



VALENCIA CAY

THE CAY CONNECTION

COMMUNITY NEWSLETTER FOR VALENCIA CAY HOMEOWNERS | MARCH/APRIL 2021



**RIVERLAND ST. PATRICK'S
DAY FESTIVITIES**
MARCH 17

GATSBY SPEAKEASY DINNER
MARCH 12

AN EVENING IN MADRID
APRIL 16

55+ LIVING AT ITS BEST

CONTACTS



THE CLUB AT VALENCIA CAY

11251 SW Winding Ridge Boulevard
Port St. Lucie, FL 34987
(772) 882 – 4950

Open Daily

Interim Hours:

Clubhouse: 7:30 am – 4:30 pm

Cay Café: 7:30 am – 3:30 pm

(Breakfast & Lunch) Closed Mondays

Fitness Center: 5:00 am – 7:00 pm (M-F)

7:00 am – 5:00 pm (S-S)

Pool: Dawn – Dusk

Office Hours:

Monday – Friday

9:00 a.m. – 4:30 p.m.

(Offices Closed 12:00 p.m. – 1:00 p.m.)

Saturday & Sunday

10:00 a.m. – 2:00 p.m.

Tere Muniz, Lifestyle Director

lifestyle@valenciayahoa.com

(772) 882-4950

VISIT OUR WEBSITE: valenciayahoa.com

PROPERTY MANAGEMENT

Lang Management Company

Corporate Office:

790 Park of Commerce Blvd. Suite 200

Boca Raton, FL 33487

Diane Blakeman, Property Manager

dianebl@langmanagement.com

(772) 882 - 4950

On-site office located in the Clubhouse

Monday – Friday 9:00 a.m. – 4:30 p.m.

(Offices Closed 12:00 p.m. – 1:00 p.m.)

Saturday & Sunday 10:00 a.m. – 2:00 p.m.

Onsite telephone number: 772-882-4950

Lang Customer Service

877-242-8692 • service@langmanagement.com

MODEL CENTER

10735 SW Matisse Lane,

Port St. Lucie FL 34987

Model Center Hours: 9:00 a.m. – 5:00 p.m.

55+ LIVING AT ITS BEST



A MESSAGE FROM YOUR HOA PRESIDENT

Dear Valencia Cay Residents,

Spring is quickly approaching, and I hope you have an opportunity to enjoy your favorite activity along the Paseo Greenway, while looking at the beautiful landscaping and spring blossoms. I am sure the Valencia Cay Club's Resort-style Pool will be another favorite destination during balmy Spring days.

The construction of Riverland Amenities continues to move forward, and I am excited to report the concrete slab for Phase I of Fitness Building #1 has been poured. It will not be long before we see vertical construction getting on the way at this state-of-the-art facility. We are making good progress with Land Development at the Arts and Culture Center, and we project building construction to begin in late March (weather permitting).

If you have not visited the Sports & Racquet Center, I encourage you to do so. The Pickleball, Tennis, and Bocce Courts are always bustling with activity, and there are clinics and lessons available for all skill levels. The Racquet Sports Director, Joey Farias, and his team are doing an excellent job managing this facility.

As we have done since the beginning of the pandemic last year, we continue to monitor new developments, and recently made revisions to the COVID-19 protocol at the Clubhouse and at The Sports & Racquet Center. We appreciate your patience and cooperation in observing the temporary rules that apply to you and your guests.

We continue to work with The Cay Café to provide the community with diverse options like Comedy Dinners, Breakfast & Bocce, and Take-Out Dinners. We thank you for your participation and encourage every homeowner to support this amenity.

The sales pace at Valencia St. Lucie has been unbelievable so far this year, and we sold over 90 homes in January, and over 90 homes in February. From the available lots at Valencia Cay, only two spec homes remain to be sold.

Once again, I would like to congratulate those of you that have closed since the publication of the last **Cay Connection** newsletter and thank all Valencia Cay homeowners for their continued support and referrals.

Please continue to stay safe and healthy.

Charles J. Saenz

Project Manager and HOA President



NEWS & VIEWS FROM YOUR LIFESTYLE DIRECTOR



Dear Valencia Cay Residents,

We are excited to welcome March and April, and all the events we have in store for you. Check out this issue for details on our fun dinners with entertainment, Sunday Funday Brunch, and Singo and Pictionary afternoons!

All dinners and events take place on The Cay Café Patio and the capacity is limited. We urge everyone to request your reservations quickly. These events sell out very fast.

Our first Riverland St. Paddy's Day is sure to be a lot of fun. You can look forward to Leprechaun games at the Sports and Racquet Club, and a golf cart and bike parade through the community, ending in a St. Paddy's feast with entertainment at the Clubhouse. There will be fun for all to enjoy!

Be sure to save April 16th for our "Evening in Madrid." You will enjoy Spanish tapas with entertainment by Bob Folse on the Spanish guitar, accompanied by a special Flamenco dance performance. Ole!

We are happy we were able to extend the capacity of our fitness classes. Beginning in March, the Aqua classes will increase to 20 participants and the lawn classes to 25 participants. We hope that this change will allow you the opportunity to help get in shape and stay healthy by joining your neighbors in a fun class.

Our pool and fitness center hours have been expanded! The pool can now be enjoyed from dawn to dusk and the fitness center from 5:00 am – 7:00 pm, Monday through Friday, and 7:00 am – 5:00 pm on Saturday and Sunday.

As always, I look forward to your feedback and suggestions and hope you are as excited as I am about the fun events coming up!

Tere Muniz
Lifestyle Director

A NOTE FROM YOUR PROPERTY MANAGEMENT TEAM



Hello Valencia Cay Owners,

Welcome Spring and the 80-degree weather in Port St. Lucie! It is a wonderful time to enjoy the Community. Take a walk or a bike ride along the Paseo. Enjoy the pickleball and tennis courts. This is the life and it is good to be a part of Riverland!

The Club has extended the COVID-19 policy to include two guests at the pool, patio and the Café. Please remember to check your guests in at Resident Services. While the gym remains a resident-only amenity, we are happy for new beginnings. In order to continue with this forward motion, please abide by the mask policy when traveling through all areas of the Club. We are doing our part to continue improving these unprecedented circumstances and appreciate your cooperation.

Living in a Home Owners Association provides guidelines for residents to create an aesthetically pleasing environment. An application for wall art, statues, pools, solar lights, and more must be submitted for approval to the Architectural Control Committee. As we drive the Community, unapproved patio furniture has been a top infraction. The guidelines may be found on the valenciacyhoa.com website or may be picked up at the office. Non-compliance will result in a citation, as the management must follow the Rules and Regulations as set forth by the Board or Directors. Should you need further assistance with any Valencia Cay matter please call our office at 772-521-9429.

Thank you,

Diane Blakeman, LCAM
Lang Management Company Inc.



SPORTS COMPLEX



Joey Farias,
Racquet Sports Director

A FEW WORDS FROM OUR PRO, JOEY.

It is great to see everyone back out on the courts to start the new year with new leagues, events, and even a whole new game. Pop Tennis is

a new game that has been introduced here at the Riverland Sports & Racquet Club and has generated a lot of interest. It has been fun to see both our traditional tennis players and pickleball players trying out this new game and having tons of fun doing so. If you have not tried it, you are missing out! Looking forward to seeing you all on the courts.

UPCOMING SPECIAL EVENTS

March 1: Beginner Skill Level – Women’s only Up and Down the Riverland @ 10:30 am

March 1: Open Skill Level – Men’s only Up and Down the Riverland @ 5:00 pm

March 8: Open Skill Level - Women’s only Up & Down the Riverland @ 8:30 am and Open Skill Level • Men’s only Up & Down the Riverland @ 10:00 am

March 16 – April 13: Open Skill Level – Women’s Only Pickleball League @ 5:30 pm for 5 weeks

March 17: St Patty’s Leprechaun Games @ 8:00 am

March 22: Intermediate Skill Level – Pickleball Challenge @ 9:00 am

April 5: Beginner Skill Level – Up and Down the Riverland @ 10:30 am

April 5: Intermediate Skill Level – Up and Down the Riverland @ 5:00 pm

April 16: Beginner Skill Level – Women’s only Up and Down the Riverland @ 9:00 am

April 16: Beginner Skill Level – Men’s Only Up and down the Riverland @ 10:30 am

SPORTS INFORMATION

772.348.4561

12200 SW Winding Ridge Blvd., Port St. Lucie, FL 34987

Joey Farias, Sports Director • sportsdirector@riverlandcai.com

Toni Farias, Pro Shop Manager • proshop@riverlandcai.com

PRO SHOP HOURS OF OPERATION

Monday to Saturday from 8:00 am – 1:00 pm

COURT HOURS

Tennis Court Hours – Reservation Times: 7:00 am – 9:00 pm

Pickleball Court Hours – Reservation Times: 7:00 am – 9:00 pm

Bocce Courts Hours – Reservation Times: 7:00 am – 9:00 pm

CLASS CODING

PICKLEBALL

PB000 Welcome to Riverland

PB101 Beginner Clinic

PB201 Intermediate Clinic

PB 102 Beginner II

PB301 Point Play Strategy

PB302 Mens Pickleball Strategy

PB303 Womens Pickleball

Strategy

PB401 Pickleball For All

TENNIS

TN000 Welcome to Riverland

TN101 Learn to Play Tennis

TN201 Doubles Strategy

TN301 Womens Workout

BOCCE

BB101 Bocce Basics

PRIVATE LESSON FEE STRUCTURES

Private and semi-private pickleball and tennis lessons:
The cost is per lesson and is divided by the number of participants.

Joey: \$90/hour for 1 to 2 players

\$110/hour for 3 to 4 players

Assistant: \$70/hour for 1 to 2 players

\$90/hour for 3 to 4 players

SPORTS SCHEDULE

MONDAYS

PB000-Welcome to Riverland - Pickleball 12:00 pm – 1:00 pm

TUESDAYS

PB101 Beginner Pickleball 9:00 am – 10:00 am

PB301 Point Play Strategy 10:00 am – 11:30 am

TN201 Doubles Strategy (3.0+) 11:00 am – 12:00 pm

BB101 Bocce Basics 12:00 pm – 12:30 pm

PB401 Pickleball For All 6:30 pm – 8:00 pm

WEDNESDAYS

PB201 Intermediate Pickleball 8:30 am – 10:00 am

TN301 Women’s Workout (3.0-4.5) 8:30 am – 10:30 am

PB302 Men’s Pickleball Strategy 10:00 am – 11:00 am

TN101 Learn to Play Tennis (all beginner levels) 5:30 pm – 6:30 pm

THURSDAYS

Intro to Pop Tennis and challenge 8:30 am – 10:00 am

PB303 Women’s Pickleball Strategy 9:00 am – 10:30 am

PB102 Beginner II Pickleball 10:30 am – 11:30 am

Advanced Pop Tennis 10:00 am – 11:30 am

BB101 Bocce Basics 12:00 pm – 12:30 pm

FRIDAYS

TN101 Learn to Play Tennis (all beginner levels) 9:30 am – 10:30 am

SATURDAYS

PB000 Welcome to Riverland PB 8:30 am – 9:30 am

PB101 Beginner Pickleball 9:30 am – 10:30 am

PB101 Beginner Pickleball 10:30 am – 11:30 am

TN000 Welcome to Riverland Tennis 12:00 pm – 1:00 pm



Dinking Divas Pickleball Ladies

CLASS DESCRIPTIONS

PICKLEBALL

PB000: Welcome to Riverland Pickleball: Whether it's your first time playing pickleball or you just want to meet Joey and the pro shop staff, this class is for you. You will go over the basic rules and terminology and have supervised play by our pickleball professional. One-time introductory class per household. Pickleball paddles will be provided. • Minimum: 3 players • Cost: Free

PB101: Beginner Pickleball: New to Pickleball? This clinic is designed to cover the basics: terminology, primary skills, and more. Recommended for players looking for help with technique and strategy for social play and beginner competitive events. Each week will cover a new topic. See monthly schedule for topic. Skill level should be 2.0 to 2.5. • Minimum: 3 players • Cost: \$20pp

PB102: Beginner II Pickleball: This clinic is for those who have already completed PB101 and feel comfortable moving on to new topics that will start getting more involved with strategy and shot selection. If you have not completed PB101 but feel you are ready for this clinic, please see one of our pros for approval prior to registration. • Minimum: 3 players • Cost: \$20pp

PB201: Intermediate Pickleball: For those who have already enjoyed the game and understand rules, scoring and general strategy. This class is designed to teach new techniques, strategy and understanding of shot selection to improve overall game. Each week will cover a new topic. Skill Level should be 3.0-3.5. • Minimum: 3 players • Cost: \$20pp

PB301: Point Play Strategy: This class is for our intermediate/advanced players. It is for those looking to learn better strategy and improving decision making. Receive instant feedback from pro while playing points. • Minimum: 3 players • Cost: \$15

PB302/303: Men's and Women's Pickleball Strategy: Learn the subtle differences in strategy between Men's doubles, Women's doubles, and even Mixed Doubles. We will go over shot selection, point building and mental side of the different gender doubles. Minimum: 3 players • Cost: \$20pp

PB401: Pickleball For All: Perfect evening class for our busy worker bees! This is an open skill level class, so players will be put through a 15 min skill challenge. This challenge will allow me to separate players by skill level and performance. This dynamic class will be great for any level and players will be taught unique skills and strategies based on level of play. • Minimum: 3 players • Cost: \$20 pp

TENNIS

TN000: Welcome to Riverland Tennis: Whether it is your first time or getting back on court again, come out and meet the staff. One-time introductory class per household. Tennis racquets will be provided. Minimum: 2 players • Cost: Free

TN101: Learn to Play Tennis: This class is for beginner tennis players and those who have been away from the game and need to brush-up their technique and skills. The atmosphere is relaxed, fun and a great chance to meet other players with similar interests. Minimum: 2 players • Cost: \$20

TN201: Tennis Doubles Strategy: This class is designed to put you in doubles match-play situations and give you tools needed to compete. Learn doubles strategy, positioning, movement, high-percentage vs low percentage shots, how to beat various playing styles and more. Minimum: 3 players • Cost: \$20pp

TN301: Women's Workout: This class is designed to put you in doubles match-play situations and give you tools needed to compete. Learn doubles strategy, positioning, movement, high-percentage vs low percentage shots, how to beat various playing styles and more. Minimum: 3 Players Cost: \$20pp

Intro to Pop Tennis and Challenge: This event is for those interested in learning how to play pop tennis. Pop tennis is played on a shorter tennis court with pop tennis racquets and lower compression tennis balls. A quick intro to Pop Tennis will be followed by a fun challenge. Individuals will be randomly put into teams by the Pro. Opponents will be assigned and players will be able to compete. Minimum: 3 players Cost: \$5pp

Advanced Pop Tennis: This event is for advanced tennis & pop tennis players only. Must play at a 3.5+ tennis or pickleball level to enter this weekly event. Individual teams will be randomly assigned by the Pro. Players will be able to compete with other advanced players in a round-robin style format. • Minimum: 3 players • Cost: \$5pp

BOCCE

BB101: Bocce Basics: This class is for players that want to learn how to play bocce and will cover the basic rules, scoring and terminology. • Minimum: 3 players, Maximum: 8 players • Cost: \$5pp

EVENTS



SUNDAY FUNDAY BRUNCH

March 7 | 11:30 am – 3:30 pm
April 4 | 11:30 am – 3:30 pm

It is island time at the Cay! Join us on the first Sunday of the month for our Sunday Funday brunch with live entertainment. March and April will feature George Reel Tings on steel drums. Enjoy a delicious a la carte brunch menu on the patio at the Cay Café. Reservations for brunch are to be made by calling the Cay Café directly.



BOCCE & BREAKFAST

March 11 | 9:00 am
April 8 | 9:00 am

Cost: \$12pp includes breakfast, tax, gratuity, and play @Meet at the Cay Café

Join the Valencia Cay Bocce Club for a bocce round robin at the Sports & Racquet Club followed by lunch at the Cay Cafe. Prizes will be awarded.

A maximum of 16 people, playing on four courts permitted per event. Spots are filled on a first come, first served basis. For information or to reserve your spot email Frank Murgo, Valencia Cay Bocce Club at ValCAyBocce@yahoo.com

Masks are required. Social distancing will be observed.

EVENT POLICY: Please note all events are subject to change. Check our website, ValenciaCayHOA.com for up-to-date event information.

For all paid events, you must cancel by the RSVP deadline to receive a refund. Reservations are not guaranteed until full payment is made.



GATSBY SPEAKEASY DINNER

March 12 • 6:30 pm

Cost: \$49 pp includes tax, gratuity, and show @Cay Café

Calling all Cool Cats and Dolls! Dress in your best 1920's garb and join us for our Gatsby Speakeasy Dinner. Enjoy a delicious three-course dinner with entertainment by cabaret performer Cherril Rae.

MENU

Please select one

STARTER

Waldorf Salad

Red and Green Apples, Candied Walnuts, Fresh Celery, Golden Raisins, Dried Cranberries, Mixed Greens

Tomato Bisque

Chef's homemade Tomato Bisque served with Bagel Croutons.

MAIN

Parmesan Crusted New England Cod

Parmesan Crusted Cod Served over a White Bean and Vegetable Broth

Chef's Hoover Stew

Orecchiette Pasta, Cherry Tomatoes, Italian Sausage, Fresh Scallions, Tossed in a Creamy Cheddar Cheese Sauce

Country Fried Chicken

Hand Battered Crispy Chicken Served with Mashed Potatoes and Asparagus Finished with a Creamy White Sauce

ENDING

Pineapple Upside Down Cake

You are welcome to bring a bottle of wine to be served with your dinner.

Reservations are required and are on a first come-first served basis. To request a reservation visit valenciacayhoa.com. Reservations are for a table of 2 or 4 only. Select your menu choices for each person in your party at the time of reservation request. Pre-payment confirms your reservation. CHECKS ARE PAYABLE TO THE CAY CAFÉ. Checks are to be dropped off at Resident Services in the Clubhouse.



TIME TO LAUGH

FOURTH FRIDAY COMEDY @ THE CAY CAFE



RC Smith



Rick Corso

Dinner: 5:30 pm & Comedy Show: 6:45 pm
Cost: \$49 pp includes tax, tip, gratuity and show.

MARCH 26 FEATURING:

HEADLINER: RC SMITH

His style is Rapid-fire, Relentless, & Non-Stop. He is currently the warm-up comic for ABC's The Chew, The Rachel Ray Show, The Late Show with Stephen Colbert, Who Wants to be a Millionaire, The Caroline Rhea Show and Ricki Lake.

WITH ERIK ESKOBAR

Currently living and working out of Los Angeles, CA, Erik has been featured on NBC's Last Comic Standing, FOX's I Can See Your Voice, BuzzFeed, and a just released TedTalk performance.

APRIL 23 FEATURING:

HEADLINER: RICK CORSO

Comedy, Impressions and Music... Rick was selected as one of Showtime's Comedy Club All-stars and picked to be a member of Comedy Central's "The A-List." A hit with comedy club audiences as well as Colleges, Cruise Ships Resorts and the showrooms of Las Vegas and Atlantic City.

WITH MICHAEL PARENTI

Michael traded the Big Apple for oranges as he brought his unique comedy style from New York City to Florida. He was born in Queens and lived in the Empire State pretty much his whole life. He talks with a pronounced New York accent and he emphasizes every important point with his hands. Sauce and comedy flow side by side through his veins!



Passover Seder Dinner

March 27 | 7 - 9 pm | \$39 pp inclusive

Menu

PRESET

Seder Plate, Matzo cracker, Chopped Chicken Liver and Manischewitz Grape juice at each table
Pealed hardboiled egg in salt water for each guest

FIRST COURSE

Gefilte Fish

Served with Horseradish & Lemon Wedge

SECOND COURSE*

Homemade Matzo Ball Soup

MAIN COURSE

Braised Beef Brisket

Served with Potato Latkes, Carrot tzimmes & Broccoli
OR

Roasted Apricot Glazed Chicken

Served with Potato Latkes, Carrot tzimmes & Broccoli

DESSERT

Homemade Flourless Chocolate Cake

POOLSIDE SINGO

April 1 | 3:30 pm

Cost: \$ 10

@Poolside at The Cay Café



Join us for an afternoon of Poolside Musical Bingo. Reserve your table for 2 or 4. A special snack menu will be available for purchase at the Cafe. Limited to 52 people only. Social distancing will be observed. Face masks required. Visit ValenciaCayHoa.com to RSVP and pay.

An Evening in Madrid

April 16 | Details to follow

Spanish tapas with entertainment by Bob Folsie on the Spanish guitar, accompanied by a special Flamenco dance performance. Ole!





Riverland St. Patrick's Day FESTIVITIES

MARCH 17

Leprechaun Games: 8:00 am • Golf Cart Parade: 3:00 pm • St. Paddy's Dinner: 5:30 pm
Dinner • \$49 pp all inclusive

Join us for our Riverland St. Patrick's Day festivities. We have planned a day full of fun for all! For our sports enthusiasts, start your day at the Riverland Sports & Racquet Club with Leprechaun Games. Participate in our Bocce Pallino Challenge, Pickleball and Tennis Prize Court and Longest Rally. Reservations are made through the Chelsea System.

Of course, we cannot have St. Paddy's day without a parade! Deck out your golf carts and bikes with all that is green, be Irish for the day, and let's have some fun!

This is a fun parade where the entire community can be involved. Whether you are a participant in the parade or a spectator watching from your driveway! Prizes will be awarded!

End the day with a feast at The Cay Café! Enjoy traditional Irish cuisine and live entertainment by Irish Duo Tracy Sands & Rod MacDonald! Limited capacity is available for the dinner.

MENU

Please Select One

STARTERS

Irish Potato Soup

Leeks and Creamy Potato Soup served with Bagel Croutons

Or

Beer Cheese Dip

Homemade Cheesy Beer Cheese Dip Served with Lime Tortillas

MAIN

Shepherd's Pie

Traditional Shepherd's pie Served in a personal Pie Shell Topped with Whipped Potatoes

Fish and Chips

Hand Battered New England Cod Served with Waffles Fries and a Grilled Lemon

Corned Beef and Cabbage

Braised Corned Beef and Cabbage served with Roasted Redskin Potatoes

ENDING

Shamrock Irish Cream Shooters

CLUBS

BILLIARDS CLUB

The Billiards Club met (and played) on Thursday evenings and Wednesday afternoon was reserved for members' open play. We are looking forward to resuming activities as soon as it is deemed safe to do so. For information contact Jim Decesari at jim_decesari@msn.com



THE CAY PLAYERS

Join our Theater and Acting Club when we can reconnect. We are always looking for anyone interested in live theater. Contact Liz Halbreich at 772-801-5352 or Jude Pederson at 561-289-0333 for more information.



BOOK CLUB

Talking Books Club meets every six weeks via Zoom to discuss their latest book. For information contact Meredith Eldridge-Matza meldridge11@aol.com



BRIDGE

For information contact Esther Granade at 704-968-8765

BOCCE & THE PALLINO AT THE CAY

The Bocce Club meets weekly at the Riverland Sports & Racquet Club
Tuesday | 5:00 pm – 9:00 pm
Thursday | 5:00 pm – 9:00 pm
Saturday | 10:00 am – 1:00 pm
For information contact Frank Murgo | valcaybocce@yahoo.com

BOWLING LEAGUE

Thursday | 12:30 pm – Mixed League (registration starts at Noon)
Tuesday | 12:30 pm – Senior Men's league (registration starts at Noon) at Stuart Bowling Lanes
For information, contact Paul Block | pblock80@gmail.com



BUNCO CLUB

We are looking forward to resuming BUNCO when we can safely do so. For information contact Kathy at 954-907-0820 or Dree at 772-742-8006.

CANASTA

The club was meeting on Thursday afternoon and we are looking forward to resuming activities as soon as it is deemed safe to do so. You may contact Don Burke at donaldburke23@gmail.com for more info.

CARD MAKING

Join us on the third Monday of the month when monthly meetings can resume. For information contact Pat Polit at teach307@email.com



CAR CLUB

The club will have monthly meetings, trade ideas, shop talk, visit outside auto car shows, trips to famous car auctions and more! All makes and models welcomed. For information contact Jaime Stern • JLSUN561@aol.com
Don Laratro • doncarguy1952@aol.com
Robert Lindros • rlindy181@gmail.com

DANCING IN PARADISE

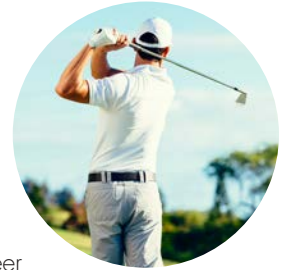
Valencia Cay's Dance Club will resume activities when it is safe to do so. For information, contact Mary Ann Rosa at 347-683-3724.

DINING OUT WITH FRIENDS

For information, contact Hedy Berman at 954-729-5170.

GOLF CLUB

Golf Outings every Wednesday at 9:15 am For information contact Ed Gallant at thecaygc@yahoo.com



HADASSAH

Hadassah is the Women's Zionist Organization of America. We are a volunteer group of women (and male Associates) whose members are motivated and inspired to strengthen their partnership with Israel and realize their potential as a dynamic force in American Society. We educate, we advocate, and we fund-raise, and we always have fun doing it. You need not be Jewish to participate. We welcome everyone and we appreciate you because WE ARE THE WOMEN WHO DO! For information, call Marge Brownstein at 561-445-7729 or Marlene Weisler at 772-448-4855.

HELPING HANDS VOLUNTEERS

Helping Hands Club of VC connects VC residents' time and talent with St. Lucie County civic groups/non-profits, and social service agencies that need volunteers to advance their mission. The Club attracts VC residents interested in creating a kinder, gentler world for the next generation. To learn more, contact Michael Meyerstein at 410-484-2373 or at info@thealephgroup.com.



CLUBS



NEW I WALK, U TALK

Wednesday | 8:00 am
Meet at the Clubhouse
The Valencia Cay Walking Club is a co-ed, low impact exercise group. Meet every Wednesday and walk the Paseo with your friends and neighbors. Social distancing will be observed.

Face masks required. For information contact:
Barbara Bleich | bascoti_80@yahoo.com
or Janet Pearlstein | janetp2854@gmail.com.

JOY OF KNITTING CLUB

When it is safe, we will meet every Wednesday night at 7:00 pm in the Social Club. We share great conversation, patterns, yarns and some instruction. I am Dorean Levenberg... contact me at doodiegirlone@yahoo.com.



MAH JONGG

The club is on hold until we can meet safely.
For information contact Judy Berkowitz | 772-882-4488.

MEN'S CLUB AT VALENCIA CAY

For information, contact: MensValenciaCay@yahoo.com

MINDFULNESS MEDITATION

Saturdays | 10:00 am – 11:30 am on the Event Lawn
Contact: Candace Osias at candieosias@gmail.com

Call-In Number: 425-436-6368

Access Code: 351447



Come join us to improve your health and increase your happiness by learning how to meditate mindfully. Meet us on the Event Lawn at the Clubhouse or use the number provided above to join us via conference call. Please bring a mat or chair. Face masks required. Social distancing will be observed.

MOSAIC ART CLUB

We create group projects as well as work on our own individual projects. Materials and the cost need to be discussed. Weekly meetings will resume once it is safe. For information, contact Diane Fried 516-641-6731



MUSIC APPRECIATION

We are patiently awaiting the time when we can once again appreciate music together. For information, contact Herman Eilbert | eilberg@bellsouth.net



MUSICIAN'S CLUB

For information contact Larry Simms at lsimms852@aol.com or Kent Hansen at hansen112@aol.com

PARTNERS CANASTA

For information contact Cindee Laxner | 561-358-5688 or Cindee_Laxner@msn.com

PICKLEBALL CLUB

For information contact Judy & Joel Berkowitz | 772-882-4488

PING PONG

The club is on hold until we can play safely. For information contact Judy Berkowitz at 772-882-4488.

POKER

For information contact Richard Ames | amesr1@gmail.com

SCRABBLE PLAYERS CLUB

For information, contact Judi Weissman | judihope18@gmail.com

NEW TENNIS CLUB

For those interested in Tennis, contact Dr. Lester Burman at 908-930-0270 or lazerdoelb@aol.com



VALENCIA CAY SHUTTERBUGS

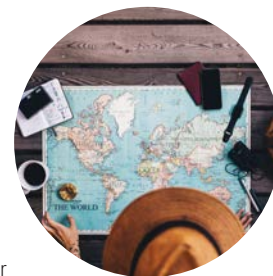
For information, contact Paul Salazar 772-812-7708 | psalazar1@icloud.com

VALENCIA CAY SOLO CLUB

For single people who want to be socially active in our Valencia Cay community and the surrounding cities. For information, contact Michelle Bailey | shellyb300@gmail.com

VALENCIA CAY TRAVEL CLUB

The Valencia Cay Travel Club discusses travel options and presents choices for each member. For information, contact Janet Moody | jmoody37@aol.com



WOMAN'S CLUB

For information, contact Pam Murgo and/or Gail Roberts | ValenciaWomen@yahoo.com



TOTAL HEALTH SYSTEMS AT VALENCIA CAY

FITNESS PROGRAMS



AQUA FIT

A low impact water aerobics class where no swimming skills are needed, 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!

AQUA ZUMBA

Get ready to ditch the workout and join the party in the water! This exhilarating, easy to follow, Latin inspired, calorie burning dance fitness party will move you in the water.

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) which stabilize the spine and provide support for all movement activities.



YOGA

Stretching class with simple breathing exercises and seated meditation. Empower your mind and strengthen your body as you move through a series of poses. Slow paced class for all levels.

CLASS SCHEDULE

AQUA FIT

Monday & Friday | 10:15 am (Kelly)
 Tuesday & Thursday | 9:00 am and 10:15 am (Kelly)
 Saturday | 10:30 am (Kelly)

AQUA ZUMBA

Monday & Friday | 9:00 am (Yesmina)
 Monday and Wednesday | 11:15 am (Kelly)

YOGA on the Event Lawn

Monday and Thursday | 11:00 am (Sandy)
 Tuesday and Friday | 9:15 am (Sandy)

FITCAMP with JUSTIN

Monday and Wednesday | 10:00 am

Price Schedule:

\$30 per month – 2 times per week

\$55 per month – 4 times per week

\$20 per month – Saturday Class only (Aqua Fit)

Must call THS to receive discount. Classes are limited to 20 people for Aqua classes and 25 people for lawn classes. You must pre-register and pay online.

Classes are rain or shine. No walk-ins permitted. No one will be admitted once the class has begun. No refunds, credits, or make-ups.

For information contact 772.224.3324

info@totalhealthsystemsinc.com

www.totalhealthsystemsinc.com



CAY CAFÉ

Open Tuesday - Sunday • 7:30 am - 3:30 pm • Serving Breakfast & Lunch

Stop by the Café to see our new Menu
– offering healthy choices.

Online orders and take out available.
Order online at
caycafe.takeout7.com/our menu



Valentines Dinner



S

M

T

W

T

F

S

Color Legend:
Bocce
Clubs
Dining
Fitness
HOA
Pickleball
Tennis

8:30am - Women's Up & Down the Riverland
 9:00am - Aqua Zumba
 9:15am - Yoga
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:15am - Aqua Zumba
 12:00pm - Welcome to River Pickleball
 5:00pm - Men's Up & Down the Riverland

9:00am - PB101/Beginner Pickleball
 9:00am - Aqua Fit
 10:00am - PB301/Point Play Strategy
 10:15am - Aqua Fit
 11:00am - TN201/Doubles Strategy (3.0+)
 11:00am - Yoga
 11:00am - Book Club via Zoom
 12:00pm - BB101 Bocce Basics
 12:30pm - Senior Mens League Bowling
 5:00pm - Bocce Club
 6:30pm - PB401/Pickleball for All

8:00am - I Walk, U Talk Club
 8:30am - PB201/Intermediate Pickleball
 8:30am - TN301/Women's Workout
 9:15am - Golf Club Outing
 10:00am - PB302/Men's Pickleball Strategy
 11:15am - Aqua Zumba
 5:30pm - TN101/Learn to Play Tennis

8:30am - Intro to Pop Tennis
 9:30am - PB303/Women's Pickleball Strategy
 9:00am - Aqua Fit
 10:00am - Advanced Pop Tennis
 10:15am - Aqua Fit
 10:30am - PB102/Beginner II Pickleball
 11:00am - Yoga
 12pm - BB101/Bocce Basics
 12:30pm - Mixed League Bowling
 5:00pm - Bocce Club

9:00am - Aqua Zumba
 9:15am - Yoga
 9:30am - TN101 Learn to Play Tennis
 10:15am - Aqua Fit

8:30am - PB000 Welcome to Riverland Pickleball
 9:30am - PB101 Beginner Pickleball
 10:00am - Bocce Club
 10:00am - Mindfulness Meditation
 10:30 am - Aqua Fit
 10:30am - PB 101 Beginner Pickleball
 12pm - TN000 Welcome to Riverland Tennis

11:30am - Sunday Funday Brunch

8:30am - Women's Up & Down the Riverland
 9:00am - Aqua Zumba
 9:15am - Yoga
 10:00am - Men's Up & Down the Riverland
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:15am - Aqua Zumba
 12:00pm - Welcome to River Pickleball

9:00am - PB101/Beginner Pickleball
 9:00am - New Owner Orientation
 9:00am - Aqua Fit
 10:00am - PB301/Point Play Strategy
 10:15am - Aqua Fit
 11:00am - Yoga
 11:00am - TN201/Doubles Strategy (3.0+)
 12:00pm - BB101 Bocce Basics
 12:30pm - Senior Mens League Bowling
 5:00pm - Bocce Club
 6:30pm - PB401/Pickleball for All

8:00am - I Walk, U Talk Club
 8:30am - PB201/Intermediate Pickleball
 8:30am - TN301/Women's Workout
 9:15am - Golf Club Outing
 10:00am - Fit Camp
 10:00am - PB302/Men's Pickleball Strategy
 11:15am - Aqua Zumba
 5:30pm - TN101/Learn to Play Tennis

8:30am - Intro to Pop Tennis
 9:30am - PB303/Women's Pickleball Strategy
 9:00am - Breakfast & Bocce
 9:00am - Aqua Fit
 10:00am - Advanced Pop Tennis
 10:15am - Aqua Fit
 10:30am - PB102/Beginner II Pickleball
 11:00am - Yoga
 12pm - BB101/Bocce Basics
 12:30pm - Mixed League Bowling
 5:00pm - Bocce Club

9:00am - Aqua Zumba
 9:15am - Yoga
 9:30am - TN101 Learn to Play Tennis
 10:15am - Aqua Fit
6:30pm - Gatsby Speakeasy Dinner

8:30am - PB000 Welcome to Riverland Pickleball
 9:30am - PB101 Beginner Pickleball
 10:00am - Bocce Club
 10:00am - Mindfulness Meditation
 10:30 am - Aqua Fit
 10:30am - PB 101 Beginner Pickleball
 12pm - TN000 Welcome to Riverland Tennis

14

9:00am - Aqua Zumba
 9:15am - Yoga
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:15am - Aqua Zumba
 12:00pm - Welcome to River Pickleball

15

9:00am - PB101/Beginner Pickleball
 9:00am - Aqua Fit
 10:00am - PB301/Point Play Strategy
 10:15am - Aqua Fit
 11:00am - Yoga
 11:00am - TN201/Doubles Strategy (3.0+)
 12:00pm - BB101 Bocce Basics
 12:30pm - Senior Mens League Bowling
 5:00pm - Bocce Club
 6:30pm - PB401/Pickleball for All

16

8:00am - I Walk, U Talk Club
 8:30am - PB201/Intermediate Pickleball
 8:30am - TN301/Women's Workout
 9:15am - Golf Club Outing
 10:00am - PB302/Men's Pickleball Strategy
 10:00am - Fit Camp
 11:15am - Aqua Zumba
 3:00pm - St. Paddy's Golf Cart Parade
 5:30pm - TN101/Learn to Play Tennis
5:30pm - St. Paddy's Dinner

17

8:30am - Intro to Pop Tennis
 9:30am - PB303/Women's Pickleball Strategy
 9:00am - New Owner Breakfast
 9:00am - Aqua Fit
 10:00am - Advanced Pop Tennis
 10:15am - Aqua Fit
 10:30am - PB102/Beginner II Pickleball
 11:00am - Yoga
 12pm - BB101/Bocce Basics
 12:30pm - Mixed League Bowling
 5:00pm - Bocce Club

18

9:00am - Aqua Zumba
 9:15am - Yoga
 9:30am - TN101 Learn to Play Tennis
 10:15am - Aqua Fit

19

8:30am - PB000 Welcome to Riverland Pickleball
 9:30am - PB101 Beginner Pickleball
 10:00am - Bocce Club
 10:00am - Mindfulness Meditation
 10:30 am - Aqua Fit
 10:30am - PB 101 Beginner Pickleball
 12pm - TN000 Welcome to Riverland Tennis

20

21

9:00am - Intermediate Pickleball Challenge
 9:00am - Aqua Zumba
 9:15am - Yoga
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:15am - Aqua Zumba
 12:00pm - Welcome to River Pickleball

22

9:00am - Aqua Fit
 9:00am - PB101/Beginner Pickleball
 10:00am - PB301/Point Play Strategy
 10:15am - Aqua Fit
 11:00am - Yoga
 11:00am - TN201/Doubles Strategy (3.0+)
 12:00pm - BB101 Bocce Basics
 12:30pm - Senior Mens League Bowling
 5:00pm - Bocce Club
 6:30pm - PB401/Pickleball for All

23

8:00am - I Walk, U Talk Club
 8:30am - PB201/Intermediate Pickleball
 8:30am - TN301/Women's Workout
 9:15am - Golf Club Outing
 10:00am - PB302/Men's Pickleball Strategy
 10:00am - Fit Camp
 11:15am - Aqua Zumba
 5:30pm - TN101/Learn to Play Tennis

24

8:30am - Intro to Pop Tennis
 9:30am - PB303/Women's Pickleball Strategy
 9:00am - Aqua Fit
 10:00am - Advanced Pop Tennis
 10:15am - Aqua Fit
 10:30am - PB102/Beginner II Pickleball
 11:00am - Yoga
 12pm - BB101/Bocce Basics
 12:30pm - Mixed League Bowling
 5:00pm - Bocce Club

25

9:00am - Aqua Zumba
 9:15am - Yoga
 9:30am - TN101 Learn to Play Tennis
 10:15am - Aqua Fit
 5:30pm - Fourth Friday Comedy

26

8:30am - PB000 Welcome to Riverland Pickleball
 9:30am - PB101 Beginner Pickleball
 10:00am - Bocce Club
 10:00am - Mindfulness Meditation
 10:30 am - Aqua Fit
 10:30am - PB 101 Beginner Pickleball
 12pm - TN000 Welcome to Riverland Tennis
7:00pm - Passover Dinner

27

28

9:00am - Aqua Zumba
 9:15am - Yoga
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:15am - Aqua Zumba
 12:00pm - Welcome to River Pickleball

29

9:00am - Aqua Fit
 9:00am - PB101/Beginner Pickleball
 10:00am - PB301/Point Play Strategy
 10:15am - Aqua Fit
 11:00am - TN201/Doubles Strategy (3.0+)
 11:00am - Yoga
 12:00pm - BB101 Bocce Basics
 12:30pm - Senior Mens League Bowling
 5:00pm - Bocce Club
 6:30pm - PB401/Pickleball for All

30

8:00am - I Walk, U Talk Club
 8:30am - PB201/Intermediate Pickleball
 8:30am - TN301/Women's Workout
 9:15am - Golf Club Outing
 10:00am - PB302/Men's Pickleball Strategy
 10:00am - Fit Camp
 11:15am - Aqua Zumba
 5:30pm - TN101/Learn to Play Tennis

31

S
M
T
W
T
F
S

Color Legend:
Bocce
Clubs
Dining
Fitness
HOA
Pickleball
Tennis

11:30am - Sunday Funday Brunch **4**

5
 9:00am - Aqua Zumba
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:00am - Yoga
 11:15am - Aqua Zumba
 12:00pm - PB000 Welcome to River Pickleball

6
 9:00am - Aqua Fit
 9:00am - PB101 Beginner Pickleball
 9:15am - Yoga
 10:00am - PB301 Point Play Strategy
 10:15am - Aqua Fit
 11:00am - TN201 Doubles Strategy (3.0+)
 12:00pm - BB101 Bocce Basics
 6:30pm - PB401 Pickleball for All

7
 8:30am - PB201 Intermediate Pickleball
 8:30am - TN301 Women's Workout
 10:00am - PB302 Men's Pickleball Strategy
 10:00 am - Fit Camp
 11:15 am - Aqua Zumba
 5:30pm - TN101 Learn to Play Tennis

1
 8:30am - Intro to Pop Tennis
 9:00am - PB303 Women's Pickleball Strategy
 9:00am - Aqua Fit
 10:00am - Advanced Pop Tennis
 10:15am - Aqua Fit
 10:30am - PB102 Beginner II Pickleball
 11:00am - Yoga
 12pm - BB101 Bocce Basics
 12:30pm - Mixed League Bowling
 3:30pm - SINGO Musical Bingo
 5:00pm - Bocce Club

2
 9:00am - Aqua Zumba
 9:15am - Yoga
 9:30am - TN101 Learn to Play Tennis
 10:15am - Aqua Fit

3
 8:30am - PB000 Welcome to Riverland Pickleball
 9:30am - PB101 Beginner Pickleball
 10:00am - Bocce Club
 10:00am - Mindfulness Meditation
 10:30am - Aqua Fit
 10:30am - PB 101 Beginner Pickleball
 12pm - TN000 Welcome to Riverland Tennis

11
 9:00am - Aqua Zumba
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:00am - Yoga
 11:15am - Aqua Zumba
 12:00pm - PB000 Welcome to RiverLand Pickleball

12
 9:00am - Aqua Zumba
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:00am - Yoga
 11:15am - Aqua Zumba
 12:00pm - PB000 Welcome to RiverLand Pickleball

13
 9:00am - New Owner Orientation
 9:00am - PB101/Beginner Pickleball
 9:00am - Aqua Fit
 9:15am - Yoga
 10:00am - PB301/Point Play Strategy
 10:15am - Aqua Fit
 11:00am - TN201/Doubles Strategy (3.0+)
 12:00pm - BB101 Bocce Basics
 6:30pm - PB401/Pickleball for All

14
 8:30am - PB201/Intermediate Pickleball
 8:30am - TN301/Women's Workout
 10:00am - PB302/Men's Pickleball Strategy
 10:00am - Fit Camp
 11:15am - Aqua Zumba
 5:30pm - TN101/Learn to Play Tennis

15
 8:30am - Intro to Pop Tennis
 9:00am - New Resident Breakfast
 9:00am - PB303/Women's Pickleball Strategy
 9:00am - Aqua Fit
 10:00am - Advanced Pop Tennis
 10:15am - Aqua Fit
 10:30am - PB102/Beginner II Pickleball
 11:00am - Yoga
 12pm - BB101/Bocce Basics
 5:00pm - Bocce Club

16
 9:00am - Aqua Zumba
 9:15am - Yoga
 9:30am - TN101 Learn to Play Tennis
 10:15am - Aqua Fit
 An Evening in Madrid

17
 8:30am - PB000 Welcome to Riverland Pickleball
 9:30am - PB101 Beginner Pickleball
 10:30am - Aqua Fit
 10:30am - PB 101 Beginner Pickleball
 12pm - TN000 Welcome to Riverland Tennis

18
 9:00am - Aqua Zumba
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:00am - Yoga
 11:15am - Aqua Zumba
 12:00pm - PB000 Welcome to RiverLand Pickleball

19
 9:00am - Aqua Zumba
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:00am - Yoga
 11:15am - Aqua Zumba
 12:00pm - PB000 Welcome to RiverLand Pickleball

20
 9:00am - PB101/Beginner Pickleball
 9:00am - Aqua Fit
 9:15am - Yoga
 10:00am - PB301/Point Play Strategy
 10:15am - Aqua Fit
 11:00am - TN201/Doubles Strategy (3.0+)
 12:00pm - BB101 Bocce Basics
 6:30pm - PB401/Pickleball for All

21
 8:30am - PB201/Intermediate Pickleball
 8:30am - TN301/Women's Workout
 10:00am - Fit Camp
 10:00am - PB302/Men's Pickleball Strategy
 11:15am - Aqua Zumba
 5:30pm - TN101/Learn to Play Tennis

22
 8:30am - Intro to Pop Tennis
 9:00am - PB303/Women's Pickleball Strategy
 9:00am - Aqua Fit
 10:15am - Aqua Fit
 10:00am - Advanced Pop Tennis
 10:30am - PB102/Beginner II Pickleball
 11:00am - Yoga
 12pm - BB101/Bocce Basics
 5:00pm - Bocce Club

23
 9:00am - Aqua Zumba
 9:15am - Yoga
 9:30am - TN101 Learn to Play Tennis
 10:15am - Aqua Fit
 5:30pm - Fourth Friday Comedy

24
 8:30am - PB000 Welcome to Riverland Pickleball
 9:30am - PB101 Beginner Pickleball
 10:00am - Mindfulness Meditation
 10:30am - PB 101 Beginner Pickleball
 10:30am - Aqua Fit
 12pm - TN000 Welcome to Riverland Tennis

25
 9:00am - Aqua Zumba
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:00am - Yoga
 11:15am - Aqua Zumba
 12:00pm - PB000 Welcome to RiverLand Pickleball

26
 9:00am - Aqua Zumba
 10:00am - Fit Camp
 10:15am - Aqua Fit
 11:00am - Yoga
 11:15am - Aqua Zumba
 12:00pm - PB000 Welcome to RiverLand Pickleball

27
 9:00am - PB101/Beginner Pickleball
 9:00am - Aqua Fit
 9:15am - Yoga
 10:00am - PB301/Point Play Strategy
 10:15am - Aqua Fit
 11:00am - TN201/Doubles Strategy (3.0+)
 12:00pm - BB101 Bocce Basics
 6:30pm - PB401/Pickleball for All

28
 8:30am - PB201/Intermediate Pickleball
 8:30am - TN301/Women's Workout
 10:00am - PB302/Men's Pickleball Strategy
 10:00am - Fit Camp
 11:15am - Aqua Zumba
 5:30pm - TN101/Learn to Play Tennis

29
 8:30am - Intro to Pop Tennis
 9:00am - PB303/Women's Pickleball Strategy
 9:00am - Aqua Fit
 10:15am - Aqua Fit
 10:00am - Advanced Pop Tennis
 10:30am - PB102/Beginner II Pickleball
 11:00am - Yoga
 12pm - BB101/Bocce Basics

30
 9:00am - Aqua Zumba
 9:15am - Yoga
 10:15am - Aqua Fit
 9:30am - TN101 Learn to Play Tennis