

# THE BEAR FACTS

0521

## CONGRATULATIONS GRADUATES!

### Welcoming the Class of 2021

*Help us Welcome the Class of '21 to The Club*

*Now more than ever, graduates want to network and reconnect.*

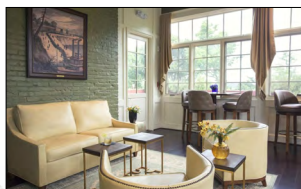
Here's how you can help:

1. Give the gift of Membership! Graduates of all universities can become Members of The Club as graduates of Cornell, our affiliate schools or as Business Associates.
2. Introduce a graduate to The Club. Graduates can contact us directly at [membership@cornellclubnyc.com](mailto:membership@cornellclubnyc.com) to receive an application and learn more about membership.
3. Issue a guest pass or sponsor an event at The Club. The Club is the ideal location for a meal, stay, and celebratory toast to the graduate.

*For more information, please contact  
Lara Chrisomalis '02 at  
[Membership@cornellclubnyc.com](mailto:Membership@cornellclubnyc.com).*

## We are pleased to introduce our first reciprocal club in Arkansas!

The 1836 Club is an exclusive club for business professionals to enjoy good company, food, drinks and cigars in an environment designed for men and women to foster new contacts and opportunities.



**The 1836 Club**  
1406 Cantrell Road  
Little Rock, AR 72201  
Phone: 501.626.1836  
[View Website](#)

#### Amenities:

Dining facilities  
Banquet facilities

[View our Reciprocal Clubs](#)

[Send a Letter of Introduction](#)

*Members can submit reciprocal club recommendations to [K.Alman@cornellclubnyc.com](mailto:K.Alman@cornellclubnyc.com).*

## Hours of Operation

*The Club is open and we look forward to seeing you!*

### Clubhouse

Monday through Friday

8:00am-8:00pm

*Members with overnight guestroom reservations will have 24 hour access to The Club. We look forward to resuming weekend hours in the near future.*

### Dining

Monday, Tuesday, Friday

Grab & Go\* and a la Carte Lunch

12:00pm-4:00pm

Beverage Service 12:00pm-6:00pm

Wednesday and Thursday

Grab & Go\* and a la Carte Lunch and Dinner

12:00pm-4:00pm and 5:00pm-8:00pm

Beverage Service 12:00pm-8:00pm

*\*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

*\*Advance reservations required*

## Stay with Us!

Our 48 overnight guest rooms are available for day use, overnight, and extended stays.

*For rates and reservations: [Angel Cruz at A.Cruz@cornellclubnyc.com](mailto:Angel Cruz at A.Cruz@cornellclubnyc.com)*

## LOBSTER NIGHT in the Dining Room

May 5<sup>th</sup> and 19<sup>th</sup>, June 9<sup>th</sup> and 23<sup>rd</sup>

5:00-7:15pm

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](mailto: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.

***A Message from The Club's Controller,  
Elena Mitronich***

***An Update on Member House Credits:***

*The house credit promotion of 25% of your total dues paid was introduced by The Cornell Club-New York on July 1st, 2020. House credits were reflected on your account, and were automatically applied to the total balance due at the end of every month. In order to avoid confusion with the balance due on your account (both dues and house and where applicable holiday fund contribution), we have transferred your house credits to a separate record.*

***Be assured that your house credit is still on your account.***

*Your available house credit will be applied toward charges for usage of any facility in The Club including dining, guest rooms, personal training, and private event room rental.*

*We are confident that this update will allow you to view your statement with ease and allow for proper payment of your dues and/or house charges.*

For questions, please contact Joy Alston at [J.Alston@cornellclubnyc.com](mailto:J.Alston@cornellclubnyc.com).

***Save the Date for Upcoming Programs:***

**WEDNESDAY, MAY 5<sup>th</sup> at 5:30PM EDT**

**VIRTUAL CINCO DE MAYO HAPPY HOUR**

**THURSDAY, MAY 13<sup>th</sup> at 6:00PM EDT**

**WEBINAR - CURRENT TRENDS IN THE MANHATTAN RESIDENTIAL REAL ESTATE MARKET WITH GLENN J. NORRGARD '87**

**TUESDAY, MAY 18<sup>th</sup> at 6:00PM EDT**

**WEBINAR - CHRISTOPHER G. OECHSLI, PRESIDENT AND CEO OF THE ATLANTIC PHILANTHROPIES**

**THURSDAY, MAY 20<sup>th</sup> at 6:30PM EDT**

**VIRTUAL SAKE TASTING WITH TAKASAN**

**TUESDAY, MAY 25<sup>th</sup> at 6:00PM EDT**

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

[View our full calendar](#)

**Missed a program?**

[View our recorded events.](#)

**Have an idea for a program?**

Contact the Program Department at [K.Alman@cornellclubnyc.com](mailto:K.Alman@cornellclubnyc.com).

**Quick Ways To De-Stress**

Norman Bey, Director of Fitness at the Health & Fitness Center shares a few tips on de-stressing from a recent article he found. View the full article [here](#).

**Change the environment**

Do something pleasurable or relaxing for a while such as reading, watching TV, or getting some fresh air

**Practice breathing exercises**

Focus on your breath, pushing all other thoughts aside

**Meditate**

Be in the moment noticing everything around you and just observe without reacting

**Do relaxation exercises**

Practice tensing and then releasing each of your muscle groups

**Go walking or running**

Exercise can be a great stress reliever. It helps you blow off steam and releases endorphins

**Practice a rhythmic activity**

Walking or running are great rhythmic activities that readjust your focus and relieve stress

**Immerse yourself in a creative outlet**

Do something creative that you enjoy like cooking, baking, art or photography

**Express your feelings**

Write your stress away in a journal, take out your colored pencils and paper, or have coffee with a trusted friend and just talk

**Work out at the Health & Fitness Center**

Book a virtual or in person training session with Norm, or work out on your own!

*Members are required to make reservations in advance by emailing [N.Bey@cornellclubnyc.com](mailto:N.Bey@cornellclubnyc.com). Reservations can be requested 24 hours prior to your requested date between the hours of 9:00am-5:00pm. You will be contacted if we cannot accommodate your preferred time slot.*

**Looking to Celebrate your Graduate this Season?**

**Toast and dine in a private dining room**

**Monday-Friday for lunch  
12:00-4:00pm**

**Dinner service Wednesday and Thursday  
5:00-8:00pm**

Contact [D.Salera@cornellclubnyc.com](mailto:D.Salera@cornellclubnyc.com)  
for private dining reservations and inquiries