

TALK^{OF THE} TRAILS

JANUARY - MARCH 2024 ISSUE

Celebrate at our

**CHINESE NEW YEAR
FESTIVAL & DANCE**

Party at the *Mardi Gras*
& **ST. PATRICK'S DAY**
Celebrations

Enjoy the **Elton John**,
Fleetwood Mac and
Earth, Wind & Fire Tributes

CONTACT INFORMATION

VALENCIA TRAILS

11880 Majestic Trails Blvd, Naples FL 34120

Clubhouse Main Line

239-359-6950

GRS Community Management Hours

9 a.m. – 5 p.m. Mon - Fri

10 a.m. – 3 p.m. Sat - Sun

www.valenciatrailshoa.org | valenciatrills.thundertix.com

Property Manager

Lori Nixon | lnixon@grsmgt.com

Lifestyle Director

valenciatrillslifestyle@grsmgt.com

Club Facility Manager

Stephen DiGuardi | sdguardi@grsmgt.com

Resident ServicesAttendant

VTresidentservices@grsmgt.com

Bryce Nelson | bnelson@grsmgt.com

Steve Troyano | stroyano@grsmgt.com

GATHER RESTAURANT & BAR

Food & Beverage Director

Dana Roberson

Dana@gathertrails.com

Executive Chef

Debra Bicknese

debra@gathertrails.com

Total Health Systems

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RACQUET CLUB & PRO SHOP

Director of Racquets & Bocce

Jordan Lingle | jordan@playmyhoa.com

Valenciatrillsproshop@gmail.com

THE SPA AT VALENCIA TRAILS

Owner

Christin Bones | admin@u-topiaspa.com



New Homeowner

ORIENTATIONS

New residents are invited to attend an orientation session with the GRS Community Management team. You will learn all the ins and outs to using the amenities, programs, web systems, property questions and more. Residents are required to be closed on homes and to RSVP in advance to vtresidentservices@grsmgt.com.

1st Wednesday of Every Month

11 a.m. | Social Hall

January 3 | February 7 | March 6

Save the Dates 2024

These Guys Worldwide | April 6

5-Course Wine Dinner | April 17

Mother's Day Brunch | May 12

70s, 80s & 90s Unplugged:

MTV Experience | May 17

Block Party Happy Hour | May 22

Memorial Day BBQ | May 27

Father's Day Activity | June 16

Fourth of July Pool Party | July 4

**Disclaimer: all events and activities are subject to change and additional activities and events may be added to the calendar.*

A Message from Your



PROPERTY MANAGER | Lori Nixon

Happy 2024 to all Valencia Trails residents! I hope everyone enjoyed quality time with family and friends over the holidays.

In the past few months, several ACC applications have been approved for various projects. I want to thank all of you who are taking the time to complete the required documentation. This process is in place for many reasons. One important reason is to ensure the drainage is not compromised and neighboring homes are not negatively impacted when your contractors are completing large projects.

As your beautiful community continues to grow, it is even more important for everyone to work together in keeping it aesthetically pleasing and desirable to call home.

I am looking forward to growing together with all of you! Let's make this the best year yet!

Take Care!

Lori Nixon

Property Manager (LCAM, CFCAM)

A Message from Your



HOA PRESIDENT | Tambra Wolfe

We have experienced amazing success at Valencia Trails! In 2023, we sold 175+ homes bringing us to 737 home sales to date. It's hard to believe we are 88% sold out! Equally impressive, we closed 240 homes last year. This is a record for us in SW Florida and one that we are

very proud of during this difficult time in the industry. There are 484 families calling Valencia Trails home. It's truly awesome to see so many living in and enjoying this beautiful community.

Many milestones happened in 2023:

- We opened the beautiful clubhouse in June!
- The mailboxes were relocated to the Mailbox Pavilion in July.
- Land Development completed the balance of the community.
- Land Development installed the final lift of asphalt on the roads for Jacaranda, Coronado, Periwinkle, Jasper, Peony and Freesia.
- The traffic light at the Immokalee Rd. entry was installed and turned over to Collier County.
- We added or modified the heat pumps to function with a chiller mode for the wading, resistance, lap and resort style pools.
- Lifestyle is in full swing as many residents enjoy all the amenities have to offer. There is something for everyone, so make sure you get involved.

In early 2024, we will be adding a homeowner board member to the HOA Board. This will be the beginning of homeowner involvement in the HOA Board and a time for the homeowner board member to learn and understand our vendors, contracts, the overall community, the ACC process and more. We look forward to this opportunity as the community continues to grow.

With our first season in full swing at the amazing Club at Valencia Trails, the lifestyle opportunities will be endless. There will be shows, parties, dinners, dances, fitness, pickleball, tennis and bocce to name a few. Friendships are being made and lots of fun is underway so encourage your friends and family to purchase while we still have homes available.

As Valencia Trails is Collier County's best active adult community, we expect to sell the remaining homesites, specs and models this year! We also expect to start the balance of homes with the anticipated completion of all homes being sometime in the 2nd quarter of 2025. This too will be a busy year and we look forward to selling out and building out Valencia Trails!

Cheers!

Tambra Wolfe

HOA President

January EVENTS



Gulfstream Park: Thoroughbred Racing & Casino Trip

Friday, January 5

10 a.m. | Offsite | \$110

Join us for an afternoon of horse racing, Vegas-style slot machines and video game tables. Enjoy all The Village has to offer with shopping, restaurants, art galleries and cafes. The bus will collect everyone at the Club at 10 a.m. Roundtrip transportation and lunch & gambling vouchers are included. Registration is required by December 29. A minimum of 30 participants are required.

Organization Seminar

Tuesday, January 10

11 a.m. | Social Hall | Free

Unlock your potential and supercharge your skills at our upcoming organization seminar. In a world filled with constant change and complexity, effective organization and time management are the keys to success. Join us for an inspiring and informative seminar designed to help kick off the new year in the best way!

Bingo Night

Thursday, January 11

7 p.m. | Social Hall | \$15

Bingo Night is the perfect way to unwind, socialize, and test your luck in a friendly and lively atmosphere. The games will be led by Jay Rigdon. The cost includes 3 cards per game. Great prizes will be awarded to winners. RSVP online or with Resident Services.



Jewelry Making Class

Tuesday, January 16

3 p.m. | Arts & Crafts Studio | \$45

Design your own jewelry! This 90-minute class is geared toward beginners, but all levels are welcome to participate. You will learn the basic techniques needed for jewelry-making and will leave with a completed piece of jewelry. Participants have the choice of making a necklace, bracelet, or 2 pairs of earrings. Choose from a large variety of bead styles & colors, as well as a variety of chains. All materials & tools are provided. Optional pendants are available to be added to necklaces for an additional \$10. You'll be amazed at the beautiful & unique jewelry you can design.

Rocket Man

A Tribute to Elton John

Saturday, January 13 | 8 p.m. | Social Hall | \$35 + tax per person

The Rocket Man Show is the USA's #1 full time '70s and '80s Elton John Tribute and sets the standard for world class entertainment. The show is an exact re-enactment of an early Elton John concert, featuring gorgeous, exact replica costumes, 100% live instrumentation, faster tempos, 4-part harmonies and a grand piano.



Reservations are required for all events. To RSVP, go to www.valenciatrailshoa.org or visit Resident Services.



Movie Night: Top Gun Maverick

Thursday, January 18

7 p.m. | Social Hall

Free to Attend

Join us for *Top Gun: Maverick*! Free popcorn will be available. Additional concessions will be available to purchase. Sign up today!

Murder Mystery Game Night

Thursday, January 25

7 p.m. | Social Hall | \$20

Minimum of 4 teams required

Join us for this fully interactive, 90-minute game night experience. Each team will have 6-8 players. A minimum of four teams and up to 12 teams will challenge each other to solve the murder mystery. The bar will be available during the game for beverage purchase. Reservations are required.



TUSK

A Tribute to Fleetwood Mac

Sunday, January 21

8 p.m. | Social Hall | \$35

The five seasoned, well-respected musicians comprising TUSK have been making music together in various combinations and styles, from complete originals to covers, for over 30 years themselves. It is only fitting that they should come together to form the ultimate Fleetwood Mac tribute, and pay homage to a group that dominated the charts during the band member's formative years. Tusk takes its audience members on a sweet ride down memory lane. Authentic-sounding and always respectful, TUSK leaves no stone unturned in replicating the sounds of one of the world's best-loved, top-selling bands. Gather will be open for dinner service.



Chinese New Year Festival & Dance

Saturday, January 27

6 p.m. | Social Hall | \$49+ Tax

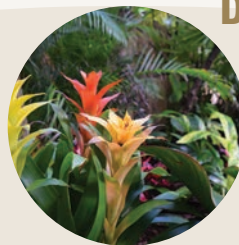
Come explore the beauty and magic of the Chinese culture and all its wonders. Our Chinese festival will feature a DJ, dragon dance, buffet of delicious Chinese delicacies and the evening will culminate with the lighting and release of Chinese wish lanterns. The menu features 5-Spice spare ribs, egg rolls, crab Rangoon, egg drop soup, Wonton soup, General Tso's chicken, shrimp with garlic sauce, Szechuan beef & broccoli, stir fry wok vegetables, vegetable lo mein, steamed white rice, fortune cookies, bubble tea, mango pudding and hot green tea. Make your reservation today!

Down to Earth Seminar

Tuesday, January 30

10 a.m. | Social Hall | Free

Come meet a representative from the Down to Earth team and learn about our landscaping. A question and answer session will follow. Please register online.



Reservations are required for all events. To RSVP, go to www.valenciatrailshoa.org or visit Resident Services.

February EVENTS



Mardi Gras Dance Party

Wednesday, February 7
7:30 p.m. | Social Hall | \$38

Get ready to let the beads fly at our Mardi Gras Dance Party when the French Quarter comes to Naples. At this celebration Trails Kings & Queens will dance the night away to the **Belladiva Mardi Gras & Motown Band**. This 7-piece, high energy band will delight with jazz, Motown, R&B and pop hits from the last 5 decades. Beignets, water and beads will be provided for all to enjoy. Beer, Hurricanes and tasty Cajun foods will be available for purchase. Masks, crowns and royal scepters are welcome!



ELEMENTS

Earth, Wind & Fire Tribute

Saturday, February 10
8 p.m. | Social Hall | \$35 + tax per person

Covering a band as ground-breaking and multi-talented as Earth, Wind & Fire is no small task, but Elements does it with style. Elements combines tight horn arrangements, soaring falsettos, and a pulsating groove into one unforgettable night of hits like "Shining Star," "September," and "Boogie Wonderland" among others. They will take you on a journey through all their greatest hits spanning over three decades with a full band of brass, percussion, and talented vocalists.

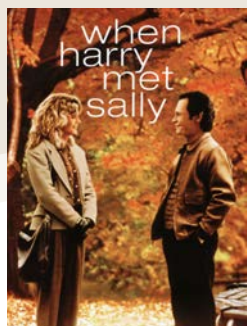


Superbowl Sunday Potluck

Sunday, February 11
5:30 p.m. | Social Hall
Free

What is better than football and friends? Join us for the biggest game of the year! Bring along your favorite game day dish and let's watch the game with your neighbors and friends on the big screen! We will have a corn hole tournament, football toss and more so let's have some fun. Don't forget to show your team spirit! Gather will be offering beer specials, wine & cocktails for purchase.

Reservations are required for all events. To RSVP, go to www.valenciatrailshoa.org or visit Resident Services.



Valentine's Movie Date Night

Wednesday, February 14

7:30 p.m. | Social Hall | Free

Enjoy dinner at Gather followed by the classic movie, *When Harry Met Sally...* starring Billy Crystal and Meg Ryan.

Free popcorn will be provided and additional movie concessions will be

available for purchase. Be sure to make a reservation, so the team knows how much popcorn to make.



Lake & Wetlands Seminar

Wednesday, February 21

11 a.m. | Social Hall | Free

Dive into the fascinating world of wetlands at our upcoming Lake & Wetland Seminar. Discover the beauty, significance, and ecological importance of

these unique ecosystems that serve as crucial lifelines for our local birds, fish and wildlife.

LADIES LUNCHEON & FASHION SHOW

Thursday, February 22

10 a.m. | Social Hall | \$36

Come for the camaraderie, clothes and fun! This stylish event begins with shopping from 10 to noon followed by lunch and fashion show. R Boutique & Maverick will be showcasing the latest fashion trends on our very own VT models! If you are interested in being a model, please contact Bryce in Resident Services. Models will be provided hair & make up services at The Spa at Valencia Trails. The buffet lunch will feature garden harvest & tossed California cobb salads; a fruit and yogurt bar with assorted melons, berries and granola; tea sandwiches including tuna salad, egg salad and cucumber, cream cheese & dill. Chicken Caesar and turkey club wraps and gluten free pasta salad will be available. Raspberry almond shortbread bites, assorted macaroons and flourless chocolate cakes will complete the meal.

COMEDY NIGHT

WITH MARYELLEN HOOPER AND TROY THIRDGILL

Saturday, February 24

8 p.m. | Social Hall | \$35 + tax per person



MaryEllen's act is an ever-evolving story about her life as a woman, wife and mother. Her accounts of life's little annoyances leave audiences exhausted from laughter. From home repairs on her family's "fixer upper" to colicky babies, no story is too sacred to share with her audiences.

Troy Thirdgill's style has been described as "comedic jazz." He's worked comedy clubs, military bases, US Embassies, colleges, cruise ships and corporate events and has performed in more countries than almost anyone. It's his intelligent material, energy, insanely real characters, and unique perspective that evoke deep laughs.



Reservations are required for all events. To RSVP, go to www.valenciatrailshoa.org or visit Resident Services.

March EVENTS



Trivia Night

Thursday, March 7

7 p.m. | Social Hall | \$20

Put your knowledge to the test and come out for Trivia Night! There will be several rounds of trivia of both general knowledge and category-based trivia. Teams are limited to groups of 8. Prizes will be awarded to the first-place team! Gather will be open for food and beverages.



Saturday, March 9

1:05 p.m. | Offsite | \$31

Take me out to the ballgame, take me out to the park! Enjoy a spring training match up between the Minnesota Twins and New York Yankees at Lee Health Sports Complex in Fort Myers. Seats have been reserved in section 215, rows 8, 9 & 10. These seats get partial shade during the game. There are only 25 seats available, so sign up today!

The Edward Twins: An Evening with the Stars

Saturday, March 9 | 8 p.m. | Social Hall | \$35 + tax per person

All your favorite legendary superstars come alive in this Ultimate Variety Show. The NBC Today Show says "it's one of the most extraordinary shows we have ever seen." The Edwards Twins recreate the best acts like Sonny & Cher, Billy Joel, Elton John, Neil Diamond, Lionel Richie, Stevie Wonder, Ray Charles, Lady Gaga, Celine Dion, Rod Stewart, Bette Midler, Olivia Newton John, Barbara Streisand, Andrea Bocelli, Frankie Valli, Tom Jones, and many, many more. These twin brothers are Vegas's top impersonators and impressionists and sing all live vocals. Don't miss this must see show.



Reservations are required for all events. To RSVP, go to www.valenciatrailshoa.org or visit Resident Services.



Saturday, March 16
8 p.m. | Social Hall | \$35 + tax per person

Dust off your leisure suits, shine up those platform shoes and be transported back to a simpler time when gas was under \$1/gallon...when music was fun, inspiring and uplifting...and disco was king! The show is authentic in music and dress. "S.O.S.", "Super Trooper" and "Dancing Queen" are re-created with such precision you'll swear you were listening to the originals themselves. The melodies of "Fernando" and "Chiquitita" will rekindle those feelings of first loves. "Take a Chance on Me" and "Voulez Vous" will lift you out of your seat to dance!



Movie Night: Boynton Beach Club

Thursday, March 21

7 p.m. | Social Hall | Free

Boynton Beach Club is a movie about active adult living that was actually filmed in several east coast Valencia communities. It's a romantic comedy about our amazing capacity to rebound and fall in love. For anyone who thinks love and romance end long before retirement, they're in for a reality check. No one sees themselves becoming old, and the residents of Boynton Beach aren't about to start.



Floral Design Class

Tuesday, March 26

3 p.m. | Arts & Crafts Studio | \$45

Each person who takes this class will create a stunning floral arrangement to take home. Learn the basic elements of floral design and discuss how to care for flowers to achieve long lasting freshness. The flowers, vase and instruction are including in the price.

Music Bingo Night

Thursday, March 28

7 p.m. | Social Hall | \$20

Music bingo is a fun spin on traditional bingo that allows you to jam out to snippets of your favorite songs. Players who recognize the song on their card will mark it with a dauber. The DJ continues playing songs until someone gets bingo. Prizes will be given for round winners and the bar will be open for beverage purchases.



St. Patrick's Day Party

Sunday, March 17 | 4 p.m. | Pool Deck | \$42

Get ready to sham-rock and roll with us at our St. Patrick's Day Party! It's that time of year when everyone's a little bit Irish, and we're here to celebrate in style. Join us for an afternoon of Irish merriment, green everything and a DJ to kick off the good times. Traditional Irish fare will be served including corned beef, shepherd's pie, Guinness vegetable barley stew, pub salad, braised green cabbage, toasted caraway seed, buttered new potatoes, orange & fennel carrots and soda bread. The menu finishes with mint chocolate trifle and Bailey's mousse shots with espresso cream. Sláinte!

Reservations are required for all events. To RSVP, go to www.valenciatrailshoa.org or visit Resident Services.



Friday Date Nights are Back by Popular Demand!

Every Friday night, Gather offers a \$69 dinner for 2 that includes a starter, entrée and dessert for each person plus a bottle of wine to share. Enjoy the same for \$59 without the wine. A dinner for one is \$35 and includes a starter, entrée, dessert and 2 glasses of wine.

Saturday Butcher Block Nights

Butcher Block Nights will featuring prime rib or Chef's selection of choice cuts for the week, lobster tails and live music from 5 – 8 p.m. Menus will be available in the weekly Gather update eblast.

January 6 (Dr. Mazz) & 20 (Java Moon)

February 1 & 17

March 2 & 23



Block Party Happy Hours

Want to meet your neighbors? Join us at one of our themed Block Party Happy Hours. Cabanas will be assigned with streets, so you can meet the folks who live closest to you. Games and either a DJ or live music will be provided, and food tents will be available with tasty food options and specialty cocktails.

January 17 | Tito's, Tequila & Tacos

March 20 | Wine & Cheese

Sangria, Sunset & Spanish Guitar

Thursday, February 1

5 p.m. | Gather | Free

Join us for a special evening with gorgeous Florida sunsets, live Spanish guitar and chef's delectable tapas menu perfectly paired with tasty sangria!

LUNCH

Thursday - Sunday | 11 a.m. - 3 p.m.

HAPPY HOUR

Thursday - Saturday | 4 p.m. - 6 p.m.

Sunday Drinks only | 11 a.m. - 4 p.m.

DINNER

Thursday - Saturday | 5 p.m. - 9 p.m.

OUTDOOR POOL BAR

Thursday - Saturday | 11 a.m. to 9 p.m.

Sunday | 11 a.m. - 5 p.m.

Gather Brunch

Brunch is held the last Sunday of the month
11 a.m. - 2 p.m.

January 28

February 25

March 31 | Eggstravaganza Spring Brunch

Valentine's Date Night

Wednesday, February 14

\$59 per person | Reservations Required

3-Course Pre Fixe Dinner

Starters

(Choose One)

Velvety Lobster Bisque

Crème Fraiche, Snipped Chives

Little Gem Salad

Cucumber Spears, Avocado, Radish, Sugar Snap Peas,
Teardrop Tomatoes, Green Goddess Dressing

Entrees

(Choose One)

Spring English Pea and Mushroom Risotto

Glazed Oyster & Maitake Mushrooms,
Micro Arugula & Parmesan Shards

Grilled Mahi Mahi

Coconut Cauliflower Rice, Blistered Sugar Snap Peas,
Painted Black Beans, Pineapple & Mango Salsa

Seared Petite Lamb Chops

Couscous & Quinoa Tabouleh, Sautéed Baby Spinach,
Roasted Tomato Chutney, Rosemary-Zinfandel Demi

Dessert

(Choose One)

Chocolate and Hazelnut Pillow Crepes

Macerated Strawberries

French Lemon Mousse

Poppyseed Tuille, Fresh Raspberries



LUNCH & LEARN Cooking Classes

Healthy Grain Bowls, Vinaigrettes & Chocolate Avocado Mousse

Sunday, January 7 | 3 - 5 p.m. | Cooking Studio

\$45 + tax per person Maximum of 18 participants

Keep those New Year's resolutions with lots of vegetables and health focused tips. Build your own grain bowl for lunch and enjoy piping and decorating your own chocolate & avocado mousse with candied pepitas for dessert. Includes your choice of water, iced tea or soft drink. Learn how to create fruit forward vinaigrettes and how to prepare various vegetables for grain bowls to make assembly quicker at home for healthy eating in 2024.

Hands On Ravioli & Pasta Making "Play Dough" Class

Sunday, February 4 | 3 - 5 p.m. | Cooking Studio

\$45 + tax per person. Maximum of 18 participants

Come join our "Play Dough" pasta making class. Learn how to make and form dough, roll it by hand and with a pasta roller, and prepare different ravioli fillings. You'll be walked through filling, sealing and cooking your ravioli. Once your masterpiece is complete, you'll be able to enjoy it with a small Italian salad and your choice of water, iced tea or a soft drink. The meal wouldn't be complete without Italian/Mexican Wedding Cookies for dessert.

Interactive Asian Inspired Flavors

Sunday, March 3 | 3 - 5 p.m. | Cooking Studio

\$45 + tax per person. Maximum of 18 participants

Join us for a hands-on Asian inspired class. Learn how to:

- Make Thai Coconut Ginger & Lemongrass Soup with rice noodles and raw vegetables
- Hand roll either tofu or shrimp Summer Rolls
- Fold Pork Dumplings, use a steamer basket or pan fry them
- Prepare dipping sauces for both
- Enjoy an Ube Mochi (purple sweet potato rice cake) for dessert

The class includes your choice of water, iced tea or a soft drink and tastings of every course.

Reservations are required for all events.



5-COURSE WINE DINNERS

**January 31 | March 6
April 17**

In January, we will begin our monthly wine dinners which include a custom-crafted four- or five-course meal. Prices vary based on menu and wine selections. Our wine dinners always promise an unmatched fine dining experience. The evening's wines are selected by our own sommeliers and are seamlessly paired with each delectable food course. Guests will be guided through each food course and wine selection to ensure a deep appreciation of subtle flavor nuances in every bite and sip. Each wine dinner offers a perfect blend of education and enjoyment. The evenings are approachable to ensure entry-level foodies and seasoned connoisseurs alike can enjoy the fun.

FITNESS Programs



A Message from Marni Rudnick

FITNESS OPERATIONS DIRECTOR

There is a very real connection between our mental health and movement. More than ever, physical activity is so much more than sweating. It's an opportunity to boost your mood, make social connections and be proactive about your emotional and physical wellbeing. We all deserve that.

THS will continue to find new, innovative ways to celebrate wellness and reach our entire community with opportunities to move. From fitness classes to personal training, workshops and clinics.

I'm proud to say that feedback from Valencia Trails has shown that our commitment to fitness does make a difference.

On behalf of our entire team, thank you for continuing to show up, for yourself and for each other.

Marni Rudnick
Total Health Systems



FREE Equipment Clinics

January 13 | 11 a.m.

February 10 | 11 a.m.

March 9 | 11 a.m.

Space is limited to 20 participants per session. Register on Total Health Systems website.

Fitness Attendant Hours

- Monday: 9 a.m. – 12 p.m.
- Tuesday: 8 – 11 a.m.
- Wednesday: 1 – 4 p.m.
- Thursday: 10 a.m. – 1 p.m.
- Friday: 8 – 10 a.m.
- Saturday: 9 – 10 a.m.

Reservations are required for all events.

JANUARY - MARCH CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Full Body Strength Training: 8:00 a.m.	Cardio Strength: 9:00 a.m. Yoga: 10:30 a.m. Zumba: 6:30 p.m.	Full Body Strength Training: 8:00 a.m. Aqua Fit: 10:30 a.m.	Cardio Strength: 9:00 a.m. Yoga: 10:30 a.m. Zumba: 6:30 p.m.	Pilates: 10:00 a.m. Aqua Fit: 10:30 a.m.	Chisel & Tone: 10 a.m.

CLASS DESCRIPTIONS

Aqua Fit: Interval, strength and cardio training in the pool. You will utilize noodles and aqua dumbbells to get a full body workout all to upbeat music. Whether you are a beginner or expert, you will be sure to get a great workout.

Cardio Strength (NEW): This class is for anyone who likes to sweat while building muscle. It will focus on cardiovascular health and muscle tone while keeping you moving. Light to medium weights are combined with moves to engage your heart and lungs. All levels are welcome. Beginners don't be afraid, start your building blocks of good health here.

Chisel & Tone: This is a full body sculpting class where you tone and sculpt using weights to target all the major muscle groups.

Full Body Strength Training: Fire up all the major muscle groups in this full body strength class. Build and maintain muscle mass, help protect your bone density and work towards lifting.

Pilates: This mat-based Pilates class focuses on strength, stability, posture, proper breath control and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an

emphasis on challenging the core muscles with each movement. Classes will be taught using slow, controlled movements.

Yoga: In this Vinyasa class, the basic foundational yoga postures are practiced to align, strengthen, and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition and ease of movement.

Zumba: Take the work out of work out by mixing low intensity and high intensity moves for an interval-style calorie burning dance party!

NEW CLASS REGISTRATION OPTIONS

Single Class Registration

If you would like to continue signing up for a specific class for the month, sign up as usual. Your space in the class will be automatically reserved for you.

BYO Variety Pack of Classes

If you would like to try different classes over the month, purchase a variety package of either 5 or 10 classes. After you pay for a class package, you will be able to register for the individual classes you would like to attend. This creates your reservation for a space in that class. Packages expire at the end of every month, so be sure to select the classes you'd like to attend.

5-pack - \$30 | 10-pack - \$50



FREE 2024 FITNESS CHALLENGE

Come into the Fitness Center to sign up for the first annual fitness challenge. The competition begins on Jan. 1. This 6-week challenge has various categories, so there is something for everyone! Each week will feature a new challenge. Participants will be broken into 2 groups (beginner & advanced) and prizes will be awarded weekly!

- Are you the strongest male or female?
- Can you qualify for the Florida Senior Games?
- Did you take the most classes in the month?
- Join our Fit Body challenge!
- Track your gym workouts
- Winners will receive prizes and bragging rights.



WORKSHOPS

Goal Specific Cardio Exercises
Thursday, January 18
10 a.m. | Fitness Center | FREE

Exercises for Osteoporosis
Wednesday, February 14
1 p.m. | Fitness Center | FREE

Improving Flexibility
Thursday, March 21
10 a.m. | Fitness Center | FREE

Small Group Personal Training NOW AVAILABLE

Train with your spouse and/or a friend to motivate each other and have fun while working out!

Group Training Packages 2-3 people

30-minute packages:

3 sessions: \$210 (\$70/session, 2 people pay \$35 each or 3 people pay \$23.33 each)
10 sessions: \$600 (\$60/session, 2 people pay \$30 each or 3 people pay \$20 each)

1-hour packages:

3 sessions: \$300 (\$100/session, 2 people pay \$50 each or 3 people pay \$33.33 each)
10 sessions: \$900 (\$90/session, 2 people pay \$45 each or 3 people pay \$30 each)

Fitness Registration Reminder:

Note: Times and classes are subject to change.

Registration for classes opens the 2nd Thursday of every month for the following month. Don't forget to use the "2ndClass" discount code for \$5 off when you register for more than one class. BYO Variety Packages expire at the end of each month.



The Spa at Valencia Trails

Tuesday - Friday | 10 a.m. - 5 p.m.

Saturday by Appointment Only

Enjoy a complimentary tea, infused water, mimosa or champagne with any service!

Sasha Callus Removal Event

Wednesday, January 17

\$25 per person (\$75 value) | 11 a.m. - 1 p.m. | The Spa

10-person maximum

Join us and Sasha Owner and Master Pedicurist CJ for treatments with our callus softening product. It was initially intended to be used as a callus remedy service. However, we quickly discovered it is great for many things!

- Effectively removes mild to dry calluses within 10 seconds.
- Effectively and safely reduces and cleans thickened nails caused by age or damage.
- Effectively removes thick, callused skin within 4 minutes!

Come get a treatment and a complimentary foot mousse.

Patchology Event

Thursday, February 15

\$10 per person | 3 - 5 p.m. | The Spa

Our Patchology event is the perfect opportunity to add some excitement to your afternoon. Come join us for a happy hour filled with fun and relaxation as we sip on champagne and try our stylish eye patches. At the event, you'll get the chance to learn how to incorporate these trendy accessories into your daily routine. In just 5 minutes, our experts will show you how to achieve stunning results that will enhance your natural beauty and make you stand out from the crowd.

Blow Out Instruction

Thursday, March 14

\$10 per person | 3 - 5 p.m. | The Spa

Tugging, tangling and tired arms no more, join us as we help teach you how to make at home blow outs obtainable with a breakdown of professional level blowouts. Bring in your hair dryers and brushes and we will show you how to get the perfect blow out. We will go over the right products for your hair type because the perfect blow dry is all about the right foundation.



Sports & RACQUET CLUB

The Pro Shop Hours of Operation January - March

Monday - Saturday | 8 a.m. - 1 p.m.

A Message from Your



DIRECTOR OF RACQUETS & BOCCE | Jordan Lingle

I'm so excited to be your Director of Racquets & Bocce at Valencia Trails! I have been playing and teaching tennis and pickleball for many years at different clubs in Florida, Utah and Hawaii. I love helping people learn and grow in their

skills to become the best player they can be.

I began playing tennis when I was 13 and was introduced to pickleball shortly after. I developed my skills in both sports and went on to play collegiate tennis. I love both tennis and pickleball and am excited to share my knowledge with the community. Whether it be dinking around in pickleball, working on volleys in tennis, or playing bocce, I cannot wait for an amazing start at Valencia Trails! Please feel free to reach out to me or say hi in person. I would love to meet you and help you with whatever you may need.

Pickleball

We had 5 teams competing in the Southwest Florida Pickleball League from October through December. Three men's teams competed at the 3.0 and 3.5 levels and two women's teams

competed at the 3.0 level. We look forward to continuing the growth of our teams during the winter season.

Bocce

Ten teams competed in our first bocce league held on Tuesday mornings and Wednesday evenings from October through December. The winter league will be a longer league and run from January through April. Expect the Bocce courts to be full of action daily.

2024 VT Winter Bocce League

The season begins on Monday, January 8. This mixed league promises fun competition for everyone, requiring teams to have a blend of both men and women. At least 6 players per team are required, but we recommend 8 or more to ensure your team has enough players for the season. When signing up, please provide essential details: your team's name; the captain's name, email, phone number; and the names of all players. Teams must register in the Pro Shop. For individuals looking to join a team or teams seeking additional players, leave your names at the pro shop and the team will try to connect players with other individuals.

CANCELLATION POLICY Must contact the Pro Shop 24-hours before reservation otherwise you will be fully charged.



Around the Trails Sports Social

Sunday, February 4 | 11 a.m. - 2 p.m.
Racquet Pro Shop | FREE

Join us for our first Around the Trails Sports Social! There will be fun activities all around the recreation site including pickleball, tennis and bocce open play with our pros, food trucks, a DJ sponsored by GL Homes, pop up bars and corn hole games. We are working on a few surprises too! The Full Throttle Car Club will be hosting a car show and the Table Tennis club will have tables set up under the Pro Shop covered patio for play. Seasoned and new players are welcome in this fun, friendly social environment. Never played, no problem! A schedule of events will be provided in your weekly sports update.



Sporting Tips

PICKLEBALL | Control Your Body

An area of play that can make the difference between a good shot or a ball floating high or into the net is the control you have over your body. Too much movement of the feet can lead to crowding the ball and jamming yourself. Not enough foot movement leads to overreaching. Lunging at the ball causes the ball to go into the net or leaning too far back will cause the ball to float high. Some of you may have seen my chair drills over the last few weeks, where I have the person sit on a chair and hit the ball. This gives them the feeling of a solid base and just allowing the hand and forearm to hit through the ball instead of using too much body or swinging with their shoulder. Use this technique on the court and imagine yourself sitting on a chair when hitting. This will force you to control your footwork and body movement and simplify your stroke.

BOCCE | Bank Shots

Bank shots can help you get around balls that are in the way. Banking involves bouncing your ball against the rails to change the angle and get it to places that are difficult to reach. This shot takes advanced throwing skills, so you might need some time to get used to it. You would typically use this shot when the pallino isn't too far from the rails.

TENNIS | The Approach Shot

There are two types of approach shots that we get in tennis: approach shots we get and approach shots we give. We all are familiar with the approach shot we get, a short ball sitting in the middle of the court. The approach shot we give is the one many of us fail to cash in on. When you hit a shot that puts your opponent in a defensive position, moving forward to take advantage and shorten the point is imperative. In other words, DON'T WATCH YOUR PRETTY SHOT!

CANCELLATION POLICY Must contact the Pro Shop 24-hours before reservation otherwise you will be fully charged.

TENNIS

New Year's Ace Mixed Doubles Tournament

Thursday, January 11

4 p.m. | Racquet Pro Shop | \$15

This is a social, mixed doubles round-robin tournament. Your partner is decided by the draw of the cards. The player that wins the most points receives a \$10 gift card to the pro shop.



Australian Open Round Robin Mixer

Thursday, January 25

10 a.m. | Racquet Pro Shop | \$15

Players will be broken up into 2 teams – Team Melbourne & Team Sydney. Enjoy competitive matches and join Jordan for a light bite at Gather after the event. Australian beers and “Aussietizers” will be available for purchase.



Love Serving Love

Thursday, February 8

4 p.m. | Racquet Pro Shop | \$25

Grab a loved one or friend and celebrate each other through healthy competition at our mixed doubles tournament. Three rounds of tennis will be played, followed by 3 wine & chocolate pairings.



Men's & Women's Doubles Club Championships

Saturday, March 2 & Sunday, March 3

Racquet Pro Shop | \$25

Come out and play tournament style matches with your fellow neighbors to battle for the club championship! It will be single elimination for the winners bracket and those who lose will be transitioned to the back draw. Winners will have bragging rights and your names engraved on a large trophy that will be displayed all year long in one of the premier spots in the clubhouse display cases.



Spring Break Tennis Fiesta

Thursday, March 28

4 p.m. | Racquet Pro Shop | \$15

Come enjoy a party atmosphere with tropical decorations, music, chips & salsa, seltzers and beers. The format will be triples, 3 vs. 3 triangle format.

CANCELLATION POLICY Must contact the Pro Shop 24-hours before reservation otherwise you will be fully charged.

PICKLEBALL

Ace of the Court Mixed Doubles Tournament

Friday, January 5

11 a.m. | Racquet Pro Shop | \$15

For this mixed doubles tournament, your partner is decided by the draw of the cards. You'll draw a new partner before each game. This fun, but competitive round robin style tournament will have you meeting new players. The player that wins the most points receives a \$10 gift card to the pro shop.



Pizza & Pickleball Social

Thursday, January 18

4 p.m. | Racquet Pro Shop | \$20

Come meet new friends and play round robin games organized by Jordan. Pizza will be available following play from New York Pizza & Pasta for all to enjoy.

Pickleball Trivia Night

Thursday, February 29

6 p.m. | Racquet Pro Shop | \$15

Play pickleball in a round robin format. In between rounds of play, there will be live trivia with prizes for our most knowledgeable picklers.

Play with the Pro Up & Down the Trails

Thursday, March 7

3 p.m. | Racquet Pro Shop | \$10

Come out to play with Jordan in an Up & Down the Trails format. Players of all abilities are welcome. Thirty-one players can be accommodated for this event. Join Jordan for a celebratory cocktail at 5 for happy hour.



Pickleball Boot Camp Training Event

Saturday, March 23

11 a.m. | Racquet Pro Shop | \$75

Men and women of all skill levels are invited to train with local coaches to get tips, work on your game and improve your techniques and strategies. Every court will have a dedicated coach and coaches will rotate between the courts. At the end of the event, players will have received pointers from 8 different coaches. This boot camp is available for the first 32 players who sign up.

APRIL
Save the Dates

Men's & Women's Doubles Club Championship

**Saturday, April 13
& Sunday, April 14**

US Open Pickleball Championships

Saturday, April 13 – Saturday, April 20

Are you interested in group tickets?
Are you interested in hosting a player
or players in your home?
Let us know and we'll investigate opportunities!

CANCELLATION POLICY Must contact the Pro Shop 24-hours before reservation otherwise you will be fully charged.

BOCCE



New Year's Tournament Challenge

Tuesday, January 2

10 a.m. | Bocce Courts | \$15

Teams of up to 8 residents compete in a round robin tournament for bragging rights and a special surprise. Register your team at the pro shop today! Juice, water and fruit will be provided.



Bocce Happy Hour Social

Wednesday, January 10

4 p.m. | Bocce Courts | \$20

Join Jordan for round robin style bocce play in teams of 6 in this happy hour themed social event complete with music and 2 glasses of wine per player. Teams will be randomly selected at the event. When registering, please include your basic bocce skill level – beginner, intermediate or advanced.

Love & Bocce

Tuesday, February 13

4 p.m. | Bocce Courts | \$15

Enjoy socializing and casual play at this Valentine's Day themed event. There will be themed giveaways and prizes for winners. Wear red or pink!



St. Patrick's Luck of the Irish Bocce Tournament

Wednesday, March 13

4 p.m. | Bocce Courts | \$20

Come for a bit of malarkey and some green beer! Make no mistake, you'll want to be here. This bocce tournament will have prizes for winners and best dressed.



March Madness Singles Bocce Showdown

Thursday, March 21

12 p.m. | Bocce Courts | \$25

This is a bocce singles tournament with a twist - players will draw random handicaps. Wear your favorite university gear. Bar food and buckets of beer will complete the fun. Sixty players can be accommodated for this event.

CANCELLATION POLICY Must contact the Pro Shop 24-hours before reservation otherwise you will be fully charged.

TENNIS SCHEDULE

Point Play

Mondays | 8 a.m. | \$15

Min. 4, Max. 6 participants

Simulated match play and fast paced point play drills. This is a great opportunity for both beginners and advanced players to hone their skills during point play.



FUNDamentals

Mondays | 9 a.m. | \$15

Min. 4, Max. 6 participants

Come join our beginner tennis class where we go over the basic techniques and strategies of the sport. We will learn how to hit serves, volleys and groundstrokes and learn doubles and singles tactics.

Start your tennis journey here while having a ton of fun!

Drill & Play

Wednesdays | 8 a.m. | \$15

Min. 4, Max. 6 participants

Come learn tips for improving your game. We will review the fundamentals to help you improve your game. It's a great opportunity for both beginners and advanced players to develop their skills.

Doubles Tennis Open Play

Wednesdays | 9:30 a.m. | Free

Players of all abilities are encouraged to come out and play doubles. Come mix, mingle and meet new players. Please bring your own racquet and balls.

Cardio Tennis Sunrise

Fridays | 8 a.m. | \$15

Take this high energy workout while improving your game. This is a great opportunity for both beginners and advanced players to burn some calories, have fun and develop your strokes and movement on the court.

PICKLEBALL SCHEDULE

Intro to Pickleball

Tuesdays | 8 a.m. | \$15

Thursdays | 9 a.m. | \$15

Min. 4, Max. 6 participants

New to pickleball and want a better understanding of the basics? This clinic will focus on learning the pickleball rules and skills to start playing.



Developer Pickleball Clinic

Tuesdays | 9 a.m. | \$15

Thursdays | 8 a.m. | \$15

Min. 4, Max. 8 participants

This clinic is for beginners who are ready to advance their skills to the next level. The focus will be to work on improving the basics of the game. Players should have completed the Intro to Pickleball and know the basics. Work will focus on developing shots, strategies and positioning on the court.



Pickleball Shot of the Week

Fridays | 10 a.m. | \$15

In this class you will learn a new shot every week with Coach Jordan. We will learn techniques and strategies on how to hit each shot and when to use each shot to improve your game.

Week 1 | Serves

Week 2 | Returns

Week 3 | Volleys

Week 4 | Dinking

Week 5 | 3rd Shot Drops

Week 6 | Transition & Resets

Week 7 | Hitting & Covering Lobs

Week 8 | Review & Shot Selection

Private, Semi-Private & Group Lessons Available!

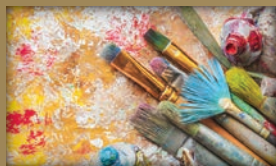
Contact the Pro Shop to schedule private, semi-private or group lessons.
Jordan - \$100/hour (Tennis & Pickleball)

CANCELLATION POLICY Must contact the Pro Shop 24-hours before reservation otherwise you will be fully charged.

CLUBS at Valencia Trails

Get Involved. Join or Create Your Own Club!

Euchre • Bridge • Photography • Holistic Wellness • Culinary Groups • Arts & More!



Advanced Mah Jong

Lisa Crawford and Augusta Lombardi
lisacr4d@hotmail.com

Art Club

Nancy Nowak
nancy@nancynowak.com

Birding Club

Rick Dunning
radirish328@gmail.com

Bowling Club

Carole Pokonski and Laurie Weisberg
SeizeTheMomentInc@gmail.com

Canasta

Elaine & Burt Weisberg
elw90@comcast.net

Chess

Arnold Zeiger & Jamie Protack
poorwillyzee@gmail.com
jamesprotack@gmail.com

Coin Club

Paul Chiarello
pjchiarel55@gmail.com

The Culinary Crew

Susie Orr
Susieorr14@gmail.com

Fiction Book Club

Bette Williams
bettebw@gmail.com

Foods of the World Club (NEW)

Dr. Gwen Patrone
gwen@gwenpatrone.com

Full Throttle Car Club

Bob Eisenhart
beisenhart52@gmail.com

Gardening Club

Michele Kenney
md.kenney@me.com

(Valencia Trails) Give Back

Lisa Crawford and Lorraine Schmalzer
vtgivesback@gmail.com

Hand & Foot (NEW)

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Intermediate Mah Jong

Marianne Davis
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Jewish Cultural Club (NEW)

Phyllis Koss
phyllismsw@aol.com

Living Long, Refined & Happy (NEW)

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Mexican Train

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Pinochle

Ralph Tufano
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(Daytime Ladies) Poker Club

Carolyn Kimmel and Augusta Lombardi
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(Dealer's Choice) Poker Club

Alan Parsowith
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Singles Club (NEW)

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Social Dance Club

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Table Tennis

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Texas Hold'em

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donnowakjr@gmail.com