



CLUB VIEWS

MEMBERS, PLEASE NOTE!

The childcare facility is moving to the clubhouse basement beginning October 8th. The area that has been the Kids Zone will be the temporary home for Childcare from now until next May. The use of the Kids zone will no longer be available to children during this time, unless they are in the childcare. Thank you for your understanding during the construction of the new Childcare facility.

SENIOR MEN'S ASSOCIATION BANQUET

THURSDAY, OCTOBER 4TH

6:00 pm Cocktails and
Light Hors d'oeuvres
7:00 pm Dinner

The Senior Men's Association will hold its annual recognition banquet. We will re-live some of the events of the year and award special prizes. And we will say a special thanks to the staff members who have helped to make the Senior Events a success this year.

All Seniors, Wives, and Guests are Welcome! \$30.95 Per Person

Menu to Include:

- WHCC Grill Room House Salad
- 6oz Beef Tenderloin Filet with Chive Whipped Potatoes and Seasonal Vegetables
- Pecan Ball with Hot Fudge

**Vegetarian Option is available upon request. Please make this request when making your reservations.*

RSVP by calling the club at 614-885-9516 or email reservations@worthingtonhills.com.



FAMILY MONSTER BASH AND HAY RIDE

FRIDAY, OCTOBER 27TH

Children's Halloween Costume Party
Come dressed in your most spooktacular costume!

Haunted Buffet	6:30 to 7:15 pm
DJ	6:30 to 9:30 pm
Hay Ride and Fun Station	Starting at 8:00 pm

Enjoy fun entertainment while waiting for your turn to hop on the Hay Ride. Stations will include: Craft and Balloon Sculptor! Participants will be called randomly for the Hay Ride.

Adults: \$17.95 / Children 4 to 10: \$13.50 / Three & Under: FREE

RSVP by calling the club at 614-885-9516 or email reservations@worthingtonhills.com. Make your reservations early, this is a sellout event!

RETAIL WINE NIGHT

EVERY WEDNESDAY IN OCTOBER

"Uncork" on Wednesday evenings at the club. Limited Wines will be offered at Retail Pricing. The list will vary each week.

MEMBERSHIP HAPPY HOUR

FRIDAY, OCTOBER 5TH

6:00 to 7:00 pm On the Patio

Complimentary Beer, Wine and Light Hors d'oeuvres

Live Music on the Patio from 6:00 to 9:00 pm.

We will be featuring a limited dinner menu in our dining rooms on this evening. We encourage dinner reservations after the happy hour. Make reservations by calling the club at 614-885-9516 or email reservations@worthingtonhills.com.

KID ZONE HAPPY HOUR NIGHT POLICY

- The Kids Zone will be restricted to the first 25 children of members. No guests please.
- Reservations should be made at the front desk on a first-come, first-serve basis.
- A \$5.00 fee will be charged for each child staying in the Kids Zone on Happy Hour Nights.
- Staff will be provided from 5:45 to 7:45 pm.
- Children should not be running around in other areas of the clubhouse and they are not permitted in the Adult Happy Hour area.
- If you plan on staying longer than two hours, we ask that you get a babysitter for your children.
- The Kids Zone is geared towards stays of less than two hours.



EUCHRE NIGHT

SATURDAY, OCTOBER 20TH

7:00 pm
Men's Lounge

Bring a partner and come meet other members! Let us know if you need to be paired with someone. Enjoy dinner in our dining areas before the euchre tournament starts in the Men's Lounge.

Adults Only

Sign up by calling the club at 614-885-9516 or email reservations@worthingtonhills.com.

KIDS EAT HALF PRICE

EVERY THURSDAY EVENING IN OCTOBER

Children will eat for half price in our dining rooms with a purchase of an adult entrée. We will feature a topping bar for their ice cream sundaes, so the children may add their own toppings.

OCTOBER 18TH

Balloon Sculptor in the Grill Room from 5:30 to 7:30 pm

Please make dinner reservations by calling the club at 614-885-9516 or email reservations@worthingtonhills.com.

BLOODY MARY AND MIMOSA BAR

Join us on Sundays and top off your favorite brunch cocktail with your choice of enhancements!

\$10 per person – Unlimited

SENIOR TRIBUTE NIGHTS

Not just for Seniors!

Tuesday Night's in October we will feature two dinner entrees at the price of \$13.00 per entrée. The entrée will include your choice of soup or salad and accompanying side items. A great meal at a great price, perfect for taking the entire family to dinner!

Tuesday Menu to Include:

October 2nd - Linguine and Clam Sauce or Fried Pork Chops

October 9th - Chicken Pot Pie or Fish and Chips

October 16th - Shepard's Pie or Spaghetti Carbonara

October 23rd - House Made Lasagna or Brunswick Stew

October 30th - Chicken Paprikash or Tilapia Almondine

LADIES BOOK CLUB

Our WHCC Ladies Book club will start back up again in October. This group will meet the 2nd Thursday of each month in The Ladies Locker Room at 6:30 pm.

October 11th Book:

Little Fire Extinguisher
by Celeste Ng

If you have any questions regarding the book club, please feel free to email Nanci Larsen at nanci.larsen7@gmail.com or text at 614-214-9625.

HOST YOUR HOLIDAY PARTY AT WHCC!

Whether you are treating your office to a small luncheon or the entire company to an evening celebration, we will make it easy for you to show your staff how much you appreciate their hard work.

Many rooms and dates are currently available but will start to book fast. We encourage you to call to get your event scheduled today.

For more details, please contact Christy Baker Catering Sales Manager, at 614-885-9615 or email cbaker@worthingtonhills.com.

WHCC WEEKLY SUNDAY BRUNCH

**10:30 am to 1:30 pm
In the Grill Room**

Adults - \$13.95
Children Ages 4-10 - \$8.95
Children 3 and Under - FREE

This Weekly Brunch Features a Salad and Fruit Station, Breakfast and Lunch Items, Made-to-Order Omelet and Waffle Station and an Assortment of Desserts.

Our private dining rooms are also available on Sundays. Perfect for larger groups looking to take advantage of our brunch while enjoying an intimate dining space.

Reservations are always appreciated. Make reservations by calling the club at 614-885-9516 or email reservations@worthingtonhills.com. If you are interested in booking private dining space, please contact Christy Baker at 614-885-9516 or email CBaker@worthingtonhills.com.

PATIO AND PATIO BAR CLOSURES

OCTOBER 6TH - Patio bar and patio closed until 6:30

OCTOBER 13TH - Patio bar closed until 7:30

WORTHINGTON HILLS COUNTRY CLUB SMARTPHONE APP

Download the WHCC Smartphone App to receive updates from the club. Social Events, Dining Room Menus and Specials, Golf and Tennis News along with Golf Course updates can all be found on the App!

Simply search for Worthington Hills in App Stores to find and download the App

RESERVATION

Please make reservations in advance for all dining and social events. Reservations help our staff prepare properly to ensure an excellent experience for you and your guests. Reservations for dining and events can be made at the front desk or by calling the club at 614-885-9516. Some reservations can be made by emailing reservations@worthingtonhills.com. Thank you!

MINIMUM FOOD REMINDERS

The spending requirement for each quarter is \$100 and is based on the last name of each member. This includes all food and beverage on the property. It does not include alcohol.

Last name beginning A-F
Last day of the month of April, July, October, January

Last name beginning G-M
Last day of the month of May, August, November, February

Last name beginning N-Z
Last day of the month of June, September, December, March



WORTHINGTON HILLS GARDEN CLUB

The Worthington Hills Garden Club meets the second Wednesday of each month excluding January and July, at 11 AM at the Worthington Hills Country Club. A brief business meeting is followed by lunch at noon and a speaker at 1 pm.

The October 10 program is titled "Growing a Bird Buffet" and will cover how to turn your yard into a habitat that attracts birds. The speaker is Randall Rogers, a conservationist, avid birder, and board member of Greenlawn Cemetery. Visitors are welcome with an advance paid registration of \$21 the Saturday prior to the meeting. You can make a reservation by calling 614-288-4668. The November 14 program will tell the history of many of the wonderful plants at the Franklin Park Conservatory.

WHCC Rain Gardens

Worthington Hills Country Club, in a joint effort with the Worthington Hills Garden Club and other local conservation groups, is installing two rain gardens along the grounds behind the paddle tennis courts and adjacent to the golf course. The rain gardens will help reduce harmful runoff created by heavy rainstorms and snow melts that carry pollutants that would otherwise end up in the Olentangy River. These pollutants include excess lawn fertilizer, dog waste, winter de-icing agents, etc., all of which have a detrimental effect on the flora and fauna of the river. These two rain gardens were installed in September, and funded in part by a grant from the Franklin County Soil and Water Conservation District. In addition to increasing the absorption of excess water the native plants included in these areas will create a beneficial habitat for birds, butterflies, and other pollinators. It will take a few growing seasons before the plants mature and the full benefits are realized, but in the end the rain gardens will provide a necessary and attractive aid to the runoff problem, and will help protect the natural beauty of the Olentangy River and its inhabitants.

WORTHINGTON HILLS COUNTRY CLUB DRESS CODE

INDOOR GRILL ROOM, LOUNGE AND BAR AREAS:

- Proper golf attire, which includes appropriate shorts and shirts tucked in.
- Men and boys, eight and older, should have collared shirts or an appropriate pullover.
- Ladies dresses or sundresses and shorts should have appropriate cuts and lengths.
- Business attire is always suitable.
- Tasteful denim is permitted, and is defined as properly sized, in excellent condition, and consistent in color. Tasteful denim does not include holes or rips, frayed material, denim shorts, work type denim shirts, bibs, painter pants, or jeans that are worn extremely low cut.
- Tennis attire is permitted in the Lounge and Bar areas.
- Club events and Holiday brunches will also adhere to these dress codes.
- Hats, swimwear, t-shirts, gym shorts, sweat pants, and hoodie sweatshirts are not permitted in these areas.

OUTDOOR PATIO AND BAR:

- Proper golf and tennis attire.
- Tasteful denim is permitted, and is defined as properly sized, in excellent condition, and consistent in color. Tasteful denim does not include holes or rips, frayed material, denim shorts, work type denim shirts, bibs, painter pants, or jeans that are worn extremely low cut.
- Collared shirts for men and boys or appropriate pullover.
- Hats are permitted outside.

MEN'S GRILL ROOM:

- Proper golf, tennis and fitness attire is permitted.
- Tasteful denim is permitted, and is defined as properly sized, in excellent condition, and consistent in color. Tasteful denim does not include holes or rips, frayed material, denim shorts, work type denim shirts, bibs, painter pants, or jeans that are worn extremely low cut.
- Men are encouraged to remove their hats while sitting in the Men's Grill.

Children of members that are eight years and older are asked to follow the above dress code. Children under eight should have appropriate dress for a country club. Clothing to avoid in the dining areas are hats, t-shirts, gym shorts, bulky cargo shorts, sweat pants and frayed, torn or tattered denim. Members are responsible for informing their guests of these dress code policies.

MARK YOUR CALENDARS! UPCOMING NOVEMBER EVENTS!

MEMBERSHIP HAPPY HOUR

Friday, November 2nd

In the Men's Lounge - 6:00 to 7:00 pm

Complimentary beer, wine and light hors d'oeuvres. We will be featuring a limited menu in our dining rooms on this evening.

ANNUAL MEETING

Tuesday, November 20th

THANKSGIVING TO-GO DINNERS

Thursday, November 22nd

Let our Executive Chef and his staff prepare your Thanksgiving meal to enjoy at home. You can buy just the turkey or purchase the entire meal.

Pick Up Between 10:30am and 3:00pm

Side dishes with entire meal include:

Mashed Potatoes, Turkey Gravy, Country Style Green Beans, Glazed Sweet Potatoes, Dressing and Cranberry Sauce

4 to 6 People	Turkey Only	\$75.00
	Entire Meal	\$125.00
8 to 12 People	Turkey Only	\$95.00
	Entire Meal	\$195.00
14 to 16 People	Turkey Only	\$115.00
	Entire Meal	\$255.00
18 to 20 People	Turkey Only	\$130.00
	Entire Meal	\$285.00

Optional Additions

Dinner Rolls \$10.00 per dozen

Additional Gravy \$5.00 per quart

Whole Pumpkin Pie \$12.00 per pie

Individual Meal (4 people or less ONLY)

\$15 Per Meal

Meal to include: Turkey, Mashed Potatoes, Gravy, Green Beans, Glazed Sweet Potatoes, Dressing and Cranberry Sauce.

Must be Pre-Ordered!!

If you would like to purchase a To-Go meal, please complete the form you will receive in the mail or contact Chef James directly at 614-885-9516 or email jtuckey@worthingtonhills.com.

**All orders must be submitted by
Tuesday, November 13th**

Limited to the first 50 orders.

Please note that all dining areas will be closed on Thursday, November 22nd for Thanksgiving.



Golf and Pro Shop News...

NOTE FROM THE PRO

As the tournament calendar is now closed for the season, I would like to again congratulate all of our event champions. One of the most exciting aspects of the Worthington Hills Country Club golf membership is the amount of participation in the tournaments. I sincerely appreciate everyone's dedication and commitment to making our events so successful. We will soon be releasing the event calendar for 2019. It's never too early to start marking your calendar!

As we move into the fall, be sure to take advantage of the good golfing days that are still ahead. The professional staff is looking forward to getting out to play this fall and we would love to join you for a round. If you are looking to play and need an extra, give us a call.

Happy Golfing,
Justin Van Heukelom, PGA
Head Golf Professional

NOTE FROM THE LEARNING CENTER

As we enter the fall months and weather starts to get cooler, it's a great time to move your practice back indoors and work on the analytics of the game. That being said I'd like to take a look again at our pertinent TrackMan numbers and review their purpose.

Paint a picture of impact:

- Attack Angle – describes how steeply up (positive #) or down (negative #) your club is moving at the moment of impact.
- Club Path – a measurement of how far to the right (positive #) or left (negative #) your club is moving at the moment of impact.
- Face Angle – describes how far to the right (positive #) or left (negative #) your club face is pointing at the moment of impact.
- Dynamic Loft – measurement of loft on the golf club at impact; this number is typically not the actual loft of the golf club but rather describes how you move the club into the ball. In most cases this number should be less than the actual loft of the club.

What the above numbers describe is a concept called "D Plane." This can be used during practice on TrackMan to help you figure out exactly what you need to do in order to hit a particular ball flight. If you continually slice the golf ball, pay attention to these numbers when you practice. The following picture can explain this further.

The above shows exactly how a slice is hit. The Club Path moves to the left (negative #) and the Face Angle points to the right of the Club Path (this number can still be negative but cannot be more negative than the Club Path). Along with these two variables the Attack Angle typically is steeper (more negative) and the Dynamic Loft is higher which produces a shot that slices and goes shorter than normal. To achieve an on target shot that doesn't slice the Club Path must typically be corrected first (at a zero or positive degree) and then the Face Angle can be controlled to produce the desired shot shape.

This can all seem overwhelming to read but to put into practice is simpler. If you would like a further explanation of these numbers and how to use them to achieve your desired shot pattern, please attend one of my FREE Learning Center Seminars for information, practice tips and more! The dates and times are below:

Thursday, October 11th from 6:00 pm – 7:00 pm
Thursday, October 25th from 6:00 pm – 7:00 pm

Happy Golfing,
Ben Bastel, PGA
1st Assistant Golf Professional/Director of Player Development

OCTOBER GOLF SHOP HOURS

TUESDAY-SUNDAY
7:00 am to Dusk
MONDAY
Closed

OCTOBER DRIVING RANGE HOURS

TUESDAY-FRIDAY
8:00 am to 7:00 pm
SATURDAY
7:30 am to 7:00 pm
SUNDAY
7:30 am to 6:30 pm

**Hours Subject to Change due to Weather and Daylight*

IT'S BACK! BUCKEYE FOOTBALL SALE

On a Sunday following a Buckeye win, SAVE on all in stock purchases. *(Excludes equipment, balls, gloves and Vera Bradley)*

If the Buckeyes win by:

- 10 Points or Less Save 10%
- 11 to 20 Points Save 15%
- 21 Points or More Save 20%

CREDIT BOOK REMINDER

Don't forget! Your credit book will be voided at the end of the year. Use up your money before the holiday rush. Any unspent certificates or credits will not be carried over into 2019.

REMINDER ON THE CART PATHS

The golf carts need to stay on the cart paths on all Par 3's every day. Also, we need all members to exit the fairways on each hole at the blue stake. Whichever side of the fairway the stake is located for the day is where our Superintendent, Jim Cola, would like you to exit.



From the Courts...



Jolene Bennington
3.5 Open Women's Champion



Jon Goodman def. Scott Neff
Men's 3.0 Championship



Dick Holz
3.5 Men's Champion



Belinda Gorbett
3.0 Women's Champion



Fitness & Wellness News...

WHCC PERSONAL TRAINER

Aaron McGrath

RATES

Half Hours Sessions

1 Session	\$35
4 Sessions	\$115
8 Sessions	\$205
10 Sessions	\$230
12 Sessions	\$240

Hour Sessions

1 Session	\$55
4 Sessions	\$185
8 Sessions	\$300
12 Sessions	\$390

MASSAGE THERAPY AT WHCC

Online Scheduling

You may now schedule your massage with either Paula or Payton online through the WHCC App or the link on our website under Message Therapy.

Choose from these massage modalities:

- Swedish
- Hot Stone
- Trigger Point Therapy
- Active Isolated Stretching
- Prenatal
- Sports
- Deep Tissue
- Craniosacral Therapy
- Neuromuscular Therapy
- Cupping
- Newborn
- Myofascial Release

Massage Prices:

30 Minutes	\$50
60 Minutes	\$80
75 Minutes	\$95
90 Minutes	\$110

Massage Packages:

(3) 60 Minute Package	\$210
(3) 75 Minute Package	\$255
(3) 90 Minute Package	\$300

Hot Stone:

60 Minute	\$95
90 Minute	\$125

Add Ons:

- Kinesio Taping - \$10 with your own tape / \$15 without tape
- Cupping may be incorporated into any massage upon request

If you have any questions or concerns, please feel free to text or call Paula at 614-849-2967.

RENOVATIONS ARE UNDERWAY!

Construction preparation has begun!





CLASS DESCRIPTIONS

Body Blast: From plyometrics to core strength to muscle conditioning, this class challenges people of all levels of fitness and athletic capabilities to progress to new heights!

Bootcamp: This class is designed for those desiring to lose weight, increase cardiovascular fitness and increase muscular strength more efficiently. It is for the beginner to the advanced enthusiast. Workout in a TEAM environment while challenging yourselves with others to reach your personal fitness goals.

Cardio Weights: A healthy combination of cardiovascular work and resistance training! This class uses a large variation of equipment and effective movements.

Core & More: 45 minute class focusing on the powerhouse midsection, including back and core muscles. A strong core will make for a strong, fit body less prone to injury. But wait...there's more!

FUNctional Training: Functional training is geared toward strengthening your body to allow it to be more efficient in everyday life. The 30 minutes spent developing dynamic strength, flexibility and agility carries over into your daily activities, making life a bit easier. Benefits to attending this class include improved muscular balance, joint stability and injury prevention.

H.I.I.T Circuit: 8 different stations of 1 minute of work and 30 seconds of recovery consisting of plyometrics, strength training, dumbbells, kettlebells, battling ropes, cardio bursts and more. We will work you harder and challenge you differently in every class.

Hip Hop Dance: High energy music make this class a MUST! Join our fitness party as we move to the greatest hits from yesterday and today. Show us your style and you'll leave with a smile! No hard choreography here, just fat blasting, fun cardio. Come ready to sweat!

Kickboxing: This athletic workout will give you a great workout in just 55 minutes! A combination of challenging punch and kick intervals and strength exercises using a variety of equipment!

Senior Fit: Features strengthening, flexibility, and cardiovascular exercises all modified for the senior audience.

Slow Flow Yoga: A gentle, slow style of Hatha Yoga where the focus is the movement coordinated with the rhythm of the breath, to reduce stress and to ease tension. Yoga is the missing puzzle piece to your overall fitness program. All levels welcome! Come relax and breathe with us!

Spinning: Spinning is an indoor cycling workout which allows participants to experience the mind/body connection that is the foundation of obtaining health and fitness. Whether beginner or skilled athlete, participants can tailor the workout to best suit their individual fitness levels.

Spin/Strength: 30 Minutes of abs paired with 30 minutes of strength training. This class is designed to leave your body sculpted and defined.

Tabata Training: Each set is 4 minutes of one fat burning or strength training exercise. The 4 minutes consists of 8 intervals of the same exercise. Through a variety of simple, yet intense timed exercises, each class will blast the calories and provide results in a short amount of time.

Warrior Wednesday: This class build strength, adds definition, increases your bone density and decreases your body fat by increasing your lean muscle.

Zumba: Zumba is the new dance craze sweeping the US that promised to be so much fun that you won't even realize you are working out. Fusing hypnotic Latin rhythms with easy to follow moves, Zumba is one of a kind dance class designed to burn calories and get the energy pumping round your body.

All Classes with an asterisk are \$4 per class. You can also purchase an unlimited month: Single person \$25 and couple/family \$45

GROUP EXERCISE SCHEDULE

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:00 am	Spinning*	P90X	Cardio Weights*	P90X	Kickboxing*		
7:00 am		7:30 am Core & More	Yoga*	7:30 am Core & More	7:30 am Core & More		
8:00 am	8:10 am Tabata Training*			Body Rock	8:10 am H.I.T.T. Circuit	Spinning*	
9:00 am	Spinning*				Spinning*	Yoga*	
9:30 am			Spin/Strength*				
10:00 am	Yoga with Elaine*		10:20 am Warrior Wednesdays		Bootcamp*	Yoga*	
10:30 am							
11:00 am							
1:00 pm	Senior Fit		Senior Fit		Senior Fit		
2:00 pm							
4:30 pm							
5:30 pm			5:15 am Cardio Strength & Core*				
6:00 pm			Spin Core Express*				
6:30 pm							
7:00 pm							Boot Camp*
7:30 pm		Hatha Yoga*		Slow Flow Yoga*			
8:00 pm							



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Clubhouse Closed Fitness Center Open	2 Senior Tribute Night	3 Retail Wine Night	4 Seniors Men Association Banquet Kids Eat Half Price	5 Membership Happy Hour	6
7 Sunday Brunch	8 Clubhouse Closed Fitness Center Open	9 Senior Tribute Night	10 Retail Wine Night Worthington Hills Garden Club Program	11 Ladies Book Club Kids Eat Half Price	12	13
14 Sunday Brunch	15 Clubhouse Closed Fitness Center Open	16 Senior Tribute Night	17 Retail Wine Night	18 Kids Eat Half Price Balloon Sculptor	19	20 Euchre Night
21 Sunday Brunch	22 Clubhouse Closed Fitness Center Open	23 Senior Tribute Night	24 Retail Wine Night	25 Kids Eat Half Price	26 Family Monster Bash & Hay Ride	27
28 Sunday Brunch	29 Clubhouse Closed Fitness Center Open	30 Senior Tribute Night	31 Retail Wine Night			



CLUBVIEWS

WORTHINGTON HILLS COUNTRY CLUB

920 Clubview Boulevard South
Columbus, Ohio 43235
(614) 885-9516
Fax: (614) 436-3090
www.worthingtonhills.com

For Dining Reservations, always call
(614) 885-9516 or email
reservations@worthingtonhills.com

COUPLES LOUNGE & GRILL ROOM

Monday Closed
Tuesday - Friday 11:00 am to 9:30 pm
Saturday 9:00 am to 9:00 pm
Sunday 9:00 am to 3:00 pm

MEN'S LOUNGE

Monday Closed
Tuesday - Friday 10:00 am to 6:00 pm
Saturday & Sunday 8:00 am to 5:00 pm

FITNESS

Monday - Friday 5:30 am to 9:30 pm
Saturday 8:00 am to 9:00 pm
Sunday 8:00 am to 8:00 pm

CHILDCARE

Monday & Wednesday 8:00 am to 1:00 pm
(no evenings)
Tuesday, Thursday - Saturday 8:00 am to 1:00 pm
5:00 pm to 9:00 pm
Sunday Closed

GOLF PRO SHOP HOURS

Tuesday - Sunday 7:00 am to Dusk
Monday Closed

Hours are subject to change based on Weather