COMMUNITY NEWSLETTER | VALENCIA DEL SOL HOMEOWNERS | APRIL - JUNE • 2024



SOUTHSHORE CRUISERS

April 13th

CHELLO BAND May 18th

MEMORIAL DAY POOL PARTY May 27th

COMEDY SHOW WITH ROB LITTLE & MIKE RIVERA

June 20th

TAMPA'S BEST 55+ RESORT-STYLE LIVING



The Club at Valencia del Sol is Located at: 5010 Sevilla Shores Drive, Wimauma, FL 33598 Clubhouse Main Line: (813) 566-0855

GRS Community Management Hours 9:00 a.m – 5:00 p.m. Daily

Community Association Manager Deb Bell Dbell@grsmgt.com • Extension 203

Lifestyle Director Lori Pickel Ipickel@grsmgt.com • Extension 204

Administrative Assistant Milady Leiva Mleiva@grsmgt.com • Extension 0

BISTRO DEL SOL

General Manager/Chef de Cuisine Douglas Grimley Extension 205

> **Chef de Cuisine** Kimberly McKellar Ext. 205

TOTAL HEALTH SYSTEMS

Fitness Director Marni Rudnick info@totalhealthsystemsinc.com (813) 938-6599

RACQUET CLUB

Sports Director Byron Freso 5030 Seville Shores Drive (678) 592-6444 (cell) • pickten.freso@gmail.com



MESSAGE FROM YOUR COMMUNITY ASSOCIATION MANAGER

I am honored to be part of this historic time at Valencia del Sol. Your beautiful community has stepped into its next generation of leadership by fully operating as a member (owner) board

of directors. Now is the opportunity to move from a developed community into a thriving neighborhood offering a lifestyle of fun, fitness and memories with friends and family that will last a lifetime. Thank you for your warm welcome and I look forward to helping make your community the best that it can be!

Please feel free to contact me if you have any questions, or concerns.

Deb Bell Community Association Manager



MESSAGE FROM YOUR LIFESTYLE DIRECTOR

So many fun and informative things are coming up! Our clubs have been increasing, and it's wonderful seeing all of the resident participation! This newsletter is just one of the ways I will keep you updated on what is going on at Valencia del Sol. If you are not receiving

the weekly eblasts, please contact me or come see me. I want to make sure you do not miss out on anything! If you need any assistance, I am always here to help.

Lori Pickel *Lifestyle Director*



MESSAGE FROM YOUR ADMINISTRATIVE ASSISTANT

I am excited to be the Administrative Assistant at Valencia Del Sol. It is my pleasure to be a part of this wonderful and active lifestyle community. My goal is to provide

not only assistance and support to the management group, but also to the residents. I am here to help so please don't hesitate to ask for assistance. I look forward to meeting everyone at Valencia Del Sol!

Milady Leiva Administrative Assistant





RESIDENT SPOTLIGHT DEBBY CLUES

Debby moved to Clearwater, Florida in 1992. She married her husband Sam in 2007 and they moved to Valencia del Sol in 2019.

She actively participates in Zumba, Yoga, Stitch Club, The Ladies Club, Bunco and walks approximately 3 miles on Friday mornings with a group of residents.

Sam and Debby enjoy many of the Lifestyle shows and events and dine at the Bistro. They have taken part in the Bistro's Wine Pairing Dinners and have thoroughly enjoyed them.

Thank you Debby for all of your support here at Valencia del Sol!

HOA EVENTS & ACTIVITIES



COFFEE & CONVERSATION

Tuesday, April 9th & June 11th 11:00 a.m. • Social Hall • Free to Attend

Join your Lifestyle Team for a sneak peek at the upcoming events, activities, Frontsteps and more! Complimentary coffee will be provided. RSVP required. 30 Person Maximum.



Wednesday, April 17th & June 19th 1:30 – 6:30 pm Clubhouse Parking Lot

One Blood will be onsite to receive your blood donations. A link for appointments will be posted to the residents before the blood drive. Please give the gift of blood!



NEW HOMEOWNER ORIENTATION

Thursday, April 18th & June 20th 10:00 a.m. • Social Hall • FREE TO ATTEND

New residents, as well as existing residents, are invited to attend an orientation session with the GRS Community Management team. You will learn all the ins and outs to using the amenities, programs, web systems, property questions, and more. Residents are required to be closed on homes and RSVP in advance to Mleiva@grsmgt.com. Open to existing homeowner's as well!





APRIL



Saturday, April 13th • 7:00 p.m. Social Hall • \$20 per person (plus tax)

Come on out and dance and sing the night away to the new Southshore Cruisers Band. They'll be playing music from the 60s, 70s & 80s. Break out your dancing shoes and let's party! It's always a great time.





K-LUV & THE UNITED FUNK FOUNDATION

Friday, April 26th • 7:00 p.m. Social Hall • \$25 per person (plus tax)

Kim Lovering began an international career singing with Wilson Pickett and Ashford & Simpson. She developed her own act and opened for B.B. King, Spencer Davis Group, Al Green and Toby Keith. Kim created K-Luv & The Unted Funk Foundation performing the biggest hits of the 60s, 70s & 80s. Featured on guitar & vocals is Dave Scott, who has toured with Kool & The Gang, Mark Anthony and Gloria Gaynor. Jeff Nelson plays bass and sings. He toured with the Temptations for over a decade. K-LUV & The United Funk Foundation brought the house down last time they were here! You don't want to miss out!



Medicare Mary

Tuesday, April 23rd • 1:00 p.m. • Social Hall • Free To Attend

Mary Plummer, "Medicare Mary", will be returning to Valencia del Sol to discuss Medicare Advantage Plans, Supplements, Dental, Vision and Hearing. She will also go over what's new for 2024. Please RSVP to Lori (lpickel@grsmgt.com) by April 20th.



HOA EVENTS & ACTIVITIES

MAY



Catherine Hult, Attorney at Law

Wednesday, May 8th 2:00 p.m. • Social Hall Free to Attend

Catherine Hult, Esquire, will be here to discuss Last Wills and Testaments, Revocable Trusts, Durable Power of Attorneys, Health Care Surrogates, Living Wills and Deeds. Attorney Hult will discuss ways to get your affairs in order now so that your legacy goes to your loved ones without court, and the hassle of probate. Please RSVP to Lori by May 6th if you wish to attend.



CHELLO BAND

Saturday, May 18th • 7:00 p.m. Social Hall • \$25 per person (plus tax)

Chello Band is returning to Valencia del Sol with their funk and soul style. They will keep you

moving on the dance floor all night long with some of the best musicians and singers in the Tampa Bay area. Come on out and dance till you drop! Manachial Day

Memorial Day POOL PARTY WITH DJ TANYA LEWIS

Monday, May 27th 12:00 – 4:00 p.m. • Poolside \$5 Per Person (plus tax) to cover the DJ

Join us poolside with DJ Tanya Lewis and have some fun! The Bistro will have food and drink available for purchase and we will be holding a 50/50 raffle to benefit Folds of Honor. Folds of Honor is a nonprofit organization that helps provide the



families of fallen and disabled service members and first responders with educational scholarships. 100% of the 50/50 proceeds will go directly to Folds of Honor and the winner will receive a \$100 Visa Gift Card. For more information on Folds of Honor, please visit their website at: **www.foldsofhonor.org.**



JUNE



Thursday, June 20th • 7:00 p.m. Social Hall • \$20 per person (plus tax)

Rob Little has established himself as one of the funniest, most progressive, comedians in the country. It's easy to understand why *The Detroit Free Press* selected him as the "Best up and Coming Comedian," and he was selected as a feature performer

at the Chicago and Boston Comedy Festivals. Rob was excited to be named Budweiser's "Real Man of Comedy". Last Comic Standing on NBC named him, "The Happiest Comic in America". *Campus Activities Magazine* named him "College Comic of the Year" and *Maxim Magazine* named him "Comedian of the Year".

Mike Rivera has toured the U.S., Europe, and the Caribbean. His fast-paced comedy is packed with clever observations and quick-witted jokes on everything from fatherhood and teaching to relationships. Class is in session when Mr. Rivera takes the stage!





NEW YEAR'S EVE PARTY











RACQUET SPORTS

The hours of operation at del Sol Racquet • Monday – Saturday • 8:00 a.m. – 1:00 p.m.



SPORTS DIRECTOR BYRON FRESO

Growing up in Guyana, Byron Freso has always been playing sports at the top level – whether volleyball, racquetball, or table tennis. Byron has won countless medals as a professional player and is also heavily involved in the sport in other areas as the Team Ambassador for ONIX Pickleball, an IPTPA and PPR certified Pickleball instructor, Head Official APP Professional PB Tour, and is also considered to be one of the top referees in the game.

BENEFITS OF PLAYING PICKLEBALL

Pickleball is a great sport for people of all ages and fitness levels. It is a low-impact activity that can be played at a leisurely pace or at a more competitive level, depending on the players' preferences. Here are some of the benefits of playing pickleball:

1. Cardiovascular Fitness: Pickleball is a great way to get your heart pumping and improve your cardiovascular fitness.

2. Hand-Eye Coordination: Playing pickleball will enhance and improve your reaction time and hand-eye coordination.

3. Socialization: Pickleball is a social sport that can be played with friends and family, providing an opportunity for socialization and connection.

4. Low-Impact: Because pickleball is a low-impact sport, it is easier on the joints than other high-impact sports like tennis or basketball.

5. Improves Balance: Pickleball can help improve balance and stability, which is especially important for older adults.

PICKLEBALL TIP AND STRATEGIES

Mastering the Third Shot Drop: The third shot drop is a crucial shot in pickleball that can help you win points and control the game. To execute this shot, hit the ball with a slight arc so that it drops just over the net and lands in the non-volley zone. This will force your opponents to hit a defensive shot, giving you the opportunity to move up to the net and take control of the point.

Anticipating Your Opponent's Shot: To become a better pickleball player, it's important to anticipate your opponent's shot and position yourself accordingly. Watch their body language, footwork, and paddle position to predict where they're going to hit the ball. This will give you more time to react and make a strategic shot.



TENNIS SCHEDULE • APRIL - JUNE

Register on the Chelsea Reservation System

MONDAY TUESDAY THURSDAY FRIDAY WEDNESDAY Tennis Clinic **Ball Machine Practice** Service Practice **Round Robin Play**

9:00 - 10:30 a.m.

Private Lessons 11:00 a.m.- noon

on Strokes 9:30 - 10:30 a.m.

> Private Lessons 11:00 a.m.- noon

Open Play for Residents 9:00 - 10:00 a.m.

Private Lessons 11:00 a.m.- 1:00 p.m. 9:00 - 10:30 a.m.

Doubles

9:00 - 10:30 a.m.

Private Lessons

11:00 a.m.- noon

Private Lessons 11:00 a.m.- noon

All Tennis clinics require a minimum of four players and a maximum of eight players per session. Cost: \$20 Tennis Pro, Cornelius Brickhouse, can be reached at C Brickhouse@yahoo.com or by cell: 813-765-2632 for further information.

TENNIS TIP: FOOTWORK

Footwork is very important. One of the biggest misconceptions that every player seems to have is they can play tennis without moving their feet. Learning the correct footwork will automatically help fix a lot of mistakes. Make sure you give yourself enough time and space to prepare for your shot so you do not run through the ball.



BOCCE SCHEDULE • APRIL - JUNE

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BOCCE TOURNAMENTS

A flyer with more details will be posted very soon on the ongoing competition against Valencia Lakes and Sun City.

Look out for details about an in-house bocce tournament.

Private, Semi-Private, & Group Lessons Available!

Email PickTen.Freso@gmail.com to schedule private, semiprivate, or group lessons.

CANCELLATION POLICY Must contact the Pro 24-hours before reservation otherwise you will be fully charged.

BOCCE TIP: IMPROVE YOUR GRIP

When learning how to throw a bocce ball, you need to first improve your grip. Grip the balls with just your thumb and forefinger and cradle the rest of it in your palm. This grip will give you some control over the ball without forcefully clutching it. Then use the strength of your index finger and vour thumb to make the actual throw.

BOCCE MEET UPS

Mondays & Wednesdays • 6:00 p.m. and 7:00 p.m.



PICKLEBALL SCHEDULE • APRIL - JUNE

Register on the Chelsea Reservation System

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Play Tier 1-4 Players	Pickleball Boot Camp Tier 2-4 Players	Open Play Tier 1-4 Players	Pickleball Bootcamp Tier 3-4 Players	Private Lessons Tier 1-3 Players	Open Play Tier 1-4 Players
8:00 a.m.– noon	9:00 — 10:00 a.m. Maximum 8 Players	8:00 a.m.– noon	9:00 — 10:00 a.m. Maximum 8 Players	9:00 a.m 4:00 p.m.	8:00 a.m. – noon
Pickleball Boot Camp Tier 3 Players 6:00 – 7:30 p.m. Maximum 8 Players	King of the Court Competition All Tier Levels 6:00 a.m. – 8:00 p.m.	Pickleball Bootcamp Tier 1-2 Players 6:00 – 7:30 p.m. <i>Maximum 8 Players</i>	King of the Court Competition All Tier Levels 6:00 – 8:00 p.m.	Drill with Coach Byron This is an opportunity to meet with Byron to talk about improving your game.	Private Lessons Tier 1-3 Players noon – 4:00 p.m.
	Вс	oot Camp Pricing: \$40 (4	lessons) or \$15 per less	on	

The MLP tournament featured five teams, each comprised of tier 1, 2, and 3 players. After five weeks of intense competition, I am pleased to announce that the league champions were the Golden Gherkins, led by the skilled captain Steve Russell. In second place, we have the Drive or Drop, captained by Jerry Little (JJ), and in third place, the PB Warriors, under the leadership of Robert Sherbert (Trisha's husband...LOL!). Let's also send words of encouragement to the fourth and fifth place finishers, Valencia Dills (David) and Dink Dynasty (Moi) respectively.

Looking ahead, we have several exciting tournaments lined up in the upcoming months. I encourage you to check the whiteboard for more details on the upcoming tournaments and indicate your interest in participating.

Thank you for your dedication and sportsmanship throughout the MLP tournament. Let's continue to show our passion for the game and support each other in future competitions.

Pickleball Rating Sessions – Reserve a time to be rated.

If you are interested in getting rated by Byron, you can sign up with one of the pickleball committee members (Gloria, Tricia or Kathy) or contact Byron directly via text at 678-592-6444. Players are encouraged to have Byron rate their level of play. Players will be able to identify the skills and characteristics necessary for each skill level to be assigned to a Tier.

Are you looking to enhance your skills and knowledge of the game? Look no further than our Pickleball Boot Camps at the Pickleball Pavilion! Our comprehensive training program is designed to take your gameplay to the next level.

During the Boot Camp sessions, you will learn essential techniques such as how to warm up effectively, proper stretching routines, and strategies to prevent cramping during your matches. Additionally, you will master crucial skills like paddle grip variations, court positioning, and effective communication with your teammates. Understanding the rules of the game and perfecting different strokes from serving to the 3rd-shot drop will also be covered in detail.

To participate, simply sign up on the whiteboard located at the Pickleball Pavilion. We encourage all players to register for the following lessons:

- 1-hour Tier 3 lessons at 9 a.m. on Tuesdays
- 1-hour Tier 4 lessons at 9 a.m. on Thursdays
- 1.5-hour Tier 3 lessons at 6 p.m. on Mondays
- 1.5-hour Tier 1/2 lessons at 6 p.m. on Wednesdays

Don't miss this opportunity to elevate your Pickleball game and connect with fellow enthusiasts. Secure your spot now and take your skills to new heights!

PRIVATE LESSONS: Players can sign up for private lessons via email at PickTen.freso@ gmail.com or text 678-592-6444. Sign-ups are based on a first to register basis. Price sheets for private lessons are in the display case at the courts.

Players are encouraged to contact Byron if there are any questions via email at PickTen. freso@gmail.com or test 678-592-6444.

Tier 4:

Learn the Fundamentals of Pickleball: serve, return of serve, basic dinking and blocking.

Tier 3:

Positioning at the No Volley Zone (Kitchen), Cross Court Dinking Lobs and Lob Defense, NVZ Footwork, Third Shot Drop, Strategic Pickleball.

Tier 2 & 1:

Stacking, Strategic positioning on the court, how to play with your partner, resetting the ball into the non-volley zone (kitchen), transition zone play.

PICKLEBALL PRICING

Register by emailing pickten.freso@gmail.com or call/text 678-592-6444. Private Lessons consisting of 1 player: \$40 per hour • Semi-private Lessons of 2-3 players: \$35 per hour/per player All pickleball clinics limited to a maximum of 8 players per session, unless otherwise noted.

Classes with a maximum of 8 players: \$20 per hour/per player • Classes with 4-7 players: \$30 per hour/per player

CANCELLATION POLICY: Must contact the Pro 24-hours before reservation otherwise you will be fully charged.

Valencia del Sol Spa

To Book Your Service: Please call 813-938-6599 or email Info@totalhealthsystemsinc.com

Relaxation Massage \$85 / hour

Gentle massage with a smooth, flowing style that promotes overall relaxation, relieves muscle tension, and improves circulation and range of motion. Uses oil/creme.

Myofascial Release \$85 / hour

This is a "dry massage", as it does not use oil or creme. This treatment ranges from gentle to intense, targeting the connective tissue throughout the body. Myofascial release (MFR) involves applying sustained pressure to an area for a lengthened amount of time. The gentle tension allows for change in the fascia system (targeting the root of the issues, not just the symptoms).

Reiki

\$85 / hour

During this fully clothed session, you will lay on the massage table as the practitioner gently places their hands, palms down, on or just above your body in specific energy locations. Deeply relaxing treatment.

Combination Massage \$95 / hour

Not sure what style you want? Book this type, and we can use different techniques to figure out what type is best suited for you in the future. Detailed intake, discussion of preferences, and combo massage. MFR, relaxation, deep tissue, Reiki.

Deep Tissue \$85 / hour

Slow, specific massage designed to reach your deepest layers of muscle tissue - where they attach to the bone. Uses oil/creme. Improves quality in your overall range of motion, decreases tension.

Swedish Massage \$85 / hour

A gentle and superficial massage, the techniques vary from light to vigorous. These techniques include long gliding strokes, kneading, tapotement, and friction strokes. These strokes are often combined with active and passive movements to create a fluid, relaxing, circulatory-enhanced massage session. The primary benefits are: increased circulation of the blood and lymphatic fluid throughout the body as well as increase joint range of motion.

Deep Tissue Massage \$95 / hour

Intended to affect the tissues that are deep within the body. These techniques include long, sustained gliding strokes, prolonged direct pressure and strokes that travel across the muscles, perpendicular to the muscle fibers. This technique is usually preformed without lotion, and it breaks up the restrictions in the fascia or muscle. These adhesions can form as a result of injury or chronic muscular tension patterns. This may limit movement, create pain, and result in postural compensation patterns.

Neuromuscular Massage Modalities \$95 / hour

Engage in the relationship between the nervous and muscular systems to create reflex responses. The organ systems of the body are separate but very interdependent process. All of the activities of the muscular system depend on the nervous system, which is the main control system of the body. By using the physiological relationship between nerves and muscles, we can change muscle length and kinesthetic perception. This may include techniques such as: Trigger Point, NMT, reflexology etc. This is my specialty and I feel that it gets to the root of many people's muscular problems.



MASSAGE THERAPIST

LAUREN Lauren specializes in therapeutic relaxation massage. Her treatments use a variety of modalities and are catered to each client's needs. She graduated from massage school in 2017 and immediately started working as both a yoga teacher and massage therapist. Her practice and knowledge of the human body blossomed organically and quickly. Her offerings include: Myofascial Release, Reiki, Cupping, Hot Stone, Sports Massage and Deep Tissue Massage.



SCHEDULING Please be prompt for your scheduled appointment. Late arrivals may result in a reduction of service time and you will be charged full price.

POLICIES & CONSIDERATIONS

reschedule your appointment. Please give 24 of our services and it is at the sole discretion hours' notice or you will be charged full price. of the client.

CANCELATIONS At times you may need to GRATUITIES Not included in the cost of any



MESSAGE FROM MARNI RUDNICK

There is a very real connection between our mental health and movement. More than ever, physical activity is so much more than sweating. It's an opportunity to boost your mood, make social connections and be proactive about your emotional and physical wellbeing. We all deserve that. THS will continue to find new, innovative ways to celebrate wellness and reach our entire community with opportunities to move. From fitness classes to personal training and clinics.

I'm proud to say that feedback from Valencia Del Sol has shown that our commitment to fitness does make a difference.

On behalf of our entire team, thank you for continuing to show up, for yourself and for each other.



ANDREW CARO FITNESS INSTRUCTOR

Andrew Caro is a NASM Certified Personal Trainer and Nutrition Coach. He has been working as a Personal trainer since 2020. He specializes in corrective exercise, weight loss, Senior Fitness and nutrition. Andrew's goal is to help his clients achieve better health and a better quality of life. He uses progressive exercise methods to help clients improve their mobility, flexibility and strength.

On his free time he loves spending time with his wife and children!!



JENNIFER PERRY ZUMBA INSTRUCTOR

Jennifer is a professionally trained dance performer, teacher and choreographer certified in Zumba, Zumba toning and Zumba Step instruction. Jennifer utilizes many routines she choreographs and then will mix-n-match to create the perfect workout based upon the age and fitness of each class. She taught Zumba group fitness classes for the University of South Florida for 12 years and at various fitness centers, dance studios, charity and special events, as well as on national tours with dance conventions.



CHRISTINA FONTANA YOGA INSTRUCTOR

Christina is a certified teacher of Yin, Restorative and Yoga Nidra (E-RYT[®] 200, RYT[®] 500, YACEP[®]). She's keen to guide Yoga classes to help find balance, build strength, flexibility and awareness amongst practitioners in a safe and supported environment. Christina's passion is to share the joy of yoga and the freedoms that bring to one's mind and body. She encourages her students to use gratitude, kindness and social connection as part of their yoga practice.





FITNESS CLASS SCHEDULE • APRIL - JUNE

	APRIL		MAY		JUNE
MONDAY Fit Camp Aqua Fit	9:00 a.m. (Fitness Studio) 10:15 a.m. (Pool)	MONDAY Fit Camp Aqua Fit	9:00 a.m. (Fitness Studio) 10:15 a.m. (Pool)	MONDAY Fit Camp Aqua Fit	9:00 a.m. (Fitness Studio) 10:15 a.m. (Pool)
TUESDAY Body Sculpting Zumba Yoga	8:00 a.m. (Fitness Studio) 9:00 a.m. (Fitness Studio) 6:00 p.m. (Fitness Studio)	TUESDAY Body Sculpting Zumba Yoga	8:00 a.m. (Fitness Studio) 9:00 a.m. (Fitness Studio) 6:00 p.m. (Fitness Studio)	TUESDAY Body Sculpting Zumba Yoga	8:00 a.m. (Fitness Studio) 9:00 a.m. (Fitness Studio) 6:00 p.m. (Fitness Studio)
WEDNESDAY Fit Camp Fit Camp Aqua Fit	8:00 a.m. (Fitness Studio) 9:00 a.m. (Fitness Studio) 10:15 a.m. (Pool)	WEDNESDAY Fit Camp Fit Camp Aqua Fit	8:00 a.m. (Fitness Studio) 9:00 a.m. (Fitness Studio) 10:15 a.m. (Pool)	WEDNESDAY Fit Camp Fit Camp Aqua Fit	8:00 a.m. (Fitness Studio) 9:00 a.m. (Fitness Studio) 10:15 a.m. (Pool)
THURSDAY Body Sculpting Zumba Yoga FRIDAY	8:00 a.m. (Fitness Studio) 9:00 a.m. (Fitness Studio) 6:00 p.m. (Fitness Studio)	THURSDAY Body Sculpting Zumba Yoga FRIDAY	8:00 a.m. (Fitness Studio) 9:00 a.m. (Fitness Studio) 6:00 p.m. (Fitness Studio)	THURSDAY Body Sculpting Zumba Yoga FRIDAY	8:00 a.m. (Fitness Studio) 9:00 a.m. (Fitness Studio) 6:00 p.m. (Fitness Studio)
Fit Camp	8:00 a.m. (Fitness Studio)	Fit Camp	8:00 a.m. (Fitness Studio)	Fit Camp	8:00 a.m. (Fitness Studio)

\$32/ Month/ 2x Week • Stretch & Tone \$22/ Month/ 1x a week • Info@totalhealthsystemsinc.com

FITNESS PROGRAMS

AQUA FIT A low impact water aerobics class where no swimming skills are needed, and all fitness levels are welcome! 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 an expert, you will be sure to get a great workout!

BODY SCULPTING Works on the entire body while focusing on mobility, flexibility and core strength.

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) that stabilize the spine and provide support for all movement activities.

ZUMBA A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance-fitness party.

YOGA Yoga is a stretching class with simple breathing exercises. Empower your mind and strengthen your body as you move through a series of poses. Slow paced class for all levels.



The Valencia del Sol Homeowners Association is pleased to have **Sterling Spoon** as our restauranteur. Sterling Spoon combines talented chefs, dedicated employees, and outstanding culinary and financial management to provide Valencia del Sol residents with extraordinary food and hospitality, taking an innovative approach. If you have any questions, please call the Bistro, 813-566-0851.



Our Promise To Our Guests

DEL·SC

We promise an experience where our Guests can relax and enjoy the food and drink they love with people they love, while being cared for as a treasured friend.

Enjoy our full menu options, along with weekly daily specials.

Daily Happy Hour Specials

Join us Tuesday - Saturday 3pm - 5pm

Hours of Operation:

Monday: Closed Tuesday: 11am to 8pm Wednesday: 11am to 8pm Thursday: 11am to 8pm Friday: 11am to 8pm Saturday: 11am to 8pm Sunday: 10am to 2pm

Sterling

CULINARY-MANACEMENT





Contact:

Bistro del Sol (813) 566-0851

SNAPSHOTS































APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 am Pickleball Tier 1-4 9:00 am Fincs Clinic 9:00 am Finc Camp 10:00 am Pottery Club 10:15 am Aquofit 11:00 am Oratery Club 10:01 5 am Aquofit 1:00 am Orated Club 1:00 pm Beche Club 6:00 pm Becginner Spanish Club 6:00 pm Breakeball Bootcamp Tier 3 6:00 pm Bocce Meetup 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup	 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Picklehall Boatcamp Tire 2/3/4 9:30 am Boll Machine Practice on Strokes 10:00 am Advanced Pottery Club 11:30 am Beginner Bridge Club 1:00 pm Reinig Club 1:00 pm Roker Club 6:00 pm Yoga 6:00 pm Men's Poker Club 7:00 pm Ring Pong 7:00 pm Wine Tasting Club 	8:00 am Fit Camp 3 8:00 am Fit Camp 3 8:00 am Pitckleball Tier 1-4 8:30 am Mobil Mammography 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Aquafit 11:00 am Bridge Club 2:00 pm Bridge Club 2:00 pm Bridge Club 6:00 pm Rickleball Bootcamp Tier 1/2 6:00 pm Bocce Meetup 6:30 pm Dealer's Choice Club 6:30 pm Une Dealer's Choice Club 6:30 pm Une Dealer's Choice Club 7:00 pm Bocce Meetup	8:00 am Body Sculpting 9:00 am Zumba 9:00 am Itanis Service Practice 9:00 am Italia Bootamp Tira 3/4 10:00 am Water Volleyball Club 10:00 am Stich Away Club 11:00 am Fanis Private Lessons 1:00 pm Prol Players Club 2:00 pm Rotery Club 2:00 pm Chess Club 6:00 pm RickBeall King of the Court 6:00 pm TNP Club	 8:00 am Fit Camp 5 9:00 am Pickleball Private Lessons - Tier 1-3 9:00 am Round Robin Play Doubles 11:00 am Lennis Private Lessons 10:00 pm Mah Jongg Club 3:00 pm A Crown Affair Club 	8:00 am Pickleball Open Play - Tier 1-4 12:00 pm Pickleball Private Lessons 1:00 pm Pottery Club
7 • 10:00 am Water Volleyboll Club	 8:00 am Pickleball Tier 1-4 9:00 am Tennis Clinic 9:00 am Tennis Clinic 9:00 am Tit Camp 10:00 am Pottery Club 10:15 am Aquafit 11:00 am Omaha Club 1:00 pm Guchre Club 6:00 pm Beginner Spanish Club 6:00 pm Beginner Spanish Club 6:00 pm Bracks Hold'em Club 6:00 pm Bocce Meetup 6:30 pm Card Club 7:00 pm Bocce Meetup 	 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Bootcamp Tire 2/3/4 9:30 am Ball Machine Practice on Strokes 10:00 am Advanced Pottery (Jub 11:00 am Tennis Private Lessons 11:00 am Caffee & Conversation 11:30 am Beginner Bridge Cub 1:00 pm Painting Club 1:00 pm Painting Club 1:00 pm Painting Club 2:00 pm Norme's Book Club 6:00 pm Rickleball King of the Court 6:00 pm Ner's Poker Club 7:00 pm Ping Pong 	8:00 am Fit Camp 8:00 am Fit Camp 9:00 am Fickleball Tier 1-4 9:00 am Teinis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Teinis Private Lessons 1:00 pm Bridge Club 2:00 pm Texes Holdrem 5:30 pm Ladies Club Bingo Night 6:00 pm Texes Moldrem 5:30 pm Ladies Club Bingo Night 6:00 pm Texes Moldrem Fir 1/2 6:30 pm Dealer's Choice Club 6:30 pm Line Dancing Club	8:00 am Body Sculpting 9:00 am Tennis Service Practice 9:00 am Zumba 9:00 am Zumba 9:00 am Pickleball Bootcamp Tier 3/4 10:00 am Water Volleyball Club 10:00 am Sitch Away Club 11:00 am Coffee & Conversation 11:00 am Coffee & Conversation 11:00 am Coffee & Conversation 11:00 am Pontery Club 1:00 pm Pottery Club 2:00 pm Chess Club 2:00 pm Chess Club 6:00 pm TNP Club	8:00 am Fit Camp 9:00 am Pickleball Private Lessons - Tier 1-3 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lessons 1:00 pm Mah Jongg Club 7:00 pm Villa People Club	8:00 am Pickleball 13 Open Play - Tier 1-4 9:00 am Photography 201 12:00 pm Pickleball Private Lessons 1:00 pm Pottery Club 7:00 pm Southshore Cruisers Band
1 4 • 10:00 am Water Volleyball Gub	8:00 am Pickleball Tier 1-4 5 9:00 am Finckleball Tier 1-4 5 9:00 am Finc Clinic 9:00 am Fit Camp 10:00 am Pottery Club 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Evacts Hold'em Club 6:00 pm Faxas Hold'em Club 6:00 pm Brazes Hold'em Club 6:00 pm Brazes Hold'em Club 6:30 pm Card Club 6:30 pm Card Club 6:30 pm Card Club 7:00 pm Bacce Meetup	B:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Pickleball Bootamn Tier 2/3/4 9:30 am Ball Machine Practice on Strokes 10:00 am Advanced Pottery Club 11:00 am Tennis Private Lessons 11:30 am Beginner Bridge Club 1:00 pm Beginner Bridge Club 1:00 pm Roker Club 6:00 pm Roker Club 6:00 pm Neuro Club 6:00 pm Neuro S Poker Club 7:00 pm Bring Pong	8:00 am Fit Camp 7 8:00 am Fit Camp 7 9:00 am Fit Camp Play for Residents 9:00 am Fit Camp 10:00 am Play for IC:00 am Photography 101 10:15 am Aquafit 11:00 am Bridge Club 1:00 pm Bridge Club 1:30 pm Blood Drive 2:00 pm Reide Stub 6:00 pm Leam Spanish Club 6:00 pm Pickleball Bootcamp Tire 1/2 6:30 pm Dealer's Choice Club 6:30 pm Line Dancing Club 7:00 pm Bocce Meetup 7:00 pm Bocce Meetup	8:00 am Body Sculpting 9:00 am Zumba 9:00 am Teinis Service Practice 9:00 am Teinis Service Practice 9:00 am Teinis Service Practice 9:00 am Verter Volleyball Club 10:00 am Water Volleyball Club 10:00 am Stich Away Club 11:00 am Tennis Private Lessons 1:00 pm Prottery Club 2:00 pm Prottery Club 2:00 pm Prottery Club 2:00 pm Prottery Club 6:00 pm Yote Lessons 6:00 pm TNP Club	8:00 am Fit Camp 9:00 am Pickleball Private Lessons - Tier 1-3 9:00 am Round Robin Play Doubles 11:00 am Lennis Private Lessons 1:00 pm Mah Jongg Club 7:00 pm Villa People Club	8:00 am Pickleball 20 Open Play - Tier 1-4 9:00 am Photography 201 1:2:00 pm Pickleball Private Lessons 7:00 pm PAC Lip Synch Battle
21 • 10:00 am Water Volleyboll Club	 8:00 am Pickleball Tier 1-4 22 9:00 am Finis Clinic 9:00 am Fit Camp 10:00 am Pottery Club 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Beginner Spanish Club 6:00 pm Rickleball Bootamp Tier 3 6:00 pm Bocce Meetup 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup 	 8:00 am Body Sculpting 23 9:00 am Zumba 9:00 am Pickleball Pickleball Bootramp Ter 2/3/4 9:30 am Ball Machine Practice on Strokes 10:00 am Advanced Pottery Club 11:00 am Advanced Pottery Club 11:00 am Beginner Bridge Cub 1:00 pm Reiding Club 1:00 pm Nedicure Mary 1:00 pm Nedicure Mary 1:00 pm Nedicure Mary 6:00 pm Rickleball King of the Court 6:00 pm Rick Poker Club 7:00 pm Nen's Poker Club 7:00 pm Nen's Poker Club 7:00 pm Reid Stroker Club 7:00 pm Ring Pong 	8:00 am Fit Camp 8:00 am Fit Camp 9:00 am Fit Camp 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 2:00 pm Texas Hold'em 6:00 pm Ieum Spanish Club 6:00 pm Brickleball Bootcamp Tire 1/2 6:00 pm Bocce Meetup 6:30 pm Bocce Meetup 7:00 pm Bocce Meetup	8:00 am Body Sculpting 25 9:00 am Zumba 9:00 am Zumba 9:00 am Rickleball Bootamp Tira 3/4 10:00 am Water Volleyball Club 10:00 am Stick Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 2:00 pm Pinothe Club 2:00 pm Chess Club 5:30 pm Passaver Seder 6:00 pm Pickleball King of the Court 6:00 pm TNP Club	8:00 am Fit Camp 9:00 am Pickleball Private Lessons - Tier 1-3 9:00 am Round Robin Play Doubles 11:00 am Iennis Private Lessons 1:00 pm Mah Jongg Club 7:00 pm KLuv & The United Funk Foundation	8:00 am Pickleball 27 Open Play-Tier 1-4 9:00 am Photography 201 1:2:00 pm Pickleball Private Lessons 1:00 pm Pottery Club
28 • 10:00 am Water Volleyball Club	 8:00 am Pickleball Tier 1-4 29 9:00 am Tennis Clinic 9:00 am Fit Camp 10:00 am Pottery Club 10:15 am Aquafit 11:00 am Cennis Private Lessons 11:00 am Omaha Club 10:00 am Tennis Private Lessons 10:00 pm Fuchre Club 3:00 pm Photo Club 6:00 pm Begimer Spanish Club 6:00 pm Braxs Hold'em Club 6:00 pm Braxe Hold'em Club 6:00 pm Bccce Meetup 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup 	 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Pickleball Bootamn Tier 2/3/4 9:30 am Ball Machine Practice on Strokes 10:00 am Advanced Pottery Club 11:00 am Beginner Bridge Club 11:00 pm Rointing Club 1:00 pm Poker Club 1:00 pm Poker Club 6:00 pm Yoga 6:00 pm Men's Poker Club 7:00 pm Ring Pong 			Calendar Key	Fitness Bistro del Sol Arts & Crafts Room Social Hall Pool Deck Parking Lot Card Room Courts Event Lawn Game Room Exercise Studio

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR KEY	Fitness Bistro del Sol Arts & Crafts Room Social Hall Pool Deck Parking Lot Card Room Courts Event Lawn Game Room Exercise Studio		8:00 am Fit Camp 8:00 am Fit Camp 8:00 am Fit Camp 9:00 am Ennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Finite Lessons 1:00 pm Firde Lob 2:00 pm Exos Hold'em 4:00 pm Exos Hold'em 6:00 pm Fickleball Bootcamp Tier 1/2 6:00 pm Bocce Meetup 6:30 pm Doelre's Choice Club 6:30 pm Bocce Meetup 7:00 pm Bocce Meetup	8:00 am Body Sculpting 2 9:00 am Zumba 9:00 am Temis Service Practice 9:00 am Mrkkehall Bootcamp Tier 3/4 10:00 am Water Volleyball Club 11:00 am Strich Away Club 11:00 am Strich Away Club 11:00 pm Poole Players Club 2:00 pm Prinze Club 2:00 pm Prinze Club 2:00 pm Prinze Club 6:00 pm Yoga 6:00 pm Tkleball King of the Court 6:00 pm TNP Club	 8:00 am Fit Camp 9:00 am Pickleball Private 1:3 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lessons 1:00 pm Mah Jongg Club 3:00 pm A Crown Affair Club 	 8:00 am Pickleball Open Play- Tier 1-4 9:00 am Pickgeophy 201 12:00 pm Pickleball Private Lessons 1:00 pm Pottery Club
5 • 10:00 am Water Volleyball Club	8:00 am Pickleball Tier 1-4 9:00 am Tennis Clinic 9:00 am Tennis Clinic 9:00 am Vottery Club 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Candha Club 1:00 pm Euchre Club 6:00 pm Beginner Spanish Club 6:00 pm Beginner Spanish Club 6:00 pm Bocce Meetup 6:30 pm Card Club 6:30 pm Card Club 7:00 pm Bocce Meetup	8:00 am Body Sculpting 9:00 am Zumba 9:00 am Zumba 9:00 am Prkleball Prkleball Bootramp Tier 2/3/4 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Advanced Pottery Club 11:00 am Tennis Private Lessons 11:30 am Beginner Bridge Club 1:00 pm Bridge Club 1:00 pm Bridge Club 1:00 pm Reinting Club 6:00 pm Vroga 6:00 pm Prkleball King of the Court 6:00 pm Prikleball King 6:00 pm Prikleball King 6:00 pm Prikleball King 6	8:00 am Fit Camp 8:00 am Fit Camp 8:00 am Fitcleball Tier 1-4 9:00 am Tennis Open Play for Residents 9:00 am Tennis Private Lessons 1:00 pm Bridge Club 2:00 pm Catherine Hult Estate Planning 2:00 pm Texas Hold'em 5:30 pm Ladies Club Bingo 6:00 pm Fickleball Bootcamp Tier 1/2 6:00 pm Bocce Meetup 6:30 pm Bocler's Choice Club 6:30 pm Bocce Meetup	8:00 am Body Sculpting 9:00 am Zumba 9:00 am Tamis Service Practice 9:00 am Pickleball Bootcamp Tire 3/4 10:00 am Water Volleyball Club 10:00 am Stitch Away Club 11:00 am Tanis Pirvate Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Chess Club 6:00 pm Chess Club 6:00 pm Pickleball King of the Court 6:30 pm Performing Arts Club	B:00 am Fit Camp 9:00 am Fit Camp 9:00 am Pickleball Private Lessons - Tier 1-3 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lessons 1:00 pm Mah Jongg Club 6:00 pm TirKleball King of the Court 7:00 pm Villa People Club	8:00 am Pickleball Open Play - Tier 1-4 9:00 am Photography 201 12:00 pm Pickleball Private Lessons 1:00 pm Pottery Club 7:00 pm Comedy Show
12 • 10:00 am Water Volleyball Club • 10:00 am Mother's Day Brunch	 8:00 am Pickleball Tier 1-4 13 9:00 am Tennis Clinic 9:00 am Fit Camp 10:10 am Pottery Club 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Tennis Private Lessons 11:00 am Cuba 6:00 pm Beginner Spanish Club 6:00 pm Beginner Spanish Club 6:00 pm Rexas Hold'em Club 6:00 pm Rexas Hold'em Club 6:00 pm Rexas Hold'em Club 6:00 pm Bocce Meetup 7:00 pm Bocce Meetup 	8:00 am Body Sculpting] 4 9:00 am Zumba 9:00 am Zumba 9:00 am Zumba 9:00 am Tickleball Pickleball Bootamp Tier 2/3/4 9:30 am. Ball Machine Practice an Strokes 10:00 am Advanced Pottery Club 11:00 am Tanis Private Lessons 11:30 am Beginner Bridge Club 1:00 pm Bridge Club 1:00 pm Bridge Club 1:00 pm Rridge Club 7:00 pm Yaga 6:00 pm Burco Club 7:00 pm Ping Pong	8:00 am Fit Camp 5 8:00 am Fit Camp 9:00 am Pickleball Tier 1-4 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:30 pm Blood Drive 2:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Bocce Meetup 6:30 pm Boce Aneetup 6:30 pm Buelar's Choice Club 6:30 pm Buelar's Choice Club 6:30 pm Buelar's Choice Club 7:00 pm Bocce Meetup	8:00 am Body Sculpting 16 9:00 am Zumba 9:00 am Zumba 9:00 am Tennis Service Practice 9:00 am Pickleball Bootcamp Tier 3/4 10:00 am Water Volleyball Club 10:00 am Water Volleyball Club 10:00 am Stirch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Rinachle Club 2:00 pm Rinachle Club 2:00 pm Rinachle Club 6:00 pm Yoga 6:00 pm TNP Club	 8:00 am Fit Camp 9:00 am Fit Camp 9:00 am Pickleball Private Lessons - Tier 1-3 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lessons 1:00 pm Mah Jongg Club 	 8:00 am Pickleball 78 9:00 am Photography 201 1:2:00 pm Pickbell Private Lessons 1:00 pm Pottery Club 7:00 pm Chello Band
19 • 10:00 am Water Volleyball Club	8:00 am Pickleball Tier 1-4 20 9:00 am Tennis Clinic 9:00 am Tennis Clinic 9:00 am Pittery Club 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Tennis Private Lessons 11:00 am Tendhe Club 6:00 pm Beginner Spanish Club 6:00 pm Rickleball Bootcamp Tier 3 6:00 pm Bocce Meetup 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup	8:00 am Body Sculpting 21 9:00 am Zumba 9:00 am Zumba 9:00 am Pickleball Pickleball Bootamp Tier 2/3/4 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Advanced Pottery Club 11:00 am Tennis Private Lessons 11:30 am Beginner Bridge Club 1:00 pm Ridge Club 1:00 pm Ridge Club 1:00 pm Ridge Club 6:00 pm Yaga 6:00 pm Yaga 6:00 pm Kerg Club 7:00 pm Ring Pong	 8:00 am Fit Camp 22 8:00 am FitCdeball Tier 1-4 9:00 am Textdeball Tier 1-4 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:00 am FitCamp 10:00 am Photography 101 10:15 am Aqudit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 2:00 pm Texas Hold'em 6:00 pm Textas Hold'em 6:00 pm Textas Hold'em 6:00 pm Textas Hold'em 6:00 pm Textas Hold'em 6:00 pm Corce Meetup 6:30 pm Line Dancing Club 7:00 pm Bocce Meetup 	 8:00 am Body Sculpting 23 9:00 am Zumba 9:00 am Tennis Service Practice 9:00 am Pickleball Bootcamp 17:a 3/4 10:00 am Water Volleyball Club 10:00 am Stirch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pod Players Club 1:00 pm Pottery Club 2:00 pm Chess Club 2:00 pm Chess Club 6:00 pm Tkgea 6:00 pm Tkgea 6:00 pm TNP Club 	8:00 am Fit Comp 24 9:00 am Fit Comp 24 Private Lessons - Tier 1-3 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lessons 11:00 pm Mah Jongg Club	8:00 am Pickleball 25 Open Play - Tier 1-4 9:00 am Photography 201 1:2:00 pm Pickleball Private Lessons 1:00 pm Pottery Club
26 • 10:00 am Water Volleyball Club	 8:00 am Pickleball Tier 1-4 27 9:00 am Tennis Clinic 9:00 am Fit Camp 10:00 am Pottery Club 10:15 am Aquafit 11:00 am Memorial Day Pool Party with DJ Tanya 1:00 pm Euchre Club 6:00 pm Beginner Spanish Club 6:00 pm Teckheel Bootcamp Tier 3 6:00 pm Cate Club 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup 7:00 pm Bocce Meetup 	 8:00 am Body Sculpting 28 9:00 am Zumba 9:00 am Pickleball Pickleball Bootamp Tier 2/3/4 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Advanced Pottery Club 11:00 am Benins Private Lessons 11:30 am Benine Bridge Club 1:00 pm Roker Club 1:00 pm Ridge Club 1:00 pm Ridge Club 6:00 pm Yaga 6:00 pm Nickleball King of the Court 6:00 pm Kickleball King of the Court 7:00 pm Ring Pong 	 8:00 am Fit Camp 29 8:00 am FitCaleball Tier 1-4 9:00 am FitCaleball Tier 1-4 9:00 am FitCamp 10:15 am Aquafit 1:00 am Bridge Cub 2:00 pm Bridge Cub 2:00 pm Texas Hold'em 6:00 pm Lears Hold'em 6:00 pm Brickleball Bootcamp Tier 1/2 6:00 pm Bocce Meetup 6:30 pm Line Daning Cub 7:00 pm Bocce Meetup 	 8:00 am Body Sculpting 30 9:00 am Zumba 9:00 am Tennis Service Practice 9:00 am Pickleball Bootcamp Tier 3/4 10:00 am Water Volleyball Club 10:00 am Water Volleyball Club 10:00 am Strich Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Chess Club 2:00 pm Chess Club 6:00 pm TNeque 6:00 pm TNP Club 	 8:00 am Fit Camp 31 9:00 am Pickleball Private Lessons - Tier 1-3 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lessons 10:00 am Mah Jongg Club 3:00 pm A Crown Affair Club 	

JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Ke y	Fitness Bistro del Sol Arts & Crafts Room Social Hall Pool Deck Parking Lot Card Room Courts Event Lawn Game Room Exercise Studio					8:00 am Pickleball Open Play Tier 1-4 9:00 am Photography 201 1:2:00 pm Pickleball Private Lessons 1:00 pm Pottery Club
2 • 10:00 am Water Volleyball Club	B:00 am Pickleball Tier 1-4 9:00 am Tennis Clinic 9:00 am Tennis Clinic 11:00 am Tennis Private Lessons 11:00 am Tennis Private Lessons 11:00 am Tennis Private Lessons 11:00 pm Fuckhe Club 6:00 pm Regimer Spanish Club 6:00 pm Recre Meetup 6:00 pm Rocce Meetup 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup	8:00 am Body Sculpting 4 9:00 am Zumba 1:00 am Advanced Pottery Club 1:00 pm Zumba 1:00 am Reginer Zinge Club 1:00 pm Reginer Zinge Club 1:00 pm Reginer Zinge Club 1:00 pm Ridge Club 7:00 pm Ridge Club 7:00 pm Ring Pong	8:00 am Fit Camp 8:00 am Fit Camp 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Pickleball Bootcamp Tier 1/2 6:00 pm Bocce Meetup 6:30 pm Bocre Meetup 6:30 pm Bocce Meetup 7:00 pm Bocce Meetup	8:00 am Body Sculpting 9:00 am Zumba 9:00 am Zumba 9:00 am Fickleball Bootamp Tier 3/4 10:00 am Sirtch Away Club 10:00 am Sirtch Away Club 1:00 am Protex Lub 2:00 pm Protey Club 2:00 pm Protey Club 2:00 pm Protekeball King of the Caurt 6:00 pm TNP Club	8:00 am Fit Camp 7 9:00 am Pitkleball Private Lessons - Tier 1-3 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lessons 1:00 pm Mah Jongg Club 7:00 pm Villa People Club	8:00 am Pickleball Open Play Tier 1-4 9:00 am Photography 101 9:00 am Photography 201 12:00 pm Pickleball Private Lessons
9 • 10:00 am Water Volleyball Club	8:00 am Pickleball Tier 1-4 9:00 am Tiennis Clinic 9:00 am Tier Camp 10:00 am Pottery Club 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Redin Club 6:00 pm Beginner Spanish Club 6:00 pm Rediner Spanish Club 6:00 pm Becker Meetup 6:00 pm Texes Hold'em Club 6:30 pm Bocce Meetup	 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Tickleball Pickleball Bootcam Jier 2/3/4 9:30 am Boll Machine Practice on Strokes 10:00 am Advanced Pottery Club 11:00 am Beginner Bridge Club 11:00 am Beginner Bridge Club 1:00 pm Bridge Club 2:00 pm Voga 6:00 pm Neck Club 6:00 pm Kedsball King of the Court 6:00 pm Ken's Poker Club 7:00 pm Bridge Club 7:00 pm Bridge Club 	8:00 am Fit Camp 8:00 am Fit Camp 9:00 am Fitcdeball Tier 1-4 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bray Hold Club Bingo 5:30 pm Indies Club Bingo 6:00 pm Berar Spanish Club 6:00 pm Brickleball Bootcamp Tier 1/2 6:00 pm Bocce Meetup 6:30 pm Line Dancing Club 7:00 pm Bocce Meetup	 8:00 am Body Sculpting 13 9:00 am Zumba 9:00 am Tennis Service Practice 9:00 am Rickleball Bootcamp Tier 3/4 10:00 am Stich Away Club 10:00 am Stich Away Club 11:00 pm Pool Players Club 2:00 pm Potrey Club 2:00 pm Prinochle Club 2:00 pm Rickleball King of the Curt 6:30 pm Performiong Arts Club 	8:00 am Fit Camp 9:00 am Pickleball Private Lessons - Tier 1-3 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lessons 1:00 pm Mah Jongg Club 7:00 pm Villa People Club	8:00 am Pickleball Open Play Tier 1-4 12:00 pm Pickleball Private Lessons 7:00 pm Boogie fever
16 • 10:00 am Water Volleyball Club • 10:00 am Father's Day Brunch	8:00 am Pickleball Tier 1-4 7 9:00 am Tennis Clinic 9:00 am Tennis Clinic 9:00 am Tir Camp 10:15 am Aquafit 11:00 am Dennis Private Lessons 11:00 am Cucha Club 6:00 pm Beginner Spanish Club 6:00 pm Pickleball Bootcamp Tier 3 6:00 pm Bocce Meetup 6:30 pm Card Club 6:33 pm Christian Fellowship Club 7:00 pm Bocce Meetup	 8:00 am Bady Sculpting 8 9:00 am Zumba 9:00 am Zumba 9:00 am Kickleball Pickleball Boatcam Jire 27/3/4 9:30 am Ball Machine Practice on Stroks 10:00 am Advanced Pottery Club 11:00 am Baginner Brivate Lessons 11:30 am Baginner Bridge Club 1:00 pm Bridge Club 1:00 pm Potker Club 6:00 pm Yolga 6:00 pm Yickleball King of the Court 6:00 pm Men's Poker Club 7:00 pm Men's Poker Club 7:00 pm Men's Poker Club 7:00 pm Ring Pong 	8:00 am Fit Camp 9:00 am Fit Camp 9:00 am Texteledall Tier 1-4 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aqudit 11:00 am Bridge Club 1:30 am Blood Drive 2:00 pm Texas Hold'em 6:00 pm Texas Hold'em 6:00 pm Texas Hold'em 6:00 pm Texas Hold'em 6:00 pm Texas Hold'em 6:30 pm Decler's Choice Club 6:30 pm Bocce Meetup 6:30 pm Bocce Meetup	8:00 am Body Sculpting 20 9:00 am Zumba 9:00 am Tennis Service Practice 9:00 am Tennis Service Practice 9:00 am Homeowner Orientation 10:00 am Homeowner Orientation 10:00 am Water Volleyball Club 10:00 am Stitch Away Club 11:00 am Innis Private Lessons 1:00 pm Pool Players Club 2:00 pm Priochle Club 2:00 pm Prioche Club 2:00 pm The Club	8:00 am Fit Camp 9:00 am Pickleball Private Lessons - Tier 1-3 9:00 am Round Robin Play Doubles 11:00 am Iennis Private Lessons 1:00 pm Mah Jongg Club	8:00 am Pickleball Open Play Tier 1-4 12:00 pm Pickleball Private Lessons 1:00 pm Pottery Club
23 • 10:00 am Water Volleyball Club 30 • 10:00 am Water Volleyball Club	8:00 am Pickleball Tier 1-4 24 9:00 am Tennis Clinic 9:00 am Tennis Clinic 10:00 am Pottery Club 10:15 am Aquafit 11:00 am Dennis Private Lessons 11:00 am Dennis Private Lessons 11:00 pm Exchre Club 6:00 pm Beginer Spanis Club 6:00 pm Rickeball Bootcmp Tier 3 6:00 pm Bacce Meetup 6:00 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Bacce Meetup	 8:00 am Body Sculpting 25 9:00 am Zumba 9:00 am Tickleball Pickleball Bortarm Pirz 7/3/4 9:30 am Ball Machine Practice on Strakes 10:00 am Advanced Pottery Club 11:30 am Beginner Bridge Club 1:00 pm Bridge Club 1:00 pm Tokleball King of the Court 6:00 pm Yoga 6:00 pm Men's Poker Club 7:00 pm Bring Pong 	 8:00 am Fit Camp 26 8:00 am Pitklehall Tier 1-4 9:00 am Tentis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Bridge Club 2:00 pm Bridge Club 2:00 pm Texas Half em 6:00 pm Texas Half em 6:00 pm Text Half en 6:00 pm Rocte Meetup 6:30 pm Learn Sparish Club 6:30 pm Learn Sparish Club 6:30 pm Lore Meetup 6:30 pm Learn Sparish Club 7:00 pm Bocce Meetup 7:00 pm Bocce Meetup 	 8:00 am Body Sculpting 27 9:00 am Zumba 9:00 am Tennis Service Practice 9:00 am Pickleball Bootcamp Tira 3/4 10:00 am Water Volleyball Club 10:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Checkle Club 2:00 pm Checkle Club 6:00 pm Tickleball King of the Court 6:00 pm TNP Club 	 8:00 am Fit Camp 9:00 am Pitcleball Private 9:00 am Round Robin Play Doubles 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lessons 1:00 pm Mah Jongg Club 	8:00 am Pickleball Open Play Tier 1-4 12:00 pm Pickleball Private Lessons

CLUB BEAT



Below is a listing of current clubs and the number is quickly growing! Clubs are open to all! If you are interested in any of the following clubs or would like to start a new club, please contact Lori at lpickel@grsmgt.com.

A Crown Affair Club Barry Klein Bk85@comcast.net

Allied Forces Veterans Club JFVG@yahoo.com

Bridge Club Mark Molitch Molitch@northwestern.edu

Bunco Club Lynne Hock Lynne.hock@yahoo.com

Card Club Nancy Kindness Nankindness@gmail.com

Chess Club Matt Pellenberg matthewsethp@gmail.com

Chinese Folk Dance Club Sally Zeng xsallyzeng@gmail.com Jane Feng qianfeng800@gmail.com

Christian Fellowship and Bible Study Judy Riley Sriley0424@outlook.com

Cigar Club James (Smokey) Knudsen vdscigarclub@gmail.com

Club Royal Charlene McLain clmchope7@gmail.com

Day Trippers Club Kathy Johns Kat52554@aol.com

Dealer's Choice Club Jeffrey Saltzer Saltman200@gmail.com **Emergency Operations Club** Tonya Mull tonyamull2@gmail.com

Euchre Club Greg Ewing Ewing2714@gmail.com

Golf Cart Club Tonya & Larry Mull Tonyamull2@gmail.com

NEW: Grape-NUTS Wine Tasting Club Jay Gellman Jsgellman@yahoo.com

Jewish Culture Club vdsjcc@gmail.com

JULIET Club (Just Us Ladies Into Eating Together) Cheryl Lesko JulietatVDS@gmail.com

Ladies' Club Kathy Johns Kat52554@aol.com

NEW: Lecture Series Club Mark Molitch Molitch@northwestern.edu

Line Dancing Club Linda Porter Linda.j.porter7@gmail.com

Mah Jongg Club Gwyn Gordon Perftrip@aol.com

Omaha Club Andy Cherry wacherry7@yahoo.com

Painting Club Inger Ames Ingerames@yahoo.com Performing Arts Club VDS.PAC@gmail.com

Photography 101 Club Tony Lesko Tlesko1960@gmail.com

Intermediate/Advanced Photography Club Sam Clues Sambrookclues@gmail.com

Ping Pong Maria Diamandis diamandis15689@gmail.com Flor Santana 347-536-9833

Pinochle Club Nancy Kindness Nankindness@gmail.com

Men's Poker Club (*Mixed Poker Games for Men*) Sam Napolitano comizano418@aol.com

Men's Pool Players Club Barry Hock Bihock7@gmail.com Gary Stalter Gdstalter@gmail.com

Beginner Pottery Class Diana Stevenson Stevend39@comcast.net

Pottery Club Ralph Belcher Merkinrwb@tampabay.rr.com

Robin Hoods Club Anthony Lesko Tlesko1950@gmail.com

ROMEO Club (Retired Old Men Eating Out) Tony Lesko Tlesko1950@gmail.com **Beginner Spanish Club** Ileana Turner Ileana.turner@gmail.com

Spanish Club Ileana Turner Ileana.turner@gmail.com

Stitch Away Club Judy Walker Needlewoman2668@comcast.net

Texas Hold'em Club Greg Ewing Ewing2714@gmail.com Jeffrey Saltzer Saltman200@gmail.com

TNP Club • Texas Hold'em (*Thursday Night Poker for Men*) John Almonte hotshooter33@yahoo.com Steve Bargender jabargender@gmail.com

Tuesday Afternoon Men's Poker Club Marv Silverman Franandmarv@yahoo.com

Villa People Club Anthony Lesko Tlesko1950@gmail.com

Vintage People Club Lynn Turchiarelli moylynn1@hotmail.com

Water Volleyball Robert Burns Robert.burns.3rd@gmail.com

WeCare Network Judy Riley Sriley0424@outlook.com

Women's Book Club Lee Lathbury Leelathbury@gmail.com