# VALENCIA BONITA BOUZZZ

COMMUNITY NEWSLETTER FOR VALENCIA BONITA HOMEOWNERS | JANUARY — MARCH 2022



### The Club at Valencia Bonita is Located at:

16621 Valencia Bonita Boulevard. Bonita Springs, FL 34135

**Clubhouse Main Line:** (239) 908-0880 GRS Community Management Hours: 9:00 a.m. - 5:00 p.m. Daily

### **Community Association Manager**

Rebecca O'Brien, LCAM Robrien@grsmgt.com • Extension 1 or Direct Dial 239.329.5563

**Lifestyle Director** Kelly Rhoades Krhoades@grsmgt.com • Extension 2 or Direct Dial 239.361.2001

**Club Facility Manager** Eric Cintra Ecintra@grsmgt.com • Extension 3 or Direct Dial 239.329.5637

### **Box Office Attendant**

Gracie Burkett (Mon-Thur) Gburkett@grsmgt.com • Extension 0 Maureen Oreschnick (Thur-Sun) Moreschnick@grsmgt.com • Extension 0

**Administrative Assistant** Gerri Molloy Gmolloy@grsmgt.com • Extension 6

### **ZEST RESTAURANT**

Owner Brian Roland • Brian@ZestBonita.com

### Food and Beverage Director

Charles Shepherd Charles@ZestBonita.com • Extension 5

**Executive Chef** Debra Bicknese Debra@ZestBonita.Com • Extension 5

### **TOTAL HEALTH SYSTEMS**

Fitness Director Marni Rudnick info@totalhealthsystemsinc.com 239.224.3477

### **RACQUET CLUB & PRO SHOP**

**Sports Director** Chad Edwards 28511 Sicily Loop, Bonita Springs, FL 34135 ValenciaBonitaProShop@gmail.com Extension 8 or Direct Dial 239.221.7104

### **U-TOPIA SPA**

**Owner** Christin Bones Bonesadmin@u-topiaspa.com Extension 9 or Direct Dial 239.361.2002



### A MESSAGE FROM YOUR **HOA PRESIDENT**

Happy New Year! It is my pleasure to share that over eighty-eight percent of the community has been sold and over 700 closed homes! I want to thank all

our wonderful families in the community for selecting Valencia Bonita as your home. We encourage residents to continue to refer friends to tour our beautiful community and see what the 'Buzz' is all about. Thank you to all the residents for your continued support of our beautiful community.

All my best,

### Dianna Betancourt Project Manager and HOA President



### A MESSAGE FROM YOUR PROPERTY MANAGER

Dear Residents,

If you are thinking of improving the exterior of your home, we can help

with the submission process of the architectural review application to obtain board approval. We can also help with landscaping, irrigation, obtaining key fobs, car stickers, and more. We ask if you see something out of the ordinary or broken in our commu<mark>nity, you bring it to our attention so</mark> we can address it. We look forward to the opportunity to assist you with your needs here at Valencia Bonita.

Happy New Year!

### Rebecca O'Brien

Community Association Manager, LCAM



### A MESSAGE FROM YOUR LIFESTYLE DIRECTOR

Cheers to 2022! We still have seats available for some extraordinary Winter Shows! If you are looking for available tickets, please visit valenciabonitahoa. thundertix.com. If you are new to

Valencia Bonita, I encourage you to join one of our residentled clubs to meet new friends. With over fifty resident clubs to choose from, we have some type of activity for everyone to enjoy. I look forward to continuing to share many memorable events and holidays with you in the coming months.

### **Kelly Rhoades**

Lifestyle Director



January 20<sup>th</sup> • February 17<sup>th</sup> • March 17<sup>th</sup>

11:00 a.m. – 2:00 p.m. • Social Hall

Enjoy over two dozen local artisan vendors and boutiques to shop for the latest clothes, jewelry, home goods, crafters, art, and more onsite.

Complimentary coffee and cookies served.

RSVPs are not required, just show up ready to shop!



Friday, January 14<sup>th</sup> • 12:30 - 3:30 p.m. Friday, March 11<sup>th</sup> • 12:30 - 3:30 p.m. Parking Lot by Dog Park

Help save a life and donate to NCH's blood mobile. Donors will receive water, cranberry juice, apple juice and a snack after you donate. NCH is following all CDC and FDA guidelines to keep donors safe. Donors must wear a face mask while on the bus. All donors will receive a 10% OFF coupon on 'Bloody Mary's' at Zest. To register, email valenciabonitaboxoffice@ grsmgt to schedule your appointment time. Additionally, walk-ins welcomed.



### **NEW HOMEOWNER ORIENTATIONS**

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

1st Wednesday of Every Month • 11:00 a.m.

January 5th • February 2nd • March 2nd



### Food Truck Tuesdays

January 11<sup>th</sup> • February 8<sup>th</sup> • March 8<sup>th</sup> 5:00 – 8:00 p.m.

Enjoy a variety of food trucks on select Tuesdays. Trucks include BBQ, Italian, Mexican, Seafood, Pizza, Greek, and more!

RSVP is not required. Look for the weekly update to see the trucks and menus.

# EVENTS & ACTIVITIES

### JANUARY

### STEPS TO SUCCESSFUL AGING

Wednesday, January 5<sup>th</sup> 3:00 p.m. • Social Hall

Learn about the ins and outs of senior healthcare with professionals from Advinia Care. For caregiving with loved ones, learn the signs to look for to decide when it's time for extra help and care. This may save your loved one's life! FREE to attend.

RSVP to valenciabonitaboxoffice@grsmgt.com.



Tuesday, January 11<sup>th</sup> • 2:00 p.m. • Social Hall

Join Hope Healthcare liaison Rihannan McClelland to learn what Hope Healthcare can do for you. The non-profit offers many community services such as grief support groups, services for veterans, volunteer opportunities, hospice services, and more. FREE to attend.

RSVP to valenciabonitabox of fice @grsmgt.com.



# CHRIS POJE'S GAMESHOW & CONCERT

Saturday, January 15th • 8:00 - 10:00 p.m. Social Hall • \$15 (plus tax)

Whether you want to play or watch, host Chris Poje will make you laugh with this family-feud style interactive game show. Audience members volunteer to be a part of the gameshow utilizing the latest technology and game show equipment to win prizes. Following the game, Chris will rock the house with a sixty-minute concert. Purchase tickets at valenciabonitahoa.thundertix.com.

Enjoy a dynamic duo poolside playing a variety of rock n' roll hits. Brad and Randy will entertain you with classic rock hits on saxophone, keyboard, and vocals. The duo is part of a six-piece classic rock band known as The Voice.

It is FREE to attend, and RSVPs are not required.





### **FEBRUARY**

COOKING CLASS
with Toddy's Culinary Creations

Tuesday, February 1st 12:00 - 2:00 p.m. Cooking Studio

Join Chef Eduardo Rojas with Toddy's Culinary Creations for a special cooking class to make one of his famous BBQ (Or Veggie) Bowls. Learn the

tricks to preparing a quick, and healthy meal you are sure to enjoy. Minimum 10, maximum 20 participants per class. To register by January 25th, deliver a \$35 per person check payable to Toddy's Culinary Creations.

### **MEDICARE MARY**

Tuesday, February 8th • 1:00 p.m. • Social Hall

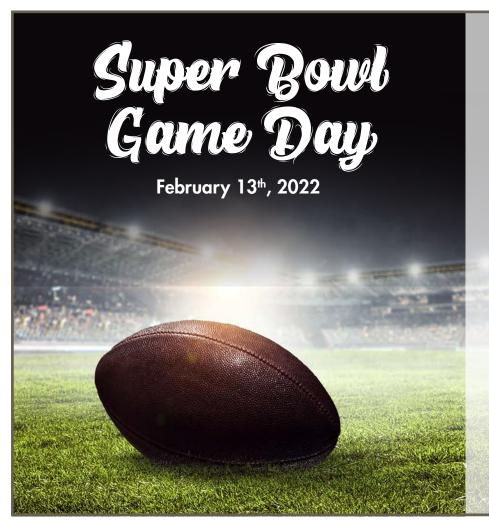
Join local expert Mary Plummer to learn about the 2022 Medicare updates and costs. Knowing what Medicare has to offer in 2022, will ensure you maximize your Medicare benefits. FREE to attend and RSVP to valenciabonitaboxoffice@grsmgt.com.

**RESIN ART CLASS** 

Friday, February 11<sup>th</sup>
2:00 – 4:00 p.m. • Arts & Crafts Studio
• \$65 Per Person

Join artist Sherri Ortega to make a one-of-kind beachy creation. Using crushed glass, crushed shells, sand and embellishments, you can select a wave, starfish, turtle, palm tree, beach scene to create a framed 12 x 10 work of

art. Minimum of 4 and maximum of 15 participants required to host. To Register, deliver a check-only payable to Sherri Ortega in advance to the Box Office by February 1st.



### TAILGATE ON THE POOL DECK

2:00 - 5:00 p.m.

Enjoy live music by the resident club known as 'Flashback'. Zest will be serving hot dogs and chicken wings a la carte to order poolside.

### **SUPER BOWL PARTY**

6:00 - 10:00 p.m. • Social Hall

Come enjoy food, fun, and football to watch the 56th Super Bowl game on the big screen in the Social Hall. 'Build Your Own' Cheesy Nacho Bar with ground beef, fresh guacamole, all the veggie toppings, melted American cheese, crispy tortilla chips, baked beans, and more. Sport your favorite team apparel for a chance to win a \$100 gift card. \$25 (plus tax) per person. Purchase tickets at valenciabonitahoa. thundertix.com. Minimum of 100 participants required to host.

# EVENTS & ACTIVITIES

### CAKE DECORATING with Denela Desserts

Saturday, February 12<sup>th</sup> 2:30 – 4:30 p.m. • Cooking Studio

Join local baker 'Denela Desserts' to design and decorate a Valentine's cake. You will learn to design and decorate a

six-inch, two-layer, buttercream cake with festive 'sweetheart' decorations. Finish the display on a gold cake board, ribbon, and box to carry home and enjoy.

To register, \$65 per person, check-only, payable to Denise Dachille. Deliver your check to the Box Office by February 1st.

### COMEDY NIGHT WITH DEAN NAPOLITANO

Friday, February 18<sup>th</sup> • 8:00 p.m. Social Hall \$20 (plus tax) Per Person

Laugh until your stomach hurts with Actor and Comedian Dean Napolitano. Born in

Long Island New York, Napolitano has been seen on a variety of various networks. His TV credits include, Army Wives on Lifetime, Burn Notice on TBS, Good Morning America, What About Brian ABC, Heroes NBC, Las Vegas NBC, The Shield on FX, as well as the hit films Transformers 3 and Triple Nine. Purchase tickets at valenciabonitahoa.thundertix.com.

### PUTTING YOUR BEST FOOT FORWARD

Wednesday, February 23<sup>rd</sup> 2:00 p.m. • Social Hall

Join Podiatrist Dr. Jessica Andrews to learn how to manage your foot pain to maintain an active lifestyle. Dr. Andrews is board

qualified in foot surgery and reconstructive rearfoot and ankle surgery. Complimentary coffee and snacks will be served. FREE to attend and RSVP to valenciabonitaboxoffice@grsmgt.com.

**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 may be made payable to VB HOA, or you may pay online at www.valenciabonitahoa.com.** 

### MARCH



### Hot Rides Car Show

Sunday, March 13<sup>th</sup> • 11:00 a.m. – 2:00 p.m. Clubhouse Parking Lot

Invite your friends and family to come to the 2<sup>nd</sup> Annual Valencia Bonita car show. Check out some Exotic, Sport, Muscle, Classic cars and trucks, from Vintage to Today's modern-day wheels. Cold brews and beverages will be provided by Zest. Sweeney's Weeneys Food Truck will be serving up hot dogs and hamburgers fresh off the grill, and 'Flashback' band will be rockin' the live tunes. RSVPs are not needed, just show up! (Note, no dogs allowed in the carshow area.)







### **LADIES LUNCH & FASHION SHOW**

Saturday, March 26<sup>th</sup> • 11:00 a.m. – 2:00 p.m. • Social Hall • \$35+

Join three local boutiques to see the latest Spring fashions, accessories, and handbags. Christina Marie's, Art 4 Wear, and Petunia's will have an interactive runway you will not want to miss. A buffet lunch of assorted salads, wraps, tea sandwiches, and more will be available. Look for the weekly update for when tickets go on sale February 7<sup>th</sup>.

**Models Are Wanted!** If you want to model in the fashion show, please email Krhoades@grsmgt.com.













| 5   | M  | T   |  |
|---|--|---|--|
| CALENDAR KEY:  Fitness Clubs & Interest Group Zest Social Hall or HOA Events Racquet Club & Courts Dog Park Arts & Crafts Studio Spa Sports Lounge * = Exclusive Club Reservation | 8 AM Stroke of the Week (Tennis) 3 1 8:15 AM Bodyworks 10 AM Watercolor Club 10 & 11 AM Beyond Beginner Pickleball Clinic 10:30 AM Cribbage Club 1 PM Pottery Club 1 PM Advanced Mahjongg 1 PM Line Dancing 6:30 PM Poker Club 6:30 PM Hand & Foot (Open Play)   |   |  |
| 2   | 8 AM Stroke of the Week (Tennis) 8:15 AM Bodyworks 10 AM Watercolor Club * 10 & 11 AM Beyond Beginner Pickleball Clinic 10:30 AM Cribbage Club * 1 PM Pottery Club * 1 PM Advanced Mahjongg * 1 PM Line Dancing 6:30 PM Poker Club * 6:30 PM Hand & Foot (Open Play)* 7 PM Performance Club Auditions  | 8 AM Drills & Thrills 9 AM Fit Camp 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 Chair Yoga 1 PM Casual Mahjongg * 6 PM Euchre * 7 PM Performance Club Auditions   | 8:15 AM Bodyw<br>9:15 AM Zumbo<br>9:30 AM Bridge<br>10 & 11 AM Int<br>10:30 AM Aqua<br>11 AM New<br>1 PM Pinochle C<br>2 PM Jewelry Cl<br>3 PM Steps t<br>7 PM Book Club   |
| 9   | 8 AM Intro to POP Tennis 8 AM Stroke of the Week (Tennis) 6:15 AM Bodyworks 9 AM Crew Hike (Offsite) 10 AM Watercolor Club 10 & 11 AM Beyond Beginner PB Clinic 10:30 AM Cribbage Club 11 AM Fishing Club* (Firepit) 1 PM Pottery Club 1 PM Advanced Mahjongg 1 PM Line Dancing 6:30 PM Poker 6:30 PM Hand & Foot (Open Play) 7 PM Left Right Center 7 PM IClub* | 8 AM Drills & Thrills 9 AM Fit Camp 10:15 AM Yoga 10:30 AM Aqua Fit 1 PM Scrabble Club* 1 PM Casual Mahjongg 2 PM Find Hope Presentation 2 PM Equipment Clinic (Fitness Center) 4:30 PM Beat the Pros Night 4:30 Food Trucks (Courtside) 6 PM Euchre Club | 8:15 AM Bodyw<br>9:15 AM Zumba<br>9:30 AM Bridge<br>9:30 AM Aqua F<br>10 & 11 AM Int<br>10:30 AM Aqua<br>12 PM Sip & Let<br>1 PM Pinochle C<br>2 PM Art Cla<br>4 PM Travel Club<br>5:30 PM Scuba<br>6:30 PM Corvett<br>7 PM Siamese M<br>7 PM Folk Singe |
| 16 11 AM — 2 PM Sunday Brunch @ Zest  | 8 AM Stroke of the Week (Tennis) 8:15 AM Bodyworks 10 AM Watercolor Club 10 & 11 AM Beyond Beginner Pickleball Clinic 10:30 AM Cribbage Club 1 PM Line Dancing 1 PM Advanced Mahjongg 2 PM Stitches Club * 2 PM Holistic Wellness Club * 6 PM Couples' Hand & Foot* 6:30 PM Poker 6:30 PM Hand & Foot (Open Play)  | 8 AM Drills & Thrills 9 AM Fit Camp 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 1 PM Casual Mahjongg 6 PM Euchre Club 6:30 PM BBQ Club * 7 PM Jukebox Bingo   | 8:15 AM Bodyw<br>9:15 AM Zumbo<br>9:30 AM Bridge<br>10 AM Pottery (<br>10 & 11 AM In<br>10:30 AM Aqua<br>1 PM Pinochle (<br>2 PM Sewing Cl<br>6:30 PM Whisk<br>7 PM Siamese I  |
| 2 – 4 PM Sunday Funday Poolside 23  | 8 AM Intro to POP Tennis 8 AM Stroke of the Week (Tennis) 2 4 8:15 AM Bodyworks 10 & 11 AM Beyond Beginner Pickleball Clinic 10 AM Watercolor Club 10:30 AM Cribbage Club 1 PM Pottery Club 1 PM Advanced Mahjongg 1 PM Line Dancing 6:30 PM Poker 6:30 PM Hand & Foot (Open Play)   | 8 AM Drills & Thrills 9 AM Fit Camp 10:15 AM Yoga 10:30 AM Aqua Fit 12 PM Ladies' Lunch Bunch (offsite) 1 PM Casual Mahjongg 6 PM Euchre 7 PM Jewish Cultural Club * 7 PM Bunco*  | 8:15 AM Bodyw<br>9:15 AM Zumbo<br>9:30 AM Bridge<br>10 AM Inter/Ad<br>10:30 AM Aqua<br>1 PM Pinochle C<br>7 PM Siamese A   |

6:30 PM Hand & Foot (Open Play)

<sup>\*</sup>Note Calendar Events / Times are subject to change without notice.

| W  | T   | F   | 5   |
|--|---|---|---|
|  |   |   | Happy New Year!  Sweeney's Weeneys Poolside 12 – 4 pm  Zest – Bar Only 11 am – 5 pm                               |
| Singles * er/Adv Pickleball Clinics Fit Resident Orientation- ub * o Aging Successfully lahjongg *   | 8 AM Hot Shots Tennis 9 AM Fresh Catch Fish Market 9 AM Stretch & Tone 10 AM Acrylic Painting * 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Spanish Class 11:15 AM Chair Yoga 1 PM Canasta Club * 1 PM Crew Presentation 6:30 PM Texas Hold'Em Club* 6:30 PM Hand, Knee, & Foot Club* 7 PM Garden Club — Speaker Karen Maxwell | 9:15 AM Zumba 10 AM Pottery Club* 10:30 AM Aqua Fit 12:30 PM Bridge Pairs* 1 PM Writer's Club* 2 PM Tap Class   | 1 PM Chinese Mahjongg* 3 PM Rock N' Roll Club (Flashback Poolside)  |
| Singles t t pr/Adv Pickleball Clinics Fit prn Spa Event ub ss w/ Jenny Licht viving Club* (Firepit) e Club (Mailboxes) ahjongg s Club* (Firepit) | 8 AM Hot Shots Tennis 9 AM Fresh Catch Fish Market 9 AM Stretch & Tone 10 AM Acrylic Painting 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 1 PM Canasta Club 3 PM Photography Club* 4 PM Margarita Mixer w/Mark 6:30 PM Texas Hold'Em Club 6:30 PM Hand, Knee, & Foot Club   | 9:15 AM Zumba 10 AM Pottery Club 10 AM Intro to Pickleball 10:30 AM Aqua Fit 11:30 AM Bocce, Burgers, & Beer 12:30 PM NCH Blood Drive 12:30 PM Bridge Pairs 2 PM Tap Class 4:30 PM POP Tennis Play w/ Pro | 8 AM Men's RR Pickleball Tournament 11 AM Solo Club * 1 PM Chinese Mahjongg 8 PM Chris Poje's Game Show & Concert |
| orks 19 Singles lub er/Adv Pickleball Clinics Fit lub ub* ey Club Meeting* Nahjongg  | 8 AM Hot Shots Tennis 9 AM Fresh Catch Fish Market 9 AM Stretch & Tone 10 AM Acrylic Painting 10:15 AM Yoga 10:30 AM Aqua Fit 11 AM Artisan Market 11:15 AM Chair Yoga 11:15 AM Spanish Class 12 PM Men's Club - The Brass Tap 1 PM Canasta Club 6:30 PM Texas Hold'Em 6:30 PM Hand, Knee, & Foot                           | 9:15 AM Zumba 10 AM Pottery Club 10:30 AM Aqua Fit 12:30 PM Bridge Pairs 1 PM Writer's Club 2 PM Beginner Tap Class 8 PM — Rocketman Show   | 1 PM Chinese Mahjongg 22  |
| orks 26 Singles Pickleball Clinics Fit lub Adhjongg  | 8 AM Hot Shots Tennis 9 AM Fresh Catch Fish Market 9 AM Stretch & Tone 10 AM Acrylic Painting 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 1 PM Canasta Club 6:30 PM Texas Hold'Em 6:30 PM Hand, Knee, & Foot  | 9:15 AM Zumba 10 AM Pottery Club 10 AM Intro to Pickleball 10:30 AM Aqua Fit 12:30 PM Bridge Pairs 2 PM Tap Class   | 8 AM Women's RR Pickleball Tournament 1 PM Chinese Mahjongg 8 PM Maryellen Hooper & Gary DeLena Comedy Show       |

| 5   | M   | T  |  |
|---|---|--|--|
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| 6<br>11 AM —2 PM Brunch @ Zest  | 8 AM Intro to POP Tennis 8 AM Stroke of the Week (Tennis) 8:15 AM Bodyworks 10 AM Watercolor Club * 10 & 11 AM Beyond Beginner Pickleball Clinic 11 AM Wonder Gardens Tour (offsite) 11 AM Fishing Club * 1 PM Pottery Club * 1 PM Advanced Mahjongg * 1 PM Line Dancing 6:30 PM Poker * 6:30 PM Hand & Foot (Open Play) *          | 8 AM Drills & Thrills 9 AM Fit Camp 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 1 PM Scrabble Club * 1 PM Casual Mahjongg 1 PM Medicare Mary 4:30 PM Beat the Pros Night 4:30 PM Food Trucks Courtside 6 PM Euchre   | 8:15 Bodyworks 9:15 AM Zumba 9:30 AM Bridge 10 & 11 AM Int 10:30 AM Aqua 1 PM Pinochle C 2 PM Jewelry Club 6:30 PM Corvett 7 PM Siamese A  |
| 2 PM Rock N' Roll Club<br>(Flashback Band) Poolside<br>6 PM Super Bowl Party  | Happy Valentine's Day!  8 AM Stroke of the Week (Tennis)  8:15 AM Bodyworks 10 AM Watercolor Club 10 & 11 AM Beyond Beginner Pickleball Clinics 10:30 AM Cribbage Club 1 PM Pottery Club 1 PM Advanced Mahjongg 1 PM Line Dancing 5 PM Cupid's Dinner @ Zest 6:30 PM Hand & Foot (Open Play) 6:30 PM Poker 7 PM Left Right Center * | 8 AM Drills & Thrills 9 AM Fit Camp 10:15 AM Yoga 10:30 AM Aqua Fit 11 AM Sip & Learn Spa Event 11:15 AM Chair Yoga 1 PM Casual Mahjongg 2 PM Equipment Clinic (Fitness Center) 6 PM Euchre 6:30 PM BBQ Club *               | 8:15 AM Bodyw<br>9:15 AM Zumba<br>9:30 AM Bridge<br>9:30 AM Aqua F<br>10 & 11 AM Int<br>10:30 AM Aqua<br>12 PM Men's Cl<br>1 PM Pinochle C<br>2 PM Sewing Cl<br>6:30 PM Whiske<br>7 PM Siamese A |
| 11 AM – 2 PM Brunch at Zest 20  | 8 AM Stroke of the Week (Tennis) 2 1 8:15 AM Bodyworks 10 AM Watercolor Club 10 & 11 AM Beyond Beginner Pickleball Clinics 10:30 AM Cribbage Club 1 PM Advanced Mahjongg 1 PM Line Dancing 2 PM Stiches Club * 2 PM Holistic Wellness Club * 6 PM Couples/ Pairs Hand & Foot * 6:30 PM Poker 6:30 PM Hand & Foot (Open Play)        | 8 AM Drills & Thrills 9 AM Fit Camp 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 12 PM Ladies Lunch Bunch (offsite) 1 PM Casual Mahjongg 2 PM Scrabble 6 PM Euchre Club 7 PM Jewish Cultural Club * 7 PM Bunco Club * | 8:15 AM Bodyw<br>9:15 AM Zumbo<br>9:30 AM Bridge<br>10 & 11 AM Int<br>10:30 AM Aqua<br>1 PM Pinochle C<br>1 PM Pottery Cli<br>2 PM Putting<br>Foot Forward<br>7 PM Siamese A                     |
| 27  | 8 AM POP Tennis 8 AM Stroke of the Week (Tennis) 28 8:15 AM Bodyworks 10 AM Watercolor Club 10 & 11 AM Beyond Beginner Pickleball Clinics 10:30 AM Cribbage Club 1 PM Advanced Mahjongg 1 PM Pottery Club 1 PM Line Dancing 6:30 PM Poker 6:30 PM Hand & Foot (Open Play)   |  |  |

<sup>\*</sup>Note Calendar Events / Times are subject to change without notice.

| W  | T   | F   | 5  |
|--|---|---|--|
| Singles * /Adv Pickleball Clinic Fit Resident Orientation ub * uccess Collection * ahjongg * | 8 AM Hot Shots Tennis 9 AM Fresh Catch Fish Market 9 AM Dress for Success Collection 9 AM Stretch & Tone 10 AM Acrylic Painting * 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 11:15 AM Spanish Class 1 PM Canasta Club * 6:30 PM Texas Hold'Em * 6:30 PM Hand, Knee, & Foot *         | 9:15 AM Zumba 10 AM Pottery Club 10:30 AM Aqua Fit 12:30 PM Bridge Pairs/Couples * 1 PM Writer's Club * 2 PM Tap Class  | 12 PM Ladies' Lunch Bunch — Dress for Success Gala 1 PM Chinese Mahjongg * 4:30 PM Doggy Dates — Dog Park      |
| Singles  **I/Adv Pickleball Clinics  Fit  **  * Club (Mailboxes)  ahjongg                    | 8 AM Hot Shots Tennis 9 AM Fresh Catch Fish Market 9 AM Stretch & Tone 10 AM Acrylic Painting 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 1 PM Canasta Club 3 PM Photography Club * 6:30 PM Texas Hold'Em 6:30 PM Hand, Knee, & Foot 7 PM Jukebox Bingo                               | 9:15 AM Zumba 10 AM Pottery Club 10 AM Intro to Pickleball 10:30 AM Aqua Fit 11:30 AM Bocce Burgers & Beer 12:30 PM Bridge Pairs 2 PM Resign Art Class w/ Sherri Ortega 2 PM Tap Class 4:30 PM POP Tennis Play w/ Pro | 8 AM Men's RR Pickleball Tournament 1 PM Chinese Mahjongg 2:30 PM Cake Decorating Class 8 PM The Diamonds Show |
| orks 16 Singles * t tr/Adv Pickleball Clinics Fit b - Bonefish ub b * y Club * ahjongg       | 8 AM Hot Shots Tennis 9 AM Fresh Catch Fish Market 9 AM Stretch & Tone 10 AM Acrylic Painting 10:15 AM Yoga 10:30 AM Aqua Fit 11 AM Artisan Market 11:15 AM Spanish Class 11:15 AM Chair Yoga 1 PM Canasta Club 4 PM Margarita Mixer w/ Mark 6:30 PM Texas Hold'Em 6:30 PM Hand, Knee, & Foot | 9:15 AM Zumba 10 AM Pottery Club 10:30 AM Aqua Fit 12:30 PM Bridge Pairs 1 PM Writer's Club 2 PM Tap Class 8 PM Comedy Night Dean Napolitano  | 11 AM Solo Singles Club * 1 PM Chinese Mahjongg  |
| orks 23 Singles /Adv Pickleball Clinic Fit ub b Your Best ahjongg                            | 8 AM Hot Shots Tennis 9 AM Fresh Catch Fish Market 9 AM Stretch & Tone 10 AM Acrylic Painting 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 1 PM Canasta Club 6:30 PM Texas Hold'Em 6:30 PM Hand, Knee, & Foot  | 9:15 AM Zumba 10 AM Pottery Club 10 AM Intro to Pickleball Clinic 10:30 AM Aqua Fit 12:30 PM Bridge Pairs 2 PM Tap Class 8 PM Sounds of Soul Show   | 8 AM Women's RR Pickleball Tournament 1 PM Chinese Mahjongg 4 PM Ladies' Sip & Shop                            |
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| S   | M  | T  | 4   |
|---|--|--|---|
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| 6 11 AM — 2 PM Sunday Brunch @ Zest   | 8 AM Intro to POP Tennis 8 AM Stroke of the Week (Tennis) 8:15 AM Bodyworks 10 AM Watercolor Club 10 & 11 AM Beyond Beginner Pickleball Clinics 10:30 AM Cribbage Club * 11 AM Fishing Club * (Fire Pit) 1 PM Pottery Club * 1 PM Advanced Mahjongg * 1 PM Line Dancing 6:30 PM Poker * 6:30 PM Hand & Foot (Open Play) *                              | 8 AM Drills & Thrills 9 AM Fit Camp 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 1 PM Casual Mahjongg 1 PM Scrabble Club * 4:30 PM Beat the Pros Night 4:30 PM Food Truck Tuesday 6 PM Euchre | 8:15 AM Bodyw<br>9:15 AM Zumbo<br>9:30 AM Aqua I<br>10 & 11 AM In<br>10:30 AM Aqua<br>1 PM Pinochle C<br>2 PM Jewelry Cl<br>6:30 PM Corvet<br>7 PM Siamese I        |
| Daylight Savings Time Starts 13  11 AM – 2 PM Hot Rides Car Show  | 8 AM Stroke of the Week (Tennis) 1 8:15 AM Bodyworks 10 AM Watercolor Club 10 & 11 AM Inter/Adv Pickleball Clinics 10:30 AM Cribbage Club 1 PM Pottery Club 1 PM Advanced Mahjongg 1 PM Line Dancing 6 PM Couples Hand & Foot 6:30 PM Poker 6:30 PM Hand & Foot (Open Play) 7 PM Left Right Center *   | 8 AM Drills & Thrills 9 AM Fit Camp 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 1 PM Casual Mahjongg 2 PM Equipment Clinic (Fitness Center) 6 PM Euchre 6:30 PM BBQ Club *                   | 8:15 AM Body<br>9:15 AM Zumb<br>9:30 AM Bridge<br>10 AM Jewish<br>10 & 11 AM Ir<br>10:30 AM Aque<br>12 PM Men's C<br>1 PM Pinochle<br>6:30 PM Whisk<br>7 PM Siamese |
| 20<br>11 AM –2 PM Sunday Brunch @ Zest  | 8 AM Intro to POP Tennis 8 AM Stroke of the Week (Tennis) 2 18:15 AM Bodyworks 10 AM Watercolor Club 10 & 11 AM Beyond Beginner Pickleball Clinics 10:30 AM Cribbage Club 1 PM Advanced Mahjongg 1 PM Line Dancing 2 PM Stitches Club * 2 PM Holistic Wellness Club * 6 PM Couples / Pairs Hand & Foot * 6:30 PM Poker 6:30 PM Hand & Foot (Open Play) | 8 AM Drills & Thrills 9 AM Fit Camp 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 1 PM Casual Mahjongg 2 PM Scrabble 6 PM Euchre 7 PM Bunco *  | 8:15 AM Body<br>9:15 AM Zumb<br>9:30 AM Bridge<br>10 & 11 AM In<br>10:30 AM Aque<br>1 PM Pinochle<br>1 PM Pottery C<br>7 PM Siamese                                 |
| 27  | 8 AM Stroke of the Week (Tennis) 8:15 AM Bodyworks 10 AM Watercolor Club 10 & 11 AM Beyond Beginner Pickleball Clinics 10:30 AM Cribbage Club 1 PM Advanced Mahjongg 1 PM Pottery Club 1 PM Line Dancing 6:30 PM Poker   | 8 AM Drills & Thrills 9 AM Fit Camp 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 12 PM Ladies Lunch Bunch (offsite) 1 PM Casual Mahjongg 6 PM Euchre Club 7 PM Lewish Cultural Club *         | 8:15 AM Bodyw<br>9:15 AM Zumbo<br>9:30 AM Bridge<br>10 & 11 AM In<br>10:30 AM Aquo<br>1 PM Pinochle O<br>7 PM Siamese I   |

<sup>\*</sup>Note Calendar Events / Times are subject to change without notice.

6:30 PM Hand & Foot (Open Play)

7 PM Jewish Cultural Club \*

| W   | T   | - 1  | 5   |
|---|---|--|---|
| Singles * t tr/Adv Pickleball Clinic Fit Resident Orientation ub * ahjongg * *                                    | 8 AM Hot Shots Tennis 9 AM Fresh Catch Fish Market 9 AM Stretch & Tone 10 AM Acrylic Painting * 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 11:15 AM Spanish Class 1 PM Canasta Club * 6:30 PM Texas Hold'Em * 6:30 PM Hand, Knee, & Foot *   | 9:15 AM Zumba 10 AM Pottery Club 10 AM Intro to Pickleball 10:30 AM Aqua Fit 12:30 PM Bridge Couples/Pairs * 1 PM Writer's Club * 2 PM Tap Class   | 8 AM Men's RR Pickleball Tournament 1 PM Chinese Mahjongg * 4:30 PM Doggy Dates                         |
| rks  Singles  T/Adv Pickleball Clinic  it b b * c Club (Mailboxes) ahjongg  | 8 AM Hot Shots Tennis 9 AM Fresh Catch Fish Market 9 AM Stretch & Tone 10 AM Acrylic Painting 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 1 PM Canasta Club 3 PM Photography Club * 6:30 PM Texas Hold'Em 6:30 PM Hand, Knee, & Foot 7 PM Jukebox Bingo   | 9:15 AM Zumba 10 AM Pottery Club 10:30 AM Aqua Fit 12:30 PM NCH Blood Drive 12:30 PM Bridge Pairs 2 PM Tap Class 8 PM Sarge Comedy Show  | 1 PM Chinese Mahjongg   |
| orks 16 Singles Iltural Club — Purim Preper/Adv Pickleball Clinic Fit b — Golden Leaf ub y Club Meeting * ahjongg | 8 AM Hot Shots Tennis 9 AM Fresh Catch Fish Market 9 AM Stretch & Tone 10 AM Acrylic Painting 10:15 AM Yoga 10:30 AM Aqua Fit 11 AM Artisan Market 11:15 AM Chair Yoga 1 PM Garden Club — Empty Bowls 1 PM Canasta Club 4:30 PM Margarita Mixer w/ Mark 6:30 PM Texas Hold'Em 6:30 PM Hand, Knee, & Foot 7 PM Sham Rock Celebration | 9:15 AM Zumba 10 AM Pottery Club 10 AM Intro to Pickleball 10:30 AM Aqua Fit 11:30 AM Bocce, Burgers, & Beer 12:30 PM Bridge Pairs 1 PM Writer's Club 2 PM Tap Class 4:30 PM POP Tennis Play w/Pro | 8 AM Women's RR Pickleball Tournament 11 AM Solo Club * 1 PM Chinese Mahjongg 8 PM Good Vibrations Show |
| 23<br>Drks<br>Singles<br>Pr/Adv Pickleball Clinic<br>Fit<br>Ub<br>b<br>ahjongg                                    | 8 AM Hot Shots Tennis 9 AM Fresh Catch Fish Market 9 AM Stretch & Tone 10 AM Acrylic Painting 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 1 PM Canasta Club 6:30 PM Texas Hold'Em 6:30 PM Hand, Knee, & Foot  | 9:15 AM Zumba 10 AM Pottery Club 10:30 AM Aqua Fit 12 PM Lunch & Learn Spa Event 12:30 PM Bridge Pairs 2 PM Tap Class  | 11 AM Ladies Lunch & Fashion Show 1 PM Chinese Mahjongg   |
| 30<br>orks<br>Singles<br>'Adv Pickleball Clinics<br>Fit<br>Jb<br>ahjongg  | 8 AM Hot Shots Tennis 9 AM Fresh Catch Fish Market 9 AM Stretch & Tone 10 AM Acrylic Painting 10:15 AM Yoga 10:30 AM Aqua Fit 11:15 AM Chair Yoga 1 PM Canasta Club 6:30 PM Texas Hold'Em 6:30 PM Hand, Knee, & Foot  |  | Performance Club<br>Tech Setup<br>3/27 — 3/31<br>on stage!  |



### **SUNDAY BRUNCHES**

Enjoy traditional Sunday brunch favorites such as Eggs Benedict, pancakes, corned beef hash, omelets, and more. Order a la carte from the Zest Brunch menu on the select Sundays below:

(Note, reservations are strongly encouraged for Brunch at ZestBonita.com) Available 11 a.m. – 2:00 p.m.

January 16th, February 6th, February 20th, March 6th, March 20th

### Cupid's Dinner & Sweetheart Specials

Monday, February 14<sup>th</sup> • 5:00 – 8:00 p.m.

Come enjoy Valentine's Day with a three-course dinner including an appetizer, entrée, dessert, and a bubbly glass of champagne. \$49 per person, plus tax and gratuity. Reservation only and watch your weekly email for the full menu and sweetheart specials to celebrate how much we LOVE you!

JANUARY - MARCH • HOURS OF OPERATION

Wednesday – Saturday 11:00 a.m. – 8:00 p.m. Sunday 11:00 a.m. – 5:00 p.m.

\*Hours may vary on holidays

Reservations, Menus and Takeout Orders
Visit: www.zestbonita.com/resident • 239.908.0880 Ext 5



### **HAPPY HOURS!**

Happy Hours have expanded to every day Zest is open! Enjoy \$4 select beer and wine, \$6 house mixed drinks, and discounted appetizers.

Wednesday – Saturdays 4:00 – 6:00 p.m. Sundays 4:00 – 5:00 p.m.

### LOYALTY CARDS NOW AVAILABLE!

Ask your server for your Zest Loyalty card. Every fourth visit receive 50% OFF any entree.

# SAVE THE DATES • 2022









### Start marking your calendars to plan on attending the fun-filled major holidays, shows, and events. Full details will be coming soon!

Friday, April 8th

Saturday, April 16th

Sunday, April 17th

Monday, April 18th

Thursday, May 5th

Sunday, May 8<sup>th</sup>

Monday, May 30th

Margaritaville Dinner & Party

Beatle Mania Show

Easter Brunch

Safe Guard Shred Truck

Cinco de Mayo Fiesta

'Hats, Heels, & Pearls' Mother's Day Lunch

Memorial Day BBQ & Celebration

6:00 p.m.

8:00 p.m.

11:00 a.m.

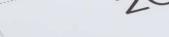
2:00 p.m.

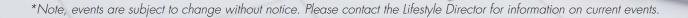
6:00 p.m.

12:00 p.m.

. . . .

1:00 p.m.





### CONGRATULATIONS TO THE 'TOP 3' PICKS FROM DECEMBER'S HOLIDAY PARADE...



Run Run Reindeer





Griswolds Parrot Dise

15

# SPORTS SCHEDULE & RACQUET CIUB EVENTS

### **TENNIS SCHEDULE**

#### INTRO TO POP TENNIS

Mondays • 8:00 a.m. – 9:00 a.m. January 10 & 24 February 7 & 28 March 7 & 21

Come learn a new spin on Tennis known as "POP Tennis". POP Tennis is a scaled-down version of regular tennis, only played on shorter tennis courts, with shorter, solid racquets, and lower compression (green dot) tennis balls. The same scoring and rules as tennis apply, except for one underhand serve. 4 to 8 participants are required to play and register on the court reservation system known as Chelsea. FREE to attend.

#### POP TENNIS PLAY WITH THE PRO

Fridays • 4:30 p.m. – 6:00 p.m. 6:30 p.m. Cocktails by the Fire Pit January 14, February 11, March 18 (Max 15 players)

Enjoy a round robin game of POP tennis while playing with Sports Director and Pro Chad Edwards. Following the games courtside, the group will meet at the firepit for cocktails. Free to play. Register on Chelsea.

#### STROKE OF THE WEEK

Mondays • 8:00 a.m. – 9:00 a.m. January 3, 10, 17, 24, 31 February 7, 14, 21, 28 March 7, 14, 21, 28

Come learn tips for improving your game with Tennis Pro Mark Drons. Mark will review the fundamentals to help you improve your game and it is a great opportunity for both beginners and advanced players. \$20 per session. Register on Chelsea.

### **DRILLS AND THRILLS**

January 4, 11, 18, 25
February 1, 8, 15, 22
March 1, 8, 15, 22, 29
Join Tennis Pro Mark Drons for creative
game-based tennis drills to keep practice
sessions fun for recreational and advanced
players alike. \$20 per session.
Register on Chelsea.

Tuesdays • 8:00 a.m. – 9:00 a.m.

### **HOT SHOTS**

Thursdays • 8:00 a.m. – 9:00 a.m.

January 6, 13, 20, 27

February 3, 10, 17, 24

March 3, 10, 17, 24, 31

Hot Shots is geared for more intermediate/ advanced players. Join Tennis Pro Mark Drons to learn how to take your game to the next level. \$20 per session. Register on Chelsea.



# MARGARITA MIXER WITH MARK January 13, February 17, March 17 4:00 p.m. – 6:00 p.m.

Enjoy a round robin play with the pro Mark Drons. You can register with a partner or as a single and will be paired. Margaritas will be served courtside. \$15 per person. Register on Chelsea.

### PICKLEBALL SCHEDULE

All Pickleball clinics require a minimum of four players and a maximum of eight players per session.

### INTRO TO PICKLEBALL CLINICS

10:00 a.m. – 11:00 a.m. January 14 & 28 February 11 & 25 March 4 & 18

New to Pickleball and want a better understanding of the basics? This clinic will focus on learning the pickleball rules and skills to start playing. \$10.00 per session. Register on Chelsea.

### **BEYOND BEGINNER PICKLEBALL CLINIC**

Mondays 10:00 a.m. – 11:00 a.m. & 11:00 a.m. – 12 p.m. January 3, 10, 17, 24, 31 February 7, 14, 21, 28 March 7, 14, 21, 28 For beginners that are ready to advance their skills to the next level and work on improving the basics of the game.

### INTERMEDIATE & ADVANCED PICKLEBALL CLINICS

Wednesdays 10:00 a.m. - 11:00 a.m. & 11:00 a.m. - 12 p.m. January 5, 12, 19, 26 February 2, 9, 16, 23 March 2, 9, 16, 23, 30

\$10.00 per session. Register on Chelsea.

Looking to advance your pickleball skills? The focus of this clinic will be developing essential shots, control, and strategy for improved play for levels 2.5 and higher. \$10.00 per session. Register on Chelsea.

### PRIVATE, SEMI-PRIVATE, & GROUP LESSONS AVAILABLE!

Contact the Pro Shop to schedule private, semi-private, or group lessons. • Prices range \$60 – \$100/hour

### **BOOK YOUR COURTS!** Court Reservations are Required to Book Your Courts:

Visit valenciabonitahoa.com, Located under Courts • Log into your Chelsea User Account

### **CANCELLATION POLICY**

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

### **ROUND ROBIN PICKLEBALL TOURNAMENTS**MEN'S DOUBLES:

January 15, February 12, March 5

WOMEN'S DOUBLES:
January 29, February 26, March 19
Whether you have a partner or not, the Pro
Shop will pair you on a team if you wish to
play in the Winter Round Robin Pickleball
Tournament. Email the Pro Shop to Register in
the tournament at valenciabonitaproshop@
gmail.com.

### **BOCCE SCHEDULE**

### **BOCCE, BEER, & BURGERS**

11:00 a.m. Bocce Play Courts
12:30 p.m. Poolside Lunch at Zest
January 14, February 11, March 18
Enjoy a round robin game of Bocce followed
by lunch at Zest. \$15++ includes a preselected burger lunch and domestic beer or
wine. Note, if you cancel with-in 48 hours,
your house account will still be charge. Limited
to 16 participants. Register on Chelsea.

### **BEAT THE PROS NIGHTS**

January 11, February 8, March 8
Tennis • 4:30 – 5:30 p.m.

Pickleball • 5:30 – 6:30 p.m.

Bocce • 6:30 – 7:30 p.m.

Whether you just want to watch or play, visit the courts for a fun evening to watch pros Mark Drons and Chad Edwards on the courts. Food trucks will be close by to enjoy dinner courtside. Look for the weekly email for a list of trucks and menus. Register to play on Chelsea.





# MESSAGE FROM SPORTS DIRECTOR CHAD EDWARDS

Season is here! We are larger than in previous years, and the courts are busy. We continue to add more leagues with Tennis, Pickleball, and Bocce. Please continue to be respectful and share the courts. Reminder, there will be no

reservations or guest play before 11 a.m. during season. All guests should have a guest waiver signed on file with the Pro Shop.

### SPORTING TIPS FROM THE PROS

### MARK'S TENNIS TIP • The Poach

When playing doubles, the poach can be a great tool to keep your opponent off balance and shorten points. A poach is when the net player cuts across the center of the court to cut off the opponent's baseline strike. The most important rule when poaching is to understand its purpose.....WIN THE POINT, if you do not end the point your team will more than likely end up well out of position and lose it. Two other important tips, make sure you are moving at a 45-degree angle, continuing to close on your opponent, and remember to attack the ball with your feet, not your racquet! This will keep the ball out of the net.

### **PICKLEBALL** • Think of Straight Lines

One of the main reasons for missing a shot into the net or not consistently hitting the ball to your target is coming across your body after contact. You need to separate your arm away from your body and move it in a straight line. If your body and arm are moving together, most likely sideways, you will cut across the ball instead of hitting through it. Think of being against a wall and if you come across your body you will hit the wall, this will help to stay in a straighter line to your target.

### **BOCCE • Find Your Opponent's Weakness**

Watch your opponent as they throw the pallino. What is their "go to" length? Do they like short ends or long ends? If they prefer a short end, throw longer when you have the opportunity to start the end and use a blocker (ball a little shorter in front of the pallino) to force them to go around and out of their comfort zone.

### Congrats to the 2021 Fall Bocce team winners The BeeGeeS



Team members were
Captain Paula and Joe Guzzo,
Bruce and Debbie Stevens, and
Mike and Debbie Bevilacqua.
The Fall Bocce League consisted
of 186 of our residents divided
into 24 teams. Special thanks
to volunteer league coordinator,
Skip Schepisi, for helping to
manage the league.

## FITNESS PROGRAMS

### A MESSAGE FROM YOUR FITNESS CENTER ATTENDANT JESSE COOK



It is my pleasure to answer your Fitness questions at Valencia Bonita. I am here onsite if you need help registering for any fitness classes. If you have any questions about using the Fitness Center, please visit me in the Fitness Center office.

**Monday through Friday, 7:00 a.m. to Noon.** Please contact us if you need further assistance at info@totalhealthsystemsinc.com

- Jesse Cook, Fitness Center Attendant



### FITNESS CLASSES

AQUA FIT: Low-impact water aerobics where no swimming skills are needed and all fitness levels are welcome! This class is designed to improve flexibility, range of motion, overall body and core strength, muscle tone, and cardiovascular endurance, while using the resistance of the water to cushion the feet, knees, and back. Exercises to upbeat motivating music are easy to follow. Beginner or expert, you will get a great workout! Note: Rain or shine, the class is held. If weather is poor, a substitute indoor class will be offered for the day.

**FIT CAMP:** Designed to engage all of the body's major muscle groups, using an Interval Approach. Individual exercises are repeated for 30 seconds, followed by a brief recovery period of 10 seconds. Goals include muscle toning and strengthening, resistance training using weights, balance, coordination, and endurance. The class enhances and improves movement in muscles and joints, as well as strengthening CORE MUSCLES that stabilize the spine and provide support for all movement. FUN movements are incorporated: Functional, Usable, and Natural!

**STRETCH AND TONE:** A total body targeted workout that incorporates yoga, pilates, barre, strength, and balance training. It tones and shapes muscles, while incorporating stretching to improve flexibility. A nice balance to create a long and lean physique.

**YOGA:** Yoga is a stretching class with simple breathing exercises and seated meditation. Empower your mind and strengthen your body as you move through a series of poses. Great for increasing flexibility and relieving stress.

**ZUMBA:** Zumba takes the "work" out of workout by mixing low-intensity and high-intensity moves for a high-calorie-burning dance fitness party. Receive a total body workout combining all fitness elements of cardio, muscle conditioning, balance and flexibility, and increasing your energy.

### JANUARY - MARCH CLASS SCHEDULE

Monday

Body Works 8:15 a.m. - 9:05 a.m.

**TUESDAY** 

Fit Camp 9:00 a.m. - 10:00 a.m. Yoga 10:15 a.m. - 11:05 a.m.

Aqua Fit 10:30 a.m. - 11:25 a.m. (Resort Pool)

Chair Yoga 11:15 a.m. – 12:00 a.m.

**WEDNESDAY** 

Body Works 8:15 a.m. – 9:05 a.m. Zumba 9:15 a.m. - 10:10 a.m.

Aqua Fit 10:30 a.m. – 11:25 a.m. (Resort Pool)

**THURSDAY** 

Stretch & Tone 9:00 a.m. - 10:00 a.m. Yoga 10:15 a.m. - 11:15 a.m.

Aqua Fit 10:30 a.m. - 11:25 a.m. (Resort Pool)

Chair Yoga 11:15 a.m. – 12:00 a.m.

FRIDAY

Zumba 9:15 a.m. - 10:15 a.m.

Aqua Fit 10:30 a.m. – 11:25 a.m. (Resort Pool)

\$30 per Month/2x a Week or \$50 per Month/4x a Week

Must email Total Health Systems to receive the \$10 discount

**NOTE**: To add additional fitness classes, 12 residents or more are required to start additional classes.

\*To Register for fitness classes, visit the HOA website www.valenciabonitahoa.com , located under the Fitness tab. You will be re-directed to the Total Health Systems website.

#### PERSONAL TRAINING AVAILABLE

Contact Fitness Center Attendant Jesse Cook to schedule a FREE consultation appointment and for prices.

### **FREE Equipment Clinics**

Get oriented in the Fitness Center! Dates are listed on the Total Health Systems website as space is limited to 12 residents per session.

### THE SPA AT VALENCIA BONITA

The Spa at Valencia Bonita strives to make your experience wonderful from start to finish! Let our talented staff help you find the right treatment or beauty product to match your lifestyle. Let us nourish your mind, body, and spirit with a relaxing massage, custom-blended facial, or revitalizing body treatment. We offer manicures, pedicures, facials, massages, waxing and tinting, and body treatments.

### Specials Just for YOU!

Enjoy a complimentary glass of champagne with any Spa service!



### JANUARY

### NEW YEAR, NEW YOU!

Start all your January treatments with a Eucalyptus steam in the steam room with robe and slippers before your Detoxifying spa treatment.

### **HOLIDAY HANGOVER DETOX BODY TREATMENT** \$125

75-minute massage with CBD massage oil with Ayurvedic metal Kansa Wand treatment to further relax while enjoying a warming mud mask on the back (by Phytomer).

### **DETOX FIRMING FACIAL \$125**



### **DE-STRESS MANI AND PEDI** \$99

Everything The Classic manicure and pedicure includes plus this month enjoy a CBD soak, CBD lotion and Ayurvedic Kansa wand massage to detox and relax.

### **FEBRUARY**

### LOVE IS IN THE AIR, DON'T FORGET TO LOVE YOURSELF!

### BERRY MIMOSA FACIAL (BY CIRCADIA) \$110

Relax and enjoy the natural deep exfoliating, with super berry antioxidant infusion and brightening properties of Lactic and Mandelik acids followed by the effervescence of pure oxygen is created on the surface of the skin, boosting circulation and stimulating cell turnover. Leave your skin hydrated, nourished and protected. Enjoy a complimentary mimosa with your facial.

### **SWEETHEART PACKAGE** \$199 FOR TWO!

Enjoy a 60-minute couples Bliss massage for two, with chocolates, rose petals and champagne. Enjoy the hot stones on your back and a luxurious foot scrub (by Phytomer). Enjoy the romantic setup while relaxing with your loved one.

### ROSES AND BUBBLY PEDICURE \$60

Classic pedicure with phytomer warming mud mask wrap on feet and rose petal soak. Enjoy with a loved one and get \$5 off each!

### **SWEETHEART SPA DAY FOR ONE**

All the specials for \$249

### MARCH LUCKY YOU!

### EVER GREEN TEA FACIAL \$105 (CIRCADIA)

Featuring the gentle exfoliation technologies of the Lime Pearl Caviar, this

complex formulation delivers antioxidant support for the skin. The Kaolin clay and Chamomile will leave the skin detoxified, oil-free, and tranquil, with an additional immune boost. Finish with soothing botanicals that improve the overall health of the skin

### SPRING RENEWAL PACKAGE FOR ONE \$225

Treat yourself head to toe with the spring package: Includes 60-minute Bliss massage, with a hot oil scalp massage, 30-minute Epiwave

### facial, and classic mani/pedi.

### **FEELING LUCKY?**

When you book three or more services on the same day, get the chance to spin the wheel for a chance to win discounts and free services!

# CLUB BEAT



Below is a listing of current clubs and the number is quickly growing! Clubs are open to all! If you are interested in any of the following clubs, please go to www.valenciabonitahoa.com and visit the Club and Interest Group tab. Feel free to contact the club facilitator using the email address provided. If you would like to start a new club, please contact Kelly at Krhoades@grsmgt.com.

#### **ACOUSTIC MUSIC JAM**

David Zook zookmd@comcast.net

#### **ACRYLIC CLUB**

Joann Wasylenko wasylenko 1003@comcast.net

#### **BBQ CLUB**

Jeff Karasyk & Marc Slutsky vbbarbq@gmail.com

### **BELLA ITALIA CLUB**

Tony Carrano tonini612@yahoo.com

### **BOOK CLUB**

Donna Ewald daewald@comcast.net

### **BRIDGE-PAIRS/COUPLES**

Bonnie Elberson elbersonb@gmail.com

#### **BRIDGE-SINGLES**

Bonnie Elberson elbersonb@gmail.com

### **BUNCO**

Susan Miranda sjmir@aol.com

#### **CANASTA**

Lucy Ragone metweety58@gmail.com

### **CANASTA - COUPLES**

Carol Weisberg carolw@tetragonia.com

### **CORVETTE CLUB**

Marc Levy mslevy 13237@gmail.com

#### **CRIBBAGE**

Paul Selinger paulselinger@gmail.com

#### **EUCHRE CLUB**

Sharon Aamoth wasa79@aol.com

#### **FISHING CLUB**

Jerry Baum jbaum 1582@aol.com

### **FOLK SINGERS CLUB**

Robert London Rlondonmd@aol.com

#### **GARDEN CLUB**

Denis Franks denisfranks@comcast.net

### **GOLF CLUB**

Roger Ciarleglio rciarleg@comcast.net

### HAND AND FOOT

Joy Snow joysnow0403@gmail.com

### HAND AND FOOT PAIRS/COUPLES

Nancy Baum nancyb0460@aol.com

### HAND, KNEE & FOOT

Lucy Ragone metweety58@gmail.com

### **HELPING HANDS**

Ellen Kahn ellenskahn@gmail.com

### **HOLISTIC WELLNESS CLUB**

Kami Auld kamiami@comcast.net

### **ICLUB**

Carol Schweigert caschwe 1 @yahoo.com

### **JEWELRY CLUB**

Linda Weinstein lweinstein34109@yahoo.com

### **JEWISH CULTURAL CLUB**

Ellen Kahn ellenskahn@gmail.com

### LADIES' LUNCH BUNCH

Louise La Sala loula22828@msn.com

#### **LEFT, RIGHT, CENTER**

Susan Miranda simir@aol.com

### **MAHJONGG - ADVANCED**

Ann Marie Dorsey dorse2@aol.com

### MAHJONGG - CASUAL

Ellen Kahn ellenskahn@gmail.com

### **MAHJONGG – CHINESE**

Joy Snow joysnow0403@gmail.com

### **MAHJONGG – SIAMESE**

Lucy Ragone metweety58@gmail.com

### **MEN'S CLUB OF VB**

Steven Berk dakatie@aol.com

### **PERFORMANCE CLUB**

Celia Couture Cooch 1950@gmail.com

### **PHILANTHROPY CLUB**

Club Leader Wanted

#### **PHOTOGRAPHY**

Anthony Lorenc alorenc 10@outlook.com

### **PINOCHLE CLUB**

Kip Traffican kiptraffican@comcast.net

#### **POKER**

Steven Berk dakatie@aol.com

### **POTTERY CLUB**

Tami Wolfe twolfe5980@gmail.com Louise Soderlund lesoderlund2@gmail.com

#### **ROCK N' ROLL CLUB**

Jack Ewald jackewald@comcast.net

#### **SCRABBLE CLUB**

Joanne Baschinsky Jocalc2@gmail.com

### **SCUBA DIVING CLUB**

Al Notabartolo anotabar@yahoo.com Patty Doran iwcwebbo@aol.com

### **SEWING CLUB**

Laurie Shuss quartet20@yahoo.com

### **SOLO SINGLES CLUB**

Ann Ciccarelli annc 1422@gmail.com

### **SPORTS WATCH CLUB**

Jeffrey Karasyk vbsportswatch@gmail.com

#### STITCHES CLUB

Barbara Sherman barbararsherman@comcast.net

### **TEXAS HOLD'EM**

Steven Berk dakatie@aol.com

#### **TRAVEL CLUB**

Greg Shuss gregshuss@yahoo.com

### **WATERCOLOR PAINTING**

Joann Wasyenko wasylenko 1003@comcast.net

### **WHISKEY CLUB**

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#### WRITER'S CLUB

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