

# RIVERLAND

## PLAYBOOK



KEEP FIT THIS SUMMER  
WITH NEW GROUP  
FITNESS CLASSES

PICKLEBALL  
CARDIO  
TO KEEP YOU  
IN THE GAME

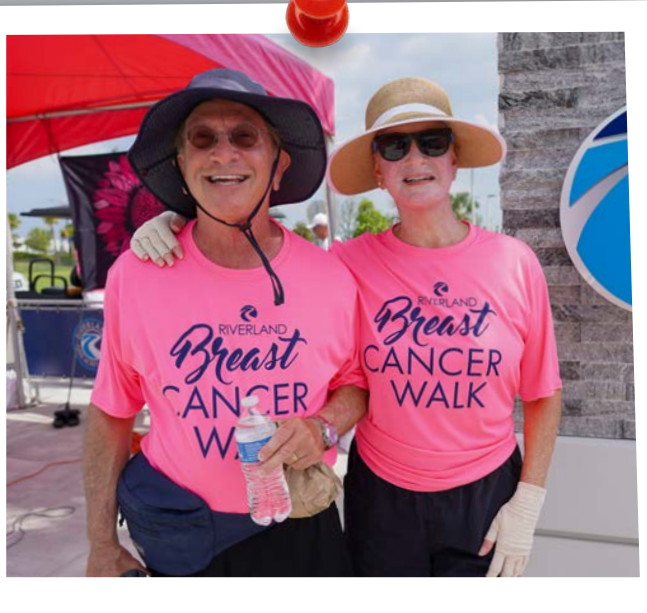
BLOOMS  
COMMUNITY  
GARDEN LOTTERY

August 1<sup>st</sup>

SAVE THE DATES  
FOR FALL FUN!

VOLUME 5 • Summer 2024







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## RIVERLAND DIRECTORY

### VALENCIA WALK SALES CENTER

12320 SW Calm Pointe Court | Port St. Lucie, FL 34987  
(772) 226-9000 | [www.glhomes.com/valenciawalk](http://www.glhomes.com/valenciawalk)

**Office Hours:** Open Daily: 9 am - 5 pm

### RIVERLAND ARTS & CULTURE CENTER

12067 SW Community Boulevard | (772) 242-9473

**Office Hours:**

Monday - Friday: 9 am - 5 pm

Saturday: 9 am - 2 pm

**Creativity Hub Hours:**

7 am - 8 pm | 7 days a week

### RIVERLAND INFORMATION OFFICE

[lifestyle@riverlandcai.com](mailto:lifestyle@riverlandcai.com) | (772) 271-7272

### RIVERLAND SPORTS & RACQUET CLUB

12001 SW Riverland Boulevard  
(772)-348-4561

**Pro Shop Hours:**

Monday - Friday: 8 am - 8 pm

Saturday - Sunday: 8 am - 12 pm

**Court Hours:**

7 am - 11 pm | 7 days a week

### RIVERLAND WELLNESS & FITNESS CENTER

12001 SW Riverland Boulevard  
(772) 200-2773  
[www.riverlandcai.com](http://www.riverlandcai.com)

**Office Hours:**

Open Daily: 8 am - 6 pm

**Fitness Center:**

24 hours a day | 7 days a week

## A LETTER FROM THE LIFESTYLE DIRECTOR



**Tere Muñiz**  
Lifestyle Director

I am thrilled to share the latest highlights and upcoming events in our vibrant Riverland Community. This season promises fun, relaxation, and opportunities to connect and create memories with your fellow neighbors.

First, I want to extend a heartfelt thank you to everyone who participated in and supported the Riverland

Walk for Breast Cancer, and a special thank you goes out to the members of the Women's Clubs of Valencia Cay and Valencia Grove and the volunteers from Valencia Walk who worked so hard to bring it all together: **Tracey Holland, Caryn Berla, Debi Cutting, Tandee Newman, Connie Ridolfi, Gail Roberts,** and **Patty Rothenbacher**. Our community came together with incredible spirit and generosity, raising both awareness and vital funds for this important cause. The turnout was beyond our expectations, with residents joining the walk, sporting pink attire,

and sharing stories of hope and resilience. Your enthusiasm and dedication exemplify the best of Riverland, and I am proud to be a part of such a compassionate and engaged community.

As we transition into summer, it's time to take advantage of the hot weather and enjoy your amazing amenities. Your neighborhood Social Club is the perfect spot for poolside fun. Your lifestyle directors have a variety of activities lined up to ensure everyone enjoys their time to the fullest. Whether you prefer lounging by the pool with a good book, diving into the refreshing water, or participating in one of the communities' organized events, there's something for everyone.

Enjoy perusing the pages of the Playbook to plan your summer FUN. And remember to check out [RiverlandCAI.com](http://RiverlandCAI.com) and the Riverland Lifestyle Facebook page for updates on events, classes and activities planned at the Riverland master amenities.

Your participation and feedback are always welcome as we strive to create an enjoyable and inclusive environment for everyone.

With Warm Regards,

**Tere Muñiz**, Riverland Lifestyle Director

E: [tere.muniz@glhomes.com](mailto:tere.muniz@glhomes.com) | P: 772-226.9000

## A MESSAGE FROM YOUR BOARD OF DIRECTORS

Confidence in the Valencia brand at Riverland® continues to encourage many new homeowners to call Riverland® home. Valencia Parc opened for sales in December of 2023 and in the short time since opening the 1,365-home community, we have sold nearly 20% of the community. In addition, we are thrilled to see the first of many beautiful homes under construction within Valencia Parc.

The total closed homes, project to date, have reached 2,800 closings! We want to congratulate those who have recently closed and look forward to seeing you around the community taking part in all that Riverland® has to offer.

As we welcome back the rainy season, we would like to take the opportunity to review the frequently asked questions surrounding the drainage systems and lake elevations. According to the South Florida Water Management District (SFWMD) criteria, Riverland's stormwater management system is permitted as a "fixed control structure" system that treats the stormwater and directs stormwater flow to the ultimate SFWMD discharge canal, via gravity. The lakes, and in more significant storm events, even the roads are designed to receive and manage the stormwater until it has time to dissipate and discharge into the offsite C-23 Canal. Know that homes and structures are designed to have maximum stormwater flood protection. That said, heavy

rainfall events will cause the lake water to noticeably rise, and depending on the severity of the event, sustained ponding may occur within the roadways. Be advised that after a significant storm event, it will likely take several days for the water to recede to pre-storm levels.

We will inspect the site before and during any major storm, if it's safe to do so, to verify all drainage inlets are clear of debris, and that the canal flow-way to the ultimate discharge at the C 23 canal is unobstructed. This is to ensure that the stormwater management system functions properly and as designed.

Community wide communication will be provided to Riverland® residents ahead of any major storm, providing updates on facility closures and procedures to keep all residents safe. Be sure to check with your individual neighborhood to find out more information regarding Hurricane preparedness.

We sincerely thank all our residents for their continued support and belief in the vision of Riverland®. We look forward to continuing the tradition of offering the best active adult lifestyle anywhere!

**Sincerely,**

Your Board of Directors, Riverland Community Association, Inc.



A LETTER FROM THE  
**LIFESTYLE MANAGER**



**Heather Storm**  
Lifestyle Manager

There's so much to look forward to in the second half of 2024! Stay informed of everything Riverland Lifestyle by following our Facebook page: [www.facebook.com/riverlandlifestyle](http://www.facebook.com/riverlandlifestyle)

Fall will be here before you know it and you will want to save the dates for some exciting events. In October, the Riverland Arts & Culture Center will host

The Highwaymen Exhibition - with a VIP Opening Reception on October 30<sup>th</sup>. The exhibition will run through November 25<sup>th</sup>. But before the exhibition leaves, residents will want to attend "One More for the Road" on November 22<sup>nd</sup>. This will be an intimate and eclectic evening of music, featuring Broadway and cabaret star Avery Sommers and musicians from the Pops Orchestra of the Palm Beaches. A retrospective of

popular music of the Highwaymen era will be performed live, further informing the time and place of this extraordinary and uniquely Florida art experience.

You will note that the Riverland Artisan & Green Markets will take a hiatus during the heat of the summer months and resume in October.

Mark these dates on your calendar and plan to shop for your fresh and local market favorites.

- October 3 | 3-6 pm
- November 7 | 3-6 pm
- December 5 | 3-6 pm

Riverland Connects will also resume in October, so be sure to plan ahead!

- October 15 | 5-8 pm
- November 19 | 5-8 pm
- December 17 | 5-8 pm

Sincerely,

**Heather Storm**, Riverland Lifestyle Manager

E: [Heather.Storm@glhomes.com](mailto:Heather.Storm@glhomes.com) | P: 772-226-9000



**THE HIGHWAYMEN**

Discover The Last Great Art Movement of the 20th Century and a Uniquely Florida Exhibition presented exclusively for Riverland

VIP Opening & Champagne Reception with Live Demonstration | October 30th  
On Exhibit | October 30th-November 25th

**RIVERLAND**  
ARTS & CULTURE CENTER

**RIVERLAND**

**FALL FESTIVAL**

**SAVE THE DATE: NOVEMBER 2ND, 2024**

12:00 NOON-5:00 PM | FREE ADMISSION

LIVE MUSIC | CHILI COOK-OFF | SEASONAL FOODS  
ACTIVITIES & GAMES



# BLOOMS COMMUNITY GARDEN

## Solarization Transition and Upcoming Lottery

As the lease period for the garden beds at Riverland Communities draws to a close on June 30<sup>th</sup>, gardeners are preparing to clean out their beds. This annual ritual ensures that the garden beds are ready for the next cycle of growth and community engagement.

Starting July 1<sup>st</sup>, the garden beds will undergo solarization, a process that uses the sun's heat to sterilize the soil, eliminating pests, weeds, and pathogens. This crucial step will continue through the end of August, ensuring the beds are in prime condition for the next set of gardeners.

Towards the end of July, Riverland Communities will send out an e-blast to inform residents about the upcoming garden lottery, which will take place in August. This message will include details about how to apply for a garden bed for the new lease period.

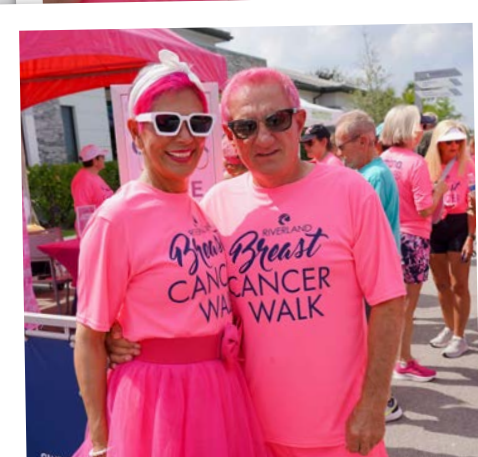
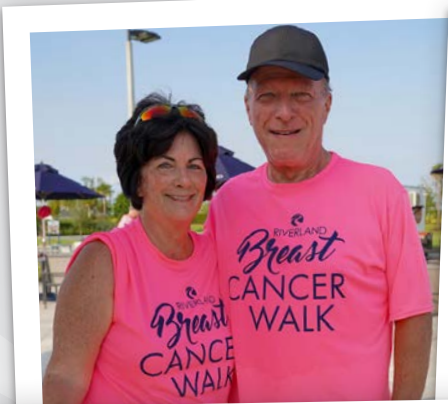


In August, applications for the garden beds will be distributed. The lottery, scheduled for the third week of August, will determine the new recipients of the garden leases. This system allows everyone an equal opportunity to participate in the community gardening experience. Stay tuned for an email announcing the Lottery with a link to register.

The new garden leases will officially begin on September 1<sup>st</sup>, marking the start of another vibrant season of gardening at Riverland Communities. This structured timeline ensures a smooth transition and continued enjoyment of the community garden spaces.

## RIVERLAND WALK FOR BREAST CANCER | MAY 11, 2024

OVER 300 WALKERS | OVER \$10,000 RAISED FOR RESEARCH!





**RIVERLAND BOCCE CLUB**

**Meeting Date:** Mon & Tues 5:00 pm and Sat 10:00 am  
**Frank Murgo:** Riverlandbocce@yahoo.com  
**Location:** Sports & Racquet Club

**RIVERLAND BOWLING MIXED LEAGUE**

**Meeting Date:** Mon & Tues 5:00 pm and Sat 10:00 am  
**Paul Block:** PBLOCK@gmail.com  
**Mark Greenberg:** mg113vcay@aol.com  
**Location:** Off Site

**RIVERLAND BREAST CANCER SUPPORT CLUB**

**Meeting Date:** TBD  
**Patricia Rothenbacher:** Riverland.BCSC@gmail.com  
**Location:** Arts & Culture Center

**RIVERLAND CAR CLUB**

**Meeting Date:** 1<sup>st</sup> Sunday of Each Month | 8:30-10:30 am  
**Stephen Labargo:** RiverlandCarClub@gmail.com

**RIVERLAND CORN HOLE CLUB**

**Meeting Date:** Fridays at 8:00 am  
**Joseph Esposito:** joseespo31@yahoo.com  
 203-887-5684



**RIVERLAND CYCLING CLUB**

**Meeting Dates:** Wednesday and Sunday Rides  
**Steven Heinrich:** sheinric440@gmail.com

**RIVERLAND FISHING CLUB**

**Meeting Date:** TBD  
**Walter Laurel:** VGfishingclub@gmail.com  
**Location:** Off Site

**RIVERLAND GARDEN CLUB**

**Meeting Date:** 3<sup>rd</sup> Monday of the Month  
**Joann Munro:** 561-602-4049  
**Amy Bridges:** 931-698-0063

**PHOTOGRAPHY CLUB OF RIVERLAND**

**Meeting Date:** Third Tuesday of Every Month  
**Phil Schafer:** Phildxln@aol.com  
**Harvey Hager:** baldharv@aol.com

**RIVERLAND PING PONG CLUB**

**Meeting Date:** Tuesdays & Thursdays | 1:00-3:30 pm  
**David Bedford:** Call 843-696-4224  
**Location:** Indoor Sports Court

**RIVERLAND POTTERS CLUB**

**Meeting Date:** TBD  
**Lorin Dibenedetto:** lorinbeth@aol.com

**RIVERLAND QUILT CLUB**

**Meeting Date:** 2<sup>nd</sup> & 4<sup>th</sup> Thursday of Each Month  
**Pam Jacobsen:** Peterpam74.PJ@gmail.com  
**Sandy Naval:** Snaval2@yahoo.com

**RIVERLAND RIDERS CLUB**

**Meeting Date:** Contact Mark for dates & times  
**Mark Hansen:** me.hansen@comcast.net

**RIVERLAND THEATER CLUB**

**Meeting Date:** Every other Monday 7:00 pm  
**Barbara Bleich:** bableich@yahoo.com

**VETERANS CLUB OF RIVERLAND**

**Meeting Date:** 2<sup>nd</sup> Saturday of Each Month  
**Francis Corrigan:** comets050911@aol.com  
**Harvey Hager:** baldharv@aol.com

**VOICES OF VALENCIA**

**Meeting Dates:** Tuesdays | 4:00-6:00 pm  
**Marlene Weiss:** 561-702-4202

**RIVERLAND VOLLYBALL CLUB**

**Meeting Date:** Thursday Evenings | 6:30-8:00 pm  
**Joel M. Bedor:** 954-397-8797  
 or Email: Joelbedor54@gmail.com  
**Location:** Indoor Sports Court

**RIVERLAND WINE CLUB**

**Meeting Date:** 2<sup>nd</sup> Thursday of Each Month  
**Mike Hoppes:** bell.company@att.net  
**Location:** Arts & Culture Center

**INTERESTED IN STARTING A CLUB?** Email [lifestyle@riverlandcai.com](mailto:lifestyle@riverlandcai.com) and request an application.





**Katelyn Anne Johnson**  
Arts & Culture Director  
artsdirector@riverlandcai.com



**Susan Prah**  
Arts Assistant  
artsassistant@riverlandcai.com

12067 SW Community Blvd.  
(772) 242-9473  
[www.riverlandcai.com/classes](http://www.riverlandcai.com/classes)

**Office Hours:**

Monday - Friday: 9 am - 5 pm  
Saturday: 9 am - 2 pm

**Creativity Hub Hours:**

7 am - 8 pm | 7 days a week

## A NOTE FROM THE ARTS & CULTURE DIRECTOR

Dear Riverland Community,

Summer is upon us, and at the Riverland Arts and Culture Center, we are excited to embrace the season of warmth and creativity. I invite you to explore a diverse array of new classes, workshops, and programming designed to spark your imagination and enrich your summer days.

This season, immerse yourself in vibrant creativity with our Tie Dye and Upcycle Fashion classes, or refine your skills in Fine Art Painting. Experience the fluid beauty of Pour Painting and the glossy allure of Resin Art. Our Mosaic Art Workshops offer a hands-on way to create stunning pieces, while our Stained Glass classes provide an opportunity to work with light and color in unique ways.

We are also thrilled to introduce Kokedama, the Japanese technique of creating bonsai trees suspended in moss balls. This new addition promises to bring a touch of nature's serenity into your artistic endeavors.

For culinary enthusiasts, our Culinary Arts Programs include sizzling summer recipes, where you'll learn to prepare fresh and vibrant dishes perfect for warm weather. Our new Baking Classes will guide you through the creation of delicious pastries and desserts, enhancing your baking skills and delighting your taste buds. These programs are perfect for all skill levels, providing opportunities to learn, create, and enjoy the art of cooking and baking. For those who appreciate fine wines, join us for Wines Around the World, an engaging series where you can learn about and savor wines from various regions across the globe.

Whether you're a budding artist or a seasoned creator, there's something for everyone at the Arts & Culture Center this summer. Join us in celebrating the vibrant energy of the season through art, learning, and community connection. We can't wait to see what you'll create!

Warmest regards,  
**Katelyn Anne Johnson**  
Arts & Culture Director

To sign up for Arts & Culture Classes and Events, go to: [www.riverlandcai.com](http://www.riverlandcai.com)  
Then, click on Arts & Culture Classes.

**Need help?** If you cannot access the Riverland website for any reason, please stop into the Arts & Culture Center or call (772) 242-9473 and a staff member will assist.



# ARTBEAT SPOTLIGHT



**D'Eby**, Riverland's newest art instructor, brings vibrancy and variety to the Arts & Culture Center this summer!

Riverland Arts and Culture Center is thrilled to introduce our newest art instructor, D'Eby, who brings a lifelong passion for artistic creation and an inspiring journey to our

community. Growing up in a nurturing environment where art was a shared bond with a hardworking mother, our instructor discovered early on that art was more than a hobby – it was a calling. This passion was ignited further when, at the age of thirteen, a 25-pound bag of clay was received as a birthday gift, symbolizing not just material but a treasure trove of endless possibilities.

Though initially pursuing a degree in psychology with the intent to aid children and teens, the draw of the artistic world proved irresistible. This turning point came during a conversation with a family member, leading to a serendipitous opportunity to take over Stuart Ceramics in 2002. Since then, our instructor has dedicated countless hours – fueled by blood, sweat, and tears – to transform the studio into a beloved creative hub, alongside a dedicated team who shares this deep affection for the artistic process.

At Riverland, our instructor is eager to replicate this passion for creation and learning in others. Known for a uniquely empathetic teaching style, which stems from a belief that the true artistry lies not in the creation itself but in unlocking the creative potential within each student. This philosophy is brought to life in every class, whether it's maneuvering the pottery wheel or exploring the fluid dynamics of resin art.

Whether you're a seasoned artist or a curious beginner, D looks forward to helping you discover the joy and fulfillment of creating art that expresses your unique voice.

Please see page 9 for D'Eby's schedule of wheel classes or logon to [www.riverlandcai.com/classes](http://www.riverlandcai.com/classes).



Resin Class | May 13<sup>th</sup>



## INTEREST GROUPS

### GUITAR SONG CIRCLE

Wednesdays Monthly | 5:30-7:30 pm

July 17 | August 21 | September 18

### DIAMOND ART

Every Other Wednesday | 1 pm

The Diamond Ladies of Riverland meet to work on their diamond art projects together. Participants must purchase their own kits. RSVP is required.



# CLASSES AT THE CREATIVITY HUB

Register at [www.riverlandcai.com/classes](http://www.riverlandcai.com/classes)

## FINE ART STUDIO

WITH ROSE DIEM

**Tuesdays and Thursdays** | 12:30-3:30 pm

Choose your medium – pastels, watercolors, drawing, acrylics, oil painting – learn techniques from intro to advanced – to complete any projects you desire. All levels welcome and all materials supplied.

## PAINT THE MASTERS

WITH ROSE DIEM

Paint along with Rose to replicate a masterpiece.

Saturday, July 20 | 1 pm

**“Sunflowers” by Vincent Van Gogh**

Saturday, August 17 | 1 pm

**“The Bird” by Marc Chagall**

Saturday, September 21 | 1 pm

**“Dancer In Pink” by Degas**

## STAINED GLASS

WITH GLORIA DAVIS

**Stained Glass 101 Workshop**

Tuesday, July 9 & Thursday, July 11 | 9 am

**Stained Glass 102 Workshop**

Tuesday, July 23 & Thursday, July 25 | 9 am

**Stained Glass 101 Workshop**

Tuesday, August 20 & Thursday, August 22 | 9 am

**Stained Glass 102 Workshop**

Tuesday, August 27 & Thursday, August 29 | 9 am

## STAINED GLASS POP-UP WORKSHOP

Tuesday, September 10

& Thursday, September 12 | 9 am

## MOSAICS ART

WITH ASIA WETSBROOK

OF FRACTURED BRILLIANCE

**Sailboat Suncatcher:** Friday, July 12 | 9:30 am

**Cut Glass Mosaic Pendant:**

Saturday, July 27 | 1 pm

**Sea Turtle Pendant:** Saturday, August 10 | 1 pm

**Flamingo Paver:** Friday, August 23 | 9:30 am

**Glass on Glass Sandpiper:**

Saturday, September 21 | 1 pm

**Stained Glass Plumeria Pendant:**

Friday, September 27 | 9:30 am

**Mosaic Art Open Studio** 10 am - 2 pm

Tuesday, July 23 | Tuesday, August 20

Tuesday, September 24

## RESIN ART

WITH D'EBY

**Charcuterie Board:** Wednesday, July 10 | 1 pm

**Magic Window - Sea Turtle:** Monday, August 12 | 11 am

**Charcuterie Board:** Tuesday, September 10 | 3 pm

## PAINTING

WITH CARYL POMALES

**Abstracts:** Wednesday, July 10 | 12:30 pm

**Palette Knife:** Wednesday, July 24 | 11 am

**Color Theory & Application:** Wednesday, August 14 | 10:30 am

**Abstracts:** Wednesday, August 21 | 12:30 pm

**Palette Knife:** Wednesday, September 4 | 12:30 pm

**Collage & Paper Palettes:** Wednesday, September 11 | 12:30 pm

## POUR PAINTING

WITH ROBIN MARSHALL

**Ring Pour:** Saturday, July 13 | 1 pm

**Gold Veins:** Wednesday, August 7 | 11 am

**Twins! Double Canvas:** Friday, September 13 | 11 am

## TEXTILE ART

WITH JOYCELYN COOPER

**Tie Dye:** Tuesday, July 30 | 5 pm

**Rug Tufting:** Tuesday, August 13 | 5 pm

**Tie Dye:** Monday, August 19 | 5 pm

**Rug Tufting:** Saturday, September 7 | 11 am

**Upcycle Fashion:** Saturday, September 14 | 11 am

## KOKEDAMA

WITH JOYCELYN COOPER

Monday, July 1 | 5 pm

Saturday, August 3 | 11 am

Monday, September 30 | 5 pm

New to Riverland this Summer, **Kokedama** is the Japanese technique of creating suspended bonsai trees.

## SOUND BATH MEDITATION

WITH DENISE CARRARO

Every Other Monday | 6:00PM

July 1 | July 15 | July 29 | August 12 | August 26

September 9 | September 23

**Class schedules are subject to change.**



# ARTS & CULTURE



## POTTERY AT RIVERLAND **NEW THIS SUMMER: Pottery Wheel Classes!**

### WELCOME TO RIVERLAND POTTERY

An introduction to our Pottery Studio hosted by the Riverland Potters Club. Live demonstrations, all the helpful information you'll need to get started, and maybe get your hands a little dirty! **Stay connected with us for upcoming sessions by visiting [Riverland CAI.com/Pottery](http://Riverland.CAI.com/Pottery).**

### WHEEL 101

One-on-one sessions throughout the day (45-60 minutes)  
\*Wheel 101 classes are required before approval to work independently on pottery wheels.

**Tuesday, July 9<sup>th</sup>**  
**Thursday, July 18<sup>th</sup>**  
**Tuesday, August 13<sup>th</sup>**  
**Thursday, August 22<sup>nd</sup>**

**Wednesday, August 28<sup>th</sup>**  
**Tuesday, September 10<sup>th</sup>**  
**Wednesday, September 18<sup>th</sup>**  
**Tuesday, September 24<sup>th</sup>**

### WHEEL FREESTYLE

Small group pottery wheel classes (90 minutes)

**Wednesday, July 17<sup>th</sup>**

Session 1: 1 pm - 2:30 pm | Session 2: 3 pm - 4:30 pm

**Wednesday, August 21<sup>st</sup>**

Session 1: 1 pm - 2:30 pm | Session 2: 3 pm - 4:30 pm

**Thursday, September 19<sup>th</sup>**

Session 1: 1 pm - 2:30 pm | Session 2: 3 pm - 4:30 pm

**Guided Open Studios** | \$5 per session  
Mondays 9 am - Noon

Clay (25lbs) | \$40 • Glaze (2oz) | \$5  
Available for purchase on [riverlandcai.com](http://riverlandcai.com).  
Just click the "Shop" button.



# Riverland’s Festive World Art Day Celebration Exhibits Color, Creativity, and Community

Riverland Arts & Culture Center’s World Art Day celebration on Saturday, April 13th, was a vibrant showcase of creativity and community spirit. Performances by the Riverland Theatre Club, Voices of Valencia, and Riverland Guitar Circle set the stage for artistic exploration.

Guided by Joycelyn Cooper, attendees created colorful masterpieces in the outdoor splatter paint tent. The Battle of the Brushes, led by Rose Diem, featured teams in a relay-style painting competition, highlighting teamwork and collective creativity. Musical Canvas

offered a fun twist, with artists rotating in a musical chairs fashion to contribute to collaborative artworks. The Riverland Potters Club hosted live pottery demonstrations, accompanied by refreshing snacks.

The all-day DIY open studio featured diverse activities, including rock painting with Riverland Rocks, making Decoupage Shell Ring Dishes, and creating mosaic coasters under Asia Westbrook’s guidance. Emceed by Mic McGann of Legend’s Radio, the event was a communal experience, showcasing art’s unifying power.

The celebration also marked the grand opening of the Riverland Resident Artist Juried Exhibit. This event highlighted the skills of Riverland artists, whose works were critically reviewed and selected by an independent juror. The juried show provided a platform for recognition and enriched the cultural fabric of the celebration, making it a memorable visual feast displayed at the Arts & Culture Center.





# CULINARY ARTS

## JULY CLASSES

### **Ribeye Steaks & BBQ Shrimp**

Monday, July 1 | 5 pm | Chef Deedra

### **Seared Duck Breasts ala Orange**

Tuesday, July 2 | 4 pm | Chef Robin

### **Wagyu Burgers & BBQ Ribs**

Wednesday, July 3 | 5 pm | Chef Deedra

### **Lobster Thermidor**

Friday, July 5 | 4 pm | Chef Robin

### **Caribbean Coconut Crusted Mahi Mahi**

Monday, July 8 | 5 pm | Chef Deedra

### **Buttermilk Fried Chicken**

Tuesday, July 9 | 4 pm | Chef Robin

### **Seafood Gumbo with Andouille**

Friday, July 12 | 4 pm | Chef Robin

### **Baking: Summer Sorbet**

Saturday, July 13 | 1 pm | Kingdom Bakery

### **Steak Diane**

Tuesday, July 16 | 4 pm | Chef Robin

### **Wines Around the World: France**

Wednesday, July 17 | 4 pm | Sidecar Bar

### **Eggplant Parmesan with Linguini**

Thursday, July 18 | 4 pm | Chef Robin

### **Veal Scallopini**

Friday, July 19 | 5 pm | Chef Deedra

### **Baking: Strawberry Shortcake**

Saturday, July 20 | 1 pm | Kingdom Bakery

### **Mini Beef Wellington**

Tuesday, July 23 | 4 pm | Chef Robin

### **Pistachio Crusted Salmon**

Monday, July 22 | 5 pm | Chef Deedra

### **Creamy Garlic Lemon Scallops with Pasta**

Wednesday, July 24 | 5 pm | Chef Deedra

### **Gourmet Pizza Making Class**

Monday, July 29 | 5 pm | Chef Deedra

### **Wines Around the World: Italy**

Wednesday, July 31 | 4 pm | Sidecar Bar

## AUGUST CLASSES

### **Lobster Rolls**

Friday, August 2 | 5 pm | Chef Deedra

### **BBQ Ribs**

Tuesday, August 6 | 4 pm | Chef Robin

### **Beef Wellington**

Monday, August 5 | 5 pm | Chef Deedra

### **Cioppino Seafood Stew**

Wednesday, August 7 | 5 pm | Chef Deedra

### **Salmon Wellington**

Friday, August 9 | 4 pm | Chef Robin

### **Baking: Mini Key Lime Tarts**

Saturday, August 10 | 1 pm | Kingdom Bakery

### **Mediterranean Stuffed Salmon**

Monday, August 12 | 5 pm | Chef Deedra

### **Veal Chop Milanese**

Tuesday, August 13 | 4 pm | Chef Robin

### **Wines Around the World:**

#### **Spain & Portugal**

Wednesday, August 14 | 4 pm | Sidecar Bar

### **Steak Au Poivre**

Thursday, August 15 | 5 pm | Chef Deedra

### **Zuppa Di Pesce**

Friday, August 16 | 4 pm | Chef Robin

### **Baking: Gourmet PopTarts**

Saturday, August 17 | 1 pm | Kingdom Bakery

### **Fennel Crusted Halibut**

Monday, August 19 | 5 pm | Chef Deedra

### **Classic Steakhouse Night**

Tuesday, August 20 | 4 pm | Chef Robin

### **Grilled Leg of Lamb**

Thursday, August 22 | 5 pm | Chef Deedra

### **New Orleans Night**

Friday, August 23 | 4 pm | Chef Robin

### **Mussels and Frites**

Tuesday, August 27 | 4 pm | Chef Robin

### **Wines Around the World: New Zealand & California**

Wednesday, August 28 | 4 pm | Sidecar Bar

### **Cocktails and Appetizers**

Friday, August 30th | 4 pm | Chef Robin

## SEPTEMBER CLASSES

### **Veal Scallopini**

Tuesday, September 3 | 4 pm | Chef Robin

### **Texas Twinkies**

Thursday, September 5 | 5 pm | Chef Deedra

### **Crab and Shrimp Stuffed Peppers**

Friday, September 6 | 4 pm | Chef Robin

### **Beef Tenderloin**

Monday, September 9 | 5 pm | Chef Deedra

### **Beer Braised Pork Belly**

Tuesday, September 10 | 4 pm | Chef Robin

### **Wines Around the World: Argentina**

Wednesday, September 11 | 4 pm | Sidecar Bar

### **Seafood Paella**

Thursday, September 12 | 5 pm | Chef Deedra

### **Greek Night Part 3**

Friday, September 13 | 4 pm | Chef Robin

### **Baking: Scones**

Saturday, September 14 | 1 pm | Kingdom Bakery

### **Tour of Italy**

Monday, September 16 | 5 pm | Chef Deedra

### **New Orleans Crawfish Fettuccine**

Tuesday, September 17 | 4 pm | Chef Robin

### **Homemade Pasta Class**

Wednesday, September 18 | 5 pm | Chef Deedra

### **Stuffed Double Cut Pork Chops**

Friday, September 20 | 4 pm | Chef Robin

### **Baking: French Macarons**

Saturday, September 21 | 1 pm | Kingdom Bakery

### **Braised Short Ribs**

Monday, September 23 | 5 pm | Chef Deedra

### **Crispy Soft Shell Crabs**

Tuesday, September 24 | 4 pm | Chef Robin

### **Bouillabaisse**

Wednesday, September 25 | 5 pm | Chef Deedra

### **Asian Style Braised Beef Short Ribs**

Friday, September 27 | 4 pm | Chef Robin

### **Venison & Vegetables**

Monday, September 30th | 5 pm | Chef Deedra

*\*Wine is complimentary with some menus. See course description for details. Schedule is subject to change.*



**Paul Palermo**, Sports Director  
sportsdirector@riverlandcai.com



**Courtney Palermo**, Pro Shop Manager  
proshop@riverlandcai.com

12001 SW Riverland Blvd.  
(772)-348-4561  
Proshop@riverlandcai.com

**Pro Shop Hours:**

Monday - Friday: 8 am - 7 pm  
Saturday - Sunday: 8 am - 1 pm  
Sunday - Sunday: 8 am - 12 pm

**Court Hours:**

7 am - 11 pm | 7 days a week

A MESSAGE FROM THE  
**SPORTS DIRECTORS**

Hello Riverland Residents!

Summer is officially upon us, with temperatures up it's important to stay hydrated and take care of yourself. We are stocked in the pro shop with electrolytes, water bottles, athletic wear and cooling towels to keep you healthy, looking and performing your best on the courts. The paddles and racquets we carry have the largest sweet spots and feel like they do the work for you! Demos are available to try before you buy, or we have paddles to loan you or your guests out on the courts. We even offer tennis and pickleball ball machines for practice purposes.

Our team is made up of Paul and Courtney Palermo, your Sports & Racquet Club Director, and Pro Shop Manager. Will Schneider is our Head Tennis Pro alongside Bill Perrin, tennis teaching pro. On the pickleball side we have teaching pros: Madi Gonzalez, Blake Casino and Rene Smit. In the pro shop to greet you and help you get involved on the courts you will meet: Heather Tangney and Elizabeth Frawley.

We look forward to getting out on the courts with you!

Sincerely,  
Courtney & Paul



# THE COMPETITIVE EDGE - PROS & TIPS



Keep your paddle head up at the kitchen line in ready position so you're prepared for faster shots coming at you. In mid-court or at the baseline, be ready with your paddle head down for shots that are fast at your feet.



Instantly improve your pickleball game by getting low and staying low through shots. Getting low can help for a number of reasons: Improved balance and stability, increased power, longer reach, and faster reaction time. So, next time you are on the pickleball court, consciously tell yourself to bend your knees, get low, and stay low. You may be surprised at how this simple change will drastically improve your pickleball game.



UNTIE YOURSELF FROM YOUR PARTNER! I am not a fan of the "follow your partner" phrase. If your partner has to run off the court for a ball you should not follow them, you should be following the BALL! Follow the ball and you shouldn't be caught out of position.



Key Differences in Ready Position at the Kitchen Line vs Transition Zone (No-Mans Land).

**Kitchen Line:** athletic stance with paddle higher (around navel height) for quicker reactions to volleys and dinks.

**Transition Zone:** Wider defensive stance with paddle lower below waist height as most of the opponents' shots will be aimed at

your feet. Shots directed to your chest or higher will probably be out from that area of the court.

By adjusting your ready position based on your location on the court, you'll be better prepared to respond to different types of shots and improve your overall game.

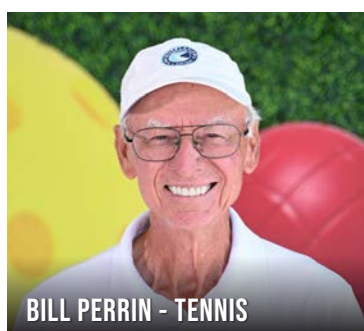


Backhands: keep your non-dominant hand on the racquet as you follow through to maintain stability when placing your shot. I see many players beginning their motion with two hands, then releasing their non-dominant hand as they follow through, this causes the player to lose control and power.

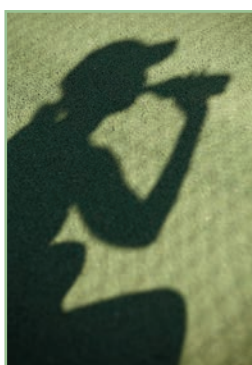


When playing doubles make sure you and your partner have appropriate spacing between one another. Although we shouldn't create gaps, we want to make sure we are not crowding the area around our partner. We want to try to always provide them enough room to take any shot they may need without hesitation or without having to

alter their swing path because of our proximity to them. Remember: Communication is key to an effective partnership!



In tennis, angles are very useful, but you must accept that an opponent will use the angle you just created. When hitting short cross court shots, anticipate and expect a short cross court return shot. By anticipating the short angle response, you can use angles as your winning strategy!



## STAY HYDRATED!

*Plain water won't cut it, drink electrolytes which comes in many forms and flavors. Hydrate the night before a day of play and you will feel much better while on the court. Stay happy, stay healthy and stay active this summer!*

## HOW TO MAKE A PRIVATE LESSON

1. Go to [RiverlandCAI.com](http://RiverlandCAI.com) website. From there click on the Sports & Racquet Club tab, a drop-down list will show, click on the sport you're looking for.
2. Choose your instructor.
3. You will be taken to a new site called [SimplyBook.me](http://SimplyBook.me). Choose the option for how many students there will be with your instructor.
4. You can pay online or pay prior to your lesson in the Pro Shop!
5. **Have a great time!**

# WEEKLY CLASS SCHEDULE

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Events and classes listed below take place every week.

Residents have access to classes through the [riverlandcai.com](http://riverlandcai.com) website.

## MONDAY

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<b>PB: Court's Mini Clinic (3.5+)</b>	8:30 am - 9:30 am	\$25
<b>TN: Drill &amp; Play w/ assessment (all levels)</b>	8:30 am - 9:30 am	\$25
<b>PB: Small Group w/ Will (3.0+)</b>	5:00 pm - 6:00 pm	\$25
<b>PB: Beginner to Beyond</b>	5:00 pm - 6:00 pm	\$20
<b>PB: Beyond Beginner (2.5-2.9)</b>	6:00 pm - 7:00 pm	\$20

## TUESDAY

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<b>PB: Doubles Domination</b>	8:30 am - 9:30 am	\$20
<b>TN: Drills, Skills &amp; Strategy w/ Bill</b>	8:30 am - 10:00 am	\$30
<b>TN: Drills, Skills &amp; Strategy w/ Bill</b>	6:00 pm - 7:30 pm	\$30

## WEDNESDAY

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<b>TN: Live Ball w/ Will (3.5+)</b>	8:30 am - 10:00 am	\$25
<b>PB: Small Group w/ Will (2.5+)</b>	5:00 pm - 6:00 pm	\$25
<b>PB: Advanced Mini Clinic w/Paul (3.5+)</b>	5:00 pm - 6:00 pm	\$25
<b>PB: 101 Beginner Pickleball</b>	6:00 pm - 7:00 pm	\$20

## THURSDAY

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<b>PB: Court's Mini Clinic (3.0)</b>	8:30 am - 9:30 am	\$25
<b>PB: 3.5+ Queen of the Court</b>	9:00 am - 10:00 am	\$25
<b>PB: 3.5+ King of the Court</b>	10:00 am - 11:00 am	\$25
<b>TN: Drills, Skills &amp; Strategy w/ Bill</b>	8:30 am - 10:00 am	\$30
<b>BB: 101 Bocce Basics (30 min)</b>	9:30 am - 10:00 am	\$5
<b>TN: Drill &amp; Play w/ Will (3.5+)</b>	5:00 pm - 6:30 pm	\$25

## FRIDAY

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<b>PB: Drill &amp; Play w/ Skills Assessment (2.5-4.0)</b>	8:30 am - 10:00 am (Last Friday of month)	\$25
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## SATURDAY

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<b>PB/TN: Welcome to Riverland</b>	11:00 am - 12:00 pm (1 <sup>st</sup> Saturday of month)	FREE
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\*PB = Pickleball - TN = Tennis - BB = Bocce Ball



# SPORTS & RACQUET CLUB





# SOCIAL EVENTS AND TOURNAMENTS

## JULY

**6<sup>th</sup> PB Wacky Doubles Tournament** | Let fate choose your partner!

**17<sup>th</sup> PB Dink Only Tournament** | No need to worry about your opponent's power game in this fun format. DINK ONLY with us in July!

## AUGUST

**14<sup>th</sup> PB Exhibition** | Come out to watch your favorite Riverland pros play, cheer, heckle and enjoy great pickleball. Players to be announced.

**16<sup>th</sup> TN Exhibition** | Come out to watch your favorite Riverland pros play, cheer, heckle and enjoy great tennis. Players to be announced.

## SEPTEMBER

**10<sup>th</sup> Bocce How Do You Roll Tournament** | Fun round robin tournament, pick your partner and show us how you roll!

**13<sup>th</sup> TN Member / Guest Tournament** | Pick a non-resident friend to be your partner, men's & women's doubles divisions.



Courtney & Sarah US Open Silver Medalists



Paul & Daniel US Open Silver Medalists





# RESIDENT TESTIMONIAL

## MIKE VOLLMUTH



Mike and Courtney

I have been a Riverland resident since September, 2019, and have watched Paul and Courtney bring a fresh new feeling to our community. They have introduced new clinics, drills, play skills assessments, strategy sessions as well as coordinating the internal and travel team league play!

They are always willing to listen to suggestions. In an effort to bring my level of play up in both tennis and pickleball, I have taken many clinics and private lessons from both Paul and Courtney, as well

as their magnificent team. These lessons have truly paid off as I captained a winter travel team that placed 2<sup>nd</sup> in a 3.5-4.0 pickleball league. In addition, my partner (fellow resident, Carl Randazzo) and I recently took 3<sup>rd</sup> place in a spring charity 3.5-4.0 pickleball tournament. This would not have happened if I had not applied the skills I had learned from our Riverland pros!

Thanks to the many programs that Paul and Courtney offer, the community continues to level up and the competition is getting stronger every day! My goal is to become a better pickleball and tennis player and to become a more confident and resilient player – as long as my body holds up!

We are also so fortunate to have Heather in the Pro Shop to keep up with our demands of all the scheduling, phone calls, interruptions, etc. Always with a smile!



Sports & Racquet Club

### Sports & Racquet Club Expansion

The club will be undergoing a substantial expansion and growing to a total of 24 acres. This includes the addition of 16 more pickleball courts, bringing the count to 53 including 8 covered courts, and 7 more tennis courts, totaling 15. Bocce enthusiasts will now find 16 extra courts, making it 20 in total. Additionally, the facility will include covered seating and a hydration station for enhanced comfort and enjoyment.

### RiverFresh Café

The Wellness & Fitness Center has broken ground on the RiverFresh Cafe. Soon, after a good workout, residents will walk right over from the gym to the café to enjoy quick and easy healthy options from a grab-and-go station or relax and refresh while refueling in the indoor or covered outdoor seating areas. Plus, for those running right along to their next appointment, the walk-up-to-go window will be a terrific way to speed up the day.

### 5 New Group Fitness Studios

This new 12,000 sq. ft. facility will offer five specialized fitness studios, including yoga, dance, Pilates with reformers, spinning, and cross-training. The program is introducing the innovative Bungee Fitness adding a versatile and dynamic fitness experience for all.

### Gym Expansion & Spa Addition

The gym is expanding by 50%, offering more space and equipment for workouts. Additionally, a new full-service spa with relaxation area and aqua thermal experiences. There will also be massage rooms for relaxation and rejuvenation.

## SERVICES

### How the facilities operate on a day-to-day basis:

**Tennis** Woman's Round Robin is offered on Monday mornings at 8:30, check with the pro shop to sign up. Open play will be available when courts 9 and 10 are completed. Court reservations are required if you wish to play any time other than open play. The ball machine can be rented for \$12/hour after 10am. Our instructors: Will and Bill are eager to help you improve your tennis skills.

**Pickleball** Open Play is every day on courts 6-13 & 22-29 from 8:30-10am and in the evenings on courts 6-13 from 5:30-8:30pm. Court reservations are required for non-open play courts and times. The ball machine can be rented for \$12/hour after 10am. Classes are held on courts 1-5 next to the pro shop.

**Bocce** Court reservations are required; bocce club meets on Tuesdays and Thursday mornings at 8am. Our Bocce Basics class on Thursdays is perfect for learning how to play the game and get introduced to our bocce program!

**Equipment** We have pickleball paddles and tennis racquets available to demo, borrow and purchase in the pro shop. We have a stringing machine and can string your tennis racquet in the pro shop! If you need a Riverland shirt, visor, hat, or cooling towel we have that as well to keep you cool this summer on the courts.

Illustrations (including computer generated renderings) are artist's depictions only, and they are used to general depict the spirit of the lifestyles to be achieved rather than any that may actually exist or that may be proposed. All illustrations, photos and descriptions are subject to change without notice. ©2024 All Rights Reserved.





**Vanessa Waite**, Fitness Director  
fitnessdirector@riverlandcai.com



**Jeffrey White**, Business Director,  
Ethos Wellness & Fitness



**Athenia Williams**, Fitness Manager  
fitnessmanager@riverlandcai.com

12105 SW Riverland Blvd.  
(772) 200-2773  
www.riverlandcai.com

**Office Hours:**

Open Daily: 8 am - 6 pm

**Fitness Center:**

24 hours a day | 7 days a week

**Pool Hours:**

Open Daily: Dawn to Dusk

UPDATE FROM THE  
**FITNESS DIRECTOR**

As your Fitness Director, I am thrilled to share with you the latest updates on our summer fitness program here at the Riverland Wellness & Fitness Center. We have been working hard to ensure that our offerings cater to your needs and interests, and we are excited to continue providing you with opportunities to stay active, healthy, and engaged in our wonderful community.

Our Group Fitness Classes continue to be a hit among residents. Make a splash this summer with our Aqua classes, held in our beautiful outdoor fitness pools. These low-impact workouts are perfect for all fitness levels and will help you stay cool while getting in shape. If water is not your style, we have you covered with 48 indoor Group Fitness Classes each week. Our classes range from beginner to advanced fitness challenges; so, there are some that will be just right for you!

If you enjoy working out on the exercise equipment, we have something that can help you achieve better results. Our Personal Trainers offer 30- and 60-minute training, couples training and small group (3 – 6 people) training. They also offer personal stretch sessions that can provide you with more flexibility.

Did you know that we also offer massage therapy? We have Licensed Massage Therapists that have decades of professional experience. Try one of our Relaxation Massages or Deep Tissue Massages to experience the wellness aspect of our services.

We would like to take this opportunity to celebrate the amazing residents of Riverland who stay active and have fun together in our community. Your dedication to fitness and wellness inspires us all, and we are grateful for the positive energy you bring to the Riverland community.

As always, we value your feedback and suggestions. Please feel free to reach out to me or any member of our fitness team with your thoughts or ideas for future programming. We are here to serve you and ensure that your Riverland Wellness & Fitness Center experience is the best it can be.

Wishing you a fun, active, and healthy summer season!



# FEATURED TRAINERS



**Matt Egitto**

- National Academy of Sports Medicine
- Certified Personal Trainer
- Performance Enhancement Specialist
- Trigger Point Therapy
- 6 Years Experience



**Chris Harboldt**

- Certified Personal Trainer
- Certified Nutrition Coach
- Certified Stretch and Flexibility Coach
- 6x Nationally Qualified Mens Physique Bodybuilder
- Amateur Olympian
- CPR/AED Certified
- 5 years experience



**Tammy Ossa**

- Athletics and Fitness Association of America
- American Sports and Fitness Association
- Expert Rating
- Certified Personal Trainer
- Certified Women's Health & Fitness
- Certified Nonlinear Periodization Training
- Certified Advanced Strength Training
- Certified Stretch Therapist
- Certified Water Aerobics Instructor
- 16 Years Experience



**Jennifer Figueroa**

- American Red Cross
- Swimming Instructor
- Certified Water Safety Instructor
- 10 Years Experience



**Calli Daniels**

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- National Strength & Conditioning Association, Certified Strength & Conditioning Specialist (NSCA-CSCS)
- NASM Fitness Nutrition Specialist (NASM-FNS)
- Sports Nutrition & Plant Based Sports Nutrition
- Neuroscience of Behavior Change
- Knee Protection Techniques
- Silver medal Powerlifting USAPL
- Silver medal NGA Figure Bodybuilding
- Full rehabilitation for ACL & meniscus knee surgery, and back disc herniation
- Competitive basketball and pickleball awards
- 10+ years experience



**Jessica Grinnan**

- Akasha Yoga Academy
- American Sports & Fitness Association
- Mira Costa College
- Pacific College of Oriental Medicine-MS
- Kriya Yoga Immersion Training
- Ashtanga Yoga Immersion Training with Adjustment, Stretching, and Mobility Techniques
- Akasha Yoga Academy-RYT 200-Hatha Yoga
- Awakening Vinyasa Specialization Training-20hr
- Certified Group Fitness Instructor
- Certified Personal Trainer
- Registered/Certified Yoga Instructor
- 19 Years Experience
- FRC Certified in Functional Range Conditioning

## HOW TO SCHEDULE CLASSES AND SERVICES AT THE FITNESS CENTER

- Download the Riverland App
- Create an account using the email you have on file with the HOA
- Call or stop by the fitness center to purchase your services or group fitness packages (772) 200-2773
- Now you can schedule all your classes or services on your phone
- Once you have completed these steps you can also schedule or request services through the **Riverlandcai.com** website



# WEEKLY CLASS SCHEDULE

Events and classes listed below take place every week.

## MONDAY

<b>HIIT / High Intensity Interval Training</b>   Room 1	8:00 am - 8:45 am
<b>Aqua Dance</b>	9:00 am - 9:45 am
<b>Barre</b>   Room 1	9:00 am - 9:45 am
<b>Zumba Gold</b>   Indoor Sports Court	9:00 am - 9:45 am
<b>Yoga</b>   Room 2	9:00 am - 9:45 am
<b>Aqua Fit - Level 2</b>	10:00 am - 10:45 am
<b>Chair Yoga</b>   Indoor Sports Court	10:00 am - 10:45 am
<b>Full Body Fit</b>   Room 1	10:00 am - 10:45 am
<b>Stretch</b>   Room 2	10:00 am - 10:45 am
<b>Aqua Blast 0202 - Level 1</b>	11:00 am - 11:45 am
<b>Low Impact Fit</b>   Room 1	11:00 am - 11:45 am
<b>Mat Pilates</b>   Room 2	11:00 am - 11:45 am
<b>Yogalates (Yoga &amp; Pilates Fusion)</b>   Room 2	5:00 pm - 5:45 pm



## TUESDAY

<b>Abs 360</b>   Room 1	8:00 am - 8:45 am
<b>Step &amp; Sculpt</b>   Room 1	9:00 am - 9:45 am
<b>Aqua Fit (Level 1)</b>	9:00 am - 9:45 am
<b>Zumba Toning</b>   Room 2	9:00 am - 9:45 am
<b>Aqua Fit (Level 2)</b>	10:00 am - 10:45 am
<b>Bootcamp</b>   Indoor Sports Court	10:00 am - 10:45 am
<b>Low Impact Fit</b>   Room 2	10:00 am - 10:45 am
<b>Dance Fit</b>   Room 1	10:00 am - 10:45 am
<b>Mat Pilates</b>   Room 2	11:00 am - 11:45 am
<b>Stretch</b>   Room 1	11:00 am - 11:45 am
<b>Yin Yoga</b>   Room 2	5:00 pm - 5:45 pm



## WEDNESDAY

<b>Lower Body Blast</b>   Room 1	8:00 am - 8:45 am
<b>Aqua Fit - Level 1</b>	9:00 am - 9:45 am
<b>Pound Rockout Workout</b>   Room 2	9:00 am - 9:45 am
<b>Stretch</b>   Room 1	9:00 am - 9:45 am
<b>Wall Pilates</b>   Indoor Sports Court	9:00 am - 9:45 am
<b>Aqua Fit - Strength &amp; Conditioning</b>	10:00 am - 10:45 am
<b>Full Body Fit</b>   Room 1	10:00 am - 10:45 am
<b>Zumba Gold</b>   Indoor Sports Court	10:00 am - 10:45 am
<b>Stretch</b>   Room 2	10:00 am - 10:45 am
<b>Power Hour</b>   Room 1	11:00 am - 12:00 pm
<b>Equipment Clinic (1 x per month)</b>	12:30 pm - 1:15 pm
<b>Aqua Fit</b>	6:00 pm - 6:45 pm



## THURSDAY

<b>Step &amp; Sculpt</b>   Room 2	9:00 am - 9:45 am
<b>Aqua Fit (Level 2)</b>	9:00 am - 9:45 am
<b>Boxing Fit</b>   Room 1	9:00 am - 9:45 am
<b>Barre</b>   Room 1	10:00 am - 10:45 am
<b>Mat Pilates</b>   Room 2	10:00 am - 10:45 am
<b>Dance Fit</b>   Indoor Sports Court	10:00 am - 10:45 am
<b>Chair Yoga</b>   Indoor Sports Court	11:00 am - 11:45 am
<b>Low Impact Fit</b>   Room 2	11:00 am - 11:45 am
<b>Yin Yoga</b>   Room 2	5:00 pm - 5:45 pm
<b>Aqua Dance</b>	6:00 pm - 6:45 pm

## FRIDAY

<b>Yo-Chi</b>   Room 1	9:00 am - 9:45 am
<b>Zumba Gold</b>   Room 2	9:00 am - 9:45 am
<b>Aqua Blast 0202 (Level 2)</b>	9:00 am - 9:45 am
<b>Full Body Fit</b>   Indoor Sports Court	10:00 am - 10:45 am
<b>Aqua Aerobics (Level 2)</b>	10:00 am - 10:45 am
<b>Pound Rockout Workout</b>   Room 2	10:00 am - 10:45 am
<b>Tone Up</b>   Room 1	11:00 am - 11:45 am

## SATURDAY

<b>Aqua Dance</b>	9:00 am - 9:45 am
<b>Boxing Fit</b>   Room 1	9:00 am - 9:45 am
<b>Full Body Fit</b>   Room 1	10:00 am - 10:45 am
<b>Mat Pilates</b>   Room 2	10:00 am - 10:45 am
<b>Vinyasa Flow Yoga</b>   Room 2	11:00 am - 11:45 am

## NEW CLASSES & SERVICES AT THE FITNESS CENTER

### Aqua Blast 0202 with Sony (Levels 1 & 2)

This class uses the most complete and advanced aqua-aerobics techniques with a brand-new Aqua Fitness product designed to be adjusted according to your comfort level or paired with other equipment attachments while working out in the water. With the goal of using all muscle groups in the body during this class, you are sure to train hard, while having an Aqua Blast!

### Yogalates with Kimberly (Pilates & Yoga Fusion)

This all levels class features a combination of Yoga and Pilates to work on balance, focus, body movement, building strength and flexibility. **Difficulty/Intensity Level:** *Beginner to Advanced*

For more information on Aqua Blast 0202 or Yogalates, please call the Front Desk at 772-200-1773



## RESIDENT TESTIMONIAL



Leonard with Calli Daniels

### LEONARD BUNDY

We settled into Valencia Walk in October of 2023 after I received two knee replacements back home in New Jersey at the Atlantic County N.J. Facility. I'm happy to say that, with a lot of challenging rehab, that both knees were a complete success.

Meanwhile, I was battling a torn rotator cuff that, after not making any progress with my physical therapist, seemed surgery was inevitable, but I dreaded the rehab. I continued to suffer, unable to sleep on my shoulder, let alone try to exercise and enjoy life. I dreaded the thought of rehab after another surgery, but kept the faith.

I decided to go back to the gym and do what I could, mainly working legs and abs, but it was frustrating to be so limited by not being able to use my right shoulder.

My reason for writing to you is, along this journey of going to the Fitness Center, I met Calli Daniels and told her where I was in my life and the limitations with my right shoulder. I signed up for a 3-lesson plan with Calli and all I can say is "Wow!" I am doing so great with Calli targeting certain exercises that my physical therapist never mentioned to me. I now I have gone on to focus on those exercises and am doing fabulous and CANCELLED my surgery.

I am playing pickleball, bocce, shooting hoops... and feel blessed to have met Calli. Anyone with an ailment that could use some focused supported exercise, I HIGHLY recommend her. My personal success and progress from her dedication is greatly appreciated.





**Pauline Forshee**  
Dietician



## NUTRITION CORNER

**Tuesday, July 16 | 10 am - 11:00 am**

**Topic: Quenching the Thirst:  
Mastering Hydration Strategies**

Do you know how much hydration your body requires? Many factors determine the level of hydration we need; climate, exercise level and deration, age, medications, and overall level of health. In other words, it's very personalized and not a one-size-fits all answer. Join Pauline, registered dietitian and licensed nutrition expert as she addresses this on point topic.

**Tuesday, August 6 | 10 am - 11:00 am**

**Topic: Under the Radar:  
Unmasking Protein-Packed Foods**

Embark on a journey through protein-rich nutrition with Pauline Forshee, RDN, LDN, especially curated for active seniors! Delve into a world where hidden protein sources are uncovered. Gain invaluable insights into the crucial role protein plays in muscle rebuilding and restoration, empowering you to embrace a vibrant, active lifestyle with confidence. Join us today and start your journey towards optimal health and well-being!

**Tuesday, Sept. 10 | 10 am - 11:00 am**

**Topic: Putting Out the Flames:  
Strategies for Reducing Inflammation**

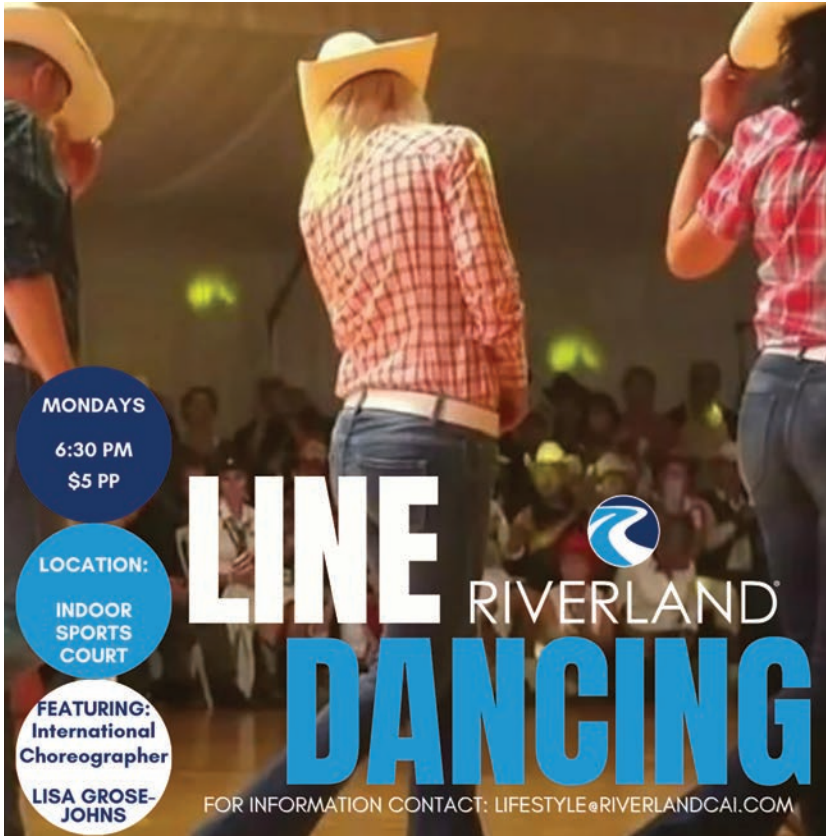
Join Pauline Forshee, RDN, LDN for an enlightening seminar on managing inflammation within an active lifestyle! Inflammation is a natural part of being active, but understanding how to navigate and mitigate it is key to maintaining optimal health. Discover practical strategies and nutrition tips to alleviate discomfort and promote overall well-being. Don't miss this opportunity to gain valuable insights and learn how to embrace your active lifestyle with greater comfort and vitality!

IINBODY



570

# INDOOR SPORTS COURT



**MONDAYS**  
6:30 PM  
\$5 PP

**LOCATION:**  
INDOOR SPORTS COURT

**FEATURING:**  
International Choreographer  
**LISA GROSE-JOHN**

**LINE RIVERLAND DANCING**

FOR INFORMATION CONTACT: [LIFESTYLE@RIVERLANDCAI.COM](mailto:LIFESTYLE@RIVERLANDCAI.COM)

## DAILY SCHEDULE

- **Line Dancing**

Monday: 6:30 pm - 7:30 pm

- **Basketball Open Court**

Monday: 6:00 am - 7:00 am | 12:00 pm - 6:00 pm  
8:00 pm - 10:00 pm

Tuesday: 6:00 am - 7:00 am | 12:30 pm - 5:30 pm

Wednesday: 6:00 am - 7:00 am | 3:00 pm - 6:30 pm

Thursday: 6:00 am - 7:00 am | 12:30 pm - 5:30 pm

Friday: 6:00 am - 7:00 am | 12:30 pm - 10:00 pm

Saturday: 6:00 am - 10:00 pm

Sunday: 6:00 am - 10:00 pm

- **Ping Pong Open Table**

Tuesday: 12:30 pm - 1:30 pm | 3:30 pm - 5:30 pm

Thursday: 12:30 pm - 1:30 pm | 3:30 pm - 5:30 pm

Saturday: 12:30 pm - 5:30 pm

Sunday: 8:00 am - 5:30 pm



- **Ping Pong Club**

Tuesday, Thursday: 1:30 pm - 3:30 pm

- **Volleyball Open Court**

Wednesday: 12:30 pm - 2:30 pm

- **Volleyball Club**

Thursday: 6:00 pm - 8:30 pm

- **Corn Hole Open Play**

Tuesday: 6:00 pm - 8:00 pm

Friday: 8:00 am - 9:00 am

- **Indoor Stick Ball**

Wednesday: 7:00 pm - 10:00 pm



**RIVERLAND WELLNESS & FITNESS CENTER**

**MASSAGE & STRETCH THERAPY**

- Relaxation Massage
- Deep Tissue Massage
- Sports Therapy Massage
- Therapeutic Massage
- Neuromuscular Massage
- Trigger Point Therapy
- Lymphatic Drainage
- Reflexology
- Stretch Therapy

BOOK ON THE RIVERLAND APP  
OR CALL (772) 200-2775



**SAVE THE DATE!**  
**NOVEMBER 9, 2024**



**5 RIVERLAND K**  
**RUN • WALK • ROLL**



RIVERLAND  
 ARTS & CULTURE CENTER

**THE HIGHWAYMEN**  
*One More for the Road*

November 22nd, 2024 | 5:00-7:00 pm  
 Tickets: \$15



Embark upon an exploration of the popular music of the Highwaymen era, featuring the vocal talents of Broadway & cabaret star Avery Sommers, accompanied by musicians from the Pops Orchestra of the Palm Beaches. Enjoy an intimate and eclectic evening of jazz, blues, folk, ragtime and gospel - imagining the time and place of this uniquely Florida exhibit. This will be the final opportunity to view the exhibition curated exclusively for Riverland.

The Highwaymen will be On Exhibit from 10/30 through 11/25 at the Arts & Culture Center.



RIVERLAND

SAVE THE DATE

**HOLIDAY UNDER THE STARS**

THE POPS ORCHESTRA OF THE PALM BEACHES

SATURDAY, DECEMBER 7  
 6:00-8:00 PM  
 ON THE EVENTS PLAZA  
 AT THE ARTS & CULTURE CENTER

# EVENTS AT-A-GLANCE

**Riverland Artisan & Green Market**

October 3 | 3:00 pm - 6:00 pm  
 November 7 | 3:00 pm - 6:00 pm  
 December 5 | 3:00 pm - 6:00 pm

**Riverland Connects Street Party**

October 15 | 5:00 pm - 8:00 pm  
 November 19 | 5:00 pm - 8:00 pm  
 December 17 | 5:00 pm - 8:00 pm

**Opening Reception for Highwaymen Exhibit**

October 30 | 5:00 pm - 7:00 pm

**Fall Festival**

November 2 | Noon - 5:00 pm

**Riverland 5K**

November 9

**One More for the Road - Highwaymen Exhibit Closing Event**

November 22 | 5:00 pm - 7:00 pm

**Pops on the Plaza**

December 7 | 6:00 pm - 8:00 pm

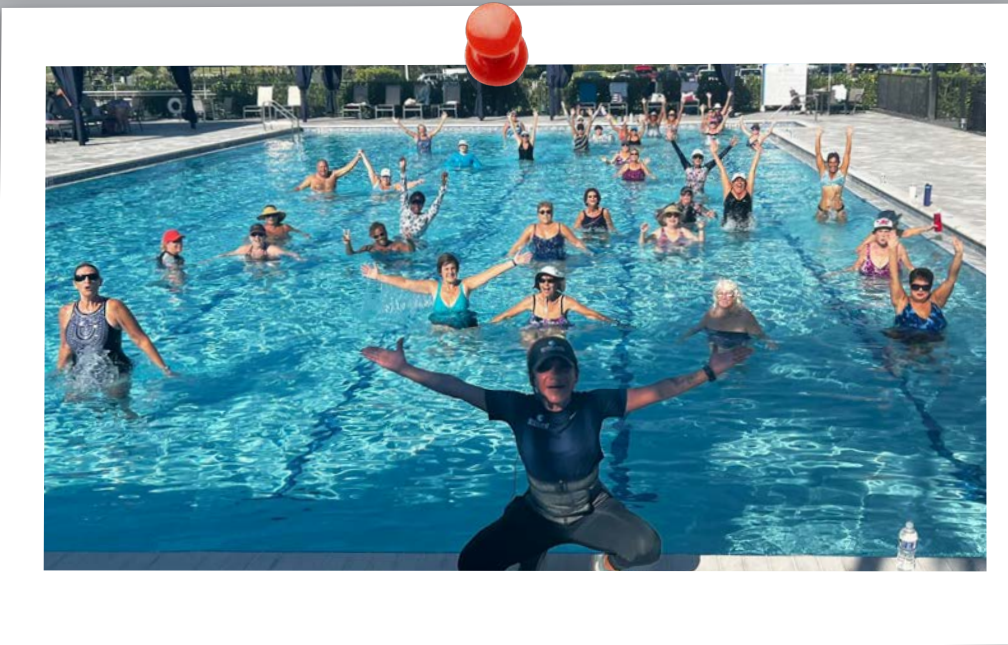
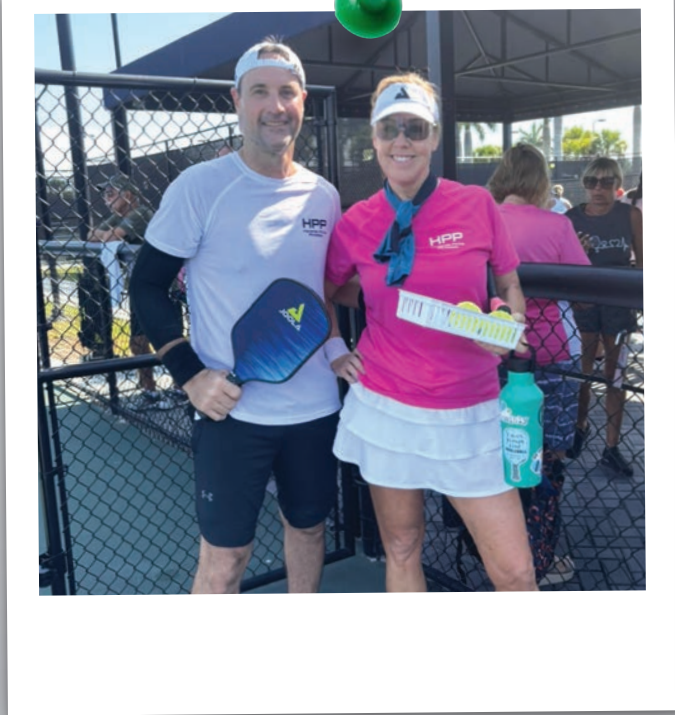
**Riverland Pickleball Invitational**

December 13-15

**Riverland Kids Week**

December 26-30







# RIVERLAND

## H A P P E N I N G S

### SPORTS & FITNESS is EXPANDING!



#### MORE COURTS AT THE SPORTS & RACQUET CLUB!

Expanding to 24 Acres with 53 Pickleball courts including 8 covered, 15 tennis courts, and 20 Bocce courts



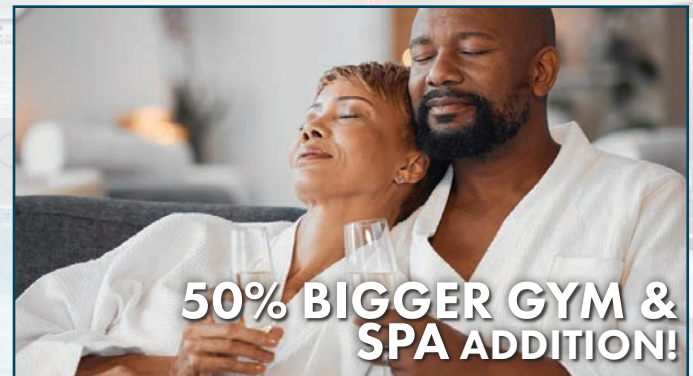
#### THE RIVERFRESH CAFÉ IS UNDERWAY!

Refuel and refresh lounging or on the go! Enjoy healthy menu options to stay on top of your nutrition goals



#### NEW FITNESS HUB IS COMING!

12,000 sq. ft. facility with 5 group fitness studios for Yoga & dance fitness, Pilates with reformers, Spinning, Cross Training, and Bungee Fitness



#### 50% BIGGER GYM & SPA ADDITION!

More workout space and a new state-of-the-art spa to recharge and relax



# RIVERLAND

Visit us at: [www.riverlandcai.com](http://www.riverlandcai.com) | Follow us on Facebook: Riverland Lifestyle



# VALENCIA

V I B E S

## EVENT GUIDE

Your Social Calendar to FUN!

VOLUME 5

Summer 2024



# Valencia Cay Show Series



**July 13 The Ultimate Garth Brooks Tribute**  
**August 9 Boston & Styx Tribute**  
**September 14 Foreigner Tribute Band**

# Comedy Night



Valencia Cay  
**Sept 27 Robin Williams  
Tribute Comic  
Roger Kabler**

Valencia Grove  
**July 12  
Aug 19  
Sept 13**

# Valencia Grove Show Series



**July 19 Petty Nicks Tribute Band**  
**July 27 Old Time Rock and Roll  
with Peter Lemongello**  
**Aug 17 Silent Disco**  
**Aug 30 The Cher Experience**  
**Sept 21 Black-tie Optional –  
Micheal Buble Tribute**

# Outings and Celebrations



Valencia Walk  
**July 20 Abacoa Dinner & Concert**  
**July 21 Sunday Bagel Brunch**  
**Aug 2 Beach Blanket Bingo**  
**Sept 22 Ballroom Merengue Mingle**

Valencia Grove  
**July 4 DJ Pool Party**  
**Sept 2 Labor Day DJ Pool Party**  
**Sept 19 Poolside Karaoke**



# Thirsty Thursday and Sunset Spritzers



Valencia Cay  
**July 18**  
**Aug 15**  
**Sept 19**

Valencia Walk  
**July 18**  
**Aug 22**  
**Sept 26**

# Sunday Funday



Valencia Cay  
**July 7**  
**Aug 4**  
**Sept 1**

Valencia Grove  
**July 7**  
**Aug 4**  
**Sept 1**

Valencia Walk  
**July 21**  
**Sunday Bagel Lunch**

# Singo

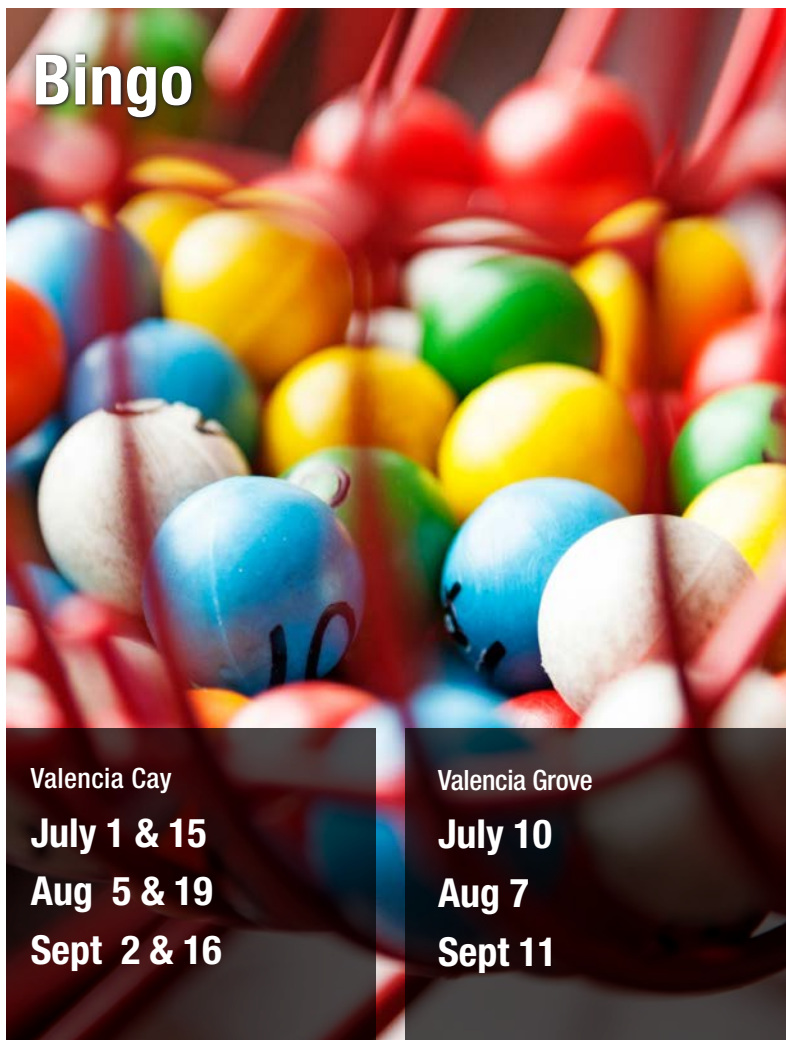


Valencia Cay  
**July 25**  
**Aug 22**  
**Sept 26**

Valencia Grove  
**July 24**  
**Aug 28**  
**Sept 25**

Valencia Walk  
**July 8**  
**Aug 5**  
**Sept 16**

# Bingo



Valencia Cay  
**July 1 & 15**  
**Aug 5 & 19**  
**Sept 2 & 16**

Valencia Grove  
**July 10**  
**Aug 7**  
**Sept 11**



# G R O V E

KITCHEN & BAR



**Grove Kitchen & Bar**  
Ph: 772-212-8186

Monday - Closed

Lunch Hours  
Tues - Sat: 11 am - 3 pm

Dinner Hours  
Tues - Thurs: 5 pm - 8 pm  
Sat - Sun: 5 pm - 9 pm

Happy Hour  
Tues - Sat: 3 pm - 5 pm



**Sunday Bagel Brunch**



**Abacoa Concert**

## VALENCIA WALK SCHEDULE OF EVENTS

- July 15 | Trivia
- July 18 | Sunset Spritzers
- July 20 | Abacoa Dinner & Concert
- July 21 | Sunday Bagel Brunch
- August 2 | Beach Blanket Bingo
- August 19 | Trivia
- August 22 | Sunset Spritzers
- September 22 | Ballroom Merengue Mingle
- September 26 | Sunset Spritzers
- September 30 | Trivia

For information on Valencia Walk events. Contact Beth Kornfield, Valencia Walk Lifestyle Director at [lifestyledirector@valenciawalkhoa.com](mailto:lifestyledirector@valenciawalkhoa.com) or 772-783-0700.



## RIVERLAND

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