

VALENCIA SOUND

Around the Sound

COMMUNITY NEWSLETTER FOR HOMEOWNERS • JULY/AUGUST 2022

AED & CPR Training

Check Out Our Tennis
and Pickleball Programs

Are You Ready for Hurricane Season?

Get Fit with Cardio
Sculpt & Stretch Class



RECREATIONAL FACILITY

12690 Salty Springs Avenue
Boynton Beach, FL 33473

LIFESTYLE

Sheryl Saper, Lifestyle Director
Lang Management Company, Inc.
(561) 739-1120
vsoundlifestyle@langmanagement.com

PROPERTY MANAGEMENT

Laurie Banks, Property Manager
Lang Management Company, Inc.
(561) 739-1120
vsoundpm@langmanagement.com

RACQUET CLUB

Christine Walter, Sports Director
Placido Ventura, Pickleball Director/Pro
(561) 739-1121
proshop@valenciasoundrec.com

IMPORTANT PHONE NUMBERS

Lang Management Corporate Office
(561) 750-8800

Lang Accounts Receivable
(561) 750-8800 x141

Lang Customer Service
(561) 750-1477

Alligator Control
(800) 432-2046

Federal Monitoring Emergency
(800) 694-6861

Florida Power & Light
(561) 994-8227

Florida Public Utilities Gas Company
(800) 427-7712

Mosquito Control
(561) 967-6480

Palm Beach Sheriff's Office
(561) 688-3000

Poison Control
(800) 282-3171

Solid Waste Authority Trash
(561) 697-2700 (pick up)

A NOTE FROM **SHERYL SAPER** YOUR LIFESTYLE DIRECTOR



Dear Residents,

Happy Summer everyone! Just like the weather, Valencia Sound is really heating up, and there are so many exciting things in store for our amazing community.

We've had so much fun happening in the Lifestyle House, including our Garden Workshop Series, Bingo and Ice Cream Night, Trivia Night and a Stretch Class.

Look out for more events coming your way, including a Cardio Sculpt Class and CPR/AED/Choking/Cardiac Event Training and Certification.

Our Clubs have been busy holding their regular meetings and so many wonderful events, providing lots of fun for Valencia Sounders to enjoy. Speaking of our Clubs, I want to take a moment to thank all of our Club Presidents for kicking off 30 Clubs for Valencia Sounders to join and enjoy. Each Club that's been formed to date has provided an incredible opportunity for residents to make new friends who have similar interests. I'm so proud of the leadership and dedication displayed by all of our Club leaders, and I'm sure our community is extremely appreciative of your time and effort. More Clubs will be forming once we move into the Clubhouse, so if you are interested in starting a Club, please stop by to fill out an application.

To ensure you receive e-blasts for all HOA events and Club news, please make sure you are signed up on www.valenciasoundhoa.net. If you need any help creating an account, feel free to contact me so I can assist in any way. For those residents who have recently moved in, welcome to Valencia Sound! If we have not yet had the chance to meet, stop by anytime to say hello!

Sheryl Saper
Lifestyle Director



A NOTE FROM **LAURIE BANKS** YOUR **PROPERTY MANAGER**



Dear Residents,

It is so hard to believe that summertime at Valencia Sound is already upon us! I know many of our residents are taking these months to travel to fun and exotic destinations, and many are travelling up north to spend time with friends and family. For those staying here, there are so many wonderful things to enjoy, including all

of the programs at our state-of-the-art Racquet Club, and in our beautiful Clubhouse once it opens.

With hurricane season in session through November 30th, we want to make sure that all residents are prepared in the event of a storm. When you have a chance, please visit our Hurricane Preparedness Tips on valenciasoundhoa.net for some very useful and resourceful information. We have also prepared some tips in this newsletter to have handy during these potentially stormy months. Your Lang Management Team is constantly working on ways to ensure the safety of our residents. In your own homes, please plan to remove any projectable outdoor items if and when a storm is nearing. If you have started construction on a pool, fence, landscaping etc. during a storm watch or warning, please make sure your vendor secures any items that could be a potential hazard.

If you are new to Valencia Sound, I hope you are enjoying your newly found paradise. As always, if you have any questions, suggestions, concerns, or just want to say hello, my door is always open!

Laurie Banks

Property Manager

KEEP IN TOUCH...

All residents should be signed up on the Association's website, **www.valenciasoundhoa.net**.

This is where you can find information about the community activities, photos, event calendars, latest news, and more. You can also place work orders, pay for your assessments, and access all HOA-required forms.



HURRICANE PREPARATION

Florida's Hurricane Season runs from June through November, and the most important thing you can do is to get yourself, your family, and your home prepared. By starting early, you will avoid the rush at home supply stores, supermarkets and other venues that are typically crowded and often chaotic when hurricane watches and warnings are issued. Here's a list of some very important tips on how to best prepare:

1. If you are gone for the summer season, make sure that all patio furniture, flower pots and portable barbecue grills are properly stored inside your garage. Remove the blades from any outside ceiling fans, as they can become projectiles.
2. Know where your local shelter is and if you have a pet, find a shelter that is pet-friendly.
3. Use the buddy system. Check on your immediate neighbors before and after the storm.
4. Take pictures or videos of your home, both inside and outside before a storm, and store the pictures and video off-site.
5. Make copies of important papers, such as insurance documents and receipts.
6. Know where your main electric circuit breaker and water shut-off valves are located.
7. In the event of a power failure it is recommended you turn off the power to your A/C units to avoid power surges on start-up.
8. Have a portable radio/television with extra batteries that may be used to access emergency information.
9. Have flashlights with extra batteries as you might lose power.
10. Turn your refrigerator to the coldest setting and only open it when necessary. Since you might need drinking water later, freeze water in plastic containers and place them in the freezer now. Get to the store early and avoid the last minute rush for canned and non-perishable foods. Supplies run out fast!
11. Fill your gas tank! Gas stations may not be operable if there is no electricity. Gas lines will also be longer as the storm nears.
12. Withdraw cash from the bank before the storm; ATM machines may run out of money and need electricity to operate.
13. Fill bathtubs to provide a water supply for flushing toilets.
14. Find up-to-date storm information at **www.nhc.noaa.gov**

CLUB NEWS

Clubs are such a wonderful way to meet your neighbors and make friends with people who have similar interests as you do. If you see a Club that interests you, please contact the name listed for that particular Club. And be on the lookout for more Clubs being formed! If you're interested starting a Club that is not listed below, please reach out to your Lifestyle Director, Sheryl Saper.

ADVENTURE CLUB

Get ready to add some fun and adrenaline-filled adventures to your life! If you like to scuba, boat, climb or just seek some thrills, the Adventure Club is calling your name! E-mail Rob Beegel at robertbeegel@hotmail.com if you're interested in joining this club.

ARTS & CRAFTS CLUB



If you love arts and crafts, or want to hone your skills, this club promotes learning various art forms, DIY projects, and crafting techniques, from beginner through advanced skill levels. E-mail Tammi

Davis at tdavismd@outlook.com if you are interested in joining this club.

BALLROOM DANCE CLUB

Come channel your inner Fred Astaire and Ginger Rogers! Ballroom dancing is that perfect combination of physical activity, social interaction, and mental stimulation – and it's FUN! Come and learn the moves of the world's most popular and social dances! We will also be travelling to various local ballrooms for instruction. E-mail Lois Fein at loisfein@gmail.com if you are interested in joining this club.

BILLIARDS CLUB

If you love to hang out and play pool, this is a great Club for you! Whether you are an expert player, need to brush up on your skills or just want to learn the game, the Billiards Club invites you to play. E-mail Richard Chaby at rchaby@chabyco.com if you're interested in joining this club.



BOOK CLUB

If you are an avid reader, this club is for you! The Book Club meets in-person as well as on Zoom.

E-mail Michelle Levy at MichelleinFlorida@yahoo.com if you are interested in joining this club.

BOWLING CLUB

Come strike up some fun with your fellow neighbors who love to bowl! All levels welcome to participate! We will be meeting at the Bowling Alley at Delray Marketplace each month. E-mail Marlane Krane at marl2jack@aol.com if you are interested in joining this club.

CANASTA CLUB

The Canasta Club is ready to play and is looking for others to join! Foursomes can reserve indoor and outdoor tables at the Lifestyle House on Tuesday and Wednesday afternoons and Friday nights. E-mail Jillian Dembowitz at jillianwilson@comcast.net to join this club.

COOKING & BAKING CLUB

Share your favorite recipes with fellow foodies, learn various cooking and baking techniques, and hone your kitchen skills! This Club meets twice a month in the Lifestyle House. E-mail Cindy Scherk at cinstress26@aol.com if you are interested in joining this club.

CULTURAL CLUB

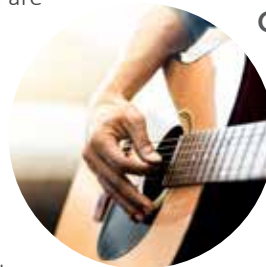
Do you love exploring all the culture that South Florida has to offer? The Cultural Club brings together Sounders that love to visit Museums, Galleries, Shows, Exhibits, and more! E-mail Nina Auster at spunky715@aol.com if you are interested in joining this club.

FISHING CLUB

Whether you are an avid angler or want to learn the sport, join this club and explore the best saltwater and freshwater fishing communities in our area. Come back and share your "fish tales" with your fellow Sounders! E-mail Bruce Glashow at bruceglashow@aol.com if you want to join this club

GOLF CLUB

Whether you are a beginner or an avid golfer, this club is for you! We will communicate to set up tee times at a variety of courses in our area! E-mail John Schwartz at johnschwartz45@gmail.com if you are interested in joining this club.



GUITAR CLUB

If you love to play the guitar, come strum with the Guitar Club. All levels are welcome! E-mail Elliot Jacoby at elliotjacoby@gmail.com if you want to join this club.

HAND AND FOOT CLUB

Want to learn a fun card game to play with your friends? Join this Club to find out how to play! E-mail Lynette Polo at fitz923@aol.com if you're interested in joining this club.

ITALIAN CLUB

Ciao! Join this Club and learn about all things Italian, including food, culture, travel hotspots, the language, and more. E-mail Gerry Franciosa at franciosa4delray@aol.com if you're interested in joining this club.

JEWISH EXPERIENCE CLUB

This Club's mission is to educate all participants about Jewish history, culture, and current events. E-mail Elana Tenenzapf at tzapf57@gmail.com if you are interested in joining this club.

MAH JONG CLUB

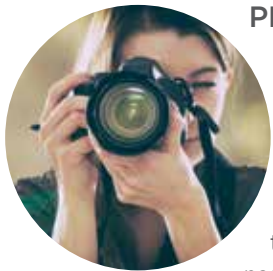
Joining the Mah Jong Club is a great way to meet new friends who love to play the game as much as you do! We meet weekly to play in the Lifestyle House. Indoor and outdoor tables are available and must be reserved. Contact Shelly Blank at (917) 952-6102 if you want to join this club.

MEN'S CLUB

The purpose of our Men's Club is to cultivate an environment of sociability and communal spirit, while promoting common interests, activities and experiences. E-mail Rick Lustig at rlustig@comcast.net if you want to join this Club.

MEN'S LITERATURE AND LIBATIONS CLUB

Do you love to read great books and bond with others who do too, then discuss them over some good tequila and bourbon? If the answer is yes, this club is for you! E-mail Roy Margid at roymargid@gmail.com if you are interested in joining this club.



PHOTOGRAPHY CLUB

Do you love to capture the beauty that South Florida has to offer, and share it with others that have the same passion? This Club is for all levels, whether you are a skilled photographer, snap as a hobby, or just want to improve your skills. E-mail Bruce Gaynor at brucegaynor17@gmail.com if you want to join this club.

POKER CLUB

Bring your best poker face to the Lifestyle House every Thursday night! E-mail Barry Shapiro at shap48@aol.com if you are interested in joining this club.

RESTAURANT EXPLORATION CLUB

Calling all foodies! Do you love to eat out and try all the amazing restaurants in the area? Join us and visit the local spots with others that share your passion. E-mail Larry Wieder at lwforever@aol.com if you are interested in joining this club.



SERENITY MEDITATION CLUB

If you are looking to relax, calm your mind, or find your "happy place," then join us for our weekly meditation. Learn techniques that will help to bring out your inner peace. E-mail NanC Hensley at empoweredfl@aol.com if you are interested in joining this club.



SINGLES CLUB

Are you single and ready to mingle? Join us for get-togethers – whether it is dining out at a local restaurant or participating in a variety of activities throughout the year. E-mail Andrea Seidler at aseidler50@gmail.com if you are interested in joining this club.

SOFTBALL CLUB

If you'd like to be part of this winning team, come on board! Leagues start in Fall, but we will have pick-up games this Summer. E-mail Larry Wieder at lwforever@aol.com or Robert Abzug at rabzug@aol.com if you want to join this club.

SOUNDERS CARE

If you are looking to make a difference in our community, and want to help those in need, then look no further! Giving back

is so rewarding, and we would love your help! E-mail Debbie Hecht at hechtdj19@outlook.com if you want to join this club.

STITCH CLUB

If you love to knit, stitch, sew, needlepoint, or just want to learn, then please join us each week! Come create projects on your own, or as a group! E-mail Roberta Ast at roba744@gmail.com if you are interested in joining this club.

TABLE TENNIS CLUB

Playing ping pong is such great cardio to help you stay in shape. Join us weekly to play table tennis socially or competitively! E-mail rcohen at nephcure.org if you are interested in joining this club.

THEATRE CLUB

We are looking for all Sounders who are interested in performing, whether it is singing, dancing, or acting! E-mail Wendy Taubman at wendywyse@aol.com if you are interested in joining this club.

TRAVEL CLUB



If you love to travel by land, air, and mostly by sea, come aboard and meet fellow Sounders with similar interests. Let's meet and plan some incredible trips together!

E-mail Marc Tennenbaum at housecallmet@gmail.com if you are interested in joining this club.

WINE CLUB

Red? White? Rosé? If you love wine, join us for our monthly social and educational gathering with other wine enthusiasts, to taste, judge, and discuss different wines. E-mail Steve Isaacson at realestateresults@outlook.com if you are interested in joining this club.

HOA EVENTS



CARDIO SCULPT CLASS

Wednesday, July 13th • 7:00 pm
Lifestyle House

Get in shape with a combination of cardiovascular and muscle sculpting exercises.



CPR/AED/RELIEF OF CHOKING/CARDIAC EVENT TRAINING

Thursday, July 14th • 10:00 am
Lifestyle House

Join us for a hands-on, interactive class that will teach you the skills and techniques needed to help save a life.



STRETCH CLASS

Monday, July 18th • 7:00 pm • Lifestyle House

Enhancing your flexibility can help to improve your performance in physical activities, reduce potential aches and pains, decrease your risk of injuries, and enable your muscles to work more effectively.



COMING IN AUGUST: BINGO & ICE CREAM NIGHT

Be on the lookout for more details!



RSVP'ING TO HOA EVENTS

Each HOA event will have a payment link so you can easily pay online with your credit card. Refunds will only be given prior to the RSVP date. Amount refunded will be the ticket price minus the payment processing fee. No refunds will be given after the RSVP deadline. Cash and checks are not accepted for any HOA events unless otherwise indicated.

VALENCIA SOUND CALENDAR • JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Club Meetings/Club Activities take place in the Lifestyle House, unless otherwise noted. Club Leaders will notify members of any changes in time, date or location that occur after the printing of this calendar.</p> <p>All HOA Events take place in the Lifestyle House unless otherwise noted. All Tennis and Pickleball Events take place at the Valencia Sound Racquet Club unless otherwise noted.</p>					<ul style="list-style-type: none"> 8 am Open Play Pickleball 1 9 am Adv. Tennis Clinic 9:15 am Pickleball 301 Clinic 10 am Serenity Meditation Club 1 pm Table Tennis Club 6 pm Pickleball Friday Night Lights 7 pm Canasta Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 2
<ul style="list-style-type: none"> 8 am Open Play Pickleball 3 9 am Sunday Morning Pickleball Shootout 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 4 10 am Mah Jong Lessons 1 pm Mah Jong Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 5 8:30 am Women's Open Play Pickleball 9 am Women's Summer League Practice 1 pm Canasta Club 7 pm Travel Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 6 9 am Stitch Club 1 pm Canasta Club 5 pm Adventure Club 6 pm Member/Guest Advanced Tennis Clinic 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 7 8:30 am Women's Open Play Pickleball 1 pm Mah Jong Club 7 pm Poker Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 8 9 am Adv. Tennis Clinic 9:15 am Pickleball 301 Clinic 10 am Serenity Meditation Club 1 pm Table Tennis Club 6 pm Pickleball Friday Night Lights 7 pm Canasta Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 9
<ul style="list-style-type: none"> 8 am Open Play Pickleball 10 9 am Sunday Morning Pickleball Shootout 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 11 10 am Mah Jong Lessons 1 pm Mah Jong Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 12 8:30 am Women's Open Play Pickleball 9 am Women's Summer League Practice 1 pm Canasta Club 7 pm Cooking & Baking Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 13 9 am Stitch Club 1 pm Canasta Club 6 pm Member/Guest Advanced Tennis Clinic 7 pm Cardio Sculpt Class 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 14 8:30 am Women's Open Play Pickleball 10 am CPR/AED Training 7 pm Poker Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 15 9 am Adv. Tennis Clinic 9:15 am Pickleball 301 Clinic 10 am Serenity Meditation Club 1 pm Table Tennis Club 6 pm Pickleball Friday Night Lights 7 pm Canasta Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 16
<ul style="list-style-type: none"> 8 am Open Play Pickleball 17 9 am Sunday Morning Pickleball Shootout 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 18 10 am Mah Jong Lessons 1 pm Mah Jong Club 7 pm Stretch Class 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 19 8:30 am Women's Open Play Pickleball 9 am Women's Summer League Practice 10 am Fishing Club 1 pm Canasta Club 	<ul style="list-style-type: none"> 9 am Stitch Club 20 1 pm Canasta Club 5 pm Mah Jong Meeting 6 pm Member/Guest Advanced Tennis Clinic 7 pm Golf 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 21 8:30 am Women's Open Play Pickleball 11 am Sounders Care 7 pm Poker Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 22 9 am Adv. Tennis Clinic 9:15 am Pickleball 301 Clinic 10 am Serenity Meditation Club 1 pm Table Tennis Club 6 pm Pickleball Friday Night Lights 7 pm Canasta Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 23
<ul style="list-style-type: none"> 8 am Open Play Pickleball 24 9 am Sunday Morning Pickleball Shootout 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 25 10 am Mah Jong Lessons 1 pm Mah Jong Club 6:45 pm Bowling Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 26 8:30 am Women's Open Play Pickleball 9 am Women's Summer League Practice 1 pm Canasta Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 27 9 am Stitch Club 1 pm Canasta Club 6 pm Member/Guest Tennis Clinic 7 pm Hand & Foot Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 28 8:30 am Women's Open Play Pickleball 5 pm Adventure Club 7 pm Poker Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 29 9 am Adv. Tennis Clinic 9:15 am Pickleball 301 Clinic 10 am Serenity Meditation Club 1 pm Table Tennis Club 6 pm Pickleball Friday Night Lights 7 pm Canasta Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 30
<ul style="list-style-type: none"> 8 am Open Play Pickleball 31 9 am Sunday Morning Pickleball Shootout 						

*Note: Calendar events are subject to cancellations and revisions.

VALENCIA SOUND CALENDAR • AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<ul style="list-style-type: none"> 8 am Open Play Pickleball 10 am Mah Jong Lessons 1 pm Mah Jong Club 7 pm Travel Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 8:30 am Women's Open Play Pickleball 9 am Women's Summer League Practice 1 pm Canasta Club REC 7 pm 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 9 am Stitch Club 1 pm Canasta Club 5 pm Adventure Club 6 pm Member/Guest Advanced Tennis Clinic 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 8:30 am Women's Open Play Pickleball 1 pm Mah Jong 7 pm Poker Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 9 am Adv. Tennis Clinic 9:15 am Pickleball 301 Clinic 10 am Serenity Meditation Club 1 pm Table Tennis Club 6 pm Pickleball Friday Night Lights 7 pm Canasta Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball
<ul style="list-style-type: none"> 8 am Open Play Pickleball 9 am Sunday Morning Pickleball Shootout 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 10 am Mah Jong Lessons 1 pm Mah Jong Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 8:30 am Women's Open Play Pickleball 9 am Women's Summer League Practice 1 pm Canasta Club 7 pm Cooking & Baking Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 9 am Stitch Club 1 pm Canasta Club 6 pm Member/Guest Advanced Tennis Clinic 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 8:30 am Women's Open Play Pickleball 5 pm Adventure Club 7 pm Poker Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 9 am Adv. Tennis Clinic 9:15 am Pickleball 301 Clinic 10 am Serenity Meditation Club 1 pm Table Tennis Club 6 pm Pickleball Friday Night Lights 7 pm Canasta Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball
<ul style="list-style-type: none"> 8 am Open Play Pickleball 9 am Sunday Morning Pickleball Shootout 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 10 am Mah Jong Lessons 1 pm Mah Jong Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 8:30 am Women's Open Play Pickleball 9 am Women's Summer League Practice 10 am Fishing Club 1 pm Canasta Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 9 am Stitch Club 1 pm Canasta Club 6 pm Member/Guest Advanced Tennis Clinic 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 8:30 am Women's Open Play Pickleball 11 am Sounders Care 5 pm Adventure Club 7 pm Poker Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 9 am Adv. Tennis Clinic 9:15 am Pickleball 301 Clinic 10 am Serenity Meditation Club 1 pm Table Tennis Club 6 pm Pickleball Friday Night Lights 7 pm Canasta Club 	<ul style="list-style-type: none"> 10 am Adv. Tennis Clinic
<ul style="list-style-type: none"> 8 am Open Play Pickleball 9 am Sunday Morning Pickleball Shootout 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 10 am Mah Jong Lessons 1 pm Mah Jong Club 6:45 pm Bowling Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 8:30 am Women's Open Play Pickleball 9 am Women's Summer League Practice 1 pm Canasta Club 7 pm Men's Literature and Libations Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 8:30 am Women's Open Play Pickleball 10 am Stitch Club 1 pm Canasta Club 6 pm Member/Guest Advanced Tennis Clinic 7 pm Hand & Foot Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 8:30 am Women's Open Play Pickleball 7 pm Poker Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 9 am Adv. Tennis Clinic 9:15 am Pickleball 301 Clinic 10 am Serenity Meditation Club 1 pm Table Tennis Club 6 pm Pickleball Friday Night Lights 7 pm Canasta Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball
<ul style="list-style-type: none"> 8 am – 12 pm Open Play Pickleball 9 am Sunday Morning Pickleball Shootout 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 1 pm Mah Jong Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 8:30 am Women's Open Play Pickleball 9 am Women's Summer League Practice 1 pm Canasta Club 	<ul style="list-style-type: none"> 8 am Open Play Pickleball 9 am Stitch Club 1 pm Canasta Club 6 pm Member/Guest Advanced Tennis Clinic 		<div>CALENDAR KEY</div> <ul style="list-style-type: none"> Pro Shop Events – Racquet Club HOA Events – Lifestyle House Sanctioned Clubs – Lifestyle House 	

*Note: Calendar events are subject to cancellations and revisions.

VALENCIA SOUND FITNESS



Total Health Systems (THS) is excited about the opportunity of building a successful fitness program here at Valencia Sound. THS is bringing a wonderful and talented staff to Valencia Sound and will be offering an array of fitness classes, such as AquaFit, Stretch & Tone, Yoga and Cardio Mix just to name a few, as well as personal training. Classes are open to both men and women and taught by certified instructors who will modify all class routines so that different ability levels can partake in each class. After your workout, rejuvenate your body and mind with a relaxing massage session. We can't wait to start, as we know Valencia Sound is an active and vibrant community!

I encourage everyone to come out to our classes once the Clubhouse opens, sign up for personal training sessions, or book a massage appointment. If you are not ready to sign up, then just stop by the Fitness Center to say hello! It has been a tough few years for everyone, and we look forward to giving you the active lifestyle you're looking for. Let's get out of the house and start moving again!



RESTAURANT HOURS OF OPERATION

Closed on Tuesdays

BREAKFAST

Wednesday – Monday
8:30 a.m. – 10:30 a.m.

LUNCH

Monday, Wednesday, Thursday, Friday
11:00 a.m. – 2:00 p.m.
Saturday & Sunday
11:00 – 3:00 p.m.

DINNER

Thursday, Friday, Saturday
5:00 – 8:30 p.m.

The Valencia Sound Homeowners Association is excited to bring Lux Grill and Legends Lounge to our beautiful community!

Both will be operated by Scott and Eynat Kushner of South Florida Food & Beverage Operators, LLC, the culmination of 30 years of food service experience that specializes in upscale catering to exclusive South Florida communities.

Scott is a graduate of Johnson and Wales University in Providence, Rhode Island and the Florida International University Hospitality Management Program. Formerly of Palm Caterers, Scott and Eynat's mission as the restaurant operators is to present delicious food, incredible ambiance, and a memorable culinary dining experience for all residents, their families, and their guests. Feel free to dine intimately, or with your neighbors, family and friends – we promise there will be something for everyone's palate!

Lux Grill boasts a large open concept kitchen, and indoor seating for 96 guests, as well as outdoor seating. Bars will be located in Legends Lounge, as well as outdoor by the pools, where you can enjoy refreshing drinks, custom-crafted cocktails, a variety of wines from vineyards around the world and more. For your convenience, an additional bar located in the Social Hall will be open to residents during large HOA events.

Our hope is that both Lux Grill and Legends Lounge become a second home to everyone at Valencia Sound!



WHAT'S ALL THE RACQUET?

FROM YOUR **SPORTS DIRECTOR**



Dear Residents,

It's so wonderful seeing so many Valencia Sounders on the courts every day! Whether you're already a seasoned Sounder or new to our community, it's been amazing to see so many of you being so active, whether you're taking lessons, participating in our Tennis and Pickleball programs and clinics, or joining our leagues.

Now that we're in the summer months, the temperatures are soaring, and more than anything, it's important to stay as hydrated as possible while on the courts. A good guideline to use when preparing for an outdoor workout like tennis or pickleball is to drink about two cups of fluid two hours before you hit the courts. Then while playing, try and drink 4-6 ounces every 15-20 minutes to keep your muscles well-hydrated.

If you're not yet registered on valenciasoundracquetclub.com, please create an account so you can reserve your court time and sign up for our various programs taking place each week! If you need any help, stop by the Pro Shop so we can help!

Stay safe and well – see you on the Courts!

Christine Walter, Sports Director

FROM YOUR **PICKLEBALL DIRECTOR/PRO**



Dear Valencia Sounders,

What an incredible few months it's been since I started at Valencia Sound, and I want to thank everyone who has taken the time to stop by the Pro Shop to introduce yourselves and say hello. You've made me feel so welcome in the short time I've been here. I've had the pleasure of working with so many of you who are taking lessons to learn the game or develop a more competitive edge. We have several Pickleball Leagues for the Fall and I hope many of you will join in the fun! If you're interested in joining any of the Leagues, you must register by July 15th. Let's show the surrounding communities what Valencia Sound Pickleballers are made of! If you have any ideas or suggestions

on Pickleball programs you'd like to see taking place, please feel free to let me know!

Placido Ventura, Pickleball Director/Pro



SIGN UP FOR FALL PICKLEBALL LEAGUES!



PALM BEACH COUNTY PICKLEBALL LEAGUE

www.pbcpickleballleague.com

Competitive 55+ league that plays Saturday mornings at 11:00 a.m. Both men and women play interchangeably. All players must be a resident of the team's community. The Fall season will run from October 8th to early December (including playoffs).

BOOMER LEAGUE

www.premierpickleballleague.Topdoglive.com

Semi-competitive 55+ men and women mixed doubles league that plays on Thursday afternoon at 2:00 p.m. All players must be a resident of the team's community. The Fall season will run from late October through early January (including playoffs).

WOMEN'S POWER PICKLEBALL LEAGUE

www.pwrpickleball.com

Social semi-competitive 55+ women's doubles league that plays on Tuesday afternoons around 3:00 – 4:00 p.m. The Fall season will run from Oct. 11th through Dec. 13th (including playoffs).

PRO SHOP HOURS

**Monday-Saturday
8:00 a.m. – 1:00 p.m.**



Be sure to register on www.valenciasoundrec.com to sign up for all Pro Shop events, weekly programs and to book your court time! If you need assistance in setting up an account, email Christine or Placido at proshop@valenciasoundrec.com

PROGRAM DESCRIPTIONS

ADVANCED TENNIS CLINIC

Experience fun advanced games that will challenge your tennis skills and mental toughness! Get a great workout while improving your skills and strategy. Fast paced, 60 minutes. Fridays at 9:00 a.m. and Saturdays at 10:00 a.m.

LIVE BALL NIGHT TENNIS CLINIC

Residents and guests play high energy continuous-play tennis games for 1.5 hours. Fun & competitive point play that will improve fitness, footwork, reaction time & net game. Wednesdays 6:00 – 7:30 p.m.

PICKLEBALL 101

Learn the fastest growing sport in the world. Instruction focuses on the basics of the game, positioning, and scoring.

PICKLEBALL 301

Develop strategy and gameplay to take your game to the next level.

PICKLEBALL SUNDAY MORNING SHOOTOUT

Hone your pickleball skills and meet new players! There will be two courts for beginners, two courts for intermediate-plus players. Sundays at 9:00 a.m.

PICKLEBALL FRIDAY NIGHT LIGHTS

Join us on the Pickleball Courts for an evening of next level techniques, intensive cardio and court positioning practice. Get ready to sweat! Fridays from 6:00 – 7:30 p.m.

OPEN PLAY PICKLEBALL

Come join other members of all skill sets to play in a friendly open play format. Every day from 8:00 a.m. – 12 p.m., open play is on courts 5, 8, and 11.

LADIES' OPEN PLAY PICKLEBALL

Open to all women in the community regardless of skill level. Meet new friends and improve your game. Tuesdays and Thursdays from 8:00 – 10:00 a.m.

INDIVIDUAL PRIVATE OR SEMI-PRIVATE LESSONS

Tailored instruction designed to improve your current skill set with proper technique as well as learning new skills to have a balanced well-rounded game.

PRIVATE LESSONS

Tennis \$80/hr Pickleball \$70/hr

VALENCIA SOUND

SNAPSHOTS FROM THE SOUND



Cultural Club Outing



Succulent Workshop



Bonsai Workshop



Singles Club Outing



Bowling Club



Corks & Courts



Trivia Winners



Sonny and Santi



Trivia Night



Sounders Care Fundraiser



Stitch Club