

Fun in the Sun

VALENCIA DEL • SOL

ROBBIE HOWARD
TRIBUTE TO FRANK SINATRA
January 13th

O TOWN
MOTOWN
March 9th

ELTON JONATHAN
TRIBUTE TO ELTON JOHN
February 24th

CLASSIC
AIRWAVES
March 23rd



Thank you for those who took part in our first VDS Resident Arts and Crafts Fair.



CONTACTS

The Club at Valencia del Sol is Located at:
5010 Sevilla Shores Drive,
Wimauma, FL 33598
Clubhouse Main Line: (813) 566-0855

GRS Community Management Hours
9:00 a.m – 5:00 p.m. Daily



Lifestyle Director

Lori Pickel
lpickel@grsmgt.com • Extension 204

Community Association Manager

Christian Cruz
Ccruz@grsmgt.com • Extension 203

Administrative Assistant

Milady Leiva
Mleiva@grsmgt.com • Extension 0

BISTRO DEL SOL

General Manager/Chef de Cuisine

Douglas Grimley
Extension 205

Chef de Cuisine

Kimberly McKellar
Ext. 205

TOTAL HEALTH SYSTEMS

Fitness Director

Marni Rudnick
info@totalhealthsystemsinc.com
(813) 938-6599

RACQUET CLUB

Sports Director

Byron Fresno
5030 Seville Shores Drive
(678) 592-6444 (cell) • pickten.fresno@gmail.com



MESSAGE FROM YOUR COMMUNITY ASSOCIATION MANAGER

Happy New Year! Moving to a new community can be a little overwhelming and sometimes all we need is to be pointed in the right direction. As the Community Association Manager for Valencia del Sol, it is my pleasure to help all our new residents, as well as our current residents, with any information and requests pertaining to the clubhouse and HOA related concerns. .

Chris Cruz
Community Association Manager



MESSAGE FROM YOUR LIFESTYLE DIRECTOR

Happy New Year Valencia del Sol! We are going to start the new year off with so many informative and fun things to do! This newsletter is just one of the ways I will keep you updated on what is going on at Valencia del Sol. Participation in events is especially important and I encourage all residents to sign up as early as possible to avoid cancellation of an event. If you need any assistance, I am always here to help. You should be receiving weekly emails from me regarding all activities here at the clubhouse. If you are not, please contact me so we can make sure you don't miss out on anything! I am happy to answer any questions you may have and, your feedback is very important.

Lori Pickel
Lifestyle Director



MESSAGE FROM YOUR ADMINISTRATIVE ASSISTANT

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

Milady Leiva
Administrative Assistant



RESIDENT SPOTLIGHT CARLOS SANTIAGO



Carlos is originally from Ponce, Puerto Rico and then moved to the Bronx, New York. He and his wife Lydia purchased their home here at Valencia del Sol in 2020.

Carlos actively participates in the Pickleball and Bocce and is active with the Christian Fellowship Bible Study Club and the Men's Pool Players Club. Carlos dines at the Bistro on occasion.

Many refer to him as the "mayor" of Valencia del Sol!

Thank you, Carlos, for all of your support!



HOA EVENTS & ACTIVITIES



COFFEE & CONVERSATION

Tuesday, February 6th

11:00 a.m. • Social Hall • Free to Attend

Join your Lifestyle Team for a sneak peek at the upcoming events, activities, Frontsteps and more! Complimentary coffee will be provided. RSVP required. 30 Person Maximum.

ONE BLOOD BLOOD DRIVE

Wednesday, February 14th

1:30 – 6:30 pm

Clubhouse Parking Lot

One Blood will be onsite to receive your blood donations. A link for appointments will be posted to the residents before the blood drive. Please give the gift of blood!



NEW HOMEOWNER ORIENTATION

Thursday, February 15th

10:00 a.m. • Social Hall • FREE TO ATTEND

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



Recycling Presentation

Tuesday, January 23th • 2:00 p.m.

Social Hall • FREE TO ATTEND



Ever wonder what really happens to the stuff we put into our Recycle Bins? Randall Ceneus from the Hillsborough County Recycling and Waste Management Department will be here again to give us a presentation on the benefits of recycling and the problems that wish-cycling creates at the recycling center. If you really care about trying to lessen the environmental impacts of solid waste, please come and learn about the importance of recycling and how we can all do our part to make it work. Their research shows that the Valencia del Sol Community has had more rejections than the previous time Randall was here; however, the area as a whole is doing better. Randall will show us how they derived that information.

JANUARY

AdventHealth Mobile Mammography

Wednesday, January 3rd • 8:30 a.m. - 2:30 p.m.
Clubhouse Parking Lot

AdventHealth Mobile Mammography bus will be onsite to provide mammograms using a Hologic 3D mammogram system. Women ages 40 and over do not need a prescription or referral for your mammogram. Women ages 35 – 39 will need a prescription from a physician. Most major insurance plans are accepted. There is no additional fee for 3D. Please complete all forms prior to your appointment at: AdventHealthMobileMammography.com. A link will also be provided to schedule your appointment..



Saturday, January 20th • 7:00 p.m.
Social Hall • \$35 per person (plus tax)

Let's get the party going on the dance floor! You won't want to miss this band and talented trio who perform hits from The Bee Gees, Earth Wind and Fire, KC and the Sunshine Band and MANY more. Put on your Boogie Shoes and run, don't walk, to the dance floor. YOU SHOULD BE DANCIN'!

Robbie Howard, Tribute to Frank Sinatra

Saturday, January 13th • 7:00 p.m. • Social Hall • \$35 per person (plus tax)

Capturing the essence of Frank Sinatra, Robbie Howard stands apart from a look-a-like/sound-a-like entertainer. He works the audience with the same charisma as Old Blue Eyes himself. The music, the comedy, the wit, the smile ... they are all there as Howard smoothly brings the Rat Pack Era Sinatra back to life in a modern setting.

Robbie has been headlining acts in Las Vegas for more than ten years and never fails to offer a refreshing alternative to the colored lights and fleeting fads that come and go. He is a cast member of Legends in Concert and The Rat Pack is Back.





HOA EVENTS & ACTIVITIES

FEBRUARY

COMEDY SHOW

Comedians

Marvin Lee & Scott Novotny

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



Marvin Lee, actor and comedian, and a regular on "Walking Dead", is a High Energy, down to earth Smart Alec, with a hidden dark side. He talks about everything from his multi-cultural family to the down fall of the Saturday morning cartoon. Does he have issues?... A Bi-racial kid raised in the deep South who's father was a Vietnam Vet and mom worked for the post office..... Nahhh, how could he? He has been seen on "Last Comic Standing" and HBO, as well as internationally on Canada and Japan Television. He also entertains our troops overseas.



Scott Novotny is a comedy actor and comedian. He has been described as a versatile cross between Robin Williams and Red Skelton. Scott can be seen in the touring comedy show "Kick the Bucket List". His TV credits include MTV, Comedy Central, Dry Bar Comedy and he is heard on Sirius/XM Radio. He has written for SNL and the syndicated cartoon strip, Close to Home.

SUPER BOWL PARTY

Sunday, February 11th
6:00 p.m. • Social Hall
Free To Attend



Come cheer on your favorite Super Bowl team with us! There will be great food, drinks and lots of fun and games. Details are still in the works, so please stay tuned. Final details will be published within the next few weeks.

Valentine's Day DINNER & DANCE

Wednesday, February 14th • 6:30 p.m.
Social Hall • \$60 per person (plus tax)

Join us for a delicious 3 course meal provided by Bistro del Sol while enjoying the smooth sounds of Stacey Knights. Stacey has headlined festivals and performed openers for major smooth jazz artists Peter White, Richard Elliott, Bad to the Bone, Warren Hill, The Rippingtons, Euge Groove, Chuck Mangione and Spyro Gyra. Her solo career has led to the release of 3 original CDs that culminated in airplay in over 150 markets across the United States. A native of Massachusetts, Stacey is currently based in southwest Florida where audiences throughout have come to love her as a vocalist, songwriter, saxophonist and flutist, who elegantly weaves all the glistening strands of her talent into each brilliant performance.



MARCH



AAA Senior Defensive Driving Course

Wednesday, February 21th
10:00 a.m. • Social Hall
\$60 per person (plus tax)

Welcome to AAA's Roadwise Driver – Driver Improvement Program! However skilled a driver you are, there are always opportunities to improve your performance. As you will see in this course, the art and scene of driving continue to evolve. Some of yesterday's techniques are now obsolete, replaced by more advanced techniques. AAA's Roadwise Driver is designed to keep you up to date on the latest risk reducing driving techniques.



OTown Motown

Saturday • March 9th • 7:00 p.m.
Social Hall • \$35 per person (plus tax)

Back by popular demand!

The great sound of soul makes its round-trip journey home to its Southern roots with OTown Motown. This dynamic group delivers an array of music from legendary acts like The Supremes, Michael Jackson, The Temptations and Marvin Gaye. With intricate dance moves, OTown Motown will move you both physically and emotionally, sending you back to the 60s with unforgettable songs of the golden era of Motown music.

ELTON JONATHAN

Tribute to
Elton John



Saturday, February 24th • 7:00 p.m.
Social Hall • \$35 per person (plus tax)

You loved him with his Nearly Diamond Tribute to Neil Diamond! Jonathan and the band return for an amazing tribute to the one and only Sir Elton John.

It's not hard to pay tribute to Sir Elton!

Together with Bernie Taupin, they became the most prolific songwriting tandem in the world ... ever! Elton Johnathan comes straight at you with two hours of top 10s. You'll sing, you'll dance, you'll laugh, and you may even shed a tear. "Your Song", "Tiny Dancer", "Crocodile Rock", "I'm Still Standing" and much more!



Saturday • March 23rd • 7:00 p.m.
Social Hall • \$35 per person (plus tax)

This band is spectacular!

Classic Airwaves is a hit for all audiences and always packs the dance floor. With songs by the Who, Van Halen, Pink Floyd, Led Zepelin, Journey, Billy Idol, Cream, The Police, The Beatles, Boston, The Eagles, The Kinks, Duran Duran and many more. How can you not get up and sing and dance!



RACQUET SPORTS

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



SPORTS DIRECTOR **BYRON FRESO**

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

BENEFITS OF PLAYING PICKLEBALL

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

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

PICKLEWEEN 2023



TENNIS SCHEDULE • JANUARY - MARCH

Register on the Chelsea Reservation System

MONDAY

Tennis Clinic
9:00 – 10:30 a.m.

Private Lessons
11:00 a.m.- noon

TUESDAY

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

Private Lessons
11:00 a.m.- noon

WEDNESDAY

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

Private Lessons
11:00 a.m.- 1:00 p.m.

THURSDAY

Service Practice
9:00 – 10:30 a.m.

Private Lessons
11:00 a.m.- noon

FRIDAY

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

Private Lessons
11:00 a.m.- noon

All Tennis clinics require a minimum of four players and a maximum of eight players per session. Cost: \$20

Tennis Pro, Cornelius Brickhouse, can be reached at C_Brickhouse@yahoo.com or by cell: 813-765-2632 for further information.

TENNIS TIP: FOOTWORK

Footwork is very important. One of the biggest misconceptions that every player seems to have is they can play tennis without moving their feet. Learning the correct footwork will automatically help fix a lot of mistakes. Make sure you give yourself enough time and space to prepare for your shot so you do not run through the ball.



BOCCE SCHEDULE • JANUARY - MARCH

BOCCE TOURNAMENTS

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

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

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

BOCCE MEET UPS

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

BOCCE TIP: IMPROVE YOUR GRIP

When learning how to throw a bocce ball, you need to first improve your grip. Grip the balls with just your thumb and forefinger and cradle the rest of it in your palm. This grip will give you some control over the ball without forcefully clutching it. Then use the strength of your index finger and your thumb to make the actual throw.



PICKLEBALL SCHEDULE • JANUARY - MARCH

Register on the Chelsea Reservation System

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

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

PICKLEBALL TOURNAMENTS

Pickleball Tournaments for recreational, intermediate and competitive players: This past December, VDS hosted the players from Riverview Pickleball Club. To say that pickleball has come a long way at VDS would be an understatement. The last time these two teams met, there was a tie. This time, VDS demolished the Riverview team by a score of 36 team wins to 4 losses. I cannot tell you how proud I am of the VDS pickleball players. The team of Barbara Hadley and Beth Ewing registered a golden pickle on one of the opponents. A golden pickle is when one team gets the serve, and the same player serves out the remainder of the game to the score of 11 – 0. The other never got the opportunity to serve the ball. Now, that is some serious pickleball!

Next January VDS will take on the team from Valencia Lakes to determine the best Valencia pickleball team. A tentative date is scheduled for Tuesday, January 30th at 5 P. M. VDS will be represented by players from Tier 1 through Tier 4 levels.

Also beginning in January, VDS Pickleball will host a team pickleball league. This will be different from the league that has recently finished. Hopefully, you have heard of the professional Major League Pickleball, because this league will be called VDS Minor League Pickleball. I will be appointing four or six captains (depending on the number of players) who will lead teams that are comprised of six players each. Like the NBA

draft, each captain will choose a number that will correspond with their draft order. In the first round, if a captain chooses 3, that captain will have the third choice in the draft. If a captain chooses 1, that captain will have the first choice in the draft. This will continue until all captains have chosen their first-round player. In the second round, the order will be reversed. The captain that chose last in the first round will now get the opportunity to choose first. In the third round, the order will revert to the first-round way of choosing. This process will continue until players are chosen from each tier. Hopefully, each team will have a minimum of four players per tier. More information will be forthcoming in a community update during December.

PICKLEBALL RATING SESSIONS

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

PICKLEBALL BOOT CAMPS

Boot Camp provides players with a comprehensive training program to play the sport. The program consists of how to warmup before playing; stretching before play; how to avoid cramping on the court and some nutrition. Players learn about the different types of ways to grip the paddle; how to position and communicate amongst themselves on the court for effective play;

learn about the rules, the different strokes from serving, and dinking to the 3rd shot drop. Players can sign up on the whiteboard at the Pickleball Pavilion. Players are encouraged to sign up for the following lessons:

- 1-hour beginner lessons at 8:00 a.m. on Tuesdays and 9:30 a. m on Thursdays.
- 1-hour intermediate lessons at 9:00 a.m. on Tuesdays and 8:00 a. m on Thursdays.
- 1. 5-hour intermediate lessons at 6:00 p.m. on Mondays.
- 1. 5-hour advance lessons at 6:00 p.m on Wednesdays.

PRIVATE LESSONS

Players can sign up for private lessons via email at PickTen. freso@gmail. com or text 678-592-6444. Sign-ups are based on a first to register basis. Price sheets for private lessons are in the display case at the courts. Players are encouraged to contact Byron if there are any questions via email at PickTen. freso@gmail. com or text 678-592-6444.

BEGINNERS

Learn the Fundamentals of Pickleball: serve, return of serve, basic dinking and blocking. Free to attend and limited to a maximum of 4 participants per session.

INTERMEDIATE

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

PICKLEBALL PRICING

Register by emailing
pickten.freso@gmail.com or
call/text 678-592-6444.

Classes with a maximum of 8 players: \$20 per hour/per player • Classes with 4-7 players: \$30 per hour/per player
Private Lessons consisting of 1 player: \$40 per hour • Semi-private Lessons of 2-3 players: \$35 per hour/per player

All pickleball clinics limited to a maximum of 8 players per session, unless otherwise noted.

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

Valencia del Sol Spa

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

Relaxation Massage

\$85 / hour

Gentle massage with a smooth, flowing style that promotes overall relaxation, relieves muscle tension, and improves circulation and range of motion. Uses oil/creme.

Myofascial Release

\$85 / hour

This is a "dry massage", as it does not use oil or creme.

This treatment ranges from gentle to intense, targeting the connective tissue throughout the body. Myofascial release (MFR) involves applying sustained pressure to an area for a lengthened amount of time. The gentle tension allows for change in the fascia system (targeting the root of the issues, not just the symptoms).

Reiki

\$85 / hour

During this fully clothed session, you will lay on the massage table as the practitioner gently places their hands, palms down, on or just above your body in specific energy locations.

Deeply relaxing treatment.

Combination Massage

\$95 / hour

Not sure what style you want? Book this type, and we can use different techniques to figure out what type is best suited for you in the future. Detailed intake, discussion of preferences, and combo massage. MFR, relaxation, deep tissue, Reiki.

Deep Tissue

\$85 / hour

Slow, specific massage designed to reach your deepest layers of muscle tissue – where they attach to the bone. Uses oil/creme. Improves quality in your overall range of motion, decreases tension.

Swedish Massage

\$85 / hour

A gentle and superficial massage, the techniques vary from light to vigorous. These techniques include long gliding strokes, kneading, tapotement, and friction strokes. These strokes are often combined with active and passive movements to create a fluid, relaxing, circulatory-enhanced massage session. The primary benefits are: increased circulation of the blood and lymphatic fluid throughout the body as well as increase joint range of motion.

Deep Tissue Massage

\$95 / hour

Intended to affect the tissues that are deep within the body.

These techniques include long, sustained gliding strokes, prolonged direct pressure and strokes that travel across the muscles, perpendicular to the muscle fibers. This technique is usually performed without lotion, and it breaks up the restrictions in the fascia or muscle. These adhesions can form as a result of injury or chronic muscular tension patterns. This may limit movement, create pain, and result in postural compensation patterns.

Neuromuscular Massage Modalities

\$95 / hour

Engage in the relationship between the nervous and muscular systems to create reflex responses. The organ systems of the body are separate but very interdependent process. All of the activities of the muscular system depend on the nervous system, which is the main control system of the body. By using the physiological relationship between nerves and muscles, we can change muscle length and kinesthetic perception. This may include techniques such as: Trigger Point, NMT, reflexology etc. This is my specialty and I feel that it gets to the root of many people's muscular problems.



MASSAGE THERAPIST

LAUREN Lauren specializes in therapeutic relaxation massage. Her treatments use a variety of modalities and are catered to each client's needs. She graduated from massage school in 2017 and immediately started working as both a yoga teacher and massage therapist. Her practice and knowledge of the human body blossomed organically and quickly. Her offerings include: Myofascial Release, Reiki, Cupping, Hot Stone, Sports Massage and Deep Tissue Massage.

POLICIES & CONSIDERATIONS

SCHEDULING Please be prompt for your scheduled appointment. Late arrivals may result in a reduction of service time and you will be charged full price.

CANCELATIONS At times you may need to reschedule your appointment. Please give 24 hours' notice or you will be charged full price.

GRATUITIES Not included in the cost of any of our services and it is at the sole discretion of the client.





FITNESS

MESSAGE FROM MARNI RUDNICK

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 and clinics.

I'm proud to say that feedback from Valencia Del Sol 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.



ANDREW CARO FITNESS INSTRUCTOR

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

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



JENNIFER PERRY ZUMBA INSTRUCTOR

Jennifer is a professionally trained dance performer, teacher and choreographer certified in Zumba, Zumba toning and Zumba Step instruction. Jennifer utilizes many routines she choreographs and then will mix-n-match to create the perfect workout based upon the age and fitness of each class. She taught Zumba group fitness classes for the University of South Florida for 12 years and at various fitness centers, dance studios, charity and special events, as well as on national tours with dance conventions.



CHRISTINA FONTANA YOGA INSTRUCTOR

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



FREE EQUIPMENT CLINICS

January 19th • February 16th • March 22nd



TOTAL HEALTH SYSTEMS HEALTH & WELLNESS EXPO

Wednesday, March 13th • 9:00 am – 11:00 am
Social Hall • Free to Attend

Join us for a free health and wellness expo. There will be door prizes, give-aways and breakfast! More information to follow in the coming weeks.

FITNESS CLASS SCHEDULE • JANUARY - MARCH

JANUARY

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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Yoga 6:00 p.m. (Fitness Studio)

FRIDAY

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

\$32/ Month/ 2x Week • Stretch & Tone \$22/ Month/ 1x a week • Info@totalhealthsystemsinc.com

FITNESS PROGRAMS

AQUA FIT A low impact water aerobics class where no swimming skills are needed, and all fitness levels are welcome! Designed to improve flexibility, range of motion, overall body and core strength, muscle tone, and cardiovascular endurance while using the resistance of the water to cushion the feet, knees, and back. Exercises are performed to upbeat, motivating music and are effective, easy, and fun to follow. Whether you are a beginner or an expert, you will be sure to get a great workout!

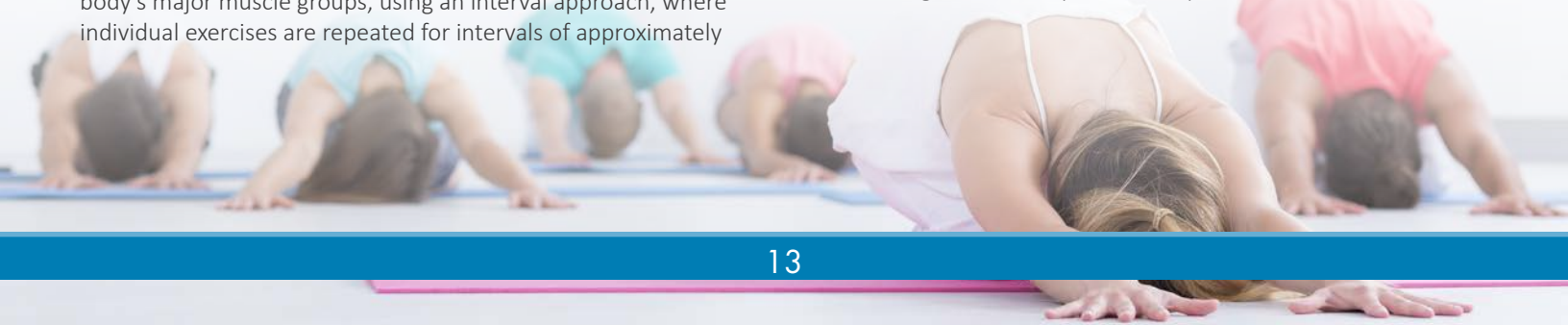
BODY SCULPTING Works on the entire body while focusing on mobility, flexibility and core strength.

FIT CAMP An exercise class designed to engage all of the body's major muscle groups, using an interval approach, where individual exercises are repeated for intervals of approximately

30 seconds, followed by a brief recovery period of approximately 10 seconds. Goals include muscle toning and strengthening, resistance training using weights, balance, coordination, and endurance. The class involves enhancing and improving movement in our muscles and joints, as well as, strengthening CORE MUSCLES (Torso) that stabilize the spine and provide support for all movement activities.

ZUMBA A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance-fitness party.

YOGA Yoga is a stretching class with simple breathing exercises. Empower your mind and strengthen your body as you move through a series of poses. Slow paced class for all levels.





The Valencia del Sol Homeowners Association is pleased to have **Sterling Spoon** as our restaurateur. Sterling Spoon combines talented chefs, dedicated employees, and outstanding culinary and financial management to provide Valencia del Sol residents with extraordinary food and hospitality, taking an innovative approach. If you have any questions, please call the Bistro, 813-566-0851.



WINE DINNER
January 31st
6:00 p.m.



SUPER BOWL PARTY
February 11th
6:00 p.m.



EASTER BRUNCH
March 31st
10:00 a.m. – 2:00 p.m.





BISTRO DEL SOL

Eat. Drink. Relax

Our Promise To Our Guests

We promise an experience where our Guests can relax and enjoy the food and drink they love with people they love, while being cared for as a treasured friend.

Enjoy our full menu options, along with weekly daily specials.

Daily Happy Hour Specials

Join us Tuesday - Saturday 3pm - 5pm

Hours of Operation:

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

Contact:

Bistro del Sol
(813) 566-0851

Sterling

CULINARY-MANAGEMENT





HALLOWEEN GHOULS... AND BOYS



FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">CALENDAR KEY</p> <ul style="list-style-type: none"> ● Fitness ● Bistro del Sol ● Arts & Crafts Room ● Social Hall ● Pool Deck ● Parking Lot ● Card Room ● Courts ● Event Lawn ● Game Room ● Exercise Studio 				<p>1</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Aquafit 9:00 am Tennis Service Practice 9:30am Pickleball Bootcamp Int 10:00 am Water Volleyball Club 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club 	<p>2</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 9:00 am Pickleball Private Lessons 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lessons 1:00 pm Mah Jongg Club 3:00 pm A Crown Affair Club 7:30 pm Chinese Folk Dance 	<p>3</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Camp 12:00 pm Pickleball Private Lessons 1:00 pm Pottery Club 	
	<p>4</p> <ul style="list-style-type: none"> 3:00 pm Water Volleyball Club 	<p>5</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Camp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:00 am Pottery Club 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Omaha Club 1:00 pm Euchre Club 6:00 pm Beginner Spanish Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup 	<p>6</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Aquafit 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Advanced Pottery Club 11:00 am Tennis Private Lessons 11:00 am Coffee & Conversation 11:30 am Beginner Bridge Club 1:00 pm Poker Club 1:00 pm Bridge Club 1:00 pm Painting Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club 7:00 pm Robin Hoods Club 7:00 pm Ping Pong 	<p>7</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 8:00 am Pickleball Open Play 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 2:00 pm Texas Hold'em 5:30 pm Ladies Club Community Bingo 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp Camp 6:00 pm Bocce Meetup 6:30 pm Dealer's Choice Club 7:00 pm Bocce Meetup 	<p>8</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Aquafit 9:00 am Tennis Service Practice 9:30am Pickleball Bootcamp Int 10:00 am Water Volleyball Club 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:30 pm Performing Arts Club 	<p>9</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 9:00 am Pickleball Private Lessons 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lessons 1:00 pm Mah Jongg Club 6:00 pm TNP Club 6:00 pm Pickleball King of the Court 7:00 pm Villa People Club 7:30 pm Chinese Folk Dance 	<p>10</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Camp 12:00 pm Pickleball Private Lessons 1:00 pm Pottery Club 7:00 pm Comedy Show
	<p>11</p> <ul style="list-style-type: none"> 3:00 pm Water Volleyball Club 6:00 pm Super Bowl Party 	<p>12</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Camp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:00 am Pottery Club 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Omaha Club 1:00 pm Euchre Club 6:00 pm Beginner Spanish Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:30 pm Card Club 7:00 pm Bocce Meetup 	<p>13</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Aquafit 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Advanced Pottery Club 11:00 am Tennis Private Lessons 11:30 am Beginner Bridge Club 1:00 pm Poker Club 1:00 pm Bridge Club 1:00 pm Painting Club 2:00 pm Women's Book Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club 7:00 pm Ping Pong 	<p>14</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 8:00 am Pickleball Open Play 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 1:30 pm Blood Drive 2:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp Camp 6:00 pm Bocce Meetup 6:30 pm Dealer's Choice Club 6:30 pm Valentines Day Dinner 7:00 pm Bocce Meetup 	<p>15</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Aquafit 9:00 am Tennis Service Practice 9:30am Pickleball Bootcamp Int 10:00 am Water Volleyball Club 10:00 am Stitch Away Club 10:00 am Homeowner Orientation 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 5:30 pm Pickleball Social 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club 	<p>16</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 9:00 am Pickleball Private Lessons 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lessons 1:00 pm Mah Jongg Club 7:30 pm Chinese Folk Dance 	<p>17</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Camp 12:00 pm Pickleball Private Lessons 1:00 pm Pottery Club
	<p>18</p> <ul style="list-style-type: none"> 3:00 pm Water Volleyball Club 	<p>19</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Camp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:00 am Pottery Club 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Omaha Club 1:00 pm Euchre Club 6:00 pm Beginner Spanish Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup 	<p>20</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Aquafit 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Advanced Pottery Club 11:00 am Tennis Private Lessons 11:30 am Beginner Bridge Club 1:00 pm Poker Club 1:00 pm Bridge Club 1:00 pm Painting Club 6:00 pm Bunco Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club 7:00 pm Ping Pong 	<p>21</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 8:00 am Pickleball Open Play 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:00 am AAA Driver Course 10:00 am Photography 101 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 2:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp Camp 6:00 pm Bocce Meetup 6:30 pm Dealer's Choice Club 7:00 pm Bocce Meetup 	<p>22</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Aquafit 9:00 am Tennis Service Practice 9:30am Pickleball Bootcamp Int 10:00 am Water Volleyball Club 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club 	<p>23</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 9:00 am Pickleball Private Lessons 9:00 am Round Robin Play Doubles 11:00 am Tennis Private Lessons 1:00 pm Mah Jongg Club 7:30 pm Chinese Folk Dance 	<p>24</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Camp 12:00 pm Pickleball Private Lessons 1:00 pm Pottery Club 7:00 pm Elton Jonathan
	<p>25</p> <ul style="list-style-type: none"> 3:00 pm Water Volleyball Club 	<p>26</p> <ul style="list-style-type: none"> 8:00 am Pickleball Open Play Rec, Int & Camp 9:00 am Tennis Clinic 9:00 am Fit Camp 10:00 am Pottery Club 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Omaha Club 1:00 pm Euchre Club 6:00 pm Beginner Spanish Club 6:00 pm Texas Hold'em Club 6:00 pm Pickleball Bootcamp Int 6:00 pm Bocce Meetup 6:30 pm Card Club 6:30 pm Christian Fellowship Club 7:00 pm Bocce Meetup 	<p>27</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Aquafit 9:00 am Zumba 9:00 am Pickleball Boot Camp Int 9:30 a.m. Ball Machine Practice on Strokes 10:00 am Advanced Pottery Club 11:00 am Tennis Private Lessons 11:30 am Beginner Bridge Club 1:00 pm Poker Club 1:00 pm Bridge Club 1:00 pm Painting Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm Men's Poker Club 7:00 pm Ping Pong 	<p>28</p> <ul style="list-style-type: none"> 8:00 am Fit Camp 8:00 am Pickleball Open Play 9:00 am Tennis Open Play for Residents 9:00 am Fit Camp 10:15 am Aquafit 11:00 am Tennis Private Lessons 1:00 pm Bridge Club 2:00 pm Texas Hold'em 6:00 pm Learn Spanish Club 6:00 pm Line Dancing Club 6:00 pm Pickleball Bootcamp Camp 6:00 pm Bocce Meetup 7:00 pm Bocce Meetup 	<p>29</p> <ul style="list-style-type: none"> 8:00 am Pickleball Bootcamp Rec 8:00 am Body Sculpting 9:00 am Zumba 9:00 am Aquafit 9:00 am Tennis Service Practice 9:30am Pickleball Bootcamp Int 10:00 am Water Volleyball Club 10:00 am Stitch Away Club 11:00 am Tennis Private Lessons 1:00 pm Pool Players Club 1:00 pm Pottery Club 2:00 pm Pinochle Club 2:00 pm Chess Club 6:00 pm Yoga 6:00 pm Pickleball King of the Court 6:00 pm TNP Club 		

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

MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CALENDAR KEY <ul style="list-style-type: none"> ● Fitness ● Bistro del Sol ● Arts & Crafts Room ● Social Hall ● Pool Deck ● Parking Lot ● Card Room ● Courts ● Event Lawn ● Game Room ● Exercise Studio 					<ul style="list-style-type: none"> ● 8:00 am Fit Camp ● 9:00 am Pickleball Private Lessons ● 9:00 am Round Robin Play Doubles ● 11:00 am Tennis Private Lessons ● 1:00 pm Mah Jongg Club ● 3:00 pm A Crown Affair Club ● 7:30 pm Chinese Folk Dance 	<ul style="list-style-type: none"> ● 8:00 am Pickleball Open Play Rec, Int & Camp ● 12:00 pm Pickleball Private Lessons ● 1:00 pm Pottery Club
<p>3</p> <ul style="list-style-type: none"> ● 3:00 pm Water Volleyball Club 	<p>4</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Open Play Rec, Int & Camp ● 9:00 am Tennis Clinic ● 9:00 am Fit Camp ● 10:00 am Pottery Club ● 10:15 am Aquafit ● 11:00 am Tennis Private Lessons ● 1:00 pm Omaha Club ● 1:00 pm Euchre Club ● 6:00 pm Beginner Spanish Club ● 6:00 pm Texas Hold'em Club ● 6:00 pm Pickleball Bootcamp Int ● 6:00 pm Bocce Meetup ● 6:30 pm Card Club ● 6:30 pm Christian Fellowship Club ● 7:00 pm Bocce Meetup 	<p>5</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Bootcamp Rec ● 8:00 am Body Sculpting ● 9:00 am Aquafit ● 9:00 am Zumba ● 9:00 am Pickleball Boot Camp Int ● 9:30 am Ball Machine Practice on Strokes ● 10:00 am Advanced Pottery Club ● 11:00 am Tennis Private Lessons ● 11:30 am Beginner Bridge Club ● 1:00 pm Bridge Club ● 1:00 pm Painting Club ● 1:00 pm Poker Club ● 6:00 pm Yoga ● 6:00 pm Pickleball King of the Court ● 6:00 pm Men's Poker Club ● 7:00 pm Ping Pong 	<p>6</p> <ul style="list-style-type: none"> ● 8:00 am Fit Camp ● 8:00 am Pickleball Open Play ● 9:00 am Tennis Open Play for Residents ● 9:00 am Fit Camp ● 10:15 am Aquafit ● 11:00 am Tennis Private Lessons ● 1:00 pm Bridge Club ● 2:00 pm Texas Hold'em ● 6:00 pm Learn Spanish Club ● 6:00 pm Pickleball Bootcamp ● 6:00 pm Bocce Meetup ● 6:30 pm Day Trippers ● 6:30 pm Dealer's Choice Club ● 7:00 pm Bocce Meetup 	<p>7</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Bootcamp Rec ● 8:00 am Body Sculpting ● 9:00 am Zumba ● 9:00 am Aquafit ● 9:00 am Tennis Service Practice ● 9:30am Pickleball Bootcamp Int ● 10:00 am Water Volleyball Club ● 10:00 am Stitch Away Club ● 11:00 am Tennis Private Lessons ● 1:00 pm Pool Players Club ● 1:00 pm Pottery Club ● 2:00 pm Pinacle Club ● 2:00 pm Chess Club ● 6:00 pm Yoga ● 6:00 pm Pickleball King of the Court ● 6:00 pm TNP Club 	<p>8</p> <ul style="list-style-type: none"> ● 8:00 am Fit Camp ● 9:00 am Pickleball Private Lessons ● 9:00 am Round Robin Play Doubles ● 11:00 am Tennis Private Lessons ● 1:00 pm Mah Jongg Club ● 7:00 pm Villa People Club ● 7:30 pm Chinese Folk Dance 	<p>9</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Open Play Rec, Int & Camp ● 12:00 pm Pickleball Private Lessons ● 1:00 pm Pottery Club ● 7:00 pm O-Town Matown
<p>10</p> <ul style="list-style-type: none"> ● 3:00 pm Water Volleyball Club 	<p>11</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Open Play Rec, Int & Camp ● 9:00 am Tennis Clinic ● 9:00 am Fit Camp ● 10:00 am Pottery Club ● 10:15 am Aquafit ● 11:00 am Tennis Private Lessons ● 1:00 pm Omaha Club ● 1:00 pm Euchre Club ● 6:00 pm Beginner Spanish Club ● 6:00 pm Texas Hold'em Club ● 6:00 pm Pickleball Bootcamp Int ● 6:00 pm Bocce Meetup ● 6:30 pm Card Club ● 7:00 pm Bocce Meetup 	<p>12</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Bootcamp Rec ● 8:00 am Body Sculpting ● 9:00 am Aquafit ● 9:00 am Zumba ● 9:00 am Pickleball Boot Camp Int ● 9:30 am Ball Machine Practice on Strokes ● 10:00 am Advanced Pottery Club ● 11:00 am Tennis Private Lessons ● 11:30 am Beginner Bridge Club ● 1:00 pm Bridge Club ● 1:00 pm Painting Club ● 1:00 pm Poker Club ● 2:00 pm Women's Book Club ● 6:00 pm Yoga ● 6:00 pm Pickleball King of the Court ● 6:00 pm Men's Poker Club ● 7:00 pm Robin Hoods Club ● 7:00 pm Ping Pong 	<p>13</p> <ul style="list-style-type: none"> ● 8:00 am Fit Camp ● 8:00 am Pickleball Open Play ● 9:00 am Tennis Open Play for Residents ● 9:00 am Fit Camp ● 9:00 am Health Fair ● 10:15 am Aquafit ● 11:00 am Tennis Private Lessons ● 1:00 pm Bridge Club ● 2:00 pm Texas Hold'em ● 6:00 pm Learn Spanish Club ● 6:00 pm Pickleball Bootcamp ● 6:00 pm Bocce Meetup ● 6:30 pm Dealer's Choice Club ● 7:00 pm Bocce Meetup 	<p>14</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Bootcamp Rec ● 8:00 am Body Sculpting ● 9:00 am Zumba ● 9:00 am Aquafit ● 9:00 am Tennis Service Practice ● 9:30am Pickleball Bootcamp Int ● 10:00 am Water Volleyball Club ● 10:00 am Stitch Away Club ● 11:00 am Tennis Private Lessons ● 1:00 pm Pool Players Club ● 1:00 pm Pottery Club ● 2:00 pm Pinacle Club ● 2:00 pm Chess Club ● 6:00 pm Yoga ● 6:00 pm Pickleball King of the Court ● 6:00 pm TNP Club ● 6:30 Performing Arts Club 	<p>15</p> <ul style="list-style-type: none"> ● 8:00 am Fit Camp ● 9:00 am Pickleball Private Lessons ● 9:00 am Round Robin Play Doubles ● 11:00 am Tennis Private Lessons ● 1:00 pm Mah Jongg Club ● 7:00 pm Villa People Club ● 7:30 pm Chinese Folk Dance 	<p>16</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Open Play Rec, Int & Camp ● 12:00 pm Pickleball Private Lessons ● 1:00 pm Pottery Club
<p>17</p> <ul style="list-style-type: none"> ● 3:00 pm Water Volleyball Club 	<p>18</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Open Play Rec, Int & Camp ● 9:00 am Tennis Clinic ● 9:00 am Fit Camp ● 10:00 am Pottery Club ● 10:15 am Aquafit ● 11:00 am Tennis Private Lessons ● 1:00 pm Omaha Club ● 1:00 pm Euchre Club ● 6:00 pm Beginner Spanish Club ● 6:00 pm Texas Hold'em Club ● 6:00 pm Pickleball Bootcamp Int ● 6:00 pm Bocce Meetup ● 6:30 pm Card Club ● 6:30 pm Christian Fellowship Club ● 7:00 pm Bocce Meetup 	<p>19</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Bootcamp Rec ● 8:00 am Body Sculpting ● 9:00 am Aquafit ● 9:00 am Zumba ● 9:00 am Pickleball Boot Camp Int ● 9:30 am Ball Machine Practice on Strokes ● 10:00 am Advanced Pottery Club ● 11:00 am Tennis Private Lessons ● 11:30 am Beginner Bridge Club ● 1:00 pm Bridge Club ● 1:00 pm Painting Club ● 1:00 pm Poker Club ● 6:00 pm Bunco Club ● 6:00 pm Yoga ● 6:00 pm Pickleball King of the Court ● 6:00 pm Men's Poker Club ● 7:00 pm Ping Pong 	<p>20</p> <ul style="list-style-type: none"> ● 8:00 am Fit Camp ● 8:00 am Pickleball Open Play ● 9:00 am Tennis Open Play for Residents ● 9:00 am Fit Camp ● 10:15 am Aquafit ● 11:00 am Tennis Private Lessons ● 1:00 pm Bridge Club ● 2:00 pm Texas Hold'em ● 6:00 pm Learn Spanish Club ● 6:00 pm Line Dancing Club ● 6:00 pm Pickleball Bootcamp ● 6:00 pm Bocce Meetup ● 6:30 pm Dealer's Choice Club ● 7:00 pm Bocce Meetup 	<p>21</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Bootcamp Rec ● 8:00 am Body Sculpting ● 9:00 am Zumba ● 9:00 am Aquafit ● 9:00 am Tennis Service Practice ● 9:30am Pickleball Bootcamp Int ● 10:00 am Water Volleyball Club ● 10:00 am Stitch Away Club ● 11:00 am Tennis Private Lessons ● 1:00 pm Pool Players Club ● 1:00 pm Pottery Club ● 2:00 pm Pinacle Club ● 2:00 pm Chess Club ● 6:00 pm Yoga ● 6:00 pm Pickleball King of the Court ● 6:00 pm TNP Club 	<p>22</p> <ul style="list-style-type: none"> ● 8:00 am Fit Camp ● 9:00 am Pickleball Private Lessons ● 9:00 am Round Robin Play Doubles ● 11:00 am Tennis Private Lessons ● 1:00 pm Mah Jongg Club ● 7:30 pm Chinese Folk Dance 	<p>23</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Open Play Rec, Int & Camp ● 12:00 pm Pickleball Private Lessons ● 1:00 pm Pottery Club ● 7:00 pm Classic Airwaves
<p>24</p> <ul style="list-style-type: none"> ● 3:00 pm Water Volleyball Club 	<p>25</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Open Play Rec, Int & Camp ● 9:00 am Tennis Clinic ● 9:00 am Fit Camp ● 10:00 am Pottery Club ● 10:15 am Aquafit ● 11:00 am Tennis Private Lessons ● 1:00 pm Omaha Club ● 1:00 pm Euchre Club ● 6:00 pm Beginner Spanish Club ● 6:00 pm Texas Hold'em Club ● 6:00 pm Pickleball Bootcamp Int ● 6:00 pm Bocce Meetup ● 6:30 pm Card Club ● 6:30 pm Christian Fellowship Club ● 7:00 pm Bocce Meetup 	<p>26</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Bootcamp Rec ● 8:00 am Body Sculpting ● 9:00 am Aquafit ● 9:00 am Zumba ● 9:00 am Pickleball Boot Camp Int ● 9:30 am Ball Machine Practice on Strokes ● 10:00 am Advanced Pottery Club ● 11:00 am Tennis Private Lessons ● 11:30 am Beginner Bridge Club ● 1:00 pm Bridge Club ● 1:00 pm Painting Club ● 1:00 pm Poker Club ● 5:30 pm JCC Purim ● 6:00 pm Yoga ● 6:00 pm Pickleball King of the Court ● 6:00 pm Men's Poker Club ● 7:00 pm Ping Pong 	<p>27</p> <ul style="list-style-type: none"> ● 8:00 am Fit Camp ● 8:00 am Pickleball Open Play ● 9:00 am Tennis Open Play for Residents ● 9:00 am Fit Camp ● 10:15 am Aquafit ● 11:00 am Tennis Private Lessons ● 1:00 pm Bridge Club ● 2:00 pm Texas Hold'em ● 6:00 pm Learn Spanish Club ● 6:00 pm Line Dancing Club ● 6:00 pm Pickleball Bootcamp ● 6:00 pm Bocce Meetup ● 6:30 pm Dealer's Choice Club ● 7:00 pm Bocce Meetup 	<p>28</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Bootcamp Rec ● 8:00 am Body Sculpting ● 9:00 am Zumba ● 9:00 am Aquafit ● 9:00 am Tennis Service Practice ● 9:30am Pickleball Bootcamp Int ● 10:00 am Water Volleyball Club ● 10:00 am Stitch Away Club ● 11:00 am Tennis Private Lessons ● 1:00 pm Pool Players Club ● 1:00 pm Pottery Club ● 2:00 pm Pinacle Club ● 2:00 pm Chess Club ● 6:00 pm Yoga ● 6:00 pm Pickleball King of the Court ● 6:00 pm TNP Club 	<p>29</p> <ul style="list-style-type: none"> ● 8:00 am Fit Camp ● 9:00 am Pickleball Private Lessons ● 9:00 am Round Robin Play Doubles ● 11:00 am Tennis Private Lessons ● 1:00 pm Mah Jongg Club ● 7:30 pm Chinese Folk Dance 	<p>30</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Open Play Rec, Int & Camp ● 12:00 pm Pickleball Private Lessons ● 1:00 pm Pottery Club
<p>31</p> <ul style="list-style-type: none"> ● 3:00 pm Water Volleyball Club 	<p>31</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Open Play Rec, Int & Camp ● 9:00 am Tennis Clinic ● 9:00 am Fit Camp ● 10:00 am Pottery Club ● 10:15 am Aquafit ● 11:00 am Tennis Private Lessons ● 1:00 pm Omaha Club ● 1:00 pm Euchre Club ● 6:00 pm Beginner Spanish Club ● 6:00 pm Texas Hold'em Club ● 6:00 pm Pickleball Bootcamp Int ● 6:00 pm Bocce Meetup ● 6:30 pm Card Club ● 6:30 pm Christian Fellowship Club ● 7:00 pm Bocce Meetup 	<p>31</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Bootcamp Rec ● 8:00 am Body Sculpting ● 9:00 am Aquafit ● 9:00 am Zumba ● 9:00 am Pickleball Boot Camp Int ● 9:30 am Ball Machine Practice on Strokes ● 10:00 am Advanced Pottery Club ● 11:00 am Tennis Private Lessons ● 11:30 am Beginner Bridge Club ● 1:00 pm Bridge Club ● 1:00 pm Painting Club ● 1:00 pm Poker Club ● 6:00 pm Men's Poker Club ● 7:00 pm Ping Pong 	<p>31</p> <ul style="list-style-type: none"> ● 8:00 am Fit Camp ● 8:00 am Pickleball Open Play ● 9:00 am Tennis Open Play for Residents ● 9:00 am Fit Camp ● 10:15 am Aquafit ● 11:00 am Tennis Private Lessons ● 1:00 pm Bridge Club ● 2:00 pm Texas Hold'em ● 6:00 pm Learn Spanish Club ● 6:00 pm Pickleball Bootcamp ● 6:00 pm Bocce Meetup ● 6:30 pm Dealer's Choice Club ● 7:00 pm Bocce Meetup 	<p>31</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Bootcamp Rec ● 8:00 am Body Sculpting ● 9:00 am Zumba ● 9:00 am Aquafit ● 9:00 am Tennis Service Practice ● 9:30am Pickleball Bootcamp Int ● 10:00 am Water Volleyball Club ● 10:00 am Stitch Away Club ● 11:00 am Tennis Private Lessons ● 1:00 pm Pool Players Club ● 1:00 pm Pottery Club ● 2:00 pm Pinacle Club ● 2:00 pm Chess Club ● 6:00 pm Yoga ● 6:00 pm Pickleball King of the Court ● 6:00 pm TNP Club 	<p>31</p> <ul style="list-style-type: none"> ● 8:00 am Fit Camp ● 9:00 am Pickleball Private Lessons ● 9:00 am Round Robin Play Doubles ● 11:00 am Tennis Private Lessons ● 1:00 pm Mah Jongg Club ● 7:30 pm Chinese Folk Dance 	<p>31</p> <ul style="list-style-type: none"> ● 8:00 am Pickleball Open Play Rec, Int & Camp ● 12:00 pm Pickleball Private Lessons ● 1:00 pm Pottery Club

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



CLUB BEAT



Below is a listing of current clubs and the number is quickly growing! Clubs are open to all! If you are interested in any of the following clubs or would like to start a new club, please contact Lori at lpickel@grsmgt.com.

A Crown Affair Club

Barry Klein
Bk85@comcast.net

VDS Bridge Club

Mark Molitch
Molitch@northwestern.edu

Bunco Club

Lynne Hock
Lynne.hock@yahoo.com

Card Club

Nancy Kindness
Nankindness@gmail.com

Chess Club

Matt Pellenberg
matthewsethp@gmail.com

NEW: Chinese Folk Dance Club

Sally Zeng
xsallyzeng@gmail.com
Jane Feng
qianfeng800@gmail.com

Christian Fellowship and Bible Study

Judy Riley
Sriley0424@outlook.com

Cigar Club

James (Smokey) Knudsen
vdscigarclub@gmail.com

Club Royal

Charlene McLain
clmchope7@gmail.com

Day Trippers Club

Kathy Johns
Kat52554@aol.com

Dealer's Choice Club

Jeffrey Saltzer
Saltman200@gmail.com

Emergency Operations Club

Tonya Mull
tonyamull2@gmail.com

Euchre Club

Greg Ewing
Ewing2714@gmail.com

Golf Cart Club

Tonya & Larry Mull
Tonyamull2@gmail.com

Jewish Culture Club

vdsjcc@gmail.com

Joint Forces Veterans Club

JFVG@yahoo.com

JULIET Club

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

Ladies' Club

Kathy Johns
Kat52554@aol.com

Line Dancing Club

Linda Porter
Linda.j.porter7@gmail.com

Mah Jongg Club

Gwyn Gordon
Perftrip@aol.com

Omaha Club

Andy Cherry
wacherry7@yahoo.com

Painting Club

Inger Ames
Ingerames@yahoo.com

Performing Arts Club

VDS.PAC@gmail.com

Photography 101 Club

Tony Lesko
Tlesko1960@gmail.com

Men's Poker Club

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

Intermediate/Advanced Photography Club

Sam Clues
Sambrookclues@gmail.com

NEW: Ping Pong

Maria Diamandis
diamandis15689@gmail.com
Flor Santana
347-536-9833

Pinochle Club

Nancy Kindness
Nankindness@gmail.com

VDS Men's Pool Players Club

Barry Hock
Bihock7@gmail.com
Gary Stalter
Gdstalter@gmail.com

NEW: Beginner Pottery Class

Diana Stevenson
Stevend39@comcast.net

Pottery Club

Ralph Belcher
Merkinrbw@tampabay.rr.com

Robin Hoods Club

Anthony Lesko
Tlesko1950@gmail.com

ROMEO Club

(Retired Old Men Eating Out)
Kevin Troio
Ktroio@gmail.com

NEW: Beginner Spanish Club

Ileana Turner
Ileana.turner@gmail.com

Spanish Club

Ileana Turner
Ileana.turner@gmail.com

Stitch Away Club

Judy Walker
Needlewoman2668@comcast.net

Texas Hold'em Club

Greg Ewing
Ewing2714@gmail.com
Jeffrey Saltzer
Saltman200@gmail.com

TNP Club • Texas Hold'em

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

Tuesday Afternoon Men's Poker Club

Marv Silverman
Franandmarv@yahoo.com

Villa People Club

Anthony Lesko
Tlesko1950@gmail.com

Vintage People Club

Lynn Turchiarelli
moylynn1@hotmail.com

NEW: Water Volleyball

Robert Burns
Robert.burns.3rd@gmail.com

WeCare Network

Judy Riley
Sriley0424@outlook.com

Women's Book Club

Lee Lathbury
Leelathbury@gmail.com