

# BONITA BUZZ



COMMUNITY NEWSLETTER FOR VALENCIA BONITA HOMEOWNERS | SEPT/OCT 2019

## CELEBRATE LABOR DAY

at our BBQ and  
Pie Bake-Off **Page 7**

## LAUGH IT UP with TAYLOR MASON:

Ventriloquist Extraordinaire  
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## GET SPOOKY! HALLOWEEN HOOTENANNY! **Page 9**

55+ LIVING AT ITS BEST

**TEMPORARY LIFESTYLE CENTER**

28469 Abruzzo Drive  
Bonita Springs, FL 34135

**Lifestyle Office:**

Jenna Damiano, Lifestyle Director  
vbsocial@wtsinternational.com  
(239) 908-0880 ext. 2  
Monday through Friday  
9:00 AM – 12:00 PM  
1:00 PM – 4:00 PM

**Community Association Manager:**

Adam Smalley, LCAM  
asmalley@grsmgt.com  
(239) 908-0880 ext. 1

**PRO SHOP**

28511 Sicily Loop  
Bonita Springs, FL 34135  
(239) 221-7104

Simone Jardim, Sports Director  
Simonepj79@gmail.com

Nancy Walter,  
Instructor & Program Coordinator  
ValenciaBonitaProShop@gmail.com

Ben Randlett, Instructor  
randlettben@gmail.com

GRS after hours email and telephone:  
residentservices@grsmgt.com • 561-641-8554

**A MESSAGE FROM  
YOUR LIFESTYLE DIRECTOR**

Hello wonderful Residents  
of Valencia Bonita!

Thank you for sweating  
out this summer with me!  
We are excited for all our  
seasonal residents to start  
making their way back to  
join the festivities. I have  
a plethora of activities to

keep us active and out of the heat! It is important to  
take time for yourself each day. Make sure you are  
doing something for YOU!

There will be many opportunities to meet your  
neighbors, unwind, make a new friend, or start a  
new club! I cannot wait to see you at our Karaoke  
Party, Labor Day BBQ and Resident Pie Baking  
Contest, Halloween Hootenanny, and all our other  
activities for September and October. Thank you  
for being you!

Cheers,

**Jenna Damiano**  
Lifestyle Director

**BRIDGE CLUB****FISHING CLUB****CLUBS**



## FROM YOUR HOA PRESIDENT



I hope everyone has been having an enjoyable summer!

The success continues here at Valencia Bonita. Sales and closings are still excitedly progressing. We

are up to a total of 440 sales which puts us at 43 percent sold out. We also have officially hit 300 closed homes translating to nearly one-third of your community in residence!

A few new and exciting things since your last issue of the Buzz! We are happy to have the mailboxes in their permanent home, an ice machine at the Racquet Club, and the gate arms operational from 7:00 PM to 6:00 AM.

The power is on at the Valencia Bonita Club and Sports Center. We continue to make wonderful strides toward completion. Currently, lighting and air conditioning is on in half of the facility, drywall is being put up in the large social hall, the restaurant is getting some of its unique elements, and we are seeing fixtures and cabinets in certain areas. Outside, the Clubhouse landscaping is being installed, along with pavers, and portions of the dog park are in evidence.

Community events have not slowed during these summer months. Our July and August events cumulatively translated to hundreds of you participating in various activities!

Have a wonderful rest of your summer as we await fall to arrive very soon.

All my best,

**Dianna Betancourt**

Project Manager and HOA President



PROGRESS



FROM YOUR **SPORTS DIRECTOR**

I want to thank everyone for supporting and getting involved with our sports programs. As they continue to grow, I also want to reinforce how important it is to us that you are safe while playing tennis, pickleball, and/or bocce. If you ever have any questions or concerns, please let us know. I look forward to seeing you on the courts!

Regards,  
Simone Jardim

### *Good luck, Ladies*

Wishing our 3.5 Women's Tennis Team luck in the USTA League matches coming up! Keep an eye out for their match schedule coming soon via email!

**SPORTS COMPLEX UPDATES**

1. **Pickleball:** For the next two months, we will continue to have open play every day during the week starting at 8:30 AM. All you need do is show up and play. All levels welcome!
2. **Tennis:** Starting in October, we will have open play on Saturdays  
8:00 – 9:30 AM    3.5+ Men and Women  
9:00 – 10:30 AM    2.5-3.0 Men and Women  
Residents are welcome to bring a guest.
3. **Bocce:** We are still in need of captains for the Fall league. Please e-mail us at your earliest convenience if you are interested. We appreciate your help and support. [Valenciabonitaproshop@gmail.com](mailto:Valenciabonitaproshop@gmail.com)
4. **Fall Leagues:** Leagues for all sports will start the week of October 21<sup>st</sup>. If you are interested in participating in a tennis, pickleball, or bocce league, please contact us for more information. We are excited to get our Leagues up and running!

**SIMONE'S SPORTING TIPS****TENNIS****TWO BOUNCES AND YOU'RE OUT**

Whenever you rally, wherever you play, make up your mind that you will never let the ball bounce twice. Always run for the ball, even if you think you have no chance to reach it. Richard Williams told Venus and Serena when they were six and seven years old, "Don't think, just run and hit the ball." Try playing on a court with no lines. Whatever comes to you, it is in play.

**PICKLEBALL****SERVE AND STAY, RETURN AND RUN**

Remember to serve and stay on the baseline, since the ball has to bounce on your side of the court before you can hit it. Return and run, so you don't give up your advantage of being able to take the next ball out of the air.

**BOCCE****FOCUS ON THE FIRST THROW**

The first throw often decides the game, because getting a good first shot at the pallino can push your opponents into a corner so they must fight back throughout the rest of the game. Throw carefully!



# UPCOMING RACQUET CLUB SPECIAL EVENTS



## INTRO TO BOCCE CLASS

**Date:** September 3<sup>rd</sup>

**Time:** 9:00 – 10:00 AM

**Format:** An experienced Bocce player/instructor will be conducting a class for residents only.

**Cost:** \$10 Minimum attendance of six Residents.

**Sign up deadline:**

September 1<sup>st</sup>.

Please e-mail valenciabonitaproshop@gmail.com.

## VALENCIA BONITA VS. MEDITERRA TENNIS TEAM CHALLENGE

**Date:** September 7<sup>th</sup> • **Time:** 9:30 AM

**Format:** Eight games of Women's/Men's doubles, eight games of Mixed Doubles, and eight games of mix and match.

3.0 – 4.5 level will be competing against/with their respective players. Please e-mail valenciabonitaproshop@gmail.com, if you are interested in playing.

## SEPTEMBER PICKLEBALL CAMP

**Date:** September 9<sup>th</sup> • **Time:** 8:30 – 10:30 AM

**Format:** Residents and guests will be coached on different aspects of the game. We will drill and play while getting instruction.

**Cost:** \$15 per player

**Sign up deadline:** September 7<sup>th</sup>

## RESIDENT-GUEST PICKLEBALL TOURNAMENT

**Date:** September 16<sup>th</sup> and 17<sup>th</sup> • **Time:** 8:30 – 11:30 AM

**Format:** We will be playing women's and men's doubles on the 16<sup>th</sup>, dividing into groups based on level (Intermediate and Advanced). On the 17<sup>th</sup>, we will be playing mixed doubles and dividing into groups based on level (Intermediate and Advanced). Residents are welcome to bring a guest to partner with. Prizes will be awarded for 1<sup>st</sup> and 2<sup>nd</sup> place.

**Cost:** \$20 per team, per division

**Sign up deadline:** September 14<sup>th</sup>. Please e-mail valenciabonitaproshop@gmail.com.



## VALENCIA BONITA VS. BONITA BAY TENNIS TEAM CHALLENGE

**Date:** September 17<sup>th</sup> • **Time:** 9:30 AM

**Location:** Bonita Bay

**Format:** 2 out of 3 sets, 10-point breaker in case of third set. Our women tennis players, 2.5-4.0 level will be competing against their respective players. If you are interested in playing, please e-mail valenciabonitaproshop@gmail.com.

## SEPTEMBER TENNIS PALOOZA

**Date:** September 18<sup>th</sup> • **Time:** 8:30 – 10:30 AM

**Format:** Learn how to use the ball machine, get some live drill ideas and point play strategy.

**Cost:** \$10 per player

**Sign up deadline:** September 16<sup>th</sup>. Please e-mail valenciabonitaproshop@gmail.com

## BOCCE TEAM TOURNAMENT

**Date:** September 24<sup>th</sup> • **Time:** 8:30 – 11:30 AM

**Format:** Teams of 4 players will compete against each other

**Cost:** \$20 per Team

**Sign up deadline:** September 22<sup>nd</sup>. Please e-mail valenciabonitaproshop@gmail.com.

## BOCCE SOCIAL GATHERING

**Date:** October 1<sup>st</sup> • **Time:** 8:30-10:30 AM

**Format:** Organized team play. We will try different formats for team competition.

**Cost:** \$5 per player

Let's make Mimosas; you bring the champagne and I will bring the OJ!

## OCTOBER PICKLEBALL CAMP

**Date:** October 7<sup>th</sup> • **Time:** 8:30 – 10:30 AM

**Format:** Residents and guests will be coached on different aspects of the game. We will drill and play while getting instruction.

**Cost:** \$15 per player

**Sign up deadline:** October 5<sup>th</sup>. Please e-mail valenciabonitaproshop@gmail.com.

## BOCCE LEAGUE MEETING AND OPEN PLAY

**Date:** October 15<sup>th</sup> • **Time:** 9:00 AM  
Anyone interested in league play is advised to attend.  
We still need more team captains!

## RESIDENT-GUEST TENNIS TOURNAMENT

**Date:** October 22<sup>nd</sup> • **Time:** 8:30 – 11:30 AM  
**Format:** Residents will enter tournament with a guest.  
We will have women's and men's doubles divisions divided by level. Depending on the number of teams we will decide format of match play. Prizes will be awarded for 1st and 2nd place,  
**Cost:** \$20 per team  
**Sign up deadline:** October 20<sup>th</sup>. Please e-mail valenciabonitaproshop@gmail.com.



## HALLOWEEN PICKLEBALL TOURNAMENT

**Date:** October 31<sup>st</sup> • **Time:** 8:30 – 11:30 AM  
**Format:** We will be playing 2 divisions only, Intermediate and Advanced. Prizes will be awarded for the best dressed.  
**Cost:** \$10 per team  
**Sign up deadline:** October 29<sup>th</sup>. Please e-mail valenciabonitaproshop@gmail.com.

# JOIN US ON THE COURTS

### MONDAY

- 8:00 – 9:15 AM  
Level 2.5-3.0 Tennis Clinic with Ben
- 8:30 AM Pickleball Open Play
- 9:00 AM – 12:00 PM  
Private/Semi-Private Lessons with Simone
- 9:30 – 10:45 AM  
Level 3.5-4.0 Tennis Clinic with Ben
- 11:00 AM – 12:00 PM  
Private/Semi-Private Lesson with Ben

### TUESDAY

- 8:30 AM Pickleball Open Play
- 9:00 AM – 12:00 PM  
Private/Semi-Private Lessons with Nancy
- 9:00 AM – 12:00 PM  
Private/Semi-Private Lessons with Simone

### WEDNESDAY

- 8:30 AM Pickleball Open Play
- 9:00 – 10:30 AM  
Intermediate Pickleball (4 participant minimum)
- 10:30 AM – 12:00 PM  
Advanced Pickleball (4 participant minimum)
- 5:00 PM Open Bocce Play

### THURSDAY

- 8:00 – 9:00 AM  
Cardio Tennis with Ben (4 participant minimum)
- 8:30 AM Pickleball Open Play
- 9:15 – 10:30 AM  
Beginner Tennis Clinic
- 10:30 – 11:30 AM  
Ben available for Tennis Lesson
- 9:00 AM – 12:00 PM  
Nancy available for Lesson

### FRIDAY

- 8:30 AM Pickleball Open Play
- 9:00 AM Beginner Pickleball Clinic  
(4 participant minimum)
- 10:00 AM – 12:00 PM  
Private/Semi-Private: Nancy or Simone available

### SATURDAY (STARTING IN OCTOBER)

- 8:00 AM – 9:30 AM  
Open Tennis Play 3.0+
- 9:00 AM – 10:30 AM  
Open Tennis Play 2.5-3.0+

### SUNDAY

- 5:00 PM  
Open Bocce Play

# EVENTS & ACTIVITIES

**Event Policy:** Please note all events are subject to change. For all paid events, you must cancel by the RSVP deadline. No reservations are guaranteed unless payment is made. Checks or money orders only. Checks may be made payable to VB HOA. Thank you.

## LABOR DAY BBQ AND PIE BAKE OFF

Monday, September 2<sup>nd</sup>  
12:00 – 3:00 PM  
at The Lifestyle Center  
\$26 per person



Gather round this Labor Day at the Lifestyle Center, as we feast on a Black-Eyed Pig BBQ, including pulled chicken, ribs, mac and cheese, baked beans, and Texas toast!

We will also be hosting a pie baking contest. We are looking for resident bakers and judges! If you are interested in attending this party or entering the Pie Bake Off, please RSVP and make payment to [vbsocial@wtsinternational.com](mailto:vbsocial@wtsinternational.com) by August 26<sup>th</sup>. Checks may be made payable to VBHOA.

## SHADE PLANTS 101 WITH DANIELLE OF DRIFTWOOD NURSERY

Thursday, September 5<sup>th</sup> at 11:00 AM  
The Lifestyle Center  
Complimentary

Join us for an educational seminar about Shade Plants! Danielle from Driftwood Nursery, Estero will show you how you can grow your plants right inside your new home. You will leave with a green thumb! RSVP to [vbsocial@wtsinternational.com](mailto:vbsocial@wtsinternational.com) by September 2<sup>nd</sup>.

## GRANDPARENTS' DAY COFFEE AND CONVERSATION

Sunday, September 8<sup>th</sup> at 10:00 AM  
The Lifestyle Center  
\$2 per person

Happy Grandparents Day! Let's enjoy some coffee and donuts this morning and chat with our neighbors! Please RSVP and make payment by Wednesday, September 4<sup>th</sup>. Let Jenna know your favorite donut! See you there!

## KARAOKE AND DESSERT MIX AND MINGLE

Thursday, September 19<sup>th</sup> at 7:00 PM  
The Lifestyle Center  
\$15 Per Person

Join us for Valencia Bonita's first Karaoke Party! Come sing your heart out and perform for all your neighbors! Please bring a dessert to share. Coffee, tea, and water will be served. Don't be shy; stay and sing or hang out and listen. DJ Jay will be hosting this wonderful night of sing-a-longs, laughter, mixing, and mingling!



## EMPTY BOWLS FOR CHARITY PAINT PARTY

Sunday, September 22<sup>nd</sup>  
2:00 – 5:00 PM

Empty Bowls Naples:  
2221 Corporation Blvd.  
Naples, FL 34109  
Complimentary



Please join us at this Public Painting Event. Enjoy a fun afternoon with great people, as you paint bowls for a special cause.

Your time helps Empty Bowls Naples spread awareness and raise funds to eliminate hunger in our community, one bowl at a time. All bowls painted are used for the annual Empty Bowls Naples event in Cambier Park, where hundreds of people are fed with donations from local restaurants. This free event has limited seating and parking. Please RSVP to [vbsocial@wtsinternational.com](mailto:vbsocial@wtsinternational.com) by September 14<sup>th</sup>. Thank you!



## CRAFTS AND COCKTAILS

Wednesday,  
September 25<sup>th</sup>  
at 4:00 PM  
The Lifestyle  
Center, \$15 per  
person



Join Jenna at the Lifestyle Center for a step-by-step or do-it-yourself art project! We will be making stunning Fall wreaths for the months of October and November to display in your home or give as a gift. Art supplies, soda, and water will be provided. BYOB to add to your creative process! Please RSVP and make payment by October 9th. Can't wait to create something wonderful with you all!

## TAYLOR MASON: VENTRILOQUIST EXTRAORDINAIRE AT OFF THE HOOK COMEDY CLUB

Thursday, September 26<sup>th</sup> at 6:30 PM  
\$45 Per Person

Come one come all! Off the Hook Comedy Club is having comedian and ventriloquist Taylor Mason for one night only! Join us for a night of delicious surf and turf, cocktails, and laughs! Please RSVP and make payment for this event by September 19<sup>th</sup>!

Checks can be made payable to VB HOA. Off the Hook Comedy Club is in Naples, on the corner of Vanderbilt Beach Road and Airport Pulling Road. More info upon RSVP!



## GRAB AND GO ICE CREAM

Thursday, October 3<sup>rd</sup> at Noon  
The Lifestyle Center, Complimentary

Who doesn't love free ice cream? At 12:00 PM sharp in the Lifestyle Center, there will be frozen treats just for you! Stay and chat or grab and go. One treat per person, please. Let's all scream for ice cream! See you on October 3<sup>rd</sup>! No RSVP necessary.

## MOVIE TRIVIA NIGHT

Saturday, October 12<sup>th</sup>  
7:00 – 9:00 PM  
The Lifestyle Center, \$5 Per Person

Come test your knowledge of all the greatest movies, new and old! From Oscar Winners to pop culture classics, this night of trivia is one to get your mind going. Prizes will be awarded to the winning team! Coffee, soft drinks, and water will be served. BYOB and snacks! Please RSVP and make payment by October 4th. Please email [vb-social@wtsinternational.com](mailto:vb-social@wtsinternational.com) to ensure you lock in your spot.

## PIZZA AND POW WOW WITH JARED HEIDT FROM COMCAST

Thursday, October 17<sup>th</sup> at 12:00 PM  
The Lifestyle Center

Enjoy Pizza and chat with Comcast representative, Jared, as he helps you make the most of your Comcast equipment! Jared will go over how to effectively utilize the Xfinity Stream App! This app makes your Xfinity services portable. Whether you are at a doctor's office, relaxing by the pool, or waiting to catch a flight, you have the ability to watch shows and movies around your schedule. Please RSVP by October 9<sup>th</sup> for this complimentary event.

## 911 EDUCATION WITH HEATHER TURCO

Tuesday, October 22<sup>nd</sup> at 4:00 PM  
The Lifestyle Center, Complimentary

We are bringing back crowd favorite Heather Turco, to go over the process of calling 911 in Lee County. Heather will tell you what information to provide, how to remain calm, and tips that will aid in expediting the situation. Please RSVP to [vb-social@wtsinternational.com](mailto:vb-social@wtsinternational.com) by Friday, October 18<sup>th</sup>.



## STIR UP THE SPIRITS

Thursday, October 24<sup>th</sup> at 7:00 PM  
The Lifestyle Center, Complimentary

Join us for an evening of guided drink experimenting and mixing, sure to get you in the mood for our Halloween Hootenanny! We will be creating a variety of drinks to taste and sample. We will vote on which drink is the best and that is what will be served at our party. We will provide all the materials to create these spooky spirits – you just bring the alcohol! When you RSVP, you will be assigned a BOOS to bring. Please make sure you RSVP to [vb-social@wtsinternational.com](mailto:vb-social@wtsinternational.com) by October 17<sup>th</sup>. Let's get together and create some Halloween Spirit!

## HALLOWEEN HOOTENANNY

Thursday, October 31<sup>st</sup>  
at 7:00 PM

The Lifestyle Center,  
\$15 per person



Join us at our 2019  
Valencia Bonita  
Halloween Hootenanny!  
We are celebrating  
Halloween with your favorite

DJ, dancing, and a costume  
contest. Light snacks, dessert,

coffee, and refreshments will be served. First Place in the costume contest receives free entry to one of our upcoming events! BYOB. Let's make this event one for the books! Please RSVP and make payment by Thursday, October 24<sup>th</sup>. Checks may be made payable to VB HOA.

## SAVE THE DATES

### VETERANS' DAY BREAKFAST

Monday, November 11<sup>th</sup>

### FALL FESTIVAL

Sunday, November 17<sup>th</sup>

### HOLIDAY PARTY

Saturday, December 14<sup>th</sup>

### NEW YEAR'S EVE EXTRAVAGANZA

(Offsite): Tuesday, December 31<sup>st</sup>

## 2019 – 2020 SEASON PRE-SALES OFF BROADWAY, BALLET, AND LIVE MUSIC AT ARTIS-NAPLES



The following shows are scheduled to run at the gorgeous Artis-Naples! If you are interested in pre-sale tickets for any of the below shows, email [vb-social@wtsinternational.com](mailto:vb-social@wtsinternational.com) asap!

Keep in mind, this is to generate interest in order to purchase group tickets. We need ten or more people per show in order to get a discounted group rate. Please let the Lifestyle Team know if you are interested in any of these shows! The date and times are subject to change and based solely on availability. Thank you!

### November 23, 2019:

*The Nutcracker*  
by the Moscow Ballet

### January 2020:

*Hamilton*

(Individual Ticket Sales Only,  
through Artis-Naples)

February 7, 2020 at 8:00 PM or

February 8, 2020 at 2:00 PM:

*Hello, Dolly!*

February 29, 2020 at 2:00 p.m.:

*A Tribute to Louie and Ella –*  
*Live Music*

March 28, 2020

at 8:00 PM or 2:00 PM:

*Come From Away: A New Musical*

For more information, visit the  
Lifestyle Office or email  
[vb-social@wtsinternational.com](mailto:vb-social@wtsinternational.com).

Below is a listing of current clubs and it is quickly growing! Clubs are open to All residents! Smile, be neighborly, and perhaps make a new friend! If you would like to start a new club, please contact [vbsocial@wtsinternational.com](mailto:vbsocial@wtsinternational.com)

## NEW CLUBS

### ADVANCED MAHJONGG



Are you interested in playing Mahjong, according to the National Mahjong League's guidelines, using the values noted on your official 2019 card? A group of players will be forming, not necessarily on Tuesday, who prefer playing in a more advanced and competitive game. All you would need is \$5.00 in quarters to join us. Please let us know

if you're available to be part of this group and the day of the week you prefer, as well as the time. Once feedback and preferences are received, an announcement will be made, and play will begin. For more information, contact Debbie Pagliaro.

**Reserved Date/Time:** TBD

**Contact:** Debbie at [Debiboo22@aol.com](mailto:Debiboo22@aol.com)

### STITCHES

Stitches is devoted to handcrafters who enjoy exploring the various fiber arts, including but not limited to knit, crochet, embroidery, needlepoint, jewelry making, rug hooking, etc. If you want to enjoy the camaraderie of fellow makers, this group supports handcrafting creativity.

**Reserved Date/Time:** Starting in November

**Contact:** Barbara at [barbarasherman@comcast.net](mailto:barbarasherman@comcast.net)



### JEWELRY MAKING AND GLASS FUSION

Linda would like to get a group together that is interested in sharing ideas and techniques in beading. She has done fused glass jewelry in the past, as well. We are very informal and welcome all levels.

**Reserved Date/Time:** TBD

**Contact:** Linda at [lweinstein34109@yahoo.com](mailto:lweinstein34109@yahoo.com)

### SOLO CLUB: VALENCIA BONITA SINGLES CLUB

Join us by supplying your contact information to Joy!

**Reserved Date/Time:** TBD

**Contact:** Joy at [joysnow0403@gmail.com](mailto:joysnow0403@gmail.com)

### WATERCOLOR

Watercolor Classes resume on October 7<sup>th</sup> and continue each Monday morning from 10:00 AM to 12:00 PM. We will work on basics, as well as texture techniques. I will bring several drawings and paintings for demonstration, to help students get started if they desire. If any further formation is required, please email me. There is no charge for my neighbors in Valencia.

**Reserved Date/Time:** Every Monday at 10:00 AM, October – March

**Contact:** JoAnn at [wasylenko1003@comcast.net](mailto:wasylenko1003@comcast.net)



## CURRENT CLUBS

### Acoustic Music Jam Club

**Reserved Date/Time:** Resuming in November

**Contact:** David at [zookmd@comcast.net](mailto:zookmd@comcast.net)

### Beer Club

**Reserved Date/Time:**

Every 4<sup>th</sup> Wednesday at 5:30 PM

**Contact:** Ken at [kennynaples@icloud.com](mailto:kennynaples@icloud.com)

### Book Club

**Reserved Date/Time:** Every 1<sup>st</sup> Wednesday at 7:00 PM

**Contact:** Donna at [daewald@comcast.net](mailto:daewald@comcast.net)

### Couples (Pairs) Bridge Club

**Reserved Date/Time:** Every Friday at 12:30 PM

**Contact:** Bonnie at [elbersonb@gmail.com](mailto:elbersonb@gmail.com)

### Couples (Pairs) Canasta Club

**Reserved Date/Time:** Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday at 7:00 PM

**Contact:** Carol at [carolw@tetragonia.com](mailto:carolw@tetragonia.com)

### Couples (Pairs) Hand & Foot Club

**Reserved Date/Time:** Every Monday at 6:30 PM

**Contact:** Nancy at [nancyb0460@aol.com](mailto:nancyb0460@aol.com)

### Cribbage

**Reserved Date/Time:** Every Monday at 10:30 AM

**Contact:** Paul at [paulselinger@gmail.com](mailto:paulselinger@gmail.com)

### Fishing Club

**Reserved Date/Time:** Every 1<sup>st</sup> Monday at 2:00 PM

**Contact:** Jerry at [jbaum1582@aol.com](mailto:jbaum1582@aol.com)

### Game Night Club

**Reserved Date/Time:** Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday at 7:00 PM

**Contact:** Carol at [carolw@tetragonia.com](mailto:carolw@tetragonia.com)

### Hand & Foot Club

**Reserved Date/Time:** Every Friday at 1:30 PM

**Contact:** Joy at [joysnow0403@gmail.com](mailto:joysnow0403@gmail.com)



### Helping Hands Club

**Reserved Date/Time:** Every 2<sup>nd</sup> Wednesday at 11:00 AM

**Contact:** Ellen at ellenskahn@gmail.com

### Ladies' Lunch Club

**Reserved Date/Time:** Last Tuesday of each month at 12:00 PM

**Contact:** September – Mary Lou mlp7@comcast.net

October – Amy younga321@aol.com

### Mah Jongg

**Reserved Date/Time:** Every Tuesday at 1:00 PM

**Contact:** Ellen at ellenskahn@gmail.com

### Poker

**Reserved Date/Time:** Every Monday 7:00 PM

**Location:** The back-card room at the Lifestyle Center.

**Contact:** Steve at dakatie@aol.com

### R.O.M.E.O. Club

**Reserved Date/Time:** Last Wednesday of each month at 12:00 PM

**Contact:** Bob at Bornsteinrobert25@gmail.com

### Singles Bridge

**Reserved Date/Time:** Every Wednesday at 12:30 PM

**Contact:** Bonnie at elbersonb@gmail.com

### Texas Hold'em

**Reserved Date/Time:** Every Thursday at 6:30 PM

**Contact:** David at drhebrank@gmail.com

### Travel Club

**Reserved Date/Time:** Every 1<sup>st</sup> Wednesday at 4:00 PM

**Contact:** Greg at gregshuss@yahoo.com

### Wine Club

**Reserved Date/Time:** Every 2<sup>nd</sup> Wednesday at 6:00 PM

**Contact:** Bob at bornsteinrobert25@gmail.com



## FITNESS PROGRAMS

SEE BELOW FOR FUTURE FITNESS PROGRAMS

**SEPTEMBER YOGA SCHEDULE**  
YOGA 10:30 AM | MONDAY  
CHAIR YOGA 11:45 AM | MONDAY

The lifestyle team is excited to announce our new fitness programs, which is planned to roll out on October 1<sup>st</sup>. We will be offering five classes per week and you can purchase an unlimited class pass for \$40 per month. Classes will be held between 9:00 AM – 12:00 PM.

**CHAIR YOGA** This class is designed to calm and relax the nervous system. Most days are spent in high-stress living and working conditions that compromise our ability to relax. Using relaxation techniques, gentle movement and asana, along with your breath, you will leave the class with a feeling of calm, peace, and serenity. You are seated on a folding chair through the class.

**FITNESS FUSION** This class is designed for those who are interested in learning and executing the correct ways to exercise and use weights. The focus is to get a full body workout at your own pace- all muscle groups are engaged. Fitness Fusion is for participants who can exercise in the standing position, sitting, kneeling, or lying down. Options and progressions for each exercise will always be available.

**TAI CHI** Tai chi, or "moving meditation," is a slow, graceful, and relaxed series of movements that combines aerobics, flexibility, balance, and weight-bearing exercise with deep breathing and meditation. Tai Chi can improve not only your fitness, but your heart and respiratory health, mental health, and overall well-being.

**YOGA** Yoga is more than just flexibility! It builds strength in the core, upper, and lower body. Learn to move with awareness, breathe more deeply, gain strength, concentrate on alignment, find balance both physically and mentally, and develop the ability to relax. The goal is to build a sound, healthy body and a clear, quiet mind.

**ZUMBA** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you will see why Zumba® Fitness classes are often called exercise in disguise. You will get a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave class.

*Payments must be made in full at time of reservation. Please pay and reserve at the Lifestyle Center Office.*

*Payments can be made via check to Valencia Bonita HOA. Drop-in rate: \$10 per person • Unlimited one class only is \$32*



# AROUND VALENCIA BONITA



The Solo Club



Music Bingo



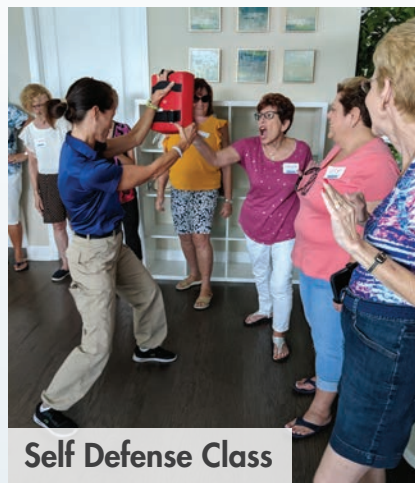
The Eagles



Cafe



Cribbage Champions



Self Defense Class



Naples Princess



Dinner Train

