

RIVERLAND

PLAYBOOK



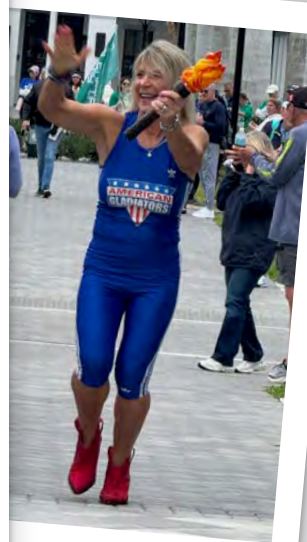
Artist's rendering of the new Riverland Wellness & Fitness Center.

STATE OF THE ART

We're excited to announce the expansion of our beautifully designed Riverland Wellness & Fitness Center



VOLUME 12 • Spring 2026



CONTENTS

2 Messages from Your Directors

3 Riverland Highlights

5 Interest Groups and Clubs



6 Arts & Culture Center



12 Sports & Racquet Club



18 Wellness & Fitness Center

24 Season Events Preview

RIVERLAND DIRECTORY

VALENCIA RIVERLAND SALES CENTER

12320 SW Calm Pointe Court
Port St. Lucie, FL 34987
(772) 226-9000 | www.glhomes.com

Office Hours: Open Daily: 9 am - 5 pm

VALENCIA WALK SOCIAL CLUB

11675 SW Sea Jewel Rd.
Port Saint Lucie FL. 34987
Phone number (772) 742-6620

VALENCIA GROVE SOCIAL CLUB

12827 SW Brookside Falls Way
Port Saint Lucie FL. 34987
Phone number (772) 212-8206

VALENCIA CAY SOCIAL CLUB

11251 SW Winding Ridge Rd.
Port Sair Lucie FL. 34987
Phone Number (772) 882-4950

RIVERLAND ARTS & CULTURE CENTER

12067 SW Community Boulevard
(772) 271-7272 - Option 1

Office Hours:

Monday - Friday: 9 am - 6 pm
Saturday: 9 am - 5 pm

Creativity Hub Hours:

7 am - 9 pm | 7 days a week

RIVERLAND MANAGEMENT AND LIFESTYLE OFFICE

12129 SW Riverland Blvd
(772) 271-7272 - Option 6

Office Hours:

Monday - Friday | 9 am - 5:30 pm

RIVERLAND SPORTS & RACQUET CLUB

12001 SW Riverland Boulevard
(772) 271-7272 - Option 2

RIVERLAND WELLNESS & FITNESS CENTER

12001 SW Riverland Boulevard
(772) 271-7272 - Option 3

Office Hours:

Open Daily: 8 am - 6 pm

PULSE FIT STUDIOS

12001 SW Riverland Boulevard
(772) 271-7272 - Option 5

Office Hours:

Open Daily: 7 am - 5:30 pm

For info on all Riverland Amenities, call **(772) 271-7272** | Download the **Riverland App**
Follow us on Facebook: **Riverland Lifestyle**

A LETTER FROM
TERE MUÑIZ



Tere Muñoz
VP Riverland Lifestyle

As we move into another exciting season at Riverland, I'm reminded of what truly makes this community so special, it's not just the beautiful spaces or incredible amenities, but the people who bring them to life every single day.

Over the past year, our community has continued to grow in energy, connection, and participation. Nowhere was this more evident than during the Riverland Olympics at the end of March. From the Opening Ceremony to the final competition, the enthusiasm and spirit on display were truly unforgettable. I'm still on cloud nine! This year's games showcased incredible teamwork, friendly rivalry, and so many memorable moments, and we're just getting started.

Looking ahead, April, May, and June are filled with opportunities to stay active, connected, and inspired. Our calendar is thoughtfully curated with something for everyone to enjoy.

We're especially excited to continue building on our most beloved traditions while partnering with our community leaders and Lifestyle team to introduce new events and experiences that will shape the future of Riverland events.

As always, our goal is simple: to create a lifestyle that feels vibrant, welcoming, and uniquely yours. Thank you for being such an important part of this community and for making Riverland a place we are all proud to call home.

I look forward to seeing you around the community.

Warmly,

Tere

E: tere.muniz@glhomes.com | P: (772) 271-7272

A MESSAGE FROM YOUR
BOARD OF DIRECTORS

We are pleased to announce that construction on the expansion of the Riverland Wellness & Fitness Center is scheduled to begin in the second quarter of this year. This project reflects our commitment to supporting the growing health and wellness needs of our residents and enhancing the overall fitness experience within the community. The upcoming expansion will introduce a number of significant improvements, including:

Facility & Equipment Enhancements

- More than 50% increase in workout space, expanding from 4,562 sq. ft. to 7,016 sq. ft., allowing for more comfortable movement and improved traffic flow.
- Double the amount of cardio equipment, including the addition of new air resistance cardio machines.
- Double the strength training equipment to better accommodate member demand.

Dedicated Training Areas

- Two free weight zones, designed for:
 - One designed for low intensity and light weight training
 - A separate area for a more advanced, robust training environment for experienced users
- Three Olympic weightlifting stations to support expanded strength training options.

Functional Training Additions

- A new metal training rig
- Two 100 lb punching bags
- Additional cable crossover machines, multifunctional trainers, and Smith machines, doubling current availability and reducing waiting times.

Recovery & Flexibility Expansion

- A larger stretching and recovery area featuring enhanced muscle relaxation tools, including a vibration plate.

We recognize that construction may temporarily impact daily operations within the facility. Please know that every effort is being made to minimize disruptions and to complete the expansion efficiently and safely.

For additional details about the fitness center expansion or future development plans within Riverland, we invite you to visit the Valencia Riverland Sales Center. Thank you for your continued support as we invest in the growth and well being of our community.

Sincerely,

Your Board of Directors,
 Riverland Community Association, Inc.

A LETTER FROM THE
LIFESTYLE DIRECTOR



Andrina Nobili
Lifestyle Director

Hello Riverland, my name is Andrina Nobili, and I am honored to introduce myself as your new Lifestyle Director here at Riverland.

With a background in parks, recreation, and special events, I am truly passionate about creating meaningful experiences that bring communities together. I am excited to work alongside you and continue building engaging memorable events and programs that reflect

the vibrant spirit of Riverland.

It is my pleasure to share this latest edition of the Riverland Playbook featuring all of the exciting events and activities planned for April, May, and June. The playbook was designed to help you stay connected, informed, and inspired to participate.

You will find a variety of social gatherings, wellness opportunities, signature events, and new experiences created with you in mind. Whether you are attending a long-time favorite or trying something new, I encourage you to jump in, meet your neighbors, come and meet me, and make the most of everything Riverland has to offer.

Thank you for the warm welcome I have already received. I look forward to meeting many more of you at the Green Market on the 1st Thursday of the month, or the Taste of Riverland on April 21st.

See you around the community,

Andrina

Riverland App Training Class

- April**
14th | 10 am
28th | 4 pm
- May**
12th | 10 am
19th | 4 pm
- June**
2nd | 10 am
17th | 4 pm

RIVERLAND HIGHLIGHTS



2026 World Art Day

FUSHU DAIKO JAPANESE DRUMMING
Voices of Valencia *Live* • All Star Band *Live*
Resident Art Displays

- Fashionette Dance Group Live
- Browse & Shop Artwork
- BLOOM Garden Tours
- Giveaways!
- Riverland Clubs Participating
- Food, Drink & Fun
- Arts & Culture Class Demonstrations & much more!

DON'T MISS OUT ON THIS AMAZING EVENT! • April 18 • 11 am - 3 pm • FREE

RIVERLAND CLUBS

To register for membership in a Riverland Club, visit the **Riverland App**

INTERESTED IN STARTING A CLUB?

Email lifestylemanager@riverlandcai.com and request an application.

BIRDING CLUB

Meetups: 2nd Monday of Each Month | 3 pm

Location: Arts & Culture Center

Paul Salazar: psalazar1@icloud.com

BOCCE CLUB

Date: Monday 6 pm | Tuesday and Thursday 8 am

Thursday Eve 6 pm (Ladies' Night) | Sunday 6:30 pm

Location: Sports & Racquet Club

Lois Astern: Lastern4u@aol.com

Joe Esposito: joeespo31@yahoo.com | 203-887-5684

Neil Halprin: neilpaula@verizon.net | 516-236-4879

Phil Verderosa: Square0374@aol.com | 561-703-8656
(Sundays only)

BOWLING CLUB - MIXED

Date: Meet Ups Thursdays | 12:30 pm

Women's League - Thursdays | 12:30 pm

Paul Block: pblock80@gmail.com

Mike Lokitz: mudgee908@icloud.com

BREAST CANCER SUPPORT CLUB

Date: 2nd Wednesday of Each Month | 6 pm

Patricia Rothenbacher: Riverland.BCSC@gmail.com

Location: Arts & Culture Center

CAR CLUB

Date: 1st Sunday of Each Month | 8:30 - 10:30 am

Stephen Labargo: RiverlandCarClub@gmail.com

CAREGIVERS CIRCLE

Email: Riverlandcaregivers@gmail.com

CORN HOLE CLUB

Date: Tuesday | 6 pm

Joseph Esposito: joseespo31@yahoo.com | 203-887-5684

Neil Halprin: neilpaula@Verizon.net | 516-236-4879

CYCLING CLUB

Date: Wednesday and Sunday Rides

Steven Heinrich: sheinric440@gmail.com

CRAFT & CHAT GROUP

Date: Every Wednesday 1 - 3 pm

@ Riverland Arts & Culture Center

Gerry Franklin: gerryfranklin@verizon.net

Mabel Santiago: heykidd40@yahoo.com

FIRST RESPONDERS CLUB

Date: 4th Saturday of the Month | 10 am - 12 pm

President Steven Kuhr: skuhr.em@gmail.com

Vice President Howard Stitch: myclubsv@gmail.com

Secretary Michael Cundle: mcundle@comcast.net

Treasurer Eugene Roos: roosgene71@gmail.com

Sergeant-at-Arms: Richard Samolowicz: rich916@comcast.net

FISHING CLUB

Date: TBD

Joe Oster: josephjudeoster@gmail.com

FURRY FRIENDS OF RIVERLAND

Myrna Sadowsky: myrnasadowsky99@gmail.com

GARDEN CLUB

Date: 3rd Monday of the Month | 1 pm

Karma Thomson: 801-414-1532

Becky Bazemore: 970-406-8150

Karen Miller: 513-675-2308

GET UP & GO TRAVEL CLUB

Lou Brawer: loubrawer@yahoo.com

GOLF CLUB

Meet Ups: Tuesdays & Thursdays | 7:30 am

@ Riverland Arts & Culture Center

Bruce McKay: mckay.bc@gmail.com

GUITAR CIRCLE

Hosted by Ed Arnold: edarnold2@comcast.net

HEALTHSPAN CLUB

Meet Ups: 4th Wednesday of each Month | 6 pm

@ Riverland Arts & Culture Center

Tony DeAngelo: adeangelony@gmail.com

LA DOLCE VITA AT RIVERLAND

Club Leader: Rosa Mattina

Ladolcevitariverland@gmail.com

MUSICIANS CLUB

Art Pearlstein: enclaveartp@gmail.com

NEW BEGINNINGS CLUB

Date: First Monday Every Month | 6:30 pm

Russell Breiter: russellbreiter@gmail.com

Location: Arts & Culture Center

PHOTOGRAPHY CLUB OF RIVERLAND

Date: 3rd Tuesday of Every Month

Phil Schafer: Phildxln@aol.com

PING PONG CLUB

Date: Tuesday, Thursday & Saturday | 1 - 3:30 pm

Ed Zitovsky: ezitovsky@gmail.com | 516-633-7780

Location: Indoor Sports Court

POTTERS CLUB

Date: TBD

Chair: Lorin Dibenedetto: lorinbeth@aol.com
631-831-4032

Co-Chair: Karen Rosenberg: Akarenrosenberg@gmail.com
516-840-1111

QUILT CLUB

Date: 2nd & 4th Thursday of Each Month

Time: 1 - 4 pm

Margi Rude: Peterpam74.PJ@gmail.com

Sandy Naval: mrude370@gmail.com

RIDERS CLUB

Date: Contact Mark for dates & times

Mark Hansen: me.hansen@comcast.net

SINGLES CLUB

Monthly Meetings: TBD

Elaine Levrant: mlev9582@gmail.com

SOULFUL NETWORKING CLUB

Meet-Ups: 2nd Monday of Each Month | 6 pm

Location: Riverland Arts & Culture Center

Debbie Heaven: debbie11021@verizon.net

Dana Stroman: dana1077@gmail.com

SWIM CLUB

Date: Sunday, Tuesday and Thursday | 9 am
and Tuesday and Thursday | 12 pm

Location: Wellness & Fitness Center - Pool #2

John Carini: Johncarini2@gmail.com

THEATER CLUB

Meet-Up 3rd Thursday of Each Month | 5 - 7:30 pm

Location: Arts & Culture Center

Barbara Bleich: bableich@yahoo.com 954-864-6784

VOICES OF VALENCIA

Date: Tuesdays | 4 - 6 pm

Marlene Weiss: 561-702-4202

VETERANS CLUB

Date: 2nd Saturday of each month

Kent Hansen: hansen112@aol.com

VOLLEYBALL CLUB

Date: Thursday Evenings | 6:30 - 8 pm

Joel M. Bedor: 954-397-8797

or Email: Joelbedor54@gmail.com

Location: Indoor Sports Court

WINE CLUB

Date: 2nd Thursday of Each Month | 5 - 7 pm

Mike Hoppes: bell.company@att.net

Location: Arts & Culture Center





Kelly Tiger
 Arts & Culture Director
artsdirector@riverlandcai.com

A NOTE FROM THE
ARTS & CULTURE CENTER

Dear Riverland Residents,

Happy Spring! The Arts & Culture Center has had a wonderful start to 2026, filled with exciting new programming and talented instructors.

We were thrilled to introduce our first Riverland Featured Artist of the Month, Brenda Donovan, who hosted a lovely meet-and-greet in February alongside her beautifully displayed collection of artwork. In March, we are proud to feature the incredible self-taught sculptor Sharon Churchill.

We're also excited to welcome our newest pottery instructor, Eric Olsen, who began teaching in March. In addition to his classes, we're now offering an advanced wheel workshop for those ready to elevate their skills.

March also marked the debut of our Fine Art Instructor Rose Diem's Riverland Artist Exhibition, showcasing a variety of her students' artwork throughout our lobby. We truly have an abundance of talented residents in our community!

April brings 2026 World Art Day. This year, several amazing Riverland clubs will be participating in this vibrant celebration. Enjoy live performances from Voices of Valencia, the Riverland All Star Band, and the Fusionettes Dance Group. We're also honored to welcome Fushu Daiko Japanese Drumming for a dynamic live performance. Best of all, the event has been moved to a Saturday – so be sure to mark your calendar!

Looking ahead to May and June, we have fantastic culinary classes scheduled with your favorites, Chef Robin and Chef Deedra. Don't forget to check the calendar for details.

If you haven't heard, we launched language classes in January, and they will continue through April, May, and June. Brush up on Spanish or Italian just in time for your summer travels!

Be sure to check your app for everything Arts & Culture – jewelry classes, lectures, culinary experiences, pottery instruction, and so much more.

We truly have something for all your creative passions!

Kelly

12067 SW Community Blvd.
 (772) 271-7272
www.riverlandapp.com

Office Hours:

Monday - Friday: 9 am - 6 pm
 Saturday: 9 am - 5 pm

Creativity Hub Hours:

7 am - 9 pm | 7 days a week

To sign up for Arts & Culture Classes and Events, go to on the Riverland App then, click on Arts & Culture Classes.

Need help? If you cannot access the Riverland App for any reason, please stop into the Arts & Culture Center or call (772) 271-7272 and a staff member will assist.

ARTBEAT SPOTLIGHT



Meet Sonia Wheelock – Spanish Teacher

When Sonia teaches Spanish at Riverland, she brings more than just language skills to the classroom – she brings a lifetime of cross-cultural experiences and a genuine passion for connecting people through language.

Growing up between El Salvador and Nicaragua, Sonia was immersed in the rich, vibrant Central American culture, surrounded by color, music, conversation, and community. She pursued her education in environmental engineering and communication at the university, where she also discovered her love for teaching by instructing Spanish classes to support herself while in college.

After graduation, Sonia started working with nonprofits that built water systems in rural communities throughout Central America. Her role focused on adult education and coordinating international volunteers. She designed workshops, led training, and helped people from different cultures collaborate effectively. She quickly saw how clear, respectful communication could transform not just projects but relationships.

Now residing in Florida with her husband and daughter, Sonia has channeled her expertise in adult education and her passion

for Hispanic culture into founding Conecta Live, an organization dedicated to making Spanish learning accessible and enjoyable for adult learners.

“I believe language opens doors and opportunities,” she explains. “It enriches your experience of life and deepens human connection. What I love most is the creative side – finding new and engaging ways for people to learn.”

When she's not teaching, Sonia enjoys spending time in Florida's beautiful natural spaces, cooking, and reading. She brings this same appreciation for life's simple pleasures into her classroom, where learning Spanish becomes not just an educational pursuit, but a joyful journey of discovery.

Whether you're planning to travel, connect with the community, or simply challenge yourself with something new, Sonia's classes at Riverland offer a welcoming space to embark on your Spanish-learning adventure.

SPANISH CLASSES WITH SONIA WHELOCK

Fridays | 10:00 am - 11:00 am

April 3, 10, 17 & 24

May 1, 8, 15, 22 & 29

June 5, 12, 19 & 26



Making Jewelry with Joyce Levine



How to Make a Bowl



Craft and Chat

ARTS & CULTURE CENTER CLASS REFUND & CANCELLATION POLICY:

We value your commitment to our classes and understand that sometimes plans change. To ensure a smooth experience for both our instructors and participants, please review our refund and cancellation policy.

To qualify for a refund, cancellations must be made at least 48 hours in advance of the scheduled class time. This policy allows us

to manage our resources effectively and offer the best experience possible to all participants.

Our instructors often purchase materials specifically tailored for each class session. These materials are necessary to provide a comprehensive and personalized learning experience.

Therefore, cancellations made on the day of the class or after the class has commenced are non-refundable.

CLASSES AT THE CREATIVITY HUB

Register at www.riverlandcai.com/classes

FINE ART STUDIO

WITH ROSE DIEM, FINE ARTS INSTRUCTOR

INTRO TO DRAWING WITH PASTELS

Tuesdays | 10 am - 12 pm

Learn fundamental concepts of drawing including line quality. Basic shapes and basic perspective. Light mastery shading secrets, control of values and edges. Develop skills to make drawing three dimensional and exciting.

OPEN ARTS

Tuesdays and Thursdays | 12:30 - 4 pm

Individualized instruction from Beginner to Pro. Advance at your own pace and choose subject matter you wish to pursue. Select from drawing, pastels, acrylic, mixed media, watercolors and water oils.

CREATING COLLAGES WITH ROSE DIEM

Wednesdays | 12:30 pm - 4 pm

April 15 | May 6 & 7 | June 17

Create an imaginative work of art by utilizing various mediums and subject materials. Choose from photos, magazines, images, cloth, foil, beads, paint and doilies. Start with an idea, memory, pet, place, person, shape or color.

PALETTE KNIFE PAINTING WITH ROSE DIEM

Wednesdays | 12:30 pm - 4 pm

April 8 & 29 | May 20 | June 10

Students will learn how to manipulate acrylic paint with a palette knife and other tools to produce various effects from subtle blending to bold strokes. Creating color harmony throughout your painting is an additional highlight of this class.

POUR PAINTING WITH ROSE DIEM

Wednesdays | 12:30 pm - 4 pm

April 1 & 22 | May 13 | June 3 & 24

Pour painting, also known as fluid art, is a technique where paint is poured onto a surface, like a canvas, to create a flowing, abstract design. Instead of applying paint with a brush, artists allow the paint to spread naturally, creating unique patterns and textures.

WATER COLOR PAINTING WITH ROSE DIEM

Thursdays | 10 am - 12 pm

Watercolor painting is a technique where pigments mixed with water are applied to a surface, typically paper, to create artwork. It's known for its transparent, delicate washes of color, though it can also be made opaque with the addition of white paint. The interplay of water and pigment creates unique effects, and artists utilize various techniques to achieve desired results.

PAINT THE MASTERS WITH ROSE DIEM

Paint along with Rose to replicate a masterpiece

Saturday, April 25 | 1 pm | *Johannes Vermeer*

- *The Girl with the Pearl Earring*

Saturday, May 30 | 1 pm | *Henri Matisse-Fish Bowl*

Saturday, June 27 | 1 pm | *Mary Cassatt-Children*

Playing on the Beach

MOSAICS ART WITH ASIA WETSBROOK OF FRACTURED BRILLIANCE

Jewelry (Cut Glass Flowers): Friday, April 4 | 1 pm

Framed Art (Peacock, Chickadee, Cardinal, or

Hummingbird): Friday, April 10 | 1 pm

Open Art Studio: Thursday, April 16 | 11 am

Garden Paver (Dragonfly, Treefrog, or Sea Turtle):

Friday, April 24 | 1 pm

Suncatcher (Chicken, Bluebird, or Chickadee):

Friday, May 1 | 1 pm

Jewelry (Beaded Heart): Saturday, May 16 | 1 pm

Open Art Studio: Thursday, May 21 | 11 am

Framed Art (Luna Moth or Butterfly):

Friday, May 29 | 1 pm

Garden Paver (Colorful Fish or Butterfly):

Friday, June 5 | 1 pm

Open Art Studio: Thursday, June 18 | 11 am

Suncatcher (Lotus, Rose, or Sunflower):

Saturday, June 20 | 1 pm

Jewelry (Beachy Pendants): Friday, June 26 | 1 pm

JEWELRY MAKING CLASSES WITH JOYCE

1 pm - 3 pm

April 10 | May 15 | June 26

SIP 'N PAINT CLASSES WITH RITA THE ARTISTA

April 8 | 6 - 8:30 PM

May 14 | 6 - 8:30 PM

June 19 | 6 - 8:30 PM

CRAFT WITH KELLY

Handmade Chenille Blankets: Friday, April 10 | 10 am

Handmade Chenille Blankets: Friday, May 8 | 10 am

Handmade Chenille Blankets Friday, June 5 | 10 am

SOUND BATH MEDITATION

WITH DENISE CARRARO (MOVING TO PULSE FIT STUDIOS)

Mondays and Fridays | 6 pm

April 6, 17 & 20

May 4, 18 & 22

June 1, 15 & 29

For more information and to register for classes, visit the Riverland Lifestyle App.

Class schedules are subject to change. With new programs, classes, workshops, and lectures being added all the time, be sure to stay connected for all the latest info.

ARTS & CULTURE

ITALIAN CONVERSATION CLASSES ROSA MATTINA



Buon Giorno! Parliamo in italiano! (Let's speak Italian) Our introductory class is designed for the absolute beginner focusing on core listening and speaking skills for everyday life and travel. You'll learn to introduce yourself ask for directions use essential vocabulary and explore Italian culture cuisine and customs. We will be engaging in fun interactive dialogues pronunciation practice and real-life situations.

We will be offering 6 classes starting every Wednesday March 4th to April 8th. There will be six sessions 11 am - 12 pm and 7 pm - 8 pm.

There are a few dates that the times are different due to other events going on at the Arts and Culture Center. On March 11th the am class is 11:30 am to 12:30 pm and the pm class is 4 pm to 5 pm. March 18th the am class is 11:30 am to 12:30 pm. March 31st classes are 3 pm to 4 and 7 pm to 8 pm. Both sessions will contain the same lesson. Space will be limited to 35 per class. Each resident will only be able to register for one person. For each class please only register for the morning or the evening session. Please do not register for both the am and the pm. We have limited availability and want to be able to give everyone an opportunity to take a class.

Week 1: I Saluti (Greetings/Farewells)

Week 2: I Numeri (Numbers)/ Il tempo (Weather)

Week 3: Il Calendario (Days/Months/Seasons)

Week 4: Il Ristorante Italiano e Ordinare dal Menu (the Italian Restaurant and Ordering from the Menu)

Week 5: Fare lo shopping (Shopping Italian Style) e domandare direzioni (asking directions)

Week 6: Le regioni (Italian Regions) e la cultura italiana (Italian culture)

POTTERY AT RIVERLAND



Introduction to Pottery



Wheel 101 with Melisha Santiago

Please note the Pottery Studio is not open while a class is in session.

Introduction and Orientation To Pottery

Residents you only need to take this class one time, allowing you to learn about the studio, tour the studio and learn about the clay and glaze types and how to roll and wedge clay.

April 16 | 9 am - 12 pm
April 30 | 9 am - 12 pm
May 21 | 9 am - 12 pm
June 11 | 9 am - 12 pm
June 25 | 9 am - 12 pm

Mentor Mondays

April 6, 13, 20 & 27 | 9 am - 12 pm
May 4, 11, 18 & 25 | 9 am - 12 pm
June 1, 8, 15, 22 & 29 | 9 am - 12 pm

Wheel 101 with Melisha Santiago

Session 1 | 3/30, 4/10, 4/13 and 4/20 | 3 - 6 pm
Session 2 | 5/4, 5/11, 5/18 and 5/26 | 3 - 6 pm
Session 3 | 6/1, 6/8, 6/15 and 6/22 | 3 - 6 pm

Beginner Wheel with Eric Olsen

Session 1 | 4/14, 4/21, 4/28, 5/05, 5/12, 5/19 | 9 am - 12 pm
Session 2 | 5/26, 6/02, 6/09, 6/16, 6/23, 6/30 | 9 am - 12 pm

Advanced Wheel with Eric Olsen

Session 1 | 4/15, 4/22, 4/29, 5/06, 5/13, 5/20 | 9 am - 12 pm
Session 2 | 5/27, 6/03, 6/10, 6/17, 6/24, 7/01 | 9 am - 12 pm

Not all of our Pottery classes are listed here, please continue to check the APP for classes.

Class schedules are subject to change. Please be sure to stay connected on the www.riverlandapp.com for all the latest info.

NEW PROGRAM!



Custom Perfume Class with Monteleone

Learn about a variety of essential oils and make your own perfume with Patrizio & Gloria, founders of Monteleone.

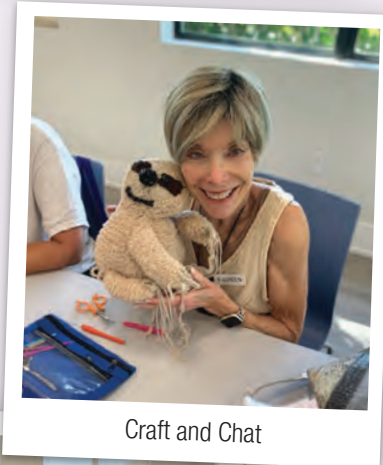
April 11 | 2 - 3:30 pm



Mentor Mondays



Open Art Studios with Rose Diem



Craft and Chat



Crafting with Kelly

CULINARY ARTS

Whether you're helping to prep the meal, socializing with friends, or making new connections, the choice is always yours! Our chefs offer stations where you can actively participate, while sometimes our chefs may prep in advance to keep things running smoothly. While we don't have individual cooking stations yet, we plan to introduce them in the future.

APRIL CLASSES

Pan-Seared Sea Bass

Wednesday, April 1 | 5 pm | Chef Deedra

Veal Saltimbocca

Friday, April 3 | 5 pm | Chef Robin

French Chicken

Monday, April 6 | 5 pm | Chef Deedra

Seafood Stuffed Jumbo Shrimp

Tuesday, April 7 | 5 pm | Chef Robin

Artisan Pizza Night

Wednesday, April 8 | 5 pm | Chef Deedra

Osso Buco

Thursday, April 19 | 5 pm | Chef Robin

Pistachio Crusted Chilean Sea Bass

Friday, April 10 | 5 pm | Chef Robin

New Orleans Themed Dinner

Saturday, April 11 | 5 pm | Chef Deedra and Donna

Making Chicken Fettuccine Alfredo Pasta

Monday, April 13 | 5 pm | Chef Deedra

Sesame Crusted Ahi Tuna

Tuesday, April 14 | 5 pm | Chef Robin

Seared Scallops

Wednesday, April 15 | 5 pm | Chef Deedra

Southern Coastal Fish Fry

Monday, April 20 | 5 pm | Chef Deedra

Green Chili Chicken Enchiladas

Tuesday, April 21 | 5 pm | Chef Robin

Build Your Own Crepe Night

Wednesday, April 22 | 5 pm | Chef Deedra

Grilled Tournedos of Filet with Fois Gras

Thursday, April 23 | 5 pm | Chef Robin

Pan Seared Snapper

Friday, April 24 | 5 pm | Chef Robin

Making Italian Sunday Pasta Sauce

Monday, April 27 | 5 pm | Chef Deedra

Stuffed Filet of Beef Tenderloin

Tuesday, April 28 | 5 pm | Chef Robin

Crab Cakes

Wednesday, April 29 | 5 pm | Chef Deedra

New Orleans Night

Thursday, April 30 | 5 pm | Chef Robin

MAY CLASSES

Make Your Own Pizza

Friday, May 1 | 5 pm | Chef Robin

French Bistro Night

Monday, May 4 | 5 pm | Chef Deedra

Southern Comfort Short Ribs

Tuesday, May 5 | 5 pm | Chef Robin

Spanish Tapas Night

Wednesday, May 6 | 5 pm | Chef Deedra

Crab and Shrimp Stuffed Flounder

Friday, May 8 | 5 pm | Chef Robin

Pan Seared Snapper

Monday, May 11 | 5 pm | Chef Deedra

Filet Mignon with Foie Gras

and Truffle Butter

Tuesday, May 12 | 5 pm | Chef Robin

Grilled Lamb Night

Wednesday, May 13 | 5 pm | Chef Deedra

Scallops Picatta with Linguini

Thursday, May 14 | 5 pm | Chef Robin

Eggplant Parmesan

with Butter Poached Lobster Tail

Friday, May 15 | 5 pm | Chef Robin

Making Homemade Primavera Pasta

Monday, May 18 | 5 pm | Chef Deedra

Reverse Sear Rib Roast of Beef

Tuesday, May 19 | 5 pm | Chef Robin

Oysters, Clams & Mussels

Wednesday, May 20 | 5 pm | Chef Deedra

Halibut Fish and Chips

Friday, May 22 | 5 pm | Chef Robin

Braised Short Ribs

Monday, May 25 | 5 pm | Chef Deedra



Cooking with Chef Deedra



Cooking with Chef Robin

Lobster Tacos

Tuesday, May 26 | 5 pm | Chef Robin

Mexican Tacos Night

Wednesday, May 27 | 4 pm | Chef Deedra

Steak and Frites

Friday, May 29 | 5 pm | Chef Robin

JUNE CLASSES

Mediterranean Night

Monday, June 1 | 5 pm | Chef Deedra

Ribeye Roast with Cranberry

Balsamic Glaze

Tuesday, June 2 | 5 pm | Chef Robin

Seared Tuna with Lemon Caviar Pearls

Wednesday, June 3 | 4 pm | Chef Deedra

Stuffed Roasted Whole Branzino

Friday, June 5 | 5 pm | Chef Robin

Herb Crusted Pork Tenderloin

Monday, June 8 | 5 pm | Chef Deedra

Italian Night

Tuesday, June 9 | 5 pm | Chef Robin

Seafood Boil

Wednesday, June 10 | 4 pm | Chef Deedra

Lobster Rolls

Friday, June 12 | 5 pm | Chef Robin

Angus Burgers and Grilled Ribs

Monday, June 15 | 5 pm | Chef Deedra

Crab and Shrimp Stuffed Pasta

Tuesday, June 16 | 5 pm | Chef Robin

Clams, Mussels and Oysters

Wednesday, 17 | 4 pm | Chef Deedra

Filet Mignon with Mustard

and Mushrooms

Friday, June 19 | 5 pm | Chef Robin

Texas Brisket BBQ Night

Monday, June 22 | 5 pm | Chef Deedra

Crabcake on Fried Green

Tomato Sandwiches

Tuesday, June 23 | 5 pm | Chef Robin

Handmade Pasta with Shrimp Scampi

Wednesday, June 24 | 4 pm | Chef Deedra

Moroccan Lamb Chops

Thursday, June 25 | 5 pm | Chef Robin

Fricassee of Lobster

with Potato Gnocchi

Friday, June 26 | 5 pm | Chef Robin

Grilled Mahi Mahi

Monday, June 29 | 5 pm | Chef Deedra

Poached Halibut in Coconut Broth

Tuesday, June 30 | 5 pm | Chef Robin

**Wine is complimentary with some menus. See course description for details. Schedule is subject to change.*

To qualify for a refund, cancellations must be made at least 48 hours in advance of the scheduled class time. This policy allows us to manage our resources effectively and offer the best experience possible to all participants. Our instructors often purchase materials specifically tailored for each class session. These materials are necessary to provide a comprehensive and personalized learning experience.

Therefore, cancellations made on the day of the class or after the class has commenced are non-refundable.



Paul Palermo, Sports Director
sportsdirector@riverlandcai.com



Courtney Palermo, Pro Shop Manager
proshop@riverlandcai.com

12001 SW Riverland Blvd.
Port St. Lucie, FL 34987
(772) 271-7272
Proshop@riverlandcai.com

Pro Shop Hours:

Monday - Friday: 8 am - 7 pm
Saturday: 8 am - 1 pm
Sunday: 8 am - 12 pm

Court Hours:

7 am - 11 pm | 7 days a week

A MESSAGE FROM THE SPORTS DIRECTORS

As we wrap up another incredible season, we want to recognize the continued growth across all of our programs. Pickleball had a strong showing this season, highlighted by our Wednesday night Trios League, which became a huge draw for our advanced players and brought great energy and competition each week. As that momentum continues to build, we're excited about the opportunity to expand Trios into the 3.0 and 3.5 levels as well. In addition, Riverland players represented us proudly in approximately 10 travel league teams this season – a testament to the depth and strength of our pickleball community.

Tennis league season is concluding with 14 league teams – a tremendous accomplishment and a clear sign of the program's growth. Bocce is also finishing strong with 29 total teams across two leagues, another milestone that reflects the enthusiasm and participation within our community.

As we head into April, May, and June, the Florida heat becomes a bigger factor in our daily play. Please prioritize hydration, proper attire, and equipment care. Drink electrolytes at least two hours before exercise so your body can properly absorb and retain fluids – electrolytes help regulate muscle function and help prevent cramping. Wear breathable clothing and sport-specific shoes (pickleball and tennis court shoes, closed-toed shoes for bocce) for proper support and injury prevention. Use the fans under the awnings, and remember to take your towel home with you. With added humidity, grips wear down faster, so re-gripping your paddles and racquets regularly will help maintain control and comfort. These small habits make a big difference in keeping you safe and performing your best.

April also brings the Riverland Open, which we're proud to host as a Pre-U.S. Open prep event ahead of the 10th Annual U.S. Open Pickleball Championships in Naples. Courtney will be competing in Women's Doubles on Thursday, April 17, and Paul will compete in Men's Doubles on Tuesday, April 15. It's one of the most exciting events in pickleball, and we're honored to represent Riverland.

We're grateful for the continued support and energy that make this community so special.

See you on the courts,
Paul & Courtney

WEEKLY CLASS SCHEDULE APRIL/MAY/JUNE

MONDAY

PB: Madi's Mini Clinic (2.5+)	8:00 am - 9:00 am	\$30
PB: Court's Mini Clinic (3.0+)	8:30 am - 9:30 am	\$30
PB: Left-Side Dominator w/ Zach (3.0+)	11:00 am - 12:00 pm	\$30
PB: Pickleball 101 Academy (4-weeks)	5:00 pm - 6:00 pm	\$25/each
PB: Pickleball 102 Academy (4 Weeks) (2.5+)	6:00 pm - 7:00 pm	\$25/each
PB: Pro Play Lab (3.5+) w/ Zach & Sam	6:30 pm - 8:00 pm	\$35

TUESDAY

PB: 3.0+ Level Up Series w/ Sam (4-weeks)	9:30 am - 10:30 am	\$25/each
PB: Advanced Beginner (2.5-2.9)	5:00 pm - 6:00 pm	\$25
PB: Intro to Pickleball w/ Sam	6:00 pm - 7:00 pm	\$25

WEDNESDAY

TN: Drills, Skills & Strategy w/ Bill (2.5-3.0)	8:00 am - 9:30 am	\$30
PB: Specialty Clinic w/ Zach (3.0+)	9:30 am - 10:30 am	\$25
PB: Kitchen Offense Series w/ Zach 3.0+ (4-weeks)	10:00 am - 11:00 am	\$30
TN: Fundamentals w/ Bill (2.5+)	3:00 pm - 4:30 pm	\$30

THURSDAY

PB: Drill & Play w/ Sam (3.0+)	6:00pm - 7:30 pm	\$30
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FRIDAY

PB: Madi's Mini Clinic (3.0+)	9:30 am - 10:30 am	\$30
PB: Fast Hands Boot Camp w/ Sam & Zach (3.0+)	10:00 am - 12:00 pm	\$50
TN: Drills, Skills & Strategy w/ Bill (3.0+)	9:00 am - 10:30 pm	\$30

SATURDAY

BB: Welcome to Riverland Bocce	9:30 am - 10:00 am (1 st Saturday of each month)	FREE
PB: Welcome to Riverland Pickleball	10:00 am - 11:00 am (1 st Saturday of each month)	FREE

(Subject to change based on popularity, availability and necessity!)

*PB = Pickleball | TN = Tennis | BB = Bocce Ball | POPTN = POP Tennis



HOW TO MAKE A PRIVATE LESSON?

You can book a private lesson with any of our instructors by calling the Pro Shop: (772)-348-4561.

THE COMPETITIVE EDGE - PROS & TIPS



COURTNEY PALERMO | PICKLEBALL

Your Serve Predicts the

Return: In pickleball, your serve often determines the type of return you'll get back. A lob serve typically produces a softer return, making it ideal for a third shot drive, while a hard,

fast serve usually brings pace back at you. If you serve with angle, expect angle in return, and a body serve often creates hesitation that leads to a weaker reply. Be intentional – serve with a purpose based on the third shot you want to hit next.



PAUL PALERMO | PICKLEBALL

Stop Backing Up – Reset Instead

One of the biggest mistakes players make under pressure is retreating when the ball comes fast. Backing up actually makes things harder

because you give your opponents more court and lose control of the point. Instead, focus on the reset: Soften your grip pressure (think 3–4 out of 10), use a compact swing – no backswing, aim higher over the net to land in the kitchen, absorb the pace with your legs, not your arms. A good reset neutralizes the attack and gets you back into a winning position at the kitchen line.



BILL PERRIN | TENNIS

The non-hitting hand can and should help you on every shot in tennis. For example: On the forehand drive you'll get a more consistent finish by putting both hands together over your opposite shoulder.

On a one handed back hand, pull the racket back with the non-hitting hand and leave it there while you finish with your hands apart.



SAMUEL HIGGINSON | PICKLEBALL

Drive Tip: When hitting a drive, make contact out in front of your body – not beside you. Swing low to high, brushing up the back of the ball instead of swinging across your body. This creates topspin and control. The goal isn't just power – it's a dipping drive.

A ball that travels fast but drops quickly forces your opponent to hit up on it, which sets you up for the next attack.



JEFF WILSON | TENNIS

Tip for serving: Three power sources Legs, body rotation and arm snap. If you keep your toss arm up until your snap arm swings this will keep your legs in place keep your body sideways and enable your snap arm to release with all power sources connected. Reach for the ball. Higher contact Higher percentage serve. Good luck!



MADI GONZALEZ | PICKLEBALL

Sliding to Create Space:

Sliding is a simple footwork adjustment that helps you avoid getting jammed when the ball is driven at your body or pulled to a tight spot (example: chicken wing). Instead of reaching or

swinging late, take a quick side step "slide" so you can contact the ball out in front. The result is cleaner timing, more control, and fewer awkward pop ups when opponents speed up at you.



ZACH HIGGINSON | PICKLEBALL

Fast Hands: Fast hands win kitchen battles – and it's less about reaction time and more about preparation. Keep your paddle up and out front, elbows off your body, and expect the attack on every shot. Use short,

compact punches with no backswing to stay in control during speed-ups. Your hands are only fast if you're ready first – join Zach and Samuel's Fast Hands Bootcamp to sharpen yours.



BLAKE CASINO | PICKLEBALL

Loosen Your Grip

Hold your paddle like a small bird, firm enough so it won't fly away, but soft enough that you don't crush it. A "death grip" makes your wrist rigid

and causes you to pop up blocks. Instead, aim for a grip pressure of 3 or 4 out of 10, especially at the Non-Volley Zone line. A relaxed grip acts as a shock absorber against fast drives and gives you much better touch for your dinks.

RESIDENT TESTIMONIAL



DEBBIE LEVENSON

"The tennis program at Riverland has truly flourished with the addition of Jeff," shares resident Debbie Levenson. "I'm absolutely loving my lessons. Jeff explains things in a way that clicks for me, and what's most exciting is being able to take what I learn in a lesson and actually apply

it during real play. I can feel my confidence growing, and I'm seeing real improvement every time I'm on the court."

Debbie also deeply appreciates Jeff's commitment. "He doesn't have to stay and watch our matches, but he does. He could go home, but instead he sticks around and supports us. That means a lot."

She added that the courts "look fantastic" and that she always makes a point to compliment the maintenance staff for the great job they're doing.

Debbie also shared her gratitude for the Pro Shop team – Paul, Courtney, and Heather – thanking them for their ongoing support and the positive experience they help create each day.



RIVERLAND OPEN PICKLEBALL TOURNAMENT

APRIL 11-12TH

AT RIVERLAND SPORTS & RACQUET CLUB

SATURDAY

WOMEN'S DOUBLES | MEN'S DOUBLES

SUNDAY

MIXED DOUBLES



Go to PickleballBrackets.com
search Riverland Open

PRIVATE LESSONS

You can book a private lesson with any of our instructors by calling the Pro Shop: (772) 271-7272

SERVICES

How the facilities operate on a day-to-day basis

Tennis Woman's Round Robin is offered on Monday and Wednesday mornings at 8 am, check with the pro shop to sign up Open play will be available when courts 9 and 10 are completed. Court reservations are required if you wish to play any time other than open play. The ball machine can be rented for \$12/hour after 10 am. Our instructors: Jeff and Bill are eager to help you improve your tennis skills.

Pickleball Court Operations: There are dedicated courts to open play to play with like-skill leveled players in the morning from 8-11 am or social open play open to all levels in the evening from 5-8 pm. Open play enables you to meet your neighbors or if you've met some fun people you can form your own group and book a court any day/any time! Want to learn new strategies and techniques in pickleball? Ask one of our many Pickleball Pros who are always on their A-game and ready to make you a better player! Then the ball machine can be rented for \$12/ hour after 11 am. Classes are held on courts 1-5 next to the pro shop.

Bocce Court Operations: The Bocce Club meets Monday evenings from 6-8 pm, (when no league play) Tuesday mornings 8-10 am, Thursday mornings 8-10 am, Thursday evenings (ladies' night!) 6-8 pm & Sunday evenings 5-8 pm. Outside of those time frames and special events the courts are available for booking! Learn to play bocce in Welcome to Riverland Bocce the 1st Saturday of the month at 9:30 am and get introduced to our bocce program!

Equipment We have pickleball paddles and tennis racquets available to demo, borrow and purchase in the pro shop. We have a stringing machine and can string your tennis racquet in the pro shop! If you need a Riverland shirt, visor, hat, or cooling towel we have that as well to keep you cool this summer on the courts.

The Sports & Racquet Club takes payment for classes and events upon signup. We operate on a 24-hour cancellation policy to receive a full refund. No refunds for cancellations within 24-hours of the start or no-shows without a doctor's note.

SOCIAL EVENTS AND TOURNAMENTS

APRIL

- 11 Riverland Open - Men's & Women's Doubles
- 12 Riverland Open - Mixed Doubles
- 18 TN End of Season Round Robin
- 30 PB: Color Wars

MAY

- 14 Pickle with the Pros
- 21 BB: The Precision Cup
- 25 TN: Memorial Day RR

JUNE

- 18 Pickleball Poker: All In at the Kitchen
- 25 BB: Bocce Bingo



SPORTS & RACQUET CLUB





Athenia Williams, Fitness Director
fitnessdirector@riverlandcai.com



Uroy Williams, Assistant Fitness Director
fitnessmanager@riverlandcai.com

**WELLNESS & FITNESS CENTER
HOURS OF OPERATION**

Gym and Stretch Zone: Open 24 Hours
Outdoor Fitness Pools/Spa/Resistance Pool:
Dawn till Dusk
Indoor Sports Court/Indoor Fitness Pool
(Lap Lane Reservation Required):
6:00 am - 10:00 pm
Group Fitness Classes (Group Fitness Class
Membership Required): 7 Days a Week

PULSE FIT STUDIOS

Studio Hours:
Monday - Friday 7 am - 8 pm
Saturday 9 am - 5 pm
Sunday 8 am - 1 pm

**UPDATE FROM THE
FITNESS DIRECTOR**

With the cold days behind us, we're ready to sprint into Spring! It's hard to believe it's already been ONE YEAR since we took over this incredible program – and what a year it's been! We've grown attendance by an amazing 35%, and we're just getting started.

Our powerhouse team is now 45 strong – professionally trained Massage Therapists, Group Fitness Instructors, Personal Trainers, Stretch Professionals, and a Registered Dietitian – all committed to helping YOU crush your goals. Whether you're just starting out or maintaining your progress, we've got the right expert to support you every step of the way.

We offer over 120 Group Fitness Classes weekly including, Bungee Fitness, Spin, Pilates Reformer, Dance Fit, Boxing Fit, Tai Chi, Bootcamp, Low Impact Fit, Strength Training, Stretch, Yoga and more. Whatever your vibe, we've got it. There is truly something for everyone. Note – we are always introducing and testing new ideas to better serve you, assuring we continue improving your experience with us.

And for those who may not know us yet – we're a husband-and-wife team with over 40 years of combined experience in fitness and hospitality operations. Serving this community isn't just our profession – it's our passion.

When we're not here creating excellence, our two little ones (Kingston – 6 years old and Eleni – 8 years old) keep our heart rates up at home as we chase after them.

If you ever have questions, suggestions, or would like to recognize one of our incredible team members, please stop by our office. We love hearing from you. This is more than a fitness center. This is a community. And... we are building something special – together.

GO FORWARD! STAY WELL!

One Love,
Athenia and Uroy

FEATURED TEAM MEMBERS

Calli Daniels



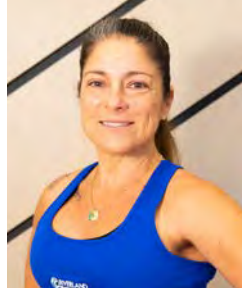
**Personal Training
Manager
Pickleball Performance
Trainer**

Lawrence Serrahn



**Personal Trainer
Stretch Therapy**

Tammy Ossa



**Personal Trainer
Assisted Stretching
Kinesio Taping**

Glenn Shinn



**Personal Trainer
Six Week Transformation Coach**

Andrea Horner



**Personal Trainer
Group Fitness
Instructor**

Jennifer Figueroa



**Swim Instructor
Water Safety Coach**

HOW TO SCHEDULE CLASSES AND SERVICES AT THE FITNESS CENTER

- Download the RiverlandFit App
- Create an account using the email you have on file with the HOA
- Call or stop by the Fitness Center to purchase your services or Group Fitness packages (772) 271-7272
- Now you can schedule all your classes or services on your phone
- Once you have completed these steps you can also schedule or request services through the riverlandcai.com website



Jennifer Coull
Licensed Massage Therapist #MA73360

Hi there, I'm Jenn! I've been a massage therapist since 2003. Massage is and always has been more than a job for me. I truly enjoy helping people through the gift of massage. After two decades of massaging, I've acquired a great deal of knowledge of the mind-body connection and the incredible healing effects that massage can provide.

For the athletes and workout warriors in the community I specialize in Sports Therapy Massage. In a session with me we'll assess and address any limiting muscle mobility and flexibility. Flexible, breathable muscles are key to a more effective workout and better mobility in any sport. Keeping your muscles healthy can greatly reduce inflammation and injury. For those of you just looking to relax, allow me to put you into a deep state of relaxation during a Relaxation massage. Your body will feel rested and rejuvenated, like you just took a much-needed mini vacation. For everything in-between sports and relaxing, I will combine the best of both worlds in a Therapeutic Massage, using all of my knowledge to create the perfect full body experience.



Whitney Martin
Licensed Massage Therapist #MA73353

Whitney is a dedicated and experienced Licensed Massage Therapist with over 10 years of experience in the field. At Riverland, Whitney offers a wide range of therapeutic services, including Trigger Point Therapy, Deep Tissue Massage, Relaxation Massage, Lymphatic Drainage, Reflexology, and Cupping Therapy. Her extensive training and certifications enable her to provide personalized care tailored to meet each client's unique needs.

Whitney is deeply committed to serving the Riverland community. She collaborates closely with trainers to ensure clients remain healthy and active, emphasizing a holistic approach to wellness. Whitney takes pride in delivering exceptional massage therapy that supports overall well-being and enhances quality of life. Outside of her professional life, Whitney is a loving wife, a stepmother to two wonderful children, and a devoted mom to two fur babies. Whitney brings her caring spirit into her practice and looks forward to helping you achieve your wellness goals.

WEEKLY CLASS SCHEDULE

Events and classes listed below take place every week.

MONDAY

- 8 am Pilates Reformer (Level 1)
HIIT
- 9 am Barre
Pilates Reformer (Level 1)
Spin
Tai Chi
- 10 am Yoga Stretch
Pilates Reformer (Level 2)
Full Body Fit
Aqua Fit (Level 2)
Chair Yoga
Low Impact Fit (Bootcamp)
- 11 am Pilates Reformer
Spin
Low Impact Fit
Stretch & Tone
- 12 pm Pilates Reformer
Bungee Fitness
Mat Pilates Fusion
- 5 pm Pilates Reformer
- 6 pm Pilates Reformer
Low Impact Fit

TUESDAY

- 8 am Pilates Reformer (Level 1)
Low Impact Fit
- 9 am Pilates Reformer (Level 2)
Aqua Fit (Pilates)
Yoga
Zumba
- 10 am Foam Roll & Stretch
Pilates Reformer (Level 1)
Dance Fit Bootcamp
Aqua Fit (Core & Cardio)



Foam Roll Class

- 11 am Stretch & Tone
Pilates Reformer
Tone Up
Chair Yoga
- 12 pm Pilates Reformer
- 2 pm Mat Pilates
- 3 pm Low Impact Fit
- 5 pm Yin Yoga
Pilates Reformer
ABS 360
- 6 pm Pilates Reformer

WEDNESDAY

- 8 am Yoga
Pilates Reformer (Level 1)
Low Impact Fit
- 9 am Pilates Reformer (Level 2)
Core & More
Boxing Fit
Stretch & Tone
- 10 am Stretch
Pilates Reformer
Zumba Gold
Full Body Fit
Aqua Fit (Strength & Conditioning)
- 11 am Barre Fusion
Medium Impact Fit
Power Hour
- 12 pm Mat Pilates
Pilates Reformer
Bungee Fitness
- 6 pm Aqua Fit & Dance
Pilates Reformer
Suspension Training

THURSDAY

- 8 am HIIT
Pilates Reformer (Level 1)
- 9 am Yoga
Spin
Low Impact Fit
Pilates Reformer (Level 1)
Bootcamp
- 10 am Barre
Pilates Reformer
Dance Fit
Aqua Fit (Level 2)
Step Aerobics
- 11 am Mat Pilates
Low Impact Fit

- ISO 60
Chair Yoga
Aqua Fit (B3)
- 12 pm Chair Zumba
- 2 pm Low Impact Fit
- 3 pm Tone Up
- 5 pm Yin Yoga
Pilates Reformer
- 6 pm Pilates Reformer
Full Body Strong

FRIDAY

- 8 am Pilates Reformer (Level One)
Lower Body Blast
- 9 am Stretch
Pilates Reformer (Level 2)
Pound
Medium Impact Fit
Move Groove & Dance
- 10 am Stretch
Pilates Reformer (Level 2)
Upper Body Attack
Bootcamp
Aqua Aerobics (Level 2)
Sweat & Swagger
- 11 am Stability Ball Strength & Tone
Pilates Reformer (Level 1)
Tone Up
Aqua Dance
Tai Chi
- 12 pm Yoga Stretch

SATURDAY

- 9 am Low Impact Fit
Aqua Fit
Pilates Reformer
- 10 am Mat Pilates
Full Body Fit
Stomp It Out (Line Dance)
Pilates Reformer
- 11 am Vinyasa Flow Yoga
Pilates Reformer
Bungee Fitness
- 12 pm Mat Pilates

SUNDAY

- 9 am Aqua Dance
- 10 am Yoga
Sweat & Swagger
- 11 am Pilates Reformer

Schedule Subject To Change

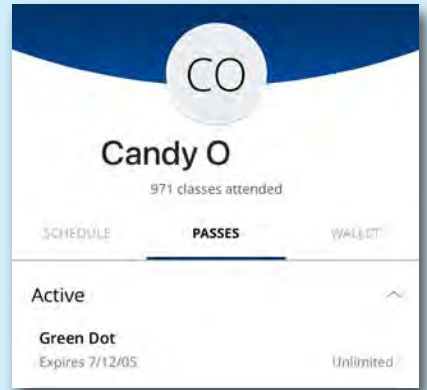


GET READY TO CELEBRATE!

1,000!

Welcome **Candy O** to the **1,000 Fitness Class Club** – where she is the founding member. Who will be next to join her?

Get Ready to celebrate a major milestone with us at the Riverland Wellness & Fitness Center. Resident Candy O. has been taking Group Fitness Classes with us since we opened in June 2022. From Aqua Fitness to Step Aerobics to Pilates Reformer classes, Candy has made health and wellness a priority. She has stayed committed to working out a few times a week (sometimes multiple classes a day) for a better quality of life.



After all that hard work, Candy is almost at 1,000 classes. She will be our first resident to hit this milestone and we are here rooting her on.

If you see Candy at the Wellness & Fitness Center, please congratulate her and let her know how much of an inspiration she is.

Way To Go Candy!
You Rock!



NUTRITION CORNER



Courtney Sellers
Registered Dietitian Nutritionist

READING BETWEEN THE LINES
What Food Labels Really Mean

FREE NUTRITION SEMINAR
WEDNESDAY APRIL 15, 2026
10:00AM-11:00AM

RESERVE ON THE RIVERLAND FIT APP
SPACE IS LIMITED

Reservations for April seminar opens on Friday, March 20th at 7 am.

Food & Inflammation:
A Practical Anti-Inflammatory Approach

FREE NUTRITION SEMINAR
WEDNESDAY MAY 13TH, 2026
10:00AM-11:00AM

RESERVE ON THE RIVERLAND FIT APP
SPACE IS LIMITED

Reservations for May seminar opens on Monday, April 20th at 7 am.

Eat Well
Wherever You Are !
FREE Nutrition Seminar
Wednesday June 17th, 2026
10:00am-11:00am

RESERVE ON THE RIVERLAND FIT APP
SPACE IS LIMITED

Reservations for June Seminar opens on Wednesday, May 20th at 7 am.

INDOOR SPORTS COURT

DAILY SCHEDULE

- **Line Dancing**

Monday: 6:30 pm - 8:00 pm

- **Basketball Open Court**

Monday: 6:00 - 7:00 am | 1:00 - 6:00 pm | 8:00 - 10:00 pm

Tuesday: 6:00 - 7:00 am | 1:00 - 5:30 pm

Wednesday: 6:00 - 7:00 am | 1:00 - 5:30 pm

Thursday: 6:00 - 7:00 am | 1:00 - 5:30 pm

Friday: 6:00 - 7:00 am | 1:00 - 10:00 pm

Saturday: 6:00 - 9:00 am | 1:30 - 10:00 pm

Sunday: 6:00 am - 10:00 pm

- **Ping Pong Open Table**

Tuesday: 3:30 - 5:00 pm

Thursday: 3:30 - 5:00 pm

Saturday: 3:30 - 5:00 pm

Sunday: 8:00 am - 5:00 pm



- **Ping Pong Club**

Tuesday, Thursday, Saturday: 1:00 pm - 3:30 pm

- **Volleyball Club**

Thursday: 6:00 pm - 8:30 pm

- **Corn Hole Open Play**

Tuesday: 6:00 pm - 8:00 pm

- **Indoor Stick Ball**

Wednesday: 7:00 pm - 10:00 pm

RIVERLAND
WELLNESS & FITNESS CENTER

SAVE THE DATE

HEALTH & FITNESS DAY

WEDNESDAY
MAY 27, 2026

Ready to push your limits?
1 Goal: A Stronger, Healthier You!

THANK YOU
WARREN WEIR

TRACK & FIELD SPRINTER - 200M

2012 LONDON OLYMPICS
BRONZE MEDALIST

IT WAS WONDERFUL HAVING YOU JOIN US FOR OUR
2026 RIVERLAND 5k

RIVERLAND
WELLNESS & FITNESS CENTER



EVENTS AT-A-GLANCE

April

- 2 **Riverland Green Market | Arts & Culture Center**
- 9 Yaniv Zarif | Grove
- 11 Crystal Stark | Whitney Houston Tribute | Walk
- 11 & 12 **Riverland Open | Sports and Racquet Club**
- 16 Garden Party | Parc
- 18 **World Art Day | Arts & Culture Center**
- 21 **Taste of Riverland | Riverland**
- 25 Meetloaf | Grove

May

- 7 **Riverland Green Market | Arts & Culture Center**
- 16 Beatlemanix USA | Cay
- 16 The Surfing Rascals – A Beach Boys Tribute | Walk
- 29 Chicago Show | Grove

June

- 4 **Riverland Green Market | Arts & Culture Center**
- 13 Dueling Pianos – Elton John & Billy Joel Face to Face | Cay

July

- 2 **Riverland Green Market | Arts & Culture Center**
- 10 Vic Dibitto Comedian | Cay
- 18 The Dan Steely Project | Grove

August

- 6 **Riverland Green Market | Arts & Culture Center**
- 8 Chemistry 80's Dance Party | Cay
- 29 **Never Forget: 9/11 Remembrance Pickleball Tournament | Sports & Racquet**

September

- 2 **Riverland Green Market | Arts & Culture Center**
- 11 **First Responder 9/11 Remembrance | Veteran's Memorial**
- 26 She Will Rock You | Cay

October

- 6 **Riverland Green Market | Arts & Culture Center**
- 17 Cheek to Cheek - Tribute to Lada Gaga & Tony Bennett | Cay
- 17 **Breast Cancer Walk | Paseo**
- 19 **Riverland Connects Block Party | Sports & Racquet**

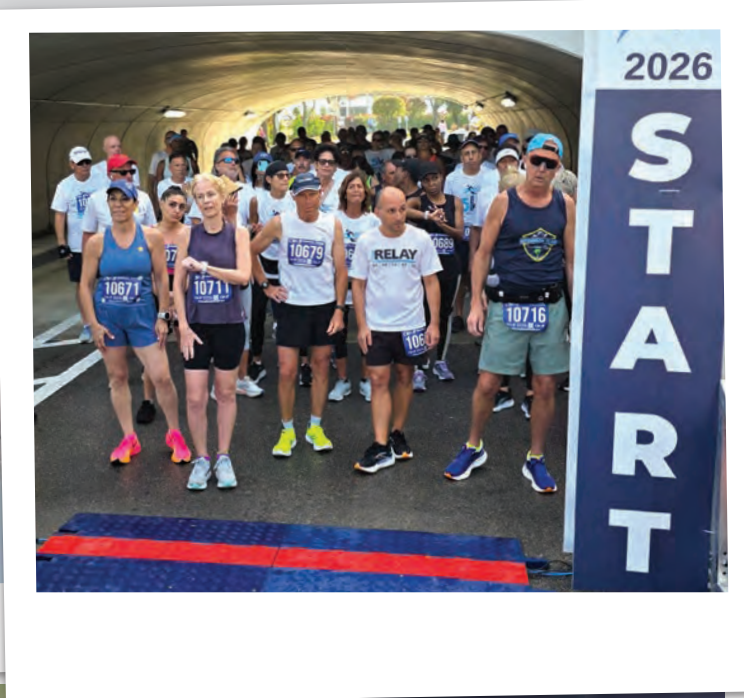
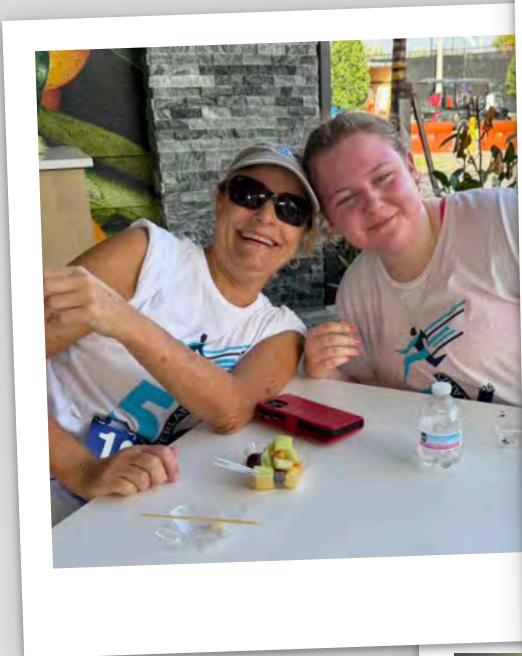
November

- 3 **Riverland Green Market | Arts & Culture Center**
- 7 **Fall Festival | Arts & Culture Center**
- 16 **Riverland Connects Block Party | Sports & Racquet**

December

- 2 **Riverland Green Market | Arts & Culture Center**
- 12 **Holiday Under the Stars | Arts & Culture Center**
- 12 The Boss Project | Cay
- 14 **Riverland Connects Block Party | Sports & Racquet**

Time and location subject to change





HOURS OF OPERATION
MONDAY - SATURDAY | 8:00 AM - 4:00 PM

**NOW
SERVING
GELATO**

4 FLAVORS!

**SIPS & SCOOPS
HAPPY HOUR DAILY
2PM - 4PM**

**NOW
SERVING
WINE & BEER**

**FREE COFFEE
WITH
PURCHASE**

8AM - 11AM

ASK ABOUT COMMUNITY CLUB MEETING SPACE

RIVERLAND

Visit us at: riverlandapp.com | Follow us on Facebook: Riverland Lifestyle

VALENCIA

V I B E S



EVENT GUIDE

Your Social Calendar to FUN!

VOLUME 12

Spring 2026

Valencia Cay Show Series



May 16 **Beatlemanix USA**
June 13 **Dueling Pianos – Elton John
& Billy Joel Face to Face**

Valencia Grove Show Series



April 9 **Yaniv Zarif**
April 25 **Meetloaf**
May 29 **Chicago Show**

Valencia Walk Show Series



April 11 **Crystal Stark -
Whitney Houston Tribute**
May 16 **The Surfing Rascals -
A Beach Boys Tribute**
June 25 **Gilly & the Girl**

Outings and Celebrations



Valencia Cay
May 25 **Memorial Day
Celebration**

Valencia Walk
May 25 **Memorial Day
Celebration**

Valencia Grove
May 25 **Memorial Day
Celebration**

Valencia Parc
April 9 **Trivia**
May 25 **Memorial Day
Celebration**

Thirsty Thursday, Sunset Spritzers and Karaoke



Valencia Cay	Valencia Grove	Valencia Walk	Valencia Parc
April 16	April 14 (K)	April 23	April 23
May 21	May 19 (K)	May 28	May 21
June 18	June 19 (K)	June 18	June 11 (K)

(K) Karaoke

Sunday Funday



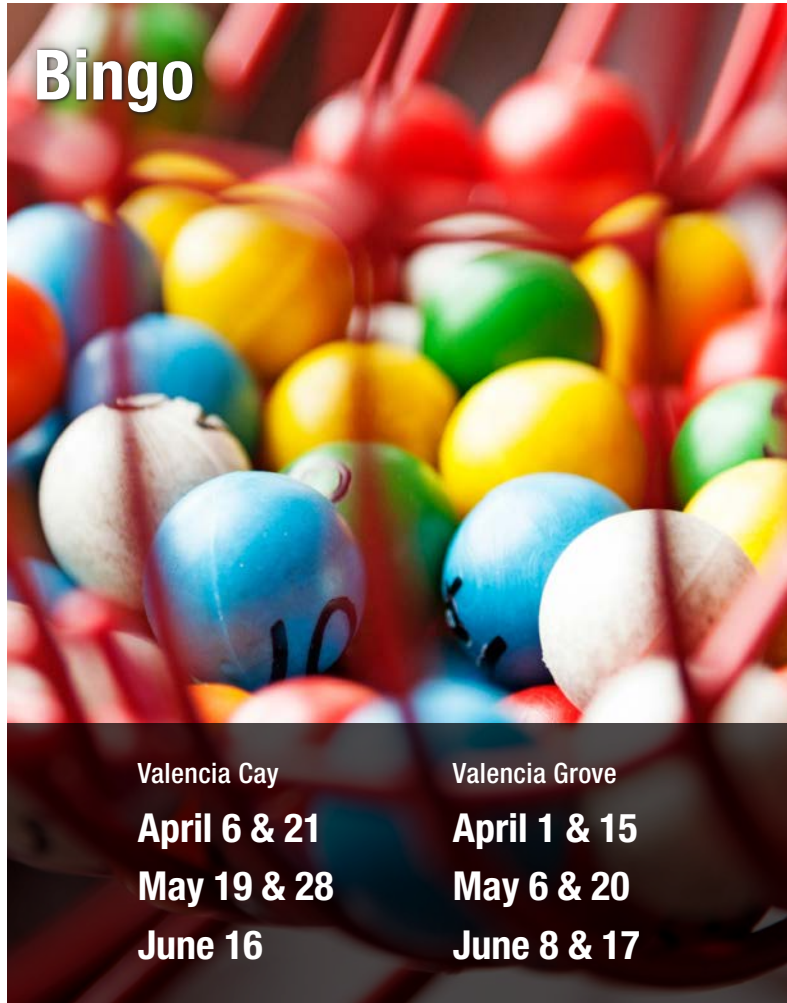
Valencia Cay	Valencia Grove	Valencia Walk
April 5	April 5	April 12
May 3	May 3	May 3
June 7	June 7	June 7

Singo



Valencia Cay	Valencia Grove	Valencia Walk
April 23	April 29	April 24
June 25	May 27	May 22
	June 24	June 19

Bingo



Valencia Cay	Valencia Grove
April 6 & 21	April 1 & 15
May 19 & 28	May 6 & 20
June 16	June 8 & 17

RIVERLAND SNAPSHOTS

