

RIVERLAND®

PLAYBOOK

ONE COMMUNITY. ONE MISSION.

Riverland Raises Over \$31,000
for Tunnel to Towers

CELEBRATE THE SEASON

Entertainment, Events &
Holiday Experiences

FALL FESTIVAL IS BACK!

Food, Music & Riverland Fun

NEW EQUIPMENT. NEW ENERGY.

Explore the Expanded
Wellness & Fitness Center

VOLUME 14 • Fall 2026



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VALENCIA RIVERLAND SALES CENTER

12320 SW Calm Pointe Court
Port St. Lucie, FL 34987

(772) 226-9000 | www.glhomes.com

Office Hours: Open Daily: 9 am - 5 pm

VALENCIA WALK SOCIAL CLUB

11675 SW Sea Jewel Rd.
Port Saint Lucie FL. 34987
(772) 742-6620

VALENCIA GROVE SOCIAL CLUB

12827 SW Brookside Falls Way
Port Saint Lucie FL. 34987
(772) 212-8206

VALENCIA CAY SOCIAL CLUB

11251 SW Winding Ridge Rd.
Port Sair Lucie FL. 34987
(772) 882-4950

VALENCIA PARC SOCIAL CLUB

12900 SW Midnight Stream Blvd
Port St Lucie, FL 34987
(772) 280-3048

RIVERLAND DIRECTORY

RIVERLAND ARTS & CULTURE CENTER

12067 SW Community Boulevard
(772) 271-7272 - Option 1

Office Hours:

Monday - Friday: 9 am - 6 pm
Saturday: 9 am - 5 pm

Creativity Hub Hours:

7 am - 9 pm | 7 days a week

RIVERLAND MANAGEMENT AND LIFESTYLE OFFICE

12129 SW Riverland Blvd
(772) 271-7272 - Option 6

Office Hours:

Monday - Friday | 9 am - 5:30 pm

RIVERLAND SPORTS & RACQUET CLUB

12001 SW Riverland Boulevard
(772) 271-7272 - Option 2

RIVERLAND WELLNESS & FITNESS CENTER

12001 SW Riverland Boulevard
(772) 271-7272 - Option 3

Office Hours:

Open Daily: 8 am - 6 pm

PULSE FIT STUDIOS

12001 SW Riverland Boulevard
(772) 271-7272 - Option 5

Office Hours:

Open Daily: 7 am - 5:30 pm

For info on all Riverland Amenities, call **(772) 271-7272** | Download the **Riverland App**
Follow us on Facebook: **Riverland Lifestyle**

A MESSAGE FROM TERE MUÑIZ



Tere Muñoz
VP Riverland Lifestyle

Dear Riverland Residents,

As we head into the final months of 2026, there is so much to celebrate at Riverland. This season reflects what makes our community special: meaningful connections, memorable experiences, and residents who come together with incredible spirit and generosity.

That spirit was on full display during our Never Forget: 9/11 First Responder Pickleball Tournament. Together, our residents, sponsors, volunteers, first responders, veterans, and community partners helped raise more than \$31,000 for the Tunnel to Towers Foundation. A very special thank you to Rafael Diaz and Joel Rutsky. Thank you, gentlemen, for your leadership, support and everything you do for the Riverland Community.

A MESSAGE FROM YOUR BOARD OF DIRECTORS

In our last publication, we announced the opening of Riverland's fifth neighborhood, Valencia Vista. Since then, we are pleased to share that sales have already exceeded 100 homes, reflecting the continued excitement for this newest addition to the Riverland community. Valencia Vista will include 2,061 homes and is expected to play an important role in the continued growth and success of our vibrant community.

As we approach the final quarter of 2026, Riverland's sales and closings have remained strong and continue to outpace last year's results. Based on the current pace, we expect to reach 4,000 homes closed by the end of 2026. The Board would like to extend our congratulations to all new homeowners who have closed since our last publication and thank the entire community for your continued support and involvement in making Riverland such a special place to call home.

We are also pleased to announce that the Riverland gym expansion has been completed and is now open. The expanded Wellness & Fitness Center now offers more workout space, upgraded equipment throughout, state-of-the-art cardio machines, multiple free-weight zones, advanced strength-training areas, and a dedicated Olympic-style weightlifting space. We look forward to seeing residents enjoy this enhanced amenity and the additional opportunities it provides for health, wellness, and an active lifestyle.

Another exciting milestone since our last publication was the opening of the South Sports Site, including eight covered pickleball courts. It has been wonderful to see residents taking advantage of these beautiful new courts, particularly

The excitement continues throughout the fall with an incredible variety of experiences designed to bring our community together. From signature events like our Fall Festival and Riverland Connects Block Parties to live entertainment, cultural and arts experiences, and holiday celebrations, there is always something happening at Riverland.

We can't wait to welcome our seasonal residents back to our newly expanded Wellness & Fitness Center, offering more space, new equipment, and even more ways to stay active and our Sports South Complex offering covered courts, more bocce and tennis. So much more for all to enjoy!

As Riverland continues to grow, our Lifestyle Team remains committed to creating exceptional experiences and finding new ways to make life here engaging, connected, and fun.

I look forward to celebrating this wonderful season with all of you.

Warm regards,

Tere

E: tere.muniz@glhomes.com | P: (772) 271-7272

during the warmer summer months. This addition further enhances the wide range of recreational opportunities available throughout Riverland.

The Ember & Salt Spa also continues to make steady progress, as many residents have already noticed. The building shell is now complete, along with the subfloor and pool shells. The spa remains on target for completion in mid-2027, and we look forward to sharing additional updates as this exciting amenity continues to take shape.

New tenants continue to be added to the Riverland Town Center. Since our last publication, Chef Luca Corleone, Riverland's first Italian restaurant, has opened its doors to the public. Many residents have already enjoyed the food and shared positive feedback about this exciting new dining option. We look forward to welcoming additional restaurants and businesses to the Riverland Town Center in the future. In addition, the Riverland Pathway extension is now open, providing residents with even greater access to all that Riverland and the Town Center have to offer.

Thank you to all residents for your continued participation, support, and pride in our community. Your engagement helps make Riverland a welcoming, active, and thriving place to live, and we look forward to continuing to share progress and celebrate new milestones together.

Sincerely,

Your Board of Directors,
Riverland Community Association, Inc.

A LETTER FROM THE LIFESTYLE DIRECTOR



Andrina Nobili
Lifestyle Director

Dear Riverland Residents,

Can you believe we're already heading into the final months of 2026? We have so much fun planned, and I can't wait to experience it with you.

October starts on a high note with **A Tribute to the Life & Music of Dolly Parton** on October 16,

performed by the Pops Orchestra of the Palm Beaches. Then, on October 19, we're "Going Clubbing" at our **Riverland Connects Block Party**. Come meet our resident clubs, discover a new interest, and connect with your neighbors.

On November 7, get ready for our **Fall Festival**, featuring the German American Club of the Treasure Coast Oktoberfest Biergarten, community Chili Cook-Off benefiting Treasure Coast

Food Bank, an official South Florida Cornhole tournament, Battle of the Bands, and more. Then, on November 16, wear your favorite college colors and join us for a spirited college-themed **Riverland Connects Block Party**.

We'll celebrate the holiday season on December 12 with **A Motown Holiday**, filled with great music and holiday cheer. And remember, our Green Market on the first Thursday of every month.

And if you think 2026 has been exciting... just wait until 2027. We're turning up the fun with unforgettable destination-inspired experiences, **Glow-in-the-Dark Pickleball**, incredible live entertainment, and BIG fun.

Thank you for bringing your energy and enthusiasm to our events. The fun is just getting started, Riverland.

Andrina Nobili

E: lifestyledirector@riverlandcai.com | P: (772) 271-7272

Riverland App Training Class

October

6th | 10 am

27th | 4:30 pm

November

3rd | 4 pm

24th | 10 am

December

8th | 10 am

29th | 4 pm



CELEBRATE AUTUMN AT THE RIVERLAND FALL FESTIVAL!

November 7 | 12 - 5 pm

Events Plaza at the Riverland Arts & Culture Center | Free

The **6th Annual Riverland Fall Festival** is back — bigger, better, and bursting with Riverland spirit! This signature seasonal celebration brings together everything we love about fall: comforting food, lively music, and the joy of gathering with friends and neighbors.

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

Festival Highlights:

- **Community Chili Cook-Off** | taste and vote for your favorite recipe
- **Battle of the Bands** | who will reign as the supreme Riverland band
- **Empty Bowls Project** | handcrafted pottery with heart
- **German American Club of the Treasure Coast** | Oktoberfest Biergarten
- **Games & Prizes** | South Florida Cornhole Tournament



RIVERLAND CLUBS

To register for membership in a Riverland Club, visit the **Riverland App**

INTERESTED IN STARTING A CLUB?

Email lifestylemanager@riverlandcai.com and request an application.

BIRDING CLUB

Meetups: 2nd Monday of Each Month | 3 pm
Location: Arts & Culture Center
Paul Salazar: psalazar1@icloud.com

BOCCE CLUB

Date: Monday 6 pm | Tuesday and Thursday 8 am
 Thursday Eve 6 pm (Ladies' Night) | Sunday 6:30 pm
Location: Sports & Racquet Club
Lois Astern: Lastern4u@aol.com
Joe Esposito: joeespo31@yahoo.com | (203) 887-5684
Neil Halprin: neilpaula@verizon.net | (516) 236-4879
Phil Verderosa: Square0374@aol.com | (561) 703-8656
 (Sundays only)

BOWLING CLUB - MIXED

Date: Meet Ups Thursdays | 12:30 pm
 Women's League - Thursdays | 12:30 pm
Paul Block: pblock80@gmail.com

BREAST CANCER SUPPORT CLUB

Date: 2nd Wednesday of Each Month | 6 pm
Patricia Rothenbacher: Riverland.BCSC@gmail.com
Location: Arts & Culture Center

CAR CLUB

Date: 1st Sunday of Each Month | 8:30 - 10:30 am
Stephen Labargo: RiverlandCarClub@gmail.com

CAREGIVERS CIRCLE

Email: Riverlandcaregivers@gmail.com

CORN HOLE CLUB

Date: Tuesday | 6 pm
Joseph Esposito: Joeespo31@gmail.com | (203) 887-5684
Neil Halprin: neilpaula@Verizon.net | (516) 236-4879

CYCLING CLUB

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

CRAFT & CHAT GROUP

Date: Every Wednesday 1 - 3 pm
 @ Riverland Arts & Culture Center
Gerry Franklin: gerryfranklin@verizon.net
Mabel Santiago: heykidd40@yahoo.com

DIY AFTER 5

Date: Thursdays | 6 - 8:30 pm
Donna Eberly: deberly326@gmail.com

FIRST RESPONDERS CLUB

Date: 4th Saturday of the Month | 10 am - 12 pm
President Steven Kuhr: skuhr.em@gmail.com
Vice President Howard Sticht: myclubsv@gmail.com
Secretary Michael Cundle: mcundle@comcast.net
Treasurer Eugene Roos: roosgene71@gmail.com
Sergeant-at-Arms: Richard Samolowicz: rich916@comcast.net

FISHING CLUB

Date: TBD
Joe Oster: josephjudeoster@gmail.com

FURRY FRIENDS OF RIVERLAND

Myrna Sadowsky: myrnasadowsky99@gmail.com

GARDEN CLUB

Meet Ups: 3rd Monday of the month at 1 pm
Karma Thomson: (801) 414-1532
Becky Bazemore: (970) 406-8150
Karen Miller: (513) 675-2308

GET UP & GO TRAVEL CLUB

Lou Brawer: loubrawer@yahoo.com

GOLF CLUB

Meet Ups: Tuesdays & Thursdays | 7:30 am
 @ Riverland Arts & Culture Center
Bruce McKay: mckay.bc@gmail.com

GUITAR CIRCLE

Hosted by Ed Arnold: edarnold2@comcast.net

HEALTHSPAN CLUB

Meet Ups: 4th Wednesday of each Month | 6 pm
 @ Riverland Arts & Culture Center
Tony DeAngelo: adeangelony@gmail.com

LA DOLCE VITA AT RIVERLAND

Club Leader: Rosa Mattina
Ladolcevitatriverland@gmail.com

MUSICIANS CLUB

Art Pearlstein: enclaveartp@gmail.com

NEW BEGINNINGS CLUB

Date: First Monday Every Month | 6:30 pm
Russell Breiter: russellbreiter@gmail.com
Location: Arts & Culture Center

PHOTOGRAPHY CLUB OF RIVERLAND

Date: 3rd Tuesday of Every Month

Phil Schafer: Phildxln@aol.com

PING PONG CLUB

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

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

Location: Indoor Sports Court

POTTERS CLUB

Date: TBD

Chair: Lorin Dibenedetto: lorinbeth@aol.com

(631) 831-4032

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

(516) 840-1111

QUILT CLUB

Date: 2nd & 4th Thursday of Each Month

Time: 1 - 4 pm

Margi Rude: Peterpam74.PJ@gmail.com

Sandy Naval: mrude370@gmail.com

RIDERS CLUB

Date: Contact Mark for dates & times

Mark Hansen: me.hansen@comcast.net

SOLO CLUB

Monthly Meetings: TBD

Club Leader: Elaine Levrant: mlev9582@gmail.com

SOULFUL CONNECTIONS CLUB

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

Location: Riverland Arts & Culture Center

Debbie Heaven: debbie11021@verizon.net

Dana Stroman: dana1077@gmail.com

SINGLES CLUB

Monthly Meetings: TBD

Elaine Levrant: mlev9582@gmail.com

SWIM CLUB

Date: Sunday, Tuesday and Thursday | 9 am

and Tuesday and Thursday | 12 pm

Location: Wellness & Fitness Center - Pool #2

John Carini: Johncarini2@gmail.com

THEATER CLUB

Meet-Up 3rd Thursday of Each Month | 5 - 7:30 pm

Location: Arts & Culture Center

Barbara Bleich: bableich@yahoo.com (954) 864-6784

VOICES OF VALENCIA

Date: Tuesdays | 4 - 6 pm

Marlene Weiss: (561) 702-4202

VETERANS CLUB

Date: 2nd Saturday of each month

Kent Hansen: hansen112@aol.com

VOLLEYBALL CLUB

Date: Thursday Evenings | 6:30 - 8 pm

Joel M. Bedor: (954) 397-8797

or Email: Joelbedor54@gmail.com

Location: Indoor Sports Court

WINE CLUB

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

Mike Hoppes: bell.company@att.net

Location: Arts & Culture Center

SPREADING THE LOVE: GROVERS GIVE BACK IN A BIG WAY

95 Grovers. 3,145 sandwiches. Less than 60 minutes.



Talk about teamwork! On September 1, approximately 95 members of the **Grovers Giving Back Club** came together for a fast-paced morning of community service – and the results were impressive. Working side by side, the group assembled 3,145 peanut butter and jelly sandwiches in under 60 minutes, all destined for local organizations serving people in need.

The sandwiches were distributed throughout the community: 1,595 went to Grace Way Village, 1,000 to Mustard Seed Ministries, and 500 to Carpenter's Kitchen at St. Joseph Catholic Parish. An additional 50 sandwiches were provided to a women's and children's shelter in Port St. Lucie.

A Little Help Behind the Scenes

The club also extends a special thank-you to Chef Jack and his staff, who graciously stored 158 loaves of bread for the event.

Their support of Grovers Giving Back doesn't stop there. Chef Jack and his team consistently go above and beyond for the club, including storing bread and turkeys collected for the Treasure Coast Food Bank during Thanksgiving.

It's one more example of how community service is a team effort – and how many helping hands can turn a simple idea into something truly meaningful.

When Grovers come together, a lot of good can happen in a very short time!



Kelly Tiger
Arts & Culture Director
artsdirector@riverlandcai.com

A NOTE FROM THE ARTS & CULTURE CENTER

Happy Fall & Welcome Back!

What a wonderful summer we had! We are so excited to welcome everyone back and get ready to enjoy some fall festivities together! It is my most favorite time of year!

Over the summer, we were thrilled to offer some new programming and new Instructors! If you were here, we know you enjoyed these classes, if you weren't you will want to check out the APP for some amazing programs!

- Elizabeth Milton joined us for Seaglass Art
- Bridget Bresser offers Resin Art
- Patrizio Santocchi provides Learn to Make Italian Gelato & Make Your Own Perfume
- Chef Stella with Think Greek offering Greek culinary classes
- Gia from Olive Branch Markets providing Italian culinary classes

Riverland Featured Artist of the Month for October is Dr. Robin Alden, her exhibit will take place October 7-28th in the gallery of the Arts & Culture Center. We are also excited to announce we are busy in the pottery studio preparing for the Nation-wide Empty Bowls Project where proceeds benefit our local Treasure Coast Food Bank. Be sure to attend the Fall Festival here, on November 7th, where the bowls will be on sale.

The 2nd Annual Holiday Makers Market is back! Mark your calendars for December 3rd! Whether you are interested in becoming a vendor or you want to shop for a unique gift and support your amazing neighbors, you definitely won't want to miss this fun event!

There is so much to look forward to this fall, and we are so excited to share it with each and everyone of you!

Warmly,
Kelly

12067 SW Community Blvd.
(772) 271-7272
www.riverlandapp.com

Office Hours:

Monday - Friday: 9 am - 6 pm
Saturday: 9 am - 5 pm

Creativity Hub Hours:

7 am - 9 pm | 7 days a week

To sign up for Arts & Culture Classes and Events, go to on the Riverland App then, click on Arts & Culture Classes.

Need help? If you cannot access the Riverland App for any reason, please stop into the Arts & Culture Center or call (772) 271-7272 and a staff member will assist.



BOWLS THAT MAKE A DIFFERENCE

The Riverland Potters Club is once again partnering with the national Empty Bowls Project. For a \$40 donation, you'll receive a handcrafted ceramic bowl – with 100% of the proceeds benefiting the Treasure Coast Food Bank. Every purchase helps provide meals for local families. (Pro tip: bowls sold out fast last year, so don't wait to snag yours!)

Come hungry. Leave inspired. Let's make this the most memorable Fall Festival yet!



Creating Collages
with Rose Diem



Open Art Studio with Rose Diem



Mosaics with Asia Westbrook



Resin Class with Bridget



September Artist of the Month | **Debi Hedges**

ARTS & CULTURE CENTER CLASS REFUND & CANCELLATION POLICY:

We value your commitment to our classes and understand that sometimes plans change. To ensure a smooth experience for both our instructors and participants, please review our refund and cancellation policy.

To qualify for a refund, cancellations must be made at least 48 hours in advance of the scheduled class time. This policy allows us

to manage our resources effectively and offer the best experience possible to all participants.

Our instructors often purchase materials specifically tailored for each class session. These materials are necessary to provide a comprehensive and personalized learning experience.

Therefore, cancellations made on the day of the class or after the class has commenced are non-refundable.

CLASSES AT THE CREATIVITY HUB

Register at www.riverlandcai.com/classes

FINE ART STUDIO

WITH ROSE DIEM, FINE ARTS INSTRUCTOR

BEGINNER GEL PRINTING WITH ROSE DIEM

Tuesdays | 10 am - 12 pm

October 13 & 27 | November 10 & 24 | December 8 & 22
Gel Printing, or gelli printing is a form of monoprinting. It uses a soft, flexible plate made of gelatin or a similar reusable material. You apply acrylic paint or ink to the plate, add textures with stencils or leaves, and press paper on top to lift a unique design.

BEGINNER OIL PAINTING WITH ROSE DIEM

Thursdays | 10 am - 12 pm

October 8 & 22 | November 5 & 19 | December 10 & 24
Oil painting is a versatile, long-lasting artistic medium using pigments bound with drying oils (e.g., linseed), favored for its rich colors, slow drying time, and ability to blend seamlessly.

CREATING COLLAGES WITH ROSE DIEM

Wednesdays | 12:30 - 4 pm

October 21 | November 11 | December 2 & 23
Create an imaginative work of art by utilizing various mediums and subject materials. Choose from photos, magazines, images, cloth, foil, beads, paint and doilies. Start with an idea, memory, pet, place, person, shape or color.

INTRO TO DRAWING WITH PASTELS

WITH ROSE DIEM

Tuesdays | 10 am - 12 pm

October 6 & 20 | November 3 & 17 | December 1, 15 & 29
Drawing pastels are a versatile art medium made of pure powdered pigment and a binder. They fall between drawing and painting and come in three main types: soft pastels (highly blendable and buttery), hard pastels (ideal for details and firm lines), and pastel pencils (the firmest core for fine lines).

OPEN ART STUDIO WITH ROSE DIEM

Tuesdays and Thursdays | 12:30 - 4 pm

Individualized instruction from Beginner to Pro.
Advance at your own pace and choose subject matter you wish to pursue. Select from drawing, pastels, acrylic, mixed media, watercolors and water oils.

PALETTE KNIFE PAINTING WITH ROSE DIEM

Wednesdays | 12:30 pm - 4 pm

October 14 | November 4 & 25 | December 16
Creating a palette knife acrylic will focus on using texture to create a sea or landscape painting. Students will learn how to manipulate acrylic paint with a palette knife and other tools to produce various effects from subtle blending to bold strokes. Creating color harmony throughout your painting is an additional highlight of this class. All materials are supplied for this class. Small group setting for individual attention.

PAINT THE MASTERS WITH ROSE DIEM

Paint along with Rose to replicate a masterpiece

Saturday, Oct. 24 | 1 pm | Halloween Pablo Picasso Cat
Saturday, Nov. 14 | 1 pm | Road in Nassau Winslow Homer
Saturday, Dec. 5 | 1 pm | Pablo Picasso Doxie

POUR PAINT WITH ROSE DIEM

Wednesdays | 12:30 - 4 pm

October 7 & 8 | November 18 | December 9 & 30
Pour painting, also known as fluid art, is a technique where paint is poured onto a surface, like a canvas, to create a flowing, abstract design. Instead of applying paint with a brush, artists allow the paint to spread naturally, creating unique patterns and textures.

WATER COLOR PAINTING WITH ROSE DIEM

Thursdays | 10 am - 12 pm

October 1, 15 & 29 | November 12 | December 3 & 17
Watercolor painting is a technique where pigments mixed with water are applied to a surface, typically paper, to create artwork. It's known for its transparent, delicate washes of color, though it can also be made opaque with the addition of white paint. The interplay of water and pigment creates unique effects, and artists utilize various techniques to achieve desired results.

MOSAICS ART WITH ASIA WETSBROOK
OF FRACTURED BRILLIANCE

Pumpkin Suncatcher: Friday, October 9 | 1 pm

Fall Gnome 5x7 Framed Art: Saturday, October 17 | 1 pm

Mosaic Jewelry: Monday, October 19 | 1 pm

Sunflower Suncatcher: Monday, November 9 | 1 pm

Cardinal Garden Paver: Friday, November 13 | 1 pm

Hummingbird Trinket Box: Friday, December 4 | 1 pm

Garden Paver (Snowman, Snowflake or Jewish Star:

Saturday, December 5 | 1 pm

FUN ART WITH BRIDGET BRESSER, ART INSTRUCTOR

Mod Podge Halloween Art: Two Snack Plates:

Tuesday, October 13 | 12 pm

Pour Painting | Feather: Tuesday, October 20 | 11 am

Resin Art | Sandy Beach: Monday, October 26 | 11 am

Resin Art | Large Charcuterie Bamboo Board:

Tuesday, November 10 | 11 am & 2 pm

Resin Art | Beach Inspired Clock:

Tuesday, November 17 | 11 am

Resin Art | Holiday Framed Wall Art:

Monday, November 23 | 11 am

Resin Art | Beach Inspired or Holiday Coasters:

Monday, December 7 | 11 am

Pour Painting | Ocean Floating Cup:

Tuesday, December 15 | 11 am

Resin Art | Beach Inspired Wall Art:

Tuesday, December 22 | 11 am

ARTS & CULTURE

SIP 'N PAINT CLASSES

WITH **RITA THE ARTISTA**

6 - 8 pm

Thursday, October 22

Wednesday, November 11

Wednesday, December 9

SPANISH CLASSES

WITH **SONIA WHELOCK**

Fridays | 10:00 - 11:00 am

October 2, 9, 16, 23 & 30

November 6, 13, 20 & 27

December 4, 11, & 18

PERFUME CLASSES

WITH **PATRIZIO SANTOCCHI**

November 6, December 11

SOUND BATH MEDITATION

WITH **DENISE CARRARO**

Mondays and Fridays | 6 - 7:15 pm

October 12, 23, & 26

November 9, 20, & 23

December 7, 18, & 21

BACK TO THE MOON: APOLLO TO ARTEMIS

WITH **JEFF HESSEL**

December 14 | 10 - 11:30 am



Resin Art with Bridget Bresser



Introduction to Wheel with Eric Olson

POTTERY AT RIVERLAND

Check the Riverland APP for upcoming pottery classes!

Introduction and Orientation To Pottery | 9 am - 12 pm

Residents you only need to take this class one time, allowing you to learn about the studio, tour the studio and learn about the clay and glaze types and how to roll and wedge clay.

October 6 & 28 | November 19 | December 10

Mentor Mondays | 9 am - 12 pm

October 5, 12, 19 & 26

November 2, 9, 16, 23 & 30

December 7, 14, 21 & 28

Patchwork Bowl with Brenda, Jane, Karen and Lorin

October 15 | 9 am - 12 pm

Wine Holder with Karen and Lorin | October 22 | 6 pm

Flower Class with Brenda | October 24 | 9 am

Leaf Plate Class with Kathy Adkins & Jennifer Fitte

November 4 | 1 pm

Napkin Holder Class with Jane, Karen and Lorin

December 4 | 9 am

Introduction to Wheel with Eric Olson

9 am - 12 pm: October 20, 27, November 3, 10, 17 and 24

December 1, 8, 15, 22, 29 and January 5

Wheel 2 Intermediate Wheel Throwing with Eric Olson

9 am - 12 pm : October 21, 28, November 4, 11, 18 and 25

December 2, 9, 16, 23, 30 and January 6

Wheel 3 Advanced Pottery Techniques with Eric Olson

1:30 pm - 4:30 pm : October 20, 27, November 3, 10, 17 and 24

December 1, 8, 15, 22, 29 and January 5

Wheel 101 with Melisha Santiago | 3 pm - 6 pm

October 9/28, 10/5, 10/12 & 10/19

November 10/26, 11/2, 11/9 & 11/16

December 11/23, 11/30, 12/7 & 12/14 | 3 - 6 PM

Empty Bowl Project Bowls on sale at the Fall Festival!

2026 Empty Bowl Project will be hand-thrown by our Advanced Wheel Students! You will love to see their talented work!

Please note the Pottery Studio is not open while a class is in session.

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

CULINARY SPOTLIGHT **Patrizio Monteleone**



Patrizio Monteleone is a Fragrance Designer and scent educator originally from Perugia, Italy. After studying perfumery in Italy, he moved to Miami in 2017, where he developed an international and contemporary approach to scent.

He is the perfumer behind several brands and leads perfume classes for all levels, from curious beginners to passionate fragrance lovers. His sessions explore how scent connects to memory, emotion, and well-being, with a

special focus on Aromachology.

Leveraging his background in Italian culinary traditions and thanks to his wife's education as Master Gelato Maker Patrizio opened their gelato company in Miami, serving the most renowned authentic Italian restaurant and conducting technical demonstrations focusing on the exact science of real Italian gelato. Students learn how to balance essential ratios of fats, sugars, and stabilizers to achieve perfect texture and flavor profiles without heavy additives, the good healthy old way

Patrizio also creates intimate luxury events that pair fragrance with food, guiding guests through multi-sensory journeys. His collaborations include prestigious names such as Van Cleef & Arpels, Pepsi, and One Thousand Museum.

His goal is to gently bring people closer to the world of fragrance, inviting them to rediscover the connection between smell and taste as a quiet source of well-being and a way to enrich the pleasures of everyday life.



Cooking with Chef Deedra



Cooking with Chef Justin

CULINARY ARTS

Whether you're helping to prep the meal, socializing with friends, or making new connections, the choice is always yours!

Our chefs offer stations where you can actively participate, while sometimes our chefs may prep in advance to keep things running smoothly. While we don't have individual cooking stations yet, we plan to introduce them in the future.

OCTOBER CLASSES

Corn Stew with Crabmeat

Friday, October 2 | 5 pm | Chef Robin

A Bajan Feast

Saturday, October 3 | 5 pm | Chef Justin

Fish, Shrimp & Chicken Street Taco Night

Monday, October 5 | 5 pm | Chef Deedra

Roasted Thyme and Garlic Spiced

Cornish Hens

Tuesday, October 6 | 5 pm | Chef Robin

Key Lime Mahi Mahi & Conch Fritters

Wednesday, October 7 | 4 pm | Chef Deedra

Casarecce Pasta Cooking Demo

Thursday, October 8 | 1 pm | Gia

with Olive Branch Markets

Potato Crusted Snapper

with **Lobster Stuffed Potatoes**

Friday, October 9 | 5 pm | Chef Robin

Modern Bistro Dinner

Saturday, October 10 | 5 pm | Chef Justin

Greek Lemon Chicken, Beef Souvlaki & Handmade Pita

Monday, October 12 | 5 pm | Chef Deedra

Soy Braised Short Ribs

with **Braised Baby Bok Choy**

Tuesday, October 13 | 5 pm | Chef Robin

Crab Cakes and Florida Pompano

with **Chef Deedra**

Wednesday, October 14 | 4 pm | Chef Deedra

Lobster Summer Salad

Thursday, October 15 | 5 pm | Chef Robin

Blackened Yellowfin Tuna

Tuesday, October 16 | 5pm | Chef Robin

Egg Roll Noodle Bowl

Saturday, October 17 | 10 am | Amira Nguyen

Texas Brisket and Smoked Chicken

BBQ Night

Monday, October 19 | 5 pm | Chef Deedra

Apple Cherry Pork Tenderloin

Tuesday, October 20 | 4 pm | Chef Robin

Coconut Shrimp and Citrus Glazed Swordfish

Wednesday, October 21 | 4 pm | Chef Deedra

Lets make Arancine Class

Thursday, October 22 | 5 pm | Gia
with Olive Branch Markets

Blue Crab Beignets

Friday, October 23 | 5 pm | Chef Robin

Caribbean Brunch Class

Saturday, October 24 | 12 pm | Chef Justin

Cape Malay Chicken

and Grilled Beef Sosaties

Monday, October 26 | 5 pm | Chef Deedra

Osso Bucco with Creamy Polenta

Thursday, October 27 | 5 pm | Chef Robin

California, Shrimp Tempura

and Spicy Tuna Sushi Rolls

Wednesday, October 28 | 4 pm | Chef Deedra

Roasted Whole Fish

with Tomatoes, Capers and Olives

Thursday, October 29 | 5 pm | Chef Robin

Gelato

Friday, October 30 | 1 pm | Patrizio Santocchi

NOVEMBER CLASSES

Handmade Pappardelle

and Slow Cooked Beef Ragù

Monday, November 2 | 5 pm | Chef Deedra

Black Squid Ink Pasta

Tuesday, November 3 | 5 pm | Chef Robin

Oysters Rockefeller

and Crab Stuffed Flounder

Wednesday, November 4 | 4 pm | Chef Deedra

Herbsaint Infused Oyster Stew

Friday, November 6 | 5 pm | Chef Robin

Suya Beef and Chicken with Jollof Rice

Monday, November 9 | 5 pm | Chef Deedra

Classic Beef Wellington

Monday, November 10 | 5 pm | Chef Deedra

Seafood Paella with Shrimp,

Mussels, Clams and Cod

Wednesday, November 11 | 4 pm | Chef Deedra

Seafood Stuffed New Orleans

Red and Yellow Bell Peppers

Thursday, November 12 | 5 pm | Chef Robin

Surf and Turf

Friday, November 13 | 5 pm | Chef Robin

Vietnamese Chicken Curry

Saturday, November 14 | 10 am | Amira Nguyen

Sunday Sauce with Homemade Meatballs

Monday, November 16 | 5 pm | Chef Robin

Chilean Sea Bass Picatta

with Lemon Risotto

Tuesday, November 17 | 5 pm | Chef Robin

Blackened Tripletail

and Crawfish Bisque

Wednesday, November 18 | 4 pm | Chef Deedra

Southern Comfort Short Ribs

with Pork and Beans

Thursday, November 19 | 5 pm | Chef Robin

Miso Glazed Halibut

with Lemon Herb Couscous

Friday, November 20 | 5 pm | Chef Robin

Mediterranean Elegance

Saturday, November 21 | 5 pm | Chef Justin

Bourbon Braised Beef Short Ribs &

Apple Cider Chicken

Monday, November 23 | 5 pm | Chef Deedra

Chef Robin and Donn Cook

Thanksgiving Dinner

Tuesday, November 24 | 5 pm | Chef Robin

Handmade Maine Lobster Ravioli

Wednesday, November 25 | 4 pm | Chef Deedra

New Orleans Class

Saturday, November 28 | 5 pm | Chef Robin

Korean BBQ Beef and Sesame Chicken

Monday, November 30 | 5 pm | Chef Deedra

DECEMBER CLASSES

Seafood Stuffed Lobster Tails with Blistered Tomato and Basil Sauce with Pasta

Tuesday, December 1 | 5 pm | Chef Robin

Pick Your Own Live Maine Lobster Dinner

Wednesday, December 2 | 4 pm | Chef Deedra

Pistachio Stuffed Pork Tenderloin with Sweet Potato and Apple Hash

Friday, December 4 | 5 pm | Chef Robin

Let Chef Justin Serve You

an Elegant Brunch

Saturday, December 5 | 12 pm | Chef Justin

Deedra's Holiday Hors d'Oeuvres

and Liquor Filled Chocolates

Monday, December 7 | 5 pm | Chef Deedra

Antipasto, Eggplant Parmesan

with Poached Lobster Tails

Tuesday, December 8 | 5 pm | Chef Robin

Italian Christmas Seafood and Handmade Linguine

Wednesday, December 9 | 4 pm | Chef Deedra

Stuffed Filet of Tenderloin with Herbed Cream Cheese and Sundried Tomato Pesto

Thursday, December 10 | 5 pm | Chef Robin

Vegetarian Night

Friday, December 11 | 5 pm | Chef Robin

Herb Roasted Beef, Chicken

and Yorkshire Pudding

Monday, December 14 | 5 pm | Chef Robin

Lobster Wellington

Tuesday, December 15 | 4 pm | Chef Robin

Caribbean Swordfish, Citrus Chicken

and Coconut Shrimp

Wednesday, December 16 | 4 pm | Chef Deedra

Seafood Stuffed and Then Deep Fried

Jumbo Shrimp with Dipping Sauce

Friday, December 18 | 5 pm | Chef Robin

Beginner Sourdough

Saturday, December 19 | 10 am | Chef Robin

Red Wine Braised Beef

and Herb Roasted Chicken

Monday, December 21 | 5 pm | Chef Deedra

Greek Night!

Tuesday, December 22 | 5 pm | Chef Robin

Maine Lobster Bisque, Haddock and Shrimp

Wednesday, December 23 | 4 pm | Chef Deedra

Family Artisan Pizza Night

Monday, December 28 | 5 pm | Chef Deedra

Prosciutto Wrapped Grouper with Tomato

Tuesday, December 29 | 5 pm | Chef Robin

Crab Cakes, Seared Salmon and Shrimp

with Champagne Risotto

Wednesday, December 30 | 4 pm | Chef Deedra

New Years Eve Dinner

Thursday, December 31 | 5 pm | Chef Robin

**Wine is complimentary with some menus.*

See course description for details.

schedule is subject to change.

To qualify for a refund, cancellations must be made at least 48 hours in advance of the scheduled class time. This policy allows us to manage our resources effectively and offer the best experience possible to all participants. Our instructors often purchase materials specifically tailored for each class session. These materials are necessary to provide a comprehensive and personalized learning experience. Therefore, cancellations made on the day of the class or after the class has commenced are non-refundable.



Jason Barela,
General Manager
Sports and Racquet Club
sportsdirector@riverlandcai.com

A MESSAGE FROM THE SPORTS DIRECTORS

Hi Riverland Neighbors,

As summer winds down and we look ahead to fall, there is plenty of excitement and activity at the Riverland Sports & Racquet Club. Our pickleball, tennis, and bocce courts continue to see strong participation and competitive play throughout the community. Whether you are new to the Sports & Racquet Club or simply have not visited us in a while, now is a great time to get involved and enjoy everything Riverland has to offer.

Our team of professionals is here to help you stay active, improve your game, and reach your goals. Tennis programming is led by **Jeff Wilson** and **Bill Perrin**, while **Madi Gonzalez** oversees our Pickleball programming. Madi is supported by an outstanding team of Pickleball professionals, including **Will, Juan, Blake, Rene, Michel** and **Scott**, who provide high-quality instruction through private lessons, clinics, and organized programming.

Inside the Pro Shop, **Heather, Michelle, Lexi**, and **Lily** are available to assist with general questions, program registrations, and your Tennis and Pickleball needs. Stop by, say hello, and check out the latest gear.
Riverland South Sports & Racquet Club

This summer marked an exciting milestone for Riverland with the opening of the **Riverland South Sports & Racquet Club Complex**. The new facility officially celebrated its Grand Opening on July 15, 2026, significantly expanding the recreational opportunities available to the Riverland community.

The South Complex features:

- 8 covered Pickleball courts
- 5 clay Tennis courts
- 6 turf Bocce courts
- 8 open-air Pickleball courts
- 6 clay Bocce courts

These new amenities were designed to enhance the overall playing experience and provide even more opportunities for residents to participate in the sports they enjoy.

12001 SW Riverland Blvd.
Port St. Lucie, FL 34987
(772) 271-7272
Proshop@riverlandcai.com

North Pro Shop Hours:

Monday - Friday: 8 am - 7 pm
Saturday: 8 am - 1 pm
Sunday: 8 am - 12 pm

Court Hours:

7 am - 11 pm | 7 days a week

South Pro Shop Hours:

Monday - Friday: 7 am - 3 pm
Saturday: 7 am - 1 pm
Sunday: Closed

Court Hours:

7 am - 11 pm | 7 days a week

Looking Ahead to Fall

The Sports & Racquet Club team is excited about the upcoming fall season. Planning is already underway for a full schedule of **Pickleball, Tennis, and Bocce activities**, with additional details coming soon.

Our popular monthly socials and round robins will continue throughout the season, and the Pickleball Team is also developing a new **Skills Challenge** designed to give players another fun and competitive way to test their game.

Stay tuned for announcements, registration information, and a complete schedule of upcoming events.

Welcome, Jason Barela

This summer also brought an important addition to the Riverland Sports & Racquet Club leadership team. Riverland and Peak Performance Pickleball Academy welcomed **Jason Barela as General Manager**, overseeing the day-to-day operations and services of the Sports & Racquet Club.

Jason has quickly become an active part of the Riverland community. Originally from Ohio, he moved to Florida in 2002 and has called the Treasure Coast home since 2004. He brings extensive management experience from both the public and private sectors, along with a strong commitment to customer service, operational excellence, and creating a positive experience for Riverland residents.

Outside of work, Jason is an avid athlete who enjoys running, biking, and staying active with his three teenagers.

We are excited about what lies ahead for the Riverland Sports & Racquet Club. With expanded facilities, a growing team, and a full calendar of programming and events on the horizon, we look forward to an active and memorable fall season.

We look forward to seeing you on the courts!

The Riverland Sports & Racquet Club Team



HOW TO BOOK A PRIVATE LESSON?

You can schedule a private lesson with any of our instructors by calling the Pro Shop:
(772) 271-7272 | ext. 201

PRIVATE LESSONS

You can book a private lesson with any of our instructors by calling the Pro Shop:
(772) 271-7272 | ext. 201

SERVICES

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

Tennis Woman's Round Robin is offered on Monday and Wednesday mornings at 8 am. Court reservations are required if you wish to play any time other than open play. The ball machine can be rented for \$12/hour after 10 am. Our instructors: Jeff and Bill are eager to help you improve your tennis skills.

Pickleball Court Operations: There are dedicated courts to open play to play with like-skill leveled players in the morning from 8-11 am or social open play open to all levels in the evening from 5-8 pm. Open play enables you to meet your neighbors or if you've met some fun people you can form your own group and book a court any day/any time! Want to learn new strategies and techniques in pickleball? Ask one of our many Pickleball Pros who are always on their A-game and ready to make you a better player! Then the ball machine can be rented for \$12/ hour after 11 am. Classes are held on courts 1-5 next to the pro shop.

Bocce Court Operations: The Bocce Club meets Monday evenings from 6-8 pm, (when no league play) Tuesday mornings 8-10 am, Thursday mornings 8-10 am, Thursday evenings (ladies' night!) 6-8 pm & Sunday evenings 5-8 pm. Outside of those time frames and special events the courts are available for booking! Learn to play bocce in Welcome to Riverland Bocce the 1st Saturday of the month at 9:30 am and get introduced to our bocce program!

Equipment We have pickleball paddles and tennis racquets available to demo, borrow and purchase in the pro shop. We have a stringing machine and can string your tennis racquet in the pro shop! If you need a Riverland shirt, visor, hat, or cooling towel we have that as well to keep you cool this summer on the courts.

The Sports & Racquet Club takes payment for classes and events upon signup. We operate on a 24-hour cancellation policy to receive a full refund. No refunds for cancellations within 24-hours of the start or no-shows without a doctor's note.

WEEKLY CLASS SCHEDULE OCTOBER-DECEMBER

MONDAY

PB: Madi's Mini Clinic (2.5+)	3 min/4 max	8:00 - 9:00 am	\$30
PB: Road to 3.5 Series with Rene	3 min/4 max	8:30 - 10:00 am	\$200
PB: Up and Comers Round Robin (2.0 - 2.9)	16 max	11:00 am - 12:30 pm	FREE
PB: Pickle Fit with Madi + Calli (3.0 - 3.9, 8 sessions)	16 max	1:45 - 3:15 pm	\$190
PB: Pickleball 101 with Blake (1.0 - 2.5, 2 sessions)	3 min/8 max	5:00 - 6:00 pm	\$25/ea
PB: Pickleball 102 with Blake (1.0 - 2.5, 2 sessions)	3 min/8 max	6:00 - 7:00 pm	\$25/ea
PB: Road to 3.5 with Scott (4 sessions)	3 min/4 max	6:00 - 7:30 pm	\$200

TUESDAY

PB: Level Up with Will (2.0 - 2.5, 4 weeks)	3 min/4 max	8:00 - 9:00 am	\$30
PB: Drill Your Skills with Michel (3.5)	8 min/12 max	8:00 - 9:00 am	\$10
PB: Road to 4.0 Series with Will (4 sessions)	3 min/4 max	9:00 - 10:30 am	\$200
PB: Road to 3.0 Series with Michel (4 sessions)	3 min/4 max	9:00 - 10:30 am	\$200
PB: Road to 4.0 with Scott (4 sessions)	3 min/4 max	6:00 - 7:30 pm	\$200

WEDNESDAY

PB: Road to 3.5 Series with Rene	3 min/4 max	8:30 - 10:00 am	\$200
PB: Pickleball 101 with Madi (1.0 - 2.5, 2 sessions)	3 min/8 max	10:30 - 11:30 am	\$25/ea
PB: Pickle Fit with Madi + Calli (3.0 - 3.9, 8 sessions)	16 max	1:45 - 3:15 pm	\$190
PB: Advanced Beginner with Scott (2.5 - 2.9)	3 min/4 max	5:00 - 6:00 pm	\$30
PB: Road to 3.5 with Scott (4 sessions)	3 min/4 max	6:00 - 7:30 pm	\$200

THURSDAY

PB: Cardio Pickleball with Michel (3.0+)	8 max	8:00 - 9:00 am	\$25
PB: Road to 3.0 with Michel (4 sessions)	3 min/4 max	9:00 - 10:30 am	200
PB: Road to 4.0 with Will (4 sessions)	3 min/4 max	9:00 - 10:30 am	\$200
PB: Pickleball 102 with Madi (1.0 - 2.5, 2 sessions)	3 min/8 max	10:30 - 11:30 am	\$25/ea
PB: Advanced 4.0+ Drilling with Madi	4 min/8 max	11:30 am - 12:30 pm	\$25
PB: Road to 4.0 with Scott (4 sessions)	3 min/4 max	6:00 - 7:30 pm	\$200

FRIDAY

PB: Specialty Shot Clinic with Will (3.0+)	3 min/8 max	9:00 - 10:00 am	\$25
PB: Madi's Mini Clinic (3.0+)	3 min/4 max	9:30 - 10:30 am	\$30
PB: Level 3.0 Round Robin	16 max	11:00 am - 12:30 pm	FREE
TN: Drills, Skills & Strategy with Bill (3.0+)	3 min/6 max	8:30 - 10:00 am	\$30

SATURDAY

BB: Welcome to Riverland Bocce (monthly)	4 min/16 max	9:30 - 10:00 am	FREE
PB: Welcome to Riverland Pickleball (monthly)	4 min/16 max	10:00 - 11:00 am	FREE
PB: Pickleball 101 with Scott (1.0 to 2.5, 2 sessions)	3 min/8 max	8:30 - 9:30 am	\$25/ea
PB: Pickleball 102 with Scott (1.0 to 2.5, 2 sessions)	3 min/8 max	9:30 - 10:30 am	\$25/ea

(Subject to change based on popularity, availability and necessity!)

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

THE COMPETITIVE EDGE - PROS & TIPS



MADI GONZALEZ | PICKLEBALL

Win the Hands Battle at the Net

In fast volley exchanges, keep your paddle movements short and compact, with your elbows tucked in front of your body.

Avoid letting your elbows rise

higher than the paddle. Use a quick “punch” forward through the ball rather than a big swing. Keep the paddle face square—or even slightly closed—at contact to prevent the ball from popping up. Compact, forward motion with tucked elbows = more control, more speed, and more wins at the kitchen line.



BLAKE CASINO | PICKLEBALL

You Spin Me Right Round!

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

quickly into the court, while backspin can slow the ball and help it stay low after bouncing. Incorporating spin not only adds variety to your game but also creates strategic advantages, forcing errors and setting up winning opportunities.



JEFF WILSON | TENNIS

Tennis players of Riverland, whether you’re way up or way down in a match, remember Jeff’s motto “no lead is too big.” Points and games can change quickly. It’s your opponent’s job to fight to the end of the match.

Stay focused on your strategy and play one point at a time. Good luck!



RENE SMIT | PICKLEBALL

Serve & Return

The serve and return set the tone for the entire rally. Always aim to send both shots deep into the court to keep your opponent’s back. On the return, depth is key—if you’re struggling, aim

for the middle; if you’re confident, hit straight ahead to set up your partner. When serving, take a moment to center yourself and focus on consistency before going deep.

SPORTS & RACQUET SPOTLIGHT

MEET MADI GONZALEZ RIVERLAND HEAD OF PICKLEBALL

Madeline “Madi” Gonzalez is excited to step into the role of Head of Pickleball at Riverland Sports & Racquet Club for the fall 2026 season. Madi joined Riverland as a pickleball teaching professional in the fall of 2022 and, in her new leadership role, will run and oversee Riverland’s pickleball program.

Originally from Puerto Rico, Madi is a JOOLA sponsored player and coach, a 5.5+ DUPR competitive player, and an IPTPA certified instructor. She actively competes in PPA and APP events, as well as regional and other local pro tournaments.

Known for her energetic personality and passion for the sport, Madi brings enthusiasm and positive energy to every class, clinic, and event. Her coaching philosophy is simple: “Focus on the process, not the results.” She combines attention to the small details



with an understanding of the bigger picture, helping players develop each part of their game through a clear progression and then apply those skills during live points and match play. Madi believes that success and results will follow when players shift their attention to what matters most: learning how to execute each skill correctly and committing to the process of getting there.

She is dedicated to creating an exciting and welcoming pickleball experience for the entire Riverland community while helping players of all levels improve, build confidence, and enjoy the game.

SOCIAL EVENTS AND TOURNAMENTS

OCTOBER	10	Ladies Team Welcome To Tennis Season Round Robin
NOVEMBER	14	Men's Team Welcome to Tennis Season Round Robin
DECEMBER	12-13	Riverland Holiday Pickleball Tournament

Riverland Never Forget: 9/11 Pickleball Tournament **One Community. One Mission.** **Benefiting Tunnel to Towers Foundation**

Riverland came together in an incredible show of patriotism, generosity, and community spirit through two very special events benefiting the Tunnel to Towers Foundation. The Horse Soldier Bourbon Dinner kicked off the weekend with an unforgettable evening of great food, meaningful stories, and a shared commitment to honoring our nation's heroes. The following morning, the Riverland Never Forget: 9/11 Riverland Pickleball Tournament brought residents, first responders,

veterans, sponsors, volunteers, and community partners together for a moving opening ceremony, exciting pickleball competition, live entertainment, and a day dedicated to remembering and giving back.

Thanks to the tremendous generosity and support of our Riverland community, the two events raised \$31,000 donation to the Tunnels to Towers Foundation.



SPORTS & RACQUET CLUB



RESIDENT TESTIMONIAL

BARB DURSO

My tennis story began in 2020. I came to the tennis court after 15 years of playing racquetball. I found out racquetball had given me plenty of coordination and skills, but also habits that didn't translate to tennis. Armed with a cheap tennis racquet from Walmart and my racquetball swing, I headed to our city-run tennis courts with my husband, Al. One of the best things that happened to us was meeting experienced tennis players at the city courts who showed us tips and techniques that improved my game.

In late 2020 (post COVID), I began lessons from the tennis coaches at Old Dominion University. My progress, however, wasn't exactly a straight line. Life threw me a hip replacement in December 2020, knee replacement in 2021, and a shoulder replacement in 2023. But, within weeks after each surgery, I was hitting with Al and the ball machine, and, in time, my swing began to improve, and I learned how to "play" tennis.

Fast forward to November 2024, Al and I closed on our new home in Riverland's Valencia Walk where it didn't take long for tennis to become a staple in my life. I began lessons with Bill, who had a wonderful way of sharing the little "tricks of the trade", and wove fun techniques into his lessons that somehow made complicated things seem simple.

More importantly, I found the Riverland tennis community. I was welcomed into the ladies 3.0 league and began playing morning



Jeff Wilson and Barb Durso

games with a group of competitive women who challenged me to become a better player. So much so that my U.S. Tennis Association (USTA) rating was bumped up from 3.0 to 3.5.

I owe much of the improvement in my game to the wonderful coaches who have worked with me, especially Bill and Jeff, and to all those competitive morning games with the ladies. Coaches teach technique, but there is something about repeatedly playing against good, competitive players that teaches lessons no drill can completely duplicate.

Looking back, what surprises me most is how far I have come. From countless practice sessions, league matches, through victories and defeats, there have been wonderful coaches and players willing to teach me. Somewhere along the way, tennis became part of my life. And I wouldn't have it any other way!



Boxing Fit



Athenia Williams, Fitness Director
fitnessdirector@riverlandcai.com



Uroy Williams, Assistant Fitness Director
fitnessmanager@riverlandcai.com

WELLNESS & FITNESS CENTER HOURS OF OPERATION

Gym and Stretch Zone: Open 24 Hours
Outdoor Fitness Pools/Spa/Resistance Pool:
Dawn till Dusk
Indoor Sports Court/Indoor Fitness Pool
(Lap Lane Reservation Required):
6:00 am - 10:00 pm
Group Fitness Classes (Group Fitness Class
Membership Required): 7 Days a Week

PULSE FIT STUDIOS

Studio Hours:
Monday - Friday 7 am - 8 pm
Saturday 9 am - 5 pm
Sunday 8 am - 1 pm

UPDATE FROM THE FITNESS DIRECTOR

Hello residents,

As much fun as it was working out in the Temporary Gym (in closer quarters) during the summer months, we're thrilled to be back in our newly expanded Wellness & Fitness Center!

We're excited to welcome new machines and more state-of-the-art equipment. Just to name a few, we have an Upper Body Ergometer, Concept2 SkiErg, Echo Bike, Multi Hip Machine and Squat Racks. Now, there's definitely something for everyone. No more excuses. New Equipment, New Energy!

And speaking of NEW... we've added a few new Group Fitness classes we know you're going to love: Zumba, Hardcore Balance, Buddy Bootcamp, and Sit and Be Fit! If you have recently moved to the community – or maybe you've been here a while but haven't explored everything we offer – you might be surprised to learn that we now have more than 125 classes every week! From Pilates Reformer, Suspension Training, Bungee Fitness, Tai Chi, and Spin to our wide variety of Aqua classes, there really is something for everyone. And yes, that includes residents who may need a little less jumping and a little more sitting to stay fit!

Here's another reason to get moving: Bungee Fitness is now part of our Basic Group Fitness packages! If you've been curious about trying it, now is the perfect time.

Of course, we know that sometimes your body says, "Great workout...now please let me rest!" That's where our amazing team of Massage Therapists comes in. Whether you need to recover after a workout or simply want to relax and unwind after a long day, we've got you covered.

As a husband-and-wife team, we feel incredibly fortunate to be part of this community. Our goal is simple: to continue creating fitness, wellness, and recovery experiences that are innovative, professional, welcoming – and most importantly, FUN!

So, the next time you see us, stop and say hello. Better yet, ask us: "Wah a gwaan?" For those who may not know, that's Jamaican for "What's happening?"

We're excited about what's next – and trust us... we're just getting started!

One Love,
Athenia and Uroy

FEATURED TEAM MEMBERS

Ashley O'Neal-Zasoski



Core & More

Tuesday 5 pm

Hardcore Balance

Saturday 11 am

Sit and Be FIT

Saturday 12 pm

Jared Chunn



Low Impact Fit

Monday 6 pm

ISO 45

Thursday 9 am

Amy Murphy



Kardio Drumming

Tuesday 9 am & 11 am

**Zumba Dance Fit
(Combo Class)**

Tuesday 10 am

Dance Fit

Thursday 10 am

Sweat & Swagger

Friday 10 am

Whitney Martin



**Licensed Massage
Therapist #MA73353**

Whitney is a dedicated and experienced Licensed Massage Therapist with over 10 years of experience in the field. At Riverland, Whitney offers a wide

range of therapeutic services, including Trigger Point Therapy, Deep Tissue Massage, Relaxation Massage, Lymphatic Drainage, Reflexology, and Cupping Therapy. Her extensive training and certifications enable her to provide personalized care tailored to meet each client's unique needs.

Whitney is deeply committed to serving the Riverland community. She collaborates closely with trainers to ensure clients remain healthy and active, emphasizing a holistic approach to wellness. Whitney takes pride in delivering exceptional massage therapy that supports overall well-being and enhances quality of life. Outside of her professional life, Whitney is a loving wife, a stepmother to two wonderful children, and a devoted mom to two fur babies. Whitney brings her caring spirit into her practice and looks forward to helping you achieve your wellness goals.

Cori Shumway



Cardio Barre

Friday 9 am

Kerry Parks



Boxing Fit

Wednesday 9 am

Full Body Fit

Wednesday 10 am

Tiffany Bisaccio



Buddy Bootcamp

Thursday 11 am

Cardio Kickboxing

Saturday 9 am

HOW TO SCHEDULE CLASSES AND SERVICES AT THE FITNESS CENTER

- Download the RiverlandFit App
- Create an account using the email you have on file with the HOA
- Call or stop by the Fitness Center to purchase your services or Group Fitness packages (772) 271-7272
- 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

MASSAGE THERAPY

In the midst of busy schedules and active lifestyles, taking time to recharge is essential. Massage Therapy offers more than relaxation; it can help support physical recovery, reduce everyday stress, and promote overall well-being. Whether you're recovering from a workout, managing muscle tension, or simply seeking a moment of calm, massage therapy can be a valuable part of your wellness routine.

Benefits of Massage Therapy

- Relieves stress and promotes relaxation
- Helps reduce muscle tension and soreness
- Supports recovery from exercise and physical activity
- Improves circulation and flexibility
- Encourages better sleep and overall wellness
- Provides dedicated time for self-care and rejuvenation

A regular massage can leave you feeling refreshed, restored, and better prepared to enjoy the activities you love. It's a simple way to support both body and mind while maintaining a healthy, balanced lifestyle.

WEEKLY CLASS SCHEDULE

Events and classes listed below take place every week.

MONDAY

- 8 am Pilates Reformer (Level 1)
HIIT
- 9 am Barre
Pilates Reformer (Level 1)
Spin
Tai Chi (Intermediate)
- 10 am Yoga Stretch
Pilates Reformer (Level 2)
Full Body Fit
Aqua Fit (Level 2)
Low Impact Fit (Bootcamp)
- 11 am Pilates Reformer (Level 1)
Spin
Low Impact Fit
Stretch & Tone
Aqua Aerobics (Level 2)
- 12 pm Mat Pilates Fusion
Chair Yoga
- 6 pm Pilates Reformer (Level 1)
Low Impact Fit

TUESDAY

- 8 am Pilates Reformer (Level 1)
Low Impact Fit
- 9 am Pilates Reformer (Level 2)
Aqua Fit (Pilates)
Yoga
Kardio Drumming
- 10 am Foam Roll & Stretch
Pilates Reformer (Level 1)
Zumba Dance Fit (Combo Class)
Bootcamp
Aqua Fit (Core & Cardio)
- 11 am Stretch & Tone
Pilates Reformer (Combo Class)
Tone Up
Chair Yoga
Kardio Drumming
- 12 pm Stability Ball (Beginners)
Chair Yoga
- 1 pm Mat Pilates
- 2 pm Low Impact Fit
- 5 pm Yin Yoga
Pilates Reformer (Level 1)
Core & More
- 6 pm Pilates Reformer (Level 3)

WEDNESDAY

- 8 am Yoga
Pilates Reformer (Level 1)
Low Impact Fit
- 9 am Pilates Reformer (Level 2)
Core & More
Boxing Fit
Stretch & Tone
- 10 am Stretch
Pilates Reformer (Level 1)
Zumba
Full Body Fit
Aqua Fit (Strength & Conditioning)
- 11 am Barre Fusion
Medium Impact Fit
Power Hour
Move, Groove & Dance
- 12 pm Bungee Fitness
- 1 pm Tai Chi (Beginners)
- 6 pm Aqua Fit & Dance
Pilates Reformer (Level 1)
Suspension Training

THURSDAY

- 8 am HIIT
- 9 am Spin
Low Impact Fit
Pilates Reformer (Level 1)
ISO 45
- 10 am Foam Roll & Stretch
Pilates Reformer (Level 1)
Dance Fit
Aqua Fit (Level 2)
Step Aerobics
Tone Up
- 11 am Mat Pilates
Low Impact Fit
Chair Yoga
Aqua Fit (B3)
Buddy Bootcamp
- 12 pm Sit and Be Fit!
Suspension Workout
- 1 pm Low Impact Fit
- 5 pm Yin Yoga
Pilates Reformer (Level 2)
- 6 pm Pilates Reformer (Level 1)
Full Body Strong

FRIDAY

- 8 am Pilates Reformer (Level 1)
Lower Body Blast
- 9 am Stretch
Pilates Reformer (Level 3)
Pound
Medium Impact Fit
Move, Groove & Dance
Cardio Barre
- 10 am Stretch
Pilates Reformer (Level 2)
Upper Body Attack
Bootcamp
Aqua Aerobics (Level 2)
Sweat & Swagger
- 11 am Stability Ball Strength & Tone
Pilates Reformer (Level 1)
Tone Up
Aqua Dance
Tai Chi (Intermediate)
- 12 pm Yoga Stretch

SATURDAY

- 9 am Low Impact Fit
Aqua Fit
Pilates Reformer (Level 1)
Cardio Kickboxing
- 10 am Mat Pilates
Full Body Fit
Suspension Workout
Pilates Reformer (Level 2)
- 11 am Vinyasa Flow Yoga
Pilates Reformer (Level 1)
Bungee Fitness
HIIT
- 12 pm Mat Pilates
Sit and Be FIT!

SUNDAY

- 9 am Aqua Dance
- 10 am Yoga
Sweat & Swagger
- 11 am Pilates Reformer (Level 1)



MOVE GROOVE & DANCE GROUP FITNESS CLASS GOES VIRAL

Imagine you just took the most **AMAZING** dance class at Pulse Fit Studios with instructor Kelly Stella – Move, Groove & Dance. During the class, Kelly introduces a new **LINE DANCE** and decides to record a video of the finished product because everyone learned the steps with ease. With permission from all participants, Kelly uploads the video to social media to show off how wonderful everyone looks and next thing you know... The video goes **VIRAL! 519,000 VIEWS** have been counted and the number continues to grow, of the class dancing to Stand By Me (Ivan Jack Remix).

Riverland is truly the best! Next up... Hollywood, here we come!





NUTRITION CORNER



Courtney Sellers
Registered Dietitian Nutritionist

— FREE NUTRITION SEMINAR —

SKELETON STRENGTH

Building Better Bones

EXERCISE • PROTEIN • SUPPLEMENTS • VITAMIN D

WEDNESDAY, OCTOBER 14 2026
10:00AM-11:00AM

RESERVE ON THE RIVERLAND FIT APP
SPACE IS LIMITED

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

FREE NUTRITION SEMINAR

POUR, PLATE & PRACTICE

A Hands-On Guide to Portion Sizes

HANDS-ON PORTION TOOLS FOR HOME, PARTIES & THE HOLIDAYS

WEDNESDAY, NOVEMBER 11, 2026
10:00AM- 11:00AM

RESERVE ON THE RIVERLAND FIT APP | SPACE IS LIMITED

Reservations for November seminar
open on Tuesday, October 20th at 7 am

FREE NUTRITION SEMINAR

SUPPLEMENT SMARTS

What's Worth It, What's Not?

WEDNESDAY, DECEMBER 16, 2026
10:00AM-11:00AM

RESERVE ON THE RIVERLAND FIT APP | SPACE IS LIMITED

Reservations for December seminar
open on Friday, November 20th at 7 am

INDOOR SPORTS COURT

INDOOR SPORTS DAILY SCHEDULE

Basketball Open Court

Monday: 6:00 - 7:00 am | 1:00 - 6:00 pm | 8:00 - 10:00 pm
Tuesday: 6:00 - 7:00 am | 1:00 - 5:30 pm
Wednesday: 6:00 - 7:00 am | 1:00 - 5:30 pm
Thursday: 6:00 - 7:00 am | 1:00 - 5:30 pm
Friday: 6:00 - 7:00 am | 1:00 - 10:00 pm
Saturday: 6:00 - 9:00 am | 1:30 - 10:00 pm
Sunday: 6:00 am - 10:00 pm

Ping Pong Open Table

Tuesday: 3:30 - 5:00 pm
Thursday: 3:30 - 5:00 pm
Saturday: 3:30 - 5:00 pm
Sunday: 8:00 am - 5:00 pm

Ping Pong Club

Tuesday: 1:00 pm - 3:30 pm
Thursday: 1:00 pm - 3:30 pm
Saturday: 1:00 pm - 3:30 pm

Volleyball Club

Thursday: 6:00 - 8:30 pm

Corn Hole Open Play

Tuesday: 6:00 - 8:00 pm

Indoor Stick Ball

Wednesday: 7:00 - 10:00 pm

HEALTH FAIR

**SATURDAY,
DECEMBER 5, 2026
9:00 AM-12:00 PM**

INDOOR SPORTS COURT

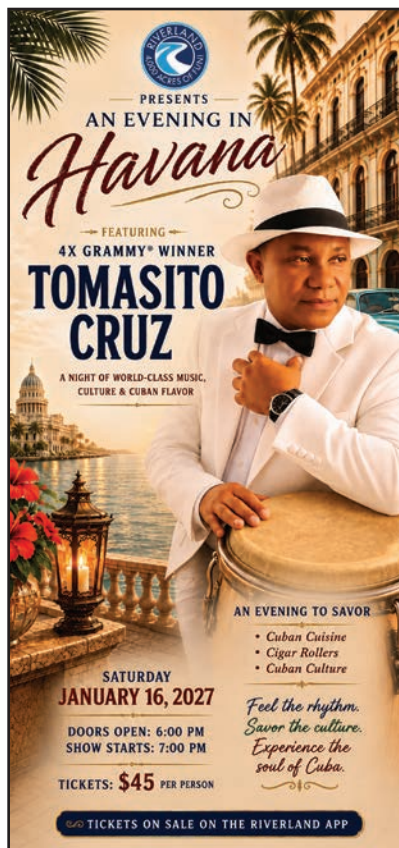
FREE EVENT FOR ALL RESIDENTS

Don't miss this opportunity to take a step toward a healthier you. Explore services, products, activities and educational resources designed to support a healthy, balanced lifestyle.

RAFFLES • PRESENTATIONS • PRIZES



EVENTS AT-A-GLANCE



October

- 1 **Riverland Green Market | Arts & Culture Center**
- 2 Valencia Parc Comedy Club Night | Parc
- 9 Yacht Rock | Grove
- 10 Queen Lives | Walk
- 11 Legendary Women of Blues & Jazz | Parc
- 13 Octoberfest with Ida Mann & dieHaus Band | Grove
- 16 **Pops Orchestra - A Tribute to the Life & Music of Dolly Parton | Parc**
- 17 **Breast Cancer Walk | Indoor Sports Court**
- 17 Cheek to Cheek - Tribute to Lada Gaga & Tony Bennett | Cay
- 19 **Riverland Connects Block Party – Club Fair | Sports South Complex**
- 24 Murder Mystery Dinner | Walk
- 30 Uptown | Parc

November

- 5 **Riverland Green Market | Arts & Culture Center**
- 6 Dueling Pianos | Parc
- 7 **Fall Festival | Arts & Culture Center**
- 10 Grove David Merlin Magician / Illusionist Dinner Show
- 14 James Taylor Tribute | Cay
- 16 **Riverland Connects Block Party - College Colors Tailgate Sports South Complex**
- 20 Seven Bridges Road | Walk
- 21 Jake & Elwood Blues Revue | Grove

December

- 3 **Riverland Green Market & Holiday Makers Market | Arts & Culture Center**
- 3 American Sirens Holiday Show | Walk
- 5 **Fitness Health Fair | Sports South Complex**
- 11 The Turnstiles (Billy Joel Tribute) | Parc
- 12 **A Motown Holiday with the Jewel Tones | Arts & Culture Center**
- 14 **Riverland Connects Block Party | Sports South Complex**
- 18 Josh Christina Tribute to Piano Men | Grove
- 22 Rick Moore Quintet Featuring Carla Holbrook and Jeff Leiter Dinner Show | Grove

January

- 7 **Riverland Green Market | Arts & Culture Center**
- 9 Variety Show: Edwards Twins | Walk
- 15 Peter Noones Hermans Hermits | Grove
- 16 **An Evening in Havana | Arts & Culture Center**
- 18 **Riverland Connects Block Party | Sports South Complex**
- 28 Hal Linden & Sally Struthers | Grove
- 29 Travis Cloer | Parc
- 30 All White Party – All Star Band | Cay

February

- 4 **Riverland Green Market | Arts & Culture Center**
- 5 Rocketman | Parc
- 6 Mike DelGuidice | Grove
- 15 **Riverland Connects Block Party | Sports South Complex**
- 19 Motown to Moonwalk | Walk
- 19 Rhinestone Cowgirls | Cay
- 20 **An Evening in Monte Carlo | Arts & Culture Center**
- 27 **Riverland 5K | Wellness & Fitness Center**

Time and location subject to change





HOURS OF OPERATION | MONDAY - SATURDAY | 8:00 am - 4:00 pm

Now Serving
Gelato
4 Flavors!

Sips & Scoops
Happy Hour
2 - 4 pm

Now Serving
Wine & Beer

Free Coffee
with Purchase
8 - 11 am

ORDER ONLINE



ASK ABOUT COMMUNITY CLUB MEETING SPACE

RIVERLAND

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

VALENCIA

V I B E S



EVENT GUIDE

Your Social Calendar to FUN!

VOLUME 14

Fall 2026

Valencia Cay Show Series



Oct 17 Cheek to Cheek Tribute to
Lady Gaga and Tony Bennett
Nov 15 How Sweet It Is | James Taylor Tribute
Dec 6 Boss Project | Holiday Party

Valencia Grove Show Series



Oct 9 Yacht Rock
Oct 13 Octoberfest with Ida Mann & dieHaus Band
Nov 10 David Merlin Magician/Illusionist Dinner Show
Nov 21 Jake & Elwood Blues Revue
Dec 18 Josh Christina Tribute to Piano Men
Dec 22 Rick Moore Quintet Featuring Carla Holbrook
and Jeff Leiter Dinner Show

Valencia Walk Show Series



October 10 Queen Lives
October 14 Dueling Pianos
October 24 Murder Mystery Dinner
November 20 Seven Bridges Road
December 3 American Sirens Holiday Show

Parc Show Series



October 2 Comedy Club Night
October 11 Legendary Women of Blues & Jazz
October 30 Uptown
November 6 Dueling Pianos
December 11 The Turnstiles | Billy Joel Tribute

Thirsty Thursday, Beats & Eats and Karaoke

Valencia Cay	Valencia Grove	Valencia Walk	Valencia Parc
Oct 15	Oct 20 (K)	Oct 22	Oct 15
Nov 19	Nov 24 (K)	Nov 11	Nov 12
Dec 17	Dec 8 (K)		Dec 17

(K) Karaoke

Sunday Funday

Valencia Cay	Valencia Grove	Valencia Parc
Oct 4	Oct 4	Oct 18
Nov 1	Nov 1	Nov 1
Dec 6	Dec 6	

Singo

Valencia Cay	Valencia Grove	Valencia Walk	Valencia Parc
Oct 22	Oct 28	Oct 19	Oct 8
Nov 12	Nov 18	Nov 23	Nov 19
Dec 3	Dec 23	Dec 18	Dec 10

Bingo

Valencia Cay	Valencia Grove	Valencia Walk
Oct 5 & 20	Oct 7 & 21	Oct 6
Nov 2 & 17	Nov 4 & 25	Nov 5
Dec 7 & 15	Dec 2 & 16	

Outings and Celebrations

Valencia Cay

October 31

Halloween Dance Party

December 31

New Year's Eve Party

Valencia Grove

October 3

Freestyle Dance Party

November 3

Friendsgiving

October 30

Halloween Party

December 31

New Year's Eve Party

Valencia Walk

October 30

Halloween Dance Party

November 15

Friendsgiving

December 31

New Year's Eve Party

Valencia Parc

October 28

Halloween Dance Party

December 31

New Year's Eve Party



RIVERLAND SNAPSHOTS

