

RIVERLAND

PLAYBOOK

WINTER AT
RIVERLAND
Can't-Miss Events
& Experiences

MOVE.
CREATE.
CONNECT.

Fitness, Arts, Sports
& Social Life at
Riverland

COMMUNITY
MATTERS

Clubs, Causes &
Resident Highlights

VOLUME 11 • Winter 2026



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RIVERLAND DIRECTORY

VALENCIA RIVERLAND SALES CENTER

12320 SW Calm Pointe Court

Port St. Lucie, FL 34987

(772) 226-9000 | www.glhomes.com

Office Hours: Open Daily: 9 am - 5 pm

VALENCIA WALK CLUB HOUSE

11675 SW Sea Jewel Rd.

Port Saint Lucie FL. 34987

Phone number (772) 742-6620

VALENCIA GROVE CLUB HOUSE

12827 SW Brookside Falls Way

Port Saint Lucie FL. 34987

Phone number (772) 212-8206

VALENCIA CAY CLUB HOUSE

11251 SW Winding Ridge Rd.

Port Sair Lucie FL. 34987

Phone Number (772) 882-4950

RIVERLAND

ARTS & CULTURE CENTER

12067 SW Community Boulevard

(772) 271-7272 - Option 1

Office Hours:

Monday - Friday: 9 am - 6 pm

Saturday: 9 am - 5 pm

Creativity Hub Hours:

7 am - 9 pm | 7 days a week

RIVERLAND MANAGEMENT AND LIFESTYLE OFFICE

12129 SW Riverland Blvd

(772) 271-7272 - Option 6

Office Hours:

Monday - Friday | 9 am - 5:30 pm

RIVERLAND SPORTS & RACQUET CLUB

12001 SW Riverland Boulevard

(772) 271-7272 - Option 2

RIVERLAND WELLNESS & FITNESS CENTER

12001 SW Riverland Boulevard

(772) 271-7272 - Option 3

Office Hours:

Open Daily: 8 am - 6 pm

PULSE FIT STUDIOS

12001 SW Riverland Boulevard

(772) 271-7272 - Option 5

Office Hours:

Open Daily: 7 am - 5:30 pm

For info on all Riverland Amenities, call **(772) 271-7272** | Download the **Riverland App**

Follow us on Facebook: **Riverland Lifestyle**

A LETTER FROM THE
VICE PRESIDENT RIVERLAND LIFESTYLE



Tere Muñiz
VP Riverland Lifestyle
As we turn the final page on another remarkable year at Riverland, I'm filled with gratitude and pride for the vibrant community we continue to build together. This past year was defined not just by the events we hosted or the amenities we enjoyed, but by the people who showed up; neighbors becoming friends, friends becoming teammates, and a shared sense of belonging that makes Riverland truly special.

At the heart of Riverland is an active, connected lifestyle. Whether it was gathering for music under the stars, cheering each other on during friendly competitions, or simply crossing paths on a morning walk, 2025 reminded us that community is created through participation. This year also showed the power of joining forces for a cause. In October, residents came together for the Riverland Walk for Breast Cancer, raising an incredible \$25,612.24 in support of Friends in Pink.

Looking ahead, 2026 is already shaping up to be an exciting year, starting strong in the first quarter. January will bring the elegance and intimacy of our Candlelight Jazz Series, setting

the tone for a year of unforgettable experiences. In February, get ready to celebrate in full color at our Mardi Gras Party, featuring the unmistakable sounds of Otis Cadillac – a night guaranteed to bring rhythm, joy, and a packed dance floor. March will raise the volume with the Rock Orchestra, blending the power of rock with the sophistication of orchestral performance in a way only Riverland can deliver.

March also marks the return of our Riverland Olympics. After the incredible energy of last year, we're thrilled to host the 2nd Annual Riverland Olympics once again. This event captures everything we love about our community: friendly competition, active living, and neighbors rallying together to celebrate movement, teamwork, and fun.

As we step into 2026, my hope is that each of you continues to engage, explore, and connect. Riverland is more than a place to live – it's a lifestyle shaped by the people who call it home. Thank you for making this community what it is today, and for the enthusiasm you bring to everything we do. Here's to another year of staying active, celebrating often, and growing stronger – together.

Warmly,

Tere

E: tere.muniz@glhomes.com | P: (772) 271-7272

A MESSAGE FROM YOUR
BOARD OF DIRECTORS

Riverland experienced exceptional growth throughout 2025, marked by several significant milestones. At the community level, these include the grand opening of the Riverland Town Center, the launch of the RiverFresh Café, the opening of the PulseFit Studio, and the commencement of construction for the Sports & Racquet Club expansion. At the neighborhood level, we celebrated the closing of the first home in Valencia Parc and began construction on the Valencia Parc clubhouse. Additionally, Valencia Walk successfully transitioned from a developer-appointed board to a resident-elected board. We extend our congratulations to all newly elected board members across our neighborhoods and look forward to their leadership in 2026.

Additionally, home sales and closings remained strong, bringing our community to nearly 3,600 homes closed across the four Valencia neighborhoods. While the primary focus for sales and closings for the year was in Valencia Parc, we are thrilled to report that we sold and closed the final homes in Valencia Cay and Valencia Grove. We extend our congratulations to all new homeowners and thank you for your continued support in making Riverland a vibrant and thriving community.

Looking ahead to 2026, we anticipate another dynamic year with exciting developments. Here's what's on the horizon:

- **Sports & Racquet Club Expansion** – Opening south of the Paseo, featuring 8 covered pickleball courts for year-round play.
- **Valencia Parc Clubhouse** – Expected to open mid-year, adding the fourth social clubhouse to Riverland.
- **Wellness & Fitness Center Enhancements** – An expansion of the cardio and weight areas, plus the start of construction on the Riverland Spa, complete with a nail salon, massage rooms, and aqua therapy zones.

We look forward to a successful year ahead and appreciate your help in shaping the future of Riverland. Here's to an amazing 2026!

Sincerely,
Your Board of Directors,
Riverland Community Association, Inc.

A LETTER FROM THE LIFESTYLE MANAGER



Shawn Steele
Lifestyle Manager

Up next, join us for **Candlelight Jazz** on January 17th at the Arts & Culture Plaza. This unforgettable evening will feature the **Pops of the Palm Beach Orchestra** performing

under the stars as the plaza glows with breathtaking candlelight.

Get excited for our **2nd Annual Mardi Gras** on February 7th, also at the Arts & Culture Plaza. The celebration begins with an exquisitely decorated Golf Cart Parade and marks the retirement performance of national touring act **Otis Cadillac**. Debonair, svelte, and undeniably cool, Otis brings a nostalgic throwback sound that reminds us of the days when music flowed straight from the soul.

March will come in like a lion and go out with a bang! Join us for the **2nd Annual Riverland Olympics**, kicking off March 18th.

To top off the month, we'll be hosting a **Rock Orchestra** on March 28th at the Arts & Culture Plaza. This high-energy performance features a fusion of powerful instrumentals and stunning vocals, all curated exclusively for our Riverland residents by the Palm Beach Pops Orchestra. Get ready for an electrifying experience!

GET INVOLVED

Interested in starting a Riverland Club?

Email me, and I'll be happy to assist you with the application process.

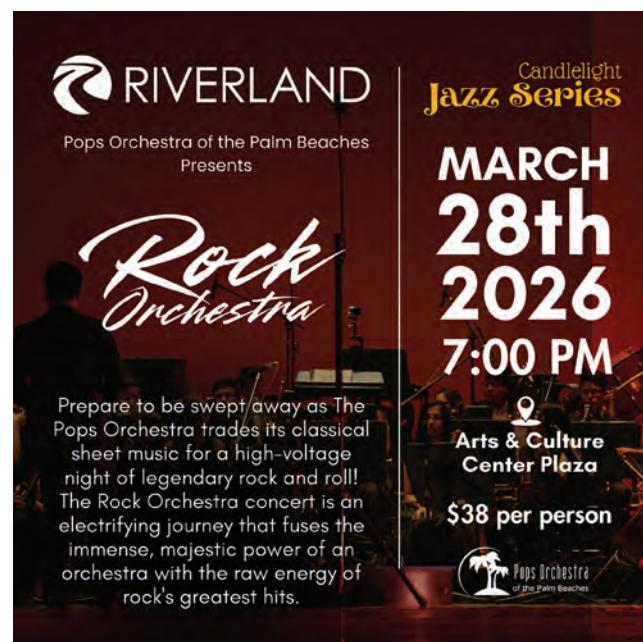
Need help with the Riverland App?

Join us for *Riverland App Training Classes* every Tuesday at the Arts & Culture Center. Come as a novice and leave as an expert! Register through the Riverland App under *Riverland Events*.

With the wide variety of events we offer at Riverland, we hope each one brings joy, excitement, and a strong sense of community to all who call Riverland home.

Warm regards,
Shawn Steele,
Riverland Lifestyle Manager
Lifestylemanager@riverlandca.com

What an amazing season it has been so far! From kicking off with the **Fall Festival** to celebrating with **The Holiday Pops Under the Stars**, you are truly in for a spectacular season of fun here at Riverland.



RIVERLAND HIGHLIGHTS

RIVERLAND CLUBS

To register for membership in a Riverland Club, visit the **Riverland App**

INTERESTED IN STARTING A CLUB?

Email lifestylemanager@riverlandca1.com and request an application.

BIRDING CLUB

Meetups: 2nd Monday of Each Month | 3 pm

Location: Arts & Culture Center

Club Leader Paul Salazar: psalazar1@icloud.com

BOCCE CLUB

Date: Monday 6 pm | Tuesday and Thursday 8 am
Thursday Eve 6 pm (Ladies' Night) | Sunday 6:30 pm

Location: Sports & Racquet Club

Lois Astern: Lastern4u@aol.com

Joe Esposito: joeespo31@yahoo.com | 203-887-5684

Neil Halprin: neilpaula@verizon.net | 516-236-4879

Phil Verderosa: Square0374@aol.com | 561-703-8656
(Sundays only)

BOWLING CLUB • MIXED

Date: Meet Ups Thursdays | 12:30 pm
Women's League - Thursdays | 12:30 pm

Club Leaders:

Paul Block: pblock80@gmail.com

Mike Lokitz: mudgee908@icloud.com

BREAST CANCER SUPPORT CLUB

Date: 2nd Wednesday of Each Month | 6 pm

Patricia Rothenbacher: Riverland.BCSC@gmail.com

Location: Arts & Culture Center

CAR CLUB

Date: 1st Sunday of Each Month | 8:30 - 10:30 am

Stephen Labargo: RiverlandCarClub@gmail.com

CAREGIVERS CIRCLE

Email: Riverlandcaregivers@gmail.com

CORN HOLE CLUB

Date: Tuesday | 6 pm

Joseph Esposito: joeespo31@yahoo.com | 203-887-5684

Neil Halprin: neilpaula@Verizon.net | 516-236-4879

CYCLING CLUB

Date: Wednesday and Sunday Rides

Steven Heinrich: sheinric440@gmail.com

CRAFT & CHAT GROUP

Date: Every Wednesday 1 - 3 pm

@ Riverland Arts & Culture Center

Gerry Franklin: gerryfranklin@verizon.net

Mabel Santiago: heykidd40@yahoo.com

FISHING CLUB

Date: TBD

Joe Oster: josephjudeoster@gmail.com

FURRY FRIENDS OF RIVERLAND

Myrna Sadowsky: myrnasadowsky99@gmail.com

GARDEN CLUB

Date: 3rd Monday of the Month | 1 pm

Joann Munro: 561-602-4049

Amy Bridges: 931-698-0063

GET UP & GO TRAVEL CLUB

Lou Brawer: lobrawer@yahoo.com

GOLF CLUB

Meet Ups: Tuesdays & Thursdays | 7:30 am

@ Riverland Arts & Culture Center

Bruce McKay: mckay.bc@gmail.com

GUITAR CIRCLE

Hosted by Ed Arnold: edarnold2@comcast.net

HEALTHSPAN CLUB

Meet Ups: 4th Wednesday of each Month | 6 pm

@ Riverland Arts & Culture Center

Tony DeAngelo: adeangelony@gmail.com

LA DOLCE VITA AT RIVERLAND

Club Leader: Rosa Mattina

Ladolcevitariverland@gmail.com

LAW ENFORCEMENT, FIRE RESCUE & EMS CLUB

Date: 4th Saturday of the Month | 10 am - 12 pm

Ken Kerschner: KKerschn@att.net

Steven Kuhr: Stevenkuhr@gmail.com

Dana Stroman: Dana1077@gmail.com

NEW BEGINNINGS CLUB

Date: First Monday Every Month | 6:30 pm

Russell Breiter: russellbreiter@gmail.com

Location: Arts & Culture Center

PHOTOGRAPHY CLUB OF RIVERLAND

Date: 3rd Tuesday of Every Month

Phil Schafer: Phildxln@aol.com

PING PONG CLUB

Date: Tuesday, Thursday & Saturday | 1 - 3:30 pm

Ed Zitovsky: ezitovsky@gmail.com | 516-633-7780

Location: Indoor Sports Court

POTTERS CLUB

Date: TBD

Chair: Lorin Dibenedetto: lorinbeth@aol.com

631-831-4032

Co-Chair: Karen Rosenberg: Akarenrosenberg@gmail.com

516-840-1111

QUILT CLUB

Date: 2nd & 4th Thursday of Each Month
Time: 1- 4 pm
Margi Rude: Peterpam74.PJ@gmail.com
Sandy Naval: mrude370@gmail.com

RIDERS CLUB

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

SINGLES CLUB

Monthly Meetings: TBD
Club Leader: Elaine Levant: mlev9582@gmail.com

SOULFUL NETWORKING CLUB

Meet-Ups: 2nd Monday of Each Month | 6 pm
Location: Riverland Arts & Culture Center
Club Leaders:
Debbie Heaven: debbie11021@verizon.net
Dana Stroman: dana1077@gmail.com

SWIM CLUB

Date: Sunday, Tuesday and Thursday | 9 am and Tuesday and Thursday | 12 pm
Location: Wellness & Fitness Center - Pool #2
John Carini: Johncarini2@gmail.com

THEATER CLUB

Meet-Up 3rd Thursday of Each Month | 5 - 7:30 pm
Location: Arts & Culture Center
Barbara Bleich: bableich@yahoo.com 954-864-6784

VOICES OF VALENCIA

Date: Tuesdays | 4 - 6 pm
Marlene Weiss: 561-702-4202

VETERANS CLUB

Date: 2nd Saturday of each month
Club Leader: Kent Hansen: hansen112@aol.com

VOLLEYBALL CLUB

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

WINE CLUB

Date: 2nd Thursday of Each Month | 5 - 7 pm
Mike Hoppes: bell.company@att.net
Location: Arts & Culture Center

Riverland Walk for Breast Cancer Raises Over \$25,000 for Friends in Pink

The Riverland community came together in a powerful show of support on October 11 for the annual Riverland Walk for Breast Cancer, an inspiring event dedicated to awareness, remembrance, and hope.

Hosted by the Valencia Cay, Valencia Grove, and Valencia Walk Women's Club, in partnership with the Breast Cancer Support Group, residents, survivors, families, and supporters filled the Paseo wearing pink and walking side by side to honor those affected by breast cancer and to raise critical funds for a meaningful cause.

Thanks to the generosity of participants, sponsors, and volunteers, the event raised an incredible \$25,646.24, all of which was donated to Friends in Pink, a charity that provides vital financial assistance and support services to breast cancer patients during treatment.

The success of the walk would not have been possible without the support of the event's sponsors. A heartfelt thank you goes out to:



GL Homes, Compass Realty, Club Pilates, Florida Coast Hospital, South Paw Brewing, Revival, Closets Don Luis, Brazilian Best Floor Install, Carolina Healthcare Benefits, Cruises Tours and More, A's Family Dentistry, Shane Griffis Insurance, True Colors Contracting, M Grodin LLC, Sprockets Bike Shop Tradition, Hairbenders, Blue Pointe, Ryan Andersen Moving, Fox Rothschild, Tutto Fresco, and Sara's Kitchen.

Their generosity and commitment to the cause played a vital role in making this event such a meaningful success.

The Riverland Walk for Breast Cancer was more than just a fundraiser – it was a reminder of the strength of community, the importance of compassion, and the impact we can make when we walk together for a cause that touches so many lives.



Kelly Tiger
Arts & Culture Director
artsdirector@riverlandcai.com

A NOTE FROM THE ARTS & CULTURE CENTER

Dear Riverland Residents,

Hope you all had a wonderful holiday season with family and friends! I can't believe it has already been a full year at the Arts & Culture Center. Thank you all for the warm welcome and for truly making me feel at home here at the Arts & Culture Center. I'm thrilled that we launched our first Holiday Makers Market in December. We have loved seeing so many of you in our pottery, art and craft classes and joining new programs like After 5 DIY and Craft 'N Chat and clubs like Soulful Network Club. Our Bloom Garden has also had a wonderful start, we've noticed delicious squash, eggplant, cabbage, and peppers. This past year has been nothing short of amazing!

But I must share that I am thrilled about 2026 and all the new programs we will be offering. We have secured two new pottery instructors, with classes led by sculptor Eduardo Gomez and by Eric Olson, an incredible artist and musician. These gentlemen have over 60+ years of experience combined! We have also secured a new Jewelry Instructor, and she has beautiful pieces that you will be able to make! We also welcomed another chef at the end of 2025, and we're excited to continue offering Chef Justin's Caribbean dinners. Lastly, we have some new speakers for our ongoing educational lectures, iPhone education, Alzheimer's, Nutrition and organizational pointers!

You won't want to miss everything we have planned in 2026 at the Arts & Culture Center. Here's to another amazing year at the Arts & Culture Center!

Kelly

12067 SW Community Blvd.
(772) 271-7272
www.riverlandapp.com

Office Hours:

Monday - Friday: 9 am - 6 pm
Saturday: 9 am - 5 pm

Creativity Hub Hours:

7 am - 9 pm | 7 days a week

To sign up for Arts & Culture Classes and Events, go to on the Riverland App then, click on Arts & Culture Classes.

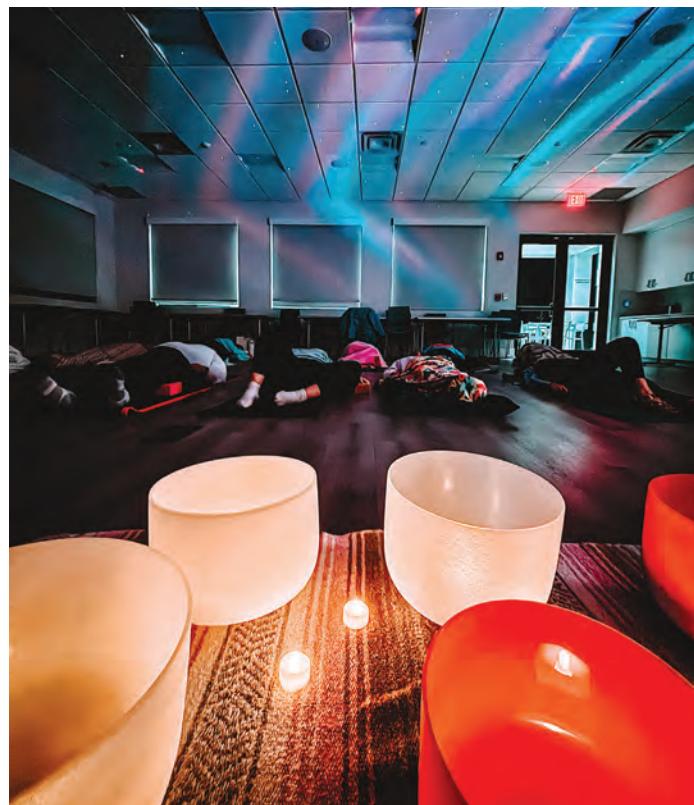
Need help? If you cannot access the Riverland App for any reason, please stop into the Arts & Culture Center or call (772) 271-7272 and a staff member will assist.

Denise Carraro!

Meet Denise Carraro, sound healer, Reiki Master, and yoga teacher, dedicated to helping others find peace, balance, and renewal through the transformative power of sound.

Her journey with sound healing began in Ecuador in 2015, where she first discovered the profound effects of vibration and frequency on the mind and body. By 2018, Denise began weaving sound into her yoga sessions, introducing the soothing resonance of crystal singing bowls and gentle instruments to deepen her students' experience of relaxation and connection.

Since then, she has devoted herself fully to this healing art, creating immersive sound bath meditations that blend crystal bowls, chimes, ocean drums, and other instruments tuned to frequencies that promote deep rest and energetic harmony.



ARTS & CULTURE CENTER CLASS REFUND & CANCELLATION POLICY:

We value your commitment to our classes and understand that sometimes plans change. To ensure a smooth experience for both our instructors and participants, please review our refund and cancellation policy.

To qualify for a refund, cancellations must be made at least 48 hours in advance of the scheduled class time. This policy allows us



In 2022, Denise began sharing these experiences with the Riverland community, and it has been a true joy for her to hold sacred space for residents over the past three years. Each gathering offers a peaceful invitation to slow down, reconnect, and realign, a moment to step away from the noise of daily life and return to one's inner stillness.

Through these sessions, residents have experienced countless moments of serenity, clarity, and transformation.

You can join Denise's Sound Bath Meditations on select Mondays and Fridays each month and experience the healing power of sound for yourself.

to manage our resources effectively and offer the best experience possible to all participants.

Our instructors often purchase materials specifically tailored for each class session. These materials are necessary to provide a comprehensive and personalized learning experience.

Therefore, cancellations made on the day of the class or after the class has commenced are non-refundable.

FINE ART STUDIO
WITH ROSE DIEM, FINE ARTS INSTRUCTOR**INTRO TO DRAWING****Tuesdays | 10 am - 12 pm**

Learn fundamental concepts of drawing including line quality. Basic shapes and basic perspective. Light mastery shading secrets, control of values and edges. Develop skills to make drawing three dimensional and exciting.

OPEN ARTS**Tuesdays and Thursdays | 12:30 - 4 pm**

Individualized instruction from Beginner to Pro. Advance at your own pace and choose subject matter you wish to pursue. Select from drawing, pastels, acrylic, mixed media, watercolors and water oils.

CREATING COLLAGES WITH ROSE DIEM**Wednesdays | 12:30 - 4 pm**

January 21 | February 11 | March 4 & 25
Create an imaginative work of art by utilizing various mediums and subject materials. Choose from photos, magazines, images, cloth, foil, beads, paint and doilies. Start with an idea, memory, pet, place, person, shape or color.

PALETTE KNIFE ACRYLIC PAINTING / MIXED MEDIA WITH ROSE DIEM**Wednesdays | 12:30 - 4 pm**

January 14 | February 4 & 25 | March 18
Creating a palette knife acrylic will focus on using texture to create a sea or landscape painting. Students will learn how to manipulate acrylic paint with a palette knife and other tools to produce various effects from subtle blending to bold strokes. Creating color harmony throughout your painting is an additional highlight of this class.

POUR PAINTING WITH ROSE DIEM**Wednesdays | 12:30 - 4 pm**

January 7 & 8 | February 18 | March 11

WATER COLOR PAINTING WITH ROSE DIEM**Thursdays | 10 am - 12 pm**

Watercolor painting is a technique where pigments mixed with water are applied to a surface, typically paper, to create artwork. It's known for its transparent, delicate washes of color, though it can also be made opaque with the addition of white paint. The interplay of water and pigment creates unique effects, and artists utilize various techniques to achieve desired results.

PAINT THE MASTERS WITH ROSE DIEM**Paint along with Rose to replicate a masterpiece.**

Saturday, January 31 | 1 pm | Picasso

Saturday, February 28 | 1 pm | Monet

Saturday, March 21 | 1 pm | Toulouse Lautrec

MOSAICS ART WITH ASIA WESTBROOK OF FRACTURED BRILLIANCE**Cardinal GOG:** Saturday, January 3 | 1 pm**Mosaic Jewelry (Butterfly):** Friday, January 9 | 1 pm**Bee Suncatcher:** Saturday, January 24 | 1 pm**Mosaic Flower Paver Mix:** Saturday, February 7 | 1 pm**Mosaic Jewelry (Hearts):** Friday, February 13 | 1 pm**Chickadee GOG:** Saturday, February 21 | 1 pm**Bee Paver:** Friday, March 6 | 1 pm**Gnome Suncatcher:** Friday, March 20 | 1 pm**Mosaic Jewelry (Flowers):** Saturday, March 27 | 1 pm**JEWELRY MAKING CLASSES WITH JOYCE****The Sealove Necklace:** Friday, January 2 | 1 pm**Coyote Necklace:** Friday, February 6 | 1 pm**SIP 'N PAINT WITH RITA THE ARTISTA**

January 16 | 6 - 8:30 pm

February 6 | 6 - 8:30 pm

March 27 | 6 - 8:30 pm

CRAFTING WITH KELLY**Handmade Chenille Blanket:** Friday, January 9 | 10 am**Valentine Wreath:** Friday, February 6 | 10 am**Handmade Chenille Blankets:** Friday, February 27 | 10 am**Bunny Door Hanger:** Friday, March 13 | 10 am**SOUND BATH MEDITATION****WITH DENISE CARRARO****Mondays and Fridays | 6 pm**

January

5, 19 & 23

February

2, 16 & 20

March

2, 16 & 20



Mosaic Art with Asia Westbrook

For more information and to register for classes, visit the Riverland Lifestyle App.

Class schedules are subject to change. With new programs, classes, workshops, and lectures being added all the time, be sure to stay connected for all the latest info.

ARTS & CULTURE



Welcome Eric Olson!

We are so excited to announce a new Instructor coming to the Pottery Studio! Mr. Eric Olson will be joining the Riverland fun at the Arts & Culture Center. Take a brief read and learn about him and check the APP for his upcoming classes!

Eric Olson first discovered his love for clay in 1994 while taking a class through the Craftshop at the University of Wisconsin, Madison. Under the instruction of a very disciplined teacher, he was introduced to the techniques he still uses today, more than 31 years later.

Eric took to clay immediately and after six months of daily practice, he started a full-time business making and selling pottery. For the first seven years he sold his work at Juried Fine Art Shows across the country. While attending these shows, he encountered many accomplished potters who shared their vast knowledge of techniques with him, furthering his abilities.

It was also at these shows Eric met a pottery collector who told him of events where the emphasis was the love of antique pottery and the people who collect

it. After researching and learning about the makers from 100 years ago, Eric's work took on characteristics of pottery made during the Arts and Crafts period at the beginning of the 20th century. He began attending collector shows, and his work now appears in collections around the world from the US and Canada, to China, the Netherlands and Great Britain.

Teaching was something that came naturally to Eric, and his enthusiasm for pottery comes through in his entertaining and fun method of instruction. His biggest joy comes from seeing students have that "Aha!" moment when the techniques click and beautiful pots emerge from a simple ball of clay. Eric has taught pottery to over a thousand students in Wisconsin, Michigan, Florida and Montreal.



POTTERY AT RIVERLAND

Please note the Pottery Studio is not open while a class is in session.

Introduction and Orientation To Pottery with our Pottery Volunteers

Residents you only need to take this class one time, allowing you to learn about the studio, tour the studio and learn about the clay and glaze types and how to roll and wedge clay.

January 8 | 9 am - 12 pm

January 22 | 9 am - 12 pm

February 5 | 9 am - 12 pm

March 12 | 9 am - 12 pm

March 26 | 9 am - 12 pm

Mentor Mondays with our Pottery Volunteers

January 5, 12, 19 & 26 | 9 am - 12 pm

February 2, 9, 16 & 23 | 9 am - 12 pm

March 2, 9, 16 & 23 | 9 am - 12 pm



Wheel 101 with Melisha

January 5, 12, 19 & 26 | 3 - 6 pm

February 2, 9, 16 & 23 | 3 - 6 pm

March 2, 9, 16 & 23 | 3 - 6 pm

Please check the Riverland APP for Pottery Classes!

LECTURES

January 14 | 10 – 11:30 am

Eyewitness to History: Cape Canaveral During the Space Race with **Jeff Hessel**.

February 4 | 10 – 11:30 am | Do you want to Know?

What Was Happening to My Mind and Did I want to know? Alzheimer's Lecture with **David Uhlfelder**.



Rose Diem Creating Collages



Rose Diem Watercolor Painting Class



Pour Painting Class with Rose Diem



Pottery-Pickleball Chip and Dip Platter Class

CULINARY ARTS

Whether you're helping to prep the meal, socializing with friends, or making new connections, the choice is always yours! Our chefs offer stations where you can actively participate, while sometimes our chefs may prep in advance to keep things running smoothly. While we don't have individual cooking stations yet, we plan to introduce them in the future.

JANUARY CLASSES

Braised Short Ribs

Monday, January 5 | 4 pm | Chef Deedra

Braised Lamb Shanks

Tuesday, January 6 | 5 pm | Chef Robin

Duck Breast with Cherry Port Sauce

Wednesday, January 7 | 5 pm | Chef Deedra

Sesame Crusted Swordfish with Tropical Fruit Salad

Friday, January 9 | 5 pm | Chef Robin

Handmade Pasta with Chicken Marsala

Monday, January 12 | 4 pm | Chef Deedra

Grilled Korean Style Short Ribs

Tuesday, January 13 | 5 pm | Chef Robin

Seared Scallops

Wednesday, January 14 | 5 pm | Chef Deedra

Seared Sea Scallops with Bacon

Friday, January 16 | 5 pm | Chef Robin

Tuscan Ribeye

Monday, January 19 | 4 pm | Chef Deedra

Pistachio Crusted Chilean Sea Bass

Tuesday, January 20 | 5 pm | Chef Robin

Grouper and Shrimp

Wednesday, January 21 | 5 pm | Chef Deedra

Chicken Tikka Masala

Thursday, January 22 | 5 pm | Chef Robin

Seafood Gumbo

Friday, January 23 | 5 pm | Chef Robin

Osso Buco

Monday, January 26 | 4 pm | Chef Deedra

Green Chicken Chilli Enchiladas

Tuesday, January 27 | 5 pm | Chef Robin

Carne Asada Tacos

Wednesday, January 28 | 5 pm | Chef Deedra

Green Curry Lobster Stew

Friday, January 30 | 5 pm | Chef Robin

FEBRUARY CLASSES

Chicken Saltimbocca

Monday, February 2 | 4 pm | Chef Deedra

Whole Roasted Stuffed Bronzino

Tuesday, February 3 | 5 pm | Chef Robin

Shrimp and Grits

Wednesday, February 4 | 5 pm | Chef Deedra

Stuffed Herb Crusted Beef Tenderloin

Friday, February 6 | 5 pm | Chef Robin

Butter Chicken

Monday, February 9 | 4 pm | Chef Deedra

Lobster Wellington

Tuesday, February 10 | 5 pm | Chef Robin

Grilled Salmon

Wednesday, February 11 | 5 pm | Chef Deedra

Pan Seared Black Cod

Friday, February 13 | 5 pm | Chef Robin

Valentine's Dinner

Saturday, February 14 | 5 pm | Chef Robin

Filet and Crab Cake

Monday, February 16 | 4 pm | Chef Deedra

Homemade Ricotta Gnocchi

Tuesday, February 17 | 5 pm | Chef Robin

Chicken, Sausage and Shrimp Gumbo

Wednesday, February 18 | 5 pm | Chef Deedra

Tuscan Style Veal Loin Chops

Thursday, February 19 | 5 pm | Chef Robin

Crabcake Stuffed Jumbo Shrimp

Friday, February 20 | 5 pm | Chef Deedra

Chicken Tinga Tacos

Monday, February 23 | 4 pm | Chef Deedra

Andouille Rice Pilaf Stuffed Cornish Hens

Tuesday, February 24 | 5 pm | Chef Robin

Seafood Risotto

Wednesday, February 25 | 5 pm | Chef Deedra

Buttermilk Fried Chicken

Friday, February 27 | 5 pm | Chef Robin



Cooking with Chef Deedra



Cooking with Chef Robin

MARCH CLASSES

Beef Stroganoff

Monday, March 2 | 4 pm | Chef Deedra

Seafood Stuffed Jumbo Pasta Shells

Tuesday, March 3 | 5 pm | Chef Robin

Seared Scallops with Champagne

Beurre Blanc

Wednesday, March 4 | 5 pm | Chef Deedra

Cioppino with Gremolata Toast

Friday, March 6 | 5 pm | Chef Robin

Stone Crab and Grouper

Monday, March 9 | 4 pm | Chef Deedra

Pistachio Crusted Rack of Lamb

Tuesday, March 10 | 5 pm | Chef Robin

Whole Roasted Branzino

Wednesday, March 11 | 5 pm | Chef Deedra

Seared Sea Scallops

Friday, March 13 | 5 pm | Chef Robin

Paella Night

Monday, March 16 | 4 pm | Chef Deedra

Steak Au Poivre

Tuesday, March 17 | 5 pm | Chef Robin

Lamb Chops

Wednesday, March 18 | 5 pm | Chef Deedra

Halibut Picatta

Friday, March 20 | 5 pm | Chef Robin

Braised Beef Bourguignon

Monday, March 23 | 4 pm | Chef Deedra

Greek Night-Lamb Kabobs

Tuesday, March 24 | 5 pm | Chef Robin

Dove Sole

Wednesday, March 25 | 5 pm | Chef Deedra

Lobster and Corn Bisque

Thursday, March 26 | 5 pm | Chef Robin

Coq Au Vin

Friday, March 27 | 5 pm | Chef Robin

Chicken Enchiladas Verde

Monday, March 30 | 5 pm | Chef Deedra

Filet Mignon

Tuesday, March 31 | 5 pm | Chef Robin

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

To qualify for a refund, cancellations must be made at least 48 hours in advance of the scheduled class time. This policy allows us to manage our resources effectively and offer the best experience possible to all participants. Our instructors often purchase materials specifically tailored for each class session. These materials are necessary to provide a comprehensive and personalized learning experience.

Therefore, cancellations made on the day of the class or after the class has commenced are non-refundable.



Paul Palermo, Sports Director
sportsdirector@riverlandcai.com



Courtney Palermo, Pro Shop Manager
proshop@riverlandcai.com

12001 SW Riverland Blvd.
 Port St. Lucie, FL 34987
 (772) 271-7272

Proshop@riverlandcai.com

Pro Shop Hours:

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

Court Hours:

7 am - 11 pm | 7 days a week

A MESSAGE FROM THE SPORTS DIRECTORS

Welcome to a brand-new year at the Riverland Sports & Racquet Club! As we step into January, February, and March, we're excited to continue creating a community where every resident feels at home and inspired to stay active.

Whether you're new to Riverland or have been with us from the beginning, we're grateful to have you as part of our growing family. Our mission remains the same each season: to elevate your experience, foster meaningful connections on and off the courts, and offer programs that help you make the most of life here at Riverland. This quarter brings a lineup of major events and opportunities you won't want to miss:

January launches with the Major League Pickleball Team Tournament, where players can showcase their skills during the Combine, get entered into the draft, and then compete with their assigned teams at the end of the month. The semifinals and finals will take place during Riverland Connects, adding excitement and energy to the community event.

January also marks the start of our Winter Bocce League on Tuesday mornings, and we're excited to introduce a new night league for players who prefer evening play.

February brings one of our biggest tournaments of the year: the Riverland Open, inviting players of all levels to compete, connect, and enjoy a vibrant weekend of pickleball.

March welcomes the return of the Riverland Olympics – our multi-sport celebration of teamwork, community pride, and friendly rivalry.

We can't wait to share these next few months with you. Thank you for choosing to be part of such an incredible community. Let's make this season the most memorable one yet – filled with great matches, good friends, and plenty of reasons to smile.

See you on the courts,
 Paul & Courtney

WEEKLY CLASS SCHEDULE

JANUARY/FEBRUARY/MARCH

MONDAY

PB: Madi's Mini Clinic (2.5+)	8:00 am - 9:00 am	\$30
PB: Court's Mini Clinic	8:30 am - 9:30 am	\$30
PB: Pickleball 101 Academy with Blake (4-weeks)	5:00 pm - 6:00 pm	\$25/each
PB: Pickleball 102 Academy with Blake (4-weeks)	6:00 pm - 7:00 pm	\$25/each

TUESDAY

PB: Drill & Play with Zach (3.0+)	8:30 am - 9:30 am	\$25
PB: Advanced Beginner (2.5-2.9)	9:30 am - 10:30 am	\$25
PB: Sam's Mini Advanced Beginner (2.5-2.9)	5:00 pm - 6:00 pm	\$30
PB: Intro to Pickleball with Sam	6:00 pm - 7:00 pm	\$25
PB: Elevate Your Game with Court	6:30 pm - 8:00 pm	\$25/each or \$100 for 5-weeks

WEDNESDAY

PB: 101 Academy with Blake 4-weeks (1.0-2.5)	8:00 am - 9:00 am	\$25/each
TN: Drills, Skills & Strategy w/Bill (2.5-3.0)	8:00 am - 9:30 am	\$30
PB: Specialty Clinic with Zach (3.0)	8:30 am -9:30 am	\$25
PB: Specialty Clinic with Zach (3.5)	9:30 am -10:30 am	\$25

THURSDAY

PB: 102 Academy with Blake 4-weeks (2.5-2.9)	8:00 am - 9:00 am	\$25/each
PB: Drill & Play with Zach (4.0+)	8:30 am -9:30 am	\$25

FRIDAY

PB: Shot of the Week Mini (Under 3.5)	9:00 am - 10:00 am	\$30
PB: Shot of the Week Mini (3.5+)	10:00 am - 11:00 am	\$30
PB: Madi's Mini Clinic (3.0+)	9:30 am - 10:30 am	\$30
TN: Drills, Skills & Strategy w/ Bill (3.0+)	10:30 am -12:00 pm	\$30

SATURDAY

PB: Weekend Warriors (2.5+)	8:00 am - 9:00 am	\$25
PB: Weekend Warriors (3.0+)	9:00 am -10:00 am	\$25
PB: Weekend Warriors (3.5+)	10:00 am - 11:00 am	\$25
BB: Welcome to Riverland (1st Saturday of the month)	9:30 am - 10:00 pm	(FREE)
PB: Welcome to Riverland (1st Saturday of the month)	10:00 am - 11:00 am	(FREE)

(Subject to change based on popularity, availability and necessity!)

*PB = Pickleball | TN = Tennis | BB = Bocce Ball | POPTN = POP Tennis

THE COMPETITIVE EDGE - PROS & TIPS



COURTNEY PALERMO | PICKLEBALL

On Defense – Think Less, Do More

When you're under pressure in pickleball, the smartest play is often the simplest one. Too many players freeze up on defense because they're busy asking themselves, "Where should I put the ball?" Here's the truth: Your number-one job on defense is to get the ball back over the net and between the lines. The longer the rally goes, the more likely they are to make the mistake instead of you.

Great players don't win by being fancy under pressure. They win by being steady. They make their opponents earn every point instead of giving points away for free. So next time you're on your heels: Simplify. Reset. Keep the ball in play. Make your opponents beat you – don't beat yourself.



PAUL PALERMO | PICKLEBALL

Serve with Intent

Aim for a deep, reliable serve that lands a few feet inside the baseline. Depth forces your opponent to hit their return from farther back, which usually means a slower or higher ball coming back to you. That extra time lets you step into the court, get balanced, and control your third shot instead of scrambling.

Keep it simple and repeatable: smooth tempo, higher trajectory, and a clear target. A consistent deep serve doesn't look flashy, but it quietly sets you up to win more points right from the start.



BLAKE CASINO | PICKLEBALL

Playing with a new partner means quick adjustments and clear communication. Keep it simple and set yourselves up for success sooner rather than later.

Communication: Agree on one-word calls like "Mine," "Yours," or "Switch." Decide who takes balls down the middle.

Court Awareness: Watch your partner's positioning – cover the open space when they drift, and prioritize consistency over power until you learn their style.



JEFF WILSON | TENNIS

The approach shot in the game of doubles is the most important shot in the point because it's bringing you into the the net and though there are many shots to choose from. Drop shot. Lob,alley shot, angle, deep middle. All are lower percentage and higher risk. There's a write time to choose these shots. Sometimes it's better to just advance your position and hit your best shot right at the deep player. Higher percentage put the pressure on the opponent to try and counter punch. You'll make less errors and you'll be surprised by the volley advantage.



MADI GONZALEZ | PICKLEBALL

Paddle Tracking

Don't just follow the ball with your eyes or feet, let your paddle softly track it too.

Keep a neutral ready position, but slightly angle the tip of your paddle toward wherever the ball is headed. This small adjustment keeps you prepared for the most likely shot and gives you a big advantage at the kitchen.

Why it helps: **1. Faster reactions** - you're already aligned with the incoming ball. **2. Stronger counter-attacks** - cleaner resets and better control at the kitchen, especially in fast volley exchanges. **3. Better coverage** - you take away your opponent's easiest/quickest attack angles.



RENE SMIT | PICKLEBALL

Pickleball Eye Protection: Stay Safe on the Court

Think of eye protection as essential gear – just like your paddle or court shoes. The right eyewear helps prevent injuries while improving visibility so you can play confidently and comfortably. What to look for:

- Impact-resistant lenses (polycarbonate or Trivex) to withstand fast shots.
- Anti-fog coating to keep your vision clear during intense play.
- Anti-glare or reflective lenses to reduce sun or lighting glare.
- UV protection for long hours on outdoor courts.
- Wraparound frames for full coverage from all angles.
- Prescription-ready options are available.



BILL PERRIN | TENNIS

The lob is a great doubles weapon. Against the net crowder or active poacher, you can frustrate them with the lob, especially over their backhand side. Offensive lobs are hit to win the point, and defensive lobs are hit very high to buy time to recover when you are pushed deep or wide in the court. Use completely different styles of lobs to hit with the wind or against the wind. With the wind, lob high to the service line and let the wind carry it to the back of the court. Against the wind, lob lower and faster aiming over the baseline, and let the wind bring the ball back inside the court. Crosswinds make it even more difficult for the opponents, and hitting overheads while they're looking into the sun is a challenge for anyone. When both opponents are up front, try lobbing to the middle between them to cause confusion. Be sure to adjust if the wind changes during the match. Happy lobbing!

MEET ZACH & SAMUEL HIGGINSON - NEW PICKLEBALL INSTRUCTORS



ZACH HIGGINSON | PICKLEBALL

Triangulation: Your #1 Positioning Tip

Triangulation means you and your partner always form a triangle with the ball. As the ball moves, both players shift to keep that shape.

Why it works: Covers the court without gaps, creates better angles & clarifies who takes what.

How to do it: Stay 6–8 feet apart, move together as the ball moves and keep the triangle at the baseline, in transition, and at the kitchen.

Simple rule: When the ball moves, you move – together. Keep the triangle.



SAMUEL HIGGINSON | PICKLEBALL

The Mental Game: Pickleball's Most Underrated Skill

One of the most overlooked skills in pickleball is mastering your mental game. Start by keeping your focus in the present – use a simple reset phrase like “Next ball” after mistakes so your brain stops replaying the last error. Between points, control your breathing with a slow exhale to calm your body and sharpen your decision-making. When rallies speed up, shrink your focus: watch the ball hit your paddle, aim for safe targets, and keep your paddle up. And above all, stay positive. Instead of tearing yourself down after a miss, build yourself into the next point. Confidence keeps unforced errors away and helps you play your best.

PRIVATE LESSONS

You can book a private lesson with any of our instructors by calling the Pro Shop: (772)-271-7272

SERVICES

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

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

Pickleball Court Operations: There are dedicated courts to open play to play with like-skill leveled players in the morning from 8-11 am or social open play open to all levels in the evening from 5-8 pm. Open play enables you to meet your neighbors or if you've met some fun people you can form your own group and book a court any day/any time! Want to learn new strategies and techniques in pickleball? Ask one of our many Pickleball Pros who are always on their A-game and ready to make you a better player! Then the ball machine can be rented for \$12/ hour after 11 am. Classes are held on courts 1-5 next to the pro shop.

Bocce Court Operations: The Bocce Club meets Monday evenings from 6-8 pm, (when no league play) Tuesday mornings 8-10 am, Thursday mornings 8-10 am, Thursday evenings (ladies' night!) 6-8 pm & Sunday evenings 5-8 pm. Outside of those time frames and special events the courts are available for booking! Learn to play bocce in Welcome to Riverland Bocce the 1st Saturday of the month at 9:30 am and get introduced to our bocce program!

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

The Sports & Racquet Club takes payment for classes and events upon signup. We operate on a 24-hour cancellation policy to receive a full refund. No refunds for cancellations within 24-hours of the start or no-shows without a doctor's note.

SOCIAL EVENTS AND TOURNAMENTS

JANUARY

- 2 MLP Combine #1 - morning
- 3 TN New Years RR
- 5 MLP Combine #2 - evening
- 6 MLP Draft
- 15 BB Let the Good Times Roll Social
- 17 MLP Tournament
- 20 Riverland Connects - MLP Semis & Finals

RIVERLAND INVITATIONAL PICKLEBALL TOURNAMENT



FEBRUARY

- 14 TN Valentines RR (couples/mixed partner)
- BB Bocce Beauty & the Beast Valentines Social
- 21 Riverland Open - Mixed Doubles
- 22 Riverland Open - Men's/Women's Doubles



MARCH

- 18-20 Riverland Olympics
- 21 TN Men's Madness RR
- 6-7 Riverland PB Invitational

RESIDENT SPOTLIGHT



ROBERT GOODE

Team Owner in the U.S. Legends Pickleball League



Riverland is proud to celebrate resident Robert Goode, the newest team owner in the 35+, 4.5+ U.S. Legends Pickleball

League, a competitive league spanning the entire East Coast of the United States. As part of his role, Robert will travel to Virginia for the League Combine, where he'll evaluate top players and make key draft decisions for his team, the Treasure Coast Titans.

This is an incredible opportunity for Robert and an exciting moment for our community.

We're thrilled to share that Riverland Pros Madi and Paul will be part of the Titans roster this season, as Robert is permitted to retain four protected players before drafting begins. The season officially kicks off in January, and we couldn't be more excited to cheer on Robert and the Titans as they represent the Treasure Coast on a national stage.

For more information and to follow the Titans'



journey, visit uslegendspickleball.demosphere-secure.com or scan the bar code here.



The Loco Dinkers



SPORTS & RACQUET CLUB



World #1 Ben Johns Visits



3.5 Double Trouble Ladies



Andrea Abramson's Walk for Alzheimer's Team



Dink 4 Pink



Athenia Williams, Fitness Director
fitnessdirector@riverlandca.com



Uroy Williams, Assistant Fitness Director
fitnessmanager@riverlandca.com

WELLNESS & FITNESS CENTER HOURS OF OPERATION

Gym and Stretch Zone: Open 24 Hours
 Outdoor Fitness Pools/Spa/Resistance Pool:
 Dawn till Dusk
 Indoor Sports Court/Indoor Fitness Pool
(Lap Lane Reservation Required):
 6:00 am - 10:00 pm
 Group Fitness Classes *(Group Fitness Class Membership Required):* 7 Days a Week

PULSE FIT STUDIOS

Studio Hours:
 Monday - Friday 7 am - 8 pm
 Saturday 9 am - 5 pm
 Sunday 8 am - 1 pm

UPDATE FROM THE FITNESS DIRECTOR

As we welcome 2026, we just have to say... 2025 was a great year! We shared so many amazing moments with you, but the highlight of it all was the grand opening of Pulse Fit Studios. With this exciting addition to our program, membership has grown to nearly 1,000 strong – and we couldn't be more thrilled! So many of you set fitness goals last year – and crush them. Watching your day-to-day progress has been inspiring. We're ready to help you reach even higher goals in 2026.

Our team continues to expand, now reaching 43 passionate and professional trainers and instructors. This powerhouse crew includes Massage Therapists, Stretch Professionals, Personal Trainers, Group Fitness Instructors, and a Registered Dietitian. With all that talent under one roof (well... technically two roofs now), there's definitely someone here who can help you reach your goals.

And speaking of 2026, our theme for the year is: "GET UP AND MOVE!", so get ready, because we're moving right along with you!

We are on a mission to keep learning, growing, and shaking things up with all of you. Now that we're operating from both buildings, you'll probably catch us running back and forth like we're training for a marathon. If you see us, feel free to stop us and chat. Even if we look busy, we're never too busy for you.

And, just in case you didn't know... Yes, we're Mr. and Mrs. Williams. We are really "married", as we've been asked. We also have two amazing kids, Eleni (8) and Kingston (6), our tiny tornadoes who keep us on our toes more than any fitness class ever could.

If we haven't met you yet, please stop by and say hi. We'd love to meet you and help make 2026 your strongest, happiest, and healthiest year yet.

Cheers to a new year full of movement, laughter, progress, and plenty of feel-good sweat.

Let's make 2026 unforgettable together!

Stay Well.

One Love,
 Athenia and Uroy

NEW FEATURED TEAM MEMBERS

Tammy Cannon



Pilates Reformer
(Level 1, Level 2, Jump)

Sunday 11 am, 12 pm
Monday 8 am, 9 am, 10 am
Wednesday 8 am, 9 am
Thursday 8 am, 9 am
Saturday 9 am, 10 am, 11 am

Ysaac Kaplan



Stomp It Out -
Line Dancing

Saturday 10 am

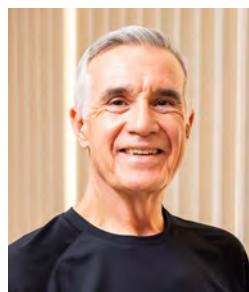
Sachi Minakata



Pilates Reformer
(Level 1, Level 2)

Tuesday 8 am, 9 am, 10 am,
5 pm, 6 pm
Thursday 5 pm, 6 pm
Friday 8 am, 9 am, 10 am, 11 am
Saturday 9 am, 10 am, 11 am

Rusty Kline



Spin
Wednesday 6 pm

Luke Gonzalez



Floor Attendant

Juan Fajardo



Floor Attendant

HOW TO SCHEDULE CLASSES AND SERVICES AT THE FITNESS CENTER

- Download the RiverlandFit App
- Create an account using the email you have on file with the HOA
- Call or stop by the Fitness Center to purchase your services or Group Fitness packages (772) 271-7272
- Now you can schedule all your classes or services on your phone
- Once you have completed these steps you can also schedule or request services through the riverlandcai.com website



Jennifer Coull
Licensed Massage Therapist #MA73360

Hi there, I'm Jenn! I've been a massage therapist since 2003. Massage is and always has been more than a job for me. I truly enjoy helping people through the gift of massage. After two decades of massaging, I've acquired a great deal of knowledge of the mind-body connection and the incredible healing effects that massage can provide.

For the athletes and workout warriors in the community I specialize in Sports Therapy Massage. In a session with me we'll assess and address any limiting muscle mobility and flexibility. Flexible, breathable muscles are key to a more effective workout and better mobility in any sport. Keeping your muscles healthy can greatly reduce inflammation and injury. For those of you just looking to relax, allow me to put you into a deep state of relaxation during a Relaxation massage. Your body will feel rested and rejuvenated, like you just took a much-needed mini vacation. For everything in-between sports and relaxing, I will combine the best of both worlds in a Therapeutic Massage, using all of my knowledge to create the perfect full body experience.



Whitney Martin
Licensed Massage Therapist #MA73353

Whitney is a dedicated and experienced Licensed Massage Therapist with over 10 years of experience in the field. At Riverland, Whitney offers a wide range of therapeutic services, including Trigger Point Therapy, Deep Tissue Massage, Relaxation Massage, Lymphatic Drainage, Reflexology, and Cupping Therapy. Her extensive training and certifications enable her to provide personalized care tailored to meet each client's unique needs.

Whitney is deeply committed to serving the Riverland community. She collaborates closely with trainers to ensure clients remain healthy and active, emphasizing a holistic approach to wellness. Whitney takes pride in delivering exceptional massage therapy that supports overall well-being and enhances quality of life. Outside of her professional life, Whitney is a loving wife, a stepmother to two wonderful children, and a devoted mom to two fur babies. Whitney brings her caring spirit into her practice and looks forward to helping you achieve your wellness goals.

WEEKLY CLASS SCHEDULE

Events and classes listed below take place every week.

MONDAY

8 am	Pilates Reformer (Level 1)
	HIIT
9 am	Barre
	Pilates Reformer (Level 1)
	Spin
	Tai Chi
10 am	Yoga Stretch
	Pilates Reformer (Level 2)
	Full Body Fit
	Aqua Fit (Level 2)
	Chair Yoga
	Low Impact Fit (Bootcamp)
11 am	Pilates Reformer
	Spin
	Low Impact Fit
	Stretch & Tone
12 pm	Pilates Reformer
	Bungee Fitness
	Mat Pilates Fusion
5 pm	Pilates Reformer
6 pm	Pilates Reformer
	Low Impact Fit

TUESDAY

8 am	Pilates Reformer (Level 1)
	Low Impact Fit
9 am	Pilates Reformer (Level 2)
	Step & Sculpt
	Aqua Fit (Pilates)
	Spin
10 am	Foam Roll & Stretch
	Pilates Reformer (Level 1)
	Dance Fit
	Bootcamp
	Aqua Fit (Core & Cardio)
11 am	Stretch & Tone
	Pilates Reformer
	Tone Up
	Chair Yoga
12 pm	Pilates Reformer
5 pm	Yin Yoga
	Pilates Reformer
6 pm	Pilates Reformer

WEDNESDAY

8 am	Yoga
	Pilates Reformer (Level 1)
	Low Impact
9 am	Pilates Reformer (Level 2)
	Core & More
	Boxing Fit
	Aqua Fit (Level 1)
	Stretch & Tone
10 am	Stretch
	Pilates Reformer
	Zumba Gold
	Full Body Fit
	Aqua Fit (Strength & Conditioning)
11 am	Barre Fusion
	Medium Impact Fit
	Power Hour
12 pm	Mat Pilates
	Pilates Reformer
	Bungee Fitness
5 pm	Pilates Reformer
6 pm	Aqua Dance
	Pilates Reformer
	Spin
	Zumba

THURSDAY

8 am	HIIT
	Pilates Reformer (Level 2)
9 am	Yoga
	Spin
	Low Impact Fit
	Pilates Reformer (Jump)
10 am	Barre
	Pilates Reformer
	Spin
	Dance Fit
	Aqua Fit (Level 2)
11 am	Mat Pilates
	Low Impact Fit
	ISO 60
	Chair Yoga
	Aqua Fit (B3)
12 pm	Chair Zumba

5 pm	Yin Yoga
	Pilates Reformer
6 pm	Aqua Dance
	Pilates Reformer
	Full Body Strong

FRIDAY

8 am	Pilates Reformer (Level 1)
	Lower Body Blast
9 am	Stretch
	Pilates Reformer (Level 2)
	Pound
	Medium Impact Fit
	Move Groove & Dance
10 am	Stretch
	Pilates Reformer (Level 2)
	Upper Body Attack
	Bootcamp
	Aqua Aerobics (Level 2)
11 am	Stability Ball Strength & Tone
	Pilates Reformer (Level 1)
	Tone Up
	Aqua Dance
	Tai Chi

SATURDAY

9 am	Low Impact Fit
	Aqua Fit
	Pilates Reformer
	Spin
10 am	Mat Pilates
	Full Body Fit
	Stomp It Out (Line Dance)
	Pilates Reformer
11 am	Vinyasa Flow Yoga
	Pilates Reformer
	Bungee Fitness
12 pm	Mat Pilates

SUNDAY

9 am	Aqua Dance
10 am	Yoga
11 am	Pilates Reformer
12 pm	Pilates Reformer

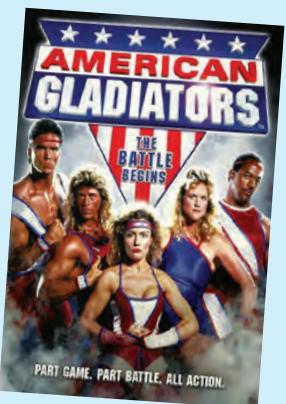


CELEBRITY SIGHTING



Did you know we have a celebrity living at Riverland?

Cheryl Ann Silich, originally from Indianapolis, Indiana, is an actress, speaker, producer, author and radio show host. But most impressive to us, she's an American Gladiators (hit T.V. show) Champion! If you see her around Riverland, you can immediately tell by her physique that fitness and body building is a passion of hers and if you get the chance to speak with Cheryl, you will immediately notice she has a heart of gold and the most infectious smile.



Cheryl exudes strength, power and excitement. We are so honored she spends her time jumping, swinging and flying with us in Bungee Fitness class – as you can see above. Cheryl is a natural in the BUNGEE!



NUTRITION CORNER



Courtney Sellers
Registered Dietitian Nutritionist

Gut Reset
for the
New Year
Simple Habits for
Better Digestion

FREE Nutrition Seminar
Wednesday January 21, 2026
10am-11am

RESERVE ON THE RIVERLAND FIT APP
** SPACE IS LIMITED**

Reservations for January seminar open
on Saturday, December 20, at 7 am.

HEART MONTH SPOTLIGHT

FOODS THAT KEEP BLOOD PRESSURE IN CHECK

COMPLIMENTARY NUTRITION SEMINAR

FEBRUARY 11 2026
10AM-11AM

RESERVE ON THE RIVERLAND FIT APP
** SPACE IS LIMITED**

Reservations for February seminar open on
Tuesday, January 20, 2026 at 7 am.

RIVERLAND WELLNESS & FITNESS CENTER

SPRING CLEAN YOUR KITCHEN
Healthy Meals from Pantry Staples

FREE NUTRITION SEMINAR
March 11, 2026 | 10am-11am

RESERVE ON THE RIVERLAND FIT APP
SPACE IS LIMITED

Reservations for March seminar open on
Friday, February 20, at 7 am.

INDOOR SPORTS COURT

DAILY SCHEDULE

- **Line Dancing**

Monday: 6:30 pm - 8:00 pm

- **Basketball Open Court**

Monday: 6:00 - 7:00 am | 1:00 - 6:00 pm | 8:00 - 10:00 pm

Tuesday: 6:00 - 7:00 am | 1:00 - 5:30 pm

Wednesday: 6:00 - 7:00 am | 1:00 - 5:30 pm

Thursday: 6:00 - 7:00 am | 1:00 - 5:30 pm

Friday: 6:00 - 7:00 am | 1:00 - 10:00 pm

Saturday: 6:00 - 9:00 am | 1:30 - 10:00 pm

Sunday: 6:00 am - 10:00 pm

- **Ping Pong Open Table**

Tuesday: 3:30 - 5:00 pm

Thursday: 3:30 - 5:00 pm

Saturday: 3:30 - 5:00 pm

Sunday: 8:00 am - 5:00 pm



- **Ping Pong Club**

Tuesday, Thursday, Saturday: 1:00 - 3:30 pm

- **Volleyball Club**

Thursday: 6:00 - 8:30 pm

- **Corn Hole Open Play**

Tuesday: 6:00 - 8:00 pm

- **Indoor Stick Ball**

Wednesday: 7:00 - 10:00 pm

An advertisement for a chair yoga class. The top half features the text "HEALTH IS THE GREATEST Wealth" in large blue and yellow letters, with a yellow arrow pointing down to the word "Wealth". Below this is a photograph of a group of people in a large gymnasium, sitting in chairs and performing a synchronized yoga pose. The bottom half has a dark blue background. On the left, the text "JOIN OUR FITNESS FAMILY" is written in large white letters. On the right, the "RIVERLAND WELLNESS & FITNESS CENTER" logo is displayed. At the bottom, a green button contains the text "CONTACT US | (772)271-7272 or Riverland Fit App".

An advertisement for the "5K RIVERLAND RUN • WALK • ROLL" event. The top right features the text "5K RIVERLAND RUN • WALK • ROLL 2026". Below this is a large "SAVE THE DATE" text. In the center is a stylized graphic of a runner in blue and black, with blue and black horizontal bars behind them. At the bottom, the date "FEBRUARY 28TH, 2026" is written in large blue letters. The bottom left corner features the "RIVERLAND WELLNESS & FITNESS CENTER" logo.



EVENTS AT-A-GLANCE

January

2 MLP Combine #1 – Morning | Sports and Racquet Club
 5 MLP Combine #1 – Evening | Sports and Racquet Club
 6 Valencia All Star Band | Cay
 9 Holly Farris | Grove
 9 Shades of Buble | Cay
 11 Beatles Experience | Walk
15 Riverland Green Market | Arts & Culture Center
17 Candlelight Jazz Series - A Night in Brazil | Arts & Culture Center
 18 MLP Tournament | Sports and Racquet Club
20 Riverland Connects MLP SEMIS & FINALS | Sports and Racquet Club
 24 Top of the World – Carpenters | Grove

February

4 Rita Rudner – Comedy | Grove
5 Riverland Green Market | Arts & Culture Center
7 Mardi Gras Festival featuring Otis Cadillac | Arts & Culture Center
 13 Dustin Brayley | Grove
 14 American Sirens | Walk
17 Riverland Connects Block Party | Sports and Racquet Club
 20 Rock Around the Clock | Grove
 21 Jesse Hamilton & Savannah Smith | Cay
21 & 22 Riverland Open | Sports and Racquet Club
 26 Magic Rocks | Walk
 27 Chris Ruggero | Grove

March

5 Riverland Green Market | Arts & Culture Center
 7 Comedian Joe Sib | Cay
 13 Wanted - Bon Jovi Tribute | Walk
18 Olympics Block Party Opening | Sports and Racquet Club
18-20 Riverland 2nd Annual Olympics | Sports and Racquet Club
 21 Sounds of Soul | Cay
 22 Melissa Manchester | Grove
28 Candlelight Jazz Series - Rock Orchestra | Arts & Culture

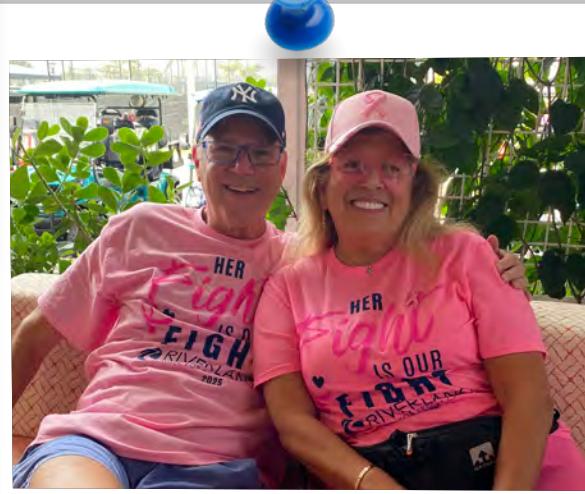
April

2 Riverland Green Market | Arts & Culture Center
 9 Yanov Zarif | Grove
 11 Gen Maldonado | Cay
21 Riverland Open | Sports and Racquet Club
 21 Crystal Stark | Whitney Houston Tribute | Walk
 25 Meetloaf | Grove

May

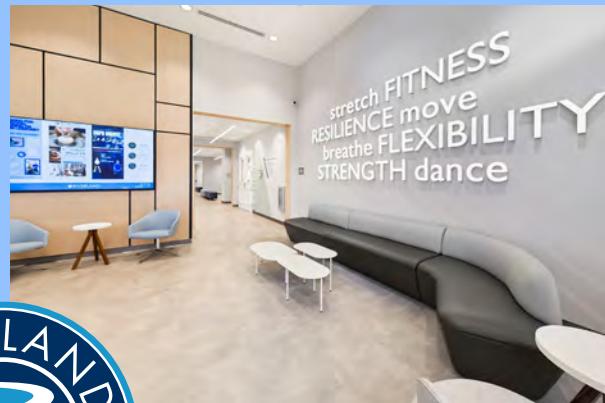
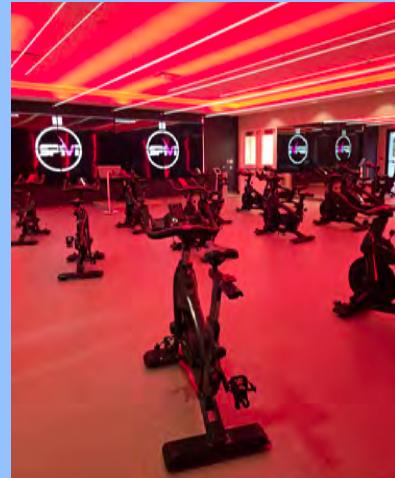
7 Riverland Green Market | Arts & Culture Center
 15 The Steely Dan Project | Grove
 16 Beatlemaniacs | Cay

Time and location subject to change



Open Now!

PULSE FIT STUDIOS



RIVERLAND

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VALENCIA

VIBES

EVENT GUIDE

Your Social Calendar to FUN!

VOLUME 11

Winter 2026

Valencia Cay Show Series



Jan 24 Shades of Buble
Feb 21 Jesse Hamilton & Savannah Smith
March 7 Joe Sib - Comedy
March 21 Sounds of Soul

Valencia Grove Show Series



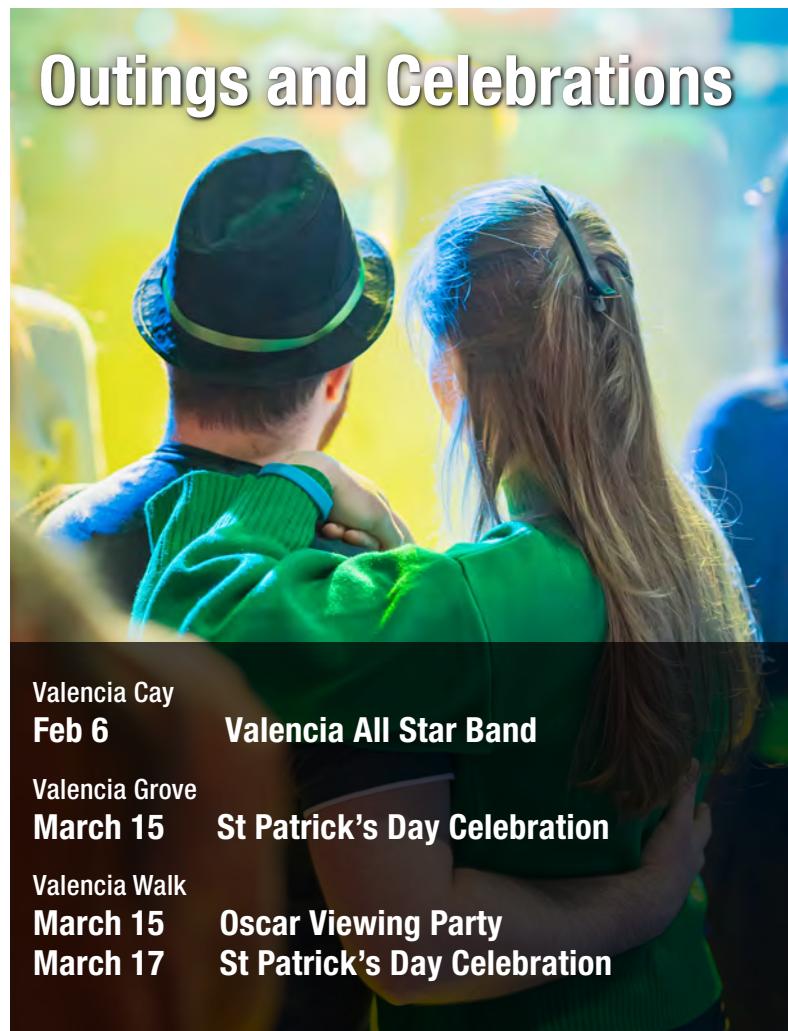
Jan 9 Holly Farris
Jan 24 Top of the World - Carpenters
Feb 4 Rita Rudner - Comedy
Feb 13 Dustin Brayley
Feb 20 Rock Around the Clock
March 7 Chris Ruggero
March 21 Melissa Manchester

Valencia Walk Show Series



Jan 11 Beatles Experience
Feb 14 American Sirens
Feb 26 Magic Rocks
March 13 Wanted - Bon Jovi Tribute

Outings and Celebrations



Valencia Cay
Feb 6 Valencia All Star Band
Valencia Grove
March 15 St Patrick's Day Celebration
Valencia Walk
March 15 Oscar Viewing Party
March 17 St Patrick's Day Celebration

Thirsty Thursday and Sunset Spritzers



Valencia Cay

Jan 22

Feb 19

March 19

Valencia Grove

Jan 15

Feb 19

March 12

Valencia Walk

Jan 22

Feb 19

March 26

Sunday Funday



Valencia Cay

Jan 4

Feb 1

March 1

Valencia Grove

Jan 4

Feb 1

March 1

Valencia Walk

Jan 4

Feb 1

March 1

Singo



Valencia Cay

Jan 29

Feb 26

March 26

Valencia Grove

Jan 28

Feb 25

March 25

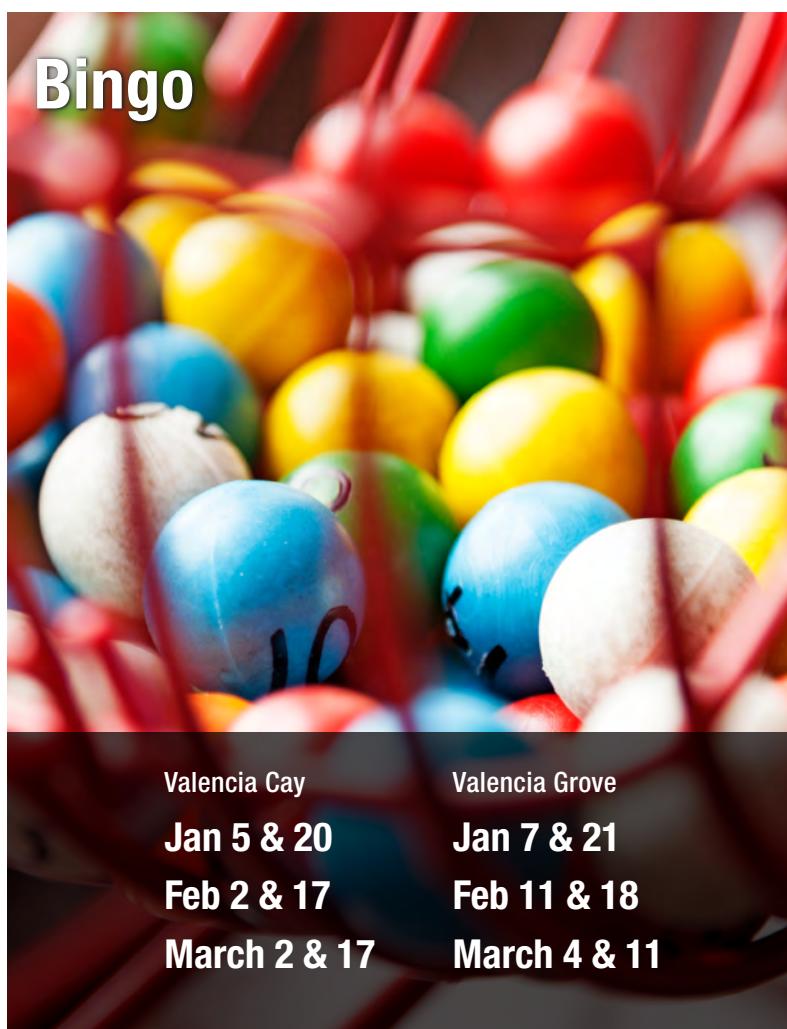
Valencia Walk

Jan 20

Feb 20

March 20

Bingo



Valencia Cay

Jan 5 & 20

Feb 2 & 17

March 2 & 17

Valencia Grove

Jan 7 & 21

Feb 11 & 18

March 4 & 11

RIVERLAND SNAPSHOTS

