

RIVERLAND

PLAYBOOK

NEW YEAR,
NEW YOU!

Attain Your Fitness Goals

RIVERLAND
INVITATIONAL

Takes Center Stage

January 26-28th

NEW
MUSIC SERIES:
JAZZ ON
THE PLAZA

January 20th

RIVERLAND
ARTISAN AND
GREEN MARKET

Shop Fresh & Local

VOLUME 3 • Winter 2024



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RIVERLAND DIRECTORY

VALENCIA WALK SALES CENTER

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

www.glhomes.com/valenciawalk

Office Hours:

Open Daily: 9 am - 5 pm

RIVERLAND ARTS & CULTURE CENTER

12067 SW Community Boulevard
(772) 242-9473

Office Hours:

Monday - Friday: 9 am - 5 pm

Saturday: 9 am - 2 pm

Creativity Hub Hours:

7 am - 8 pm | 7 days a week

RIVERLAND SPORTS & RACQUET CLUB

12001 SW Riverland Boulevard
(772)-348-4561

Pro Shop Hours:

Monday - Friday: 8 am - 8 pm

Saturday - Sunday: 8 am - 12 pm

Court Hours:

7 am - 11 pm | 7 days a week

RIVERLAND WELLNESS & FITNESS CENTER

12001 SW Riverland Boulevard
(772) 200-2773

www.riverlandcai.com

Office Hours:

Open Daily: 8 am - 6 pm

Fitness Center:

24 hours a day | 7 days a week

A LETTER FROM THE LIFESTYLE DIRECTOR



Tere Muñiz
Lifestyle Director

As we bid farewell to another remarkable year, I find myself reflecting on the incredible journey we've shared as a community. With gratitude in our hearts and excitement for what lies ahead, I am thrilled to extend my warmest greetings for the upcoming year.

The past year has been a testament to our resilience and unwavering spirit. Together, we've forged new friendships and created memories that will forever linger in the tapestry of our community's story.

As your Lifestyle Director, I am immensely proud to witness the vibrant activities and events that have enriched our lives. From wellness & fitness to court play, to cultural and social celebrations, each gathering has been a testament to the diverse interests that make Riverland so amazing.

As we turn the page to a new chapter, let's embrace the possibilities that the future holds. Let's aspire to nurture deeper connections, support one another's endeavors, and continue to create moments that inspire and uplift us.

The upcoming year promises to be filled with exciting opportunities and new adventures. We're preparing an array of engaging activities, classes, and events that cater to every interest, ensuring there's something for everyone to look forward to.

The Riverland Lifestyle Team is expanding! I'm excited to share that Katelyn Johnson is now part of the team as the Arts & Culture Director. With her background from the Martin Arts organization, Katelyn is set to elevate the Riverland Art Program to the next level. Heather Storm, our Riverland Lifestyle Manager, will move her focus to expanding the Riverland flagship events and communications.

Anticipation is high for what 2024 will bring!

With Warm Regards,
Tere Muñiz, Riverland Lifestyle Director
E: tere.muniz@glhomes.com | P: 772-226.9000

A MESSAGE FROM YOUR BOARD OF DIRECTORS

Valencia Parc, Riverland's fourth active adult neighborhood, opened for sales in December 2023. We are thrilled to report that the opening was a major success and garnered the same excitement that we have seen throughout the Community. Valencia Parc is currently approved to build 1,365 homes including many of the familiar Riverland floorplans that homeowners have come to love. Sales have already taken off in Valencia Parc and we anticipate starting the first homes sometime in 2024.

With the introduction of Riverland's newest neighborhood, we are happy to announce the next phase of the amazing Riverland master amenities. In 2024, we anticipate completing an additional 4 bocce courts and 2 tennis courts. We also anticipate completing the RiverFresh Café, Riverland's first healthy café, located adjacent to the Wellness & Fitness Center. In 2025, the highly anticipated Group Exercise Building is anticipated to be completed and will be located adjacent to the outdoor lap pools. Following the completion of the group exercise building, the fitness center will be expanded to encompass the current group exercise areas, making room for additional exercise equipment.

Looking towards the future, we are pleased to reveal the Sports & Racquet Club South. This next expansion will be located South

of the current Sports & Racquet Club on the opposite side of the Paseo. The South site is currently planned to include over 30 additional game courts, including 8 covered pickleball courts, and will feature a centrally located covered pavilion with outdoor seating, refreshment stations and restrooms. We look forward to providing more details on this facility in future updates.

Sales continue to remain strong as we head into the height of the selling season. Total sales for Riverland have reached 3,000! Since our last publication, we have welcomed over 125 new homeowners to Riverland. The total closed homes, project to date, have reached 2,500 closings! We want to congratulate those who have closed and thank you for your support.

We look forward to an incredible season as we welcome all of our part time residents back to the best active adult lifestyle community in Florida!

Sincerely,
Your Board of Directors, Riverland Community Association, Inc.

JAZZ ON THE PLAZA

A New Music Series “Jazz on the Plaza” comes to the Riverland Arts & Culture Center in 2024!

Mark your calendars for the premiere of a brand-new series on January 20th, 2024, at the Riverland Arts & Culture Center.

Launching this exciting series will be local sensation, A.J. Sax & Company, led by a versatile saxophonist whose musical journey originated in the heart of the church. Influenced by musical legends such as Kenny G, Gerald Albright, John Coltrane, Miles Davis, Kirk Whalum, and Grover Washington, A.J. has crafted a unique musical identity, seamlessly blending gospel, R&B, and jazz influences.

Infused with a “smooth jazz” flair, A.J. Sax & Company promises to satisfy your musical soul with captivating instrumental and

vocal renditions of jazz classics and R&B masterpieces, including hits from Stevie Wonder and Sam Cooke.

Then, mark your calendars for February 17th, when the Plaza will burst to life with the festive sounds and vibes of a New Orleans-style Mardi Gras! The event will kick off with a lively golf cart parade, inviting residents from Cay, Grove, and Walk to join in the decorations and parade celebration. The festivities will commence on the Paseo and embark upon a musical procession to the Events Plaza at the Arts & Culture Center. The Rowdy Roosters of the Fort Pierce Jazz & Blues Society will perform in our Theater Under the Stars for the ultimate Riverland Mardi Gras celebration!

Tickets for these events will be \$27 each and will be cabaret style seating. A cash bar and light bites will be available for purchase at both events. Gates will open at 6pm for a cocktail hour, followed by a 7pm musical performance. Stay tuned to your email for details on participation in the golf cart parade and for general ticketing.

VETERANS DAY CONCERT

The Valencia Grove Social Hall was the destination for an unforgettable celebration honoring our heroes on Veteran’s Day. The evening was marked by a vibrant display of patriotism and music, highlighted by the impressive presentation of the color guard from the Riverland Veteran’s Club.

Taking center stage, The Pops Orchestra of the Palm Beaches delivered a stirring performance that resonated with the spirit of the occasion. Residents of Riverland were treated to a world-class orchestral experience, complemented by the vocal talents of the Palm Beach Atlantic University ensemble. The concert, themed around patriotism, proved to be a sensational journey through the decades, featuring stirring anthems representing each military branch and timeless classics.



As the orchestra and vocal ensemble paid homage to the selfless dedication of those who secured the freedom of our beloved nation, the audience was invited to stand with pride. The event served as a heartfelt tribute to the men and women who have sacrificially devoted themselves to the cause of safeguarding our country’s liberty – especially our Riverland Veterans who were featured in the final slideshow.

POPS ON THE PLAZA: HOLIDAY UNDER THE STARS



JAZZ
ON THE PLAZA
 JANUARY 20TH, 2024
 6:00-8:30 PM | TICKETS \$27
 featuring AJ SAX & COMPANY

RIVERLAND
 ARTS & CULTURE CENTER

ARTISAN & GREEN MARKET

LIVE MUSIC
 LOCAL PRODUCE
 ARTISANS
 FOOD TRUCKS
 FREE ENTRY ON THE
 EVENTS PLAZA

THURSDAYS ON THE EVENTS PLAZA
 January 11
 February 8
 March 14
 April 11
 May 9

RIVERLAND
 ARTS & CULTURE CENTER

JOIN THE COMMUNITY OBSERVATION PATROL (COP) TO SECURE RIVERLAND!

Riverland needs your support for our security. Join the Port St. Lucie Police Department's Volunteer Program – the Community Observation Patrol (COP). This program is designed to act as additional eyes and ears for the police department, covering the entire city.



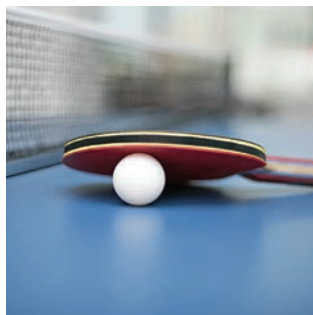
National Police Department statistics reveal that communities with an active COP unit experience significantly lower crime rates than those without. The Riverland Unit, including Valencia Cay, is already operational with a marked patrol car equipped with a police 2-way radio. This unit, named Riverland, will extend its coverage to all the Valencia neighborhoods as they are developed.

Volunteer COPs play a crucial role in patrolling the community and surrounding areas. While on patrol, their responsibility is to observe and report incidents using the police 2-way radio; they do not take any direct action.

The minimum time commitment is just 3 hours twice a month, contributing to the safety of our neighborhood. Becoming a COP is simple. Attend a 4-day training course, with the next class currently forming. The city provides the uniform shirt, marked patrol car with a police 2-way radio, gas, maintenance, and insurance – all at no cost to the community.

As of today, seven Community Patrol Units, with 119 active volunteers, operate throughout the city. The Police Department also welcomes volunteers in various areas such as Couriers, Records, CID, Victims Advocate, Training & Development, Purchasing, Animal Control, Crime Prevention, Special Events, and Parking Enforcement (requiring 16 additional hours of training).

To apply, contact the Port St. Lucie Police Department. Reach out to Donna Hentz, Police Volunteer Coordinator, via email at dmhentz@cityofpsl.com or by phone at 772-344-405. Your involvement can make a significant difference in our community's safety.



RIVERLAND BOCCE CLUB

Meeting Date: Mon & Tues 5:00 pm and Sat 10:00 am
Frank Murgo: Riverlandbocce@yahoo.com
Location: Sports & Racquet Club

RIVERLAND CAR CLUB

Meeting Date: First Sunday of Each Month | 8:30-10:30 am
Stephen Labargo: RiverlandCarClub@gmail.com

RIVERLAND CORN HOLE CLUB

Meeting Date: Fridays at 8:00 am
Joseph Esposito: joseespo31@yahoo.com
 203-887-5684

RIVERLAND CYCLING CLUB

Meeting Dates: Wednesday and Sunday Rides
Steven Heinrich: sheinric440@gmail.com

RIVERLAND GARDEN CLUB

Meeting Date: Third Monday of the Month
Joann Munro: 561-602-4049
Amy Bridges: 931-698-0063

PHOTOGRAPHY CLUB OF RIVERLAND

Meeting Date: Third Tuesday of Every Month
Phil Schafer: Phildxln@aol.com
Harvey Hager: baldharv@aol.com

RIVERLAND PING PONG CLUB

Meeting Date: Tuesdays & Thursdays | 1:00-3:30 pm
David Bedford: Call 843-696-4224
Location: Indoor Sports Court

RIVERLAND POTTERS CLUB

Meeting Date: TBD
Lorin Dibenedetto: lorinbeth@aol.com
Paula Scorpio: paulascorpio@me.com

RIVERLAND QUILT CLUB

Meeting Date: 2nd & 4th Thursday of Each Month
Pam Jacobsen: Peterpam74.PJ@gmail.com
Sandy Naval: Snaval2@yahoo.com

RIVERLAND RIDERS CLUB

Meeting Date: Contact Mark for dates & times
Mark Hansen: me.hansen@comcast.net

RIVERLAND THEATER CLUB

Meeting Date: Every other Monday 7:00 pm
Barbara Bleich: bableich@yahoo.com

VETERANS CLUB OF RIVERLAND

Meeting Date: 2nd Saturday of Each Month
Francis Corrigan: comets050911@aol.com
Harvey Hager: baldharv@aol.com

RIVERLAND VOLLYBALL CLUB

Meeting Date: Thursday Evenings | 6:30-8:00 pm
Joel M. Bedor: 954-397-8797
 or Email: Joelbedor54@gmail.com
Location: Indoor Sports Court

RIVERLAND WINE CLUB

Meeting Date: 2nd Thursday of Each Month
Mike Hoppes: bellcompany@att.net
Location: Arts & Culture Center



Heather Storm
Lifestyle Manager



Susan Prah
Arts Assistant

12067 SW Community Blvd.
(772) 242-9473
www.riverlandcai.com/classes

Office Hours:

Monday - Friday: 9 am - 5 pm
Saturday: 9 am - 2 pm

Creativity Hub Hours:

7 am - 8 pm | 7 days a week

A NOTE FROM THE
LIFESTYLE MANAGER

Happy New Year!

As we step into the possibilities of the coming year, why not make it the year you delve into a new artistic journey at the Riverland Arts & Culture Center? In our vibrant community, an increasing number of residents have uncovered fresh talents and reignited artistic passions that were long dormant. Join us in exploring the diverse realms of the arts – be it culinary, creative, zen, or just pure fun!

Discover the joy of artistic expression and let this year be the canvas for new talents to bloom. The Riverland Arts & Culture Center awaits, ready to be the backdrop for your creative discoveries. Here's to a year filled with artistic exploration, growth, and the joy that only the arts can bring.

Cheers to a creatively fulfilling New Year!

Heather Storm
Lifestyle Manager

To sign up for Arts & Culture Classes and Events, go to: www.riverlandcai.com
Then, click on Arts & Culture Classes.

Need help? If you cannot access the Riverland website for any reason, please stop into the Arts & Culture Center Lifestyle Office or call (772) 242-9473 and a staff member will assist.

ARTBEAT SPOTLIGHT



Meet Asia Booth | Mosaic Artist/Instructor

Asia created her first mosaic in a studio art class in high school, and was immediately hooked. The project for the class involved cutting tile, but since it

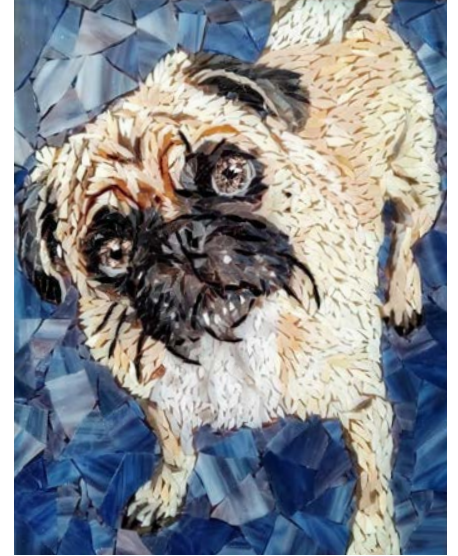
was hard to cut and there was a limited option of colors available Asia began to teach herself how to use stained glass. After her second glass mosaic, her art teacher gave her free rein to continue creating mosaics during class, and afterwards gave her the tools she would need to continue after the class ended.

It remained an enjoyable hobby for her until she met Mosaic Studio owner Diane Concepcion, who took her under her wing and allowed her to nurture her talent by not just creating art, but teaching others as well. Asia found true passion in teaching how to create mosaics, because she believed it was a healthy outlet for everyday stress, and it was a new fun skill that could be learned with practice. Asia worked with Diane in her studio for about five years, and then the two became business partners

for about a year, during which time Asia found another use for her love of animals, and began to create pet portrait mosaics.

Asia then left Florida and moved to North Carolina, where she taught mosaic classes and worked on commissions for about three years before moving back to South Florida. Now she has a small studio in her home where she will continue to create commissions and offer instruction. She also gives classes in Port St Lucie, Vero, Stuart, and Jensen Beach. Asia specializes in pet portraits, made in mosaic.

Asia did her first pet portrait in 2017 of her own cat, Anna. She enjoyed the result so much that she decided to do a few more, including the mascot of a cafe in Jensen Beach. After doing a few on her own, she began to receive requests to do some of her clients' pets and she soon had commissions lined up. It was a fun challenge for her to create a glass portrait of her clients' pets that captured their personality. It remains something that she loves to do and has hopes on being able to set up workshops in the future to teach how to create these portraits.



Check out Asia's Class Schedule for Mosaic at the Arts & Culture Center.

POTTERY AT RIVERLAND

January 16

Intro to Pottery: Valentine's Heart Mug | \$40
9:00 am - Noon

February 1 & February 27

Advanced Class (Includes 2 sessions)
9:00 am - Noon | \$80

Part 1: Includes instruction and creation of large sea life bowl.

Part 2: Glaze your bowl: which includes specialty glazes and glaze instruction. Exterior of bowl will be sea life theme.

Interior will be water/beach like glaze.

Must have taken two intro classes in order to take this class.

February 13

Intro to Pottery: Vase | \$40
9:00am-Noon

March 12

Make a Bee Mug | \$45
9:00am-Noon
Must have taken an Intro Class prior to taking this one.

March 26

Intro to Pottery: Flower Candle Sticks | \$40
9:00am-Noon

April 9

Intro to Pottery: Flower Bowl | \$40
9:00am-Noon

April 9

Intro to Pottery: Intro Owl Herb Planter | \$40
9:00am-Noon

April 23

Intro to Pottery: Wine Holder | \$40
9:00 am - Noon

May 7

Intro to Pottery: Wine Holder | \$40
9:00 am - Noon

Guided Open Studios | \$5 per session
(Includes two glazes)

Mondays 1- 4 pm | Fridays 9 am - Noon

Please note: All Intro Classes include the construction of your clay piece. Glazing is done during open studio at the cost of \$5 each – which includes two colors of glaze. Additional glazes may be purchased during open studio times.

Clay will be \$40 effective 01/01/24.

CLASSES AT THE CREATIVITY HUB

Register at www.riverlandcai.com/classes

DIAMOND ART

Every Wednesday at 1 pm

The Diamond Ladies of Riverland meet to work on their diamond art projects together. Participants must purchase their own kits. RSVP is required.

GUITAR SONG CIRCLE

Wednesdays Monthly | 5:30-7:30 pm

January 17 | February 21 | March 20

CAREGIVERS CIRCLE

Meet & Greet Coffee Hour

January 17 | 10:00 am

SOUND BATH MEDITATION

WITH DENISE CARRARO

Every Other Monday

Arts & Culture Center | 6:45 pm

January 8 | January 22 | February 5 | February 19
March 4 | March 18

STAINED GLASS

WITH GLORIA DAVIS:

Stained Glass 101 Workshop

Tuesday, January 2 & Thursday January 4 | 9:30 am

Stained Glass 102 Workshop

Tuesday, January 9 & Thursday January 11 | 9:30 am

Stained Glass 103 Workshop

Tuesday, January 16 & Thursday, January 18 | 9:30 am

MOSAICS

WITH ASIA BOOTH

OF FRACTURED BRILLIANCE:

Mosaic Beaded Heart Pendant

Saturday, February 10 | 1:00 pm

Mosaic Dragonfly Paver

Friday, February 16 | 9:30 am

Mosaic Sunflower Pendant

Saturday, March 9 | 1:00 pm

Mosaic Glass on Glass Peacock

Friday, March 22 | 9:30 am

FINE ART STUDIO

WITH ROSE DIEM:

Tuesdays and Thursdays Weekly | 12:30-3:30 pm

Choose your medium - pastels, watercolors, drawing, acrylics, oil painting - learn techniques from intro to advanced - to complete any project you desire. All levels welcome and all materials supplied.

INTRO TO I-PHONEOGRAPHY

WITH MARK STALL

January 19 | 10:00 am - 12:00 noon

Discover practical hands-on techniques to enhance your creative skills using your iPhone. Master professional-grade, high-resolution image-making methods, optimize camera features, and gain insights into general photographic techniques. Additionally, explore camera and photo apps that can elevate your images. With consistent practice, you'll quickly see improved results.

SPECIAL RESIN WORKSHOP:

FLAMINGO DANCE PROJECT

AND LUNCH WITH

CHRISTINE'S COASTAL TREASURES!

Wednesday, January 24 | 10:00 am - 3:00 pm

POUR PAINTING WITH METALLICS

WITH RESIDENT SANDI BERG

January 26 | 3:00 pm

RIVERLAND INTEREST GROUPS

DIAMOND ART:

THE DIAMOND LADIES OF RIVERLAND

Weekly

Contact: Susan Ramirez

GUITAR SONG CIRCLE

Monthly Performances at Arts & Culture Center

Contact: Ed Arnold

CAREGIVERS CIRCLE

Monthly Meet Ups at Arts & Culture Center

Contact: Catherine Roberson

For more information and to register for classes, visit: www.riverlandcai.com/classes

Class schedules are subject to change.



THE DEREK GORES TAKEOVER!



DEREK GORES WORKSHOPS



RIVERLAND ARTS & CULTURE CENTER KICKS OFF A SPECTACULAR 2023/2024 SEASON Unforgettable Showcases, Festivities, and Community Engagement Galore!

The Riverland Arts & Culture Center launched an exciting 2023/2024 Season, featuring a diverse array of activities, including classes, events, and exhibits that offered something for everyone.

Highlighting the new season was the Riverland Artists Show, a captivating two-day event held on October 13th and 14th in conjunction with the Fall Festival. Showcasing the immense talent within our community, nearly 20 residents, spanning various artistic mediums, illuminated our community with their exceptional works. The Opening VIP Reception added to the delight of the affair, featuring flowing champagne and artists exhibiting throughout the Arts & Culture Center, attracting enthusiastic visitors as part of the Fall Festival festivities.

The Fall Festival itself was a delightful treat, providing a wonderful opportunity for our community to come together and enjoy local vendors, live music, a dynamic presentation by the Riverland Theater Club, and a Chili Cook Off that successfully raised almost \$1000 for the Alzheimer's Association. The victorious Cookin' with the Cooks team proudly took home the trophy to the Cay Clubhouse, marking the beginning of what we hope will become an annual tradition.

To kick off Halloween weekend, the Center hosted The Derek Gores Takeover, featuring an opening night

reception and an artist talk, followed by a day of mini-workshops with the acclaimed mixed media collage artist himself. Residents were thrilled to meet Derek Gores, recognized as a luminary in the new contemporary movement and commissioned by top international brands. The highly collectible nature of Gores' work led our residents to eagerly enhance their own art collections during this engaging event.

Riverland dusted off the bell-bottoms and put on the dancing shoes on November 3rd – for a chance to relive the disco era. Danceable tunes filled the night air, creating nostalgia and producing plenty of funky moves at the Disco Fever Dance Party on the Plaza.

And for Veteran's Day, The Pops Orchestra of the Palm Beached presented a moving patriotic concert, as residents of Riverland were treated to a world-class orchestral experience, complemented by the vocal talents of the Palm Beach Atlantic University ensemble. In December, the Pops returned to the Events Plaza for a Holiday Under the Stars evening of seasonal music featuring Broadway star Avery Sommers and Meri Ziev – hosted by Mike McGann of Legends Radio.

The Riverland staff is hard at work creating new, exciting classes, events and experiences for you in 2024.



CULINARY ARTS

JANUARY CLASSES

Pork Saltimbocca with Marsala Wine with Chef Robin

Tuesday, January 2 | 4:00 pm

Herb Roasted Lamb Loin with Goat Cheese with Chef Robin

Friday, January 5 | 4:00 pm

Seared Duck with Cipollini Onions & Mushrooms with Chef Deedra

Monday, January 8 | 4:00 pm

Sesame Crusted Ahi Tuna Steak with Chef Robin

Tuesday, January 9 | 4:00 pm

Coq Au Vin with Chef Robin

Friday, January 12 | 4:00 pm

Taco Night! with Chef Robin

Tuesday, January 16 | 4:00 pm

Skillet Grilled Seafood and Chorizo Paella

Wednesday, January 17 | 4:00 pm

Steak Au Poivre with Chef Robin

Friday, January 19 | 4:00 pm

Braised Asian-Style Pork Belly with Orange, Honey & Soy with Chef Deedra

Monday, January 22 | 4:00 pm

Crawfish Etouffee with Chef Robin

Tuesday, January 23 | 4:00 pm

Garlic Butter & White Wine Seafood Pasta with Chef Deedra

Wednesday, January 24 | 4:00 pm

Veal Picatta with Chef Robin

Friday, January 26 | 4:00 pm

Indian Butter Chicken

with Chef Deedra

Monday, January 29 | 4:00 pm

Seared Sea Scallops with Chef Robi

Tuesday, January 30 | 4:00 PM

FEBRUARY CLASSES

Learn to Make 2 Kinds of Ceviche with Chef Robin

Friday, February 2 | 4:00 pm

Mushroom Bruschetta with Triple Cream Brie with Chef Deedra

Monday, February 5 | 4:00 pm

Learn to Make Braised Beef Cheeks with Chef Robin

Tuesday, February 6 | 4:00 pm

Masala Baked Cod with Turmeric Rice with Chef Deedra

Thursday, February 8 | 4:00 PM

Learn to Make Gnocchi with 2 Sauces

Friday, February 9 | 4:00 PM

Valentines Surf and Turf Formal Dinner No Cooking with Chef Deedra

February 12 | 4:00 PM

Seafood Learn to Make Mardi Gras Seafood Boil with Chef Robin

Tuesday, February 13 | 4:00 PM

Greek Night with Chef Robin

Friday, February 16 | 4:00 PM

Chicken Francaise with Chef Deedra

Monday, February 19 | 4:00 PM

Learn to Make Paella with Chef Robin

Tuesday, February 20 | 4:00 PM

Sage Crusted Standing Rib Roast

with Gorgonzola Cream Sauce

with Chef Deedra

Wednesday, February 21 | 4:00 PM

Learn to Make Seared Duck Breasts with Chef Robin

Friday, February 23 | 4:00 PM

Scallops and Asparagus Risotto with Chef Deedra

Monday, February 26 | 4:00 PM

Learn to Make Herbsaint Infused Oyster Stew with Chef Robin

Tuesday, February 27 | 4:00 PM

Learn to Make Seafood Gumbo with Chef Robin

Thursday, February 29 | 4:00 PM

MARCH CLASSES

Learn to Make Appetizers with Chef Robin

Friday, March 1 | 4:00 PM

Rib Eye Steak & Pasta Puttanesca with Chef Deedra

Monday, March 4 | 4:00 PM

Lamb Chops - Easter Dinner with Chef Deedra

Monday, March 11 | 4:00 PM

Bacon Wrapped Scallops with Chef Deedra

Monday, March 18 | 4:00 PM

Veal Scallopini with Chef Deedra

Thursday, March 28 | 4:00 PM

**Wine is Included with all menus. Schedule is subject to change.*



Paul Palermo, Sports Director
sportsdirector@riverlandcai.com



Courtney Palermo, Pro Shop Manager
proshop@riverlandcai.com

12001 SW Riverland Blvd.
(772)-348-4561
Proshop@riverlandcai.com

Pro Shop Hours:

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

Court Hours:

7 am - 11 pm | 7 days a week

A MESSAGE FROM THE
SPORTS DIRECTORS

Hello Riverland Residents!

We are Courtney & Paul Palermo, a husband/wife team of directors here at the Sports & Racquet Club. Here you can find your competitive spirit, learn new sports or maybe dust off old equipment to reignite your love for tennis, pickleball or bocce! We are happy to help you along your journey. There are many opportunities to get involved on the courts. To list a few opportunities, we have: free social events each month for each sport, open play for pickleball and POP Tennis, round robins for tennis, leagues (in-community and extra-community), lessons, clinics, tournaments and more. We aim to provide all Riverland Residents with fun athletic activities! We do ask that you all protect yourselves out on the courts; even when you're feeling invincible, drink water and electrolytes. Wear the proper attire on the courts: court shoes and breathable clothing. Help us, help you!

Our exceptional team consists of Courtney and Paul the Directors, Pro Shop Attendants: Heather Tangney and Christine Berlly. We're proud to employ accomplished teaching pros: Max Rebol and Bill Perrin on the tennis side; Madi Gonzales, Blake Casino and Rene Smit for pickleball. Each of our instructors bring a distinct and valuable perspective to our team, enriching the experience for all our residents!

THE COMPETITIVE EDGE - PROS & TIPS



Repetition: Reps are so important to get better, a great tool to practice is the ball machine. No need for a drill partner when we have an opponent that has yet to lose. We all have weaknesses in our game, taking a clinic to fix problems with strokes is very important but even more important is hitting that shot correctly over and over. No excuses that you don't have anyone to drill with!



Tennis players, for a more accurate forehand volley, use "handcuffs." Use your non-hitting hand near your racquet-holding hand as if you have handcuffs on. This prevents you from having a long backswing and wild volley. It keeps the motion short, compact, decreases errors and increases precision.



In competition of any kind it is very challenging to stay relaxed and just play your game. Before the point begins, roll your shoulders back and take a long, deep breath. Center yourself and remember you're outside, playing the game you love!



As our body ages, soft tissues become less flexible, and the ability to balance decreases. Therefore, it's very important that we do a proper warm-up including stretching exercises. Please don't be one of those players that thinks twice, and then tell the rest of the players: "I am ready to go!"



During fast volley exchanges (hand battles) at the NVZ (Kitchen line), it's very important to maintain quick short/compact FORWARD strokes. When working on fast volley exchanges, I like to tell my clients to "Smash the Mosquitoes". In order to smash a mosquito with your hand, one cannot have a big backward motion because if not you would never smash it. Smashing a mosquito requires a QUICK + SHORT + FORWARD motion.



When starting to feel pressured while dinking. Sometimes it's a good idea to just dink to the middle rather than trying to be aggressive or hit angles. This slows the game down a little and creates less angles for your opponents as well as can lead to some mis-communication between them.



HOW TO MAKE A PRIVATE LESSON

1. Go to RiverlandCAI.com website. From there click on the Sports & Racquet Club tab, a drop-down list will show, click on the sport you're looking for.
2. Choose your instructor.
3. You will be taken to a new site called SimplyBook.me. Choose the option for how many students there will be with your instructor.
4. You can pay online or pay prior to your lesson in the Pro Shop!
5. **Have a great time!**



WEEKLY CLASS SCHEDULE

Events and classes listed below take place every week.

Residents have access to classes through the riverlandcai.com website.

MONDAY

PB: Small Group Skills & Drills (2.5-3.4)	8:00 am - 9:00 am	\$25
PB: Beginner to Beyond	5:00 pm - 6:00 pm	\$20
PB: Beyond Beginner	6:15 pm - 7:15 pm	\$20

TUESDAY

PB: Doubles Domination – (Strategy & Positioning)	9:00 am - 10:00 am	\$20
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WEDNESDAY

PB: Small Group Skills & Drills (3.5-4.0+)	8:00 am - 9:00 am	\$25
TN: Drill & Play Round Robin	5:00 pm - 6:30 pm	\$15
PB: Intermediate/Advanced Clinics	5:30 pm - 6:30 pm	\$20
PB101: Beginner Pickleball	6:30 pm - 7:30 pm	\$20

THURSDAY

PB: Advanced Clinic	8:30 am - 9:30am	\$20
BB101: 30 min Bocce Basics	10:00 am - 10:30 am	\$5
TN101: Teach & Play	4:00 pm - 5:00 pm	\$20
TN: Intermediate Live Ball	5:00 pm - 6:00 pm	\$20

FRIDAY

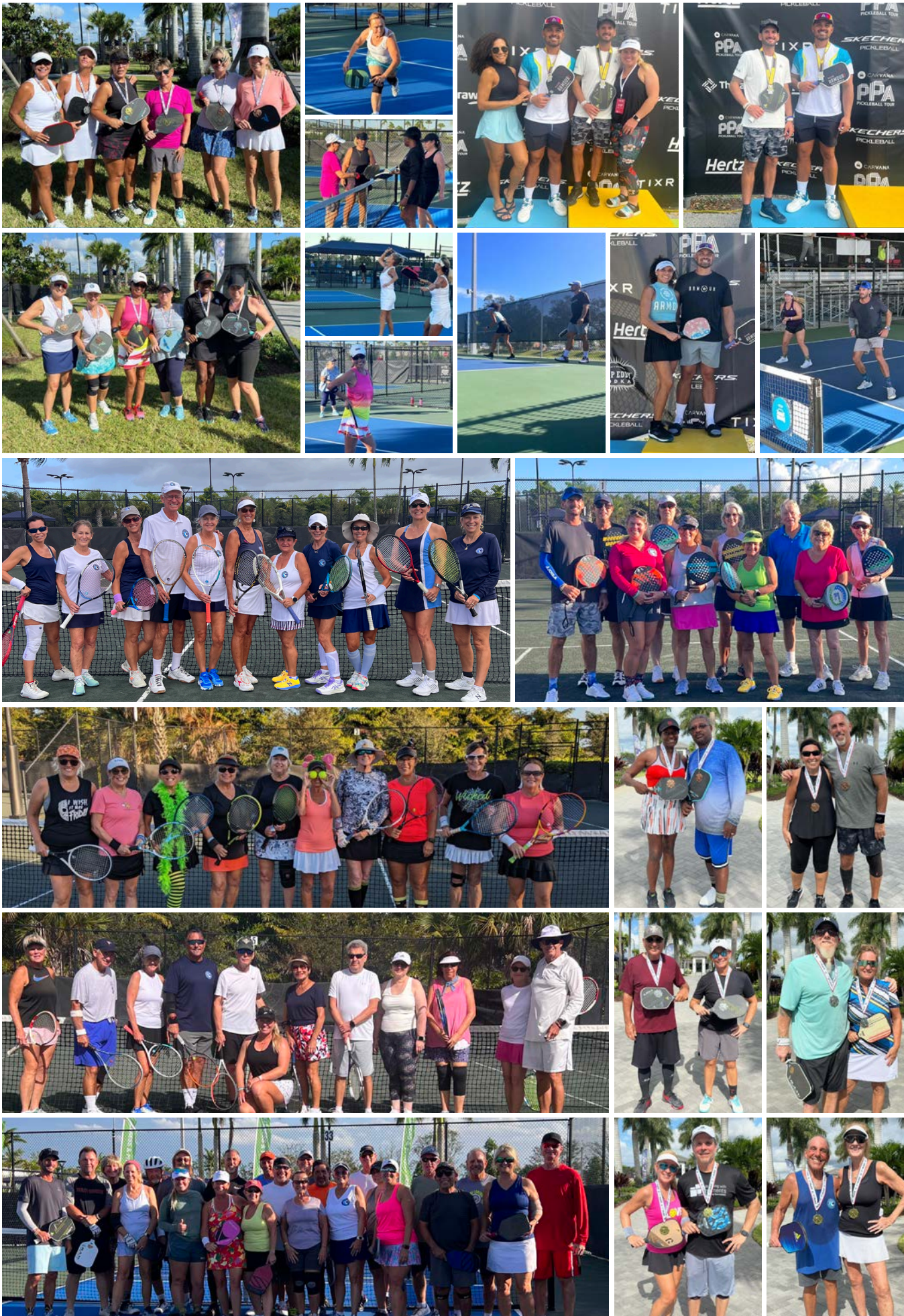
PB: Beginner to Beyond	7:30-8:30am	\$20
PB101: Beginner Pickleball	8:00 am - 9:00 am	\$20
PB: Drill & Play Skills Assessments 2.5 - 4.0	8:30 am - 10:00 am	\$20
TN: Skills, Drills & Strategy with Coach Bill Level: 2.5-3.5	10:30am-12:00pm	\$30

SATURDAY

PB: Welcome to Riverland Intro (monthly)	11:00 am - 12:00 pm	FREE
TN: Welcome to Riverland Intro (monthly)	11:00 am - 12:00 pm	FREE

*PB = Pickleball - TN = Tennis - BB = Bocce Ball

RIVERLAND SPORTS & RACQUET CLUB



SOCIAL EVENTS AND TOURNAMENTS

NEW YEAR UPDATE

Social Calendar of Events | Exhibitions to be announced for tennis and pickleball!

JANUARY

- 11 Bocce & Beers Social Event | 5:30 pm
- 12 Tennis Social | 10:30 am
- 25 Riverland Connects - Tournament Kick Off Party | 5:30 pm
- 26-28 Riverland Invitational | All Day

FEBRUARY

- 8 Dinking & Drinking | 5:30 pm
- 9 Bocce Couples Social | 10:30 am
- 17-18 MLP Tournament | All Day
- 19 MLP Semi-finals | 6 pm
- 20 Riverland Connects - MLP Tournament Finals | 5:30 pm
- 29 TN Tennis & Tequila Social Event

MARCH

- 2-3 Road to the Riverland Cup- Pickleball Tournament | 8 am
- 8 TN Social Event | 10:30 am
- 8 BB Social Event | 10:30 am
- 15 PB Social Event | 10:30 am
- 29-30 Riverland Olympics | All Day



RIVERLAND CONNECTS Block Party

January 23
February 20
March 16

Meet up with your friends & neighbors each month for a special street party celebration – including open play for Pickball and Tennis, food and drink, music, cars, cornhole, ping pong and fun!

WHERE: The Sports & Racquet Club

WHEN: 5:00 - 8:00pm





Tennis Boot Camp

RESIDENT TESTIMONIAL

RODGER AND HEATHER STEWART

We thought it was a great way to kick off the new tennis season....reminding us of skills we already had but also introducing us to many new skills and strategies to improve our game.

Having the many different pros with different styles and strengths was a huge benefit to both of us. We also met many new neighbors. If offered next year, we will definitely sign up!

SERVICES

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

Tennis

Open Play is Monday-Friday on court 8 from 8:30 -10am, court reservations are required if you wish to play any time other than open play. The ball machine can be rented for \$12/hour after 10am. Weekly classes include: Monday Instructional 3.0-4.0+ Clinic @ 8:30am, Wednesday Drill & Play Round Robin @ 5pm, Thursday TN101: Teach and Play @4pm and Thursday Intermediate LIVE BALL @5pm. Tennis travel leagues begin in November.

Pickleball

Open Play is every day on courts 6-13 & 22-29 from 8:30 -10am and in the evenings on courts 6-13 from 5:30-8:30pm. Court reservations are required for non-open play courts and times. The ball machine can be rented for \$12/hour after 10am. Classes are held on courts 1-5 next to the pro shop.

Bocce

Court reservations are required; the Bocce Club meets on Mondays and Tuesdays at 5pm and on Saturdays at 10am. Our Bocce Basics class is perfect for new Bocce players wanting to learn the game! The pro shop has an assortment of paddles, tennis racquets,

January 26-28, 2024

FRIDAY

MEN'S SINGLES
WOMEN'S DOUBLES

SATURDAY

MIXED DOUBLES

SUNDAY

WOMEN'S SINGLES
MEN'S DOUBLES



SCAN QR CODE TO ENTER
WWW.PICKLEBALLBRACKETS.COM

FOR INFORMATION CONTACT
Riverland Sports & Racquet Club
772-348-4561



January 26-28th

\$60 PP Entry to Play

ENTRY PRICE INCLUDES 1 EVENT
\$10 EACH ADDITIONAL EVENT





Stephen Waite, Fitness Director
Owner of EliteX Personal Training
fitnessdirector@riverlandcai.com



Vanessa Waite, Wellness Manager,
Co-Owner of EliteX Personal Training
vanessa@EliteXpt.com



Athenia Williams
Fitness Manager

12105 SW Riverland Blvd.
(772) 200-2773
www.riverlandcai.com

Office Hours:

Open Daily: 8 am - 6 pm

Fitness Center:

24 hours a day | 7 days a week

Pool Hours:

Open Daily: Dawn to Dusk

UPDATE FROM THE FITNESS DIRECTOR

Hello Riverland Community!

As we bid farewell to an incredible 2023 at the Riverland Wellness and Fitness Center, we are filled with immense pride and excitement for what we achieved together. Reflecting on our accomplishments – from the inaugural Riverland 5k with over 110 participants and raising over \$5,000 for charity, to the Grand Opening of our state-of-the-art indoor sports court, and the success of our first-ever Riverland Health Fair – it's clear that our community's dedication to health and wellness knows no bounds. The highlight, undoubtedly, was seeing over 1,000 of you consistently participate in our fitness programs, leading to remarkable transformations and inspiring testimonials.

But hold on to your workout gear because 2024 promises to be even more exhilarating! We're not only bringing back the popular Riverland 5k and Health Fair, but we're also joining forces with the Sports and Racquet Club to introduce the Riverland Olympics – an event that's sure to ignite the competitive spirit in all of us. That's not all; we're expanding our group class offerings to include a variety of new types, alongside swimming lessons and advanced swimming courses, in addition to our existing array of services.

For those who haven't started their fitness journey yet, 2024 is your year! Join the hundreds of residents who have experienced transformative changes. Our goal at the Wellness and Fitness Center is not just to facilitate physical fitness but to enhance your overall quality of life. We offer a comprehensive program encompassing fitness, wellness, and nutrition. Our expert dietitian host workshops on nutrition, our stretch therapists assist in recovery and mobility, and our massage therapists offer therapeutic sessions for stress relief and pain management.

Moreover, our Certified Personal Trainers are here to guide you towards safely achieving your fitness goals. They also provide complimentary fitness evaluations, especially for those just starting out and seeking direction. With over 220 group fitness classes per month, we cater to every fitness level and need.

Thank you for allowing us to be a part of your fitness journey. It's a privilege to work with such an active and dedicated community. We can't wait to see what we'll achieve together in 2024. Here's to taking our life and health to the next level!

FEATURED TRAINERS



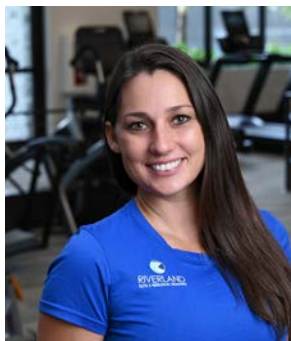
Jennifer Figueroa

- American Red Cross
- Swimming Instructor
- Certified Water Safety Instructor
- 10 Years Experience



Tammy Ossa

- Athletics and Fitness Association of America
- American Sports and Fitness Association
- Expert Rating
- Certified Personal Trainer
- Certified Women's Health & Fitness
- Certified Nonlinear Periodization Training
- Certified Advanced Strength Training
- Certified Stretch Therapist
- Certified Water Aerobics Instructor
- 16 Years Experience



Andrea McDermott

- American Sports & Fitness Association
- National Academy of Sports Medicine
- Certified Barre Instructor
- Certified Group Fitness Instructor
- Certified Personal Trainer
- Certified Pilates Instructor
- Certified in Strength & Conditioning
- 12 Years Experience



Matt Egitto

- National Academy of Sports Medicine
- Certified Personal Trainer
- Performance Enhancement Specialist
- Trigger Point Therapy
- 6 Years Experience



Jessica Grinnan

- Akasha Yoga Academy
- American Sports & Fitness Association
- Mira Costa College
- Pacific College of Oriental Medicine-MS
- Kriya Yoga Immersion Training
- Ashtanga Yoga Immersion Training with Adjustment, Stretching, and Mobility Techniques
- Akasha Yoga Academy-RYT 200-Hatha Yoga
- Awakening Vinyasa Specialization Training-20hr
- Certified Group Fitness Instructor
- Certified Personal Trainer
- Registered/Certified Yoga Instructor
- 19 Years Experience

HOW TO SCHEDULE CLASSES AND SERVICES AT THE FITNESS CENTER

- Download the Riverland App
- Create an account using the email you have on file with the HOA
- Call or stop by the fitness center to purchase your services or group fitness packages (772) 200-2773
- Now you can schedule all your classes or services on your phone
- Once you have completed these steps you can also schedule or request services through the Riverlandcai.com website



WEEKLY CLASS SCHEDULE

Events and classes listed below take place every week.

MONDAY

HIIT / High Intensity Interval Training	8:00 am - 8:45 am
Aqua Dance	9:00 am - 9:45 am
Barre	9:00 am - 9:45 am
Zumba Gold (Sports Court)	9:00 am - 9:45 am
Aqua Fit - Level 2	10:00 am - 10:45 am
Full Body Fit	10:00 am - 10:45 am
Stretch	10:00 am - 10:45 am
Chair Yoga (Sports Court)	10:00 am - 10:45 am
Mat Pilates	11:00 am - 11:45 am
Low Impact Fit	11:00 am - 11:45 am



TUESDAY

Abs	8:00 am - 8:45 am
Barre	9:00 am - 9:45 am
Zumba Toning (Sports Court)	9:00 am - 9:45 am
Aqua Fit - Level 1	9:00 am - 9:45 am
Aqua Fit - Level 2	10:00 am - 10:45 am
Low Impact Fit	10:00 am - 10:45 am
Fitness Bootcamp	10:00 am - 10:45 am
Zumba	10:00 am - 10:45 am
Mat Pilates	11:00 am - 11:45 am
Stretch	11:00 am - 11:45 am
Yin Yoga	5:00 pm - 5:45 pm
Full Body Fit	6:00 pm - 6:45 pm
Pound	6:00 pm - 6:45 pm



WEDNESDAY

Lower Body Blast	8:00 am - 8:45 am
Aqua Fit - Level 1	9:00 am - 9:45 am
Pound (Sports Court)	9:00 am - 9:45 am
Stretch	9:00 pm - 9:45 pm
Aqua Fit - Strength & Conditioning	10:00 am - 10:45 am
Full Body Fit	10:00 am - 10:45 am
Zumba Gold (Sports Court)	10:00 am - 10:45 am
Stretch	10:00 am - 10:45 am
Equipment Clinic (1 x per month)	12:00 noon - 1:00 pm
Aqua Fit	6:00 pm - 6:45 pm

THURSDAY

Kick Boxing Fit	9:00 am - 9:45 am
Aqua Fit - Level 2	9:00 am - 9:45 am
Mat Pilates	10:00 am - 10:45 am
Barre	10:00 am - 10:45 am
Zumba Gold (Sports Court)	10:00 am - 10:45 am
Chair Yoga (Sports Court)	11:00 am - 11:45 am
Low Impact Fit	11:00 am - 11:45 am
Yin Yoga	5:00 pm - 5:45 pm
Zumba Gold (Sports Court)	6:00 - 6:45 pm

FRIDAY

Zumba Gold	9:00 am - 9:45 am
Yo-Chi	9:00 am - 9:45 am
Full Body Fit	10:00 am - 10:45 am
Aqua Aerobics LV 2	10:00 am - 10:45 am
Pound (Sports Court)	10:00 am - 10:45 am
Tone Up (Sports Court)	11:00 am - 11:45 am

SATURDAY

Aqua Dance	9:00 am - 9:45 am
Full Body Fit	10:00 am - 10:45 am
Mat Pilates	10:00 am - 10:45 am
Vinyasa Flow Yoga	11:00 am - 11:45 am

NEW CLASSES AT THE FITNESS CENTER



SWIMMING LESSONS

It's never too late to learn how to swim. No matter how old you are, developing the swimming skills you need to feel safe and comfortable around water is possible.



YO-CHI

Yoga & Tai Chi blended together to bring you the benefits from the stability and strength of Yoga with the mobility and flexibility of Tai Chi. So much of Yoga depends on being still and finding stability, while so much of Tai Chi involves slow, controlled never ending mobility. By doing these disciplines together – either alternating or in combination – can help increase your overall wellness.

RESIDENT TESTIMONIAL

MARK SILVERSTEIN - VALENCIA CAY

On November 4th I completed the Ironman Florida race. For those that don't know it is a 2.4-mile swim, 112-mile bike and then a marathon 26.2 miles. No easy task and even more difficult if you do not have coaches and physical body support behind you to get you through the hours and hours of training. I had a triathlon coach, a nutrition coach and I had 2 fantastic people from our wellness center, as part of my race support team. Jessica was my stretch coach and Whitney was my go-to massage resource. I went to Whitney every other week to help my body with pain and muscle tightness and joint inflammation and just over all body health. I saw Jessica on average 2 times a week.

I got to Jessica when I approached Stephen and asked if someone could help me with some leg issues I was having that was making running almost impossible. He connected me with Jessica, and it was exactly what I needed. Even though I stretched every day I could not get through the leg issues. Jessica provided me with some additional stretches to use at home. When I was with her, she combined stretching and gentle massaging of the root cause of the issues with her trusty massage gun. All the issues I was having prior to the race that Jessica and Whitney helped me overcome never appeared. I am thankful for all their help as I know I would not have completed the race without their support. Both were instrumental in keeping my body ready to compete for over 16 hours. I would highly recommend both of them for anyone that wants to keep their body healthy or even if you just want to start an exercise routine.



Pauline Forshee
Dietician

RESIDENT TESTIMONIAL

ZENA FRIEDMAN

I had to take a minute to express my gratitude to the whole RIVERLAND sports group, but especially to “Natalia Paredes-Alvarez” she has changed my life when it comes to looking forward to getting into the pool & doing an aqua class. Before my aqua classes with Natalia, I looked at the pool like it had Piranha’s in it. Now I look forward to my classes as it is lots of fun, feel acknowledged and create changes in my body. Forever grateful!



NUTRITION CORNER

Tuesday, January 9 | 10 am - 10:45 am

Seminar: Stress, Anxiety, and Nutrition

Learn the damage of stress and anxiety on the body and how the foods we eat can help heal.

Tuesday, February 13 | 10 am - 10:45 am

Seminar: Heart Disease

Nutritional choices and moderate lifestyle changes to improve our quality of life.

Tuesday, March 12 | 10 am - 10:45 am

Seminar: Gut Health

Have you ever been diagnosed with GERD, chronic constipation, or intestinal issues? Come and learn a few nutritional tips to help you feel your best!

INDOOR SPORTS COURT

DAILY SCHEDULE

- **Basketball Open Court**

Monday, Tuesday: 6:00 am - 7:00 am | 12:30 pm - 7:00 pm

Wednesday: 6:00 am - 7:00 am | 3:30 pm - 7:00 pm

Thursday: 6:00 am - 7:00 am | 12:30 pm - 6:00 pm

Friday: 6:00 am - 7:00 am | 3:30 pm - 7:00 pm

Saturday: 6:00 am - 9:00 am | 12:30 pm - 7:00 pm

Sunday: 6:00 am - 7:00 pm

- **Ping Pong Open Table**

Tuesday: 12:30 pm - 1:30 pm | 3:30 pm - 7:00 pm

Thursday: 12:30 pm - 1:30 pm | 3:30 pm - 6:00 pm

Saturday: 12:30 pm - 7:00 pm

Sunday: 6:00 am - 7:00 pm

- **Ping Pong Club**

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

- **Volleyball Open Court**

Wednesday, Friday: 12:30 pm - 3:00 pm

- **Volleyball Club**

Thursday: 6:00 pm - 8:30 pm

- **Corn Hole Open Play**

Friday: 8:00 am - 9:00 am



FITNESS BOOTCAMP

Come join us for our fitness bootcamp! For those of you who love our full body fit classes then this class is for you! Held in our new beautiful indoor sports court there will be much more room for larger classes and exercises. Boot camp classes consist of mixed calisthenics, body weight exercises, weight training, core strengthening combined with interval and strength training. Look forward to seeing you all in class!



SAVE THE DATE

5 RIVERLAND 5K

RUN • WALK • ROLL

SATURDAY, FEBRUARY 24TH AT 8AM
RIVERLAND'S 2ND ANNUAL 5K RACE
PORTION OF PROCEEDS WILL GO TO CHARITY

SEASON AT-A-GLANCE



Artisan & Green Market
January 11

**Jazz on the Plaza
with A.J. Sax & Company**
January 20

Riverland Connects Block Party
January 23

Artisan & Green Market
February 8



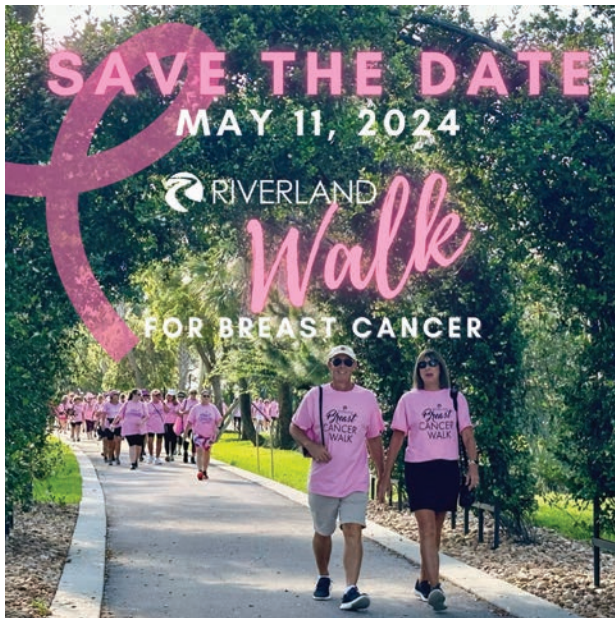
**Jazz on the Plaza | Mardi-Gras Celebration
featuring the Rowdy Roosters**
February 17

Riverland Connects Block Party
February 20

Riverland 5k
February 24

Artisan & Green Market
March 14

Riverland Connects Block Party
March 19



Riverland Olympics
March 29 & 30

Artisan & Green Market
April 11

World Art Day
April 13

Artisan & Green Market
May 9

Walk for Breast Cancer
May 11





RIVERLAND

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