

VALENCIA **BONITA** **BUZZ**

COMMUNITY NEWSLETTER FOR VALENCIA BONITA HOMEOWNERS | OCTOBER — DECEMBER 2021

**Halloween Bash
& Spooktacular Events**

Thanksgiving Day Feast

**Holiday Lights Parade
& Jolly Jamboree**



55+ LIVING AT ITS BEST

The Club at Valencia Bonita is Located at:

16621 Valencia Bonita Boulevard,
Bonita Springs, FL 34135

Clubhouse Main Line: (239) 908-0880

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

Community Association Manager

Rebecca O’Brien, LCAM
Robrien@grsmgt.com • Extension 1
or Direct Dial 239.329.5563

Lifestyle Director Kelly Rhoades

Krhoades@grsmgt.com • Extension 2
or Direct Dial 239.361.2001

Club Facility Manager Eric Cintra

Ecintra@grsmgt.com • Extension 3
or Direct Dial 239.329.5637

Box Office Attendant

Gracie Burkett (Mon-Thur)
Gburkett@grsmgt.com • Extension 0
Maureen Oreschnick (Thur-Sun)
Moreschnick@grsmgt.com • Extension 0

Administrative Assistant Gerri Molloy

Gmolloy@grsmgt.com • Extension 6

ZEST RESTAURANT

Owner Brian Roland • Brian@ZestBonita.com

Food and Beverage Director

Charles Shepherd
Charles@ZestBonita.com • Extension 5

Executive Chef Debra Bicknese

Debra@ZestBonita.Com • Extension 5

TOTAL HEALTH SYSTEMS

Fitness Director Marni Rudnick
info@totalhealthsystemsinc.com
239.224.3477

RACQUET CLUB & PRO SHOP

Sports Director Chad Edwards

28511 Sicily Loop,
Bonita Springs, FL 34135
ValenciaBonitaProShop@gmail.com
Extension 8 or Direct Dial 239.221.7104

U-TOPIA SPA

Owner Christin Bones
Bonesadmin@u-topiaspa.com
Extension 9 or Direct Dial 239.361.2002



A MESSAGE FROM YOUR HOA PRESIDENT

As we transition into the fall season, we continue selling homes here at Valencia Bonita despite challenging COVID-19 obstacles. We are now at 860 sold homes or 86% sold out. We have over 660 closed homes and continue to welcome new neighbors into the community.

Although we continue to operate and navigate through COVID-19 challenges, I appreciate all our homeowners’ cooperation with adhering to the clubhouse rules regarding COVID-19 protocols while enjoying the amenities and events. I want to wish all our families ‘Happy Holidays’ and look forward to celebrating another fourth quarter of milestones and achievements with the community. Thank you to all the residents for your continued support of our beautiful community.

All my best,

Dianna Betancourt

Project Manager and HOA President



A MESSAGE FROM YOUR PROPERTY MANAGER

Thank you for your warm welcome the past couple of months as I continue to transition into the community. I look forward to meeting with residents daily to address any concerns you may have regarding the HOA Rules and Regulations, Architectural Review Applications, maintenance, repairs, and more.

As always, if you need car stickers, key fobs, have questions about Architectural Review Applications, I will be happy to assist you. As I am away from my desk for periods of time, it is most helpful to contact me by email to setup a time to meet so we can discuss your concerns.

Thank you,

Rebecca O’Brien

Community Association Manager, LCAM



A MESSAGE FROM YOUR LIFESTYLE DIRECTOR

We have a full Fall and Winter schedule of amazing shows, holiday events, and some activities for everyone to enjoy. Many of our seasonal homeowners are making plans to return and we cannot wait to welcome everyone back! I encourage all to stay connected by reading our weekly emails, visiting the HOA website at valenciabonitahoa.com, and by checking the online calendar.

For new residents, a great way to meet new friends is to get involved by trying one of our 45+ resident-led clubs. The complete club list is located on the back of this newsletter or on the HOA website at valenciabonitahoa.com.

I look forward to sharing the holidays with you and continuing to make great memories. I want to extend my sincere thanks to the dozens of team members that help execute all our events, especially our Box Office Attendants Gracie Burkett and Maureen Oreschnick.

Kelly Rhoades

Lifestyle Director



Reminder, the Winter Show Series are now on sale! You can pick up your *Show Guide* at the Box Office



NEW HOMEOWNER ORIENTATIONS

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

1st Wednesday of Every Month @ 11:00 a.m.
October 6th • November 3rd • December 1st



FOOD TRUCK TUESDAYS

October 5th, November 9th
and December 7th

5:00 – 8:00 p.m.

Enjoy a variety of food trucks on select Tuesdays. The Social Hall Bar will be open to purchase additional beverages. Trucks include BBQ, Italian, Mexican, Seafood, Pizza and more!

This is a free event for residents; RSVP to Gburkett@grsmgt.com

HALLOWEEN BASH



Sunday, October 31st

6:00 – 9:00 p.m. • Poolside • \$45+ Per Person

Enjoy a 'Spooktacular Buffet' provided by Zest that has a variety of appetizers, salads, entrees, sides, and desserts. DJ Ken with SWFL Entertainment will be leading the party. There will be 'Trick or Treats', an Adult Costume Parade, and a Pumpkin Carving Contest for fabulous prizes. To see the 'Spooktacular Buffet' menu and purchase tickets, visit the HOA website at valenciabonitahoa.com, located under the Lifestyle page, and the deadline to register is October 15th.



SPOOKTACULAR CARVING CONTEST

Whether you attend the 'Halloween Bash' party or not, you can enter the 'Spooktacular Carving Contest'. Participants must supply their own pumpkin and carve/ decorate pumpkins at home. Pumpkins are to be delivered before 3:00 p.m. on October 31st to the pool deck. Voting will occur during the 'Halloween Bash' event with the winner being selected at 9:00 p.m. for a \$100 gift card. To register, email Maureen Oreschnick at Moreschnick@grsmgt.com



SPOOKTACULAR CAKE DECORATING CLASS

October 26th • 2:00 p.m. • Cooking Studio

Join local baker 'Denela Desserts' to design and decorate a Halloween-themed cake. You will design and decorate a six-inch, two-layer, buttercream cake with festive decorations and raspberry cream filler. Finish the display on a gold cake board, with a box and ribbon, to carry home to enjoy. To register, \$65 per person, **check-only payable to Denise Dachille**, delivered to the Box Office before October 15th.



Pet Parade & Yappy Hour

Thursday, October 28th • 4:00 – 6:00 p.m.

All are invited to participate and watch our first 'Pet Parade' to celebrate our furry loved ones. Each dog participating in the Pet Parade will receive a doggie bag with surprises. Five randomly selected judges will vote on three categories for a \$50 gift card each.

Zest will be providing 'Yappy Hour' Combos for \$12 which includes a juicy hotdog, chips, and one beer, wine, or soda. Additional 'Yappy Hour' drink specials will be available for purchase. Please order your 'Yappy Hour' Combo in advance on the Zest Bonita website. To register your pet in the parade, visit the Box Office for a Pet Contestant Form. The deadline to register is October 15th.



EVENTS & ACTIVITIES



Thanksgiving Day FEAST

THURSDAY, NOVEMBER 25TH

3 SEATING TIMES:

11:00 a.m. • 1:00 p.m. • 3:00 p.m.

SOCIAL HALL • \$49+

Enjoy a Thanksgiving feast with Turkey, Honey Ham, Idaho Trout, Apple and Chestnut Stuffing, Strawberry Fields and Escarole Salad, Whipped Potatoes and Turkey Gravy, Green Bean Casserole, Brussel Sprouts, Maple-Roasted Sweet Potatoes, Cranberry Sauce, Apple Pie and Pumpkin Cheesecake. Extraordinary piano player Carl Evans will be providing live music to serenade you while you enjoy your Thanksgiving meal. Family and guests are welcome to attend. Look for the weekly update for when tickets go on sale.

VALENCIA BONITA VETERAN'S DAY & HOLIDAY PERFORMANCES



Jennifer Gilmore

**VETERAN'S TRIBUTE
FEATURING JENNIFER GILMORE**

**Thursday, November 11th, 2021 • 3:00 p.m.
Social Hall Show • \$15 (plus tax) per person**

A VERY DIVA CHRISTMAS

**Friday, December 17, 2021 • 8:00 p.m.
Social Hall Show • \$30 (plus tax) per person**



American Divas

Jennifer Gilmore has been touring and singing for over 20 years in a wide variety of venues and was a finalist for the TV show "X Factor". Jennifer will be helping us pay tribute to all our veterans in the armed forces with a festive "Patriotic Pops" concert. Featuring all the songs you know and love that celebrate this amazing country we live in and all who have served in the Military. This concert includes a special trilogy as well as songs from the Andrew Sisters and WWII songs of the era.

Following the 60-minute show, complimentary cake and coffee will be served to recognize our vets!

Come hear a holiday pops music tribute made famous by **American Divas** such as Diana Ross, Tina Turner, Celine Dion, Aretha Franklin, Whitney Houston, Bette Midler, and more! The group has performed all over the country including several state fairs, festivals, corporate and private events as well as performing on NBC's, "America's Got Talent" in Hollywood, California. Don't miss their great harmonies!

EVENTS & ACTIVITIES

OCTOBER

NOVEMBER



BALLROOM CLASSES (NEW)

SWING AND FOXTROT

Monday, October 4th • 4:00 p.m. • Social Hall

Led by professional dance instructor Erin Dunbar with Moondance Productions, Erin is going to teach you two of the most popular dances anywhere. This is a great introduction to partner dancing and a fabulous opportunity to have some fun! Useful for parties, club events, cruises, weddings, or even your own living room, you will learn the basic movements to get you started on any dance floor.

LATIN HEAT

Monday, October 18th • 4:00 p.m. • Social Hall

Learn the basics of some of the most popular Latin dances including Merengue, Salsa, Bachata, and Cha-cha. The rhythms of Latin music compel you to move and will show you how fun Latin dancing can be.

To Register: For each class, \$30 for partners/ \$20 for singles. Participants are encouraged to sign up with a partner, however singles are welcome. **Check-only payable to Moondance Productions delivered to the Box Office in advance.**



TRIVIA NIGHT WITH DJ JAY RIGDON

**October 12th • 7:00 p.m.
Social Hall • \$10 Per Person**

Gather a group of friends for a fun-filled night of Trivia with DJ Jay Rigdon. From history to pop culture, DJ Jay will lead Trivia night and have you learning and laughing at the same time. Visit valenciabonitahoa.com, located under the Lifestyle page to register on Thunder Tix.



COFFEE WITH COPS

**Wednesday, November 3rd
2:00 p.m. • Social Hall**

Join the Lee County Sheriff's Office for an educational presentation about 'Living with Neighbors' for ways to learn how to build a strong sense of community. Complimentary coffee and snacks will be served. **FREE** to attend. RSVP to the Box Office.



WONDER GARDENS – BONITA'S HIDDEN GEM

**Tuesday, November 9th
2:00 p.m. • Social Hall**

Join President and CEO David Webb to learn about the gardens that are home to rescued birds and reptiles nestled among sprawling banyan trees and plantings in the heart of Bonita Springs. President Webb will be speaking about the history and the future of the Wonder Gardens and how you can help preserve this hidden gem. **FREE** to attend. RSVP to the Box Office.

DECEMBER



HOLIDAY BAZAAR MARKET

**Sunday, December 5th
10:00 a.m. – 2:00 p.m.
Social Hall**

Come shop with over two dozen local artisan vendors that will display a variety of jewelry, clothing, arts and crafts, holiday gifts, and more. This is the perfect time to find that special holiday gift for a loved one. Admission is free to attend, and complimentary coffee will be available while you shop. RSVP to the Box Office.



VALENCIA BONITA'S HOLIDAY PARADE & JOLLY JAMBOREE

Sunday, December 5th

Parade 6:00 p.m. • Jolly Jamboree 7:30 – 9:30 p.m.

Whether you want to be in the parade or just watch, the parade will kick-off from the clubhouse at 6:00 p.m. This will be the 2nd Annual Parade where a variety of golf carts, bicycles, motorcycles, cars, etc. are invited to decorate their entry to ride in the parade. The parade will visit every street in the community. To register to participate in the parade, email Kelly Rhoades at Krhoades@grsmgt.com by November 25th.

Following the parade, a 'Jolly Jamboree' reception will be held in the Social Hall with DJ Ken providing the lively beats. Enjoy hot cocoa, hot buttered rum, cookies, and sweets with Santa. Tickets are \$20+ per person with a minimum of 100 participants to host. Look for the weekly email for when tickets go on sale.

HOLIDAY LIGHTS TROLLEY TOURS

Wednesday, December 8th • 6:00 p.m. Departure

Sunday, December 12th • 6:00 p.m. Departure

Experience the open-air Trolley Tour to see one of the best light shows in town. Located in Victoria Park, Naples, the Trolley Tour is a great way to get in the holiday spirit with family and friends. Don your festive holiday attire, carol the night away, and be ready for fun. Bring your own beverages aboard as small lap-size coolers are permitted (alcohol is permitted). \$20 per person includes a holiday treat, ninety-minute trolley tour, and fun. Look for the weekly update to register as a minimum required of 25 participants per trolley and maximum participation is 35.

EVENT POLICY: Please note all events are subject to change. For all paid events, you must cancel by the RSVP deadline. No reservations are guaranteed unless payment is made. **Checks may be made payable to VB HOA, or you may pay online at www.valenciabonitahoa.com.**



Valencia Bonita Events



BANQUET NIGHTS! – NEW

Zest will be providing special banquet nights on the pool deck to accommodate larger reservations during show nights. Banquet Night tickets are \$40 (plus tax) per person and are to be purchased at the Box Office or on the HOA website using the Thunder Tix links. Whether you are attending the show or not, you may still join us for dinner on the pool deck for banquet nights. Look for the weekly update to see the full menu and when tickets go on sale. Please note the regular dinner menu will not be available, only Banquet Night menus.

- Sunset Dinner** • Saturday, October 23rd, 5:30 p.m. • Poolside
- Starlight Dinner** • Saturday, November 20th, 5:30 p.m. • Poolside
- Moonlight Dinner** • Saturday, December 11th, 5:30 p.m. • Poolside
- Diva Dinner** • Friday, December 17th, 5:30 p.m. • Poolside



SANTA'S BRUNCH

Sunday, December 19th
2 Seating Times: 11:00 a.m. or 1:00 p.m.

Bring the kids and grandkids to see Santa and enjoy Brunch!
Look for the weekly update for when tickets go on sale.
Adults \$30+ • Children 4 – 12 years \$15+
Children 3 & under FREE

LOYALTY CARDS NOW AVAILABLE!

Ask your server for your Zest Loyalty card.
Every fourth visit receive 50% OFF any entree.

OCTOBER – DECEMBER • HOURS OF OPERATION

- Wednesday – Saturday 11:00 a.m. – 8:00 p.m.
- Sunday 11:00 a.m. – 5:00 p.m.
- Brunch 3rd Sunday of the Month 10:30 a.m. – 2:00 p.m.

**Hours may vary on holidays*



HAPPY HOURS!

Happy Hours have expanded to every day Zest is open!
Enjoy \$4 select beer and wine, \$6 house mixed drinks, and discounted appetizers.

- Wednesday – Saturdays 4:00 – 6:00 p.m.
- Sundays 4:00 – 5:00 p.m.



VETERAN'S DAY NOVEMBER 11TH

Veterans receive 20% OFF entire menu selection available all day.

SAVE THE DATES • 2022



Start marking your calendars to plan on attending the fun-filled major holidays, shows, and events. Full details will be coming soon!

Tuesday, January 11	Food Truck Tuesday	5:00 p.m.
Friday, January 14	NCH Mobile Blood Drive	12:30 p.m.
Saturday, January 15	Chris Poje's Gameshow & Concert	8:00 p.m.
Thursday, January 20	Artisan Market	10:00 a.m.
Friday, January 21	"Rocket Man Show" Elton John Tribute	8:00 p.m.
Saturday, January 29	Mary Ellen Hooper & Gary DeLena Comedy Show	8:00 p.m.
Tuesday, February 8	Food Truck Tuesday	5:00 p.m.
Saturday, February 12	The Diamonds Show	8:00 p.m.
Sunday, February 13	Super Bowl Watch Party	5:00 p.m.
Monday, February 14	Cupid's Dinner & Dance	6:00 p.m.
Thursday, February 17	Artisan Market	10:00 a.m.
Friday, February 25	Sounds of Soul Show	8:00 p.m.
Friday, February 26	Ladies' Sip & Shop	4:00 p.m.
Tuesday, March 8	Food Truck Tuesday	5:00 p.m.
Friday, March 11	I am Sarge Comedy Show	8:00 p.m.
Sunday, March 13	VB Car Show	10:00 a.m.
Thursday, March 17	Artisan Market	10:00 a.m.
Thursday, March 17	St. Paddy's Celebration	5:30 p.m.
Saturday, March 19	"Good Vibrations" Beach Boys Tribute	8:00 p.m.
Sunday, April 17	Easter Celebration	1:00 p.m.

**Note, events are subject to change without notice. Please contact the Lifestyle Director for information on current events.*

SPORTS SCHEDULE & RACQUET CLUB EVENTS

TENNIS SCHEDULE

POP TENNIS ROUND ROBIN

Mondays • 8:00 a.m. – 9:00 a.m.
October 4, 18 • November 1, 15, 29
December 13

Come learn a new spin on Tennis known as "POP Tennis". POP Tennis is a scaled-down version of regular tennis, only played on shorter tennis courts, with shorter, solid racquets, and lower compression (green dot) tennis balls. The same scoring and rules as tennis apply, except for one underhand serve. 4 to 8 participants are required to play and register on the court reservation system Chelsea. FREE to attend.

POP TENNIS PLAY WITH THE PRO

Fridays
8:00 a.m. – 9:30 a.m.
9:30 a.m. – 11:00 a.m.
11:30 a.m. Poolside Lunch at Zest
October 1 • November 5 • December 3
(Max 15 players)

Enjoy a round robin game of POP tennis while playing with Sports Director and Pro Chad Edwards. Following the games courtside, the group will meet for a poolside lunch at Zest. \$15++ includes a pre-selected menu item and a domestic beer or house wine. *Cancellations within 48 hours will result in a \$15 charge to your Zest house account. Register on Chelsea.*

STROKE OF THE WEEK

Mondays • 8:00 a.m. – 9:00 a.m.
October 4, 11, 18, 25
November 1, 8, 15, 22, 29
December 6, 13, 20, 27

Come learn tips for improving your game with Tennis Pro Mark Drons. Mark will review the fundamentals to help

you improve your game and is a great opportunity for both beginners and advanced players. \$20 per session. Register on Chelsea.

DRILLS AND THRILLS

Tuesdays • 8:00 a.m. – 9:00 a.m.
October 5, 12, 19, 26
November 2, 9, 16, 23, 30
December 7, 14, 21, 28

Join Tennis Pro Mark Drons for creative game-based tennis drills to keep practice sessions fun for recreational and advanced players alike. \$20 per session. Register on Chelsea.



TENNIS BEGINNERS

Wednesdays • 8:00 a.m. – 9:00 a.m.
October 6, 13, 20, 27
November 3, 10, 17, 24
December 1, 8, 15, 22, 29

Join Tennis Pro Mark Drons to learn how to play Tennis and start with the fundamentals. \$20 per session. Register on Chelsea.

HOT SHOTS

Thursdays • 8:00 a.m. – 9:00 a.m.
October 7, 14, 21, 28
November 4, 11, 18
December 2, 9, 26, 23, 30

Hot Shots is geared for more intermediate/advanced players. Join Tennis Pro Mark Drons to learn how to take your game to the next level. \$20 per session. Register on Chelsea.

"TENNIS & TEQUILA" PLAY WITH PRO

October 29, November 19,
December 17
8:00 – 9:30 a.m. Beginner

9:30 a.m. Intermediate/Advanced

11:30 a.m. Poolside Lunch at Zest
Enjoy a Round Robin game with your friends and Tennis Pro Mark Drons. You can register with a partner or as a single player. Following the game court side, the group will meet at Zest for a poolside lunch and beverages. \$15++ includes a pre-selected Zest lunch and domestic beer or wine. *Note, if you cancel within 48 hours, your house account will still be charged.*

PICKLEBALL SCHEDULE

"DINK & DRINK" PLAY WITH PRO

October 16, November 13, December 4
8:00 a.m. Beginner
9:30 a.m. Intermediate/Advanced
11:30 a.m. Poolside Lunch at Zest

Enjoy a round robin game of Pickleball while playing with the Pro Chad Edwards. Following the game court side, the group will meet at Zest for a poolside lunch and beverages. \$15++ includes a pre-selected Zest lunch and domestic beer or wine. *Note, if you cancel within 48 hours, your house account will still be charged.*

All Pickleball clinics require a minimum of four players and a maximum of eight players per session.

INTRO TO PICKLEBALL CLINICS

Bi-weekly on Friday • 10:00–11:00 a.m.
October 1, 15, 29
November 12
December 3, 17

New to Pickleball and want a better understanding of the basics? This clinic will focus on learning the pickleball rules and skills to start playing. \$10.00 per session. Register on Chelsea.

PRIVATE, SEMI-PRIVATE, & GROUP LESSONS AVAILABLE!

Contact the Pro Shop to schedule private, semi-private, or group lessons. • Prices range \$60 – \$100/hour

BOOK YOUR COURTS! Court Reservations are Required to Book Your Courts:

Visit valenciabonitahoa.com, Located under Courts • Log into your Chelsea User Account

CANCELLATION POLICY

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

BEYOND BEGINNER PICKLEBALL CLINIC

Tuesdays • 10:00 a.m. – 11:00 a.m.

October 5, 12, 19, 26

November 2, 9, 16, 23, 30

December 7, 14, 21

For beginners that are ready to advance their skills to the next level and work on improving the basics of the game. \$10.00 per session. Register on Chelsea.

INTERMEDIATE & ADVANCED PICKLEBALL CLINICS

Mondays & Wednesdays

10:00 a.m. – 11:00 a.m.

October 4, 6, 11, 13, 18, 20, 27

November 1, 3, 8, 10, 15, 17, 22, 29

December 1, 6, 8, 13, 15, 20, 22

Looking to advance your pickleball skills? The focus of this clinic will be developing essential shots, control, and strategy for improved play for levels 2.5 and higher. \$10.00 per session. Register on Chelsea.

BOCCE SCHEDULE

BOCCE, BEER, & BURGERS

11:00 a.m. Bocce Play Courts

1:00 p.m. Lunch at Zest

October 8, November 12,
December 10



Enjoy a round robin game of Bocce followed by lunch at Zest. "Build Your Own" burger will be available with your choice of crispy fries or homemade potato chips. \$15.00 ++ ticket includes burger lunch and one domestic beer. Limited to 16 participants. Register on Chelsea.

Note: Cancellations with-in 72 hours will result in a \$15 house account charge at Zest.

BOCCE MEET-UPS

Bi-weekly on Thursdays

6:00 – 7:30 p.m.

October 14, 28

November 11

December 2, 16

Played in a round robin format, join a group of up to eight players for a fun evening of Bocce. Benefits of playing Bocce include improving your coordination, relieving stress, light cardio, and making new friends. It is free to play. Register on Chelsea.



MESSAGE FROM SPORTS DIRECTOR CHAD EDWARDS

As Fall and Winter approach, the courts are getting busier, and we are transitioning the schedule accordingly. We appreciate kindness and respect when there may be changes to the schedule and court times during season.

Pickleball Open Play will be from 8 a.m. to 10 a.m. daily. Rotational play using the board will be in effect during this time. Place your name(s) in a square on the board and then cross them off when you go out to a court. Play 1 game to 11 and then rotate off and place your name(s) on the board again. Do not write your name(s) on the board before going out to a court, only after. Leagues and clinics will be played after 10 a.m. to keep as many courts for open play as possible.

Pop Tennis reservations can be made from 8 a.m. to 9:30 a.m. daily for the tennis courts. If on the day of play there are no reservations following play on your court, you may continue play. Tennis reservations will be from 9:30 a.m. to 11:00 a.m. daily.

The Fall Bocce League kicks off in October as a team event with 6 to 8 members per team. The Bocce courts are reserved on set days for the league. Please check the court listings on Chelsea before heading out to play Bocce if you are not in the league. Bocce meet-ups and Bocce events are also located on the Chelsea calendar.

CHAD'S SPORTING TIPS

PICKLEBALL – Know your target before hitting the ball.

One of the main reasons for missing a shot or not consistently hitting the ball on the "sweet spot" of the paddle is looking up before making contact. Typically, we look up to find our target or see where the ball is going when we hit it, this causes us to lose sight of the ball or change our swing path. Instead chose a target on the court as the ball is coming toward you and then watch the ball for as long as you can until contact. The target does not move but the ball does.

TENNIS – Pay attention to where you are on the court.

After every point has completed, stop, and recognize where you and your partner are standing. More often than not, this will play a key role in your success. The most common mistakes are standing in the "lounge area" 3 feet inside the baseline and standing in the doubles alley. Chances are your partner will be unable to cover 75% of the court.

BOCCE – Plan your throw.

While the basic goal in Bocce is to throw the ball as close to the pallino as possible, there's a lot of planning that goes into actually winning the game. You need to carefully strategize what kind of throw you need to make depending on the court surface and the position of the opponent's balls. This may include moving left or right to create a different angle, using the boards, or banking your throw and bumping your own ball forward.

FITNESS PROGRAMS

A MESSAGE FROM YOUR FITNESS CENTER ATTENDANT **JESSE COOK**



It is my pleasure to answer your Fitness questions at Valencia Bonita. I am here onsite if you need help registering for any fitness classes. If you have any questions about using the Fitness Center, please visit me in the Fitness Center office.

Monday through Friday, 7:00 a.m. to Noon. Please contact us if you need further assistance at info@totalhealthsystemsinc.com

– Jesse Cook, Fitness Center Attendant



FITNESS CLASSES

AQUA FIT: Low-impact water aerobics where no swimming skills are needed and all fitness levels are welcome! This class is designed to improve flexibility, range of motion, overall body and core strength, muscle tone, and cardiovascular endurance, while using the resistance of the water to cushion the feet, knees, and back. Exercises to upbeat motivating music are easy to follow. Beginner or expert, you will get a great workout! **Note:** Rain or shine, the class is held. If weather is poor, a substitute indoor class will be offered for the day.

FIT CAMP: Designed to engage all of the body's major muscle groups, using an Interval Approach. Individual exercises are repeated for 30 seconds, followed by a brief recovery period of 10 seconds. Goals include muscle toning and strengthening, resistance training using weights, balance, coordination, and endurance. The class enhances and improves movement in muscles and joints, as well as strengthening CORE MUSCLES that stabilize the spine and provide support for all movement. FUN movements are incorporated: Functional, Usable, and Natural!

STRETCH AND TONE: A total body targeted workout that incorporates yoga, pilates, barre, strength, and balance training. It tones and shapes muscles, while incorporating stretching to improve flexibility. A nice balance to create a long and lean physique.

YOGA: Yoga is a stretching class with simple breathing exercises and seated meditation. Empower your mind and strengthen your body as you move through a series of poses. Great for increasing flexibility and relieving stress.

ZUMBA: Zumba takes the "work" out of workout by mixing low-intensity and high-intensity moves for a high-calorie-burning dance fitness party. Receive a total body workout combining all fitness elements of cardio, muscle conditioning, balance and flexibility, and increasing your energy.

OCTOBER – DECEMBER FITNESS CLASS SCHEDULE

TUESDAY

Fit Camp 9:00 a.m. – 10:00 a.m.
Yoga 10:15 a.m. – 11:15 a.m.
Aqua Fit 10:30 a.m. - 11:25 a.m. (Resort Pool)

WEDNESDAY

Zumba 9:15 a.m. - 10:15 a.m.
Aqua Fit 9:30 a.m. – 10:25 a.m. (Resort Pool)
Aqua Fit 10:30 a.m. – 11:25 a.m. (Resort Pool)

THURSDAY

Stretch & Tone 9:00 a.m. – 10:00 a.m.
Yoga 10:15 a.m. – 11:15 a.m.
Aqua Fit 10:30 a.m. - 11:25 a.m. (Resort Pool)

FRIDAY

Zumba 9:15 a.m. - 10:15 a.m.
Aqua Fit 9:30 a.m. – 10:25 a.m. (Resort Pool)
Aqua Fit 10:30 a.m. – 11:25 a.m. (Resort Pool)

\$30 per Month/ 2x a Week
or \$50 per Month/ 4x a Week

Must email Total Health Systems to receive the \$10 discount

NOTE: To add additional fitness classes, 12 residents or more are required to start additional classes.

*To Register for fitness classes, visit the HOA website www.valenciabonitahoa.com, located under the Fitness tab. You will be re-directed to the Total Health Systems website.

PERSONAL TRAINING AVAILABLE

Contact Fitness Center Attendant Jesse Cook to schedule a FREE consultation appointment and for prices.

FREE Equipment Clinics

Get oriented in the Fitness Center! Dates are listed on the Total Health Systems website as space is limited to 12 residents per session.

THE SPA AT VALENCIA BONITA



The Spa at Valencia Bonita strives to make your experience wonderful from start to finish! Let our talented staff help you find the right treatment or beauty product to match your lifestyle. Let us nourish your mind, body, and spirit with a relaxing massage, custom-blended facial, or revitalizing body treatment. We offer manicures, pedicures, facials, massages, waxing and tinting, and body treatments.

Specials Just for YOU!

Enjoy a complimentary glass of champagne with any Spa service!



OCTOBER

HAPPY ANNIVERSARY

October 5th • October 9th

Celebrate our one-year anniversary all week with \$50 Spa treatments! Experience 30-minute EpiWave Facials, Sea Crystal Body Polish, 30-minute Bliss or Knots Away Massage, Express Manicures and Pedicures, Lash Lift and Tint, and Brow Lamination.

SPA SPOOKTACULAR

October 27th • 2:00 p.m.

Learn about Micro-needling combined with Ultrasound technology for younger looking skin, improved skin texture, and reduced pigmentation. Experience a micro-needling treatment for \$75 (\$150 value) and receive an exclusive discount on future services only for event attendees! Wear a costume to be entered into our Spa raffle!

S'MORE SPA TREATMENTS!

Available all month

Indulge your senses with the aroma of sweet chocolate infused in Circadia's



signature cocoa enzyme, infused with natural antioxidants and exfoliating benefits.

Complete with our Marshmallow Whip Hydrating Mask filled with moisturizing

peptides and anti-inflammatory botanicals for optimum hydration.

- S'Mores Facial • \$125 (plus tax)
- S'Mores Mani & Pedi • \$100 (plus tax)

NOVEMBER

FALL INTO AUTUMN HEALING!

Experience the following Fall Specials:

- Detox Warming & Exfoliating Body Treatment \$99 (plus tax)
- Pumpkin Whip Facial \$99
- Spiced Pumpkin Manicure & Pedicure \$99 (plus tax)
- Pumpkin Honey Marshmallow Hand Treatment \$25 (When added to a facial)

GIFT CARD SALE! Black Friday to Cyber Monday, November 26th to November 29th. Receive 20% off all the gift cards valued at \$125+. Available online only.

DECEMBER

'TIS THE SEASON TO SPA WITH THESE GREAT DEALS!

- **Glacial Facial** \$120 (plus tax)
- **Mr. & Mrs. Claus Spa Package** \$400 for Two: Enjoy a 60-minute massage, Ultrasound EpiWave Facial, and Classic Pedicure for two people. (\$470 value)
- **Winter Warming Body Massage** \$99

MRS. CLAUS'S FACIAL FIRMING EVENT

December 15th • 1:00 p.m. – 3:00 p.m.

Get your skin holiday ready and experience our newest lifting and firming facial massage using Gua Sha and Kansa techniques with immediate results! \$20 per person. Enjoy holiday beverages and a festive photo-op! You must schedule your time slot to register.

CONTACT US!

Tuesday – Saturday • 10:00 a.m. – 5:00 p.m.

*Saturdays Advance Appointments Required

Email admin@u-topiaspa.com or call 239.908.0880 (Extension 9) or direct 239.361.2002



CLUB BEAT



Below is a listing of current clubs and the number is quickly growing! Clubs are open to all! If you are interested in any of the following clubs, please go to www.valenciabonitahoa.com and visit the Club and Interest Group tab. Feel free to contact the club facilitator using the email address provided. If you would like to start a new club, please contact Kelly at Krhoades@grsmgt.com.

ACOUSTIC MUSIC JAM

David Zook
zookmd@comcast.net

ACRYLIC CLUB

Joann Wasylenko
wasylenko1003@comcast.net

BBQ CLUB

Jeff Karasyk & Marc Slutsky
vbbbqclub@gmail.com

BELLA ITALIA CLUB

Tony Carrano
tonini612@yahoo.com

BOOK CLUB

Donna Ewald
daewald@comcast.net

BRIDGE-PAIRS/COUPLES

Bonnie Elberson
elbersonb@gmail.com

BRIDGE-SINGLES

Bonnie Elberson
elbersonb@gmail.com

BUNCO

Susan Miranda
sjmir@aol.com

CANASTA

Lucy Ragone
metweety58@gmail.com

CANASTA – COUPLES

Carol Weisberg
carolw@tetragonia.com

CORVETTE CLUB

Marc Levy
mslevy13237@gmail.com

CRIBBAGE

Paul Selinger
paulselinger@gmail.com

EUCHRE CLUB

Sharon Aamoth
wasa79@aol.com

FISHING CLUB

Jerry Baum
jbaum1582@aol.com

FOLK SINGERS CLUB

Robert London
Rlondonmd@aol.com

GAME NIGHT

Carol Weisberg
carolw@tetragonia.com

GARDEN CLUB

Denis Franks
denisfranks@comcast.net

GOLF CLUB

Roger Ciarleglio
rciarleg@comcast.net

HAND AND FOOT

Joy Snow
joysnow0403@gmail.com

HAND AND FOOT PAIRS/COUPLES

Nancy Baum
nancyb0460@aol.com

HAND, KNEE & FOOT

Lucy Ragone
metweety58@gmail.com

HELPING HANDS

Ellen Kahn
ellenskahn@gmail.com

HOLISTIC WELLNESS CLUB

Kami Auld
kamiami@comcast.net

ICLUB

Carol Schweigert
caschwe1@yahoo.com

JEWELRY CLUB

Linda Weinstein
lweinstein34109@yahoo.com

JEWISH CULTURAL CLUB

Ellen Kahn
ellenskahn@gmail.com

LADIES' LUNCH BUNCH

Louise La Sala
loula22828@msn.com

LEFT, RIGHT, CENTER

Susan Miranda
sjmir@aol.com

MAHJONGG – ADVANCED

Ann Marie Dorsey
dorse2@aol.com

MAHJONGG – CASUAL

Ellen Kahn
ellenskahn@gmail.com

MAHJONGG – CHINESE

Joy Snow
joysnow0403@gmail.com

MAHJONGG – SIAMESE

Lucy Ragone
metweety58@gmail.com

MEN'S CLUB OF VB

Steven Berk
dakatie@aol.com

PERFORMANCE CLUB

Celia Couture
Cooch1950@gmail.com

PHILANTHROPY CLUB

Patty Doran
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