



THE WILDEWOOD CLUB

February 2009

NEWS

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Let's Talk Golf

The Wildewood Club needs you. Our men's and ladies' interclub squads need more players.

- Nassau is an interclub competition open to women with handicaps of less than 28. Matches are typically held on Monday evenings in the first half of the season. Anyone interested in playing on the Wildewood Nassau team please leave your name in the office or contact Jana-Lea at jlcallis@shaw.ca.
- The Mundie Putter interclub group is made up of adult males with handicaps of 12 and under. They play various courses on Monday evenings. Please leave your name at the club office if you are interested in joining this group.
- The Wildewood team in the Central Seniors League is looking for men ages 55 and older with a handicap of 16 and under to play at various clubs on Monday mornings. If you are interested, contact Fred Loudon at 477-8084 or fjloudon@shaw.ca. There will be an information meeting held in March.



The Wildewood Wellness Centre

The Wildewood Wellness Centre is located in the former Pool Lounge. Here is what we are offering in February:

Massage Therapy

Have you booked your massage yet? **Linda Curtis**, our registered Massage Therapist, is now available to take appointments for not only **Tuesdays** and **Thursdays** but also every second **Saturday** in the Wildewood Wellness Centre. Choose a 30, 45 or 60-minute session. Receipts available at the end of the session. Contact Linda directly at **475-6644** or **612-1779** to book your appointment or for information.

Orthotics Clinic – February 10

Firm Foundations 4 Life will be holding an orthotics clinic on February 10 from 10:00 am to 4:00 pm. Come in for a free consultation including an assessment of the alignment of your feet. No appointment necessary.

HealthTalk – February 22

Our HealthTalk in February is called "Keeping Your Heart Healthy". A speaker from the Heart and Stroke Foundation of Manitoba will be providing us with ways to keep our hearts healthy and answer any questions we might have about dealing with risk factors for heart attack and stroke. The talk is scheduled for 2:00 pm on Sunday, February 22 in the Wellness Centre. The fee is \$2.00 at the door. Please pre-register by calling the club office at 474-1389.

Answers from the Advisory Committee

Here are some of the questions members of the Advisory Committee have received:

Q: Will there be golf packages available again this year?

A: Yes, we will be offering packages of 12 games, either 9-hole game packages for \$200 or 18-hole for \$350. They will be available by mid-March. We are also looking at having a 5 or 6-game package.

Q: Will associates be able to rent lockers this year?

A: Yes, we have come up with a fee structure for locker rentals that will allow both members and associates to rent lockers for a full year or a half-year. Details will be included in the March newsletter. Don't forget to confirm your locker information with the office by February 9.

