](#)
Link available until October 27.

THE BAY CREEK Day of Giving

Thursday, October 21st

Support the Northampton County Education Foundation at The Bay Creek Day of Giving!

Preserve Communities' corporate giving arm, the James Fisher Memorial Foundation is proud to present The Bay Creek Day of Giving, our first annual fall charity celebration. This full day of exciting activities will benefit the Northampton County Education Foundation (NCEF). Many of our Bay Creek neighbors are familiar with NCEF as it is a non-profit 501 (c) (3) organization that works strategically to direct the resources of stakeholders to the betterment of the schools.



By building strong community partnerships, NCEF has been able to leverage programs that promote student performance and excellence in teaching.

For our inaugural Bay Creek Day of Giving, there will be a golf tournament at noon on the Palmer Course and then an Evening Benefit on the Preserve at 5:30pm. Golfers will kick-off the day with a shotgun scramble start, a delicious boxed lunch provided by the Coach House Tavern, and several opportunities for prizes (closest to the pin, hole-in-one, longest drive, first place in gross score).

But you don't have to be a golfer to join in the festivities!



The Evening Benefit taking place at Bay Creek's Tree of Life will feature A Taste of Cape Charles, showcasing local farmers and vendors serving up delectable delights. The evening also includes an open bar, live entertainment, and exciting raffle and silent auction prizes! Join us under the stars and dance the night away while mingling with great friends, food and cocktails! See the menu [here](#).

TICKET INFORMATION



GOLFER

\$150 • Individual Player
\$500 • Foursome

Golfer ticket includes: green fees, cart, lunch, and Evening Benefit entry



EVENING BENEFIT

\$85 • By Oct. 7
\$100 • After Oct. 7

Evening Benefit ticket includes: A Taste of Cape Charles, open bar featuring beer, wine, and craft cocktails, raffle prizes, and live entertainment

Dress Code: Smart Casual Attire

Temperatures tend to be cooler in October, please dress comfortably for this outdoor event

THE BAY CREEK DAY OF GIVING IS OPEN TO EVERYONE!

Every dollar raised will go to the Northampton County Education Foundation.



THE BAY CREEK Day of Giving

Thursday, October 21st

Golf Tournament - 12 PM
Evening Benefit - 5:30 PM

If you would like to participate virtually, we have options for you!

Buy raffle tickets, bid on silent auction items, or simply contribute to our matching donation campaign. Preserve Communities will match every dollar donated up to \$5,000 to benefit the NCEF.

Some of the silent auction items (which will be live online a few days before the event) are:

- An Asheville Getaway for 2 on a private jet that includes 3 days/2 nights lodging in a downtown penthouse condo, a tour of the Biltmore House, and a dinner voucher



- An in-home personal chef experience for 4-6 people
- A sunset boat ride across the Bay with dinner and cocktails

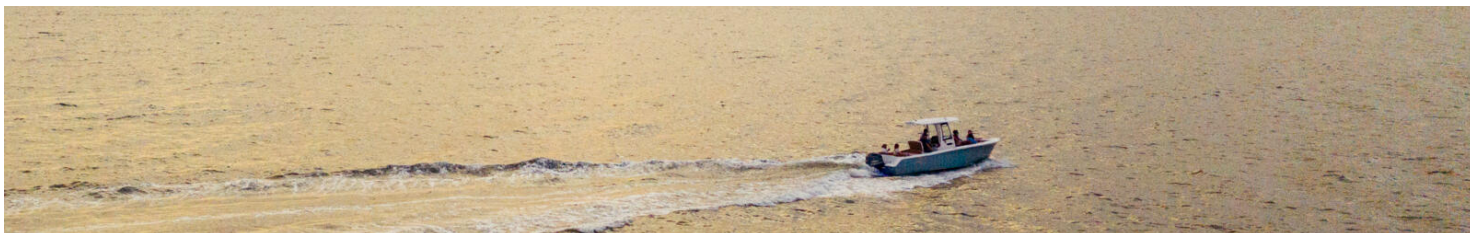
Additionally, the grand prize for the raffle will be a weeklong trip to the beautiful Caribbean island of Bonaire! Included is lodging for the week along with a flight voucher for \$1,500.

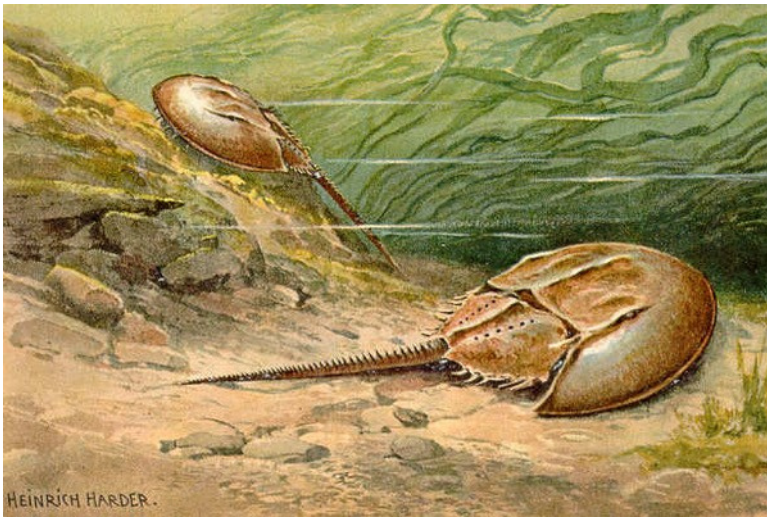


Whether you play a round of golf on Bay Creek's Signature Palmer Course or attend the Evening Benefit, we invite you to help raise money for the Northampton County Education Foundation (NCEF). Learn more in the Bay Creek App or by visiting

JamesFisherFoundation.org/BayCreekDayofGiving.

The Bay Creek Day of Giving is open to everyone. Must be 21+ for the Evening Benefit.





Horseshoe crabs with Eelgrass [submerged aquatic vegetation. Photo Credit: Joe Fehrer

ON A WINDSWEPT BEACH...

by Joe Fehrer

"To find the universal elements enough; to find the air and water exhilarating; to be refreshed by a mornings walk or an evenings saunter...to be thrilled by the moon and stars; to be elated by the call of a bird or a wildflower in spring, these are a few of the rewards of the simple life." John Burroughs

On a recent early evening beach walk I was asked about the Horseshoe crabs (*Limulus polyphemus*) that were scattered along the beach. The walk followed a few days of heavy West to Northwest wind and a very tumultuous bay. The remnants of Hurricane Ida were passing by which I suspect accounted for the "crabs" being washed ashore. The Horseshoe crabs we find today trace their lineage back 240 million years to the Triassic period, making these animals a "living fossil." Most of the crabs we find are the shed exoskeletons of the adults, but occasionally we do find a live Horseshoe crab. These are usually the younger crabs as they live closer inshore and are more subject to being caught up in heavy waves and near-shore currents.

The physiology of the Horseshoe crab is fascinating; while they resemble crustaceans they belong to a separate family of arthropods more closely related to arachnids, the spiders. On their top shell or "prosoma" they have two compound lateral eyes, a pair of median eyes [able to detect both visible and ultraviolet light], one endoparietal eye, and they also have a pair of ventral eyes located near their mouth. Their combined eyes are a million times more light-sensitive at night than during daylight hours, which is no doubt helpful as they spawn at night. Mating occurs all along the East Coast with the primary location on the beaches of Delaware Bay (Delaware and New Jersey) in mid-spring, generally during the full moon in May. Taking advantage of the higher tidal amplitude, the larger females come ashore to deposit their [60,000 to 120,000] eggs in batches of a few thousand at a time, often with several males in tow to fertilize them. Imagine if you can thousands, many thousands, of Horseshoe crabs coming ashore in the shallows all vying for a bit of sand on which to lay their eggs, all the while being tussled about by your kin, picked at by gulls and swept by the waves. It's a truly incredible sight!



Horseshoe crabs spawning spectacle.

photo credit: Joe Smith

The eggs take about two weeks to hatch and if successful the larvae will molt five to six times the first year to become the recognizable crab we find. Adult crabs also molt yearly, literally slipping out of their old shell. If you're inclined, you can see if the Horseshoe crab in front of you is a shed. Look at the seam between the top and bottom shell - if split, you've found a shed as they leave behind their old legs, mouthparts, and gills. Horseshoe crabs become sexually active at 9 years of age and can live up to 40 years.



They also have a unique copper-rich blood [which is blue] that contains amebocytes, a compound found to detect bacteria and toxins in medical applications. As such there is a high demand for the crab's blood; crabs are collected and bled and then released in the ocean, usually within a couple of days. Most of them [it's assumed] survive this process, but there is mortality, somewhere between 3% and 15%.

As we walked, our conversation turned to shorebirds [there were a few “peeps” on the beach] and to the critical role Horseshoe crabs play in the life of the Red Knot (*Calidris canutus rufa*) a robin size shorebird found occasionally on the peninsula's seaside but primarily along the lower Delaware Bay. These little birds, weighing in at around 8 ounces are as dependent on the Horseshoe crab as Monarch Butterflies are to milkweed.



Shorebird tracks with a line of feeding "divots".

Photo Credit: Joe Fehrer

The rufa Red Knots are [extreme] long-distance migrants, flying nearly non-stop from their South American wintering grounds in Argentina and Brazil to staging areas in the Delaware Bay in the spring, where they feed heavily and almost exclusively on the protein-rich eggs of Horseshoe crabs. Leaving Delaware Bay, they fly to their breeding grounds in the upland tundra barrens of Canada and Alaska. That's a flight of well over 7,000 miles each way, with only a few stops along the entirety of that distance.



Red Knots feeding on Horseshoe crab eggs .

photo credit: Bay Journal

The Red Knots arrival in DE Bay is so closely tied to the Horseshoe crabs that a reduction of breeding Horseshoe crabs [and their eggs] can precipitate a serious decline in the knots ability to continue their long migration and greatly impact their nesting success for that season. Like all migratory animals, timing is critical; arriving at a feeding area too early or late means less food available, arriving on their breeding grounds early or late means less success in egg-laying and fledging of their young. The world around us is replete with examples of these interdependencies between species, lose one and the other can, or will be, greatly impacted.

While we seldom see Red Knots on our bayside beaches, we do have several other small shorebird species that are common seasonal visitors to the Bay Creek beach. Some of these are referred to as “peeps”, a reflection of their high-pitched calls and small size. The most common of these are the Sanderlings, which no doubt you've seen running back and forth with the waves, feeding on invertebrates exposed by the receding water. The other “peeps” we're most likely to observe are the Least, Semipalmated, White-rumped and Western Sandpipers. These little shorebirds are joined by others of their kin during their spring and fall migrations, often in mixed flocks and can be observed probing the beach in search of food. The peeps are also long-distance migrants [although they generally don't fly non-stop like the Knots] and are much more adaptable when it comes to a food source.



Sanderlings along the beach.

photo credit: National Audubon Society

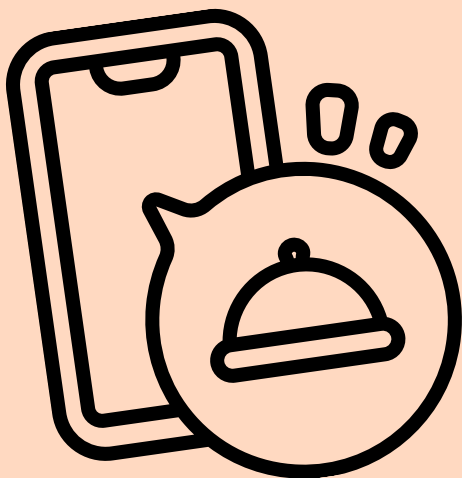
The Sanderlings as mentioned above and the Semipalmated Sandpipers feed in a rapid and seemingly random manner, whereas the Least and Western Sandpipers appear to be more deliberate in their feeding habits. Walking the beach and tidal flats it's interesting to observe the tracks and feeding pattern of these little birds; as “probing” feeders they leave behind telltale divots in the sand and tracks of various size, depending on the specie. While not as reliant on a specific food source as the Red Knot, the peeps and all of the shore [and wading] birds that use our peninsula are dependent on untrammelled beaches, expansive sand and mud flats and healthy tidal wetlands, without those, they would be gone.

THERE'S SOMETHING NEW GOING ON IN THE KITCHEN!

INTRODUCING BAY CREEK'S CHEF DE CUISINE: MICHAEL KOCH

Michael Koch is an experienced chef who has been in the Hampton Roads area for the past 12 years. He started at Coastal Grill where he worked his way up from dishwasher to sous chef. He then attended culinary school at Virginia Culinary Institute in Norfolk, Virginia and moved to Zoe's Steak and Seafood where he last served as Chef de Cuisine. At Zoe's, he was able to hone his knowledge of fine dining and wine culture with Sommelier Marc Sauter. He executed wine dinners with notable winemakers almost weekly which kept his passion for the food and beverage industry strong.

As an avid golfer, Michael's interests then led him to Bay Creek where he admires the collaboration between Jack Nicklaus and Arnold Palmer. Bay Creek is one of his all-time favorite places to play, so this fuels his excitement for his new role as Chef De Cuisine. He is thrilled to be joining the Coach House Tavern team and looking forward to serving our Bay Creek club members, residents, and resort guests delicious cuisine.



TAKEOUT ORDERING IS AVAILABLE ON THE BAY CREEK APP

Need to grab a quick bite on the go? Use the Bay Creek app to place your order from the Coach House Tavern!

You'll be able to easily order from each Coach House menu.

Log into the app, look under the Dining category, select Menus, and there you'll see the list of all Coach House menus.

The Early Risers menu is available 9am - 11am Monday through Thursday, and 8am - 11am on Friday. The Lunch Menu is available 11am to 5pm Monday through Friday. The Dinner Menu is available 5pm - 9pm on Friday and Saturday with special dinner menus on Monday (Pasta Night) and Thursday (Prime Rib Night) available from 5pm - 8pm. The Brunch Menu will be available from 8am - 5pm On Saturdays & Sundays.



Blini & BELINIS

FOR SUNDAY BRUNCH

SUNDAYS AT 8AM - 5PM

COACH HOUSE TAVERN FEATURE FOR OCTOBER

We will be featuring the blinis in different styles created by Chef Jason and Chef Michael. While you are in, make sure to try one of our delicious Bellinis in addition to our regular mimosas.

Here is some general information on the two:

A Bellini is a cocktail made with Prosecco and peach purée or nectar. It originated in Venice, Italy.

A blini or, sometimes, blin, is a Russian pancake traditionally made from wheat or buckwheat flour and served with smetana, tvorog, butter, caviar and other garnishes. Blini are among the most popular and most-eaten dishes in Russia.

Dear Members,

We want to say thank you for allowing us to close early on September 14th to celebrate and to show appreciation to our staff. We are incredibly grateful for our Bay Creek employees who have worked tirelessly throughout this busy summer season. Their resourcefulness and willingness to always help make Bay Creek a wonderful place to live and visit. We appreciate their dedication to Bay Creek.

Your Bay Creek Team

*Congratulations to Bay Creek's
2021 Employee of the Year!*

Zach Pfingst

Director of Golf, PGA Pro

Thank you Zach!



Linda K. Clepper

FEBRUARY 21, 1948 - SEPTEMBER 13, 2021

Linda K Clepper, wife of Dick Clepper, passed September 13, 2021. A memorial service will be held in the future at the convenience of the family.

*In Memory of a life so beautifully lived,
a heart so deeply loved.*

The Bay Creek Team would like to extend our sincere condolences to the Clepper family. We wish you comfort during your time of bereavement.

 BAY CREEK
Cape Charles, Virginia



HALLOWEEN CAMPFIRE

CASH BAR • SMORES • LIVE MUSIC • GAMES

SATURDAY
OCTOBER 30, 2021
6:00-8:00 PM

HELD AT BASECAMP:
CONTINUE ON NICKLAUS DR FOR
HALF-MILE PAST COACH HOUSE
AFTER ROAD TURNS TO DIRT

DETAILS ON BAY CREEK APP

October 2021

Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Wine & Dinner: Pairings with Wines of Europe - Coach House Tavern 6pm	2
3 Sunday Member Mixer	4	5 Preserve Bird Walk, meet at Base Camp 7:30am	6 Preserve Owl Prowl 6:30pm	7 Junior Achievement Outing Beach Walk, meet at the beach entrance 10:00am Final Ladies League Play Day	8 IBI Outing	9
10 Sunday Member Mixer Themed Preserve Walk, meet at Base Camp, 1:30pm	11	12 Beach Walk, meet at beach entrance 3pm	13 Preserve Owl Prowl 6:30pm	14 Preserve Bird Walk, meet at Base Camp 7:30am	15 Member Clinic: Playing Lesson	16 Fall Member/Member Tournament
17 Sunday Member Mixer	18	19 Preserve Bird Walk, meet at Base Camp 7:30am	20 Full Moon Walk, meet at Base Camp 6:15pm	21 Bay Creek's Day of Giving NCEF Outing Preserve Walk, meet at Base Camp 10:00am	22	23
24 Sunday Member Mixer Themed Preserve Walk, meet at Base Camp, 1:30pm	25	26 Beach Walk, meet at the beach entrance 3pm	27 Preserve Owl Prowl 6:30pm	28 Beach Bird Walk, meet at the beach entrance 7:30am Habitat for Humanity Outing	29 Halloween Scramble	30 Camp Fire at Base Camp

31 HALLOWEEN



All events, classes and hours are subject to change due to weather and other unforeseen circumstances. Updates for any changes will be in the Bay Creek app as well as sent out via email.

Hours of Operation

Life Center
757-331-8730

Mon - Sat 7am-7pm
Sun - 7am - 4pm

Coach House Tavern
757-331-8630

Mon - 9am-8pm
Tues - Wed 9am-5pm
Thurs - 9am-8pm
Fri - Sat 8am-9pm
Sun - 8am-5pm

Pro Shop
757-331-8620

Mon - Sun - 6:30 am-6pm



October 2021

Life Center Monthly Schedule

Sign up is required for all Water Aerobics, Spin and TRX classes due to equipment availability and COVID-19 spacing precautions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 PN TRX - 9am Full Body Stretch w/Austin - 9am Basic Mat Pilates w/Jill - 10am	2 Tabata w/Austin - 10am General TRX - 11am
3	4 Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm	5 Yoga w/Debra - 7:30am PN TRX - 9am Weighted Kettle Core w/Jill - 10am PN TRX - 5pm	6 General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm	7 Spin w/Ashley - 7am Yoga w/Debra - 8am PN TRX - 9am General TRX - 10am PN TRX - 5pm Tabata w/Austin - 5pm	8 Spin w/Ashley - 6am Full Body Stretch w/Austin - 9am PN TRX - 9am	9 Tabata w/Austin - 10am General TRX - 11am
10	11 Spin w/Ashley - 6am Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm	12 Yoga w/Debra - 7:30am PN TRX - 9am PN TRX - 5pm	13 General TRX - 10am Spin w/Ashley - 5pm	14 Spin w/Ashley - 7am Yoga w/Debra - 8am PN TRX - 9am General TRX - 10am PN TRX - 5pm Tabata w/Austin - 5pm	15 Full Body Stretch w/Austin - 9am PN TRX - 9am	16 Tabata w/Austin - 10am General TRX - 11am
17	18 Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm	19 Yoga w/Debra - 7:30am PN TRX - 9am Weighted Kettle Core w/Jill - 10am PN TRX - 5pm	20 General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm	21 Spin w/Ashley - 7am Yoga w/Debra - 8am PN TRX - 9am General TRX - 10am PN TRX - 5pm Tabata w/Austin - 5pm	22 Spin w/Ashley - 6am Full Body Stretch w/Austin - 9am PN TRX - 9am Basic Mat Pilates w/Jill - 10am	23 Tabata w/Austin - 10am General TRX - 11am
24	25 Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm	26 Yoga w/Debra - 7:30am PN TRX - 9am Weighted Kettle Core w/Jill - 10am PN TRX - 5pm	27 General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm	28 Yoga w/Debra - 7:30am PN TRX - 9am General TRX - 10am PN TRX - 5pm Tabata w/Austin - 5pm	29	30
31	<p>**All events, classes and hours are subject to change due to weather and other unforeseen circumstances. Updates for any changes will be in the Bay Creek app as well as sent out via email.**</p>					

Hours of Operation

Life Center
757-331-8730

Mon - Sat - 7am-7pm
Sun - 7am-4pm

Coach House Tavern
757-331-8630

Mon - 9am-8pm
Tues - Wed 9am-5pm
Thurs - 9am-8pm
Fri - Sat 8am-9pm
Sun - 8am-5pm

Pro Shop
757-331-8620

Mon - Sun - 6:30 am-6pm

