

THE BEAR FACTS 09.23

Featured Event!

**CALLING ALL YOUNG ALUMNI!
YOUNG ALUMNI NIGHT**

TUESDAY, SEPTEMBER 12th

Looking for a way to meet new people or introduce your friends to The Club? Come to the Cayuga Room on Tuesday, September 12th at 7:00pm to mix and mingle with your fellow young alumni! This incredible night features a three course dinner, a welcome cocktail, and lots of fun. Don't forget to kick start your evening at The Big Red Tap & Grill with our Young Alumni Happy Hour before heading up to dinner!

We will be seating you and your guests with our other young alumni for a great social experience.

Young Alumni Happy Hour

5:00pm-8:00pm

Young Alumni Dinner

7:00pm



Summer isn't over yet!

Due to its popularity this summer, our Friday night BBQ Night in the Big Red Tap & Grill has been extended through the month of September! We can't wait to welcome you and catch the final tastes of summer before the fall sets in!



Our December calendar is open!

We are ready to make your holiday event special!

With our creative menus, festive drink offerings, and holiday cheer, we cannot wait to start planning with you!

Contact Danielle for date availability at D.Salera@cornellclubnyc.com or 212.692.1376.

Weekly Dining Calendar (after resuming from our annual closure:):

MONDAY	TUESDAY	WEDNESDAY <u>Lobster Night</u>	THURSDAY <u>Steak Night</u>	FRIDAY <u>BBQ Night</u>	SATURDAY
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Every Night: Our bartenders offer a stellar list of seasonal cocktails and mocktails. Check out our [Drink Menu](#).

Due to the observance of Labor Day, our Big Red Tap & Grill will resume dinner service on Tuesday, September 5th. The Cayuga Room will resume lunch and dinner service on Wednesday, September 6th.

Upcoming Programs:

Please visit the program calendar on the [Club Programs Page](#) of our website for our full list of offerings. Register for club programs via our [calendar](#) or by contacting the Program Department at J.Harnett@cornellclubnyc.com.

MONDAY, SEPTEMBER 2nd 7:00PM
US OPEN ~~TICKETS~~ SOLD OUT - SESSION 16

WEDNESDAY, SEPTEMBER 6th 6:00PM
UNDERJUNGLE: A NOVEL, WITH AUTHOR JAMES STURZ '87

FRIDAY, SEPTEMBER 8th 6:00PM
A TASTE OF 90+ RATED NEW WORLD AND ORGANIC WINES

TUESDAY, SEPTEMBER 12th 5:00PM-8:00PM
YOUNG ALUMNI HAPPY HOUR

TUESDAY, SEPTEMBER 12th 7:00PM
YOUNG ALUMNI TAKEOVER DINNER IN THE CAYUGA ROOM

TUESDAY, SEPTEMBER 19th 6:00PM
HOW HAS AMERICA FARED IN ITS WAR ON POVERTY?

WEDNESDAY, SEPTEMBER 20th 6:00PM
THE SEMINAR BOOK CLUB

SATURDAY, SEPTEMBER 23rd 11:00AM
RENEE & CHAIM GROSS FOUNDATION TOUR

TUESDAY, SEPTEMBER 26th 6:00PM-8:00PM
UNLEASHING YOUR PERSONAL BRAND POWER WITH GENERATIVE AI WITH LIZ NGONZI, MMH '98

THURSDAY, SEPTEMBER 28th 7:00PM-9:00PM
ALL-IVY YOUNG MEMBERS MIXER AT THE YALE CLUB

SATURDAY, SEPTEMBER 30th 2:30PM
FROM WARHOL TO POLLOCK: ART HISTORY NEW YORK TOUR

News from Norm

Director of Health and Fitness

Some people are successful at losing weight in the Summer. Exercising outdoors, eating fresh summer fruits, and enjoying a reduced appetite, all of which aid in your weight loss goals. But if you haven't, doing the same workouts over and over could be it. Your body needs to be challenged to progress, so make sure you're changing some part of your program every four to six weeks.

Contact Norm for more information at N.Bey@cornellclubnyc.com or 212.692.1360.

And remember, the center is closed Aug. 28th though September 4th.

It's Time to Start Pickling at Home

End of summer pickling is an amazing idea to use up all your extra produce and reap the benefits all year round! Executive Sous Chef Joe Boko has shared his best tips on pickling all of your favorite fruits and vegetables so you can be prepared for this winter season.

View our Big Red Kitchen Page for Joe's tips!

Pop Up Dinners

Want to try something new? No better way than our monthly pop-up dinners! Specially crafted by our Culinary Team, each month you will have a new and exciting prix fixe tasting menu to look out for and experience! Keep an eye on your email because we will be announcing these one-time only menus just 10 days in advance. You don't want to miss out on your chance to try them!