



VALENCIA CAY

THE CAY CONNECTION

COMMUNITY NEWSLETTER FOR VALENCIA CAY HOMEOWNERS | MAY/JUNE 2021

SUMMER AT THE CAY

Tribute Concert Series

RIVERLAND-PSL ARTS LEAGUE

Pop Up Art Show

June 2 and 3



**SOCIAL HALL
NOW OPEN**
FOR SHOWS AND EVENTS

Tere Muniz
Lifestyle Director
Riverland

55+ LIVING AT ITS BEST

CONTACTS



THE CLUB AT VALENCIA CAY

11251 SW Winding Ridge Boulevard
Port St. Lucie, FL 34987
(772) 882 - 4950

Open Daily

Interim Hours:

Clubhouse: 7:30 a.m. – 4:30 pm

Cay Café: Tues - Fri 8 a.m. – 10:30 pm • Breakfast

10:30 a.m. – 3:00 p.m. • Lunch

Sat & Sun – 7:30 a.m. – 11:30 a.m. • Breakfast

11:30 a.m. – 3:00 p.m. • Lunch

(Closed on Mondays)

Fitness Center: 5:00 a.m. – 7:00 p.m. (M-F)

7:00 a.m. – 5:00 p.m. (S-S)

Pool: Dawn – Dusk

Office Hours:

Monday – Friday • 9:00 a.m. – 4:30 p.m.

(Offices Closed 12:00 p.m. – 1:00 p.m.)

Saturday & Sunday • 10:00 a.m. – 2:00 p.m.

Tere Muniz, Lifestyle Director

lifestyle@valenciacyhoa.com • (772) 882-4950

VISIT OUR WEBSITE: valenciacyhoa.com

PROPERTY MANAGEMENT

Lang Management Company

Corporate Office:

790 Park of Commerce Blvd. Suite 200
Boca Raton, FL 33487

Diane Blakeman, Property Manager

dianebl@langmanagement.com
(772) 882 - 4950

On-site office located in the Clubhouse

Monday – Friday 9:00 a.m. – 4:30 p.m.

(Offices Closed 12:00 p.m. – 1:00 p.m.)

Saturday & Sunday 10:00 a.m. – 2:00 p.m.

Onsite telephone number: 772-882-4950

Lang Customer Service

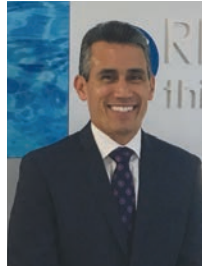
877-242-8692 • service@langmanagement.com

MODEL CENTER

10735 SW Matisse Lane,
Port St. Lucie FL 34987

Model Center Hours: 9:00 a.m. – 5:00 p.m.

55+ LIVING AT ITS BEST



A MESSAGE FROM YOUR HOA PRESIDENT

Dear Valencia Cay Residents,

Thank you for taking the time to attend the informational meeting on April 27th. For those of you that did not have the opportunity to join us, we shared some exciting news about the status of construction of our state-of-the-art Riverland Amenities. Phase 2 of the Sports and Racquet Center is well on its way, and the first Fitness Building already has a roof! The 6-lane lap pool and the spa are also under construction, and the first section of the parking lot is now complete. Effective May 3rd, all vehicles will have to use Riverland Boulevard to access this parking lot and the Sports Courts. This Phase also includes the construction of 4 additional Pickleball Courts. Upon completion, we will immediately start Phase 3 which includes the second Fitness Building. This building will house and indoor lap pool and an indoor multi-use Sports Court. This Phase also includes the addition of a second 6-lane outdoor lap pool, a resistance pool, and 4 additional Pickleball Courts.

Vertical construction has started at the Arts & Culture Center. In addition to the 9,000+ Sq. Ft. building that will house cooking studios and art facilities, Phase 1 of this Amenity will include the first section of our Community Gardens and the Central Event Plaza, where we will host amazing outdoor events such as green markets and art shows.

You will be able to access both facilities from the beautiful Paseo Greenway. We are very excited to see the Riverland Dream becoming a reality.

At Valencia Cay, we sold every lot that was available for purchase, and reached 978 closed homes. This amount represents 90% of the homes in the Community and triggers the turnover process. This is the formal process of turning over control of the Association from the Developer to the Homeowners. Look out for the First Election Meeting Notice that will be mailed to you at the end of May. I encourage you to run for one of the 5 available positions on the Board of Directors, to help make the decisions that will shape the future of your Community.

As we have done since the beginning of the Pandemic last year, we continue to monitor new developments, and are implementing another revision to the COVID19 protocols at the Clubhouse. In addition to HOA Sanctioned Club access to the Social Hall (which we implemented in April), you now will be able to start enjoying the card rooms and the temporary Sports Lounge with your friends and neighbors. We will continue to observe social distancing in these rooms and evaluate the latest local and national news to make additional adjustments to our protocols. We appreciate your patience and cooperation observing these temporary rules that apply to all residents and their guests.

At the meeting, we also announced the arrival of a new Lifestyle Director. Her name is Jeannie Delgardio, and she will be training and working with Tere Muniz over the next 90 days to continue to plan and provide an amazing Lifestyle Program for the Community. Please take a minute to review all the upcoming events and activities that are highlighted in this newsletter. Once again, I would like to congratulate those of you that have closed since the publication of the last *Cay Connection* newsletter and wish you a safe and happy Summer Season.

Sincerely,

Charles J. Saenz
Project Manager and HOA President.

NEWS & VIEWS FROM YOUR LIFESTYLE DIRECTOR



Dear Cay Residents!

We have a jam-packed calendar full of fun activities and entertainment for you to enjoy all spring and summer long!

We are introducing several new monthly activities that you're sure to love. DJ Charlie D will join us on the 2nd Tuesday of every month to play Name That Tune! The game is fun; Charlie D shares stories and trivia about the songs, sometimes impersonates the singer, and you'll win lots of prizes.

Every 2nd Thursday on the patio at the Cay Café is Karaoke Night. Each month, a different cuisine will be featured. May 13 we're having Burgers & Karaoke. Everyone will be a rock star that night! You can't sing? Well let's dance! Every 2nd Friday – Line Dancing with Madonna in the Social Hall.

Our *Summer at The Cay Tribute Concert Series* features these terrific tribute bands performing throughout the summer: June 19th | Crystal Visions Tribute to Fleetwood Mac, July 24 | Smooth STB Tribute to Santana, and August 21 | Turnstiles Tribute to Billy Joel. Continuing the fun, our 4th Friday Comedy Show, now with 2 headliners, will keep you laughing out loud. Fun all summer long!

I am looking forward to introducing you to your new Lifestyle Director, Jeannine Delgardio and working with her for the next several months. I think you will like Jeannine, and she will do a great job in continuing our awesome lifestyle.

It has been an honor to meet all the amazing Valencia Cay residents and my pleasure to work on developing your lifestyle. As I move on to my duties as the Riverland Lifestyle Director, I won't be far and can always be reached at teremuniz@glhomes.com. I am looking forward to continue seeing everyone at the Arts & Culture Center and the Riverland Sports and Racquet Club!

Enjoy your summer and we'll see you at the next show!
Tere Muniz
Lifestyle Director

A NOTE FROM YOUR PROPERTY MANAGEMENT TEAM



Happy Spring Valencia Cay Residents,

As the weather warms and daylight savings grants us longer days of sunlight, I encourage you to enjoy the Community. Take a walk, bike, or golf cart ride along the Paseo. Have breakfast or lunch at the Cay Café or sit by the pool under a cabana and enjoy the music.

The Community has been notified of "Close Out" construction work currently underway by GL Homes. Once work is completed the Municipalities will inspect the Association and notice GL Homes if any outstanding repairs or maintenance that need to occur before acceptance. Continued information will be E blasted on these important matters. Please be sure to sign up for the Association website to receive communications at Valenciacyhoa.com.

Soon there will be a Call for Candidates to join the Board of Directors as we approach turn over to the residents. I encourage those interested in serving the Community to fill out the Intent to Run form and provide a one-page resume when the time comes. I will be happy to answer any questions that you may have.

Later I anticipate the formation of Committees at the direction of the Board. Many new and exciting plans and adventures for the Cay will formulate from resident participation. Get ready!

I would like to thank resident Mark Greenberg, who currently serves on the Board. Mark has provided me his input from previous experience and a keen eye on this Community. Communication is and always will be key for success.

It is my pleasure to be a part of Valencia Cay.

Thank you,
Diane Blakeman, LCAM
Lang Management Company Inc.



SPORTS COMPLEX



Joey Farias,
Racquet Sports Director

A FEW WORDS FROM OUR PRO, JOEY.

With Summer just around the corner, please make sure to hydrate and bring plenty of water and ice to keep yourself cool and safe while enjoying the facility. Also, starting June 1st we operate on our summer schedule. The Pro Shop will be closed

on Sundays and Mondays. Open Tuesday through Saturday from 8AM-1PM. See you out there!

SPORTS INFORMATION

772.348.4561

12200 SW Winding Ridge Blvd., Port St. Lucie, FL 34987

Joey Farias, Sports Director • sportsdirector@riverlandcai.com

Toni Farias, Pro Shop Manager • proshop@riverlandcai.com

PRO SHOP HOURS OF OPERATION

May: Monday to Saturday from 8:00 am – 1:00 pm
Beginning June: Tuesday to Saturday from 8:00 am – 1:00 pm

COURT HOURS

Tennis Court Hours – Reservation Times: 7:00 am – 9:00 pm
Pickleball Court Hours – Reservation Times: 7:00 am – 9:00 pm
Bocce Courts Hours – Reservation Times: 7:00 am – 9:00 pm

CLASS CODING

PICKLEBALL

PB000 - Welcome to Riverland
PB101 - Beginner PB
PB102 – Beginner II PB
PB201 - Intermediate PB
PB301 - Pickleball For All

TENNIS

TN000 - Welcome to Riverland
TN101 - Learn to Play Tennis
TN102 – Get Back to Tennis
TN201 - Doubles Strategy
TN301 – Women's Workout

BOCCE

BB101 Bocce Basics

PRIVATE LESSON FEE STRUCTURES

Private and semi-private pickleball and tennis lessons:
The cost is per lesson and is divided by the number of participants.

Joey: \$90/hour for 1 to 2 players
\$110/hour for 3 to 4 players

Assistant: \$70/hour for 1 to 2 players
\$90/hour for 3 to 4 players

MAY WEEKLY SCHEDULE

MONDAYS

PB000-Welcome to Riverland - Pickleball 11:00 am - 12:00 pm

TUESDAYS

PB101 Beginner PB 9:00 am - 10:00 am
TN201 Doubles Strategy 11:00 am - 12:00 pm
BB101 Bocce Basics 12:00 pm -12:30 pm
PB301 Pickleball For All 6:30 pm - 8:00 pm

WEDNESDAYS

PB201 Intermediate PB 8:30 am - 10:00 am
TN301 Women's Workout (3.5+ Skill Level) 8:30 am - 10:30 am
Pop Tennis - Up & Down the Riverland 11:00 am - 12:30 pm
TN101 Learn to Play Tennis 5:30 pm - 6:30 pm

THURSDAYS

PB102 Beginner II PB 8:30 am - 9:30 am
TN102 Get Back to Tennis 8:30 am - 9:30 am
Intro to Pop Tennis 10:30 am - 12:00 pm

FRIDAYS

TN101 Learn to Play Tennis 9:30 am - 10:30 am

SATURDAYS

PB102 Beginner II PB 8:00 am - 9:00 am
PB101 Beginner PB Clinic 9:00 am - 10:00 am
PB101 Beginner PB Clinic 10:00 am -11:00 am
PB000 Welcome to Riverland - Pickleball 11:00 am -12:00 pm
TN000 Welcome to Riverland - Tennis 12:00 pm -1:00 pm

SUMMER WEEKLY SCHEDULE

MONDAYS

PB000-Welcome to Riverland - Pickleball 11:00 am-12:00 pm

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PB101 Beginner PB Clinic 10:00 am - 11:00 am
PB000 Welcome to Riverland - Pickleball 11:00 am - 12:00 pm
TN000 Welcome to Riverland - Tennis 12:00 pm - 1:00 pm

UPCOMING SPECIAL EVENTS

PICKLEBALL EVENTS/LEAGUES

Monday, May 3rd – Monday, May 31st
Mixed Doubles League @ 8:30 am

Wednesday, May 12th
Men's Open Skill Level Up & Down
the Riverland @ 7:00 pm

Friday, May 14th
Free Pickleball Event - Friday Night Lights!
@ 7:00 pm

Wednesday, May 19th
Women's Open Skill Level Up & Down
the Riverland @ 7:00 pm

Tuesday, June 8th
Men's Up & Down the Riverland
– Skinny Singles @ 7:00 pm

Wednesday, June 9th
Free Pickleball Event – Dinks Then Drinks
@ 7:00 pm

Tuesday, June 15th
Women's Up & Down the Riverland
– Skinny Singles @ 7:00 pm

CLASS DESCRIPTIONS

PICKLEBALL

PB000: Welcome to Riverland Pickleball: Whether it is your first time playing pickleball or you just want to meet Joey, David and the pro shop staff, this class is for you. You will go over the basic rules and terminology and have supervised play by our pickleball professionals. One-time introductory class per household. Pickleball paddles will be provided. • Minimum- 3 players • Cost: Free

PB101: Beginner Pickleball: New to Pickleball or never played? This clinic is designed to cover the basics of pickleball: terminology, primary skills, and more. Recommended for players looking for help with technique and strategy for social play and beginner competitive events. Each week will cover a new topic. Skill level should be 2.0 to 2.5. • Minimum-3 players • Cost: \$20

PB102: Beginner II Pickleball: This clinic is for those who have already completed PB101 and feel comfortable moving on to new topics that will start getting more involved with strategy and shot selection. If you have not completed PB101 but feel you are ready for this clinic, please see one of our pros for approval prior to registration. • Minimum-3 players • Cost: \$20

PB201: Intermediate Pickleball: For those who have already enjoyed the game and understand rules, scoring and general strategy. This class is designed to teach new techniques, strategy and understanding of shot selection to improve overall game. Each week will cover a new topic. Level should be 3.0-3.5. Minimum-3 players • Cost: \$20

PB301: Pickleball For All: Perfect evening class for our busy worker bees! This is an open skill level class, so players will be put through a 15 min skill challenge. This challenge will allow the pro to separate players by skill level and performance. This dynamic class will be great for any level and players will be taught unique skills and strategies based on level of play. • Minimum-3 players • Cost: \$20

TENNIS

TN000: Welcome to Riverland Tennis: Whether it is your first time or getting back on court again, come out and meet the staff. One-time introductory class per household. Tennis racquets will be provided. Minimum-2 players • Cost: Free

TN101: Learn to Play Tennis: This class is for beginner tennis players and those who have been away from the game and need to brush-up their technique and skills. The atmosphere is relaxed, fun and a great chance to meet other players with similar interests. Minimum-2 players • Cost: \$20

TN102: Get Back to Tennis: This class is for tennis players that have been away from the game and need to brush up their technique and skills. You will work on the fundamentals of tennis including ground strokes, volleys and serves. All players will have the opportunity to enjoy low-key point play. • Minimum-2 players • Cost: \$20

TN201: Tennis Doubles Strategy: This class is designed to put you in doubles match-play situations and give you tools needed to compete. Learn doubles strategy, positioning, movement, high-percentage vs low percentage shots, how to beat various playing styles and more. Minimum-3 players • Cost: \$20

TN301: Women's Workout: This is a ladies only clinic that focuses on fast paced doubles strategy. You will receive instruction as well as play doubles matches to implement what you were taught. Minimum-4 players • Cost: \$20

Introduction to Pop Tennis & Challenge: This class is for those interested in learning how to play Pop Tennis. Pop Tennis is played on a shorter tennis court with Pop Tennis racquets and lower compression balls. A quick intro will be followed by a fun challenge. Minimum-3 players • Cost: \$5

Pop Tennis – Up & Down the Riverland Challenge: This pop tennis challenge will pair you up with a different partner each match. At the end you split and either move up a court or down depending on match results. • Minimum-4 players • Cost: \$5

BOCCE

BB101: Bocce Basics: This class is for players that want to learn how to play bocce and will cover the basic rules, scoring and terminology. Minimum-2 players • Cost: \$5

EVENTS



SUNDAY FUNDAY BRUNCH AT THE Cay Cafe

May 2 | 10 am – 3 pm
(live music 11 am – 2 pm)
June 6 | 10 am – 3 pm
(live music 11 am – 2 pm)

It's island time at the Cay! Join us on the first Sunday of the month for our Sunday Funday brunch with live entertainment. May and June will feature island sounds with Reggae duo Reggae Evolution. Enjoy a delicious a la carte brunch menu on the patio at the Cay Café. Reservations for brunch are to be made by calling the Cay Café directly.

BREAST CANCER WALK

Hosted by Valencia Cay Women's Club
May 8 | 8 am | Registration at 7:30 am

Walk Starts at the Clubhouse
\$10 registration fee will be 100%
donated to a breast cancer foundation.

Please email ValenciaWomen@yahoo.com to register to participate.



MOTHER'S DAY BRUNCH

May 9 | 10 am – 3 pm
(live music 11 am – 2pm)
Live Music with Lola

NAME THAT TUNE WITH DJ CHARLIE D

May 11 | 3:30 pm • June 8 | 3:30 pm
Cost: TBD | @Social Hall

Brush up on your music and join us for a fun afternoon playing Name That Tune! Great music and entertainment by DJ Charlie D. Enjoy trivia and stories about the songs. Lots of fun and prizes!

You choose the genre! On the registration sheet you will have an opportunity to select the genre of music you'd like to play. The majority wins!



BOCCE & LUNCH

May 13 | 9 am • June 10 | 9 am
Cost: \$18pp includes lunch, tax, gratuity
and play
@Meet at the Sports Complex



Join the Valencia Cay Bocce Club for a bocce round robin at the Sports & Racquet Club followed by lunch at the Cay Cafe. Prizes will be awarded.

A maximum of 32 people, playing on 4 courts permitted per event. Spots are filled on a first come, first served basis. For information or to reserve your spot email Frank Murgo, Valencia Cay Bocce Club at ValCayBocce@yahoo.com. Masks are required. Social distancing will be observed.

MAY 31
2 – 7:30 pm
Cay Café serving BBQ
2 – 5 pm
Poolside fund with DJ Classic
5 – 7:30 pm
Live entertainment by VCR
(Valencia Cay Rocks) the Cay's House Band

EVENT POLICY: Please note all events are subject to change. Check our website, ValenciaCayHOA.com for up-to-date event information. For all paid events, you must cancel by the RSVP deadline to receive a refund. Reservations are not guaranteed until full payment is made.



TIME TO LAUGH

KARAOKE NIGHT @THE CAFE

May 13 | 6 pm • June 10 | 6 pm
Cost: A la carte Menu | @The Cay Cafe

Be a Star with Bryce and Shar! Karaoke at The Café will take place on the 2nd Thursday of every month starting May 13. May will feature Burgers & Karaoke. Enjoy a specialty burger menu and let you star power shine for the night singing behind the mike!



LINE DANCING WITH MADONNA

May 14 | 7 pm • June 11 | 7 pm
Cost: \$5pp payable night of
@The Social Hall

Grab your boots and join us in the Social Hall on the 2nd Friday of every month! Learn the moves with Madonna. A line dance is a choreographed routine done with a group of people, it's great fun and can be danced with or without a partner!

FOURTH FRIDAY COMEDY @ THE CAY CAFE

May 28 | June 25 | Showtime 7:30 pm
Doors open at 7:00 pm | Cost: \$15 pp + tax
@Social Hall

MAY 28



RICH PUPURA Most requested cruise ship entertainer on over eight major cruise lines. As seen on HBO, Stand-up Chicago, A&E Evening at the Improv and Fox, Star Search, This Rapid Fire Comic & Magic act is also a Favorite at Resorts & Casinos in Las Vegas, Atlantic City and Europe including Wales, Scotland and a Command Performance in London for Prince Phillip.



BARRY JOHN ABRAHAM Comedian, Magician and Juggler Extraordinaire. As seen on Disney Cruises and Late Night with David Letterman. As an International Touring Performer for well over 20 years, Barry John has been a resounding hit at Casinos, Conventions, Resorts, Colleges and on 12 Cruise Lines. He has been the opening act for many major celebrities and has traveled to over 60 countries.

JUNE 25



CARL GUERRA NY born Colombian, Carl is a Stand-up comedian and improvisational actor who performs original, clean, funny, observational standup comedy on cruise ships, at corporate events, country clubs and comedy clubs. He honed his comedy skills on the New York City comedy circuit and has appeared on Evening at the Improv, Star Search, Que' Loco and Rascals Comedy Hour



RICHIE MINERVINI Actor & Comedian from New York, Richie is a well-known comedy veteran for his rapid-fire style delivery at Resorts, Casinos and Cruise Ships. As an actor, he's been seen on King of Queens, Mall Cop 1 & 2 and Starring roles in Grown Ups 1 & 2. He's also appeared on Regis Live, Rosie O'Donnell and many more.

EVENTS



WOMEN'S CLUB LUNCHEON

May 17 and 24 | 1:00 pm
 Cost: \$18pp
 @ Social Hall

SINGO MUSICAL BINGO



May 19 | June 16 | 6:30 pm
 Cost: \$10
 @The Social Hall

On the 3rd Wednesday of every month, join us for a New Kind of Fun! Play Bingo with a twist, instead of numbers on a sheet – you'll have songs. Great Music – Lot's of Fun and Prizes. Three winners per round. Win \$10 and \$20 Amazon gift cards.



SUMMER AT THE CAY Tribute Concert Series

Tickets are \$35 + tax per show

JUNE 19

DREAMS: Crystal Visions – Tribute to the music of Fleetwood Mac

JULY 24

Smooth STB – Tribute to the music of Santana

AUG 21

Turnstiles – Tribute to the music of Billy Joel

SHOWTIMES 7:30 PM – DOORS OPEN AT 7:00 PM

RIVERLAND

THE PORT ST. LUCIE ARTS LEAGUE PRESENTS A

POP-UP ART SHOW



An exhibition of 2D & 3D works by PSLAL artists including original oil, acrylic, and watercolor paintings with prints and note cards, metal sculpture, fused glass, sculpted impasto, palm fronds, photography, mixed medial including resin and Scherenschnitte paper cut-outs.

Friday, June 4, 2021 • 2:30 pm - 7:00 pm
 Saturday, June, 5, 2021 • 10:00 am - 3:00 pm
 Valencia Cay Clubhouse • 11251 Winding Ridge Rd, Port St. Lucie, FL 34987

FEATURED ARTISTS Michael Alexander, Michaelann Bellerjeau, Bruchiyo, Kevin Bryk, Judy Coffman, Caridad Faust, Fiori Ferraris, Donna Franklin, Caroline Fredriksen, Marilyn Hamblet, Jill Heveron, Greg Hold, Doris Jacoby, Carol Kepp, Barbara Z. Lyons, Alyssa Rose, Sharon Roselli, Christine Schroth, Mark Stall, John Stratton, Debra Terrio, Tamara Thoma, Barbara Warren

ARTISTS PAINTING LIVE Michael Alexander, Michaelann Bellerjeau, Kevin Bryk, Sharon Roselli, Debra Terrio

SATURDAY ART CLASSES **Kevin Bryk** - Acrylic / 10:30 am - 12:00 pm • **Alyssa Rose** - Acrylic Pour / 1:00 pm - 2:30 pm

LIVE MUSIC Enjoy a special dinner menu on Friday evening. Stop by on Saturday for breakfast, mid-morning brunch or lunch and choose from an amazing selection of delicious sandwiches, salads and entrees.



Dolphins Indian River Park by Mark Stall, photography



Painting live artist Michael Alexander



Cityscape by Barbara Warren, Fused Glass

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CLUBS

BOCCE & THE PALLINO AT THE CAY

Tuesday | 5:00 pm – 9:00 pm
Thursday | 5:00 pm – 9:00 pm
Saturday | 10:00 am – 1:00 pm
For information contact Frank Murgo | valcay bocce@yahoo.com

MINDFULNESS MEDITATION

Saturdays | 10:00 am in the Social Hall
Contact: Candace Osias at candieosias@gmail.com



VALENCIA CAY BOWLING LEAGUE

Thursday | 12:30 pm - Mixed League
(registration starts at Noon)
Tuesday | 12:30 pm – Senior Mens
League (registration starts at Noon)
@ Stuart Bowling Lanes
For information contact Paul Block |
pblock80@gmail.com

GOLF CLUB

Playing at Martin Downs every Wednesday at 9:15 am
For information contact Ed Gallant at thecaygc@yahoo.com

TALKING BOOKS – BOOK CLUB

Next meeting: June 1 | 11 am | in the Social Hall
Book: Finding Dorothy by Elizabeth Letts
For information contact Meredith Eldridge-Matza |
meldridge11@aol.com

I WALK, U TALK

Wednesday | 8 am | meet at the Clubhouse
For information contact: Barbara Bleich | bascoti_80@yahoo.
com or Janet Pearlstein | janetp2854@gmail.com

VALENCIA CAY SANCTIONED CLUBS

BILLIARDS CLUB

For information contact: Jim Decesari | jim_decasari@msn.com

BRIDGE

For information contact:
Esther Granade | 704-968-8765

BUNCO CLUB

For information contact:
Kathy | 954-907-0820 or
Dree | 772-742-8006.



CANASTA

For information contact: Don Burke | donaldburke23@gmail.com
for more info.

CARD MAKING

For information contact: Pat Polit | teach307@email.com

THE CAY PLAYERS

Theater and Acting Club
For information contact: Liz Halbreich | 954-801-8893
or Jude Pedersen | 561-289-0333

CAR CLUB

For information contact:
Jaime Stern | JLSUN561@aol.com
Robert Lindros | rlindy181@gmail.com



NEW CINEMA SOCIETY

For information contact:
Ron Cohen | rjcohenphd@hotmail.com

DANCING IN PARADISE

For information contact: Mary Ann Rosa | 347-683-3724

DINING OUT WITH FRIENDS

For information contact: Hedy Berman | 954-729-5170

HADASSAH

For information contact: Marge Brownstein | 561-445-7729 or
Marlene Weisler | 772-448-4855

HELPING HANDS VOLUNTEERS OF VALENCIA CAY

For information contact: Michael Meyerstein | 410-484-2373 or
info@thealephgroup.com.

JOY OF KNITTING CLUB

For information contact: Dorean Levenberg | doodiegirlone@
yahoo.com.

MAH JONGG

For information contact: Judy Berkowitz | 772-882-4488.

MEN'S CLUB AT VALENCIA CAY

For information contact: Frank Murgo
MensValenciaCay@yahoo.com

NEW MINI GOLF CLUB

For information contact:
Phil Harber | 678-352-9100



MOSAIC ART CLUB

For Information contact: Diane Fried
516-641-6731

MUSIC APPRECIATION

For information contact: Herman Eilbert | eilberg@bellsouth.net

MUSICIAN'S CLUB

For information contact: Larry Simms | lsimms852@aol.com or
Kent Hansen | hansen112@aol.com

CLUBS

PARTNERS CANASTA

For information contact: Cindee Laxner | 561-358-5688 or Cindee_Laxner@msn.com

PICKLEBALL CLUB

For information contact: Judy & Joel Berkowitz | 772 882 4488

PING PONG

For information contact: Judy Berkowitz | 772-882-4488.

POKER

For information contact: Richard Ames | amesr1@gmail.com

TENNIS CLUB

For information contact: Dr. Lester Burman | 908-930-0270 or lazerdoclb@aol.com

VALENCIA CAY SHUTTERBUGS

For information contact: Paul Salazar
772-812-7708 | psalazar1@icloud.com

VALENCIA CAY SOLO CLUB

For information contact:
Michelle Bailey | shellyb300@gmail.com



VALENCIA CAY TRAVEL CLUB

For information contact: Janet Moody | jmoody37@aol.com

WOMAN'S CLUB

For information contact:
Pam Murgo or Gail Roberts | ValenciaWomen@yahoo.com

NEW SATURDAY NIGHT SEQUENCE

For information contact: Paula Scorpio
| paulascorpio@me.com or Pamela
Jacobsen | peterpam74@gmail.com

SCRABBLE PLAYERS CLUB

For information contact:
Judi Weissman | judihope18@gmail.com





FITNESS PROGRAMS

AQUA FIT

A low impact water aerobics class where no swimming skills are needed, all fitness levels are welcome! This class is designed to improve flexibility, range of motion, overall body and core strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to upbeat, motivating music and are effective, easy, and fun to follow. Whether you are a beginner or expert, you will be sure to get a great workout!

AQUA ZUMBA

Get ready to ditch the workout and join the party in the water! This exhilarating, easy to follow, Latin inspired, calorie burning dance fitness party will move you in the water.

FIT CAMP

An exercise class designed to engage all of the body's major muscle groups, using an Interval Approach, where individual exercises are repeated for intervals of approximately 30 seconds followed by a brief recovery period of approximately 10 seconds. Goals include Muscle Toning and Strengthening, Resistance Training using weights, Balance, Coordination, and Endurance. The class involves enhancing and improving movement in our muscles and joints, as well as, strengthening CORE MUSCLES (Torso) which stabilize the spine and provide support for all movement activities.

YOGA

Stretching class with simple breathing exercises and seated meditation. Empower your mind and strengthen your body as you move through a series of poses. Slow paced class for all levels.

AQUA DANCE

Aqua Dance is a fun workout featuring challenging water workouts with a hint of dance inspired movements. This are easy to learn, high energy routines that will inspire you to shake, rattle and roll all through class. This Aqua Dance Party can be performed without the use of equipment.

BODY WORKS

Body Works is a fun workout moving to the beat of the music. You will be burning calories as you flow through a variety of exercises to help sculpt and tone your body into shape! With continued attendance, you will notice improvements in muscle tone, posture, and balance.

ZUMBA

We take the "work" out of workout by mixing low-intensity and high-intensity moves for interval-style, calorie-burning dance fitness party. Once the Latin and International rhythms take over, you'll see why Zumba fitness classes are often called exercise in disguise. A total workout combination all elements of fitness-cardio, muscle conditioning, balance and flexibility, and boosted energy.

For information contact 772- 224-3324 | info@totalhealthsystemsinc.com | www.totalhealthsystemsinc.com

CLASS SCHEDULE

AQUA FIT

Monday & Friday | 10:15 am
Tuesday & Thursday | 9:00 am and 10:15 am
Saturday | 10:30 am

AQUA ZUMBA

Monday and Wednesday | 11:15 am

AQUA DANCE

Monday and Friday | 9:00 am

YOGA

Monday and Thursday | 11:00 am (Stretch Yoga)
Tuesday and Friday | 9:15 am

FITCAMP

Monday and Wednesday | 10:00 am

ZUMBA

Monday | 9:00 am
Wednesday | 8:15 am

BODY WORKS

Saturday | 9:00 am

Price Schedule:

\$30 per month – 2 times per week
\$55 per month – 4 times per week
\$20 per month – Saturday Class only

Must call THS to receive discount. Classes are limited to 20 people for Aqua classes and 25 people for classes in the Social Hall. You must pre-register and pay online.

Classes are rain or shine. No walk-ins permitted. No one will be admitted once the class has begun. No refunds, credits or make ups.



CAY CAFÉ

Tues - Fri

8:00 am – 10:30 pm • Breakfast
10:30 am – 3 pm • Lunch

Sat & Sun

7:30 am – 11:30 am • Breakfast
11:30 am – 3:00 pm • Lunch

(Closed Mondays)

Online orders and take out available. Order online at caycafe.takeout7.com/our menu



MOTOWN SHOW



S	M	T	W	T	F	S
Color Legend: Bocce Clubs Dining Fitness HOA Pickleball Tennis						8:00am - PB102 Beginner II Pickleball 9:00am - Body Works 9:00am - PB101 Beginner Pickleball 10:00am - PB101 Beginner Pickleball 10:00am - Bocce Club 10:30am - Mindfulness Meditation 10:30am - Aqua Fit 11:00am - PB000 Welcome to Riverland Pickleball 12:00pm - TN000 Welcome to Riverland Tennis
10:00am - Sunday Funday Brunch 2	9:00am - Aqua Dance 9:00am - Zumba 10:00am - Fit Camp 10:15am - Aqua Fit 11:00am - Yoga 11:00pm - PB000 Welcome to Riverland Pickleball 11:15am - Aqua Zumba 3	9:00am - PB101 Beginner Pickleball 9:00am - Aqua Fit 9:15am - Yoga 10:15am - Aqua Fit 11:00am - TN201 Doubles Strategy 12:00pm - BB101 Bocce Basics 5:00pm - Bocce Club 6:30pm - PB301: Pickleball For All 4	8:15am - Zumba 8:30am - PB201 Intermediate Pickleball 8:30am - TN301 Women's Workout 10:00am - Fit Camp 11:00am - Pop Tennis – Up & Down the Riverland 11:15am - Aqua Zumba Cinco de Mayo Takeout 5:30pm - TN101 Learn to Play Tennis 5	8:30am - PB102 Beginner II Pickleball 9:30am - TN102: Get Back to Tennis 9:00am - Aqua Fit 10:15am - Aqua Fit 10:30am - Introduction to Pop Tennis & Challenge 11:00am - Yoga 5:00pm - Bocce Club 6	9:00am - Aqua Dance 9:15am - Yoga 9:30am - TN101 Learn to Play Tennis 10:15am - Aqua Fit 7	8:00am - Women's Club Charity Walk 8:00am - PB102 Beginner II Pickleball 9:00am - PB101 Beginner Pickleball 9:00am - Body Works 10:00am - PB101 Beginner Pickleball 10:00am - Bocce Club 10:30am - Mindfulness Meditation 10:30am - Aqua Fit 11:00am - PB000 Welcome to Riverland Pickleball 12:00pm - TN000 Welcome to Riverland Tennis 8
10:00am - Mother's Day Brunch 9	9:00am - Aqua Dance 9:00am - Zumba 10:00am - Fit Camp 10:15am - Aqua Fit 11:00am - Yoga 11:15am - Aqua Zumba 11:00pm - PB000 Welcome to Riverland Pickleball 10	9:00am - New Resident Orientation 9:00am - Aqua Fit 9:00am - PB101 Beginner Pickleball 9:15am - Yoga 10:15am - Aqua Fit 11:00am - TN201 Doubles Strategy 12:00pm - BB101 Bocce Basics 3:30pm - Name That Tune 5:00pm - Bocce Club 6:30pm - PB301 Pickleball for All 11	8:15am - Zumba 8:30am - PB201 Intermediate Pickleball 8:30am - TN301 Women's Workout 10:00am - Fit Camp 11:00am - Pop Tennis – Up & Down the Riverland 11:15am - Aqua Zumba 5:30pm - TN101 Learn to Play Tennis 7:00pm - PB Men's Up & Down the Riverland 12	8:30am - PB102 Beginner II Pickleball 9:00am - Bocce Tournament & Lunch 9:00am - Aqua Fit 9:30am - TN102 Get Back to Tennis 10:15am - Aqua Fit 10:30am - Intro to Pop Tennis & Challenge 11:00am - Yoga 12:30pm - Hadassah Leadership Meeting 5:00pm - Bocce Club 6:00pm - Burgers & karaoke 13	9:00am - Aqua Dance 9:15am - Yoga 9:30am - TN101 Learn to Play Tennis 10:15am - Aqua Fit 7:00pm - PB Friday Night Lights 7:00pm - Line Dancing with Madonna 14	8:00am - PB102 Beginner Pickleball 9:00am - Body Works 9:00am - PB101 Beginner Pickleball 10:00am - PB101 Beginner Pickleball 10:00am - Bocce Club 10:30am - Mindfulness Meditation 10:30am - Aqua Fit 11:00am - PB000 Welcome to Riverland Pickleball 12:00pm - TN000 Welcome to Riverland Tennis 15
16	9:00am - Aqua Dance 9:00am - Zumba 10:00am - Fit Camp 10:15am - Aqua Fit 11:00am - Yoga 11:00am - PB000 Welcome to River Pickleball 11:15am - Aqua Zumba 1:00pm - Women's Club Luncheon 17	9:00am - Aqua Fit 9:00am - PB101 Beginner Pickleball 9:15am - Yoga 10:15am - Aqua Fit 11:00am - TN201 Doubles Strategy 12:00pm - BB101 Bocce Basics 5:00pm - Bocce Club 6:30pm - PB301 Pickleball for All 18	8:15am - Zumba 8:30am - PB201 Intermediate Pickleball 8:30am - TN301 Women's Workout 10:00am - Fit Camp 11:00am - Pop Tennis – Up & Down the Riverland 11:15am - Aqua Zumba 6:30pm - Singo Musical Bingo 5:30pm - TN101 Learn to Play Tennis 7:00pm - PB Women's Up & Down the Riverland 19	8:30am - PB102 Beginner II Pickleball 8:30am - TN102 Get Back to Tennis 9:00am - Aqua Fit 10:15am - Aqua Fit 11:00am - Yoga 11:00am - Intro to Pop Tennis & Challenge 12:00pm - New Owner Luncheon 5:00pm - Bocce Club 20	9:00am - Aqua Dance 9:15am - Yoga 9:30am - TN101 Learn to Play Tennis 10:15am - Aqua Fit 7:00pm - The Bronx Wanderers 21	8:00am - PB102 Beginner Pickleball 9:00am - Body Works 9:00am - PB101 Beginner Pickleball 10:00am - PB101 Beginner Pickleball 10:00am - Bocce Club 10:30am - Mindfulness Meditation 10:30am - Aqua Fit 11:00am - PB000 Welcome to Riverland Pickleball 12:00pm - TN000 Welcome to Riverland Tennis 7:30pm - The Bronx Wanderers 22
23/30	9:00am - Aqua Dance 9:00am - Zumba 10:00am - Fit Camp 10:15am - Aqua Fit 11:00am - Yoga 11:00am - PB000 Welcome to River Pickleball 11:15am - Aqua Zumba 1:00pm - Women's Club Luncheon May 31 Fitness same a May 24 Fitness May 31 11:00am - PB000 Welcome to R. Pickleball May 31 1:00pm - Women's Club Luncheon May 31 2:00pm Memorial Day BBQ & Pool Party 24/31	9:00am - Aqua Fit 9:00am - PB101 Beginner Pickleball 9:15am - Yoga 10:15am - Aqua Fit 11:00am - TN201 Doubles Strategy 12:00pm - BB101 Bocce Basics 5:00pm - Bocce Club 6:30pm - PB301 Pickleball for All 25	8:15am - Zumba 8:30am - PB201 Intermediate Pickleball 8:30am - TN301 Women's Workout 10:00am - Fit Camp 11:00am - Pop Tennis – Up & Down the Riverland 11:15am - Aqua Zumba 5:30pm - TN101 Learn to Play Tennis 26	8:30am - PB102 Beginner II Pickleball 9:30am - TN102 Get Back to Tennis 9:00am - Aqua Fit 10:15am - Aqua Fit 10:30am - Intro to Pop Tennis & Challenge 11:00am - Yoga 3:00pm - Cinema Club Meeting 5:00pm - Bocce Club 27	9:00am - Aqua Dance 9:15am - Yoga 9:30am - TN101 Learn to Play Tennis 10:15am - Aqua Fit 7:30pm - 4 th Friday Comedy Show 28	8:00am - PB102 Beginner Pickleball 9:00am - Body Works 9:00am - PB101 Beginner Pickleball 10:00am - PB101 Beginner Pickleball 10:00am - Bocce Club 10:30am - Mindfulness Meditation 10:30am - Aqua Fit 11:00am - PB000 Welcome to Riverland Pickleball 12:00pm - TN000 Welcome to Riverland Tennis 29

S

M

T

W

T

F

S

Color Legend:
Bocce
Clubs
Dining
Fitness
HOA
Pickleball
Tennis

1
 8:30am - PB101 Beginner Pickleball
 9:00am - Aqua Fit
 9:15am - Yoga
 9:30am - PB102 Beginner Pickleball
 10:15am - Aqua Fit
 11:00am - Talking Book Club
 11:00am - TN201 Doubles Strategy
 12:00pm - BB101 Bocce Basics
 5:00pm - Bocce Club

2
 8:15am - Zumba
 8:30am - PB201 Intermediate Pickleball
 8:30am - TN301 Women's Workout
 10:00am - Fit Camp
 11:00am - Pop Tennis — Up & Down the Riverland
 11:15am - Aqua Zumba
 5:30pm - TN101 Learn to Play Tennis

3
 8:30am - TN102 Get Back to Tennis
 9:00am - Aqua Fit
 10:15am - Aqua Fit
 10:30am - Introduction to Pop Tennis & Challenge
 11:00am - Yoga
 5:00pm - Bocce Club

4
 9:00am - Aqua Dance
 9:15am - Yoga
 9:30am - TN101 Learn to Play Tennis
 10:15am - Aqua Fit
 3:00pm - PSL Arts League Pop-Up Art Show

5
 8:00am - PB102 Beginner II Pickleball
 9:00am - Body Works
 9:00am - PB101 Beginner Pickleball
 10:00am - PB101 Beginner Pickleball
 10:00am - Bocce Club
 10:00am - PSL Arts League Pop-Up Art Show
 10:30am - Mindfulness Meditation
 10:30am - Aqua Fit
 11:00am - PB000 Welcome to Riverland Pickleball
 12:00pm - TN000 Welcome to Riverland Tennis

6
 10:00am - Sunday Funday Brunch

7
 9:00am - Aqua Dance
 9:00am - Zumba
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:00am - Yoga
 11:15am - Aqua Zumba

8
 8:30am - PB101 Beginner Pickleball
 9:00am - Aqua Fit
 9:15am - Yoga
 9:30am - PB102 Beginner Pickleball
 10:15am - Aqua Fit
 11:00am - TN201 Doubles Strategy
 12:00pm - BB101 Bocce Basics
 3:30pm - Name That Tune
 5:00pm - Bocce Club
 7:00pm - PB Men's Up & Down the Riverland — Skinny Singles

9
 8:15am - Zumba
 8:30am - PB201 Intermediate Pickleball
 8:30am - TN301 Women's Workout
 10:00am - Fit Camp
 11:00am - Pop Tennis — Up & Down the Riverland
 11:15 am - Aqua Zumba
 5:30pm - TN101 Learn to Play Tennis
 7:00pm - PB Dinks Then Drinks

10
 8:30am - TN102 Get Back to Tennis
 9:00am - Bocce Lunch & Tournament
 9:00am - Aqua Fit
 10:15am - Aqua Fit
 10:30am - Introduction to Pop Tennis & Challenge
 11:00am - Yoga
 5:00pm - Bocce Club
 6:00pm - Karaoke Night

11
 9:00am - Aqua Dance
 9:15am - Yoga
 9:30am - TN101 Learn to Play Tennis
 10:15am - Aqua Fit
 7:00pm - Line Dancing with Madonna

12
 8:00am - PB102 Beginner II Pickleball
 9:00am - Body Works
 9:00am - PB101 Beginner Pickleball
 10:00am - PB101 Beginner Pickleball
 10:00am - Bocce Club
 10:30am - Mindfulness Meditation
 10:30am - Aqua Fit
 11:00am - PB000 Welcome to Riverland Pickleball
 12:00pm - TN000 Welcome to Riverland Tennis

13
 9:00am - Aqua Dance
 9:00am - Zumba
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:00am - Yoga
 11:15am - Aqua Zumba
 1:00pm - Men's Club Luncheon

14
 8:30am - PB101 Beginner Pickleball
 9:00am - Aqua Fit
 9:15am - Yoga
 9:30am - PB102 Beginner Pickleball
 10:15am - Aqua Fit
 11:00am - TN201 Doubles Strategy
 12:00pm - BB101 Bocce Basics
 5:00pm - Bocce Club
 7:00pm - PB Women's Up & Down the Riverland — Skinny Singles

15
 8:15am - Zumba
 8:30am - PB201 Intermediate Pickleball
 8:30am - TN301 Women's Workout
 10:00 am - Fit Camp
 11:00am - Pop Tennis — Up & Down the Riverland
 11:15 am - Aqua Zumba
 5:30pm - TN101 Learn to Play Tennis
 6:30pm - Singo Musical Bingo

16
 8:30am - TN102 Get Back to Tennis
 9:00am - Aqua Fit
 10:15am - Aqua Fit
 10:30am - Introduction to Pop Tennis & Challenge
 11:00am - Yoga
 12:00pm - New Owner Luncheon
 5:00pm - Bocce Club

17
 9:00am - Aqua Dance
 9:15am - Yoga
 9:30am - TN101 Learn to Play Tennis
 10:15am - Aqua Fit

18
 8:00am - PB102 Beginner II Pickleball
 9:00am - Body Works
 9:00am - PB101 Beginner Pickleball
 10:00am - PB101 Beginner Pickleball
 10:00am - Bocce Club
 10:30am - Mindfulness Meditation
 10:30am - Aqua Fit
 11:00am - PB000 Welcome to Riverland Pickleball
 12:00pm - TN000 Welcome to Riverland Tennis
 7:30pm - Tribute to Fleetwood Mac Show

19
 8:00am - PB102 Beginner II Pickleball
 9:00am - PB101 Beginner Pickleball
 9:00am - Body Works
 10:00am - PB101 Beginner Pickleball
 10:00am - Bocce Club
 10:30am - Mindfulness Meditation
 10:30am - Aqua Fit
 11:00am - PB000 Welcome to Riverland Pickleball
 12:00pm - TN000 Welcome to Riverland Tennis

20
 Father's Day Lunch

21
 9:00am - Aqua Dance
 9:00am - Zumba
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:00am - Yoga
 11:15am - Aqua Zumba

22
 8:30am - PB101 Beginner Pickleball
 9:00am - Aqua Fit
 9:15am - Yoga
 9:30am - PB102 Beginner Pickleball
 10:15am - Aqua Fit
 11:00am - TN201 Doubles Strategy
 12:00pm - BB101 Bocce Basics
 5:00pm - Bocce Club

23
 8:15am - Zumba
 8:30am - PB201 Intermediate Pickleball
 8:30am - TN301 Women's Workout
 10:00 am - Fit Camp
 11:00am - Pop Tennis — Up & Down the Riverland
 11:15 am - Aqua Zumba
 5:30pm - TN101 Learn to Play Tennis

24
 8:30am - TN102 Get Back to Tennis
 9:00am - Aqua Fit
 10:15am - Aqua Fit
 10:30am - Introduction to Pop Tennis & Challenge
 11:00am - Yoga
 5:00pm - Bocce Club

25
 9:00am - Aqua Dance
 9:15am - Yoga
 9:30am - TN101 Learn to Play Tennis
 10:15am - Aqua Fit
 7:30pm - Fourth Friday Comedy Show

26
 8:00am - PB102 Beginner II Pickleball
 9:00am - PB101 Beginner Pickleball
 9:00am - Body Works
 10:00am - PB101 Beginner Pickleball
 10:00am - Bocce Club
 10:30am - Mindfulness Meditation
 10:30am - Aqua Fit
 11:00am - PB000 Welcome to Riverland Pickleball
 12:00pm - TN000 Welcome to Riverland Tennis

27
 9:00am - Aqua Dance
 9:00am - Zumba
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:00am - Yoga
 11:15am - Aqua Zumba

28
 8:30am - PB101 Beginner Pickleball
 9:00am - Aqua Fit
 9:15am - Yoga
 9:30am - PB102 Beginner Pickleball
 10:15am - Aqua Fit
 11:00am - TN201 Doubles Strategy
 12:00pm - BB101 Bocce Basics
 5:00pm - Bocce Club

29
 8:15am - Zumba
 8:30am - PB201 Intermediate Pickleball
 8:30am - TN301 Women's Workout
 10:00 am - Fit Camp
 11:00am - Pop Tennis — Up & Down the Riverland
 11:15 am - Aqua Zumba
 5:30pm - TN101 Learn to Play Tennis

30