

RIVERLAND

PLAYBOOK

GO FORWARD

PULSE FIT STUDIOS NOW OPEN

Experience Fitness
at the Next Level

HOLIDAY EXTRAVAGANZA

Pops on the Plaza
Lights Up December 13th

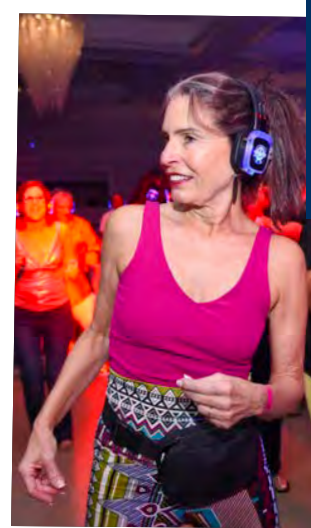
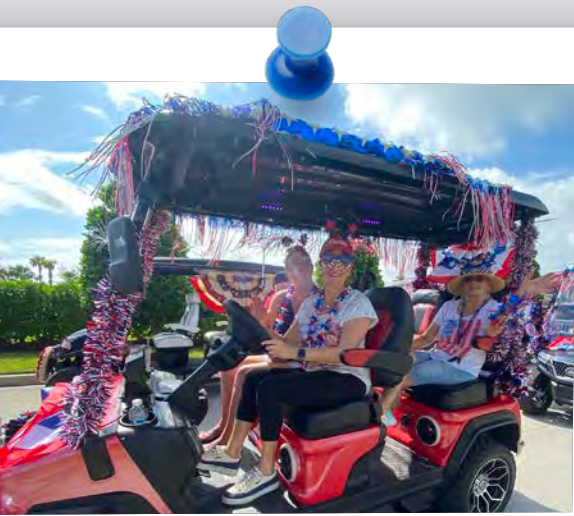
PICKLEBALL & TENNIS TOURNAMENTS

All Season Long

BOWLS THAT MAKE A DIFFERENCE

Empty Bowls Project Supports
the Treasure Coast Food Bank

VOLUME 10 • Fall 2025



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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 CLUB HOUSE

11675 SW Sea Jewel Rd.

Port Saint Lucie FL. 34987

Phone number (772) 742-6620

VALENCIA GROVE CLUB HOUSE

12827 SW Brookside Falls Way

Port Saint Lucie FL. 34987

Phone number (772) 212-8206

VALENCIA CAY CLUB HOUSE

11251 SW Winding Ridge Rd.

Port Sair Lucie FL. 34987

Phone Number (772) 882-4950

RIVERLAND ARTS & CULTURE CENTER

12067 SW Community Boulevard

(772) 242-9473

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 INFORMATION OFFICE

Lifestyle Assistant

lifestyle@riverlandcai.com | (772) 271-7272

Shawn Steele, Lifestyle Manager

lifestylemanager@riverlandcai.com

(772) 226-9000

RIVERLAND SPORTS & RACQUET CLUB

12001 SW Riverland Boulevard

(772)-348-4561

Pro Shop Hours:

Monday - Friday: 8 am - 8 pm

Saturday - Sunday: 8 am - 12 pm

Court Hours:

7 am - 11 pm | 7 days a week

RIVERLAND WELLNESS & FITNESS CENTER

12001 SW Riverland Boulevard

(772) 200-2773

Office Hours:

Open Daily: 8 am - 6 pm

Fitness Center:

24 hours a day | 7 days a week

For info on all Riverland Amenities, call **772-271-7272** | Download the **Riverland App**

Follow us on Facebook: **Riverland Lifestyle**

A LETTER FROM THE

LIFESTYLE DIRECTOR



Tere Muñoz
Lifestyle Director

Welcoming Fall at Riverland

I'm thrilled to share some exciting updates that are shaping the Riverland experience in new and meaningful ways. Our community continues to thrive, and together we're building even more opportunities to stay active, connected, and engaged.

In September we rolled out the Riverland ID and check-in system

at the Riverland Wellness & Fitness Center and the Pulse Fit Studios. This new system is designed to make your visits smoother, and more personalized. With your Riverland ID, checking in is now quick and contactless, ensuring that only residents and approved guests are using the facilities. It's one more way we're creating a seamless experience while also protecting the integrity of our community amenities.

Over the coming months, we will be working on integrating this process to our Sports & Racquet Club for easy "tap and go" check in to the courts. We're confident this upgrade will add convenience to your daily fitness and sports routines while also allowing us to better track usage and plan for future enhancements.

The Riverland App – Now with Over 5,500 Users!

I'm also thrilled to share a milestone worth celebrating: the Riverland app now has over 5,500 users! This powerful tool has quickly become a hub for staying connected. From signing up for

events and activities, to checking class schedules, to receiving important community updates, the App continues to make it easier than ever to take full advantage of everything Riverland offers.

With such a strong adoption, we're able to deliver information to you faster, reduce paper use, and create a truly dynamic way of staying informed and engaged. If you haven't yet downloaded the App, now is the perfect time to join the thousands of neighbors already using it daily.

To ensure you continue receiving important communications from Riverland, please add info@riverlandapp.com to your Safe Senders list and prevent communications going to your SPAM folder.

Looking Ahead - This fall, you can look forward to an exciting lineup of programs, classes, and seasonal celebrations that reflect the best of Riverland living. From sports and fitness, arts and culinary to social events and festive holiday gatherings, there's something for everyone to enjoy.

As always, thank you for your continued enthusiasm, feedback, and support. Riverland is more than just a community; it's a lifestyle we create together. Here's to a season filled with health, connection, and joy.

Warmly,

Tere Muniz

Your Riverland Lifestyle Director

E: tere.muniz@glhomes.com | P: 772-226.9000

A MESSAGE FROM YOUR

BOARD OF DIRECTORS

In September, the Valencia Walk Homeowners Association held a turnover election. This election marked the transition from a developer appointed board to a homeowner elected board. This is a monumental event for any community and signifies the beginning of more resident participation in the operation of the neighborhood. We would like to thank all the candidates who ran for the board and congratulate the residents who were elected to the initial board. The dedication and commitment from these residents, and many others, will certainly prove to be the force behind the success of the community.

Riverland achieved several major milestones since the last Playbook publication. In July, phase one of Riverland Town Center was completed, and Publix officially opened its doors to many happy residents. Since the opening, several new tenant signs have been added to the shopping center including a nail salon, Hair Benders, Ace of Carts, Corleone's restaurant, Max and Louise's New York Diner, and Bank of America. We anticipate several more tenants coming soon. In September, we were thrilled to open the newest building at the Fitness Center. Pulse Fitness Studio, grand opened to many excited residents looking to take their fitness journey to the next level. The new

building boasts 5 group exercise studios offering modalities that range from spin classes, pilates classes, circuit training, yoga, and bungee fitness. We are elated to see so many residents already participating in the unique classes.

In addition, many of you have already seen the major changes taking place to the south of the Sports & Racquet Center. The large structure that has been erected will be home to 8 covered pickleball courts, which we are sure will be the favorite for players looking to escape the elements. This expansion site will include 16 pickleball courts, 5 tennis courts, and 12 bocce courts.

New Sales and closings in Riverland remained very strong in the second half of the year. The community is now approaching 3,400 closed homes throughout the current 4 Valencia neighborhoods. We would like to congratulate those who have closed since our last publication and thank you for your continued support.

Sincerely,

Your Board of Directors,
Riverland Community Association, Inc.



UNITED IN PINK: RIVERLAND WALK BRINGS CARE, HOPE, AND COMMUNITY

Launched in 2021 by the Valencia Cay Women's Club, the Walk for Breast Cancer has quickly grown into one of Riverland's most beloved annual traditions. Now celebrating its 5th year, the event brings together the Women's Clubs of Valencia Cay, Valencia Grove, and representatives from Valencia Walk and Valencia Parc, along with the Riverland Breast Cancer Support Club, in a united mission: to raise awareness, provide care, and offer hope for those affected by breast cancer.

Since its inception, the Walk has donated an impressive **\$19,815** to the Lynn Cancer Institute in Boca Raton. For 2025, organizers are proud to announce that proceeds will benefit **Friends in Pink**, a St. Lucie County nonprofit dedicated to assisting breast cancer patients with financial support during treatment.

The 2024 Walk drew more than 330 participants, and excitement is already building for an anticipated **500+ walkers** in 2025. This year's route begins at the Riverfresh Café, winding down the scenic Paseo, and returns to the Café for post-walk festivities. Expect lively music, local vendors, and, of course, a whole lot of pink!

Friends in Pink, Inc. provides a vital lifeline for Treasure Coast residents diagnosed with breast cancer, helping cover surgery, treatment, and essential living expenses for those with little or no health insurance. Their mission is to stand beside patients from the moment of diagnosis through recovery, offering both financial support and connections to community resources.

Join us in walking, celebrating, and making a difference. Together, we can help lighten the burden for those fighting breast cancer – and take another step toward a future without it.

CELEBRATE AUTUMN AT THE RIVERLAND FALL FESTIVAL!

November 1 | 12 - 5pm | Events Plaza at the Riverland Arts & Culture Center | Free

The 5th Annual Riverland Fall Festival is back – bigger, better, and bursting with Riverland spirit! This signature seasonal celebration brings together everything we love about fall: comforting food, lively music, local art, and the joy of gathering with friends and neighbors.

This year's festival is set to delight with a full lineup of culinary competitions, live performances, artisan showcases, and plenty of fun. And the best part? Every moment supports a great cause with proceeds benefiting the Treasure Coast Food Bank.

Festival Highlights:

- Community Chili Cook-Off – taste and vote for your favorite recipe
- Battle of the Bands – who will reign as the supreme Riverland band
- Empty Bowls Project – handcrafted pottery with heart
- Artisan Market – shop unique, locally made treasures
- Games & Prizes – fun for the kid at heart!



A LETTER FROM THE LIFESTYLE MANAGER



Shawn Steele
Lifestyle Manager

We are thrilled to announce an amazing variety of events planned for all Riverland Communities for the upcoming season. There truly is something for everyone, and we can't wait to celebrate with you!

OCTOBER Our October events kick off with the **Breast Cancer Walk** on October 11th, a meaningful opportunity to support an important cause.

Additionally, we are excited to begin our monthly **Riverland Connects Block Party** on the third Tuesday of every month. Join us for a fun-filled evening featuring food trucks, a mobile bar, a car show, cornhole, tennis, bocce, pickleball, and more.

NOVEMBER November brings our much-anticipated **5th Annual Fall Festival**. This free event is a highlight of the season, featuring Battle of the Bands, a resident chili cook-off, games, prizes, and more. It's a wonderful way to enjoy the crisp fall air with friends and family.

DECEMBER We invite you to join us for the **Pops on the Plaza Holiday Extravaganza** with the **Pops Orchestra of the Palm Beaches** on December 13th, at the Arts & Culture Center. Enjoy the festive atmosphere under the stars, along with our **Holiday Makers Market** on December 9th, showcasing beautiful crafts made by our very own residents.

JANUARY January offers a magical evening with **Candlelight Jazz – Jazz on the Plaza** on the 17th with the **Pops Orchestra of the Palm Beaches**. Spend a night relaxing under the stars with the talented Jazz musicians.

FEBRUARY Join the excitement at our **2nd Annual Mardi Gras Festival** on the 7th, featuring legendary R&B artist **Otis Cadillac**! It's sure to be a vibrant celebration you won't want to miss. Enjoy Mardi Gras themed food, a community wide golf cart parade down the Paseo, colorful outfits, energetic music and more!

MARCH In March, we host our **2nd Annual Riverland Olympics Competition** kicking off on the 18th, open to all communities. The month ends with an unforgettable new event: the **Rock Orchestra** on the Plaza on the 28th featuring **Pops Orchestra of the Palm Beaches**. Prepare for an electrifying experience!

We hope these events will bring joy and a sense of community to all. Mark your calendars, and we look forward to seeing all of you there!

Warm regards,

Shawn Steele,
Riverland Lifestyle Manager
Lifestylemanager@riverlandcai.com

Riverland App Training Class

October
7th | 4 pm
21st | 10 am
November
4th | 4 pm
18th | 10 am
December
9th | 10 am
16th | 10 am

RIVERLAND CLUBS

BIRDING CLUB

Meetups: 2nd Monday of Each Month | 3 pm

Location: Arts & Culture Center

Club Leader Paul Salazar: psalazar1@icloud.com

RIVERLAND 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: joespo31@yahoo.com | 203-887-5684

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

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

RIVERLAND BREAST CANCER SUPPORT CLUB

Date: 2nd Wednesday of Each Month | 6 pm

Patricia Rothenbacher: Riverland.BCSC@gmail.com

Location: Arts & Culture Center

RIVERLAND CAR CLUB

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

Stephen Labargo: RiverlandCarClub@gmail.com

CAREGIVERS CIRCLE

Email: Riverlandcaregivers@gmail.com

RIVERLAND CORN HOLE CLUB

Date: Tuesday | 6 pm

Joseph Esposito: joesespo31@yahoo.com | 203-887-5684

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

RIVERLAND 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

RIVERLAND FISHING CLUB

Date: TBD

Joe Oster: josephjudeoster@gmail.com

FURRY FRIENDS OF RIVERLAND

Myrna Sadowsky: myrnasadowsky99@gmail.com

RIVERLAND GARDEN CLUB

Date: 3rd Monday of the Month | 1 pm

Joann Munro: 561-602-4049

Amy Bridges: 931-698-0063

RIVERLAND GET UP & GO TRAVEL CLUB

Tracey Holland: thollandagain@comcast.net

RIVERLAND GUITAR CIRCLE

Hosted by Ed Arnold: edarnold2@comcast.net

RIVERLAND 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

Ladolcevitatriverland@gmail.com

RIVERLAND MIXED BOWLING CLUB

Date: Meet Ups Thursdays | 12:30 pm

Women's League - Thursdays | 12:30 pm

Club Leaders:

Paul Block: pblock80@gmail.com

Mike Lokitz: mudgee908@icloud.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

RIVERLAND PING PONG CLUB

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

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

Location: Indoor Sports Court

RIVERLAND POTTERS CLUB

Date: TBD

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

Co-Chair: Karen Rosenberg: Akarenrosenberg@gmail.com

516-840-1111

RIVERLAND QUILT CLUB

Date: 2nd & 4th Thursday of Each Month

Time: 1 - 4 pm

Margi Rude: Peterpam74.PJ@gmail.com

Sandy Naval: mrude370@gmail.com

RIVERLAND RIDERS CLUB

Date: Contact Mark for dates & times

Mark Hansen: me.hansen@comcast.net

RIVERLAND SINGLES CLUB

Monthly Meetings: TBD

Club Leader: Elaine Levrant: mlev9582@gmail.com



Quilting Club

RIVERLAND SOULFUL NETWORKING CLUB

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

Location: Riverland Arts & Culture Center

Club Leaders:

Debbie Heaven: debbie11021@verizon.net

Dana Stroman: dana1077@gmail.com

RIVERLAND 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

RIVERLAND 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 OF RIVERLAND

Date: 2nd Saturday of each month

Club Leader: Kent Hansen: hansen112@aol.com

RIVERLAND LAW ENFORCEMENT, FIRE RESCUE AND EMS CLUB

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

Ken Kerschner: KKerschn@att.net

Steven Kuhr: Stevenkuhr@gmail.com

Dana Stroman: Dana1077@gmail.com

RIVERLAND VOLLEYBALL CLUB

Date: Thursday Evenings | 6:30 - 8 pm

Joel M. Bedor: 954-397-8797

or Email: Joelbedor54@gmail.com

Location: Indoor Sports Court

RIVERLAND WINE CLUB

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

Mike Hoppes: bell.company@att.net

Location: Arts & Culture Center

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.



©S-BELOY



Kelly Tiger

Arts & Culture Director
artsdirector@riverlandcai.com

A NOTE FROM THE ARTS & CULTURE CENTER

Welcome Riverland Residents!

Fall is here – and we're celebrating all season long at the Arts & Culture Center!

As I approach my one-year anniversary here, I'm feeling incredibly grateful for our creative community. A special thank you to our amazing BLOOM Garden Volunteers, who have been hard at work preparing and solarizing the garden beds for the upcoming season. Your dedication brings life to this space! The new growing season begins October first.

We're also excited to host our Fall Festival this November – a fun-filled event for all Riverland Residents. Be sure to check out the Empty Bowl Project at the Fall Festival, presented by our talented Pottery Volunteers and Residents. For a \$45 donation, you can take home a beautiful handmade bowl and support the Treasure Coast Food Bank.

And don't miss our first-ever Holiday Makers Market on December 9th! Our Residents will be showcasing their *Art from the Heart* – perfect for finding one-of-a-kind gifts while supporting your Riverland neighbors.

Wishing you a joyful Fall season and happy holidays with your family and friends!

Kelly

12067 SW Community Blvd.
(772) 242-9473

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) 242-9473 and a staff member will assist.

ARTBEAT SPOTLIGHT



Rita The Artista!

Meet Rita, the creative force behind Florida Art Escape – your go-to **Paint and pARTy** headquarters! As her name and business suggest, Rita began her art journey as a way to escape the everyday – and she's been inspiring others to do the same ever since. A lifelong artist with over a decade of experience hosting Paint & Sip pARTies, Rita specializes in:

- Acrylic on canvas
- Enamel painting on drinking glasses
- And she's even dabbled in painting on clothing!

Rita truly values her connection with the Riverland community and Residents, and she's looking forward to many more unforgettable pARTies – helping you become "Escape Artists" one brushstroke at a time.



Rose Diem Open Arts



Asia Westbrook making Mosaic Pendants



Pottery Tutor Tuesdays

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

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

October 1 & 22 | November 12 | December 3
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

Wednesday | 12:30 pm - 4 pm

October 15 | November 5 & 26 | December 17
Creating a palette knife acrylic will focus on using texture to create a sea or landscape painting. Students will learn how to manipulate acrylic paint to produce various effects from subtle blending to bold strokes. Creating color harmony throughout your painting is an additional highlight of this class. All materials are supplied for this class. Small group setting for individual attention.

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, October 25 | 1 pm | Marc Chagall
Saturday, November 22 | 1 pm | Vincent Van Gogh
Saturday, December 13 | 1 pm | Norman Rockwell

MOSAICS ART WITH ASIA WETSBROOK
OF FRACTURED BRILLIANCE

Sunflower Suncatcher: Saturday, October 4 | 1 pm

Mermaid Glass on Glass: Friday, October 10 | 1 pm

Pumpkin Paver: Saturday, October 18 | 1 pm

Beaded Jewelry: Saturday, November 1 | 1 pm

Paver Mosaic (Pineapple, Star Fish or Flamingo):
Saturday, November 15 | 1 pm

Sailboat Glass on Glass: Friday, November 21 | 1 pm

Holiday Ornaments: Saturday, December 6 | 1 pm

Holiday Paver (Snowflake, Candy Cane, Star of David):
Friday, December 12 | 1 pm

Cardinal Suncatcher: Friday, December 19 | 1 pm

SIP 'N PAINT CLASSES WITH RITA THE ARTISTA

October 17 | 6 - 8:30 pm

November 14 | 6 - 8:30 pm

December 12 | 6 - 8:30 pm



Handmade Chenille Blankets, December 12, Crafting with Kelly

CRAFT WITH KELLY

Pineapple Oyster Shell Design: Friday, October 3 | 10 am

Handmade Chenille Blankets: Friday, October 10 | 10 am

Reindeer & Snowman Blocks: Friday, November 7 | 10 am

Handmade Chenille Blankets: Friday, December 12 | 10 am

POUR PAINTING WITH ROSE DIEM

Wednesday | 12:30 pm to 4 pm

October 8 & 29

November 19

December 10

SOUND BATH MEDITATION

WITH DENISE CARRARO

Mondays and Fridays | 6 pm

October 3, 13, & 24

November 10, 21, & 24

December 8, 19, & 22

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



EMPTY BOWLS PROJECT

Empty Bowl Project Bowls on sale at the Fall Festival! Get one or more!
\$45 each

We are giving back again this year to the Treasure Coast Food Bank! Participate in Make a BOWL! Give back to your Community, each bowl will be sold and all proceeds will go to the Treasure Coast Food Bank! Make sure you have taken Introduction & Orientation to Pottery, and one beginner class either a Make a Mug or Make a Vase.

Once you have taken that you can help give back and MAKE A BOWL for the Riverland Empty Bowl Project!



Empty Bowl MatchUp

Receive help with your bowl from other pottery volunteers.
Wednesdays | 9 am - 12 pm
October 8 & 29

POTTERY AT RIVERLAND

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.

October 15 | 1 - 4 pm
November 10 | 9 am - 12 pm
December 2 | 9 am - 12 pm

Mentor Mondays

October 6, 13, 20 & 27
November 3, 17 & 24
December 1, 8, 22 & 29

Beginner Class: Make a Mug

October 15 | 9 am - 12 pm
November 12 | 1 - 4 pm

Beginner Class: Make a Structured Vase

October 22 | 1-4 pm
November 12 | 9 am - 12 pm

Beginner Class: Make a Rose Tealight

October 22 | 9 am - 12 pm



Intermediate Pottery: Make a Woven Bowl

December 15 | 9 am - 12 pm

Advanced Class: Make a Flower Garden Stake

October 7 | 9 am - 1 pm

Beginner Class: Make a Garlic Pot

October 14 | 9 am - 12 pm

Advanced Class: Charcuterie Turtle Board

October 23 & 24 | 9 am - 12 pm

Advanced Class: Advanced Glazing Techniques

November 6 | 9 am - 1 pm

Advanced Beginner Class: GR Pottery Form Class

September 17 | 9 am - 12 pm

Wheel 101

3 - 6 pm
October 6, 13, 20 & 27
November 3, 10, 17 & 24
December 1, 8, 15 & 22



For more information about the Pottery Studio, please visit the Riverland App

Our Pottery Volunteers take Mentor Monday off for the Summer and will resume in October.

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

CULINARY FOCUS: Chef Mel

Exciting News from the Arts & Culture Center!



We're thrilled to welcome Chef Mel to our culinary line-up!

Chef Mel brings years of experience in both cooking and teaching, and she's known for her *fun, hands-on classes* that everyone enjoys. Whether you're a resident that works or planning a unique evening out, we have something for you. Chef Mel is offering some weeknight classes beginning at 5 pm, perfect for

working residents and some Saturday classes for a fun and delicious night at the Arts & Culture Center!

You won't want to miss the chance to learn, cook, and laugh with Chef Mel. Check out her upcoming classes and register today!

CHEF MEL CLASSES



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.

OCTOBER CLASSES

Pecan-Crusted Halibut

Friday, October 3 | 4 pm | Chef Robin

Meals on the Fly

Saturday, October 4 | 5 pm | Chef Mel

Brazilian Churrasco Fest

Monday, October 6 | 4 pm | Chef Deedra

Cocoa Nib Chateaubriand

Tuesday, October 7 | 4 pm | Chef Robin

French Seafood Extravaganza

Wednesday, October 8 | 4 pm | Chef Deedra

Meatless Meals Around the World

Thursday, October 9 | 5 pm | Chef Mel

Lobster Pad Thai

Friday, October 10 | 4 pm | Chef Robin

High End Tapas Night

Monday, October 13 | 4 pm | Chef Deedra

Crabcake-Crusted Ribeye

Tuesday, October 14 | 4 pm | Chef Robin

Farm to Table Harvest Dinner

Wednesday, October 15 | 4 pm | Chef Deedra

Seared Scallops

Friday, October 17 | 4 pm | Chef Robin

Mexican Mania

Saturday, October 18 | 5 pm | Chef Mel

Pan Asian Fall Fusion

Monday, October 20 | 4 pm | Chef Deedra

Veal Saltimbocca

Tuesday, October 21 | 4 pm | Chef Robin

Autumn Italian Night

Wednesday, October 22 | 4 pm | Chef Deedra

Sourdough Bread

Thursday, October 23 | 3 pm | Anna

Seared Swordfish

Friday, October 24 | 4 pm | Chef Robin

Simple French Classics

Saturday, October 25 | 5 pm | Chef Mel

Seafood Paella Night

Monday, October 27 | 4 pm | Chef Deedra

Herb-Roasted Lamb

Tuesday, October 28 | 4 pm | Chef Robin

Halloween Harvest Feast

Wednesday, October 29 | 4 pm | Chef Deedra

Ricotta Gnocchi

Thursday, October 30 | 4 pm | Chef Robin

Butternut Squash Bisque

Friday, October 31 | 4 pm | Chef Robin

NOVEMBER CLASSES

Collaborative Cooking

Saturday, November 1 | 5 pm | Chef Mel

Chilean Sea Bass with Herb Beurre Blanc & Roasted Baby Vegetables

Monday, November 3 | 4 pm | Chef Deedra

Prime Rib

Tuesday, November 4 | 4 pm | Chef Robin

Handmade Pappardelle with Short Rib and Beef Ragu

Wednesday, November 5 | 4 pm | Chef Deedra

Gourmet Holiday Crock Pot

Thursday, November 6 | 4 pm | Chef Mel

Roasted Sea Bass

Friday, November 7 | 4 pm | Chef Robin

Cast- Iron Ribeye with Garlic Herb Butter and Truffle Mashed Potatoes

Monday, November 10 | 4 pm | Chef Deedra

Veal Oscar

Tuesday, November 11 | 4 pm | Chef Robin

Florida Grouper Meuniere with Baby Spinach and Brown Butter Almonds

Wednesday, November 12 | 4 pm | Chef Deedra

Seafood Stuffed Bell Peppers

Thursday, November 13 | 4 pm | Chef Robin

Pistachio-Crusted Lamb Chops

Friday, November 14 | 4 pm | Chef Robin

Holiday Brunch for a Bunch

Saturday, November 15 | 11 am | Chef Mel

Beef Tenderloin Medallions

with Red Wine Demi Glaze

Monday, November 17 | 4 pm | Chef Deedra

Lobster Bolognese

Tuesday, November 18 | 4 pm | Chef Robin

Filet Mignon au Poivre with Pommes Frites

Wednesday, November 19 | 4 pm | Chef Deedra



Cooking with Chef Robin



Cooking with Chef Deedra

Tantalizing Spanish Tapas

Thursday, November 20 | 5 pm | Chef Deedra

Seared Ahi Tuna Steaks

Friday, November 21 | 4 pm | Chef Robin

Pan Seared Halibut with Champagne Beurre Blanc & Asparagus

Monday, November 24 | 4 pm | Chef Deedra

Caprese Stuffed Portobello Mushrooms

Friday, November 25 | 4 pm | Chef Robin

Roast Prime Rib with Horseradish Cream and Au Jus

Wednesday, November 26 | 4 pm | Chef Deedra

Surf and Turf

Friday, November 28 | 4 pm | Chef Robin

DECEMBER CLASSES

Pan Seared Branzino with Saffron Risotto and Baby Greens

Monday, December 1 | 4 pm | Chef Deedra

BBQ Shrimp with Linguini and Corn Macque Choux

Tuesday, December 2 | 5 pm | Chef Robin

Pan Seared Halibut with Olive Tapenade and Roasted Fingerlings

Wednesday, December 3 | 4 pm | Chef Deedra

Gourmet Casserole

Thursday, December 4 | 5 pm | Chef Mel

Paella with Chorizo and Caprese Salad with Balsamic Glaze

Friday, December 5 | 5 pm | Chef Robin

Lobster Benedict with Blender Hollandaise on Toasted Brioche

Monday, December 8 | 4 pm | Chef Deedra

BBQ Pork Ribs and Homemade French Fries

Tuesday, December 9 | 5 pm | Chef Robin

Surprise Chef's Choice Holiday Hors d'Oeuvres

Wednesday, December 10 | 4 pm | Chef Deedra

Chic Rotisserie Chicken

Thursday, December 11 | 5 pm | Chef Mel

Petite Beef Wellington

Friday, December 12 | 5 pm | Chef Robin

Filet Mignon with Lobster Tail and Bearnaise Sauce

Monday, December 15 | 4 pm | Chef Deedra

Wine Braised Brisket of Beef with Caramelized Onions and Apricots

Tuesday, December 16 | 5 pm | Chef Robin

Roast Beef Tenderloin with Bordelaise Sauce

Wednesday, December 17 | 4 pm | Chef Deedra

Prosciutto Wrapped Roast Tenderloin of Beef with Herbed Yorkshire Pudding

Friday, December 19 | 5 pm | Chef Robin

Have a Blast with Bacon!

Saturday, December 20 | 5 pm | Chef Mel

Robins Christmas Dinner

Tuesday, December 23 | 4 pm | Chef Robin

New Years Pennsylvania Dutch

Saturday, December 27 | 5 pm | Chef Mel

New Years Pennsylvania Dutch

Monday, December 29 | 5 pm | Chef Mel

Lobster and Mushroom Risotto

Tuesday, December 30 | 5 pm | Chef Robin

New Years Eve with Chef Robin and Donna Cocktails and Appetizers

Wednesday, December 31 | 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

A MESSAGE FROM THE SPORTS DIRECTORS

Hi Riverland Neighbors,

We're Paul and Courtney Palermo – your husband-and-wife team behind the Sports & Racquet Club – and proud new parents to our little teammate, Summer. We're so excited to welcome you to our community! Whether you've just moved in or you've been here a little while, we can't wait to see you out on the courts, enjoying all Riverland has to offer.

Our team is here to make your sports and social experience the best it can be. On the tennis side, you'll see Jeff Wilson and Bill bringing their expertise and energy to the courts. For pickleball, you'll find Blake, Madi, and Rene ready to help you improve your game and have some fun. In the Pro Shop, Heather, Liz, and Cari are always happy to help you gear up, register for events or clinics, and get you out on the courts.

At the Sports & Racquet Club, there's always something happening – from lessons and clinics to social play, leagues, and tournaments. Whether you're picking up a racquet for the first time, getting back into the game, or playing at a competitive level, we have a place for you.

We look forward to seeing you around and helping you feel right at home here in Riverland.

See you on the courts,
 Paul & Courtney

12001 SW Riverland Blvd.
 Port St. Lucie, FL 34987
 (772)-348-4561

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

THE COMPETITIVE EDGE - PROS & TIPS



COURTNEY PALERMO | PICKLEBALL

I call it the Pickleball String Theory: Don't tie yourself to your partner – tie yourself to the ball! Move so your position always lines up with where the ball is coming from. This keeps you in the best spot to cover your court and make the next shot count.



PAUL PALERMO | PICKLEBALL

Stay hydrated and protect yourself from the sun! Wear light, moisture-wicking clothes, apply sunscreen, and wear a hat or visor. Also, play early in the morning or late in the evening to avoid peak heat, keeping your energy up and performance sharp.



BILL PERRIN | TENNIS

How to Hit the Ball with Power

One of the basic principles is to accelerate your racquet to the ball, not from the ball to the court. Sometimes, people let the ball touch their strings, typically late or behind them, and then carry it forward. Sometimes, people bring their racquet forward too soon,

touching the ball first and then pushing it. For power, you need to use a hammer technique, which is to accelerate to the nail. You wouldn't touch the nail with the hammer and then push. Bang the nail! Bang the ball!



JEFF WILSON | TENNIS

Tennis players of Riverland whether you're way up or way down in a match, remember Jeff's motto "no lead is too big." Points and games can change quickly. It's your opponent's job to fight to the end of the match. Stay focused on your strategy and play one point at a time. Good luck!



RENE SMIT | PICKLEBALL

Serve & Return

The serve and return set the tone for the entire rally. Always aim to send both shots deep into the court to keep your opponent's back. On the return, depth is key – if you're struggling, aim for the middle; if you're confident, hit straight ahead to set up your

partner. When serving, take a moment to center yourself and focus on consistency before going deep.



MADI GONZALEZ | PICKLEBALL

Win the Hands Battle at the Net

In fast volley exchanges, keep your paddle movements short and compact, with your elbows tucked in front of your body. Avoid letting your elbows rise higher than the paddle. Use a quick "punch" forward through the ball rather than a big swing.

Keep the paddle face square – or even slightly closed – at contact to prevent the ball from popping up. Compact, forward motion with tucked elbows = more control, more speed, and more wins at the kitchen line.

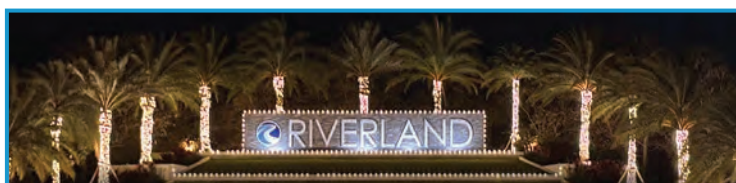


BLAKE CASINO | PICKLEBALL

You Spin Me Right Round!

Spin plays a crucial role in pickleball because it allows players to control the ball's trajectory, speed, and bounce. Topspin can help keep shots low and fast while dipping quickly into the court, while backspin can slow the ball and help it

stay low after bouncing. Incorporating spin not only adds variety to your game but also creates strategic advantages, forcing errors and setting up winning opportunities.



PICKLEBALL

BATTLE OF THE TRIOS LEAGUE AT RIVERLAND!

Battle it out against other trio teams every Wednesday night!

6-8 weeks, teams consist of 2 men, 1 women.
Play best 2/3 games with each player on the team.

Beginning October 22nd
Wednesdays | 6:30 pm | \$30/person
At Riveland Sports and Racquet Club
Divisions: 3.0 | 3.5 | 4.0

REGISTER NOW

[Riverlandleague.topdoglive.com](https://riverlandleague.topdoglive.com) or scan the QR code:



WEEKLY CLASS SCHEDULE

OCTOBER/NOVEMBER/DECEMBER

MONDAY

PB: Madi's Mini Clinic (2.5+)	8:00 am - 9:00 am	\$30
PB: Court's Mini Clinic	8:30 am - 9:30 am	\$30
PB: Pickleball 101 Academy (4-weeks)	5:00 pm - 6:00 pm	\$25
PB: Beyond Beginner Clinic (2.5-2.9)	6:00 pm - 7:00 pm	\$25

TUESDAY

PB: Master the Kitchen with Paul	9:00 am - 10:00 am	\$30
TN: Drills, Skills & Strategy with Bill (3.0+)	9:30 am - 11:00 am	\$30
TN: Tennis Fundamentals with Bill	6:00 pm - 7:30 pm	\$30

WEDNESDAY

PB: Drill & Play	8:30 am - 10:00 am	\$30
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THURSDAY

101 Beginner Pickleball	8:30 am - 9:30 am	\$25
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FRIDAY

PB: Drills Led by Paul (3.3+)	8:30 am - 9:30 am	\$10
PB: Drills Led by Paul (3.7+)	9:30 am - 10:30 am	\$10
PB: Madi's Mini Clinic (3.0+)	10:00 am - 11:00 am	\$30
TN: Drills, Skills & Strategy with Bill (3.0+)	10:30 am - 12:00 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!)

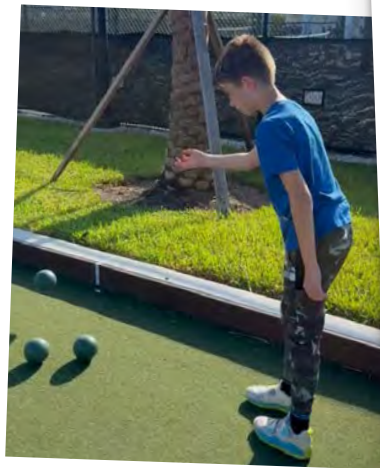
*PB = Pickleball | TN = Tennis | BB = Bocce Ball | POPTN = POP Tennis



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.

SPORTS & RACQUET CLUB



SOCIAL EVENTS AND TOURNAMENTS

OCTOBER

- 7 Team Fall Bocce League Begins
- 14 Tennis Ladies' Season Kick-Off Round Robin
- 15 Dink 4 Pink - Dink Only Tournament to benefit Breast Cancer research
- 29 Inside the Season (all sports)
- 30 Pickleball, Tennis & Bocce Monster Smash!

NOVEMBER

- 1 Fall Festival
- 8-9 Tennis Boot Camp
- 22 Tom the Turkey Tennis Challenge

DECEMBER

- TBD Pickleball Boot Camp
- 6-7 Riverland PB Invitational



DINK4PINK
PICKLEBALL TOURNAMENT
Benefiting Friends In Pink

October 15th @ 5pm
RIVERLAND SPORTS & RACQUET CLUB

Join us on the courts for a night of pickleball, community, and supporting a great cause! Wear your pink, bring your energy, and help us rally for breast cancer awareness.

All proceeds benefit
Friends In Pink

Register on the Riverland App
(pay via invoice)




SAVE THE DATE
2025 Riverland Pickleball Invitational
December 6th & 7th

Prove why Riverland is the best community

PRESENTED BY RIVERLAND SPORTS & RACQUET CLUB

SATURDAY MIXED DOUBLES
SUNDAY WOMEN'S DOUBLES
MEN'S DOUBLES



MEET JEFF WILSON

Jeff grew up in Hialeah aka Miami and has been passionate about both football (Go Fins) and tennis since childhood. He played college tennis at East Tennessee State University, earning a degree in broadcasting.

Over his career, Jeff has served as a head pro and director of tennis at several clubs, including The Premier Club, Monarch

Meet Riverland's Head of Tennis - Jeff Wilson!

Country Club, and Buttonwood Tennis Club. He has coached winning men's and women's teams across all levels, organized major charity tournaments, and even ranked No. 3 in Florida in the USPTA Tour for his age division. With over 30 years of coaching and directing experience, Jeff brings a wealth of knowledge and enthusiasm to Riverland. Above all, he loves the game – whether it's teaching, playing, or watching – and looks forward to sharing that passion with our community.

RESIDENT TESTIMONIAL



Jack & Faith with Paul

JACK & FAITH MASIELLO

Pickleball has become part of Jack & Faith's weekly routine at Riverland, and they wouldn't have it any other way.

Q: What's your favorite thing about the program at the Sports & Racquet Club?

Jack: You can come out, hit some balls, learn a few things, and just enjoy being out here.

Faith: The coaches make it easy and comfortable – you just get better without even realizing it.

Q: What keeps you coming back for lessons?

Faith: Every lesson has a little takeaway. It's never the same thing twice, and it keeps the game interesting.

Jack: For me, it's just nice having a reason to get on the court. The lessons give us a rhythm, and it's a good way to keep improving at our own pace.

Q: How often do you play?

Jack: Pretty much every chance we get – four to five times a week.

Faith: Yeah, we're there whether we're playing or not.



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.



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

UPDATE FROM THE FITNESS DIRECTOR

As we bid farewell to the hot months and transition into cooler temperatures, we must acknowledge that it was indeed a delightful summer with you all.

We thoroughly enjoyed the grandkids coming to join us for Kids Week, our challengers pushing through hot days of the Six Week Transformation (S.W.T) program, and spending an evening getting to know some of you better, during our Healthier Happy Hour event. Throughout it all, we got the opportunity to explore new and innovative ways to maintain everyone's active and healthy lifestyle and have a little fun too.

We are very excited with the opening of the new Group Fitness Expansion building – Pulse Fit Studios, offering additional classes and state-of-the-art fitness studios featuring Spin, Bungee Fitness, and Pilates Reformer formats, as well as a Cross-Fit style training facility. This enhancement arrives just in time for our seasonal resident's returning back down here for "the winter".

Currently, our team is comprised of 33 skilled Personal Trainers, Massage Therapists, Stretch Professionals, Group Fitness Instructors and a Registered Dietitian Nutritionist, who are all eager to help you feel and look your best. If you have not yet enrolled in one of our engaging classes or one to one sessions, we look forward to welcoming you on board.

Uroy and I are on a mission to learn and grow with this community. We want to make sure we keep things fresh and are always providing you with something new to try and/or experience with us, so keep those suggestions coming to help us always provide you with the best product. Our door is always open, except when we are dodging our tiny tornadoes (a.k.a our children – Eleni and Kingston). Swing by the Wellness & Fitness Center during business hours to catch us in action. Our office has an open-door policy, so please don't hesitate to stop by to say hi or to introduce yourself.

Stay well!

One Love,
 Athenia and Uroy

FEATURED TEAM MEMBERS

Rinad Deeb



HIIT (High Intensity Interval Training)

Monday 8 am
Thursday 8 am

Renee Pino



Zumba Gold

Monday 9 am
Wednesday 10 am
Friday 9 am
Zumba Toning
Tuesday 9 am

Kelly Stella



Aqua Fit (B3)

Monday 11 am
Upper Body Attack
Friday 10 am
Aqua Dance
Friday 11 am

Lisa Kudika



Aqua Fit (Pilates)

Tuesday 9 am
Aqua Fit (Core & Cardio)
Tuesday 10 am
Medium Impact Fit
Wednesday 11 am
Mat Pilates
Wednesday 12 pm

Shelli August



Yoga Stretch

Monday 10 am
Stretch & Tone
Monday 11 am
Tuesday 11 am
Stretch
Wednesday 10 am

Yesenia Bruno



Aqua Dance

Sunday 9 am
Thursday 6 pm
Aqua Fit
Wednesday 6 pm

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) 200-2773
- 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
Yoga
HIIT
- 9 am Barre
Pilates Reformer
Spin
Zumba Gold
Core & More
- 10 am Yoga Stretch
Pilates Reformer
Spin
Full Body Fit
Upper Body Attack (Circuit)
Aqua Fit (Level 2)
Chair Yoga
- 11 am Pilates Reformer
Spin
Low Impact Fit
Stretch & Tone
Aqua Fit (B3)
- 12 pm Pilates Reformer
Spin
Bungee Fitness
- 5 pm Pilates Reformer
Spin & Stretch
- 6 pm Pilates Reformer
Spin & Stretch

TUESDAY

- 8 am Pilates Reformer
Low Impact Fit
Abs 360
- 9 am Pilates Reformer
Step & Sculpt
Aqua Fit (Pilates)
- 10 am Foam Roll & Stretch
Pilates Reformer
Zumba Toning
Bootcamp
Aqua Fit (Core & Cardio)
- 11 am Stretch & Tone
Pilates Reformer
Tone Up

- Chair Yoga
- 12 pm Pilates Reformer
Spin
Bungee Fitness
- 1 pm Pilates Reformer
- 5 pm Yin Yoga

WEDNESDAY

- 8 am Yoga
Pilates Reformer
- 9 am Pilates Reformer
Pound
Boxing Fit
Aqua Fit (Level 1)
Stretch & Tone
- 10 am Stretch
Pilates Reformer
Zumba Gold
Full Body Fit
Aqua Fit (Strength & Conditioning)
- 11 am Barre Fusion
Spin & Stretch
Medium Impact Fit
Power Hour
- 12 pm Mat Pilates
Spin & Stretch
Pilates Reformer
- 1 pm Spin & Stretch
- 5 pm Pilates Reformer
- 6 pm Aqua Dance
Pilates Reformer
Spin
Zumba

THURSDAY

- 8 am HIIT
- 9 am Yoga
Spin
Low Impact Fit
- 10 am Barre
Pilates Reformer
Spin
Dance Fit
Aqua Fit (Level 2)

- 11 am Mat Pilates
Spin
Low Impact Fit
ISO 60
Chair Yoga
- 12 pm Bungee Fitness
Chair Zumba
- 5 pm Yin Yoga
- 6 pm Aqua Dance
Spin
- 7 pm Spin

FRIDAY

- 8 am Pilates Reformer
Lower Body Blast
- 9 am Stretch
Spin & Stretch
Pilates Reformer
Zumba Gold
Low Impact Fit
- 10 am Stretch
Pilates Reformer
Upper Body Attack
Bootcamp
Aqua Aerobics (Level 2)
Spin & Stretch
- 11 am Stability Ball Strength & Tone
Pilates
Reformer
Tone Up
Aqua Dance

SATURDAY

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

SUNDAY

- 9 am Aqua Dance
- 10 am Yoga

GROUP FITNESS CLASSES & SERVICES AT THE WELLNESS & FITNESS CENTER



now
OFFERING

Pilates Reformer

Spin

Bungee Fitness

GROUP FITNESS PACKAGES & SINGLE SESSION OPTIONS AVAILABLE

Contact Us

FRONT DESK (772) 200-2773

RIVERLAND FIT APP

The anticipation is over! Our new **Pulse Fit Group Fitness Studio** is open and now offering Pilates Reformer, Spin and Bungee Fitness classes for you to enjoy. All levels are encouraged to take advantage of these new Group Fitness formats. There's something for everyone. We can't wait to see you in the new studio!

Complimentary
Walk-In
Assessments
Now Available

Saturdays
10 am - 12 pm



INBODY 570

The **InBody 570** is a body composition analyzer used to assess muscle, body fat and water percentages. It provides a detailed breakdown of these components offering insights beyond what a standard scale can reveal. This information can help individuals understand their body composition, track progress, enabling more informed decisions about health and fitness. Take advantage of finding out more about you on Saturdays 10 am - 12 pm for your complimentary InBody Assessment.



Courtney Sellers
Registered Dietitian Nutritionist

NUTRITION CORNER

Wednesday, October 15 | 10:00 am - 11:00 am

Topic: Fuel Your Fall: Eat well for energy, immunity and enjoyment

Wednesday, December 10 | 10:00 am - 11:00 am

Topic: Savor the Season: Eat, drink & be healthy

FUEL YOUR FALL
Eat Well for Energy,
Immunity & Enjoyment

COMPLIMENTARY NUTRITION SEMINAR
WEDNESDAY OCTOBER 15, 2025
10:00AM - 11:00AM

RESERVE ON THE RIVERLAND FIT APP
****SPACE IS LIMITED****

Reservations for October seminar open on
Sunday October 20th at 7am.

SAVOR THE SEASON
EAT, DRINK & BE HEALTHY

COMPLIMENTARY NUTRITION SEMINAR
Wednesday | **10** | December 2025
10:00-11:00 AM

RESERVE ON THE RIVERLAND FIT APP
****SPACE IS LIMITED****

Reservations for December seminar open on
Saturday December 20th at 7am.

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





HEALTH FAIR

Join Us For:

-  RAFFLES
-  PRESENTATIONS
-  PRIZES

**SATURDAY
NOVEMBER 15, 2025
9AM - 12PM**

Indoor Sports Court

Don't miss the opportunity to get on the path to a healthier you. This complimentary event is open to all residents, offering a wide range of services, activities and educational resources to support a well and balanced lifestyle.

See you there!



EVENTS AT-A-GLANCE

October

- 11 **Breast Cancer Walk – Riverland**
- 14 British Invasion – Grove
- 15 Dink for Pink Pickleball Tournament – Sports and Racquet Club
- 16 **Riverland Green Market – Arts & Culture Center**
- 21 **Riverland Connects Block Party Club Fair – Sports and Racquet Club**

November

- 1 **Riverland Fall Festival – Arts and Culture Center**
- 6 **Riverland Green Market – Arts & Culture Center**
- 7 Boy Band Evolution
- 10 Bob Hope USO Tribute – Grove
- 15 Health Fair – Wellness & Fitness
- 18 **Riverland Connects Block Party – Sports and Racquet Club**

December

- 4 **Riverland Green Market – Arts & Culture Center**
- 6 & 7 Riverland Invitational Pickleball Tournament – Sports and Racquet Club
- 9 **Riverland Holiday Makers Market – Arts & Culture Center**
Art from the Heart of our Residents
- 13 **Pops on the Plaza Holiday Extravaganza – Arts & Culture Center**
- 16 **Riverland Connects Block Party – Sports and Racquet Club**
- 26-30 **Riverland Kid's Week**

January

- 2 MLP Combine #1 – morning – Sports and Racquet Club
- 5 MLP Combine #1 – evening – Sports and Racquet Club
- 9 Shades of Buble – Cay
- 11 Beatles Experience - Walk
- 15 **Riverland Green Market – Arts & Culture Center**
- 17 **Candlelight Jazz - Jazz on the Plaza – Arts & Culture Center**
- 18 MLP Tournament – Sports and Racquet Club
- 20 **Riverland Connects MLP SEMIS & FINALS – Sports and Racquet Club**
- 24 Top of the World – Carpenters- Grove

February

- 4 Rita Rudner – Comedy – Grove
- 5 **Riverland Green Market – Arts & Culture Center**
- 7 **Mardi Gras Festival featuring Otis Cadillac – Arts & Culture Center**
- 17 **Riverland Connects Block Party – Sports and Racquet Club**
- 21-22 Riverland Open – Sports and Racquet Club
- 27 Chris Ruggero – Grove

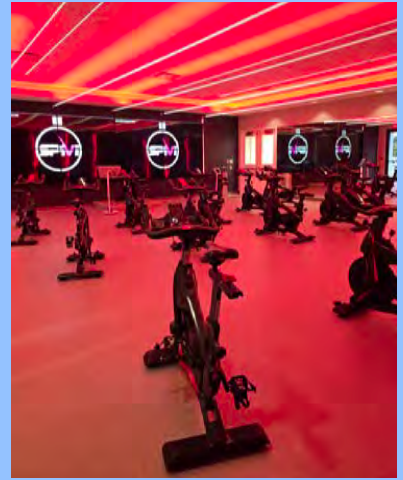
March

- 5 **Riverland Green Market – Arts & Culture Center**
- 13 Wanted / Bon Jovi Tribute – Walk
- 18 **Olympics Block Party Opening – Sports and Racquet Club**
- 18-20 **Riverland 2nd Annual Olympics – Sports**
- 21 Sounds of Soul – Cay
- 22 Melissa Manchester – Grove
- 28 **Rock Orchestra on the Plaza – Arts & Culture Center**



Open Now!

PULSE FIT STUDIOS



RIVERLAND

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VALENCIA

V I B E S

EVENT GUIDE

Your Social Calendar to FUN!

VOLUME 10

Fall 2025

Valencia Cay Show Series



Oct 24 Completely Unchained
Nov 15 The Edge Effect
Dec 6 Boss Project-Holiday Party

Valencia Grove Show Series



Oct 4 British Invasion
Oct 10 Comedian "DS" Sanders
Nov 7 Boy Band Evolution
Dec 5 Jayne Curry

Valencia Walk Show Series



Oct 18 Turnstiles - Billy Joel
Nov 15 Derek Blake Guitar Legends
Rock & Roll Hall of Fame
Dec 12 SARGE – Comedy

Outings and Celebrations



Valencia Cay
Oct 31 Solid Brass
Halloween
Celebration
Dec 31 New Years Eve
Celebration

Valencia Walk
Oct 24 Rockumentary -
Movie & Mingle
Oct 31 Halloween Party
Dec 31 NYE with
Frequency Band

Valencia Grove
Oct 25 All Stars Band
Nov 10 Bob Hope USO Show
Dec 31 New Years Eve Celebration

Thirsty Thursday and Sunset Spritzers

Valencia Cay

Oct 16

Nov 20

Dec 18

Valencia Grove

Oct 16

Nov 20

Dec 18

Valencia Walk

Oct 23

Nov 20

Dec 18

Sunday Funday

Valencia Cay

Oct 5

Nov 2

Dec 7

Valencia Grove

Oct 5

Nov 2

Dec 7

Valencia Walk

Oct 5

Nov 2

Dec 7

Singo

Valencia Cay

Oct 23

Nov 13

Dec 11

Valencia Grove

Oct 22

Nov 25

Dec 23

Valencia Walk

Oct 21

Nov 21

Dec 10

Bingo

Valencia Cay

Oct 6 & 21

Nov 3 & 18

Dec 1 & 16

Valencia Grove

Oct 8

Nov 5

Dec 10



PRIME -772-



Prime 772 at Valencia Walk

Ph: 772-742-5576

Monday - Closed

All Day Menu

Tuesday — Saturday
11:00 am — 8:00 pm

Sunday Brunch
10:00 am — 3:00 pm

Happy hours
Tuesday — Sunday
3:00 pm to 6:00 pm



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