

Fun in the Sun

VALENCIA DEL • SOL

VIVA HAVANA

January 14th

ABBA-SALUTELY 70s

February 25th

MAGICIAN JAY MATTIOLI

February 17th

JEFF GORDON AS ELVIS

March 25th



TAMPA'S BEST 55+ RESORT-STYLE LIVING

CONTACTS

The Club at Valencia del Sol is Located at:
5010 Sevilla Shores Drive,
Wimauma, FL 33598
Clubhouse Main Line: (813) 566-0855

GRS Community Management Hours
9:00 am – 5:00 pm Daily



Community Association Manager

James Smith, LCAM
Jsmith@grsmgt.com • Extension 203

Laurie Murphy, LCAM
lmurphy@grsmgt.com • Extension 203

Lifestyle Director

Lori Pickel
lpickel@grsmgt.com • Extension 204

Administrative Assistant

Christian Cruz
Ccruz@grsmgt.com • Extension 0

BISTRO DEL SOL

General Manager/Chef de Cuisine

Douglas Grimley
Extension 205

Chef de Cuisine

Kimberly McKellar
Ext. 205

TOTAL HEALTH SYSTEMS

Fitness Director

Marni Rudnick
info@totalhealthsystemsinc.com
(813) 938-6599

RACQUET CLUB

Sports Director

Byron Fresno
5030 Seville Shores Drive
(678) 592-6444 (cell) • pickten.fresno@gmail.com



MESSAGE FROM YOUR HOA PRESIDENT

Happy New Year!

Valencia del Sol had a fantastic 2022 and we are looking forward to everything the new year has to bring. The community is almost completely sold out with all of the model homes sold and closed. We continue to welcome between 10 and 15 homeowners each month to our beautiful community. With the resident's support, we will continue to offer various workshops regarding landscaping, budgeting, Villa insurance and lifestyle throughout the year.

By the end of the 1st quarter of 2023, Sterling Culinary Management will have been operating for a full year. It has been our pleasure working with Sterling's team to ensure that the residents have a Bistro to be proud of! With a full calendar of events, our existing and new residents are sure to enjoy a fun-filled year ahead.

Thank you for your continued support of our community!

All my best,

Marisa Lufkin
Project Manager and HOA President



MESSAGE FROM YOUR PROPERTY MANAGER

Dear Residents,

As your Community Association Manager, I have thoroughly enjoyed meeting all of you, and I hope I have provided a positive experience for all Del Sol Residents. It is my pleasure to continue to provide all of you with exceptional professionalism, sincere communication, and above par customer service. Please continue to count on me as a community resource and your partner in creating a community based on a safe, neighborly, and gratifying living experience.

James Smith
Community Association Manager



MESSAGE FROM YOUR ADMINISTRATOR

Moving to a new community can be a little overwhelming and sometimes all we need is to be pointed in the right direction. As the Admin for Valencia del Sol, it's my duty to help all of our new residents, as well as our current residents, with any information and requests pertaining to the clubhouse and HOA related concerns. You can always find me at the resident service desk located at the entrance of the clubhouse.

Chris Cruz
Administrative Assistant



MESSAGE FROM YOUR LIFESTYLE DIRECTOR

I want to wish everyone a very Happy and Healthy New Year! I have so much planned for the next few months. This newsletter is just one of the many ways we will keep you updated on everything going on at Valencia del Sol. Your participation in the events is especially important and I encourage all residents to sign up as early as possible 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 contact me so we can make sure you don't miss out on anything! I am happy to answer any questions you may have, and your feedback is very important. As always, my door is always open and, if we have not yet met in person, please stop by and introduce yourself!

Lori Pickel
Lifestyle Director

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 RSVP in advance to CCruz@grsmgt.com.

Thursday • February 16th • 10:00 a.m.

RESIDENT SPOTLIGHT



KAY CASON



Kay is originally from Virginia and moved to Valencia del Sol in April 2021. She is a widow and has four children; a son in North Carolina, a son in Texas, a son in Minnesota and a daughter here in the Tampa area. Kay also has six wonderful grandchildren.

Kay has participated in approximately 95% of the shows and events throughout the past year, being the top participant within the Lifestyle Division.

She told me that she chose Valencia del Sol because of the active lifestyle and amenities. She participates in water aerobics, the Women's Book Club, almost every show, seminars and workshops.

Kay also enjoys dining at the Bistro approximately twice a week.

Thank you Kay for all of your support here at Valencia del Sol!





HOA EVENTS & ACTIVITIES



AdventHealth MOBILE MAMMOGRAPHY BUS

Tuesday, January 3rd • 8:30 a.m. – 2:30 p.m.
Clubhouse Parking Lot

AdventHealth Mobile Mammography bus will be onsite to provide mammograms using a Hologic 3D mammogram system. Women ages 40 and over do not need a prescription or referral for your mammogram. Women ages 35-39 will need a prescription from a physician. Most major insurance plans are accepted. There is no additional fee for 3D.

Please complete all forms prior to your appointment at: AdventHealthMobileMammography.com. A link will also be provided to schedule your appointment.

A minimum of 20 appointments will be required to host this event.



Saturday, January 14th • 7:00 p.m.
Social Hall • \$35 per person (plus tax)

Hot Spanish/English speaking singers and dancers serve as your cigar girls, dance divas and party spark plugs! Incredible interactive event entertainment while a world class DJ-emcee hosts the event and spins those thumping rhythms from classic Latin dance tunes to radio hits from today!



CHELLO HOLLYDAY BAND

Saturday, January 28th • 7:00 p.m. • Social Hall • \$35 Per Person (plus tax)

Chello Hollyday Band is a funk and soul Motown-Style dance band that will keep you on the dancefloor all night long with some of the best musicians in the Tampa Bay area.

DANCE LESSONS

WITH ROY STONE

January, 9, 16, 23 & 30

February 6, 13, 20, 27

7:00 pm – 8:00 pm • Exercise Studio

\$40 per person (for the month)

Singles Welcome! Not sure if this is for you?

Try a class for free!

Minimum 10 people needed to host this event.





DINNER & A MOVIE NIGHT

FRIDAYS • 5:45 pm
SOCIAL HALL • FREE TO ATTEND

January 20th • February 14th
March 17th

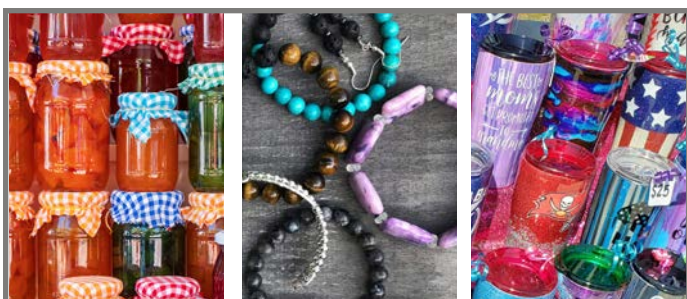
Keep your eye out for which movie will be shown.



THE HARRISON JAZZ ENSEMBLE

Saturday, February 4th • 7:00 p.m.
Pool Deck • \$20 per person (plus tax)

Join us poolside and enjoy the smooth sounds of the Harrison Jazz Ensemble. The pool deck will be shut down to non-ticket holders between 5:00 p.m. and 10:00 p.m. that evening. The Bistro will have some specials for purchase a la carte and the bar will be open so you can enjoy some delicious spirits!



Vendor Market

SUNDAYS

January 22nd • February 26th • March 26th
10:00 a.m. – 2:00 p.m. • Event Lawn

The American Markets Company brings local businesses together in the community to have a unique vendor market. Some of the vendors include but, are not limited to: Dog products, Honey, Jams & Jellies, Scentsy, Wreaths, Tumblers, Lemonade, Jewelry, Skin Care, Crafts, Jewelry, Homemade Sauces, Clothing and more!



COFFEE & CONVERSATION

Tuesday, February 7th
11:00 a.m.
Social Hall • Free to Attend

Join your Lifestyle Team for a sneak peek at the upcoming events, activities, Frontsteps and more! Complimentary coffee will be provided. RSVP required. 30 Person Maximum.



HOA EVENTS & ACTIVITIES

Valentine's Dinner & Dance

WITH
DJ TANYA

Saturday, February 11th • 7:00 p.m.
Social Hall • \$55 per person (plus tax)

Come on out for an evening of dining and dancing!
DJ Tanya will be here to play some great music
and, of course, take your requests.

The Bistro will tempt your taste buds
with a delicious three course meal!

ONE BLOOD BLOOD DRIVE

Wednesday, February 15th • 2:00 – 8:00 pm
Clubhouse Parking Lot

One Blood will be onsite to receive your blood donations.
A link for appointments will be posted to the residents
before the blood drive. Please give the gift of blood!



MAGICIAN **Jay Mattioli**

Friday, February 17th • 7:00 p.m.
Social Hall • \$35 per person (plus tax)

Jay's magic has appeared in over 20 countries including
Hong Kong, Egypt, Kuwait, Qatar, Bahrain, England and
countless special events throughout the United States.
Jay creates many of his signature magic effects from the
ground up. Now performing for over 20 years, Jay has
become a sought-after act for resorts, variety venues,
corporate events and cruise lines.



ABBA Salutely 70s

ABBA-Salutely 70s
Saturday, February 25th • 7:00 p.m.
Social Hall • \$35 per person (plus tax)

Two girls, two guys and the number 1 hits of the 70's makes
for a whole night of fun. This quartet brings a high energy show
featuring the songs of The Eagles, Linda Ronstadt,
The Bee Gees and the Swedish sensation ABBA.

There will be clapping, singing, and dancing in the aisles
when these guys and gals bring their brand of powerful vocal
harmonies and crowd interaction to the stage.

Get ready to shake your groove thang!

STEVE LEEDS & SHARON OWENS



Cheek to Cheek

“Lady Gaga & Tony Bennett”

Saturday, March 11th • 7:00 p.m.

Social Hall • \$35 per person (plus tax)

Cheek to Cheek stars renowned tribute artists Steve Leeds and Sharon Owens authentically creating the on-stage magic and amazing vocals of Tony Bennett and Lady Gaga. Sharon’s uncanny resemblance to Gaga and Steve’s jaw dropping vocal ability as Tony help them create a super show. Cheek to Cheek is a wonderfully enjoyable evening full of great American standards such as *Anything Goes*, *It Don’t Mean a Thing*, *Cheek to Cheek* and more.

JEFF GORDON AS **ELVIS!**



Saturday, March 25th • 7:00 p.m.

Social Hall • \$35 per person (plus tax)

Jeff Gordon has been performing and entertaining crowds as Elvis for more than 20 years. You will sing along with every song, and you will have a hard time telling the difference between Jeff’s voice and Elvis’ voice! Jeff travels across the United States performing in theaters, dinner shows, casinos, cruises and private events.



DANCE LESSONS

WITH **ROY STONE**

March 6, 13, 20 & 27

7:00 pm – 8:00 pm

Exercise Studio • \$40 per person (for the month)

Singles Welcome! Not sure if this is for you? Try a class for free!
Minimum 10 people needed to host this event.



RACQUET SPORTS

The hours of operation at del Sol Racquet • Monday – Saturday • 8:00 am – 1:00 pm



MESSAGE FROM **BYRON FRESO**, SPORTS DIRECTOR

Is it better to be offensive or defensive? Understanding defensive principles, situations, and strategies are the keys to developing a solid defensive component to your pickleball games. The whole idea of defense is to neutralize the opponents' shots and minimize the possibility of them winning the rally. In playing defense, you are trying to create an unattackable return to equalize the playing field. It is called resetting the control of play. In most cases, playing great defense will win over offense. Defense tends to control play on the court. There are players who do not have great ground strokes, overheads, volleys or serves. During our warmup with them, we already figured we could beat them. As the game progresses, we notice every shot we hit is coming back over the net. We hit some fantastic shots and they still come back. The next thing we know is we are sitting on the bench waiting for the next game. Approximately seventy-five percent of our shots are unforced errors. Unforced errors are usually offensively struck balls and not defensively hit balls. Therefore, understand the art of defense and not rely on your offensive prowess to win games.

To serve or return: Many of you have heard me talk about egregious error 1a and 1b. This is generally followed by the question about which is worse: missing your return (a primarily defensive shot) or missing your serve (primarily an offensive shot). Most players tend to say that missing your serve is worse than missing your return. Think about it! When you miss your serve, nothing happens other than you did not score a point. However, every time you miss your return, you have given your opponent a free point. Imagine if your opponent was serving the ball at 10-9 and you missed the return. What was the outcome of the game?

HALLOWEEN PICKLEBALL TOURNAMENT

October 26, 2022



TENNIS SCHEDULE • JANUARY – MARCH

Register on the Chelsea Reservation System

MONDAY

Tennis Clinic
9:00 – 10:30 a.m.

Private Lessons
11:00 – 12 noon

TUESDAY

**Ball Machine Practice
on Strokes**
9:30 – 10:30 a.m.

Private Lessons
11:00 – 12 noon

WEDNESDAY

Open Play for Residents
9:00 – 10:00 a.m.

Private Lessons
11:00 – 1:00 p.m.

THURSDAY

Service Practice
9:00 – 10:30 a.m.

Private Lessons
11:00 – 12 noon

FRIDAY

**Round Robin Play
Doubles**
9:00 – 10:30 a.m.

Private Lessons
11:00 – 12 noon

All Tennis clinics require a minimum of four players and a maximum of eight players per session. Cost: \$20

Tennis Pro, Cornelius Brickhouse, can be reached at C_Brickhouse@yahoo.com or by cell: 813-765-2632

BYRON'S TENNIS TIP: FOOTWORK

Footwork is very important. One of the biggest misconceptions that every player seems to have is they can play tennis without moving their feet. Learning the correct footwork will automatically help fix a lot of mistakes. Make sure you give yourself enough time and space to prepare for your shot so you do not run through the ball.

BOCCE SCHEDULE • JANUARY – MARCH

BOCCE LEAGUE

VDS Bocce is still looking for players to form a bocce league for the Fall season. If you are interested, please email Byron at PickTen.freso@gmail.com.

You can form teams of four players to compete in a fun league. Two players from each team will play on one court while the other two will play on the other. If you want to have a substitute, you are welcome to do so. This is in case one player might not be able to make it. The length of the league will be predicated on the number of players interested in playing.

Private, Semi-Private, & Group Lessons Available!

Email PickTen.Freso@gmail.com to schedule private, semi-private, or group lessons.

BYRON'S BOCCE TIP: IMPROVE YOUR GRIP

When learning how to throw a bocce ball, you need to first improve your grip. Grip the balls with just your thumb and forefinger and cradle the rest of it in your palm. This grip will give you some control over the ball without forcefully clutching it. Then use the strength of your index finger and your thumb to make the actual throw.

BOCCE MEET UPS

Mondays & Wednesdays • 6:00 p.m. and 7:00 p.m.

Mark the date: Bocce Tournament

January 5, 2023 • 6:00 p.m. at the Bocce courts.

A flyer with more details will be posted soon.

Email PickTen.freso@gmail.com or text 678-592-6444.



PICKLEBALL SCHEDULE • JANUARY – MARCH

Register on the Chelsea Reservation System

MONDAY

Open Play
All Skill Levels
8:00 – noon

TUESDAY

Pickleball Boot Camp
for Recreational &
Intermediate Players
Respectively • \$20
8:00 – 9:30 a.m.
9:30 – 11:00 a.m.
Maximum 8 Players

WEDNESDAY

Open Play
All Skill Levels
8:00 – noon
Pickleball Bootcamp
for Competitive
Players • \$20
6:00 – 8:00 p.m.
Maximum 8 Players

THURSDAY

Pickleball Boot Camp
for Recreational &
Intermediate Players
Respectively • \$20
8:00 – 9:30 a.m.
9:30 – 11:00 a.m.
Maximum 8 Players

FRIDAY

Private Lessons
(1 or 2 players)
9:00 – 4:00 p.m.
Drill with Coach Byron
This is an opportunity to
meet with Byron to talk about
improving your game.

SATURDAY

Open Play
All Skill Levels
8:00 – noon

BOOTCAMP

Bootcamp provides players with a comprehensive training program to play the sport. The program consists of how-to warmup before playing; stretching before play; how to avoid cramping on the court and some nutrition. Players learn about the different types of ways to grip the paddle and how to position and communicate amongst themselves on the court for effective play. Players can sign up on the whiteboard at the Pickleball Pavilion.

Players are encouraged to sign up for a 1.5 hour beginner or intermediate lesson with Byron on Tuesday & Thursday and competitive lesson on Wednesday evening. Players can sign up for lessons via email at PickTen.freso@gmail.com or text 678-592-6444. Sign-ups are based on a first to register basis.

PRIVATE LESSONS Price sheets for private lessons are in the display case at the courts. Players are encouraged to contact Byron if there are any questions via email at PickTen.freso@gmail.com or text 678-592-6444.

BEGINNERS Learn Pickleball fundamentals: serve, return of serve, basic dinking and blocking. Free to attend and limited to a maximum of eight participants per session.

INTERMEDIATE Positioning at the No Volley Zone (Kitchen), Cross Court Dinking Lobs and Lob Defense, NVZ Footwork, Third Shot Drop, Strategic Pickleball. Free to attend and limited to a maximum of eight participants per session.

PICKLEBALL TOURNAMENTS for recreational & competitive players

January 3 • 1:00 p.m

CJ Johnson, Coach for "Get Fit, Age Well,
Play Better Pickleball" will be at Valencia del Sol.
Please stop by the pickleball courts to see her!

Valentine Tournament

February 11th • 8:30 a.m.

Come dressed in your best Valentine's Day attire to play in this fun pickleball tournament. This will be a tournament for couples. The best dressed couple will win a prize.

Pickleball Skills Contest

March 9th • 9:00 a.m. – 1:00 p.m.

Let us see you showcase your dink, serve, forehand, backhand, lob, return of serve, third-shot drop, etc.



BYRON'S PICKLEBALL TIP: DO NOT RUN AWAY

What do I mean by do not run away? There are a series of events which take place on the pickleball court at the start of the game. First, the opponent serves the ball (note: the server is often at a disadvantage in pickleball); the receiver returns the ball and moves to the kitchen line (the non-volley zone line); then the server tries to hit what is called a 3rd shot drop. This is arguably the hardest shot in pickleball to master. At the recreational level, the player in most cases hits a high 3rd shot drop and the opponent then slams the high ball back. As a result, this player stays back from the kitchen line or invariably runs away from it. Remember, the game is not won from the baseline! It is won from the kitchen line! Too often, I see players moving back from the kitchen line or in some cases, they never come to it. If not, you will always find yourself in a losing battle.

PICKLEBALL PRICING

Register by emailing
pickten.freso@gmail.com or
call/text 678-592-6444.

Classes with a maximum of 8 players: \$20 per hour/per player • Classes with 4-7 players: \$30 per hour/per player
Private Lessons consisting of 1 player: \$40 per hour • Semi-private Lessons of 2-3 players: \$35 per hour/per player
All pickleball clinics limited to a maximum of 8 players per session, unless otherwise noted.

Valencia del Sol Spa

Relaxation Massage

\$85 / hour

Gentle massage with a smooth, flowing style that promotes overall relaxation, relieves muscle tension, and improves circulation and range of motion. Uses oil/creme.

Myofascial Release

\$85 / hour

This is a "dry massage", as it does not use oil or creme.

This treatment ranges from gentle to intense, targeting the connective tissue throughout the body. Myofascial release (MFR) involves applying sustained pressure to an area for a lengthened amount of time. The gentle tension allows for change in the fascia system (targeting the root of the issues, not just the symptoms).

Reiki

\$85 / hour

During this fully clothed session, you will lay on the massage table as the practitioner gently places their hands, palms down, on or just above your body in specific energy locations.

Deeply relaxing treatment.

Combination Massage

\$95 / hour

Not sure what style you want? Book this type, and we can use different techniques to figure out what type is best suited for you in the future. Detailed intake, discussion of preferences, and combo massage. MFR, relaxation, deep tissue, Reiki.

Deep Tissue

\$85 / hour

Slow, specific massage designed to reach your deepest layers of muscle tissue--where they attach to the bone. Uses oil/creme. Improves quality in your overall range of motion, decreases tension.

Swedish Massage

\$85 / hour

A gentle and superficial massage, the techniques vary from light to vigorous. These techniques include long gliding strokes, kneading, tapotement, and friction strokes. These strokes are often combined with active and passive movements to create a fluid, relaxing, circulatory-enhanced massage session. The primary benefits are: increased circulation of the blood and lymphatic fluid throughout the body as well as increase joint range of motion.

Deep Tissue Massage

\$95 / hour

Intended to affect the tissues that are deep within the body. These techniques include long, sustained gliding strokes, prolonged direct pressure and strokes that travel across the muscles, perpendicular to the muscle fibers. This technique is usually performed without lotion, and it breaks up the restrictions in the fascia or muscle. These adhesions can form as a result of injury or chronic muscular tension patterns. This may limit movement, create pain, and result in postural compensation patterns.

Neuromuscular Massage Modalities

\$95 / hour

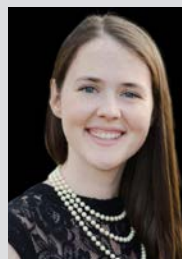
Engage in the relationship between the nervous and muscular systems to create reflex responses. The organ systems of the body are separate but very interdependent process. All of the activities of the muscular system depend on the nervous system, which is the main control system of the body. By using the physiological relationship between nerves and muscles, we can change muscle length and kinesthetic perception. This may include techniques such as: Trigger Point, NMT, reflexology etc. This is my specialty and I feel that it gets to the root of many people's muscular problems.

MASSAGE THERAPISTS



RICKY Ricky graduated from Cortiva Massage Institute in St. Petersburg, Florida in 2016. He is licensed in Swedish Massage, Sports Massage, Neuromuscular Massage, Myofascial Massage and he is a certified Reiki Master. Reiki is a Japanese modality of energy healing. Ricky looks forward to his continued growth in energy healing, and in relaxing the mind and body

of himself, as well as for his clients. Ricky truly looks forward to working with you all!



LAUREN Lauren specializes in therapeutic relaxation massage. Her treatments use a variety of modalities and are catered to each client's needs. She graduated from massage school in 2017 and immediately started working as both a yoga teacher and massage therapist. Her practice and knowledge of the human body blossomed organically and quickly. Her offerings include: Myofascial Release, Reiki, Cupping, Hot Stone, Sports Massage and Deep Tissue Massage.

POLICIES & CONSIDERATIONS



SCHEDULING Please be prompt for your scheduled appointment. Late arrivals may result in a reduction of service time and you will be charged full price.

CANCELTATIONS At times you may need to reschedule your appointment. Please give 24 hours' notice or you will be charged full price.

GRATUITIES Not included in the cost of any of our services and it is at the sole discretion of the client.



FITNESS



MESSAGE FROM YOUR **FITNESS INSTRUCTOR**

Mom of twin 5-year old boys. I have been in the yoga world for over 15 years. I am a professional flexologist, instructor and reiki master practitioner. I teach the stretch and tone and yoga classes at del Sol. I love what I do and how I get to connect with others.

Namgay Budha, Fitness Instructor



MESSAGE FROM YOUR **ZUMBA INSTRUCTOR**

I am a professionally trained dance performer, teacher and choreographer certified in Zumba, Zumba toning and Zumba Step instruction. I have many routines choreographed that I mix and match to create the perfect workout based upon the age and fitness of each class. I taught Zumba group fitness classes for the University of South Florida for 12 years and at various fitness centers, dance studios, charity and special events, as well as on national tours with dance conventions.

Jennifer Perry, Zumba Instructor

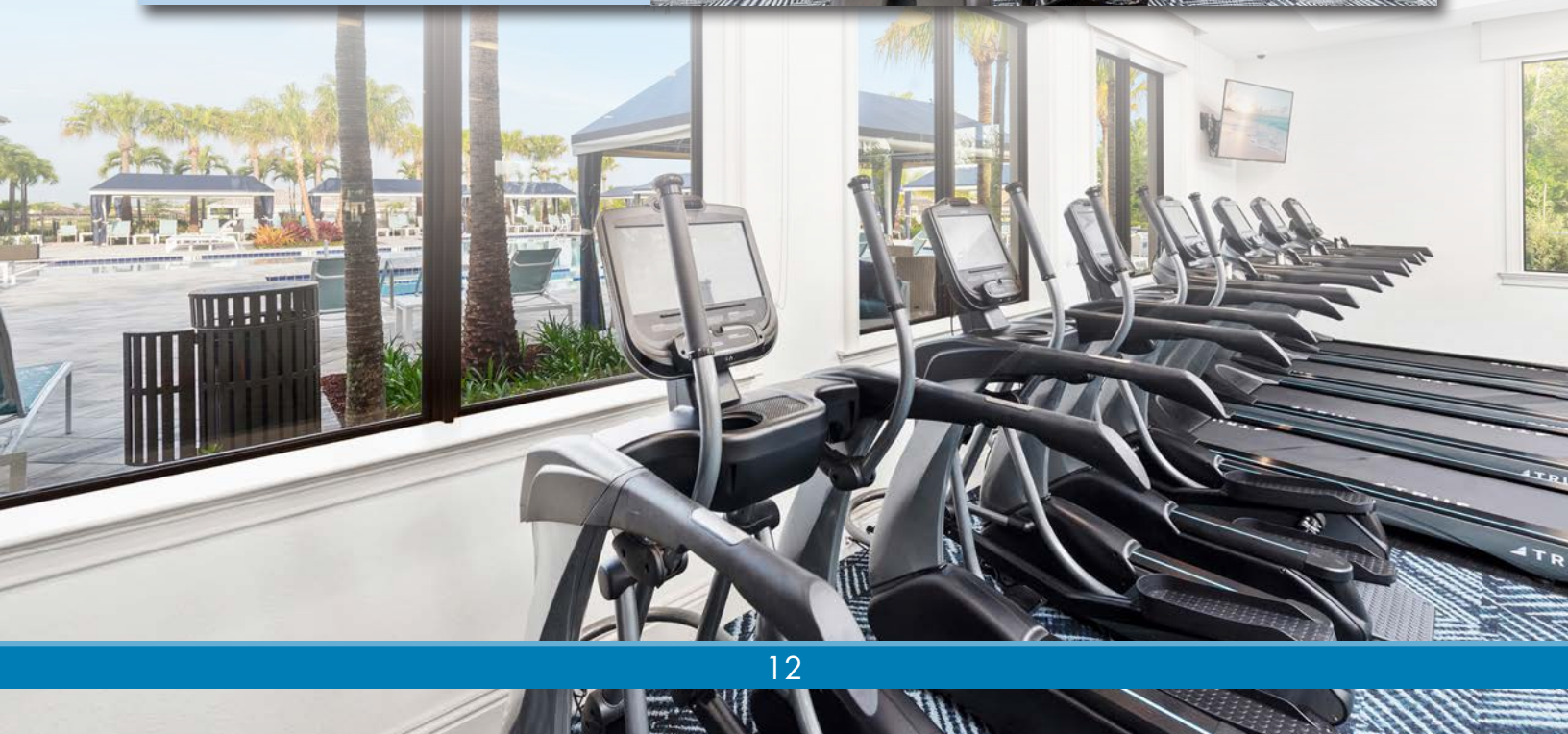
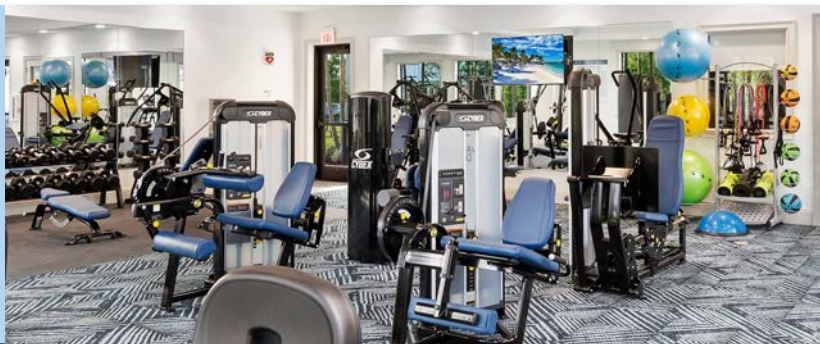
FREE EQUIPMENT CLINICS:

January 13th • 10:00 am

February 17th • 10:00 am

March 17th • 10:00 am

Winter is a great time for getting in shape.
Sign up for personal training sessions!



FITNESS CLASS SCHEDULE • JANUARY – MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Fit Camp 9:00 a.m. (Fitness Studio)	Body Sculpting 8:00 a.m. (Fitness Studio)	Fit Camp 9:00 a.m. (Fitness Studio)	Body Sculpting 8:00 a.m. (Fitness Studio)
Aqua Fit 10:15 a.m. (Pool)	Zumba 9:00 a.m. (Fitness Studio)	Aqua Fit 10:15 a.m. (Pool)	Zumba 9:00 a.m. (Fitness Studio)
	Yoga 6:00 p.m. (Fitness Studio)		Yoga 6:00 p.m. (Fitness Studio)

\$32/ Month/ 2x Week • Stretch & Tone \$22/ Month/ 1x a week • Info@totalhealthsystemsinc.com

FITNESS PROGRAMS

AQUA FIT A low impact water aerobics class where no swimming skills are needed, and all fitness levels are welcome! 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 an expert, you will be sure to get a great workout!

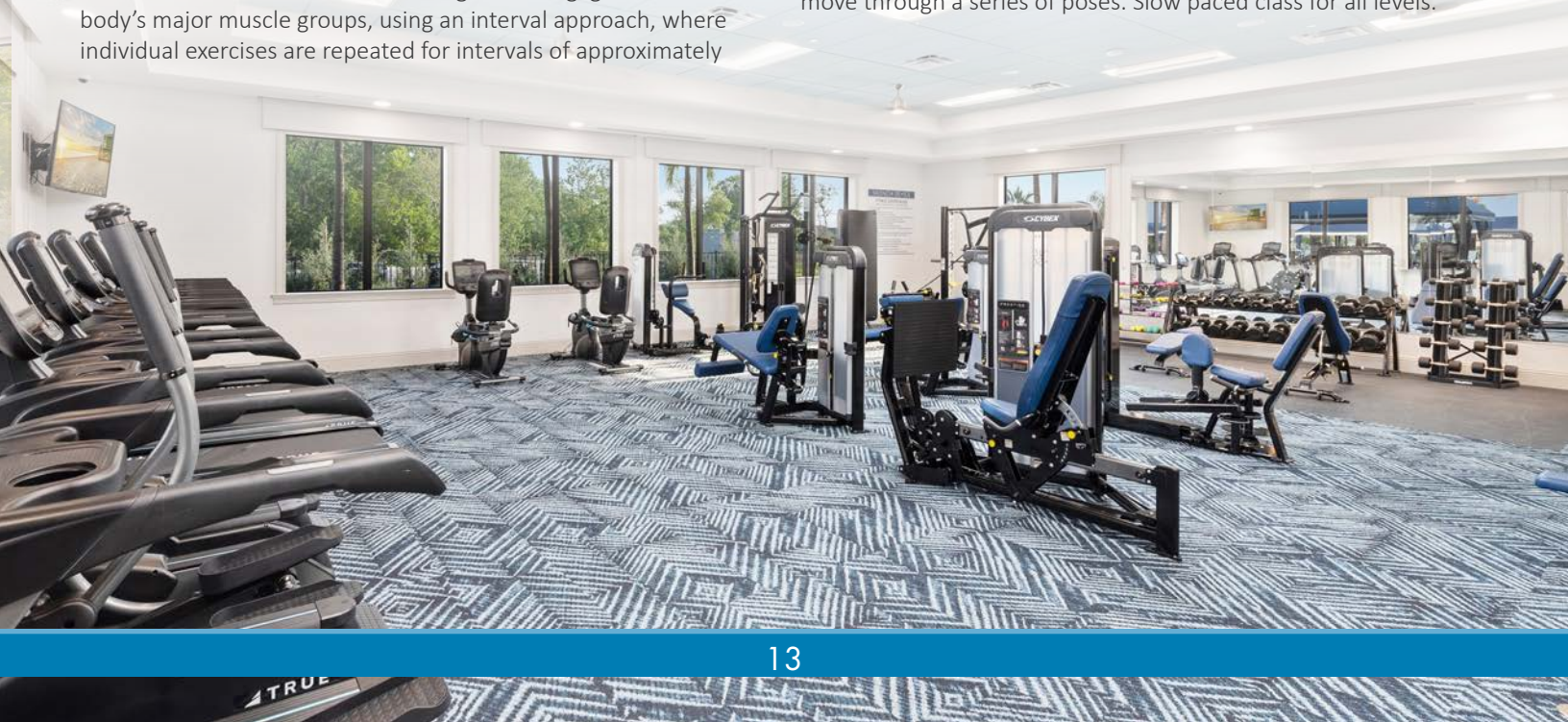
BODY SCULPTING Works on the entire body while focusing on mobility, flexibility and core strength.

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.

ZUMBA A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance-fitness party.

YOGA Yoga is a stretching class with simple breathing exercises. Empower your mind and strengthen your body as you move through a series of poses. Slow paced class for all levels.





The Valencia del Sol Homeowners Association is pleased to have **Sterling Spoon** as our restauranteur. Sterling Spoon combines talented chefs, dedicated employees, and outstanding culinary and financial management to provide Valencia del Sol residents with extraordinary food and hospitality, taking an innovative approach. If you have any questions, please call the Bistro, 813-566-0851.



CHEF DOUGLAS J. GRIMLEY General Manger • Chef de Cuisine • United States Navy (Retired)

Chef Grimley was born and raised in the Bronx, New York and has 28 years of combined experience in general management in full-service and private hospitality operations. He is a highly skilled and accomplished Food Services Director, Manager and Chef with a reputation for achieving goals using strong leadership, innovative thinking and excellent judgement. Chef received certification as a Certified Executive Chef and Personal Certified Executive Chef with the American Culinary Federation, Certified Household Manager from Starkey International, and Master Certified Food Executive and Certified Professional Food Manager from the International Food Service Executives Association.



CHEF KIMBERLY MCKELLAR Chef de Cuisine

Kimberly McKellar is a Florida native and loves everything citrus. She brings over 16 years kitchen experience to Bistro Del Sol. She started as a pizza maker at Sbarro's and then moved up to a line cook at Bern's Steakhouse. Most recently, she worked at Marlow's Tavern where she gained a tremendous amount of knowledge in both the kitchen and front of house operations. Kimberly graduated from Manatee Technical Institute for Culinary Arts with a focus on baking and pastry. She enjoys cooking Italian cuisine but loves to dabble in Asian infusion.





BISTRO

DEL SOL

Eat, Drink, Relax

Our Promise To Our Guests

We promise an experience where our Guests can relax and enjoy the food and drink they love with people they love, while being cared for as a treasured friend.

Enjoy our full menu options, along with weekly daily specials.

Daily Happy Hour Specials

Join us Monday - Saturday 3pm - 5pm

\$1 off Appetizers

\$3 Beer and House Wine

Hours of Operation:

Monday: Closed

Tuesday: 11am to 8pm

Wednesday: 11am to 8pm

Thursday: 11am to 8pm

Friday: 11am to 8pm

Saturday: 11am to 8pm

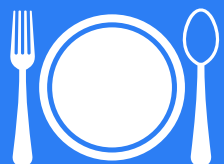
Sunday: 10am to 2pm

Contact:

Bistro del Sol
(813) 566-0851

Sterling

CULINARY-MANAGEMENT





HALLOWEEN SNAPSHOTS



JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
1	<ul style="list-style-type: none">8:00 am Pickleball Open Play Rec, Int & Comp9:00 am Tennis Clinic9:00 a.m. Fit Camp10:15 a.m. Aquafit11:00 am – Tennis Private Lessons1:00 pm Euchre Club6:00 pm Texas Hold'em Club6:00 pm Bocce Meetup6:30 pm Card Club6:30 pm Christian Fellowship Club7:00 pm Bocce Meetup	2	<ul style="list-style-type: none">8:00 am Pickleball Bootcamp Rec & Int9:00 a.m. Body Sculpting8:30 a.m. Mobile Mammography9:00 a.m. Zumba9:30 a.m. Ball MachinePractice on Strokes10:00 am Pottery Club11:00am Pickleball Bootcamp Rec & Int11am Tennis Private Lessons1:00 pm CJ Johnson1:00 pm Bridge Club1:00 pm Painting Club6:00 pm Yoga	3	<ul style="list-style-type: none">9:00am Tennis Open Play for Residents9:00 am Fit Camp10:00 am Photography 10110:15 am Aquafit11:00 am Tennis Private Lessons1:00 pm Bridge Club1:00 pm Texas Hold'em6:00 pm Pickleball Bootcamp Camp6:00 pm Learn Spanish Club6:00 pm Bocce Meetup6:30 pm Day Trippers7:00 pm Bocce Meetup	4	<ul style="list-style-type: none">8:00 am Pickleball Bootcamp Rec & Int8:00 a.m. Body Sculpting9:00 a.m. Zumba9:00 am Tennis Service Practice9:30 am Pickleball Bootcamp Rec & Int10:00 am Stitch Away Club11:00 am Tennis Private Lessons1:00 pm Pottery Club2:00 pm Pinochle Club6:00 pm Yoga	5	<ul style="list-style-type: none">9:00 am Pickleball Private Lessons9:00 am Roud Robin Play – Doubles11:00 am Tennis Private Lessons1:00 pm Mah Jongg Club3:00 pm A Crown Affair Club & Crown Royale Happy Hour	6	7
8	<ul style="list-style-type: none">8:00 am Pickleball Open Play Rec, Int & Comp9:00 a.m. Tennis Clinic9:00 a.m. Fit Camp10:15 a.m. Aquafit11:00 am Tennis Private Lessons1:00 pm Euchre Club6:00 pm Texas Hold'em Club6:30 pm Card Club6:00 pm Bocce Meetup7:00 pm Bocce Meetup7:00 pm Dance Lessons7:00 pm Robin Hoods Club	9	<ul style="list-style-type: none">8:00 am Pickleball Bootcamp Rec & Int8:00 a.m. Body Sculpting9:00 a.m. Zumba9:30 a.m. Ball MachinePractice on Strokes10:00 am Pottery Club11:00 am Pickleball Bootcamp Rec & Int11:00 am Tennis Private Lessons11:00 am Coffee & Conversation1:00 pm Bridge Club1:00 pm Painting Club2:00 pm Women's Book Club6:00 pm Yoga	10	<ul style="list-style-type: none">9:00 am Tennis Open Play for Residents9:00 am Fit Camp10:00 am Photography 10110:15 am Aquafit11:00 am Tennis Private Lessons1:00 pm Bridge Club1:00 pm Texas Hold'em6:00 pm Learn Spanish Club6:00 pm Ladies Club6:00 pm Pickleball Bootcamp Camp6:00 pm Bocce Meetup7:00 pm Bocce Meetup	11	<ul style="list-style-type: none">8:00 am Pickleball Bootcamp Rec & Int8:00 a.m. Body Sculpting9:00 am Tennis Service Practice9:00 a.m. Zumba9:30am Pickleball Bootcamp Rec & Int10:00 am Stitch Away Club11:00 am Tennis Private Lessons1:00 pm Pottery Club2:00 pm Pinochle Club6:00 pm Yoga	12	<ul style="list-style-type: none">9:00 am Pickleball Private Lessons9:00 am Round Robin Play Doubles11:00 am Tennis Private Lessons1:00 pm Mah Jongg Club7:00 Villa People Club	13	14
15	<ul style="list-style-type: none">8:00 am Pickleball Open Play Rec, Int & Comp9:00 a.m. Tennis Clinic9:00 a.m. Fit Camp10:15 a.m. Aquafit11:00 am Tennis Private Lessons1:00 pm Euchre Club6:00 pm Texas Hold'em Club6:30 pm Card Club6:30 pm Christian Fellowship Club6:00 pm Bocce Meetup7:00 pm Bocce Meetup7:00 pm Dance Lessons	16	<ul style="list-style-type: none">8:00 am Pickleball Bootcamp Rec & Int8:00 a.m. Body Sculpting9:00 a.m. Zumba9:30 a.m. Ball MachinePractice on Strokes10:00 am Pottery Club11:00 am Pickleball Bootcamp Rec & Int11:00 am Tennis Private Lessons1:00 pm Bridge Club1:00 pm Painting Club2:00 pm Women's Book Club6:00 pm Yoga6:00 pm Bunco Club	17	<ul style="list-style-type: none">9:00 am Tennis Open Play All Residents9:00 am Fit Camp10:00 am Photography 10110:15 am Aquafit11:00 am Tennis Private Lessons1:00 pm Bridge Club1:00 pm Texas Hold'em6:00 pm Learn Spanish Club6:00 pm Pickleball Bootcamp Camp6:00 pm Bocce Meetup7:00 pm Bocce Meetup	18	<ul style="list-style-type: none">8:00 am Pickleball Bootcamp Rec & Int8:00 a.m. Body Sculpting9:00 am Tennis Service Practice9:00 a.m. Zumba9:30 am Pickleball Bootcamp Rec & Int10:00 am Stitch Away Club11:00 am Tennis Private Lessons1:00 pm Pottery Club12:00 pm ROMEO Club2:00 pm Pinochle Club6:00 pm Yoga	19	<ul style="list-style-type: none">9:00 am Pickleball Private Lessons9:00 am Round Robin Play Doubles11:00 am Tennis Private Lessons1:00 pm Mah Jongg Club6:00 pm Dinner & A Movie	20	21
22	<ul style="list-style-type: none">10:00 am Vendor Market	23	<ul style="list-style-type: none">8:00 am Pickleball Open Play Rec, Int, Comp8:00 a.m. Body Sculpting9:00 a.m. Zumba9:30 a.m. Ball MachinePractice on Strokes10:00 am Pottery Club11:00 am Tennis Private Lessons1:00 pm Bridge Club1:00 pm Painting Club2:00 pm One Blood Blood Drive6:00 pm Yoga	24	<ul style="list-style-type: none">9:00 am Tennis Open Play for Residents9:00 am Fit Camp10:00 am Photography 10110:15 am Aquafit11:00 am Tennis Private Lessons1:00 pm Bridge Club1:00 pm Texas Hold'em6:00 pm Learn Spanish Club6:00 pm Bocce Meetup6:00 pm Pickleball Bootcamp Camp7:00 pm Veteran's Club7:00 pm Bocce Meetup	25	<ul style="list-style-type: none">8:00 am Pickleball Bootcamp Rec & Int8:00 a.m. Body Sculpting9:00 a.m. Zumba9:00 am Tennis Service Practice9:30 am Pickleball Bootcamp Rec & Int10:00 am Stitch Away Club11:00 am Tennis Private Lessons1:00 pm Pottery Club2:00 pm Pinochle Club6:00 pm Yoga	26	<ul style="list-style-type: none">9:00 am Pickleball Private Lessons9:00 am Round Robin Play – Doubles11:00 am Tennis Private Lessons1:00 pm Mah Jongg Club6:30 pm Vintage Club	27	28
29	<ul style="list-style-type: none">8:00 am Pickleball Open Play Rec, Int & Comp9:00 a.m. Tennis Clinic9:00 a.m. Fit Camp10:15 a.m. Aquafit11:00 am Tennis Private Lessons1:00 pm Euchre Club3:00 pm Photo Club6:00 pm Bocce Meetup6:00 pm Texas Hold'em Club6:30 pm Card Club6:30 pm Christian Fellowship Club7:00 pm Dance Lessons7:00 pm Bocce Meetup	30	<ul style="list-style-type: none">8:00 am Pickleball Open Play Rec, Int, Comp8:00 a.m. Body Sculpting9:00 a.m. Zumba9:30 a.m. Ball MachinePractice on Strokes10:00 am Pottery Club11:00 am Tennis Private Lessons1:00 pm Bridge Club1:00 pm Painting Club6:00 pm Yoga	31				<div>CALENDAR KEY</div> <ul style="list-style-type: none">FitnessBistro del SolArts & Crafts RoomSocial HallPool DeckParking LotCard RoomCourtsEvent LawnGame RoomExercise Studio			

*Note: Calendar events are subject to cancellations and revisions. To view the latest calendar visit valenciadelsolhoa.com

FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<ul style="list-style-type: none"> 9:00 am Fit Camp 9:00 am Tennis Open Play for Residents 10:00 am Photography 101 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Pickleball Bootcamp Comp 6:00 pm Bocce Meetup 6:30 pm Day Trippers 7:00 pm Bocce Meetup 	<ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec & Int 8:00 a.m. Body Sculpting 9:00 a.m. Zumba 9:00 am Tennis Service Practice 9:30 am Pickleball Bootcamp Rec & Int 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pottery Club 2:00 pm Pinochle Club 6:00 pm Yoga 	<ul style="list-style-type: none"> 9:00 am Pickleball Private Lessons 9:00 am Round Robin Play – Doubles 11:00 am Tennis Private Lessons 1:00 pm Mah Jongg Club 3:00 pm A Crown Affair Club 	<ul style="list-style-type: none"> 7:00 p.m. The Harrison Jazz Ensemble
<ul style="list-style-type: none"> 9:00 am Turkey Trot 	<ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int, Adv 9:00 a.m. Tennis Clinic 9:00 a.m. Fit Camp 10:15 a.m. Aquafit 11:00 am Tennis Private Lessons 1:00 pm Euchre Club 6:00 pm Bocce Meetup 6:00 pm Texas Hold'em Club 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Dance Lessons 7:00 pm Bocce Meetup 	<ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec & Int 8:00 a.m. Body Sculpting 9:00 a.m. Zumba 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Pickleball Bootcamp Rec & Int 11:00 am Tennis Private Lessons 11:00 a.m. Coffee & Conversation 1:00 pm Bridge Club 1:00 pm Painting Club 6:00 pm Yoga 	<ul style="list-style-type: none"> 9:00 am Tennis Open Play For Residents 9:00 am Fit Camp 10:00 am Photography 101 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Pickleball Bootcamp Comp 6:00 pm Bocce Meetup 6:00 pm Ladies Club 7:00 pm Bocce Meetup 	<ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec & Int 8:00 a.m. Body Sculpting 9:00 a.m. Zumba 9:00 am Tennis Service Practice 9:30 am Pickleball Bootcamp Rec & Int 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pottery Club 2:00 pm Pinochle Club 6:00 pm Yoga 6:30 pm Transition Team Mtg. 	<ul style="list-style-type: none"> 9:00 am Pickleball Private Lessons 9:00 am Round Robin Play – Doubles 11:00 am Tennis Private Lessons 1:00 pm Mah Jongg Club 6:00 pm Dinner & A Movie 	<ul style="list-style-type: none"> 8:30 am Pickleball Valentine Tournament 7:00 pm Valentines Day Dinner/Dance
<ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int, Adv 9:00 a.m. Tennis Clinic 9:00 a.m. Fit Camp 10:15 a.m. Aquafit 11:00 am Tennis Private Lessons 1:00 pm Euchre Club 6:00 pm Bocce Meetup 6:00 pm Texas Hold'em Club 6:30 pm Card Club 7:00 pm Robin Hoods Club 7:00 pm Dance Lessons 7:00 pm Bocce Meetup 	<ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec & Int 8:00 a.m. Body Sculpting 9:00 a.m. Zumba 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Pickleball Bootcamp Rec & Int 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:00 pm Painting Club 2:00 pm Women's Book Club 6:00 pm Yoga 6:00 pm Bunco Club 	<ul style="list-style-type: none"> 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:00 am Photography 101 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:00 pm Texas Hold'em 2:00 pm Blood Drive 6:00 pm Learn Spanish Club 6:00 pm Pickleball Bootcamp Comp 6:00 pm Bocce Meetup 7:00 pm Bocce Meetup 	<ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec & Int 8:00 a.m. Body Sculpting 9:00 a.m. Zumba 9:00 am Tennis Service Practice 9:30 am Pickleball Bootcamp Rec & Int 10:00 am New Homeowner Orientation 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pottery Club 12:00 pm ROMEO Club 2:00 pm Pinochle Club 6:00 pm Yoga 	<ul style="list-style-type: none"> 9:00 am Pickleball Private Lessons 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lessons 1:00 pm Mah Jongg Club 7:00 pm Magician Jay Mattioli 		
<ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int, Adv 9:00 a.m. Tennis Clinic 9:00 a.m. Fit Camp 10:15 a.m. Aquafit 11:00 am Tennis Private Lessons 1:00 pm Euchre Club 6:00 pm Bocce Meetup 6:00 pm Texas Hold'em Club 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Dance Lessons 7:00 pm Bocce Meetup 	<ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec & Int 8:00 a.m. Body Sculpting 9:00 a.m. Zumba 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Pickleball Bootcamp Rec & Int 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:00 pm Painting Club 6:00 pm Yoga 	<ul style="list-style-type: none"> 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:00 am Photography 101 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Pickleball Bootcamp Comp 6:00 pm Bocce Meetup 7:00 pm Bocce Meetup 7:00 pm Veteran's Club 	<ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec & Int 8:00 a.m. Body Sculpting 9:00 a.m. Zumba 9:00 am Tennis Service Practice 9:30 am Pickleball Bootcamp Rec & Int 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pottery Club 2:00 pm Pinochle Club 6:00 pm Yoga 	<ul style="list-style-type: none"> 9:00 am Pickleball Private Lessons 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lesson 1:00 pm Mah Jongg Club 6:30 pm Vintage Club 	<ul style="list-style-type: none"> 7:00 pm Abba-solutely 70s 	
<ul style="list-style-type: none"> 10:00 am Vendor Market 	<ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int, Adv 9:00 a.m. Tennis Clinic 9:00 a.m. Fit Camp 10:15 a.m. Aquafit 11:00 am Tennis Private Lessons 1:00 pm Euchre Club 3:00 pm Photo Club 6:00 pm Bocce Meetup 6:00 pm Texas Hold'em Club 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Dance Lessons 7:00 pm Bocce Meetup 	<ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec & Int 8:00 a.m. Body Sculpting 9:00 a.m. Zumba 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Pickleball Bootcamp Rec & Int 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:00 pm Painting Club 6:00 pm Yoga 			CALENDAR KEY <ul style="list-style-type: none"> Fitness Bistro del Sol Arts & Crafts Room Social Hall Pool Deck Parking Lot Card Room Courts Event Lawn Game Room Exercise Studio 	

*Note: Calendar events are subject to cancellations and revisions. To view the latest calendar visit valenciadelasolhoa.com

MARCH 2023

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>CALENDAR KEY</div> <div><div><div></div><div>Fitness</div></div><div><div></div><div>Bistro del Sol</div></div><div><div></div><div>Arts & Crafts Room</div></div><div><div></div><div>Social Hall</div></div><div><div></div><div>Pool Deck</div></div><div><div></div><div>Parking Lot</div></div><div><div></div><div>Card Room</div></div><div><div></div><div>Courts</div></div><div><div></div><div>Event Lawn</div></div><div><div></div><div>Game Room</div></div><div><div></div><div>Exercise Studio</div></div></div>						<div><div></div><div>9:00 am Tennis Open Play All Residents</div></div> <div><div></div><div>9:00 am Fit Camp</div></div> <div><div></div><div>10:15 am Aquafit</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Bridge Club</div></div> <div><div></div><div>1:00 pm Texas Hold'em</div></div> <div><div></div><div>6:00 pm Learn Spanish Club</div></div> <div><div></div><div>6:00 pm Pickleball Bootcamp Comp</div></div> <div><div></div><div>6:00 pm Bocce Meet up</div></div> <div><div></div><div>7:00 pm Bocce Meet up</div></div>		<div><div></div><div>8:00 am Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>8:00 a.m. Body Sculpting</div></div> <div><div></div><div>9:00 a.m. Zumba</div></div> <div><div></div><div>9:00 am Tennis Service Practice</div></div> <div><div></div><div>9:30 am Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>10:00 am Stitch Away Club</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Pottery Club</div></div> <div><div></div><div>2:00 pm Pinochle Club</div></div> <div><div></div><div>6:00 pm Yoga</div></div>		<div><div></div><div>9:00 am Pickleball Private Lessons</div></div> <div><div></div><div>9:00 am Round Robin Play – Doubles</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Mah Jongg Club</div></div> <div><div></div><div>3:00 pm A Crown Affair Club</div></div> <div><div></div><div>6:00 pm Club Royale Happy Hour</div></div>		<div><div></div><div>7:00 p.m. Harrison Jazz Ensemble</div></div>	
<div>5</div>		<div>6</div> <div><div></div><div>8:00 am Pickleball Open Play Rec, Int, Adv</div></div> <div><div></div><div>9:00 a.m. Tennis Clinic</div></div> <div><div></div><div>9:00 a.m. Fit Camp</div></div> <div><div></div><div>10:15 a.m. Aquafit</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Euchre Club</div></div> <div><div></div><div>6:00 pm Bocce Meetup</div></div> <div><div></div><div>6:00 pm Texas Hold'em Club</div></div> <div><div></div><div>6:30 pm Card Club</div></div> <div><div></div><div>6:30 pm Christian Fellowship Club</div></div> <div><div></div><div>7:00 pm Dance Lessons</div></div> <div><div></div><div>7:00 pm Bocce Meetup</div></div>		<div>7</div> <div><div></div><div>8:00 am Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>8:00 a.m. Body Sculpting</div></div> <div><div></div><div>9:00 a.m. Zumba</div></div> <div><div></div><div>9:30 a.m. Ball Machine Practice on Strokes</div></div> <div><div></div><div>10:00 am Pottery Club</div></div> <div><div></div><div>11:00 am Bootcamp Rec & Int</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Bridge Club</div></div> <div><div></div><div>1:00 pm Painting Club</div></div> <div><div></div><div>6:00 pm Yoga</div></div>		<div>8</div> <div><div></div><div>9:00 am Tennis Open Play For Residents</div></div> <div><div></div><div>9:00 am Fit Camp</div></div> <div><div></div><div>10:15 am Aquafit</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Bridge Club</div></div> <div><div></div><div>1:00 pm Texas Hold'em</div></div> <div><div></div><div>5:30 pm Ladies Club</div></div> <div><div></div><div>6:00 pm Learn Spanish Club</div></div> <div><div></div><div>6:00 pm Pickleball Bootcamp Comp</div></div> <div><div></div><div>6:00 pm Bocce Meetup</div></div> <div><div></div><div>6:30 pm Day Trippers</div></div> <div><div></div><div>7:00 pm Bocce Meetup</div></div>		<div>9</div> <div><div></div><div>8:00 am Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>8:00 a.m. Body Sculpting</div></div> <div><div></div><div>9:00 am Tennis Service Practice</div></div> <div><div></div><div>9:00 Pickleball Skills Contest</div></div> <div><div></div><div>9:00 a.m. Zumba</div></div> <div><div></div><div>9:30 Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>10:00 am Stitch Away Club</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Pottery Club</div></div> <div><div></div><div>2:00 pm Pinochle Club</div></div> <div><div></div><div>6:00 pm Yoga</div></div>		<div>10</div> <div><div></div><div>9:00 am Pickleball Private Lessons</div></div> <div><div></div><div>9:00 am Round Robin Play – Doubles</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Mah Jongg Club</div></div> <div><div></div><div>5:30 pm Photo 101 Club</div></div> <div><div></div><div>6:00 pm Villa People Club</div></div>		<div>11</div> <div><div></div><div>7:00 pm Lady Gaga/Tony Bennett Show</div></div>	
<div>12</div>		<div>13</div> <div><div></div><div>8:00 am Pickleball Open Play Rec, Int, Adv</div></div> <div><div></div><div>9:00 a.m. Tennis Clinic</div></div> <div><div></div><div>9:00 a.m. Fit Camp</div></div> <div><div></div><div>10:15 a.m. Aquafit</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Euchre Club</div></div> <div><div></div><div>6:00 pm Texas Hold'em Club</div></div> <div><div></div><div>6:00 pm Bocce Meetup</div></div> <div><div></div><div>6:30 pm Card Club</div></div> <div><div></div><div>7:00 pm Dance Lessons</div></div> <div><div></div><div>7:00 pm Robin Hoods Club</div></div> <div><div></div><div>7:00 pm Bocce Meetup</div></div>		<div>14</div> <div><div></div><div>9:00 am Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>8:00 a.m. Body Sculpting</div></div> <div><div></div><div>9:00 a.m. Zumba</div></div> <div><div></div><div>9:30 a.m. Ball Machine Practice on Strokes</div></div> <div><div></div><div>10:00 am Pottery Club</div></div> <div><div></div><div>11:00 am Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Bridge Club</div></div> <div><div></div><div>1:00 pm Painting Club</div></div> <div><div></div><div>2:00 pm Women's Book Club</div></div> <div><div></div><div>6:00 pm Yoga</div></div>		<div>15</div> <div><div></div><div>9:00 am Tennis Open Play for Residents</div></div> <div><div></div><div>9:00 am Fit Camp</div></div> <div><div></div><div>10:15 am Aquafit</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Bridge Club</div></div> <div><div></div><div>1:00 pm Texas Hold'em</div></div> <div><div></div><div>6:00 pm Learn Spanish Club</div></div> <div><div></div><div>6:00 pm Pickleball Bootcamp Comp</div></div> <div><div></div><div>6:00 pm Bocce Meetup</div></div> <div><div></div><div>7:00 pm Bocce Meetup</div></div>		<div>16</div> <div><div></div><div>8:00 am Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>8:00 a.m. Body Sculpting</div></div> <div><div></div><div>9:00 a.m. Zumba</div></div> <div><div></div><div>9:00 am Tennis Service Practice</div></div> <div><div></div><div>9:30 am Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>10:00 am Stitch Away Club</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Pottery Club</div></div> <div><div></div><div>12:00 pm ROMEO Club</div></div> <div><div></div><div>2:00 pm Pinochle Club</div></div> <div><div></div><div>6:00 pm Yoga</div></div>		<div>17</div> <div><div></div><div>9:00 am Pickleball Private Lessons</div></div> <div><div></div><div>9:00 am Round Robin Play Doubles</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Mah Jongg Club</div></div> <div><div></div><div>6:00 pm Dinner & A Movie</div></div>		<div>18</div>	
<div>19</div>		<div>20</div> <div><div></div><div>8:00 am Pickleball Open Play Rec, Int, Adv</div></div> <div><div></div><div>9:00 a.m. Tennis Clinic</div></div> <div><div></div><div>9:00 a.m. Fit Camp</div></div> <div><div></div><div>10:15 a.m. Aquafit</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Euchre Club</div></div> <div><div></div><div>6:00 pm Bocce Meetup</div></div> <div><div></div><div>6:00 pm Texas Hold'em Club</div></div> <div><div></div><div>6:30 pm Card Club</div></div> <div><div></div><div>6:30 pm Christian Fellowship Club</div></div> <div><div></div><div>7:00 pm Dance Lessons</div></div> <div><div></div><div>7:00 pm Bocce Meetup</div></div>		<div>21</div> <div><div></div><div>8:00 am Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>8:00 a.m. Body Sculpting</div></div> <div><div></div><div>9:00 a.m. Zumba</div></div> <div><div></div><div>9:30 a.m. Ball Machine Practice on Strokes</div></div> <div><div></div><div>10:00 am Pottery Club</div></div> <div><div></div><div>11:00 am Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>11:0 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Bridge Club</div></div> <div><div></div><div>1:00 pm Painting Club</div></div> <div><div></div><div>6:00 pm Yoga</div></div> <div><div></div><div>6:00 pm Bunco Club</div></div>		<div>22</div> <div><div></div><div>9:00 am Tennis Open Play for Residents</div></div> <div><div></div><div>9:00 am Fit Camp</div></div> <div><div></div><div>10:00 am Photography 101</div></div> <div><div></div><div>10:15 am Aquafit</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Bridge Club</div></div> <div><div></div><div>1:00 pm Texas Hold'em</div></div> <div><div></div><div>2:00 pm One Blood Blood Drive</div></div> <div><div></div><div>6:00 pm Learn Spanish Club</div></div> <div><div></div><div>6:00 pm Pickleball Bootcamp Comp</div></div> <div><div></div><div>6:00 pm Bocce Meetup</div></div> <div><div></div><div>7:00 pm Bocce Meetup</div></div>		<div>23</div> <div><div></div><div>8:00 Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>8:00 a.m. Body Sculpting</div></div> <div><div></div><div>9:00 a.m. Zumba</div></div> <div><div></div><div>9:00 am Tennis Service Practice</div></div> <div><div></div><div>9:30 am Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>10:00 am Stitch Away Club</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Pottery Club</div></div> <div><div></div><div>2:00 pm Pinochle Club</div></div> <div><div></div><div>6:00 pm Yoga</div></div>		<div>24</div> <div><div></div><div>9:00 am Pickleball Private Lessons</div></div> <div><div></div><div>9:00 am Round Robin Play Doubles</div></div> <div><div></div><div>11:00 am Tennis Private Lesson</div></div> <div><div></div><div>1:00 pm Mah Jongg Club</div></div> <div><div></div><div>5:30 pm Photo 101 Club</div></div> <div><div></div><div>6:30 pm Vintage Club</div></div>		<div>25</div> <div><div></div><div>7:00 pm Elvis Show</div></div>	
<div>26</div> <div><div></div><div>10:00 am Vendor Market</div></div>		<div>27</div> <div><div></div><div>8:00 am Pickleball Open Play Rec, Int, Adv</div></div> <div><div></div><div>9:00 a.m. Tennis Clinic</div></div> <div><div></div><div>9:00 a.m. Fit Camp</div></div> <div><div></div><div>10:15 a.m. Aquafit</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Euchre Club</div></div> <div><div></div><div>3:00 pm Photo Club</div></div> <div><div></div><div>6:00 pm Texas Hold'em Club</div></div> <div><div></div><div>6:00 pm Bocce Meetup</div></div> <div><div></div><div>6:30 pm Card Club</div></div> <div><div></div><div>6:30 pm Christian Fellowship Club</div></div> <div><div></div><div>7:00 pm Dance Lessons</div></div> <div><div></div><div>7:00 pm Bocce Meetup</div></div>		<div>28</div> <div><div></div><div>8:00 am Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>8:00 a.m. Body Sculpting</div></div> <div><div></div><div>9:00 a.m. Zumba</div></div> <div><div></div><div>10:00 am Pottery Club</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>11:00 am Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>1:00 pm Bridge Club</div></div> <div><div></div><div>1:00 pm Painting Club</div></div> <div><div></div><div>6:00 pm Yoga</div></div>		<div>29</div> <div><div></div><div>9:00 am Tennis Open Play for Residents</div></div> <div><div></div><div>9:00 am Fit Camp</div></div> <div><div></div><div>10:15 am Aquafit</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Bridge Club</div></div> <div><div></div><div>1:00 pm Texas Hold'em</div></div> <div><div></div><div>6:00 pm Learn Spanish Club</div></div> <div><div></div><div>6:00 pm Pickleball Bootcamp Comp</div></div> <div><div></div><div>6:00 pm Bocce Meetup</div></div> <div><div></div><div>7:00 pm Veteran's Club</div></div> <div><div></div><div>7:00 pm Bocce Meetup</div></div>		<div>30</div> <div><div></div><div>8:00 Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>8:00 a.m. Body Sculpting</div></div> <div><div></div><div>9:00 a.m. Zumba</div></div> <div><div></div><div>9:00 am Tennis Service Practice</div></div> <div><div></div><div>9:30 am Pickleball Bootcamp Rec & Int</div></div> <div><div></div><div>10:00 am Stitch Away Club</div></div> <div><div></div><div>11:00 am Tennis Private Lessons</div></div> <div><div></div><div>1:00 pm Pottery Club</div></div> <div><div></div><div>2:00 pm Pinochle Club</div></div> <div><div></div><div>6:00 pm Yoga</div></div>		<div>31</div> <div><div></div><div>9:00 am Pickleball Private Lessons</div></div> <div><div></div><div>9:00 am Round Robin Play Doubles</div></div> <div><div></div><div>11:00 am Tennis Private Lesson</div></div> <div><div></div><div>1:00 pm Mah Jongg Club</div></div>			

*Note: Calendar events are subject to cancellations and revisions. To view the latest calendar visit valenciadelsohhoa.com



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 or would like to start a new club, please contact Lori at lpickel@grsmgt.com.

A Crown Affair Club

Barry Klein
Bk85@comcast.net

Art & Culture Club

Lee Lathbury
Fran Silverman
Jackal662@gmail.com
Franandmarv@yahoo.com

Bridge Club

Mark Molitch
Molitch@northwestern.edu

Bunco Club

Lynne Hock
Lynne.hock@yahoo.com

Card Club

Nancy Kindness
Nankindness@gmail.com

Christian Fellowship and Bible Study

Judy Riley
Sriley0424@outlook.com

Cigar Club

James (Smokey) Knudsen
vdscigarclub@gmail.com

Day Trippers Club

Kathy Johns
Kat52554@aol.com

Emergency Operations Club

Tonya Mull
tonyamull2@gmail.com
Ileana Turner
ileana.turner@gmail.com

Euchre Club

Greg Ewing
Ewing2714@gmail.com

Five Wishes Club

Joyce Simard
Joycesimard@earthlink.net

Golf Cart Club

Beth Ewing
Gbewing14@gmail.com

Jewish Culture Club

Marcia Braff
Mgbraff@comcast.net
Susan Chandler
Susanchaya@verizon.net

JULIET Club

(Just Us Ladies Into Eating Together)
Cheryl Lesko
JulietatVDS@gmail.com

Ladies' Club

Kathy Johns
Kat52554@aol.com

Learn Spanish Club

Dave Paluch
Dave3096@yahoo.com

Mah Jongg Club

Gwyn Gordon
Perftrip@aol.com

Painting Club

Inger Ames
Ingerames@yahoo.com

Photography 101 Club

Tony Lesko
Tlesko1960@gmail.com

Intermediate/Advanced Photography Club

Dave Paluch
Dave3096@yahoo.com

Pinocle Club

Nancy Kindness
Nankindness@gmail.com

Pottery Club

Ralph Belcher
Merkinrwb@tampabay.rr.com

Robin Hoods Club

Anthony Lesko
Tlesko1950@gmail.com

ROMEO Club

(Retired Old Men Eating Out)
Kevin Troio
Ktroio@gmail.com

Stitch Away Club

Judy Walker
Needlewoman2668@comcast.net

Texas Hold'em Club

Greg Ewing
Ewing2714@gmail.com
Jeffrey Saltzer
Saltman200@gmail.com

Veterans Group

Tom Lauterback
Tkl60123@me.com

Villa People Club

Anthony Lesko
Tlesko1950@gmail.com

Vintage People Club

Anna "Annie" Kirkpatrick-Wilkey
Wilkeys4@outlook.com

Women's Book Club

Lee Lathbury
Leelathbury@gmail.com