

THE BEAR FACTS 0621

As of June 1, 2021, Masks are not required in the Health & Fitness Center if you are vaccinated.
This policy is based on the honor system. Masks are still required in other areas of The Club.

Congratulations Class of '21!

Give the Gift of Membership to a 2021 Graduate

Cornell University | Affiliate Schools
Business Associates

Newly minted grads can join The Club for \$250 now through June 30, 2022.

Download an [application](#) or speak with our Director of Membership, Lara Chrisomalis '02 at L.Chrisomalis@cornellclubnyc.com.

STEAK NIGHT AT THE CLUB

Come in for Steaks and Chops
Wednesday and Thursday evenings
in July and August!

Please [visit the dining page](#) for menus and dining updates.

Make a reservation at dining@cornellclubnyc.com.



We are pleased to introduce a new reciprocal golf club in New York!

One of the oldest private golf clubs in America, The Country Club of Rochester was founded in February 1895. The Club is located in Rochester, New York and features a Donald Ross designed 18-hole golf course.

The Country Club of Rochester

2935 East Avenue
Rochester, NY 14610
Phone: 585.381.1800

[View Website](#)

Amenities:

*Dining facilities • Banquet facilities • Golf
Athletic/Fitness facilities • Overnight accommodations*

Members can submit reciprocal club recommendations to K.Alman@cornellclubnyc.com.

Stay at The Cornell Club-New York this Summer!

July 1st - August 31st

Book a full bed and receive a complimentary upgrade to a queen bed

Book a queen bed and receive a complimentary upgrade to a king bed

This promotion is valid for Member stays only.

Say HELLO to NYC and goodbye to occupancy tax!

NYC is waiving its occupancy tax
June 1st through August 31st, 2021

For rates and reservations: Angel Cruz
at A.Cruz@cornellclubnyc.com

Hours of Operation Clubhouse

Monday-Friday | 8:00am-8:00pm

*Members with overnight guestrooms have
24 hour access to The Club.*

Dining

Monday

Lunch Service 12:00-4:00pm
Beverage Service 12:00-6:00pm

Tuesday

Lunch Service 12:00-4:00pm
Beverage Service 12:00-6:00pm

Wednesday

Lunch Service 12:00-4:00pm
Beverage Service 12:00-8:00pm
Dinner Service 5:00pm-8:00pm

Thursday

Lunch Service 12:00-4:00pm
Beverage Service 12:00-8:00pm
Dinner Service 5:00pm-8:00pm

Friday

Lunch Service 12:00-4:00pm
Beverage Service 12:00-6:00pm

**Members are invited to bring Grab & Go orders to the Big Red Tap & Grill, guest rooms, or outside The Club.*

Health & Fitness

Monday-Friday | 6:00am-6:00pm

The Metabolic Effects of HIIT

*Norman Bey, Director of the Health & Fitness Center, shares a few tips on high-intensity interval training from an article he read.
View the full article [here](#).*

Research Studies find high-intensity interval training protects against heart disease and shows promise for improving insulin sensitivity and controlling blood pressure. HIIT workouts typically include short bursts (6 seconds to 4 minutes) of intense exercise alternating with relief breaks of varying lengths.

The workouts include a limitless variety of exercises, including body weight movements, powerlifting, plyometrics, sprints, sled pushes and pulls, and multiple-mode training on equipment.

Norm is advocating HIIT as a time-efficient way to improve health, fitness and performance. Book a virtual or in person training session with Norm, or work out on your own! Make a reservation in advance at N.Bey@cornellclubnyc.com.

LOBSTER NIGHT in the Dining Room

June 9th and 23rd
5:00-8:00pm

3 Course Dinner

Appetizer, 2 1/2 lb Lobster, Dessert
\$60.00 plus tax and gratuity

~Full Dining Menu is also available~

Reservations required: dining@cornellclubnyc.com.

Lobster requests will be taken at the time of reservation and orders and reservations will be confirmed by email 48 hours prior.

Small Private Dining Rooms Available at The Club

Birthday Dinners ~ Family Gatherings ~
Meetings ~ Team Lunches and Dinners

Contact Danielle Salera, Director of Director of Catering and Private Events at 212.692.1376 or at D.Salera@cornellclubnyc.com for menus, rates, and availability!

MISSING REUNION WEEK? US TOO!

*Enjoy traditional Cornell Specials
all week at The Club!*

June 7-11th

Monday - Friday for lunch

12:00 - 4:00pm

Your old favorites - the "Hot Truck" Club specials - PMP and the MBC will be available in the Cayuga Room and in the Big Red Tap & Grill.

WELCOME BACK!

*Papa is back in the
Cayuga Room and his
cocktail creations are
better than ever!*



Tito's Watermelon Cooler

Tito's Vodka: 2 oz

Lemon Juice 1/2 oz

Simple Syrup 1/2 oz

Muddled Watermelon - 1 - 2 oz

Garnish with Fresh Mint



SAVE THE DATE for UPCOMING PROGRAMS:

TUESDAY, JUNE 1st at 6:00PM EDT

WEBINAR - TICKING CLOCK: BEHIND THE SCENES AT 60 MINUTES WITH IRA ROSEN

WEDNESDAY, JUNE 2nd at 8:15AM EDT

VIRTUAL NETWORKING EVENT - THE BREAKFAST CLUB

SATURDAY, JUNE 12th at 1:00PM EDT

VIRTUAL TAZA CHOCOLATE TASTING

TUESDAY, JUNE 15th at 6:00PM EDT

WEBINAR - 1774: THE LONG YEAR OF REVOLUTION WITH MARY BETH NORTON

THURSDAY, JUNE 17th at 5:00PM EDT

FAMILY WEBINAR - WILD VET ADVENTURES: SAVING ANIMALS AROUND THE WORLD WITH DR. GABBY WILD

[View our full calendar](#)

[View our recorded events](#)

Have an idea for a program?

Contact the Program Department at K.Alman@cornellclubnyc.com.