


WOODCROFT CLUB

1203 Woodcroft Parkway West
Durham, NC 27713
Office (919) 489.7705
www.woodcroftclub.org

Club Newsletter November/December 2009

Fitness

Power or Beginners Yoga

Beginner yoga class is designed for people who are just beginning yoga or those who are just beginning an exercise program. The class will move at a slower pace than power yoga while still providing all the benefits of yoga such as increasing core strength, improving flexibility and detoxifying the body. Power yoga classes are challenging and fun. They build strength and suppleness in the body, promote detoxification, and reduce stress.

Pilates classes

- Improved Core Strength - Increased Muscle Tone
- Decreased Back Pain - Better Posture



Classes are \$13 each.

Buy a 10 class pack for \$110 and use it for Yoga and Pilates!

Visit www.DurhamYogaPilates.com for class schedule.

Location: Move It Be Fit is located on Hope Valley Rd. (next to Randy's Pizza) is offering a discount to all WC members. Call John at 210-4008 for more info!

Looking for a place to have your holiday party?

Consider the Woodcroft Club!

The Clubhouse is available for rent!
Ask a Manager about the different options for rentals at our facility!

RENTAL SPECIAL!

Book your Clubhouse Rental before Christmas and receive one FREE hour of rental. In order for this special to be valid, you must rent for at least 3 hours. CALL TODAY!

IMPORTANT NUMBERS

Office
919.489.7705
Fax line
919.419.0554
General Email
woodcroftclub@nc.rr.com
Activities & RSVP's
wcactivities@nc.rr.com


WOODCROFT CLUB

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Happy Birthday Mickey Mouse

Wednesday, November 18th, 10:00am-12:00pm

Help us celebrate Mickey Mouse's Birthday! Drop all your potty-trained kids off at the Clubhouse for a morning of Mickey Mouse crafts, games, and watching your favorite Disney Movies!

Sr. Potluck

Tuesday, November 17th & December 15th; 6:30pm

Dinner starts at 6:30pm for our Empty Nesters!

Come enjoy a potluck dinner! The main dish is provided, all you have to bring is a salad, side or dessert to pass for your spot at the table. Your side should feed at least 15 people. **In December, please bring a gift valued at no more than \$10 for the Yankee Swap that will take place after dinner.**

Kids Movie Night

Friday, November 20th & December 18th; 6-9pm

Cost: \$10/child (Members); \$15/child (Guests)

Let us entertain your kids with a movie, pizza, popcorn, and even some games. Kids are welcome to wear their pj's and bring pillows, blankets and/or sleeping bags. For these two months, both nights will be three hours. The kids will be watching "The Emperor's new Groove" (G) in November and "The Santa Clause 3" (G) in December.

Holiday Handiwork

Tuesday, December 1st; 6:30pm

Ladies come to the Club and show off your creative side! Bring along your favorite holiday recipe & craft to exchange with some old and new friends to liven up their homes for the holidays! Please bring along a copy of your recipe and a write up for those crafts that are more difficult. The Club will be happy to make copies to give out. Light refreshments will be provided. Guests are welcome and encouraged! Please RSVP by November 27th.

Tacky Sweater Social
Thursday, December 10th; 7-9pm

Cost: \$5/adult (Members); \$7/adult (Guests)

The more festive the sweater the better the party! Head down to the Club to get in the Christmas spirit with your fellow club members. We'll be serving light horsderves and cheerful holiday beverages. Prizes will be awarded for those that are dressed to impress!

Breakfast with Santa

Saturday, December 12th; 9-11am

Last names beginning with N-Z 9am & A-M 10am

The entire family is welcome to come to the Club to visit with Santa and enjoy some breakfast. We'll serve muffins, pastries, donuts and other breakfast favorites! We will also be accepting donations of kids Christmas gifts for the Ronald McDonald House. If you plan to bring a gift, please do not wrap it! And of course, don't miss this great opportunity to take your family Christmas photo with Santa himself! Due to the high attendance in years past we have set up two different time slots in order for Santa to have time to hear everyone's wish list!

Drop n Shop

Saturday, December 12th; 12-4pm

Cost: \$15/child (Members); \$20/child (Guests)

Parents are invited to drop off their potty-trained kids with us to finish up last minute shopping. We'll be doing a snowflake craft, having a pizza lunch, watching Frosty the Snowman, and making a Christmas surprise of our own.

RSVP's Required

RSVP's are required for ALL events at least 2 days prior to EACH event or activity so we can plan appropriately.

How Do You RSVP?

1. Call the Club office at 489.7705
2. Email us at wcactivities@nc.rr.com
3. Stop by the Office!



Activities at Woodcroft Club

KIDS ACTIVITIES

Nature Nuts!

November: Thursday, 5th & Monday, 9th; 10am-12pm

December: Thursday, 3rd & Monday, 7th; 3-5pm

Cost: \$5/child (Members); \$8/child (Guests)

We are taking your suggestions and putting them to good use! We are trying to figure out what activity times work best with busy schedules to provide more activities for preschool aged kids. November's activities will focus on the fall season and the Thanksgiving Holiday. December's activities will revolve around the start of the winter season.

Tween Outing

Saturday, November 7th; 3-6pm

Cost: \$20/tween(Members) \$25/tween(Guests)

All tweens, aged 10-14 are welcome to join us for a fun afternoon out at Frankie's Fun Park. Transportation will be provided for this event so meet at the Club. We will then head to Frankies and spend the afternoon playing laser tag and other exciting games! Please RSVP by November 4th.

Holiday Tye Dye

Monday, November 23rd; 4-5pm

Drop in and tie dye your favorite sweatshirt, pair of socks, or maybe even a stocking to hang by the fireplace! We'll provide the dye & bags, just make sure to bring your items to dye and wear old cloths.

Teen Movie Night

Friday, December 4th; 6-9pm

Cost: \$10/teen(Members) \$15/teen(Guests)

Come out to the Club for a night away from the parents! We will be serving pizza and popcorn and watching "National Lampoon's Christmas Vacation." (PG-13)



Ornament Decorating

Wednesday, December 9th; 4-5pm

Decorate your Christmas tree with homemade ornaments! We'll be making and decorating ornaments and enjoying a snack!

Stocking Sensations

Monday, December 14th; 4-6pm

Cost: \$5/child (Members); \$8/child (Guests)

Kids can never have too many stockings! Send your potty-trained ones to the Club for an afternoon of creativity and decorating! We'll have all the supplies you need plus a little snack.

**Don't forget to RSVP atleast
2 days prior for all events!**

RSVP Information
Woodcroft Club
1203 West Woodcroft Parkway
Durham, NC 27713
Office: (919) 489.7705
Fax: (919) 419.0554
Activities Email: wcactivities@nc.rr.com
Website: www.woodcroftclub.org

****Please note that the Club reserves the right to cancel events if minimum number is not met by RSVP deadline.****

SCHOOLS OUT!

Falling Out

Wednesday, November 11th

8:30am-3:30pm

Cost: \$25/child (Member)

\$35/Child (Guests)

The kids are out of school so send them down to the Club for a day of fun! We'll be headed to the Marbles Kids Museum in Raleigh for an IMAX movie & a romp in the museum. We will be watching "A Christmas Carole" (PG). Price includes transportation, lunch of a sandwich, chips, dessert and a snack.
RSVP by Friday, November 6th.

Gingerbread Jam

Monday, December 21st

8:30am-3:30pm

Cost: \$20/child (Member)

\$30/Child (Guests)

Lets all get into the Christmas spirit! Bring your kids to the Club for a day filled with games, crafts and holiday cheer! We will not be traveling off site for this work day. We will be making gingerbread houses & ornaments. As well as watching Christmas movies and playing holiday games! Price includes lunch of a pizza, dessert and snacks. RSVP by Friday, December 18th.

Coffee Break



**Every other Tuesday 7:30-9:30 am
NO COFFEE BREAK 12/22/09**

Come to the Club for breakfast! We'll have bagels, muffins, pastries, the ever popular sausage biscuits, OJ, coffee and many more items to start your day off the right way! In case of inclement weather, the Club will follow the same closing schedule as Durham Public Schools. **NO RSVP REQUIRED.**

Family Potluck and Marshmallow Roast

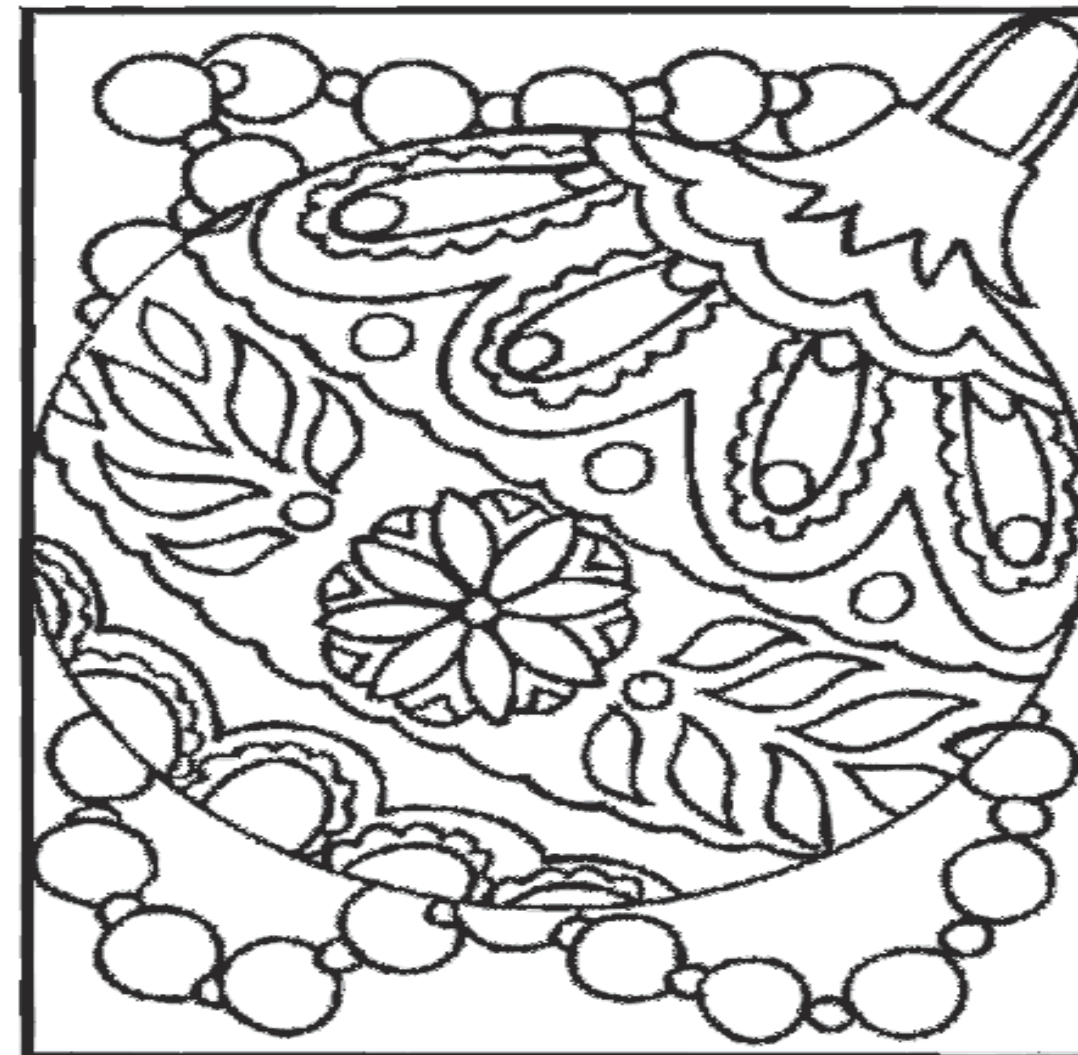
Thursday, November 12th; 6:30pm

Head to the Clubhouse for a potluck dinner with your fellow members. The Club will provide the main dish. Immediately following dinner we will gather around an outdoor fire pit to make smores. When you RSVP, you'll be assigned a side dish to enjoy with the meal. When making your side, make sure it will feed 15 people.



FAMILY ACTIVITIES

Activities at Woodcroft Club



Coloring Contest

Any WC members ages 12 and younger are welcome to color in the above picture. Turn it in on or before the Breakfast with Santa event to enter. All pictures will be seperated in to age groups and prizes will be awarded for each. GOOD LUCK TO YOU ALL!!!

Did you know...

Every week thousands of parents leave children home alone while they are at work, run errands, or attend social engagements. It is estimated that over 40 percent of children are home alone at some time, though rarely overnight. As your fall calendar fills up and you consider leaving your child home alone, remember to:

- Explain your expectations for any time that your children are unsupervised.
- Establish a regular schedule for your children to check in (calling to let you know how and what they're doing.)
 - Set rules about friends visiting.
 - Create a first aid kit and teach children how to use it.
 - Keep a list of emergency phone contacts by the phone.
- Store alcohol and prescription medication where they are inaccessible to children.
- Discuss when and how to answer the phone or doorbell.

Or send them down to the Club for one of our fun filled events!!

Notes from Woodcroft Club

Meet Drew!

I hail from the small town of Mt. Airy, in the foothills of North Carolina. I am a graduate of Appalachian State University with a degree in Recreation Management and Tourism and a Minor in Business.

I love the outdoors and enjoy most any game, activity, and social event.

I am very much looking forward to getting to know all of our members and continuing the trend of excellent service here at The Woodcroft Club!



Managers' Notes

We simply can't believe the year is almost over. We hope that you all take the opportunity to enjoy the holiday programs and activities. We want to thank everyone that participated in our Trunk or Treat Halloween event. It was a huge success this year!!

Thanks to those who participated in the 2009 online survey, especially those who added comments and suggestions. We have received a lot of great feedback and will be taking your input into consideration when planning for next year! Make sure if you haven't filled one out, please do so before the end of November. If you'd rather, we also have hard copies available for pick up in the office. Just shoot us an email if you would like the link to the online survey.

With the year coming to a close, we'd like to remind you of the annual update letters that will be sent to your homes late November. Information in this update letter is time-sensitive and will show your payment method & membership type. All update letters with any changes in membership or cancellations must be submitted to the office prior to January 1, 2010. Monthly and quarterly dues will be processed on Monday, January 4th. Yearly dues will be processed on Friday, January 15th.

As we end another great year here at the Woodcroft Club, we'd like to say a special thanks to all of our members, big and small, for creating such a great family environment for us to enjoy working in all summer. Truly, we can say we have one of the best jobs!

Happy Holidays!

Priscilla and Drew

WE NEED YOUR HELP!

Please help us out by sending in any pictures that you have of you and your family enjoying the Club through the years. We will update our picture board here at the Club every month and will also feature new pictures in our weekly email. Emailing pictures grants permission to use photographs in Club publications and approved media sources unless otherwise requested.



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Programs at Woodcroft Club

Tennis

All tennis programming is handled by RDU Tennis. You can contact RDU Tennis Owner Brian Rosenthal for any tennis questions you have including clinic information, private lessons and tennis RSVP's.

Upcoming Tennis Programs

RDU Tennis will be offering a five week session on Saturdays starting January 9th of 2010. Fees will be \$50 for members and \$70 for non-members.

To register, visit www.rdutennis.net
If you register and pay by 11/15/2009 you will receive \$10 off of your fee.

Schedule for sessions starting 1/9/2010

11am-Noon (Adult Class, 2.5/3.0 Level)
12pm-1pm (Grades K-3)
1pm-12pm(Grades 4-8)

RDU Soccer

2009 Winter Clinics

Start date: Saturday November 7th

Fees: \$60 block of 4 one hour sessions
\$110 block of 8 one hour sessions

When: 11am-12pm Ages 4-5; 12-1pm Ages 6-9; 1-2pm Ages 10-14
What to bring: Comfortable tennis shoes or indoor soccer shoes.
Players will also need shin guards, and a water bottle. If you already have a soccer ball bring it, if not one will be provided for you. All classes will be held on the back multi-purpose courts.

Design of Clinic: The emphasis of the clinic will be on technical training. Participants will learn proper technique in dribbling, passing, trapping, and ball control. Our goal at the end of the each session clinic is for each participant to be able to incorporate the skills and techniques they learned into the game.

A typical session will include:

- *20 minute dynamic warm up with speed and agility drills incorporated.
- *30 minutes devoted to a specific technique or combination of techniques (dribbling, passing, ball control, trapping, and shooting)
- *10 minutes for small game with emphasis on the technique or techniques worked on that day.

**Contact Brian Rosenthal
for all Tennis and Soccer Questions**

brian@rdutennis.net
www.rdutennis.net
919-395-7329

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Explore Art at Woodcroft Club



Over the past 20 years in Explore! classes, we have been helping young children grow into confident artists and people. Kids draw and make what they love, having fun as they are taught basic to advanced concepts and techniques along the way. Our teacher makes certain that students not only learn, but have a great time, too! Woodcroft's rates are discounted from studio prices and no-obligation free trial lessons are available for new students.

Explore Art Class (ages 6 and up): Wednesdays 4:30-5:30pm

Young artists are taught how to create a work of art in a step-by-step manner, from a basic outline to a finished masterpiece. We draw things that interest children - from animals of all sizes and favorite storybook characters to trucks and beautiful landscapes. They'll be introduced to famous artists and art history (while having so much fun they won't realize they're learning)! Children are shown how to render outlines in a gentle, non judgmental way, with multiple mediums, which leads them to produce wonderful, representational pictures that are beyond developmental level. It's like no other art class you've ever seen!

Fashion Fun Crafty Club (ages 7 and up): Wednesdays 5:45-6:45pm

Come have fun with friends in a club made just for crafty girls with an eye for fashion. We learn how to sew by hand to make outfits for dolls or accessories for ourselves. Girls will make amazing crafts such as photo frames, dream catchers, jewelry, altered books, sachets, quilts, paper flowers, and more. Join us as we share, laugh, and have a ton of fun!

Class Schedule for Winter 2009/2010

Wednesdays Starting November 4th

November 4, 11, 18,
December 2, 9, 16,
January 6, 13, 20, 27,
February 3, 10, 17, 24,
March 3, 10, 17, 24,
April 7, 14, 21, 28.

Cost for Monthly Enrollment (per class): \$59 (includes materials)

For more information,
Please contact Explore Art Directly.
www.explorebeyondschool.com or
Call 919-862-8866