

RIVERLAND



PLAYBOOK

SUMMER MEMORIES IN THE MAKING

Grandkids Take Center Stage at Fun 'n the Sun Kids' Week

FIT HAPPENS HERE

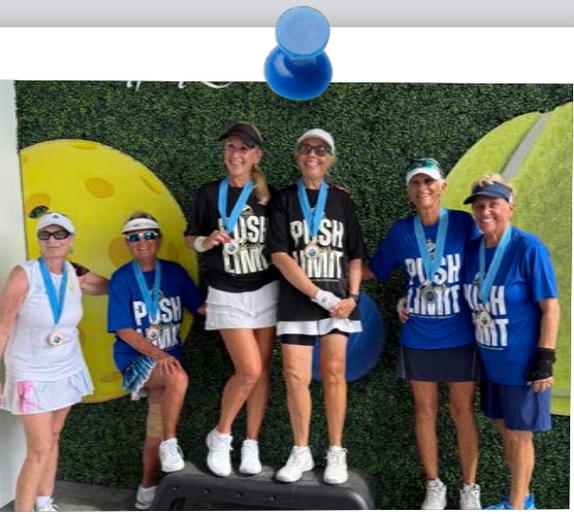
Cool Off Indoors with High-Energy Classes & New Formats

ART IN ACTION

Hands-On Pottery, Mosaics & Masterpieces at the Arts & Culture Center

GAME ON!

Tournaments, Tips & New Gear at the Sports & Racquet Club



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RIVERLAND DIRECTORY

VALENCIA WALK SALES CENTER

12320 SW Calm Pointe Court
Port St. Lucie, FL 34987
(772) 226-9000 | www.glhomes.com/valenciawalk
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 - Saturday: 9 am - 5 pm

Creativity Hub Hours:

7 am - 8 pm | 7 days a week

RIVERLAND INFORMATION OFFICE

Joylyn Sikora, Riverland 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 Muñiz
Lifestyle Director

Summer 2025: Living Vibrantly at Riverland

Welcome to another unforgettable summer in Riverland! Whether you're enjoying a peaceful morning stroll along the Paseo or capping off the day with a sunset pickleball match, there's something truly magical about this season in our community.

This quarter, the Lifestyle Team has crafted an exciting calendar full of opportunities to celebrate summer in style. From themed pool parties and live music evenings at your social club to interactive workshops and vibrant green markets, every event is designed to inspire joy, connection, and the vibrant spirit that defines life at Riverland.

Make This Summer with the Grandkids Unforgettable

Looking for the perfect way to make lasting memories with your grandchildren? We've got just the thing! *Riverland Fun 'n the Sun Kids' Week*, July 28–31 with four action-packed days of fun, games, and active play, all right here in the neighborhood.

Here's what's in store:

- **July 28 – Kids' Pickleball Clinic**
Whether your grandkids are brand new or budding pros, they'll love learning this fun, fast-paced game.
- **July 29 – Obstacle Courses & Games**
High-energy challenges at the Fitness Center designed to get everyone moving and laughing together.
- **July 30 – Family Bocce Roll Call**
A friendly, all-ages competition the whole family can enjoy.
- **July 31 – Splish Splash Art Bash**
A creative, colorful day of water play and art – topped off with pizza and ice cream!

Don't miss this chance to create summer memories your grandkids will treasure for years to come, without ever leaving Riverland.

Register now on the Riverland App and make this a summer to remember.

With enthusiasm and gratitude,

Tere Muñiz, Riverland Lifestyle Director

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

A MESSAGE FROM YOUR BOARD OF DIRECTORS

We are thrilled to see excitement building within the community as phase one of the Riverland Town Center nears completion. The Publix anchored shopping center will give Riverland residents unprecedented access to everyday conveniences by way of golf cart through the Riverland Pathways. Residents will be able to shop for groceries, pick up a prescription, dine at one of the restaurants, and experience many other amenities at the Riverland Town Center. Publix is expected to open in the next few months.

There are also major expansions underway within the Riverland community that will bring the already exploding lifestyle program to new heights. The Group Fitness Studio Hub located at the Riverland Wellness & Fitness Center is nearing completion. This all-new fitness building will feature five dedicated group exercise studios and is expected to open very soon. Land development has started on the Sports & Racquet Center expansion located across the Paseo, south of the Wellness & Fitness Center. This expansion site will feature 8 covered and 8 open pickleball courts, 5 tennis courts, and 12 bocce courts. In addition, the 4th Social Club House within Riverland located in Valencia

Parc has started to take shape. The building went vertical in June and is expected to be completed later in 2026.

Sales have continued to remain strong throughout the first half of 2025. The community is now approaching over 3,800 sales throughout the current 4 Valencia neighborhoods. New sales have remained focused in Valencia Parc and the remaining quick delivery homes left in Valencia Walk and Valencia Grove. We are happy to report that we have now sold over 100 Luxury Club Villa homes and construction of the first buildings has begun.

The total number of homes closed in Riverland has reached 3,200 homes and the estimated number of residents living in Riverland is now over 5,000! We are excited to see the community continue to grow and 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.



CREATIVE UNWIND AT ARTS & CULTURE CENTER

Evening Meet Ups

Guitar Circle | Third Wednesday | 5:30-8:00 pm
 Soundbath Meditation | Monday and Friday | 6:00-7:15 pm
 Theater Club | Third Thursday | 5:30-8:00 pm
 Wine Club | Second Thursday | 5:30-7:00 pm

Support. Strength. Community Groups.

Breast Cancer Support Club | Second Wednesday | 6:30-8:30 pm
 Healthspan Club | Fourth Thursday | 6:00-7:30 pm
 New Beginnings | First Monday | 6:30-7:30 pm

Weekend Creatives: Art, Bake & Unwind

Baking with Bryon Kingdom Bakery | 12:00-2:00pm
 Baking with Fallon Eclectic Treatz | 1:00-4:00 pm
 Mosaic Art with Asia Westbrook | 1:00-4:00 pm
 Paint the master's with Rose Diem | 1:00-4:00 pm
Check the Riverland App for full schedule.

WELLNESS BEYOND THE WORKDAY

Monday

Line Dancing | 6:30 pm

Wednesdays

Aqua Fit | 6:00-6:45 pm
 Zumba | 6:00-6:45 pm

Thursday

Yin Yoga | 5:00-5:45 pm
 Aqua Dance | 6:00-6:45 pm

Saturday

Aqua Dance | 9:00-9:45 am
 Low Impact Fit | 9:00-9:45 am
 Full Body Fit | 10:00-10:45 am
 Mat Pilates | 10:00-10:45 am
 Vinyasa Flow Yoga | 11:00-11:45 am
 Mat Pilates | 12:00-12:45 pm

Sunday

Aqua Dance | 9:00-9:45 am
 Ping Pong, Cornhole | Tues/Thurs | 6:00 pm
 Volleyball | Thurs | 6:00 pm

TWILIGHT SPORTS

Pickleball Open Play | 5:00-8:00 pm | Daily
 Pickleball Open Play | 8:00-11:00 am | Saturday and Sunday
 Tennis Open Play | 8:00-9:30 am | Saturday and Sunday
 Red, White & Dink | Jul 2nd | 6:00-7:00 pm | FREE
 Up & Down the River - DUPR Nights (level specific)
 Mondays | 6:00-7:00 pm | FREE
 Bocce Club Meet Up | Sunday 7:00-8:00 pm | Monday 6:00-8:00 pm
 Thursday (Ladies Night) | 6:00-8:00 pm
 POP & Pizza (POP Tennis) | 6:00 pm

SPORTS CLINICS

Monday

PB: Beginner to Beyond | 5:00-6:00 pm
 PB: Beyond Beginner (2.0-2.9) | 6:00-7:00 pm

Tuesday

TN: Tennis Fundamentals w/Bill | 6:00-7:30 pm

Wednesday

PB: 101 Beginner Pickleball | 6:00-7:00 pm

Thursday

TN: Tennis Fundamentals w/Bill | 6:00-7:30 pm



FRESH, FAST & FULL OF FLAVOR

RIVERFRESH CAFÉ
 DELIVERS CONVENIENCE
 AT RIVERLAND

Fresh, Fast & Full of Flavor

Whether you're finishing up pickleball, cooling down after a workout, or meeting friends for coffee, RiverFresh Café is your go-to spot for fresh, fast, flavorful food, right here at Riverland.

More than a café, RiverFresh is a social hub where residents refuel without missing a beat. And with easy online ordering, you can place an order from your phone,

whether you're on the court or in class, and get a text when it's ready. Pick it up in minutes at the walk-up window. Simple!

Daily Specials, Always Fresh

Monday through Saturday, enjoy two breakfast and two lunch specials, plus a rotating soup-and-sandwich combo. From breakfast platters and artisan wraps to salads, paninis, and vibrant soups, there's always something tasty to try.

And for a pick-me-up? Choose from cold-pressed juices, smoothies, or a Lavazza coffee, arguably the best brew in Riverland.

Your Café, Your Lifestyle

Healthy, convenient, and just steps away, RiverFresh Café fits right into your active day. Whether grabbing a quick bite or enjoying a laid-back lunch with friends, it's where flavor and community meet.

A LETTER FROM THE
LIFESTYLE MANAGER



Shawn Steele
Lifestyle Manager

As summer unfolds, the Riverland Lifestyle Team is thrilled to have planned many upcoming exciting events. Coming this fall and winter: Riverland Fall Festival, get into the holiday spirit with the Holiday Pops Spectacular, experience an intimate evening of sublime Jazz on the Plaza by candlelight, prepare to be blown away by the powerful performances of the Rock Orchestra, and don't miss the very special Mardi Gras performance by the legendary Otis Cadillac!

These events promise to get you out of your seat and onto the dance floor! Mark your calendars and get ready for a season filled with fun, music, and community spirit.

Summer Extension of the Riverland Green Market

Thanks to your enthusiastic support, the Riverland Green Market will continue throughout the summer! With 15 committed vendors, you can look forward to a vibrant market experience filled with fresh produce and unique goods. We appreciate your dedication to making this venture such a remarkable success.

Riverland Lifestyle

App Training Enhance your experience with the Riverland Lifestyle App by joining our bi-weekly training classes at the Arts and Culture Center. These sessions cater to all skill levels, from novices to experts, and offer a fantastic opportunity to explore the app's features while receiving personalized assistance. To sign up, visit the Riverland App or email us at lifestylemanager@riverlandcai.com for further information.

Riverland App Training Class Dates

- July**
 8th | 10 am-12 pm
 22nd | 4-6 pm
- August**
 5th | 4-6 pm
 19th | 10 am-12 pm
- September**
 9th | 4-6 pm
 23rd | 10 am-12 pm

Riverland App Tips Did you know? You can easily access your push notifications right from the Home Screen in the Riverland Lifestyle App! Just log in, and at the top of the screen, you'll see a tab labeled "Recent Push Notifications." Tap it to view all the messages you've received.

Have you uploaded your photo for the Riverland I.D.? Reminder that the deadline was June 15 – please make sure that your picture has been uploaded.

Join us as we celebrate the season with events that bring our community together and create lasting memories. We can't wait to see you there!

Warm regards,
Shawn Steele, Riverland Lifestyle Manager
Lifestylemanager@riverlandcai.com

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](mailto>Lastern4u@aol.com)
Joe Esposito: joesespo31@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: Tue @ 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



Crafts & Chat Group



Riverland Guitar Circle



Riverland Wine Club

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

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 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

Date: 1st 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 - 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.



Kelly Tiger
 Arts & Culture Director
artsdirector@riverlandcai.com

A NOTE FROM THE
ARTS & CULTURE CENTER

Welcome, Summertime!

We're excited to kick off *Fun in the Sun Week* for your visiting grandchildren and family! Be sure to check the APP for all the exciting July festivities. We're also working hard on the BLOOM Garden – if you've been hoping to participate, the lottery for the new season is coming soon!

I feel incredibly grateful for the opportunity to have spent the last six months working at the Arts & Culture Center. We're so proud of what we've accomplished this past quarter! Our Pottery Studio now offers a wide variety of classes, our Mosaic workshops are seeing increased attendance, and our Fine Arts Instructor is leading engaging sessions across several mediums. We also have two bakers and two chefs offering culinary classes daily – there's something for everyone!

In April, I had the honor of hosting my first *World Art Day*. It was such a joy to spend the day with so many talented residents. Showcasing their beautiful artwork, enjoying live music, and watching the Lion Dance performance made for an unforgettable experience. A heartfelt thank you goes out to the Quilt Club, BLOOM Garden, and Pottery volunteers – your dedication helped make the day a resounding success.

Looking ahead, we're thrilled to announce our very first *Holiday Makers Market* this December, along with some exciting new classes you won't want to miss!

If you haven't had the chance to visit the Arts & Culture Center yet, please stop by – we'd love to see you!

Kelly

12067 SW Community Blvd.
 (772) 242-9473
www.riverlandapp.com

Office Hours:

Monday - Saturday: 9 am - 5 pm

Creativity Hub Hours:

7 am - 8 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



Kelly and Sharon Churchill

Sharon Churchill

POTTERY VOLUNTEER, MENTOR MONDAY LEAD

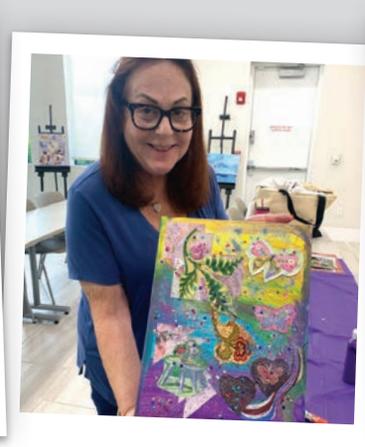
Sharon Churchill is a native Floridian who later moved to Cleveland Ohio for her career. Sharon and her husband, Dave, looked forward to moving back home to Florida. In 2020, they began looking for a Florida home and found the perfect one for them in Valencia Grove. The Arts and Cultural Center was a big attraction for Sharon, as she spent her

entire life dabbling in the arts from painting, drawing, stained glass and sewing just to name a few. Sharon envisioned herself in the center every day! Every day came when she retired in 2024. In the Fall of 2024, with some free time on her hands, her friend in the neighborhood invited her to go to the pottery studio inside the Arts & Culture and check it out.



Sharon had some experience, about 40 years ago in pottery, but many friends and volunteers graciously showed her the way. Sharon loved it and couldn't get enough of pottery. She found it to be calming, peaceful and rewarding. Sharon began watching pottery videos on YouTube, joined ClayShare.com and recently has taken classes in wheel throwing and sculpture online and in-person. Sharon has found her niche and creative outlet in pottery doing animal sculpture and learning something new every day.

Sharon's greatest joy and accomplishments were in her career and now in the Riverland pottery studio where she is mentoring and working with others. Sharon loves volunteering in the studio helping folks find joy and peace in this wonderful and creative outlet.



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 on the Riverland App
or www.riverlandapp.com

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.

Fine 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.

Palette Knife Acrylic Painting

Wednesday | 12:30 pm - 4 pm

July 9 and 23
August 6 and 20
September 3 and 17

Creating Collages

Thursdays | 10 am - 12 pm

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.

PAINT THE MASTERS

WITH ROSE DIEM,
FINE ARTS INSTRUCTOR

Sip & Paint along with Rose to replicate a masterpiece.

Saturday, July 26 | 1 pm | Vincent Van Gogh
Saturday, August 23 | 1 pm | Andy Warhol
Saturday, September 27 | 1 pm | Norman Rockwell

MOSAICS ART WITH ASIA WETS BROOK OF FRACTURED BRILLIANCE

Microbead Pendant: Friday, July 12 | 1 pm

Flamingo Paver: Friday, July 18 | 1 pm

Sunflower Suncatcher: Friday, July 25 | 1 pm

Toucan Paver: Saturday, August 2 | 1 pm

Wildflower Pendant: Friday, August 15 | 1 pm

Glass on Glass Hummingbird: Saturday, August 23 | 1 pm

Glass Hibiscus: Saturday, September 6 | 1 pm

Butterfly Suncatcher: Saturday, September 13 | 1 pm

Sailboat Suncatcher: Friday, September 19 | 1 pm



SIP 'N PAINT CLASSES

WITH RITA THE ARTISTA

It's 5 O'clock Somewhere Canvas: Friday, July 27 | 4 pm

Mystical Mermaid Canvas: Friday, July 25 | 4 pm

Paint Dolphin Dance Glasses: Friday, August 8 | 4 pm

Coastal Fall Canvas: Friday, September 19 | 4 pm

POUR PAINTING WITH ROSE DIEM

Wednesday | 11 am to 1 pm

July 2, 16 & 30
August 13 & 27
September 10 & 24

SOUND BATH MEDITATION

WITH DENISE CARRARO

Mondays and Fridays | 6 pm

July 7, 21, & 25
August 4, 18, & 29
September 12, 22, & 26

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

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!

Monday July 7 | 9 AM

Learn about the Empty Bowl Project! How it works, where the funds go, who it supports, and a bowl demonstration.

Empty Bowl Project Classes

Monday, July 14 | 9 AM

Monday, July 28 | 9 AM

Monday, August 18 | 9 AM



Empty Bowl Matchup

Receive help with your bowl from other pottery volunteers every

Wednesday from 9 AM - 12 PM

Wednesdays, July 16, 23, & 30

Wednesday, August 6, 13, 20 & 27

Wednesdays, September 3, 10 & 24



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.

August 4 | 9 am - 12 pm

September 8 | 9 am - 12 pm

Beginner Class: Make a Mug

Tuesday, July 8 | 9 am - 12 pm

Beginner Class: Make a Vase

Wednesday, August 6 | 1 - 3 pm

Beginner Class: Make a Bowl

Monday, September 29 | 1 - 4 pm

Advanced Beginner Class: Make a Wine Coaster

Monday, August 25 | 9 am - 12 pm

Advanced Beginner Class: GR Pottery Form Class

Wednesday, September 17 | 9 am - 12 pm

Wheel 101

Mondays: July 7, 14, 21 & 28 | 3 - 6 pm

Mondays: August 4, 11, 18 & 28 | 3 - 6 pm

Tuesday, September 2,

and Mondays: September 15, 22 & 29 | 3 - 6 pm

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

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

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

World Art Day



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.

JULY CLASSES

Braised Short Ribs

with Butternut Squash Ravioli

Tuesday, July 1 | 4 pm | Chef Robin

Refined Middle Eastern Spread

Wednesday, July 2 | 4 pm | Chef Deedra

New England Lobster Bake

Monday, July 7 | 4 pm | Chef Deedra

Pan Seared Veal Loin Chops with Rosemary, Fettuccine, Creamed Spinach

Tuesday, July 8 | 4 pm | Chef Robin

Caribbean Island Night

Wednesday, July 9 | 4 pm | Chef Deedra

Pistachio Crusted Fish with Beurre Blanc Scalloped Potatoes

Friday, July 11 | 12 pm | Chef Robin

Learn how to make Pizza Dough

Saturday, July 12 | 12 pm | Fallon Eclectic Treatz

Mediterranean Mezze & Seafood

Monday, July 14 | 4 pm | Chef Deedra

Ribeye Steak with Roasted Shallots and Vinegar Sauce with Wild Mushrooms

Tuesday, July 15 | 12 pm | Chef Robin

Southern Summer Supper

Wednesday, July 16 | 4 pm | Chef Deedra

Seared Sea Scallops with Mushroom Risotto

Friday, July 18 | 4 pm | Chef Robin

Baking Pina Colada Icebox Cake

Saturday, July 19 | 12 pm | Fallon's Eclectic Treatz

Pacific Rim Fusion

Monday, July 21 | 4 pm | Chef Deedra

Warm Lobster Salad with Tropical Fruit and Citrus Vinaigrette

Tuesday, July 22 | 4 pm | Chef Robin

Italian Coastal Evening

Wednesday, July 23 | 4 pm | Chef Deedra

**Buttermilk Fried Chicken
with Red Pepper Jelly Glaze**

Friday, July 25 | 4 pm | Robin

Baking Key Lime Blonde Bars

Saturday, July 26 | 12 pm | Fallon's Eclectic Treatz

Oyster Rockefeller

Tuesday, July 29 | 4 pm | Chef Robin

American Dream Cocktail

(Red, White & Blue Cocktail)

Wednesday, July 30 | 4 pm | Bonner Bar

Pan Seared Duck Breasts ALA Orange

Thursday, July 31 | 4 pm | Chef Robin

AUGUST CLASSES

Sirloin with Marchand De Vin Sauce

Friday, August 1 | 4 pm | Chef Robin

Baking Honey Beer Bread

Saturday, August 2 | 12 pm | Fallon's Eclectic Treatz

Baja Fish Taco Fiesta

Monday, August 4 | 4 pm | Chef Deedra

**Escargot with Garlic Butter
and Puff Pastry Cheese Sticks**

Tuesday, August 5 | 4 pm | Chef Robin

Greek Isles Evening

Wednesday, August 6 | 4 pm | Chef Deedra

Pasta Bolognese

Friday, August 8 | 4 pm | Chef Robin

Baking Italian Lemon Cookies

Saturday, August 9 | 12 pm | Fallon's Eclectic Treatz

Lowcountry Shrimp Boil

Monday, August 11 | 4 pm | Chef Deedra

Grilled Seafood Platter

Tuesday, August 12 | 4 pm | Chef Robin

Asian Street Food

Wednesday, August 13 | 4 pm | Chef Deedra

Lamb Kabobs

Friday, August 15 | 4 pm | Chef Robin

Baking Blueberry Banana Bread

Saturday, August 16 | 12 pm | Fallon's Eclectic Treatz

Provençal Summer Evening

Monday, August 18 | 4 pm | Chef Deedra

Hawaiian Luau

Wednesday, August 20 | 4 pm | Chef Deedra

Baking Applesauce Cake

Saturday, August 23 | 12 pm | Fallon's Eclectic Treatz

Grilled Shrimp Brochettes

Tuesday, August 26 | 4 pm | Chef Robin

Strawberry Mule Cocktail

Wednesday, August 27 | 4 pm | Bonner Bar

Fried Soft Shell Crab Po Boys

Thursday, August 28 | 4 pm | Chef Robin

Sesame Crusted Swordfish

Friday, August 29 | 4 pm | Chef Robin

Baking Apple Cider Cookies

Saturday, August 30 | 12 pm | Fallon's Eclectic Treatz

SEPTEMBER CLASSES

Veal Piccata with Angel Hair Pasta

Tuesday, September 2 | 4 pm | Chef Robin

Indian Spice Night

Wednesday, September 3 | 4 pm | Chef Deedra

New Orleans Seafood Boil

Friday, September 5 | 4 pm | Chef Robin

German Oktoberfest Preview

Monday, September 8 | 4 pm | Chef Deedra

**Slowly Braised Beef Osso Bucco
with Mushroom Risotto**

Tuesday, September 9 | 4 pm | Chef Robin

Moroccan Tagine Night

Wednesday, September 10 | 4 pm | Chef Deedra

Mahi Tacos and Mahi Ceviche

Friday, September 12 | 4 pm | Chef Robin

Baking Pecan Pie Bars

Saturday, September 13 | 12 pm | Fallon's Eclectic Treatz

French Bistro Evening

Monday, September 15 | 4 pm | Chef Deedra

New Potato Crusted Snapper

with Crabmeat Thyme Beurre Blanc

Tuesday, September 16 | 4 pm | Chef Robin

Spanish Tapas Night

Wednesday, September 17 | 4 pm | Chef Deedra

Lobster Bisque and Crawfish Cakes

Friday, September 19 | 4 pm | Chef Robin

Baking Brown Butter Marble Bread

Saturday, September 20 | 12 pm | Fallon's Eclectic Treatz

Creole Bouillabaisse with Rouille

Tuesday, September 23 | 4 pm | Chef Robin

Cranberry Gin Refresher Cocktail

Wednesday, September 24 | 4 pm | Bonner Bar

**Filet and Foie Gras with Pearl Onions and
Mushrooms**

Friday, Sept 26 | 4 pm | Chef Robin

Baking French Bread

Saturday, September 27 | 12 pm | Fallon Eclectic Treatz

New Orleans BBQ Shrimp and Crawfish Etouffee

Tuesday, September 30 | 4 pm | Chef Robin

CULINARY FOCUS: Cocktail Classes

Bonner Bar is now offering our Cocktail Classes! We know you enjoyed the classes and we have a new vendor coming in with a new line up of fun, fresh cocktails!



**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)-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

A MESSAGE FROM THE SPORTS DIRECTORS

Hello Riverland Residents!

If you're new to Riverland, welcome to the neighborhood! We're Courtney and Paul Palermo, and we're thrilled to lead all the exciting programs here at the Riverland Sports and Racquet Club! We've proudly been part of the Riverland community since May 2023, and we feel incredibly grateful to help make this neighborhood an active, connected, and fun place to live.

A little about us: we both came from Southwest Florida where we taught pickleball and led programs in several communities. We met playing pickleball almost eight years ago, and it's been a huge part of our journey ever since. Now, we've added a new teammate to our family – our daughter Summer, born in February! She's already a bright light in our lives, and we're so excited to raise her in this amazing community.

Here's what to know about our program – there's something for everyone:

Love Bocce? We can help you join the Bocce Club or form a team to compete in the Riverland Bocce League. Whether you're a seasoned player or brand new, there's a spot for you.

Pickleball Enthusiast? We run three major tournaments a year, including a crowd favorite – Major League Pickleball (MLP) – along with social round robins, multi-week leagues, skills clinics, and private/group instruction. It's a great way to meet fellow players and level up your game.

Tennis Lover? Take advantage of our tennis clinics, join one of the league teams that travel throughout the region, and participate in fun social events during the season. Need a racquet or a restring? We've got you covered.

Pro Shop Perks: Need gear or guidance? Our team is here to help you get the right equipment and plug into the action. We carry paddles, racquets, proper court shoes and attire, and even gift items for holidays and birthdays.

We can't wait to meet you, get you plugged in, and help you discover everything Riverland has to offer. Whether you're here to compete, connect, or simply have fun – we're here to make sure you love every minute of it.

We hope to see you out on the courts soon!

Paul & Courtney Palermo

THE COMPETITIVE EDGE - PROS & TIPS



COURTNEY PALERMO | PICKLEBALL

Ever heard the phrase: Don't jump off the bridge just because your friend did? Well in pickleball there is a myth – tie yourself to your partner. Now if we tie ourselves together, if they “jump off the bridge” we are too! Untie yourself from your partner and **TIE YOURSELF TO THE BALL!** If you tie yourself to the ball,

it is easier to have good court positioning and know when to cover the sideline vs when to cover the middle.



PAUL PALERMO | PICKLEBALL/BOCCE

Make the Serve a Weapon

Serves are the one shot that we are fully in control of so why not make it one of our best shots? Being able to hit a serve deep with pace will help set up the rest of the rally. If we can force our opponents to hit weak returns that makes the 3rd shot easier and allows us to

control the rest of the rally or even find offense sooner. The serve is also the one shot we can practice by ourselves, so grab some balls and hit a ton of serves. Set up markers in the back of the court and see how many times you can hit them, the more you practice the more consistent you will be with an aggressive serve.



BLAKE CASINO | PICKLEBALL

Offensive Lobs – When & How

What is it? An offensive lob is a quicker, flatter shot that arcs just over your opponent's reach and lands deep.

When to hit it:

- When your opponent is at the kitchen line, especially if they're leaning forward.

- Best from close to the NVZ, like a sneaky drop shot – but lofted!
- Be cautious from deep court – longer distance = harder shot + more time for them to react.



RENE SMIT | PICKLEBALL

Engage Your Brain, Engage Your Feet – Mastering The Split Step

The split step is a movement that started in tennis and several other racquet sports. This is a fundamental motion on the court and becomes so important the higher level you get. The similarities between tennis and pickleball made the split step an easy transition into the sport. This movement is a small bounce executed right before your opponent makes contact with the ball. The most effective split step is one that has a wide base and where your feet land in the direction of the court, landing on your toes rather than your heels. The split step gets you into an athletic-ready position where you're engaging your legs. Just like any movement it does not have to be dramatic as the more subtle the split

step is the quicker you will then be able to move and react to the ball. From this position, you can shift into many other shots, push off in different directions, or pivot your feet. You are a bigger threat in this position because you are ready to react and push off the ground compared to one where you're already in motion.



MADI GONZALES | PICKLEBALL

Master the Third Shot Drop

Nowadays, we see the game evolving with more third shot drives. However, it's important to have the third shot drop in your toolbox as well as it's the gateway to getting your team up to the net and taking control of the point. Mastering this shot can elevate

your game. A few key cues to focus on:

- **Let the ball drop:** After the return, allow the ball to bounce and get lower before you hit it. This gives you more control and makes it easier to shape the drop.
- **Push forward, not up:** Think of pushing the ball forward gently, keeping it longer on your paddle, instead of flicking it upward.
- **Use your momentum:** Make sure your weight is moving forward as you hit the shot. This helps with accuracy and consistency.

Practice this shot with intention, and soon it'll become second nature.



BILL PERRIN | TENNIS

Why use topspin?

Topspin lets you hit harder and higher without sending the ball over the fence. It pulls the ball down fast and gives it a high, bouncy kick after it lands. It's perfect for:

Passing shots – Dips fast at the net

player's feet.

Baseline battles – Pushes opponents back and gets the ball up out of their strike zone.

Lobs – Clears the net player easily, then dives and jumps deep.

How to hit it:

- Low ball? Brush up the back of the ball from low to high.
- High ball? Roll your wrist over the top during follow-through.
- Combo move? Use both for the “windshield wiper” topspin.

Want help? Coach Bill's your guy!

WEEKLY CLASS SCHEDULE JULY/AUGUST/SEPTEMBER

MONDAY

PB: Madi's Mini Clinic (2.5+)	8:00 am - 9:00 am	\$30
PB: Beginner to Beyond	5:00 pm - 6:00 pm	\$25
PB: Beyond Beginner (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 with Rene	8:30 am - 10:00 am	\$30
PB: Court's Mini Clinic	8:30 am - 9:30 am	\$30
PB: 101 Beginner Pickleball	6:00 pm - 7:00 pm	\$25

THURSDAY

PB: 101 Beginner Pickleball	8:30 am - 9:30 am	\$25
PB: Drill & Play with Rene (3.5+)	9:00 am - 10:30 am	\$30

FRIDAY

PB: Madi's Mini Clinic (3.0+)	9:30 am - 10:30 am	\$30
TN: Drills, Skills & Strategy w/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

*PB = Pickleball | TN = Tennis | BB = Bocce Ball | POPTN = POP Tennis
(Subject to change based on popularity, availability and necessity!)

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

JULY

- 2 Red, White & Dink (Free Social)
- 17 Show Us How You Roll Bocce Tournament
- 28 Fun in the Sun Kid's Week - Pickleball
- 30 Fun in the Sun Kid's Week - Over 50/Under 18 Tournament Bocce Tournament



4.0 Men's Champs

AUGUST

- 2-3 Summer Sizzler Pickleball Tournament
- 14 POP & Pizza
- 18 Riverland TriCup - ALL Sports



Women's TCWTL Tuesday 3.5 Team! Can't wait for next season!

SEPTEMBER

- 4 Serve Up September Tennis Social
- 18 Dink & Mingle Pickleball Social

FEDERICO PICKLEBALL CLINIC Learning from the World's #1 Pickleball Player, Federico Staksrud



RESIDENT TESTIMONIAL



DAVID PEARL

I have been in the Riverland community for 5 years. My main activity is pickleball. I have met many residents in my time here.

The pickleball pros have been outstanding. They have kept us informed through newsletters and playbooks consistently.

David and Paul

I have had many interactions with Paul and staff. They are professional and compassionate to all of the players, new and old. Paul and his staff have made an atmosphere that is like a family get together. They have made the process enjoyable. We are lucky to have them in our community.



Summer Bocce League winning team - The Walkers

RIVERLAND
BATTLE OF THE TRIOS
LEAGUE

BEGINNING JULY 9TH

Wednesday's @ 6:30	\$45 /Person	At Riverland Sports and Racquet Center
------------------------------	------------------------	---

Create a team of 3, any gender and battle it out against other trio's. Play one match 2 out of 3 with each player on your team

Divisions
3.0 | 3.5 | 4.0

Register Now @
Riverlandleagues.topdoglive.com
or Scan QR Code

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: Will 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

UPDATE FROM THE FITNESS DIRECTOR

Hello Riverland Residents,

The heat is on...literally! Summer is in full swing. As it continues to stay warm outside, we invite you to come inside to the Wellness & Fitness Center to stay cool with us. From personal training, to group fitness classes, to stretch sessions, to massage services – even indoor swim lessons, we have many ways to beat the heat, while staying active and focused on your wellness.

Since becoming your new Fitness Directors, we have had a blast getting to know all of you in the community that have attended classes, services, open gym and even our fitness focused events. Nothing is more rewarding than doing what we love with the people that love the same things too. If you were a part of the RiverFresh Café Opening Carnival, the Riverland Olympics, or our 2025 Health & Fitness Day Test Your Skills Obstacle Course, you have spent time with us having all the fitness fun you can imagine.

As we continue to grow and evolve together, we are implementing your valued suggestions and making every effort to integrate them as best as we can – so keep filling our front lobby suggestions box with your thoughts on how we can improve your experience with us.

We are getting very excited for the expansion of our Group Fitness rooms to a whole new building. As you see the progress coming along, reality is setting in that we will be able to have five classes going on at the same time, including new formats of Pilates Reformer, Bungee Fitness, Spin and Crossfit style. Our Group Fitness Instructors are currently working on new certifications for these formats so you can have access to them even more than what they currently offer. Typically change can bring an uneasy feeling, however, this new addition coming to the Riverland Wellness & Fitness amenity is guaranteed to be well received.

If we haven't had the chance to meet you yet – here's a little bit about us. We've been deemed the "dynamic husband and wife duo" due to our collective management experience within the hospitality and sports entertainment industries, now bringing you a superior health and wellness program. Outside of Riverland, we spend all of our time with our two kiddos. Eleni is our daughter who is 7 years old but thinks she's 17 and our son Kingston, who is 6 and wants to be an astronomer.

See you in the Wellness & Fitness Center!

One Love,
Athenia & Uroy

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

FEATURED TEAM MEMBERS

Andrea Horner



Bootcamp
Tuesday 10 am
Barre Fusion
Wednesday 11 am
ISO60
Thursday 11 am

Dale Johnson



Yin Yoga
Thursday 5 pm

Marie Simco



Low Impact Fit
Monday 11 am
Tuesday 10 am
Friday 9 am
Tone Up
Tuesday 11 am
Friday 11 am

Janelle Washington-Brown



Abs 360
Tuesday 8 am
Step & Sculpt
Tuesday 9 am
Dance Fit
Tuesday 10 am

Janice Gonzalez



Zumba
Wednesday 6 pm

Gabrielle DeCarvalho



HIIT
Thursday 8 am

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

HIIT/High Intensity Interval Training Room 1	8:00 am – 8:45 am
Aqua Dance Pool	9:00 am – 9:45 am
Barre Room 1	9:00 am – 9:45 am
Zumba® Gold Room 2	9:00 am – 9:45 am
Chair Zumba® Indoor Sports Court	9:00 am – 9:45 am
Aqua Fit (Level 2) Pool	10:00 am – 10:45 am
Chair Yoga Indoor Sports Court	10:00 am – 10:45 am
Full Body Fit Room 1	10:00 am – 10:45 am
Yoga Stretch Room 2	10:00 am – 10:45 am
Aqua Fit (B3) Pool	11:00 am – 11:45 am
Low Impact Fit Indoor Sports Court	11:00 am – 11:45 am
Stretch & Tone Room 1	11:00 am – 11:45 am
Mat Pilates Room 2	11:00 am – 11:45 am
	12:00 pm – 12:45 pm



TUESDAY

Abs 360 Room 1	8:00 am – 8:45 am
Aqua Fit (Pilates) Pool	9:00 am – 9:45 am
Zumba® Toning Room 1	9:00 am – 9:45 am
Step & Sculpt Room 2	9:00 am – 9:45 am
Stretch Dynamics Indoor Sports Court	9:00 am – 9:45 am
Aqua Fit (Core & Cardio) Pool	10:00 am – 10:45 am
Low Impact Fit Room 1	10:00 am – 10:45 am
Dance Fit Room 2	10:00 am – 10:45 am
Bootcamp Indoor Sports Court	10:00 am – 10:45 am
Tone Up Room 1	11:00 am – 11:45 am
Stretch & Tone Room 2	11:00 am – 11:45 am
Chair Yoga Indoor Sports Court	11:00 am – 11:45 am
Intermediate Yoga Room 2	12:00 pm - 1:00 pm



WEDNESDAY

Aqua Fit (Level 1) Pool	9:00 am – 9:45 am
POUND Rockout. Workout.® Room 2	9:00 am – 9:45 am
Dance Fit Room 1	9:00 am – 9:45 am
Aqua Fit – Strength & Conditioning Pool	10:00 am – 10:45 am
Full Body Fit Indoor Sports Court	10:00 am – 10:45 am
Zumba® Gold Room 1	10:00 am – 10:45 am
Stretch Room 2	10:00 am – 10:45 am
Power Hour Room 1	11:00 am – 12:00 pm
Barre Fusion Room 2	11:00 am - 11:45 am
Medium Impact Fit Indoor Sports Court	11:00 am – 11:45 am
Mat Pilates Room 2	12:00 pm – 12:45 pm
Equipment & Stretch Clinic (monthly)	12:30 pm – 1:30 pm
Aqua Fit Pool	6:00 pm – 6:45 pm
Zumba Room 2	6:00 pm – 6:45 pm



THURSDAY

HIIT Room 2	8:00 am - 8:45 am
Low Impact Fit Room 1	9:00am – 9:45 am
Yoga Room 2	9:00am – 9:45 am
Stretch Dynamics Indoor Sports Court	9:00 am – 9:45 am
Aqua Fit (Level 2) Pool	9:00 am – 9:45 am
Barre Room 1	10:00 am – 10:45 am
Mat Pilates Room 2	10:00 am – 10:45 am
Dance Fit Indoor Sports Court	10:00 am - 10:45 am
ISO 60 Room 2	11:00 am – 12:00 pm
Chair Yoga Indoor Sports Court	11:00 am – 11:45 am
Low Impact Fit Room 1	11:00 am – 11:45 am
Yin Yoga Room 2	5:00 pm – 5:45 pm
Aqua Dance Pool	6:00 pm – 6:45 pm

FRIDAY

Lower Body Blast Room 1	8:00 am – 8:45 am
Low Impact Fit Indoor Sports Court	9:00 am – 9:45 am
Stretch Room 1	9:00 am – 9:45 am
Zumba® Gold Room 2	9:00 am – 9:45 am
Bootcamp Indoor Sports Court	10:00 am – 10:45 am
Aqua Aerobics (Level 2) Pool	10:00 am – 10:45 am
Upper Body Attack Room 1	10:00 am - 10:45 am
Stretch Room 2	10:00 am – 10:45 am
Aqua Dance Pool	11:00 am - 11:45 am
Tone Up Room 2	11:00 am – 11:45 am

SATURDAY

Aqua Dance Pool	9:00 am – 9:45 am
Low Impact Fit Room 1	9:00 am - 9:45 am
Full Body Fit Indoor Sports Court	10:00 am – 10:45 am
Mat Pilates Room 2	10:00 am – 10:45 am
Vinyasa Flow Yoga Room 2	11:00 am – 11:45 am
Mat Pilates Room 2	12:00 pm – 12:45 pm

SUNDAY

Aqua Dance Pool	9:00 am – 9:45 am
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RESIDENT TESTIMONIAL



DR. RAYMOND DUNN

Hello, I'm Dr. Raymond Dunn and I am 81 years old. Two months ago I began working with Personal Trainer Corey Rekas at the Wellness & Fitness Center. Over the past 50 years I have not been able to touch my toes. However, with the work I am doing with Corey, I now can say "I can touch my toes" and am looking forward to going even further. It has been wonderful working with him and I feel great!

GROUP FITNESS CLASSES & SERVICES AT THE WELLNESS & FITNESS CENTER

Get ready to try something new with Upper Body Attack!

Focusing specifically on upper body and core strength – this class uses a combination of weights, bodyweight exercises, and core work to tone and sculpt your arms, shoulders, chest, back, and core. It's designed to be a high-energy, sweat-inducing workout that can be done at any fitness level.

Once you've mastered the basics of a beginner Yoga class – you are familiar with all the names of your basic poses, know what "Take a Vinyasa" means... comfortable with "moving with your breath", you are now ready for an Intermediate Yoga class. Come join us on Tuesdays at 12 pm for a full one hour class where you can relax, center, and move through a Vinyasa Flow style class with breath work.



Courtney Sellers
Registered Dietitian Nutritionist

NUTRITION CORNER



Wednesday, August 13th* | 10:00 am - 11:00 am

Topic: Hot Days, Cool Food - Eating & Drinking Well In The Summer Heat

Let's take a look into the importance of hydrating, electrolyte balance and making easy no-cook meals.

For more information call (772)200-2773 or book on Riverland Fit App

*Reservations for this seminar open on Sunday, July 20th at 7 am.

RIVERLAND RESIDENTS

Complimentary
Walk-In
Assessments
Now Available

Saturdays
10:00 am -
12:00 pm



INBODY 570

Healthier Happy Hour

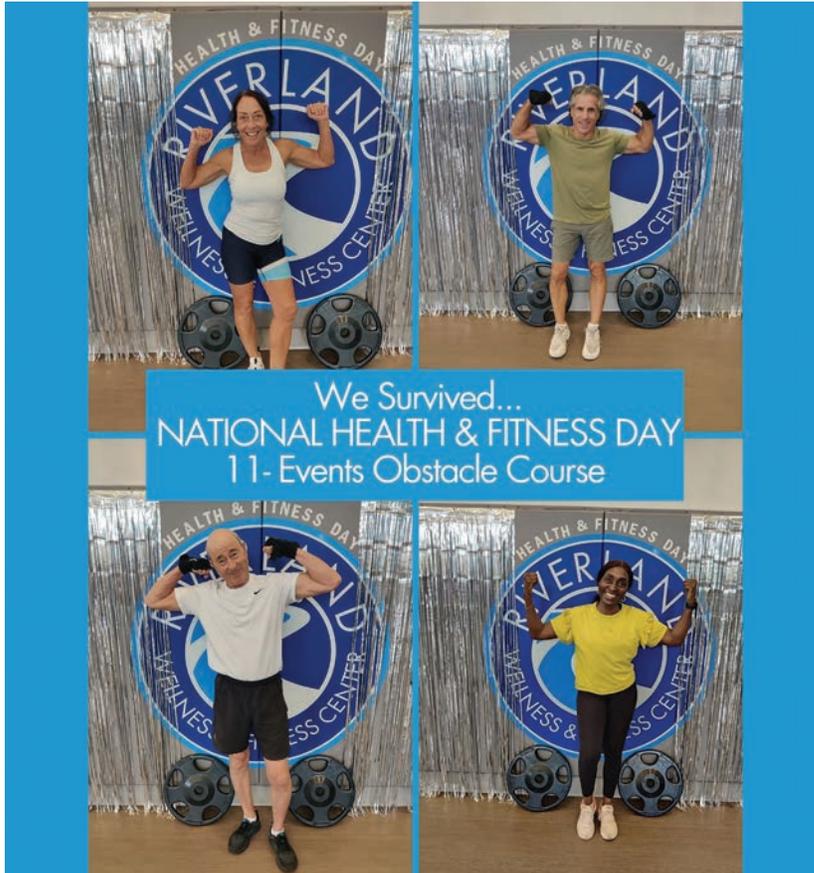
THURSDAY JULY 24, 2025
6:00pm - 7:00pm



JOIN US FOR A
WINE & LITE BITES
PAIRING EXPERIENCE

RESERVE ON THE RIVERLAND FIT APP
SPACE IS LIMITED

INDOOR SPORTS COURT



JOIN OUR FITNESS COMMUNITY

CHAIR ZUMBA

TONE UP

FULL BODY FIT

RIVERLAND WELLNESS & FITNESS CENTER

INDOOR SPORTS COURT GROUP FITNESS CLASSES

BOOTCAMP

LOW IMPACT FIT

CHAIR YOGA

DAILY SCHEDULE

- **Line Dancing**

Monday: 6:30 pm - 8:00 pm

- **Basketball Open Court**

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

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

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

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

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

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

Sunday: 6:00 am - 10:00 pm



- **Ping Pong Open Table**

Tuesday: 3:30 pm - 5:00 pm

Thursday: 3:30 pm - 5:30 pm

Saturday: 3:30 pm - 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



EVENTS AT-A-GLANCE

July

- 2 Red White and Dink Pickleball – Sports & Racquet Club
- 3 **Riverland Green Market – Arts & Culture Center**
- 4 **Riverland 4th of July Golf Cart Parade – Paseo**
- 13 Sunday Funday Wimbledon Watch Party – Walk
- 17 Show Us How You Roll Bocce Tournament – Sports & Racquet Club
- 19 Checkmate Band and Dance – Walk
- 28-31 Fun in the Sun Kids Week – Sports, Fitness and Arts
- 24 Healthier Happy Hour hosted by Key Fitness - Arts & Culture Center

August

- 2-3 Summer Sizzler PB Tournament – Sports & Racquet Club
- 7 **Riverland Green Market – Arts & Culture Center**
- 8 Disco Fever Dance Party
- 13 Staying Cool in Summer Nutrition Seminar – Arts & Culture Center
- 16 Solomon Jay Tap into Soul Show – Valencia Grove
- 21 **Riverland TriCup – Sports & Racquet Club**
- 23 Gilly & The Girl Show – Valencia Walk

September

- 1 Labor Day Party – Walk, Grove & Cay
- 4 Serve Up September Tennis Social
- 4 **Riverland Green Market**
- 5 Simply Tina Show – Grove
- 27 Dueling Pianos – Cay and Walk
- TBD Test Your Skills Obstacle Course

October

- 2 **Riverland Green Market – Arts & Culture Center**
- 11 **Breast Cancer Walk – Riverland**
- 14 British Invasion – Grove
- 15 Dink for Pink Pickleball Tournament – Sports and Racquet Club
- 21 **Riverland Connects Block Party Club Fair – Sports and Racquet Club**
- TBD Aqua Bootcamp Dueling Pool Party – Wellness & Fitness

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 2025

- 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**
- 16 **Riverland Connects Block Party – Sports and Racquet Club**
- 26-30 **Riverland Kid's Week**





Open Now!

RIVERFRESH CAFÉ

HOURS OF OPERATION

Monday –Saturday: 7:00 am – 3:00 pm

Breakfast: 7:00 am – 11:00 am

Lunch: 11:00 am – 3:00 pm

Closed Sundays

(772) 318-4185

CHECK OUT
THE MENU



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 9

Summer 2025

Valencia Cay Show Series



Aug 2 A Piece of Woodstock
Sept 27 Real Deal Dueling Pianos

Valencia Grove Show Series



July 4 July 4th Celebration
July 11 Italian Night Comedy & Music
Aug 8 Richard Minervini Comedy Night
Aug 16 Tap into Soul with Solomon Jaye
Sept 5 Simply Tina

Valencia Walk Show Series



July 4 July 4th Pool Party
July 19 Checkmate Band – Bob Seger Tribute
Aug 8 Saturday Night Disco Fever Dance Party
Aug 23 Gilly and the Girl – Tribute to James Taylor & Carole King
Sept 13 Cowboys & Cocktails Line Dance Party
Sept 27 Dueling Pianos – Howl at the Moon

Outings and Celebrations



Valencia Cay
July 4 July 4th Celebration
July 16 Hard Rock Bus Trip
Aug 13 Hard Rock Bus Trip
Sept 17 Hard Rock Bus Trip

Valencia Walk
July 4 July 4th Pool Party
July 25 Rockumentary Movie & Mingle
July 29 Trivia
Aug 20 Rockumentary Movie & Mingle
Sep 1 Labor Day Pool Party
Sep 16 Trivia
Sep 30 Rockumentary Movie & Mingle

Valencia Grove
July 4 July 4th Celebration
Aug 31 Night in White

Thirsty Thursday and Sunset Spritzers



Valencia Cay	Valencia Grove	Valencia Walk
July 17	July 22	July 24
August 21	August 21	August 28
Sept 18	Sept 16	Sept 25

Sunday Funday



Valencia Cay	Valencia Grove	Valencia Walk
August 3	July 13	July 13
Sept 7	August 3	August 3
	Sept 7	Sept 7

Singo



Valencia Cay	Valencia Grove	Valencia Walk
July 24	July 23	July 21
August 28	August 27	August 18
Sept 14	Sept 24	Sept 12

Bingo



Valencia Cay	Valencia Grove	Valencia Walk
July 7 & 15	July 2	July 17
August 4 & 19	August 6	August 7
Sept 1 & 16	Sept 3	



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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