

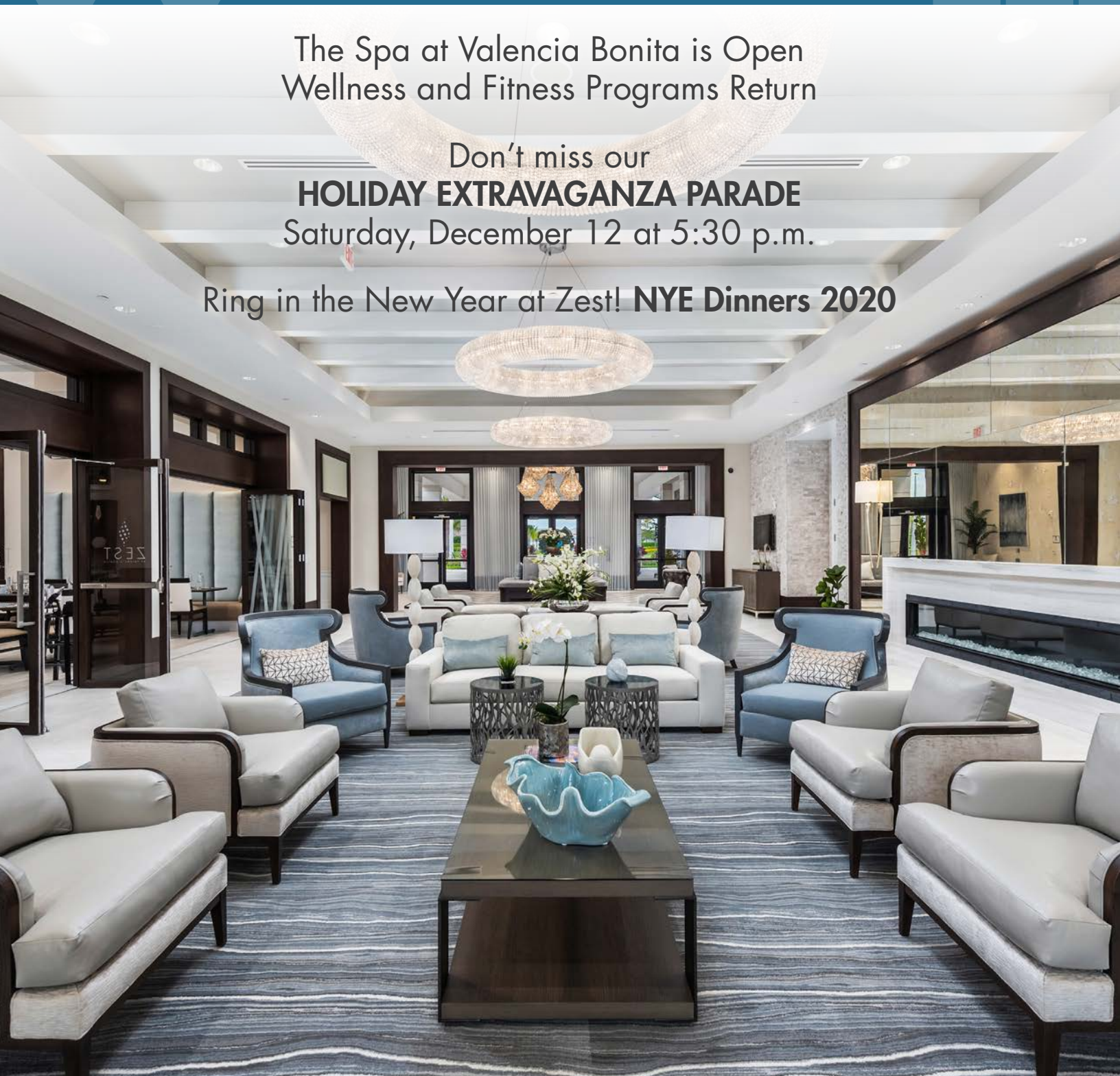
VALENCIA BONITA BUZZ

COMMUNITY NEWSLETTER FOR VALENCIA BONITA HOMEOWNERS | NOV-DEC 2020

The Spa at Valencia Bonita is Open
Wellness and Fitness Programs Return

Don't miss our
HOLIDAY EXTRAVAGANZA PARADE
Saturday, December 12 at 5:30 p.m.

Ring in the New Year at Zest! **NYE Dinners 2020**



55+ LIVING AT ITS BEST

THE CLUB AT VALENCIA BONITA

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

Adam Smalley, LCAM, CMCA
Asmalley@grsmgt.com • Extension 1

Clubhouse Manager Kelly Rhoades

Krhoades@grsmgt.com • Extension 2

Lifestyle Director Lauren Wolf

Lwolf@grsmgt.com • Extension 3

Resident Services Attendant Gracie Burkett

Gburkett@grsmgt.com • Extension 0

ZEST RESTAURANT**Owner** Brian Rolland

Brian@ZestBonita.com

Food and Beverage Director

Charles Shepard
Charles@ZestBonita.com • Extension 5

Executive Chef Debra Bicknese

Debra@ZestBonita.Com • Extension 6
Reservations are strongly encouraged.
Visit www.zestbonita.com/resident

TOTAL HEALTH SYSTEMS**Fitness Director** Marni Rudnick

info@totalhealthsystemsinc.com
Extension 7

RACQUET CLUB & PRO SHOP

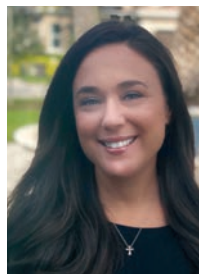
28511 Sicily Loop,
Bonita Springs, FL 34135
ValenciaBonitaProShop@gmail.com
239.221.7104

Sports Director Simone Jardim

Simonepj79@gmail.com

U-TOPIA SPA**Owner** Christin Bones

239.908.0880 Ext 9
admin@u-topiaspa.com

Regional Spa Director Hilary Fraser

A MESSAGE FROM YOUR HOA PRESIDENT

We cannot thank all our residents enough for their continued support and referrals to our beautiful community.

Despite unprecedented challenges throughout the COVID-19 pandemic, we have grown from 380 closed homes since March 2020 to over 500 homes closed by October 2020. It is thanks to our wonderful residents, professional staff and vendors, and our world-class amenities that our numbers continue to excel.

Last month, we opened the spa and started our outdoor fitness programs. Both of these additions to the lifestyle, have received rave reviews. If you have not done so already, we encourage you to check out these new offerings. You will not be disappointed!

As we continue to grow and bring new amenities into service, we appreciate your feedback to improve your experience. You can guarantee we will be unveiling more exciting news during the coming months, as we prepare for a busy new year ahead. Thank you for your continued support!

Dianna Betancourt

Project Manager and HOA President

HOA ANNUAL MEETING

Wednesday, November 4, 2020

11:00 a.m. via Zoom

Join your Board of Directors to review the Homeowners' Association annual budget, operations, lifestyle, and more. Questions must be submitted in advance to property manager Adam Smalley by Wednesday, October 28.

The Zoom link will be emailed in advance.

Please keep a lookout for an email.



A MESSAGE FROM YOUR CLUBHOUSE MANAGER

It has been a pleasure to serve our beautiful community for the past eight months and time feels like it is flying by! I have enjoyed getting to know many residents at our poolside chats and seeing you dine at Zest. We cannot wait to share Halloween, Thanksgiving, and more with you in the coming months.

As a liaison for the residents, staff, vendors, and the board, I am available to assist you with any amenity questions, suggestions, feedback, and more. I work closely with the Association's Property Manager, vendors, and contractors, to ensure your lifestyle experience is exceptional.

My door is always open to talk, set up an appointment, stop by to say 'hello', or share constructive feedback. I will look forward to creating many more memories with you in the near future.

Kelly Rhoades
Lifestyle Director



A MESSAGE FROM YOUR LIFESTYLE DIRECTOR

It is a pleasure to join Valencia Bonita as the Lifestyle Director and I look forward to meeting you all! I come to the community with years of experience and cannot wait for you to enjoy all the events and activities I have planned for you and your family. This newsletter is just one of the many ways we will keep you updated on everything going on at Valencia Bonita. Please make sure to visit our website – www.valenciabonitahoa.com – to view information on HOA events, clubs, fitness, tennis, pickleball, restaurant, and more!

Your participation in the events is especially important and I encourage all residents to sign up as early as possible. It is imperative that you RSVP by the deadline to avoid cancellation of an event. If you need any assistance, I am always here to help.

You should be receiving weekly emails from me regarding all activities here at the clubhouse. If you are not, please make sure my email address is saved as a contact with your provider so it does not go to your junk/spam folder.

I am excited to meet all our residents, so please stop by to say hello. I am happy to answer any questions you may have, and your feedback is especially important to me. My goal is to provide you and your family with a great lifestyle and wonderful memories of living in Valencia Bonita! I look forward to spending the holidays with you and your family.

Lauren Wolf
Lifestyle Director



NEW HOMEOWNER ORIENTATION

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 Gburkett@grsmgt.com.

10:00 a.m.: November 6,
November 18, December 9

Holiday Extravaganza Parade

Saturday, December 12th at 5:30 p.m. • Valencia Bonita Clubhouse

Join us for a golf cart parade through the community. Santa will be kicking off the festivities and leading the parade, so make sure to invite your grandkids!

Show your spirit and decorate your golf cart for the parade.

1st, 2nd, and 3rd place prizes will be awarded.

Register your golf cart online by emailing lwolf@grsmgt.com.



RING IN THE NEW YEAR AT ZEST NEW YEAR'S EVE DINNERS

Thursday, December 31st • Valencia Bonita Clubhouse

New Year's Eve Pre-Fix Dinners

Includes Champagne Toast and To-go Dessert Platters

Multiple Seatings

Details to follow. Watch your email for the possible addition of a post-dinner dessert party.



This event will be added or removed based on the current pandemic conditions in December.

EVENTS & ACTIVITIES

NOVEMBER

MEET & GREET

Every Friday in November

Meet & Greet your Valencia Neighbors from 2:30 – 3:30 p.m. at the poolside firepits... Limited to 15 residents at a time. RSVP required to Lauren at lwolf@grsmgt.com.

COFFEE & CONVERSATION with Lauren

Wednesday, November 18th 10:00 a.m.

Join the Lifestyle team for a sneak peek at the upcoming events, activities, holidays, and more. Complimentary coffee will be provided. Share your suggestions and feedback for fun activities. RSVP to Lauren Wolf at lwolf@grsmgt.com.



SUNSET CRUISE

Thursday, November 19th

Join our Valencia Bonita residents on a sunset cruise over the horizon of the Gulf of Mexico. You will see the beautiful colors in the sky and we recommend that you take as many photos as you can to remember your experience. Sunsets over the Gulf of Mexico are *spectacular* when viewed from Gordon Pass or near Coastal Naples. This 1.5 hour sunset cruise includes: popular sights of wildlife • mansions and stories of Naples' colorful history • evening lights of the river. Departing at 4:00 p.m. from Tin City. Reservations can be made to lwolf@grsmgt.com.



GUIDED NATURE WALK

Friday, November 20th 8:30 – 11:30 a.m.

Join the exclusive Guided Nature Walk with Crew Land & Water Trust. Meet at the CREW Flint Pen Strand Trails, 15970 Bonita Beach Road. This event is complimentary. It is important to wear comfortable clothing, closed-toe shoes that tie, a hat, and face covering. We recommend sunglasses, bug spray, sunscreen, and cameras.



TURKEY TROT

Thursday, November 26th

Check-In: 7:30 a.m. 5K at 8:00 a.m. at the Clubhouse. Lace up your shoes! Join us to pre-register everyone who is participating. Sign up with Lauren Wolf at lwolf@grsmgt.com.



DECEMBER

BECOMING A FLORIDA RESIDENT

Tuesday, December 2nd • 10:00 a.m.

Join the UBS Financial Services Inc. & Dorcsey Law Firm to discuss the benefits of becoming a Florida resident. This presentation is free to attend and will be held virtually. RSVP to Lauren Wolf at lwolf@grsmgt.com.

FAMILY DRIVE-IN MOVIE NIGHT

Wednesday, December 2nd Movie begins at 6:00 p.m.

Car or golf cart (\$18). Limited seating offered, so book early! Featured Movie: *A Christmas Story*. Snacks and beverages will be available for purchase by Zest.



HOLIDAY LIGHTS TROLLEY TOUR

Saturday, December 5th & Friday, December 11th 5:30 p.m.

Join the Holiday Light Tour to see one of the best light shows in town. \$20 per person includes a holiday bag. Wear your best festive holiday attire. Bring your own beverages and coolers are allowed on the Trolley. Pickup at Valencia Clubhouse 6:00 p.m. Seating is limited, so book quickly!



SALUTE TO OUR VETS!

Wednesday, November 11th 3:30 – 4:30 p.m.

We would like to thank all our Veterans for their service. Drive up to the Clubhouse to receive a pin and complimentary cookie. RSVP to lwolf@grsmgt.com.



EVENTS & ACTIVITIES

MENORAH LIGHTING CEREMONY

Tuesday, December 8th
4:00 – 6:00 p.m.

Come Join us for the lighting of the Menorah, music, and light refreshments.
\$5 per person



TREE LIGHTING SERVICE AND COCKTAILS

Tuesday, December 15th
4:00 – 6:00 p.m.

Come join us for our annual tree lighting service. Show your holiday spirit and get your picture taken with Santa. Music and light refreshments will be served.
\$5 per person



CHRISTMAS COOKIE DECORATING (HANDS-ON)

Wednesday, December 9th • 2:00 – 4:00 p.m.

\$30 plus tax & gratuity
Enjoy cookie decorating at Valencia Bonita!
All ages are welcome!



LITTLE ELVES WORKSHOP & GINGERBREAD HOUSE

Sunday, December 13th
10:00 a.m. – 12:00 p.m.

\$25 per gingerbread house.
Reservations are required so we have the correct number of gingerbread gouses.

CHEF DEBRA'S HOLIDAY RECIPES

Wednesday, December 16th
5:30 – 7:30 p.m.

\$40 plus tax & gratuity



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, or you may pay online at www.valenciabonitahoa.com.**



NOVEMBER - DECEMBER HOURS OF OPERATION THURSDAY – SUNDAY

Poolside Restaurant & Bar • 11:00 a.m. – 8:00 p.m.

Dinner Indoors • 5:00 – 8:00 p.m.

Sunday Brunch • 10:30 a.m. – 2:00 p.m.

**Hours may vary on holidays*



Drink & Food Specials

Thursday Night

Happy Hour

4:00 – 6:00 p.m.

Drink and food specials

Friday Night

Feature is offered

Saturday Night

Theme nights

Look for specific details
through email

Reservations, Menus
and Takeout Orders Visit:
www.zestbonita.com/resident

239.908.0880 Ext 5



Thanksgiving



THREE GREAT WAYS TO ENJOY THANKSGIVING



THURSDAY, NOVEMBER 26TH

1. Dine in at Zest with a Three-Course Pre Fixe Menu for \$49.95.
Make your reservation for either of our two seatings at 12:00 p.m. or 3:00 p.m.
by visiting zestbonita.com/resident

2. Curbside Pickup. Order from the Pre Fixe Menu and pickup the food
curbside, hot and ready to eat between 12:00 p.m. and 4:00 p.m.!
Order by visiting the To-go food portal on zestbonita.com/resident

3. Preorder Crave2Go food from Zest's sister company Crave Culinaire.
They offer an extensive menu of heat and eat Thanksgiving meals, with reheating
instructions. Orders are due by November 19th and can be picked up at the
Clubhouse on the day of or the day before, from 10:00 a.m. — 3:00 p.m.
To place your order visit zestbonita.com/holiday*

**Please note, credit card payments are required;
house accounts may not be used for this option.*



NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Savings Time Ends ● 10:30am Zest Brunch		● 9:00 am Aqua Fit ● 9:00 am Fit Camp Class Outside ● 9:30 am Pickleball Clinic ● 10:15 am Aqua Fit Class Outside	● 9:00 am Aqua Fit ● 9:00 am Zumba Class Outside ● 10:15 am Aqua Fit ● 11:00 am HOA Annual Meeting Via Zoom ● 6:00 pm Bocce Social Co-Ed	● 9:00 am Aqua Fit ● 9:00 am Fresh Fish & Co. ● 9:00 am Stretch & Tone Class Outside ● 10:15 am Aqua Fit	● 9:00 am Aqua Fit ● 9:00 am Fit Camp Class Outside ● 10:00 am New Resident Orientation ● 10:15 am Aqua Fit ● 2:30 pm Meet & Greet your Neighbors	● 9:00 am Pickleball Pro Round Robin
● 10:30am Zest Brunch		● 9:00 am Aqua Fit ● 9:00 am Fit Camp Class Outside ● 9:30 am Pickleball Clinic ● 10:15 am Aqua Fit Class	Veterans Day ● 9:00 am Aqua Fit ● 9:00 am Zumba Class Outside ● 10:15 am Aqua Fit ● 11:30 am Epiwave Sip & Learn ● 3:30 pm Drive Thru Veterans' Day ● 5:30 pm Cooking Demo ● 6:00 pm Bocce Social Ladies' Night	● 9:00 am Aqua Fit ● 9:00 am Fresh Fish & Co. ● 9:00 am Stretch & Tone Class Outside ● 10:15 am Aqua Fit ● 7:00 pm CREW Virtual Seminar	● 9:00 am Aqua Fit ● 9:00 am Fit Camp ● 10:15 am Aqua Fit Class Outside ● 2:30 pm Meet & Greet your Neighbors	● 9:00 am Tennis Pro Round Robin
● 10:30am Zest Brunch w/ LiveJazz Music	● 3:00 pm Painting With a Twist	● 9:00 am Aqua Fit ● 9:00 am Fit Camp Class Outside ● 9:30 am Pickleball Clinic ● 10:15 am Aqua Fit Class	● 9:00 am Aqua Fit ● 9:00 am Zumba Class Outside ● 10:00 am Conversations w/Lauren ● 10:00 am New Resident Orientation ● 10:15 am Aqua Fit ● 11:00 am Philanthropic Club ● 5:30 pm Cooking Demo ● 6:00 pm Bocce Social Men's Night	● 9:00 am Aqua Fit ● Deadline for Thanksgiving Orders ● 9:00 am Fresh Fish & Co. ● 9:00 am Stretch & Tone Class ● 10:15 am Aqua Fit ● 4:00 pm Sunset Cruise with FI Pure	● 8:30 am CREW Land & Waste Hike ● 9:00 am Aqua Fit ● 9:00 am Fit Camp ● 10:00 am Corks & Courts ● 10:15 am Aqua Fit ● 2:30 pm Meet & Greet your Neighbors	
● 10:30am Zest Brunch		● 9:00 am Aqua Fit ● 9:00 am Fit Camp Class Outside ● 10:15 am Aqua Fit Class ● 12:00 pm Off Property – Ladies' Lunch Bunch	● 9:00 am Aqua Fit ● 9:00 am Zumba Class Outside ● 10:00 am Thanksgiving pickup ● 10:15 am Aqua Fit Class Outside	Thanksgiving Day ● 7:30 am Turkey Trot ● 12:00 pm Thanksgiving Zest Lunch ● 3:00 pm Thanksgiving Lunch at Zest	Black Friday Native American Heritage Day ● 9:00 am Aqua Fit ● 9:00 am Fit Camp ● 10:15 am Aqua Fit ● 2:30 pm Meet & Greet your Neighbors	
● 10:30am Zest Brunch			CALENDAR KEY ● Social Events ● Card Room #2 ● Club and Interest Group ● eps - Social Hall ● eps- Arts & Crafts Studio ● eps- Card Room #1 ● eps- Exercise Studio #1 ● eps- Exercise Studio #2 / Table Tennis ● eps- Sports Lounge ● eps - Cooking Class ● Pool Bar ● Racquet Club & Courts ● Reminders ● Spa ● Tasks ● Zest			

DECEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<ul style="list-style-type: none"> 9:00 am Aqua Fit 1 9:00 am Fit Camp 9:30 am Pickleball Clinic 10:15 am Aqua Fit 	<ul style="list-style-type: none"> 9:00 am Aqua Fit 2 9:00 am Zumba Class Outside 10:00 am FL Domicile Presentation 10:15 am Aqua Fit 6:00 pm Drive in Movie – <i>A Christmas Story</i> 6:00 pm Bocce Social Co-Ed 	<ul style="list-style-type: none"> 9:00 am Aqua Fit 3 9:00 am Fresh Fish & Co. 9:00 am Stretch & Tone Class Outside 10:15 am Aqua Fit 	<ul style="list-style-type: none"> 9:00 am Aqua Fit 4 9:00 am Fit Camp 10:15 am Aqua Fit 	<ul style="list-style-type: none"> 5:30 pm Holiday Lights Trolley Tour 5 9:00 am Pickleball Pro Round Robin
<ul style="list-style-type: none"> 10:30 am Zest Brunch 6 	7	<ul style="list-style-type: none"> 9:00 am Aqua Fit 8 9:00 am Fit Camp 9:30 am Pickleball Clinic 10:15 am Aqua Fit Class Outside 4:00 pm Menorah Lighting Ceremony 	<ul style="list-style-type: none"> 9:00 am Aqua Fit 9 9:00 am Zumba Class Outside 10:00 am New Resident Orientation 10:15 am Aqua Fit 2:00 pm Cooking Demo – Christmas Cookies 6:00 pm Ladies' Bocce Social 	<ul style="list-style-type: none"> Holiday Door Decor Contest Starts 10 9:00 am Aqua Fit 9:00 am Fresh Fish & Co. 9:00 am Stretch & Tone Class 10:15 am Aqua Fit 	<ul style="list-style-type: none"> 9:00 am Fit Camp 11 9:00 am Aqua Fit 10:15 am Aqua Fit 12:00 Foologix Event 2:30 pm Meet & Greet your Neighbors 5:30 pm Holiday Lights Trolley Tour 	<ul style="list-style-type: none"> 5:30 pm Holiday Parade 12 9:00 am Tennis Social / Mixed Up Round Robin
<ul style="list-style-type: none"> 10:00 am Little Elves Workshop & Gingerbread House 13 10:30 am Zest Brunch 	14	<ul style="list-style-type: none"> 9:00 am Aqua Fit 15 9:00 am Fit Camp 9:30 am Pickleball Clinic 10:15 am Aqua Fit 4:00 pm Tree Lighting Service 	<ul style="list-style-type: none"> 9:00 am Aqua Fit 16 9:00 am Zumba Class Outside 10:15 am Aqua Fit 11:00 am Philanthropic Club 5:30 am Cooking Demo – Holiday Recipes 6:00 pm Men's Bocce Social 	<ul style="list-style-type: none"> 9:00 am Aqua Fit 17 9:00 am Fresh Fish & Co. 9:00 am Stretch & Tone Class 10:15 am Aqua Fit 	<ul style="list-style-type: none"> 9:00 am Aqua Fit 18 9:00 am Fit Camp 10:15 am Aqua Fit 	<ul style="list-style-type: none"> 4:00 pm Yappy Hour with Santa 19
<ul style="list-style-type: none"> 10:30 am Zest Brunch 20 	21	<ul style="list-style-type: none"> 9:00 am Aqua Fit 22 9:00 am Fit Camp 10:15 am Aqua Fit Class Outside 	<ul style="list-style-type: none"> 9:00 am Aqua Fit 23 9:00 am Zumba Class Outside 10:15 am Aqua Fit 	<ul style="list-style-type: none"> Christmas Eve 24 9:00 am Aqua Fit 9:00 am Fresh Fish & Co. 9:00 am Stretch & Tone Class 10:15 am Aqua Fit 	<ul style="list-style-type: none"> Christmas Day 25 	26
<ul style="list-style-type: none"> 10:30 am Zest Brunch 27 	28	<ul style="list-style-type: none"> 9:00 am Aqua Fit 29 9:00 am Fit Camp 10:15 am Aqua Fit Class 	<ul style="list-style-type: none"> 9:00 am Zumba Class Outside 30 9:00 am Aqua Fit 10:15 am Aqua Fit 	<ul style="list-style-type: none"> New Year's Eve 31 9:00 am Aqua Fit 9:00 am Stretch & Tone Class 9:00 am Fresh Fish & Co. 10:15 am Stretch & Tone Class New Year's Eve Pre Fixe Dinners 		

SPORTS SCHEDULE

UPCOMING RACQUET CLUB SPECIAL EVENTS

SIGN UP FOR ALL EVENTS ON THE CHELSEA BOOKING SYSTEM

PICKLEBALL EVENTS

Class size is limited to 8 players in accordance with the CDC guidelines.
Please Note: If the clinic is full, you will not see a title listed. \$15 per person

NOVEMBER PICKLEBALL

Tuesday, November 3rd

CLINIC: DRILL & PLAY

9:30 – 11:30 a.m. Limited to the first 15 players to sign up in Chelsea.
Cost is \$15



Saturday, November 7th

PLAY WITH THE PRO ROUND ROBIN

9:00 – 10:30 a.m. Donuts and muffins will be provided for a fun morning of round robin play with our pickleball pro. All levels are welcome and there is no cost for this event.

Tuesday, November 10th

CLINIC: DRILL & PLAY

9:30 – 11:30 a.m. Limited to the first 15 players to sign up in Chelsea. Cost is \$15

Tuesday, November 17th

CLINIC: DRILL & PLAY

9:30 – 11:30 a.m. Limited to the first 15 players to sign up in Chelsea. Cost is \$15

No clinics during the week of the 23rd (Thanksgiving)

DECEMBER PICKLEBALL

Tuesday, December 1st

DRILL & PLAY

9:30 – 11:30 a.m. Limited to the first 15 players to sign up in Chelsea. Cost is \$15

Saturday, December 5th

PLAY WITH THE PRO ROUND ROBIN

9:00 – 10:30 a.m. Donuts and muffins will be provided for a fun morning of round robin play with our pickleball pro. All levels are welcome and there is no cost for this event.

Tuesday, December 8th

DRILL & PLAY

9:30 – 11:30 a.m. Limited to the first 15 players to sign up in Chelsea. Cost is \$15

Tuesday, December 15th

DRILL & PLAY

9:30 – 11:30 a.m. Limited to the first 15 players to sign up in Chelsea. Cost is \$15

No clinics the weeks of the 21st and 28th.



TENNIS EVENTS

Reservations are required. Must contact Proshop to sign up:
Valenciabonitaproshop@gmail.com • 239.221.7104

These events are no charge.

Saturday, November 14th

PLAY WITH THE TENNIS PRO ROUND ROBIN

9:00 – 11:00 a.m. Limited to the first 15 players to sign up in Chelsea. Breakfast at 9:00 a.m. Play starts at 9:30 a.m.



Saturday, December 12th

TENNIS SOCIAL/MIXED UP ROUND ROBIN

9:00 – 11:00 a.m. Limited to the first 15 players to sign up in Chelsea. Breakfast at 9:00 a.m. Play starts at 9:30 a.m.

BOCCE EVENTS

First come, first serve. Limited to 8 players.

These events are no charge.

NOVEMBER BOCCE

Wednesday, November 4th

BOCCE SOCIAL – MIXED NIGHT

6:00 – 7:30 PM Limited to the first 4 couples to sign up in Chelsea. Round robin format. Another time slot will be added if there is interest. (4:30 – 6:00)

Wednesday, November 11th

BOCCE SOCIAL – LADIES' NIGHT

6:00 – 7:30 p.m. Limited to the first 8 players to sign up in Chelsea. Round robin format. Another time slot will be added if there is interest. (4:30 – 6:00 p.m.)

Wednesday, November 18th

BOCCE SOCIAL – MEN'S NIGHT

6:00 – 7:30 p.m. Limited to the first 8 players to sign up in Chelsea. Round robin format. Another time slot will be added if there is interest. (4:30 – 6:00 p.m.)

DECEMBER BOCCE

Wednesday, December 2nd

BOCCE SOCIAL – MIXED NIGHT

6:00 – 7:30 p.m. Limited to the first 4 couples to sign up in Chelsea. Round robin format. Another time slot will be added if there is interest. (4:30 – 6:00 p.m.)

Wednesday, December 9th

BOCCE SOCIAL – LADIES' NIGHT

6:00 – 7:30 p.m. Limited to the first 8 players to sign up in Chelsea. Round robin format. Another time slot will be added if there is interest. (4:30 – 6:00 p.m.)



Wednesday, December 16th

BOCCE SOCIAL – MEN'S NIGHT

6:00 – 7:30 p.m. Limited to the first 8 players to sign up in Chelsea. Round robin format. Another time slot will be added if there is interest. (4:30 – 6:00 p.m.)

Register to participate at valenciabonita.com
under Racquet Club & Courts

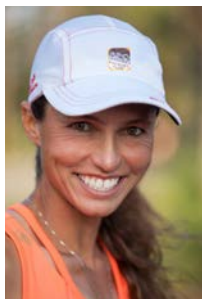
CANCELLATION POLICY

Must contact the pro shop 24-hours before reservation
otherwise you will be fully charged.



SPORTS CENTER

SIMONE JARDIM SPORTS DIRECTOR



As things slowly return to normal, our team is pleased to see new and familiar faces return to the complex. While some restrictions remain in place, we are happy to have some social events back on the calendar. Be sure to check out our Tennis, Pickleball and Bocce social events and register through Chelsea.

Regards, Simone Jardim
Pro Shop: (239) 908-0880, Ext. 8

RACQUET CLUB UPDATES

PICKLEBALL: Please remember to reserve courts through Chelsea. Join us for our social round robins on the second Saturday of each month.

TENNIS: Our Women's 3.0 and 3.5 Teams started league play in October. We wish them well!

BOCCE: We have an amazing 42 teams participating in our Fall League. There is play going on at all hours of the day. It is fantastic to see!



Welcome our new Pickleball League Play Teams!
These teams consist of 3.5 men's, women's, and mixed teams.
Members play other clubs around the area weekly.

SIMONE'S SPORTING TIPS

TENNIS

BIG TARGETS

One of the biggest mistakes in tennis, is that players frequently make unnecessary errors by going for small targets. Work on aiming for bigger targets so you can reduce the number of unforced errors.

BOCCE

BOWL THEM OVER

Okay, you know how to throw, so let's get to your crucial first play, a "puntata": a close-to-the-ground roll, ideal when there's a clear path to the pallino. As Giannotti counsels, "Your arm is moving like a pendulum, from your elbow down to the wrist and forearm, while staying balanced, and keeping your head still."

PICKLEBALL

GET TO THE KITCHEN

As you become a better pickleball player, you will soon realize that the advantage of this game is when you and your partner are both at the kitchen line. Work on getting to the line as quickly as you can.

THE SPA AT VALENCIA BONITA



Our U-Topia Spa team strives to make your experience wonderful from start to finish. Let our talented staff help you find just the right treatment or product to match your lifestyle. Let us nourish your body, mind, 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.

GET COZY PROMOTION

November – December

Book two or more treatments on the same day and receive a complimentary detox marine self-heating mud treatment on your back or feet!

NOVEMBER

CRANBERRY POMEGRANATE FACIAL \$89

EPIWAVE SIP & LEARN

Wednesday, November 11th • 11:30 a.m.

In the Social Hall

TOUCHSTONE CRYSTAL by Swarovski

Raffle for free jewelry – Free gift with purchase

DECEMBER

BERRY MIMOSA FACIAL \$89

FOOTLOGIX PRESENTATION

Friday, December 11th • 12:00 p.m.

In the Social Hall

TOUCHSTONE CRYSTAL by Swarovski

Raffle for free jewelry –
Free gift with purchase



FITNESS PROGRAMS

AQUA FIT: A low-impact water aerobics class 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 are performed to upbeat, motivating music and are effective, easy, and fun to follow. Whether you are a beginner or expert, you will be sure to get a great workout!

FIT CAMP: An exercise class designed to engage all of the body's major muscle groups, using an Interval Approach, where individual exercises are repeated for intervals of approximately 30 seconds, followed by a brief recovery period of approximately 10 seconds. Goals include Muscle Toning and Strengthening, Resistance Training using weights, Balance, Coordination, and Endurance. The class involves enhancing and improving movement in our muscles and joints, as well as strengthening CORE MUSCLES (Torso) that stabilize the spine and provide support for all movement activities. 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.

ZUMBA: A fun, music-driven, and dynamic fitness class that pairs movement to music using an Intermittent Approach. This allows for levels of intensity to vary, i.e. some songs and moves will be faster than others. This is a great energizer and aerobic/ cardio workout for the entire body. Zumba not only burns calories and gets 4,000 – 6,000 steps in, it also focuses on Endurance, Agility, Flexibility, Coordination, and Speed. In Zumba, we are continually moving our bodies through upbeat Latin-inspired music, as well as international music and, all the while, getting a big dose of fitness in addition to fun! Another added benefit to Zumba is that it is great for our brain, because it involves vital skills such as Focus, Memory, and Sequential Patterning.



TOTAL HEALTH SYSTEMS PERSONAL TRAINING

What can a personal trainer do for you?

THS trainers will help you develop greater flexibility, strength and endurance. Personal training can improve your cardiovascular system and help with sports-specific training (tennis, golf, etc.)

60-MINUTE SESSIONS

15 Sessions	\$900.00	\$60.00/hr
10 Sessions	\$650.00	\$65.00/hr
3 Sessions	\$210.00	\$70.00/hr

30-MINUTE SESSIONS

10 Sessions	\$450.00	\$45.00/½ hr
3 Sessions	\$150.00	\$50.00/½ hr

We also offer Free Fitness Evaluation

FOR MORE INFORMATION

visit: www.totalhealthsystemsinc.com
call: 293.224.3477
email: info@totalhealthsystemsinc.com

NOV-DEC 2020 SCHEDULE

TUESDAY

Aqua Fit	9:00 a.m. – 10:00 a.m.
Fit Camp	9:00 a.m. – 10:00 a.m.
Aqua Fit	10:15 a.m. – 11:15 a.m.

WEDNESDAY

Aqua Fit	9:00 a.m. – 10:00 a.m.
Zumba	9:00 a.m. – 10:00 a.m.
Aqua Fit	10:15 a.m. – 11:15 a.m.

THURSDAY

Aqua Fit	9:00 a.m. – 10:00 a.m.
Stretch & Tone	9:00 a.m. – 10:00 a.m.
Aqua Fit	10:15 a.m. – 11:15 a.m.

FRIDAY

Aqua Fit	9:00 a.m. – 10:00 a.m.
Fit Camp	9:00 a.m. – 10:00 a.m.
Aqua Fit	10:15 a.m. – 11:15 a.m.

\$30/Month/ Twice a week

Or

\$50/Month/ 4x a week
(Must contact THS to receive discount)

*Our program is growing.
Watch the eblasts for new classes!*



COOKING CLASSES WITH **CHEF BRIAN ROLAND**

Join culinary expert **Chef Brian Roland** for an up close and personal cooking demonstration. All guests will get to taste three courses and wine. Book your reservation today!

Limited space available. To purchase tickets, visit zestbonita.com/tickets.

NOVEMBER & DECEMBER CLASSES

Grain Bowls, Dressings & Vinaigrettes

November 11th • 5:30 – 7:30 p.m.

\$40 *plus tax & gratuity*

Thanksgiving Dishes

November 18th • 5:30 – 7:30 p.m.

\$40 *plus tax & gratuity*

Christmas Cookie Decorating (Hands On)

December 9th • 2:00 – 4:00 p.m.

\$30 *plus tax & gratuity*

Chef Debra's Holiday Recipes

December 16th • 5:30 – 7:30 p.m.

\$40 *plus tax & gratuity*



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.valencabonitahoa.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 Lauren at LWolf@grsmgt.com.

ACOUSTIC MUSIC JAM

David Zook
zookmo@comcast.net

CRIBBAGE

Paul Selinger
paulselinger@gmail.com

HERITAGE

Ellen Kahn
ellenkahn@gmail.com

PHILANTHROPY CLUB

Patty Doran
iwcwebbo@aol.com

ACRYLIC CLUB

Joann Wasylenko
wasylenko1003@comcast.net

EUCHRE CLUB

Sharon Aamoth
wasa79@aol.com

ICLUB

Carol Schweigert
caschwe1@yahoo.com

PHOTOGRAPHY

Anthony Lorenc
alorenc10@outlook.com

ADVENTURE CLUB

Jeff Wiener
jeffreyweiner58@gmail.com

FISHING CLUB

Jerry Baum
jbaum1582@aol.com

JEWELRY

Linda Weinstein
lweinstein34109@yahoo.com

POKER

Steven Berk
dakatie@aol.com

BELLA ITALIA CLUB

Tony Carrano
tonuni612@yahoo.com



GAME NIGHT

Carol Weisberg
carolw@tetragonia.com

LADIES' LUNCH BUNCH

Louise La Sala
loula22828@msn.com

POTTERY CLUB

Tami Wolfe
twolfe5980@gmail.com

BOOK CLUB

Donna Ewald
daewald@comcast.net

LEFT, RIGHT, CENTER

Susan Miranda
sjmir@aol.com

SEWING CLUB

Laurie Shuss
quartet20@yahoo.com

BRIDGE-PAIRS/COUPLES

Bonnie Elberson
elbersonb@gmail.com

GARDEN CLUB

Denis Franks
denisfranks@comcast.net

MAHJONGG – ADVANCED

Debbie Pagliaro
debiboo22@aol.com

STITCHES CLUB

Barbara Sherman
barbarasherman@comcast.net

BRIDGE-SINGLES

Bonnie Elberson
elbersonb@gmail.com

GOLF CLUB

Roger Ciarleglio
rciarleg@comcast.net



MAHJONGG – CASUAL

Ellen Kahn
ellenkahn@gmail.com

TEXAS HOLD'EM

Steven Berk
dakatie@aol.com

BUNCO

Susan Miranda
sjmir@aol.com

HAND AND FOOT

Joy Snow
joysnow403@gmail.com

TRAVEL CLUB

Greg Shuss
gregshuss@yahoo.com

CANASTA

Lucy Ragone
metweety58@gmail.com

HAND AND FOOT PAIRS/DOUBLES

Nancy Baum
nancyb0460@aol.com

WATERCOLOR PAINTING

Joann Wasylenko
wasylenko1003@comcast.net

CANASTA – COUPLES

Carol Weisberg
carolw@tetragonia.com

HAND, KNEE & FOOT

Lucy Ragone
metweety58@gmail.com

MAHJONGG – CHINESE

Joy Snow
joysnow403@gmail.com

WELLNESS CLUB

Kami Auld
kamiami@comcast.net

CORVETTE CLUB

Marc Levy
mslevy13237@gmail.com

MEN'S CLUB OF VB

Steven Berk
dakatie@aol.com

WINE CLUB

Bob Bornstein
239-390-9004

HELPING HANDS

Ellen Kahn
ellenkahn@gmail.com