

TALK OF THE TRAILS

JANUARY - MARCH 2025 ISSUE

ABSOLUTE
QUEEN

THE BRITINS

Flat Friday
MARDI GRAS PARTY
WITH THE DUELING PIANOS

*St. Patrick's
Day Show*
WITH CLIFF ERICKSON

CONTACT INFORMATION

VALENCIA TRAILS

11880 Majestic Trails Blvd, Naples FL 34120

Clubhouse Main Line

239-359-6950

GRS Community Management Hours

9 a.m. – 5 p.m. Monday - Friday

www.valenciatrailshoa.org | valenciatrails.thundertix.com

Property Manager

Lori Nixon | lnixon@grsmgt.com

Lifestyle Director

Carri Adam | cadam@grsmgt.com

Club Facility Manager

Stephen DiGuardi | sdguardi@grsmgt.com

Administrative Assistant

Frances Monegro | fmonegro@grsmgt.com

Resident Services Specialist

VTresidentservices@grsmgt.com
Bryce Nelson | bnelson@grsmgt.com

GATHER RESTAURANT & BAR

Food & Beverage Director

Dana Roberson
Dana@gathertrails.com

Executive Chef

Debra Bicknese
debra@gathertrails.com

TOTAL HEALTH SYSTEMS

Fitness Operations Director

Mami Rudnick | info@totalhealthsystemsinc.com

RACQUET CLUB & BOCCE

Director of Racquets and Bocce

Doyle Springett
Valenciatrailshop@gmail.com

THE SPA AT VALENCIA TRAILS

Owner

Christin Bones | admin@u-topiaspa.com

Upcoming

ONSITE EVENTS



Fresh Catch Fish Company
Every Tuesday 12-1 pm



Better Than A Bistro
10 am - 2 pm
January 10th & 24th
February 7th & 21st
March 7th & 21st



Knife Sharpener
January 16th | 1- 5 pm



Mobile Bike Medic
January 22nd, February 19th
& March 19th | 10 am
(Appointments Required
via their website)

Save the Dates 2025

Friday, January 17th | 2:00 p.m.

**Coffee and Conversation
with GRS Management**

Thursday, January 23rd | 11:00 a.m.

Meet the Candidates Zoom Meeting

Friday, January 31st | 11:00 a.m.

**Special Meeting of the Members
(Turnover Election)**

April 5th | **Party Like A Rockstar**

**End-of-Season Party starring
Start Me Up: The Rolling Stones Tribute**

May 3rd | **Kentucky Derby Party**

July 4th | **Fourth of July Party**

**Disclaimer: all events and activities are subject to change and additional activities and events may be added to the calendar.*



A Message from Your

PROPERTY MANAGER | Lori Nixon

Happy 2025 Valencia Trails! I hope those of you who attended our "Night in Paris" New Years Eve Party had a spectacular evening!

This year we will be transitioning to a homeowner board and our entire team is looking forward to making this transition as smooth as possible! Each of my staff members has an important role in serving our homeowners and I would like to thank each of them for their hard work and dedication.

With the turnover fast approaching on February 1st, please be aware of our January 17th Coffee & Conversation meeting with GRS Management at 2 pm, our Meet the Candidate Zoom Meeting on Thursday, January 23rd at 11 am and our

Special Meeting of the Members (Turnover Election) on Friday, January 31st at 11 am.

I'm sure all of you know we have a new Lifestyle Director, Carri Adam! I am very excited to have her on our team! In the upcoming months, be prepared to be wowed! Carri's talent and creativity speaks for itself so be sure and register early for events so you don't miss out!

Let's make this year the best yet!

Take Care,
Lori Nixon
Property Manager (LCAM, CFCAM)



A Message from Your

HOA PRESIDENT | Tambra Wolfe

Happy New Year!!! I hope everyone enjoyed the holidays and are looking forward to 2025. We experienced another fabulous year at Valencia Trails. As of year-end 2024, we are 96% sold out and we have closed 295 homes bringing us to 784 homes closed project to date. We reached the 90% closed home mark which leads us to the turnover of the homeowners' association to the homeowners in the first quarter. As you all know, you will be electing your first homeowner board of (3) members which will be the start of the homeowners operating the homeowners' association – this is an exciting time!

We are proud of all that Valencia Trails has become and the beautiful community that you all call home. As season is here, I hope you all are ready to have fun! Carri Adam is leading our

lifestyle and there is something for everyone. There are shows, parties, dinners, dances, fitness classes along with pickleball, tennis, bocce and more. It's amazing to see the many friends being made and everyone enjoying the spectacular lifestyle! It's clear that Valencia Trails is Collier County's best active adult community!

There are limited homes available, but friends and family can still purchase, so hurry as time is running out!

I've enjoyed working with all of you and thank you for the opportunity!

Cheers!
Tambra Wolfe
HOA President



New 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 to RSVP in advance to vtresidentservices@grsmgt.com.

Wednesdays | 11 am | Social Hall
January 8th (due to New Years Day)
February 5th
March 5th

January EVENTS



Ladies Lunch Bunch at Bayside Seafood Grill

Wednesday, January 15th | 12 pm | Offsite
Lunch at your own expense.

Registration Deadline January 12th

Join your fellow ladies in the community for our first Ladies Lunch of the New Year at the always fabulous Bayside Grill in the Village on Venetian Bay. One of Naples's most beloved waterfront restaurants, they specialize in creative and superbly prepared seafood, oak grilled steaks and chops and pasta dishes. Separate checks for each lady with limited seating available. Limited to 35 ladies.

Secure Your Identity & Protect Yourself Against Fraud/Scam Crime Prevention Seminar

Tuesday, January 14th

4 pm | Social Hall

No Charge to attend.



Join members of the Collier County Sheriff's Office for this complimentary seminar. Learn what to do if your driver's license, Social Security card or credit card have

been stolen and you are at risk of identity theft. In addition, with many residents traveling year-round, CCSO wants to remind you how to properly secure your homes, garages and vehicles.



Shopper's Market

Friday, January 17th

11:00 am-2 pm

The Club Parking Lot | No
charge to attend.

Join us for our monthly shopper's market right here in the comfort of your own neighborhood. Various local vendors will have booths ranging from clothing, jewelry, cosmetics, and more!

**ABSOLUTE
QUEEN
CONCERT**

Saturday, January 11th | 8 pm

Social Hall | \$35 (plus tax)

Registration Deadline January 5th

Absolute Queen showcases multiple harmonies live that you hear on the real Queen records but sung by Absolute Queen. Their attention to detail is astounding and you have to experience them performing "Bohemian Rhapsody" live to truly appreciate the incredible performance of this masterpiece song as Queen envisioned it. Lead singer Martyn Jenkins delivers the incredible energy and vocal range that made Freddie Mercury one of the greatest frontmen of all time. The show is more than just a Queen tribute band, the music and stage production will blow you away!

Reservations are required for all events. To RSVP, go to www.valenciatrailshoa.org or visit Resident Services.

First Aid & CPR/AED Training

Wednesday, January 22nd

9:30 am | Social Hall | \$10

A member of the Greater Naples Fire Rescue will be onsite to teach you how to give CPR, how to use an AED and how to revive choking in a safe, timely and effective matter. You will learn lifesaving skills from an expert in a short time frame.



Golden Paws Visit

Friday, January 24th | 10 am | Offsite

Donation requested at conclusion of visit.

Registration Deadline January 19th

Golden Paws Assistance Dogs provides highly skilled service or assistance dogs to combat wounded Veterans, first responders and children with life-changing disabilities. Join us at their State-of-the-Art training academy on Pine Ridge Road and learn more about this organization and what they do. You will even meet some of their dogs in training. Limited spots are available so register early if you want to attend. Presentation time is 75-90 minutes.



Aloha Lane Creations Craft Class

Wednesday, January 29th

2 pm | \$29 | Arts & Crafts Studio

Registration Deadline January 26th

Join us for a fun and creative painting class where you'll make a charming reversible sign!

This double-sided decor piece features 'LOVE' on one side, perfect for Valentine's Day or adding a touch of romance year-round, and 'LUCK' on the other, bringing a festive touch for St. Patrick's Day. Whether you're a beginner or experienced painter, you will be guided step-by-step, providing all materials and plenty of inspiration. Gather with friends, unleash your creativity, and take home a versatile piece that celebrates both love and luck!

Romeo Lunch (Retired Old Men Eating Out)

Thursday, January 30th | 12 pm

Cooking Studio | Lunch at your own expense.

Registration Deadline January 26th

Who says only the ladies can "lunch"? Join us in the Cooking Studio as we host our first ROMEO Lunch Group for the men in the community. Lunch will be provided by Gather and will be at your own expense (You will pay that day). Register early as only twenty seats are available for this luncheon.

Bingo Night

Thursday, January 30th | 6 pm

Social Hall | \$15 for one card or \$25 for two

Registration Deadline January 26th

Get ready for a fun-filled evening at our Bingo Night! Come and join your friends for an exciting night of classic bingo. Enjoy ten lively games, with plenty of chances to win gift cards! The social hall bar will be available for purchase.



A NIGHT OF COMEDY & VENTRILOQUISM with David Malmberg

Saturday, January 25th | 8 pm | Social Hall | \$25 (plus tax)

Registration Deadline January 19th

Comedy, voice tossing, storytelling and music encompasses The David Malmberg Show. A veritable cornucopia of entertainment that will keep you talking and laughing for some time to come. The wisecracking antics of the lovable Simon Spencer, America's grouchiest farmer, Leonard Cribble and the totally clueless Lars Gundersen, provide one sizzling laugh after another.

Reservations are required for all events. To RSVP, go to www.valenciatrailshoa.org or visit Resident Services.

February EVENTS



Saturday, February 1st

8 pm | Social Hall | \$35 (plus tax)

Registration Deadline January 26th

On February 9, 1964, America was introduced to a phenomenon that would ultimately change rock and roll forever. That group was called The Beatles. Milwaukee's very own The Britins recreate the era that influenced so many top groups and artists today. Join The Britins as they play hits from the Fab Four, from "Love Me Do" to "Let It Be". Follow along on a Magical Mystery Tour of sights and sounds through that remarkable era of the 1960's, recreated with authentic Beatles gear and costumes.



Superbowl Watch Party

Sunday, February 9th

6:00 pm | Social Hall | No charge to attend.

Registration Deadline February 2nd

What is better than football and friends? Join us for the biggest game of the year on the BIG SCREEN! Gather will be offering food, and drink specials for purchase. We will also put some games out for some friendly competition with your neighbors!

Active Shooter Presentation

Wednesday, February 12th

4:00 pm | Social Hall | No charge to attend.

With outbreaks of violence happening around the world, we make it a priority to keep you informed and able to protect yourself in case you ever encounter or be involved in such an unfortunate event. Members of the Collier County Sheriff's office will be presenting vital information about active shooters and hostile situations entitled "Run, Hide, Fight". We encourage all residents to attend this important information session!



Fat Friday Mardi Gras Celebration with the REAL DEAL DUELING PIANOS



Friday, February 7th | 7:00 pm | Social Hall

\$25 (plus tax) *Registration Deadline January 31st or before Sell Out*

Fat Tuesday falls late this year so we are going to get a jump start on Mardi Gras with our Fat Friday Celebration featuring the Real Deal Dueling Pianos. Grab a Hurricane drink from the bar and make your way to your table for a night of entertainment, you won't soon forget. This all-request show is part comedy, improv, music, karaoke and audience interaction so it's never the same show twice!

Reservations are required for all events. To RSVP, go to www.valenciatrailshoa.org or visit Resident Services.

Galentine's Day Ladies Fashion Show

Thursday, February 13th | 11:30 am | Social Hall | \$35

Registration Deadline February 9th

Galentine's Day is a global holiday that celebrates women's friendship. What better way to celebrate than with a Fashion Show featuring our ladies and fashions from Rebecca's Ladies Fashions & Accessories in Mercato? Gather will be providing the lunch. Additional vendors will be onsite as well so don't forget your credit card!

Empty Bowls Paint Party

Wednesday, February 19th

3 pm | Arts & Crafts Studio

\$10 to paint a bowl | \$35

paint a bowl & keep

Registration Deadline February 12th



We are pleased to partner with Empty Bowls of Naples, a local charity that helps eliminate hunger in our community, for this fundraising event. You won't want to miss this great opportunity to paint with a purpose.

Shopper's Market

Friday, February 21st | 11:00 am-2 pm

The Club Parking Lot | No charge to attend.

Join us for our monthly shopper's market right here in the comfort of your own neighborhood. Various local vendors will have booths ranging from clothing, jewelry, cosmetics, and more!

First Aid & CPR/AED Training

Wednesday, February 22nd

9:30am | Social Hall | \$10

A member of the Greater Naples Fire Rescue will be onsite to teach you how to give CPR, how to use an AED and how to relieve choking in a safe, timely and effective matter. You will learn lifesaving skills from an expert in a short time frame.

Romeo Lunch (Retired Old Men Eating Out)

Thursday, February 27th

12 pm | Cooking Studio | Lunch at your own expense.

Registration Deadline February 23rd

Who says only the ladies can "lunch"? Join us in the Cooking Studio as we host our monthly ROMEO Lunch Group for the men in the community. Lunch will be provided by Gather and will be at your own expense (You will pay that day). Register early as only twenty seats are available for this luncheon.

Bingo Night

Thursday, February 27th | 6 pm

Social Hall | \$15 for one card
or \$25 for two

Registration Deadline February 23rd



Get ready for a fun-filled evening at our Bingo Night! Come and join your friends for an exciting night of classic bingo. Enjoy ten lively games, with

plenty of chances to win gift cards! The social hall bar will be available for purchase.



COMEDY NIGHT

WITH KAREN RONTOWSKI & GARY DELENA

Friday, February 21st | 8 pm | Social Hall | \$35 (plus tax)

Registration Deadline February 16th



David Brenner says, "Even if you can't spell **Karen Rontowski**, you'd better remember it, because she is GREAT!" Ms. Rontowski describes herself as having an optimistic outlook; everything is coming up roses when you talk to Karen. So, what if her therapist says she is in complete denial. The truth is, when it comes to her standup comedy career, everything is coming up roses, or at least laughter.

Gary Delena is a singing impressionist, an accomplished musician and a comedian. His show mixes musical parodies, good-natured clowning and the ability to befriend the room by simply chatting. Gary's musical career had taken him on global tours, sharing the bill with acts like Kenny Rogers, Tom Jones, Frankie Valli, Chicago, Huey Lewis & the News, Olivia Newton-John and Melissa Manchester. Currently touring the world as a musical comedian, Gary was discovered by Rodney Dangerfield and Jackie Maso in New York City in the 80's. He has performed with Ray Romano, Kevin James, Alan King, Robet Klein and Jerry Seinfeld.

Reservations are required for all events. To RSVP, go to www.valenciatrailshoa.org or visit Resident Services.

March EVENTS



Living with Bears Presentation

**Tuesday, March 4th | 4 pm
Social Hall | Free**

Join Chris Boyce, South Florida Bear Biologist with the Florida Fish and Wildlife Conservation Commission for this complimentary seminar. Chris will review basic bear biology, the history of bears in the state, bear safety and what to do when you see a bear, how to secure attractants in your community and how to scare bears away from the community. Learn how to safely coexist with these majestic animals.



Love The Pearls Ladies Luncheon & Presentation

**Thursday, March 13th
12 pm | Social Hall | \$35**

Registration Deadline March 7th

Our speaker, Mike Brennan, will deliver this entertaining, informative and fun new presentation about the wonderful world of pearls. There will also be plenty of time to shop a huge collection of pearl jewelry, including new designs at incredible savings direct from the producer. Each attendee will receive a classic pair of pearl stud earrings. Lunch will be provided by Gather and raffle prizes will be given! Wear your little black dress & join us!



Friday, March 7th | 8 pm | Social Hall | \$35 (plus tax)
Registration Deadline March 2nd

Renegade is a classic rock tribute band that takes you back to the best of Classic Rock. This rockin' six-piece band covers the greatest artists from the greatest era of rock and roll. With classic hits from The Doobie Brothers, Styx, Fleetwood Mac, Led Zeppelin, Linda Ronstadt, Janis Joplin, The Doors, Heart and many more, Renegade has it covered! From the powerful and dynamic vocals of Marisa Kirckof to the thunderous drumming of Todd Paige, this group of fine singers and musicians will blow you away with their versatile vocals, legendary guitar solos and classic riffs.

St. Patrick's Day Celebration

WITH

CLIFF ERICKSON

**Monday, March 17th
6:30 pm | Social Hall | \$10**

Registration Deadline March 9th



Cliff Erickson is considered one of the finest acoustic performers throughout the Midwest and southwestern Ontario. From cruise ships in the Greek Isles to venues across the U.S. and Canada, Cliff has electrified audiences for over 30 years. Cliff has opened for Kenny Rogers, The Beach Boys, Wynona Judd and America and was even invited to entertain at Kid Rock's birthday party. Cliff can play any song on his acoustic guitar so bring your song requests and join us on St. Patrick's for a few Irish songs and all your favorites. Gather will be offering a traditional St. Patrick's Day Dinner from 4-6:30pm, so you can dine before the show if you want but you will need to make dinner reservations direct with them. The bar will be open for drink purchases during the show.

Reservations are required for all events. To RSVP, go to www.valenciatrailshoa.org or visit Resident Services.



CHICAGO REWIRED *Live*

Friday, March 21st | 8 pm

Social Hall | \$35 (plus tax) | Deadline March 16th

Chicago Rewired – The Premier Chicago Tribute Band – is a tribute to “Chicago” – one of the lonest running, most successful pop/rock groups in history with record sales topping 100,000,000 including 21 top 10 singles, 5 consecutive number one albums, 11 number one singles and 5 gold singles. The eight-piece band comprises a unique blend of talented and seasoned musicians joining forces with the common goal of accurately replicating the timeless music of “Chicago” with songs like “Saturday In The Park”, “You’re The Inspiration” and “Hard Habit to Break” – the soundtrack to great memories for so many people.

Big Red Bus Blood Drive

Tuesday, March 25th | 10am-3pm

Clubhouse Parking Lot

We are once again teaming up with Oneblood to host a community blood drive. Blood donation is an act of solidarity and altruism, and what better way to give back to the community than by donating a gift that can save lives. Let’s make this one count by saving one life at a time! Registration is required.

Romeo Lunch (Retired Old Men Eating Out)

Thursday, March 27th | 12 pm

Cooking Studio | Lunch at your own expense.

Registration Deadline March 23^d

Who says only the ladies can “lunch”? Join us in the Cooking Studio as we host our monthly ROMEO Lunch Group for the men in the community. Lunch will be provided by Gather and will be at your own expense (You will pay that day). Register early as only twenty seats are available for this luncheon.

Bingo Night

Thursday, March 27th | 6 pm

Social Hall | \$15 for one card or \$25 for two

Registration Deadline March 23^d

Get ready for a fun-filled evening at our Bingo Night! Come and join your friends for an exciting night of classic bingo. Enjoy ten lively games, with plenty of chances to win gift cards! The social hall bar will be available for purchase.



Shopper's Market

Friday, March 21st

11:00 am-2 pm

The Club Parking Lot

No charge to attend.

Join us for our monthly shopper's market right here in the comfort of your own neighborhood. Various local vendors will have booths ranging from clothing, jewelry, cosmetics, and more!



Ladies Night Out with The Haute Hatter

Friday, March 28th | 5:30 pm | Arts & Crafts Studio

\$80 | Registration Deadline March 21st

The Haute Hatter is SW Florida's first mobile hat bar experience. Choose a straw, wide brim rancher or western stye hat along with a long list of embellishments to create the perfect hat for you or a loved one! Maybe you can even wear your new hat to the Kentucky Derby Party on May 3rd. Space is limited to twenty attendees.

Reservations are required for all events. To RSVP, go to www.valenciatrailshoa.org or visit Resident Services.



GATHER

RESTAURANT & BAR



LUNCH

Grab & Go Tuesday with Full-Service Bar
 Wednesday - Sunday | 11 am – 5 pm

DINNER

Wednesday - Sunday | 5 – 9 pm

OUTDOOR POOL BAR

Wednesday – Sunday | 11 am – 9 pm

HAPPY HOUR

Thursday – Saturday | 3 – 6 pm
 Sunday | 2 – 5 pm

Gather Brunch

Every Sunday | 11 am – 2 pm

EVERY WEDNESDAY

Pre-fix Menu



Every Thursday

1st Thursday

Asian

3rd Thursday

Comfort Food

2nd Thursday

Chilled Seafood

4th Thursday

Mexican

EVERY FRIDAY
 ALL DAY

Flatbreads
 & Sangria



Starts at 5 pm

EVERY SUNDAY

Starts at 5 p.m.

Off the
 Smoker



SPECIAL EVENTS

New Years Day

BRUNCH BUFFET

Wednesday, January 1st
11 am - 2 pm | \$25

Start the New Year off with us at Gather with a Special New Year's Day Brunch Buffet.

New Year, New Me

HAPPY HOUR

Friday, January 17th
5 - 7 pm | No Charge to Attend

Join us to celebrate the start of a New Year and new season here at Valencia Trails. Gather will offer food and drink specials and provide live entertainment.

Wine Dinner

Tuesday, January 28th & Tuesday, March 11th
6 pm | Gather

Experience the perfect pairing of exquisite wines and delectable cuisine at our Wine Dinner event.

Savor a thoughtfully curated selection of fine wines, each chosen to complement a multi-course menu crafted by our talented chefs.

Valentine's DATE NIGHT

Friday, February 14th | 5 - 9 pm

Celebrate your sweetie right here on property. Make reservations for dinner in Gather! The normal menu will be offered along with a few dinner specials. Background music will also be provided.



CHEF DEBRA'S COOKING CLASSES



Pasta Class

Sunday, January 19th
2 pm | Cooking Studio | \$45

Registration deadline: January 12th
Participation: Maximum 24

Chef Deb will teach you how to make pasta from scratch! The class will include light bites and adult beverages.



Monsters of the Sea

Sunday, February 23rd
2 pm | Cooking Studio | \$45

Registration deadline: February 17th
Participation: Maximum 24

Chef Deb will teach you everything you need to know about the ins and outs of butchering squid, octopus and fish. The class will include complimentary adult beverages and light snacks.



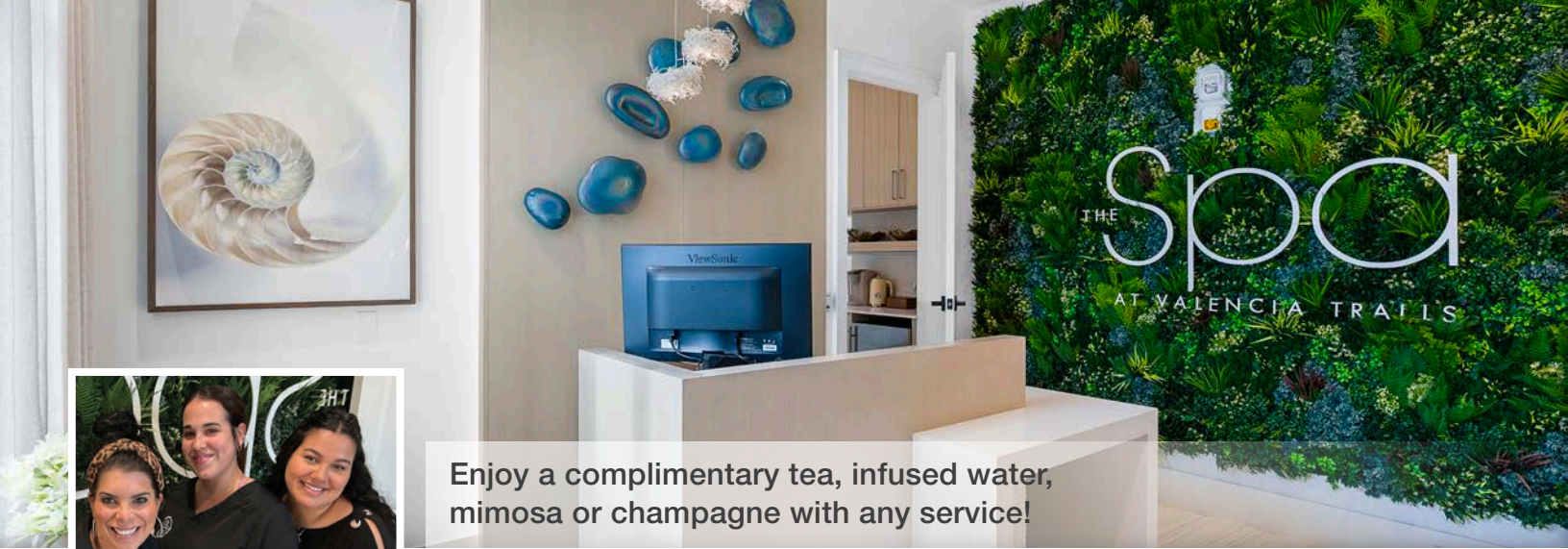
Mixology

Sunday, March 23rd
2 pm | Cooking Studio | \$45

Registration deadline: March 17th
Participation: Maximum 24

Join Natalie and Divinity in this mixology class to learn the ins, outs, and secrets of making the perfect cocktails. The class will include a complimentary cocktail and light snacks.

Reservations are required for all events.



Enjoy a complimentary tea, infused water, mimosa or champagne with any service!



Dear Valencia Trails Community,
As we enter another exciting season at Valencia Trails, we

can hardly believe it's already been a little over a year since we opened our doors! It has been an incredible journey, and we are so grateful for all your support. We are thrilled to share that our spa services have been a resounding success and we thank you for making this possible!

Our momentum continues to build, and we are committed to providing you with even more exceptional experiences in the coming year. This season, we are expanding our team and adding a second nail technician to meet the growing demand. We're also excited to grow our esthetics department with some

amazing new treatments and offerings, including our state-of-the-art ultrasound facial machine, combined with cutting-edge treatment peels for truly transformative results.

To kick off the year, we offer severely discounted facial events each month — a fantastic opportunity to try our services and treat yourself to a rejuvenating experience.

We hope to continue serving you with the highest level of care and expertise. If you haven't yet tried our services, we'd love for you to come in and experience what we offer!

Spa Hugs,
Christin Bones, Owner, U-topia Spa
Christin@u-topiaspa.com

SPA SPECIALS

JANUARY

Glass Skin \$175

Includes: • Ultrasound Deep Pore Cleansing • Dermaplane • Glass Skin Peel Treatment • Micro Amps Hydrating Mask • LED Light Therapy

Original Price \$225
SAVE \$50 THIS JANUARY

10% OFF will be offered on the following services for the month of January:

- Nano-needling
- Peels

FEBRUARY

Glow \$125

Includes: • Ultrasound Oxygen Facial • Pore Purifying Extractions • Lactic Peel • Hyaluronic Acid Boost • LED Light Therapy

Original Price \$160
SAVE \$40 THIS FEBRUARY

Cupid's Nano-needling \$150

Add needling to any facial in the month of February and receive
\$25 Off - Original price \$175

FEB 10-14 SAVE \$5 ON ANY CLASSIC OR SPA MANICURE AND PEDICURE

MARCH

Reverse Aging \$175

Includes: • EpiWave Cleansing • Ultrasound Hydra-Firm Oxygen Facial • Dermaplaning • Vitamin A Boost • Firming Peptide Mask (Face & Neck)

Original Price \$225
SAVE \$50 ON THIS SERVICE

BUY 4, GET 1 FREE on any of our Spa Services Available January – March

The Spa at Valencia Trails Tuesday – Saturday by Appointment | 10 am - 5 pm

EVENTS



Glow and Go

Thursday, January 23rd
Thursday, February 20th
Wednesday, March 19th
10 am - 1 pm | The Spa | \$75

Join us for Glow and Go – Our high-demand peel event that brings instant skin transformation! Discover the magic of chemical peels, a must have for healthy, glowing skin.

A \$75 SAVINGS!



EpiWave Facial Event

Thursday, January 9th
Thursday, February 6th
Thursday, March 6th
10 am - 1 pm | The Spa | \$65

Experience the EpiWave Ultrasound Express Facial... This powerful treatment uses advanced ultrasound technology to deeply clean, hydrate and recharge your skin leaving you with a lasting lift and glow!

A \$20 SAVINGS!



Valentine's Glam Party

Wednesday, February 12th
All Day | The Spa | \$149

Add some sparkle to your look just in time for the season of love. Package includes: Classic Manicure, Classic Pedicure, Express Glam Glow Facial and Mini Makeup Session!

A \$86 SAVINGS!

Sa'Sha Callus Removal Event

Wednesday, January 29th
Thursday, March 20th

12 pm - 3 pm | The Spa | \$25

Introducing the ultimate solution to your foot care woes! Our versatile 2-in-1 product is designed for both quick touch-ups and intensive treatments, making it easier to achieve smooth, soft feet.



TO MAKE AN APPOINTMENT

Call 239-359-6950 ext 5
Or by scanning the UPC code

FALL IN LOVE WITH OUR VALENTINE'S *glam party*



Wednesday, February 12th

All Day | The Spa

Classic Manicure
Classic Pedicure

\$149

Express Glam Glow Facial and Mini Makeup Session!

LET US ADD SOME SPARKLE TO YOUR LOOK
JUST IN TIME FOR THE SEASON OF LOVE.

Whether you're stepping out for the
Galentine's Fashion Show or a cozy
dinner date with someone special,
we'll have you looking stunning and
ready to shine!

\$86 Savings!

**20% gratuity added to original price*

Put the Pretty
Back Into your
Feet...

sa'SHá \$25
Callus Care Event

Thursday, March 20th
12pm - 3pm | The Spa | \$25

**Struggling with Stubborn Calluses?
Dry, Cracked Feet?**

Introducing the ultimate solution to your foot care woes! Our versatile 2-in-1 product is designed for both quick touch-ups and intensive treatments, making it easier to achieve smooth, soft feet. We guarantee you'll fall in love with this treatment!

Come Back and Book 'The Works' pedicure for the most relaxing and results-driven experience.

Say goodbye to calluses and hello to perfectly pampered feet!

Minimum of 4 confirmed guests is required for the event to proceed
Credit Card Required - 24-hour cancellation policy and 20% gratuity added to checkout.

Sports & RACQUET CLUB



The Pro Shop Hours of Operation | October-December

Monday - Friday | 8 a.m. - 1 p.m. • Saturday | 8 a.m. - 12 p.m.

A Message from Your



DIRECTOR OF RACQUETS & BOCCE | Doyle Springett

As we step into the New Year, our vibrant tennis, bocce, and pickleball community I am filled with excitement and anticipation for the season ahead. Each sport brings its own unique flair, fostering connections among players of all ages and skill levels with our league play. Whether you're smashing aces, rolling bocce balls, or dinking in pickleball, let's make 2025 a year filled with memorable moments, teamwork, and a shared love for these wonderful sports. Here's to a fantastic year ahead for our community!

3 and Me's - Daily

\$30 a player

3 and Me's are designed for you and your friends to work on the shots and strategies of pickleball and tennis at your own pace, in a group atmosphere for an affordable price! 3 and Me's are just that, a group private lesson with you, your friends, and our PPR certified pro. Work around your own schedule and book by email at Valenciatrailsproshop@gmail.com or call 239-359-6955.

Private Lesson Rates – Pickleball, Tennis, & Bocce

\$100 for full hour private

\$75 for 45-minute private lesson

\$50 for 30-minute private lessons

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

CLINICS

PICKLEBALL

TENNIS

Tennis: Beginner Clinics

Mondays | 9-10 am & Saturdays | 8-9 am | \$25

Anyone who is new to tennis and wants a better understanding of the basics are welcome. This clinic will focus on learning the basic fundamentals and get you prepared to play socially with friends.

Tennis: Open Level

Tuesdays | 4 pm | \$25 *Min. 3 / Max. 6 participants*

Come learn tips for improving your game. We will review the fundamentals to help you improve your game. It's a great opportunity for both beginners and advanced players to develop their skills.

Pickleball: Developer Clinic

Thursdays | 10-11 am | \$25

Min. 4 / Max. 6 participants

This clinic is for players who are ready to advance their skills to the next level. The focus will be to work on improving the basics of the game. Players should have completed the Intro to Pickleball and know the basics. Work will focus on developing shots, strategies and positioning on the court.

Pickleball 101/Beginner Group

Monday & Wednesday | 10 am & 5:30-6:30 pm | \$25

Min. 2 / Max. 8 participants

Anyone who is new to pickleball and wants a better understanding of the basics are welcome to join us in Pickleball 101. This clinic will focus on learning the pickleball rules, strategies, scoring, and skills to start playing with friends!

Pickleball Shot of the Week

Fridays | 10 am | \$25 *Min 3, Max 6*

In this class you will learn a new shot every week. We will learn techniques and strategies on how to hit each shot and when to use each shot to improve your game.

Week 1 | Serve and Stay

Week 2 | Return and Run

Week 3 | Volley Placement

Week 4 | Dink Consistency

Week 5 | 3rd Shot Drops

Week 6 | Hard Block Volleys

Week 7 | 5th Shot Drops

Week 8 | Review & Shot Selection



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

Racquet EVENTS

JANUARY



Pickleball & Tennis Round Robin

Friday, January 10th

5-7 pm | Sport Courts | Cost \$15 pp

Come out and experience the round robin format of match play where organized matches will be first to 11.

FEBRUARY



Tennis Club Championships

Saturday & Sunday, February 1st & 2nd

Tennis Courts | Entry Fee \$25

Tennis Club championships will be a mens and womens doubles round robin event for level 2.5 ,3.0,3.5 & 4.0



Tennis & Bocce Mixer

Friday, January 24th | 5-7 pm

Tennis & Bocce Courts | Free

This mixer is a great way to get some matches at all levels and meet fellow members in the community!

February 14th
Valentine Mixer

Pickleball & Tennis & Bocce

11 am - 12:30 pm

Courts & Clubhouse

Price \$15 pp

Celebrate valentine's day, dress up and enjoy match play and some refreshments (mimosas and wine, etc.)



MARCH



Pickleball Club Championships

Thursday – Sunday, March 14th – 16th

Pickleball Courts | Entry Fee \$25 pp

Pickleball Club championships will be a mens and womens doubles round robin event for level 2.5, 3.0, 3.5 & 4.0

SPORTING TIPS



PICKLEBALL

Tip: Hitting An Effective Lob

Stand with your feet bent, then lift with your legs to get low. Hold the paddle face up, like you're holding a pan. **Contact:** Make contact with the ball in front of your body with an open paddle face. You can use a flicking motion with your wrist to get power and feel. **Follow through:** Follow through fully to ensure the ball arcs high and deep. **Height:** The ball should be around 10 feet high, or about the height of a 10-foot fence.

TENNIS

Tip: Repetition of Ground Strokes

It's all about practice. Mindful repetition of strokes is important so take advantage of the Ball Machine in The Pro Shop. Make sure to get SOME feedback from your Pro, as it's no use repeating strokes with inefficient technique. This should help you in reducing the odds of using a poor technique.



BOCCE

Tip: Give Yourself A Hand

Don't just clamp your mitt around the ball and throw for the fences. If you're looking to roll close to the pallino, use your thumb and index finger to squeeze the ball while it's cradled gently in the rest of your hand", like a very, very, very small child.

ST PATRICK'S DAY MIXER

Tennis & Bocce

March 17 | 9-11 am | Clubhouse
Price \$15pp

Celebrate St paticks dayday, dress up in green and enjoy round robin match play and some refreshments (mimosas and wine, etc.)

Monday mimosas will be served as we cheers to end of the year bocce party!

EVENTS: All events are flexible with weather and can be rescheduled due to weather conditions. All events and clinics need to be registered 24 hours before the event/ clinic. Cancellations must be made 24 hours before the event/clinic as well in order for a full refund.

FITNESS Programs



Fitness Attendant Hours

Monday: 9 – 10 am | 11:30 am – 2:30 pm
Tuesday: 8 am – 3 pm
Wednesday: 9 – 10 am | 11:30 am – 2:30 pm
Thursday: 10 am – 1 pm
Friday: 8 am – 10 pm
Saturday: 9 am – 10 pm



A Message from Marni Rudnick

FITNESS OPERATIONS DIRECTOR

Don't lose that muscle mass as you age. As we lose muscle mass, we lose strength. If we lose too much, our legs and arms get weak. Which makes simple daily task hard to do like walking and lifting heavy objects. The key is to exercise every day and eat protein at every meal. Exercise and protein work hand in hand to build and preserve muscle. THS is your fitness partner. Do something to improve your muscle mass. Let's stay dedicated to our health goals, support each other, and explore the benefits of both group fitness classes and personal training. Make your health a priority in 2025! You deserve it!

Marni Rudnick
Total Health Systems

PERSONAL TRAINING

Train with your spouse and/or a friend to motivate each other and have fun while working out!

1-hour packages:

15 sessions – \$975.00 (\$65/session)
10 sessions – \$700.00 (\$70/session)
3 sessions – \$225.00 (\$75/session)

30-minute packages:

10 sessions – \$500.00 (\$50/session)
3 sessions – \$165.00 (\$55/session)

FREE Equipment Clinics

January 8 | 12 pm
February 5 | 12 pm
March 5 | 12 pm

Space is limited to 20 participants per session. Register on Total Health Systems website.

Health & Wellness Expo

Tuesday, January 14th
9-11:00 am

Free For Residents
Free Giveaways | Free Breakfast

JANUARY - MARCH CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Full Body Strength Training: 8 am Chisel & Tone: 10 am Aqua Fit: 10:30 am	Dance Fit: 9 am Yoga: 10:30 am Zumba: 6 pm	Full Body Strength Training: 8 am Chisel & Tone: 10 am Aqua Fit: 10:30 am	Dance Fit: 9 am Yoga: 10:30 am	Chisel & Tone: 10 a.m

CLASS DESCRIPTIONS

Aqua Fit: Interval, strength, and cardio training in the pool. You will utilize noodles and aqua dumbbells to get a full body workout all to upbeat music. Whether you are a beginner or expert, you will be sure to get a great workout.

Chisel & Tone: Full Body sculpting class where you tone and sculpt your body using weights to target all the major muscle groups.

Dance Fit: Dance your way to a healthier you. You will use light weights and fun weight lifting moves to the rhythm of a variety of music that really gets you moving.



Full Body Strength Training: Full body strength this class is designed to fire up all major muscle groups working towards lifting! Build and maintain muscle mass and help protect your bone density.

Yoga: In this Vinyasa class, the basic foundational yoga postures are practiced to align, strengthen, and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.

Zumba: Take the work out of work out by mixing low intensity and high intensity moves for an interval-style calorie burning dance party! This is fine.

NEW CLASS REGISTRATION OPTIONS

Single Class Registration

If you would like to continue signing up for a specific class for the month, sign up as usual. Your space in the class will be automatically reserved for you.

BYO Variety Pack of Classes

If you would like to try different classes over the month, purchase a variety package of either 5 or 10 classes. After you pay for a class package, you will be able to register for the individual classes you would like to attend. This creates your reservation for a space in that class. Packages expire at the end of every month, so be sure to select the classes you'd like to attend.

5-pack - \$30 | 10-pack - \$50

WORKSHOPS @ THE FITNESS CENTER

How to Properly Stretch Tight Muscles
Tuesday, January 14th | 1 pm | FREE

Heavy Weights vs. Light Weights
The difference and WHY you need to know
Tuesday, February 11th | 1 pm | FREE

Different Types of Cardio
and why it isn't just for weight loss
Sunday, March 16th | 9:00 am | FREE

Fitness Registration Reminder: Note: Times and classes are subject to change. Registration for classes opens the 2nd Thursday of every month for the following month. Don't forget to use the "2nd Class" discount code for \$5 off when you register for more than one class. BYO Variety Packages expire at the end of each month.

CLUBS at Valencia Trails

Get Involved. Join or Create Your Own Club!



Art Club

Nancy Nowak
nancy@nancynowak.com



Backgammon Club

Alan Brown
asbrown444@gmail.com



Beginner Mah Jong

Kim Rowe, Karen Murdaugh,
& Amy Mills
Roweka@verizonnet



Euchre Club

Kathy Baier
Kathybaier75@gmail.com



Fiction Book Club

Bette Williams
bettebw@gmail.com

Biking Club

Tom Seidewand
polycore27@gmail.com

Birding Club

Rick Dunning
radirish328@gmail.com

Canasta

Elaine & Burt Weisberg
elw90@comcast.net

Chess

Arnold Zeiger & Jamie Protack
poorwillyzee@gmail.com
jamesprotack@gmail.com

Coin Club

Paul Chiarello
pjchiarel55@gmail.com

The Culinary Crew

Susie Orr
Susieorr14@gmail.com

Dealer's Choice Poker Club

Alan Parsowith
Alanparsowtih@hotmail.com



Full Throttle Car Club

Bob Eisenhart
beisenhart52@gmail.com

The Geek Tech Academy

Debi Piccus
Debi@piccus.com

Gaming Club

Chris Maloney
chris@cmaloney.com

VT Gives Back

Henry Chin
vtgivesback@gmail.com

Golf Club

Mike Huez
mikehuez@gmail.com

Hand & Foot

Mike & Sue Clerkin
Sclerkin18@icloud.com

The Jewish Cultural Club

Phyllis Koss
phyllismsw@aol.com

Left, Center, Right

Deb Irons
Debmikearuba@yahoo.com

Living Long, Whole & Happy

Phyllis Koss
phyllismsw@aol.com

Advanced Mah Jong

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Lisacr4d@hotmail.com

Intermediate Mah Jong

Marianne Davis
marianne@drugstoremanagement.com

Mexican Train

Sue and Mike Clerkin
sclerkin18@icloud.com

Majestic Ladies

Madeline Murphy
Madmurphy44@yahoo.com

Omaha Hi/Low Club (NEW)

Ken Foreman
ktaxman@aol.com

Pinochle

Ralph Tufano
Tufbut45@gmail.com

(Daytime Ladies) Poker Club

Carolyn Kimmel and Augusta Lombardi
carkimmel@gmail.com

(Dealer's Choice) Poker Club

Alan Parsowith
alanparsowith@hotmail.com

Singles Club

Jamie Protack
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Social Dance Club

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Stitch & Share

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Table Tennis

Richard Schlarb
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Texas Hold'em

Don Nowack
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Wine Club

Tony Comito
tony_comito@yahoo.com

CLUB SPOTLIGHT **Majestic Ladies**



VALENCIA TRAILS

Party Like A Rockstar

End of Season Party



STARRING:



SATURDAY, APRIL 5TH

SAVE THE DATE

More Information To Follow Soon!

