

Fun in the Sun

VALENCIA DEL • SOL

'Tis the
Season

COMIC MAGICIAN
BOB BRIZENDINE
& COMEDIAN
JOHN RATHBONE

October 14th

THE GOLDTONES

November 11th

DEBRA RIDER'S
TRIBUTE TO
LINDA RONSTADT

December 16th



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 a.m – 5:00 p.m. Daily

Lifestyle Director

Lori Pickel
lpickel@grsmgt.com • Extension 204

Community Association Manager

Christian Cruz
Ccruz@grsmgt.com • Extension 203

Administrative Assistant

Milady Leiva
Mleiva@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 COMMUNITY ASSOCIATION MANAGER

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 Community Association Manager for Valencia del Sol, it is my pleasure 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.

Chris Cruz
Community Association Manager



MESSAGE FROM YOUR LIFESTYLE DIRECTOR

As we start to wind down 2023, there are so many informative and fun things coming up! This newsletter is just one of the ways I will keep you updated on what is 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.

Lori Pickel
Lifestyle Director



MESSAGE FROM YOUR ADMINISTRATIVE ASSISTANT

I am excited to introduce myself as a new Administrative Assistant at Valencia Del Sol. It is my pleasure to be a part of this wonderful and active lifestyle community. My goal is to provide not only assistance and support to the management group, but also to the residents. I am here to help so please don't hesitate to ask for assistance. I look forward to meeting everyone at Valencia Del Sol!

Milady Leiva
Administrative Assistant



SNAPSHOTS

RESIDENT SPOTLIGHT GLORIA CONSTANT



Gloria is originally from Oxford, England. She moved to the Washington, DC area in 1983, where she was employed as an IT Professional. In 2011, Gloria retired and became a community activist then moved to Valencia del Sol last year.

Gloria is an Egyptian Folkloric Dancer (belly dancer). She became involved in this form of dance when she retired at the age of 55 as a form of exercise. She now performs on stage and, hopefully, we

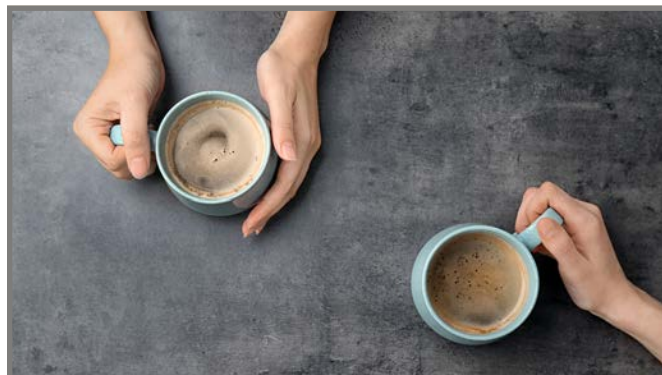
will get to see her perform here with the VDS Performing Arts Club in one of their productions.

Gloria actively participates in pickleball, line dancing and zumba. She also attends many of the lifestyle activities and events, as well as dines occasionally at the Bistro when they have vegetarian options.

Thank you, Gloria, for your support here at Valencia del Sol!



HOA EVENTS & ACTIVITIES



COFFEE & CONVERSATION

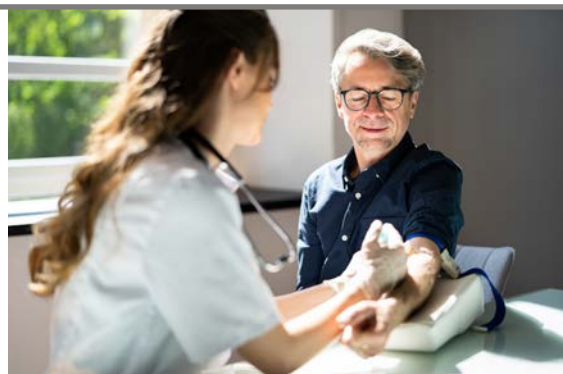
**Tuesday, October 10th & Tuesday, December 5th
11:00 a.m. • Social Hall • Free to Attend**

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.

ONE BLOOD BLOOD DRIVE

**Wednesday, October 18th & Wednesday, December 20th
1:30 – 6:30 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!



NEW HOMEOWNER ORIENTATION

**Thursday, October 26th & Thursday, December 14th
10:00 a.m. • Social Hall • FREE TO ATTEND**

New residents, as well as existing 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 Mleiva@grsmgt.com. Open to existing homeowner's as well!



The American Heart Association's Family & Friends CPR AED Course

Tuesday, November 14th • 1:00 - 5:00 p.m. • Social Hall • FREE TO ATTEND

Presented by the Sun City Center Emergency Squad CPR Instructors.

Do you know what to do if someone collapses in front of you? Do you know how to do chest compressions to keep blood flowing? Do you feel comfortable using an automated external defibrillator (AED)? If you answered NO to any of these questions, come join us and learn how to potentially save a life using cardiopulmonary resuscitation (CPR).

Please note: This class is LIMITED TO 30 people. No exceptions. Make sure you wear comfortable clothing so you can get down on mats and practice doing compressions and working with a trainer AED.

COMEDY SHOW

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



COMIC MAGICIAN: Bob Brizendine

Bob Brizendine takes comedy, magic, and also throws in a little insanity, to make a hilarious show. Not to mention, he uses audience participation and lightning fast improv to keep his crowds on the edge of their seats.

COMEDIAN: John Rathbone

John Rathbone is a cruise ship favorite! He has a witty humor, an urban style, fantastic expressions, and an easy rapport with his audiences. He has dozens of TV and Radio performances, appearing on Showtime, The A&E Network, Bob & Tom and The Comedy Channel.



OCTOBER

TRIVIA NIGHT!

with **DJ Tanya**

Thursday, October 26th • 5:00 - 8:00 p.m.
Pool Deck • FREE TO ATTEND

Join us on the pool deck for a fun night of Trivia with our favorite DJ, Tanya Lewis. There will be food and drink available for purchase at the Bistro. Let's see how smart you really are!

More specifics will soon follow.

CRAIG LATIMER SUPERVISOR OF ELECTIONS

Voting in Hillsborough County

Tuesday, October 17 • 2:00 p.m.
Social Hall • FREE TO ATTEND

Supervisor of Elections Craig Latimer will join us to share important information on what we need to be doing now to make sure we're ready to vote in those elections. He'll also describe the measures in place to ensure the integrity of the election and the accuracy of election results. If you're new to the area, if you want to have a better understanding of what it takes to conduct elections for the 4th largest electorate in Florida, or if you're interested in working as a poll worker, make sure to put this on your calendar. Supervisor Latimer plans to allow plenty of time for questions and answers, so he can be sure he's addressing the things that you want to know about elections and voting in Hillsborough County. Please RSVP to Lori by October 14th. lpickel@grsmgt.com



Medicare Mary

October 19th • 1:00 p.m.
Social Hall • FREE TO ATTEND

Mary Plummer, CEO and President of Medicare Mary, will be here to discuss 2024 Medicare Open Enrollment Period, Individualized Medicare Plan Analysis, Medicare options that are often overlooked, 2024 Part D costs and Secondary Plan Options.



THE ZOMBIE APOCALYPSE

WITH **DJ TANYA**

Saturday • October 28th • 7:00 p.m.
Social Hall • \$20 per person (plus tax)

Join us for "The Zombie Apocalypse" Halloween Party with DJ Tanya Lewis. Come dressed as a creepy zombie and win a prize! Prizes will be awarded to the Best Male Zombie and the Best Female Zombie. There will be themed drink specials and some delicious food provided by Bistro del Sol. Let the ghoulish times roll!





HOA EVENTS & ACTIVITIES

NOVEMBER



Saturday • November 10th • 7:00 p.m.
Social Hall • \$35 per person (plus tax)

The Goldtones are one of Florida's premiere vocal harmony groups singing songs ranging from the traditional doo-wop tunes of the 50s and 60s to those melodies sung by later groups of the 70s and 80s.

With a repertoire that includes "Blue Moon", "Run Around Sue" and "Teenager in Love", they also sing the big harmony songs like "Have you Heard?" and "Turn Around". Some of the most memorable songs are those recorded by the Duprees, Dion and the Belmonts, The Beach Boys, The Four Seasons and The Bee Gees.



Paint & Sip Party

Wednesday, November 15th • 7:00 p.m. • Social Hall
\$49 per person (Paid directly to Pinot's Palette)

Join the fun while we paint an adorable whimsical folk-art snowman on a 16" x 12" wooden serving tray. No painting skills required! Pinot's Palette artists show you step-by-step how to create this adorable design. Two complimentary glasses of wine are included in the price. Get your friends together and come have a blast!



Karaoke Night with DJ Tanya

November 30th • 5:00 - 8:00 p.m.
Pool Deck • FREE TO ATTEND

Join us for some fun and laughter as we showcase some of our karaoke stars! Don't want to sing? No problem. Come on out and support those who do. This will be a fun time had by all and there will be food and drink available for purchase through the Bistro.

OUR FIRST VDS RESIDENT

Arts & Crafts Fair

Sunday • November 19th • 10:00 a.m.
Social Hall • FREE TO ATTEND

Our first VDS Resident Arts and Crafts Fair is a go! Get ready to browse and purchase some beautiful hand-made crafts, paintings, soaps, jewelry, pottery and more by our very own and very talented VDS residents!

All monies collected from our vendors will be going to The Humane Society of Tampa. There will also be a donation box set up at the event for anyone else who would like to make a donation to this wonderful charity. Please visit <https://humanesocietytampa.org> for more information on the organization.

A coffee bar, provided by Bistro del Sol, will be available to all FREE of charge!



DECEMBER



Saturday • December 2nd • 7:00 p.m.

Social Hall • \$20 per person (plus tax)

Come on out and dance the night away to the new and improved Southshore Cruisers. They'll be playing music from the 60s, 70s & 80's with a new lead singer!

Break out your boogie shoes and let's party!



Debra Rider

TRIBUTE TO
LINDA RONSTADT

Saturday • December 16th

7:00 p.m. • Social Hall

\$35 per person (plus tax)

Debbie comes on stage dressed as the 1974 Linda belting out "You're No good", "When Will I Be Loved", "Blue Bayou", "Just One Look", "That'll Be The Day" and more. Sounding like Linda, you will love her as she bring Linda's persona to life. Linda would be proud!

NEW YEAR'S EVE PARTY

Enchantment
Under The Sea

Sunday • December 31st

9:30 p.m. • Social Hall • \$80 per person (plus tax)

**Dress your best and let's ring in 2024 together
with an elegant "Enchantment Under the Sea"
New Year's Eve party.**

Dance the night away to the big band sounds of Martini Pop! There will be a professional photo booth, complete with an attendant, for you to take some fun and memorable pictures. Be as silly or as serious as you'd like! Bistro del Sol will tempt your tastebuds with some delicious hors d'oeuvres, chef attended crepe station, delectable dessert table and Champagne Toast at midnight. To cap off the evening, visit the coffee bar before heading home!





RACQUET SPORTS

The hours of operation at del Sol Racquet • Monday – Saturday • 8:00 a.m. – 1:00 p.m.



SPORTS DIRECTOR **BYRON FRESO**

Growing up in Guyana, Byron Freso has always been playing sports at the top level – whether volleyball, racquetball, or table tennis. Byron has won countless medals as a professional player and is also heavily involved in the sport in other areas as the Team Ambassador for ONIX Pickleball, an IPTPA and PPR certified Pickleball instructor, Head Official APP Professional PB Tour, and is also considered to be one of the top referees in the game.

BENEFITS OF PLAYING PICKLEBALL

Pickleball is a great sport for people of all ages and fitness levels. It is a low-impact activity that can be played at a leisurely pace or at a more competitive level, depending on the players' preferences. Here are some of the benefits of playing pickleball:

- 1. Cardiovascular Fitness:** Pickleball is a great way to get your heart pumping and improve your cardiovascular fitness.
- 2. Hand-Eye Coordination:** Playing pickleball will enhance and improve your reaction time and hand-eye coordination.
- 3. Socialization:** Pickleball is a social sport that can be played with friends and family, providing an opportunity for socialization and connection.
- 4. Low-Impact:** Because pickleball is a low-impact sport, it is easier on the joints than other high-impact sports like tennis or basketball.
- 5. Improves Balance:** Pickleball can help improve balance and stability, which is especially important for older adults.

TIPS AND STRATEGIES

Mastering the Third Shot Drop: The third shot drop is a crucial shot in pickleball that can help you win points and control the game. To execute this shot, hit the ball with a slight arc so that it drops just over the net and lands in the non-volley zone. This will force your opponents to hit a defensive shot, giving you the opportunity to move up to the net and take control of the point.

Anticipating Your Opponent's Shot: To become a better pickleball player, it's important to anticipate your opponent's shot and position yourself accordingly. Watch their body language, footwork, and paddle position to predict where they're going to hit the ball. This will give you more time to react and make a strategic shot.



4th of July



TENNIS SCHEDULE • OCTOBER – DECEMBER

Register on the Chelsea Reservation System

MONDAY

Tennis Clinic
9:00 – 10:30 a.m.

Private Lessons
11:00 a.m.

TUESDAY

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

Private Lessons
11:00 a.m.

WEDNESDAY

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

Private Lessons
11:00 a.m.

THURSDAY

Service Practice
9:00 – 10:30 a.m.

Private Lessons
11:00 a.m.

FRIDAY

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

Private Lessons
11:00 a.m.

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 for further information.

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 • OCTOBER – DECEMBER

BOCCE TOURNAMENTS

There will be ongoing competition against Valencia Lakes and Sun City. Lookout for details about in-house bocce tournaments.

**Private, Semi-Private,
& Group Lessons Available!**

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

BOCCE MEET UPS

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

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.



PICKLEBALL SCHEDULE • OCTOBER – DECEMBER

Register on the Chelsea Reservation System

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Play Recreational, Intermediate and Competitive 8:00 – noon Pickleball Boot Camp Intermediate 6:00 – 7:30 p.m. <i>Maximum 8 Players</i>	Pickleball Boot Camp Recreational 8:00 – 9:00 a.m. Intermediate 9:00 – 10:00 a.m. <i>Maximum 8 Players</i> King of the Court Competition 6:00 – 8:00 p.m.	Open Play Recreational, Intermediate and Competitive 8:00 – noon Pickleball Bootcamp Competitive 6:00 – 7:30 p.m. <i>Maximum 8 Players</i>	Pickleball Boot Camp Recreational 8:00 – 9:30 a.m. Intermediate 9:30 – 11:00 a.m. <i>Maximum 8 Players</i> King of the Court Competition 6:00 – 8:00 p.m.	Private Lessons (1, 2 or 3 players) 9:00 a.m. – 4:00 p.m. Drill with Coach Byron This is an opportunity to meet with Byron to talk about improving your game.	Open Play Recreational, Intermediate and Competitive 8:00 – noon Private Lessons (1, 2 or 3 players) 11:00 a.m. – 4:00 p.m.

Boot Camp Pricing: \$25 for 4 lessons or \$10 per lesson

PICKLEBALL TOURNAMENTS

Pickleball Tournaments for recreational, intermediate and competitive players: Come and enjoy different holiday themed Pickleball tournaments. It is about having a good time, but also remembering why we celebrate it.

PICKLEBALL RATING SESSIONS

Reserve a time to be rated. Players are encouraged to have Byron rate their level of play. Players will be able to identify the skills and characteristics necessary for each skill level. If you want to be rated, please sign up on the whiteboard at the pickleball pavilion.

PICKLEBALL BOOT CAMPS

Boot Camp 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; how to position and communicate amongst themselves on the court for effective play; learn about the rules, the different strokes from serving, and dinking to the 3rd shot drop. Players can sign up on the whiteboard at the Pickleball Pavilion. Players are encouraged to sign up for the following lessons:

- 1-hour beginner lessons at 8:00 a.m. on Tuesdays and 9:30 a.m. on Thursdays.
- 1-hour intermediate lessons at 9:00 a.m. on Tuesdays and 8:00 a.m. on Thursdays.
- 1.5-hour intermediate lessons at 6:00 p.m. on Mondays.
- 1.5-hour advance lessons at 6:00 p.m. on Wednesdays.

PRIVATE LESSONS

Players can sign up for private lessons via email at PickTen.freso@gmail.com or text 678-592-6444. Sign-ups are based on a first to register basis. 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 the Fundamentals of Pickleball: serve, return of serve, basic dinking and blocking.

INTERMEDIATE

Positioning at the No Volley Zone (Kitchen), Cross Court Dinking Lobs and Lob Defense, NVZ Footwork, Third Shot Drop, Strategic Pickleball.



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

To Book Your Service: Please call 813-938-6599 or email Info@totalhealthsystemsinc.com

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 preformed 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 THERAPIST

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.

CANCELATIONS 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



ANDREW CARO **FITNESS INSTRUCTOR**

Andrew Caro is a NASM Certified Personal Trainer and Nutrition Coach. He has been working as a Personal trainer since 2020. He specializes in corrective exercise, weight loss, Senior Fitness and nutrition. Andrew's goal is to help his clients achieve better health and a better quality of life. He uses progressive exercise methods to help clients improve their mobility, flexibility and strength.

On his free time he loves spending time with his wife and children!!



JENNIFER PERRY **ZUMBA INSTRUCTOR**

Jennifer is a professionally trained dance performer, teacher and choreographer certified in Zumba, Zumba toning and Zumba Step instruction. Jennifer utilizes many routines she choreographs and then will mix-n-match to create the perfect workout based upon the age and fitness of each class. She 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.



CHRISTINA FONTANA **YOGA INSTRUCTOR**

Christina is a certified teacher of Yin, Restorative and Yoga Nidra (E-RYT® 200, RYT® 500, YACEP®). She's keen to guide Yoga classes to help find balance, build strength, flexibility and awareness amongst practitioners in a safe and supported environment. Christina's passion is to share the joy of yoga and the freedoms that bring to one's mind and body. She encourages her students to use gratitude, kindness and social connection as part of their yoga practice.

FREE EQUIPMENT CLINICS

October 20th • November 17th
December 15th

FITNESS CLASS SCHEDULE • OCTOBER – DECEMBER

OCTOBER

MONDAY

Fit Camp 9:00 a.m. (Fitness Studio)
Aqua Fit 10:15 a.m. (Pool)

TUESDAY

Body Sculpting 8:00 a.m. (Fitness Studio)
Yoga 6:00 p.m. (Fitness Studio)
Zumba 7:00 p.m. (Fitness Studio)

WEDNESDAY

Fit Camp 8:00 a.m. (Fitness Studio)
Fit Camp 9:00 a.m. (Fitness Studio)
Aqua Fit 10:15 a.m. (Pool)

THURSDAY

Body Sculpting 8:00 a.m. (Fitness Studio)
Yoga 6:00 p.m. (Fitness Studio)
Zumba 7:00 p.m. (Fitness Studio)

FRIDAY

Fit Camp 8:00 a.m. (Fitness Studio)

NOVEMBER

MONDAY

Fit Camp 9:00 a.m. (Fitness Studio)
Aqua Fit 10:15 a.m. (Pool)

TUESDAY

Body Sculpting 8:00 a.m. (Fitness Studio)
Zumba 9:00 a.m. (Fitness Studio)
Yoga 6:00 p.m. (Fitness Studio)

WEDNESDAY

Fit Camp 8:00 a.m. (Fitness Studio)
Fit Camp 9:00 a.m. (Fitness Studio)
Aqua Fit 10:15 a.m. (Pool)

THURSDAY

Body Sculpting 8:00 a.m. (Fitness Studio)
Zumba 9:00 a.m. (Fitness Studio)
Yoga 6:00 p.m. (Fitness Studio)

FRIDAY

Fit Camp 8:00 a.m. (Fitness Studio)

DECEMBER

MONDAY

Fit Camp 9:00 a.m. (Fitness Studio)
Aqua Fit 10:15 a.m. (Pool)

TUESDAY

Body Sculpting 8:00 a.m. (Fitness Studio)
Zumba 9:00 a.m. (Fitness Studio)
Yoga 6:00 p.m. (Fitness Studio)

WEDNESDAY

Fit Camp 8:00 a.m. (Fitness Studio)
Fit Camp 9:00 a.m. (Fitness Studio)
Aqua Fit 10:15 a.m. (Pool)

THURSDAY

Body Sculpting 8:00 a.m. (Fitness Studio)
Zumba 9:00 a.m. (Fitness Studio)
Yoga 6:00 p.m. (Fitness Studio)

FRIDAY

Fit Camp 8:00 a.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!

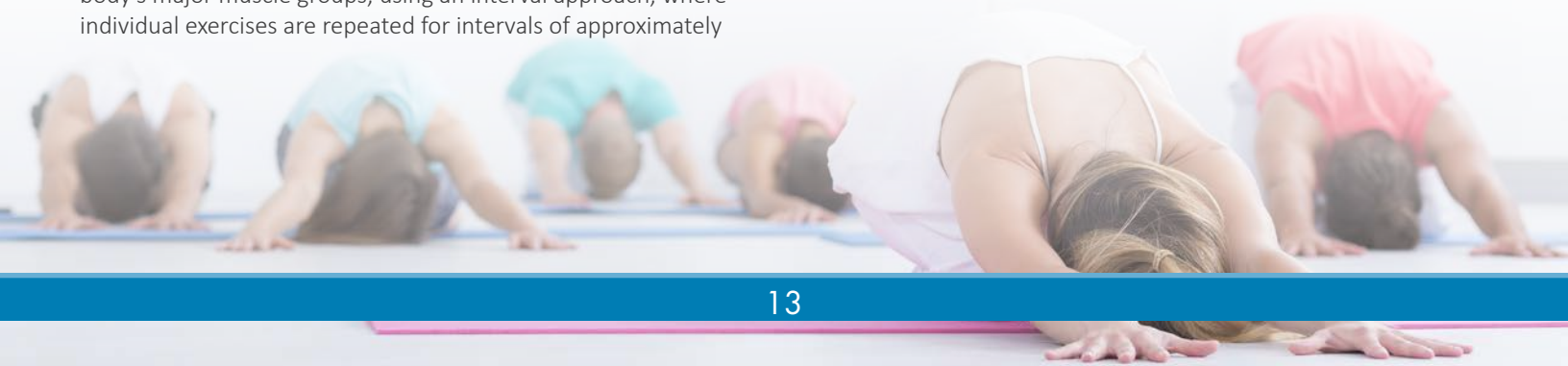
BODY SCULPTING Works on the entire body while focusing on mobility, flexibility and core strength.

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.



OKTOBERFEST WEEK
October 17 - 21



FRIENDSGIVING LUNCH
November 11th
11:00 a.m. – 3:00 p.m.



**HOLIDAZE PARTY
POOLSIDE**
December 8th • 5:00 – 8:00 p.m.





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 Tuesday - Saturday 3pm - 5pm
\$1 off Appetizers
\$3 Beer and \$4 House Wine

Hours of Operation:

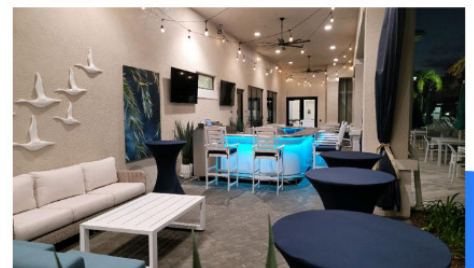
Monday: Closed
Tuesday: 11am to 8pm
Wednesday: 11am to 8pm
Thursday: 11am to 8pm
Friday: 11am to 8pm
Saturday: 11am to 8pm
Sunday: 10am to 2pm

Contact:

Bistro del Sol
(813) 566-0851

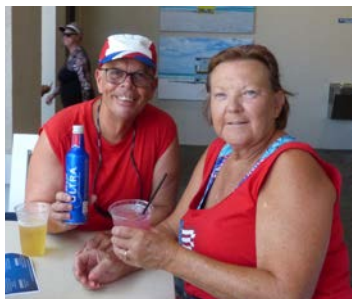
Sterling

CULINARY-MANAGEMENT





SNAPSHOTS



OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup 	<p>2</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup 	<p>3</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:00 pm Painting Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club 	<p>4</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 8:00 am Pickleball Open Play 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 2:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Pickleball Bootcamp 6:00 pm Bocce Meetup 6:30 pm Day Trippers Club 6:30 pm Dealer's Choice Club 7:00 pm Bocce Meetup 	<p>5</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Tennis Service Practice 9:30am Pickleball Bootcamp Int 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club 	<p>6</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 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 	<p>7</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 11:00 am Pickleball Private Lessons 1:00 pm Pottery Club
<p>8</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:30 pm Card Club 7:00 pm Bocce Meetup 	<p>9</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Tennis Private Lessons 11:00 am Coffee & Conversation 1:00 pm Bridge Club 1:00 pm Painting Club 2:00 pm Women's Book Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club 7:00 pm Robin Hoods Club 	<p>10</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 8:00 am Pickleball Open Play 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 2:00 pm Texas Hold'em 5:30 pm Ladies Club Outing 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp 6:00 pm Bocce Meetup 6:30 pm Dealer's Choice Club 	<p>11</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Tennis Service Practice 9:00 am Zumba 9:30am Pickleball Bootcamp Int 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club 6:30 Performing Arts Club 	<p>12</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 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 5:30 pm Photography 101 7:00 pm Villa People Club 	<p>13</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Photography 201 11:00 am Pickleball Private Lessons 7:00 pm Comedy Show 	<p>14</p>
<p>15</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 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 Bocce Meetup 	<p>16</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:00 pm Painting Club 2:00 pm Voting in Hillsborough County Seminar 6:00 pm Bunco Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club 	<p>17</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 8:00 am Pickleball Open Play 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:30 pm Blood Drive 2:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp 6:00 pm Bocce Meetup 6:30 pm Dealer's Choice Club 7:00 pm Bocce Meetup 	<p>18</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Tennis Service Practice 9:00 am Zumba 9:30am Pickleball Bootcamp Int 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club 	<p>19</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 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 Villa People Club 	<p>20</p>	<p>21</p>
<p>22</p> <ul style="list-style-type: none"> 10:00 am Vendor Market 	<p>23</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 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 Bocce Meetup 	<p>24</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:00 pm Painting Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club 	<p>25</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 8:00 am Pickleball Open Play 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 2:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp 6:00 pm Bocce Meetup 6:30 pm Dealer's Choice Club 7:00 pm Bocce Meetup 	<p>26</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Tennis Service Practice 9:00 am Zumba 9:30am Pickleball Bootcamp Int 10:00 am Stitch Away Club 11:00 am Homeowner Orientation 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club 	<p>27</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 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 5:30 pm Photography 101 	<p>28</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Photography 201 11:00 am Pickleball Private Lessons 1:00 pm Pottery Club 7:00 pm Halloween Party
<p>29</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 3:00 pm Photo Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 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 Bocce Meetup 	<p>30</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:00 pm Painting Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club 	<p>31</p>			<p>CALENDAR KEY</p> <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 valenciadelsolhoa.com

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CALENDAR KEY Fitness Bistro del Sol Arts & Crafts Room Social Hall Pool Deck Parking Lot Card Room Courts Event Lawn Game Room Exercise Studio						
5 9:00 am Turkey Trot	6 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup	7 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Tennis Private Lessons 11:00 am Coffee & Conversation 1:00 pm Bridge Club 1:00 pm Painting Club 2:00 pm Women's Book Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club 7:00 pm Robin Hoods Club	8 8:00 am Fit Camp 8:00 am Pickleball Open Play 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 2:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp Camp 6:00 pm Bocce Meetup 6:30 pm Dealer's Choice Club 7:00 pm Bocce Meetup	9 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Tennis Service Practice 9:00 am Zumba 9:30am Pickleball Bootcamp Int 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:30 pm Performing Arts Club	10 8:00 am Fit Camp 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 5:30 JCC Club Shabbat Dinner 5:30 pm Photography 101 6:00 pm TNP Club 6:00 pm Pickleball King of the Court 7:00 pm Villa People Club	11 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Photography 201 11:00 am Pickleball Private Lessons 1:00 pm Pottery Club 7:00 pm The Goldtones
12 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:00 pm Texas Hold'em Club 6:30 pm Card Club 7:00 pm Bocce Meetup	13 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:00 pm Texas Hold'em Club 6:30 pm Card Club 7:00 pm Bocce Meetup	14 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Tennis Private Lessons 1:00 pm CPR/AED/Choking Session 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 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club	15 8:00 am Fit Camp 8:00 am Pickleball Open Play 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 2:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp Camp 6:00 pm Bocce Meetup 6:30 pm Dealer's Choice Club 7:00 pm Pinot's Palette Paint & Sip Party 7:00 pm Bocce Meetup	16 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Tennis Service Practice 9:00 am Zumba 9:30am Pickleball Bootcamp Int 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 5:30pm Pickleball Social 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club	17 8:00 am Fit Camp 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	18 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Photography 201 11:00 am Pickleball Private Lessons 1:00 pm Pottery Club
19 10:00 am VDS Resident Vendor Fair	20 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup	21 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 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 Pickleball King of the Court 6:00 pm Men's Poker Club	22 8:00 am Fit Camp 8:00 am Pickleball Open Play 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 2:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp Camp 6:00 pm Bocce Meetup 6:30 pm Dealer's Choice Club 7:00 pm Bocce Meetup	23 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Tennis Service Practice 9:00 am Zumba 9:30am Pickleball Bootcamp Int 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club	24 8:00 am Fit Camp 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 5:30 pm Photography 101	25 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Photography 201 11:00 am Pickleball Private Lessons 1:00 pm Pottery Club
26 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup	27 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup	28 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:00 pm Painting Club 1:00 pm Fall prevention Seminar 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club	29 8:00 am Fit Camp 8:00 am Pickleball Open Play 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 2:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp Camp 6:00 pm Bocce Meetup 6:30 pm Dealer's Choice Club 7:00 pm Bocce Meetup	30 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Tennis Service Practice 9:00 am Zumba 9:30am Pickleball Bootcamp Int 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 5:00 pm Karaoke 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club		

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

DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 					<ul style="list-style-type: none"> 8:00 am Fit Camp 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 6:00 pm Club Royale Happy Hour 	<ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Photography 201 11:00 am Pickleball Private Lessons 1:00 pm Pottery Club 7:00 pm Southshore Cruisers Band
	3 <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup 	4 <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Tennis Private Lessons 11:00 am Coffee & Conversation 1:00 pm Bridge Club 1:00 pm Painting Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club 	5 <ul style="list-style-type: none"> 8:00 am Fit Camp 8:00 am Pickleball Open Play for Residents 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 2:00 pm Texas Hold'em 2:00 pm Blood Drive 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp Camp 6:00 pm Bocce Meetup 6:30 pm Day Trippers 6:30 pm Dealer's Choice Club 7:00 pm Bocce Meetup 	6 <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Tennis Service Practice 9:00 am Zumba 9:30am Pickleball Bootcamp Int 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 5:30 pm JCC Club Hanukkah Party 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club 	7 <ul style="list-style-type: none"> 8:00 am Fit Camp 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 5:00 pm Holidayze 5:30 pm Photography 101 7:00 pm Villa People Club 	8 <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Photography 201 11:00 am Pickleball Private Lessons 1:00 pm Pottery Club
	10 <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:00 pm Texas Hold'em Club 6:30 pm Card Club 7:00 pm Bocce Meetup 	11 <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 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 Pickleball King of the Court 6:00 pm Men's Poker Club 7:00 pm Robin Hoods Club 	12 <ul style="list-style-type: none"> 8:00 am Fit Camp 8:00 am Pickleball Open Play for Residents 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:30 pm Blood Drive 2:00 pm Texas Hold'em 5:30 pm Ladies Club Holiday Bash 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp Camp 6:00 pm Bocce Meetup 6:30 pm Dealer's Choice Club 7:00 pm Bocce Meetup 	13 <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Tennis Service Practice 9:00 am Zumba 9:30am Pickleball Bootcamp Int 10:00 am Stitch Away Club 10:00 am Homeowner Orientation 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club 6:30 pm Performing Arts Club 	14 <ul style="list-style-type: none"> 8:00 am Fit Camp 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 Performing Arts Club Show 7:00 pm Villa People Club 	15 <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 11:00 am Pickleball Private Lessons 1:00 pm Pottery Club 7:00 pm Debra Rider Tribute to Linda Ronstadt
	17 <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 11:00 am Omaha Club 1:00 pm Euchre Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:30 pm Card Club 7:00 pm Bocce Meetup 	18 <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:00 pm Painting Club 6:00 pm Bunco Club 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club 	19 <ul style="list-style-type: none"> 8:00 am Fit Camp 8:00 am Pickleball Open Play for Residents 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:30 pm Blood Drive 2:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp Camp 6:00 pm Bocce Meetup 6:30 pm Dealer's Choice Club 7:00 pm Bocce Meetup 	20 <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Tennis Service Practice 9:00 am Zumba 9:30am Pickleball Bootcamp Int 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club 	21 <ul style="list-style-type: none"> 8:00 am Fit Camp 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 5:30 pm Photography 101 	22 <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 11:00 am Pickleball Private Lessons 1:00 pm Pottery Club
	24	25	26 <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Pottery Club 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:00 pm Painting Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club 	27 <ul style="list-style-type: none"> 8:00 am Fit Camp 8:00 am Pickleball Open Play for Residents 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 2:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp Camp 6:00 pm Bocce Meetup 6:30 pm Dealer's Choice Club 7:00 pm Bocce Meetup 	28 <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Tennis Service Practice 9:00 am Zumba 9:30am Pickleball Bootcamp Int 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club 	29 <ul style="list-style-type: none"> 8:00 am Fit Camp 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
31 <ul style="list-style-type: none"> 9:30 pm New Year's Eve Party 						30 <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Comp 11:00 am Pickleball Private Lessons

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

VDS Bridge Club

Mark Molitch
Molitch@northwestern.edu

Bunco Club

Lynne Hock
Lynne.hock@yahoo.com

Card Club

Nancy Kindness
Nankindness@gmail.com

NEW: Chess Club

Matt Pellenberg
matthewsethp@gmail.com

Christian Fellowship and Bible Study

Judy Riley
Sriley0424@outlook.com

Cigar Club

James (Smokey) Knudsen
vdscigarclub@gmail.com

Club Royal

Charlene McLain
clmchope7@gmail.com

Day Trippers Club

Kathy Johns
Kat52554@aol.com

Dealer's Choice Club

Jeffrey Saltzer
Saltman200@gmail.com

Emergency Operations Club

Tonya Mull
tonyamull2@gmail.com

Euchre Club

Greg Ewing
Ewing2714@gmail.com

Golf Cart Club

Tonya & Larry Mull
Tonyamull2@gmail.com

Jewish Culture Club

vdsjcc@gmail.com

JULIET Club

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

Ladies' Club

Kathy Johns
Kat52554@aol.com

Learn Spanish Club

Ileana Turner
Ileana.turner@gmail.com

Line Dancing Club

Linda Porter
Linda.j.porter7@gmail.com

Mah Jongg Club

Gwyn Gordon
Perftrip@aol.com

NEW: Omaha Club

Andy Cherry
wacherry7@yahoo.com

Painting Club

Inger Ames
Ingerames@yahoo.com

Performing Arts Club

Ira Teich
Mktgdoc@yahoo.com

Photography 101 Club

Tony Lesko
Tlesko1960@gmail.com

Men's Poker Club

(Mixed Poker Games for Men)
Sam Napolitano
comizano418@aol.com

Intermediate/Advanced Photography Club

Sam Clues
Sambrookclues@gmail.com

Pinochle Club

Nancy Kindness
Nankindness@gmail.com

NEW: VDS Men's Pool Players Club

Barry Hock
Bihock7@gmail.com
Gary Stalter
Gdstalter@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

TNP Club • Texas Hold'em

(Thursday Night Poker for Men)
John Almonte
hotshooter33@yahoo.com
Steve Bargender
jabargender@gmail.com

Tuesday Afternoon Men's Poker Club

Marv Silverman
Franandmarv@yahoo.com

Veterans Group • Joint Forces

Tom Lauterback
Tkl60123@me.com

Villa People Club

Anthony Lesko
Tlesko1950@gmail.com

Vintage People Club

Lynn Turchiarelli
moylynn1@hotmail.com

WeCare Network

Judy Riley
Sriley0424@outlook.com

Women's Book Club

Lee Lathbury
Leelathbury@gmail.com