

Fun in the Sun

VALENCIA DEL • SOL

**SWEET SEASONS –
MICHELLE FOSTER'S
TRIBUTE TO
CAROLE KING**

October 22nd

**COMEDIANS
RC SMITH,
NATHAN WALLACE
& JOHNNY MAC**

November 19th

**HOTTER THAN JULY
– TRIBUTE TO
STEVIE WONDER**

December 10th

CONTACTS

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

GRS Community Management Hours
9:00 am – 5:00 pm Daily

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Community Association Manager

James Smith, LCAM
Jsmith@grsmgt.com • Extension 203

Lifestyle Director

Lori Pickel
lpickel@grsmgt.com • Extension 204

Administrative Assistant

Christian Cruz
Ccruz@grsmgt.com • Extension 0

BISTRO DEL SOL

General Manager/Chef de Cuisine

Douglas Grimley
Extension 205

Sous Chef

Kimberly McKellar
Ext. 205

TOTAL HEALTH SYSTEMS

Fitness Director

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

RACQUET CLUB

Sports Director

Byron Freso
5030 Seville Shores Drive
(678) 592-6444 (cell) • Bfreso@mindspring.com



MESSAGE FROM YOUR HOA PRESIDENT

It has been an exciting
year at Valencia del Sol!

As we near the end of 2022, we are also entering the closeout phase at Valencia del Sol. To date, we have sold 96% of the 558 homes and we have welcomed more than 340 residents to the community! Our models went on the market a few months ago and several buyers have already closed and moved into their "Street of Dreams." We continue to welcome approximately 10+ new homeowners to the community each month. Development is complete and our construction team starts 3 homes per week. Valencia del Sol reached a major milestone of hitting the 61% closed mark. Margaret Iding, our Homeowner Board Member has been a great addition and has worked incredibly hard on behalf of her neighbors.

The Bistro continues to produce phenomenal creations and Doug Grimley, the General Manager, has tried to incorporate resident feedback into the specials. A special Facebook page dedicated to Bistro events, surveys and specials has been a welcomed addition and we appreciate all of the participation we are seeing from the homeowners.

Thank you for your continued support of our community!

All my best,

Marisa Lufkin
Project Manager and HOA President



MESSAGE FROM YOUR PROPERTY MANAGER

Dear Residents,

As your Community Association Manager, over the last year, I have thoroughly enjoyed meeting all of you, and I hope I have provided a positive experience for all Del Sol Residents. It is my pleasure to continue to provide all of you with exceptional professionalism, sincere communication, and above par customer service. Please continue to count on me as a community resource and your partner in creating a community based on a safe, neighborly, and gratifying living experience.

James Smith
Community Association Manager



MESSAGE FROM YOUR LIFESTYLE DIRECTOR

I cannot wait for you to enjoy all the events and activities I have planned for you for the next few months and I'm so excited to see all of the new Clubs that have been formed! This newsletter is just one of the many ways

we will keep you updated on everything going on at Valencia del Sol. Your participation in the events is especially important and I encourage all residents to sign up as early as possible to avoid cancellation of an event. If you need any assistance, I am always here to help. You should be receiving weekly emails from me regarding all activities here at the clubhouse. If you are not, please contact me so we can make sure you don't miss out on anything! I am happy to answer any questions you may have, and your feedback is very important.

As always, my door is always open and, if we have not yet met in person, please stop by and introduce yourself!

Lori Pickel
Lifestyle Director



MESSAGE FROM YOUR ADMINISTRATOR

Moving to a new community can be a little overwhelming and sometimes all we need is to be pointed in the right direction. As the Admin for Valencia del Sol, it's my duty to help all of our new residents, as well as our current residents,

with any information and requests pertaining to the clubhouse and HOA related concerns. You can always find me at the resident service desk located at the entrance of the clubhouse.

Chris Cruz
Administrative Assistant

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 RSVP in advance to CCruz@grsmgt.com.

10:00 a.m.

Thursday, October 13th • Thursday, November 17th
Thursday, December 15th





HOA EVENTS & ACTIVITIES

COFFEE & CONVERSATION



TUESDAYS
October 11th & December 6th
11:00 am – 12 noon
Social Hall • Free to Attend

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

Sweet Seasons
A Celebration of the
Music and Life of Carole King



Saturday, October 22nd
7:00 p.m.
Social Hall
\$35 per person (plus tax)

Award-winning singer and piano prodigy Michelle Foster brings a vibrant and nuanced sound to her smash hit Carole King tribute entitled Sweet Seasons, which she has toured across the country. You will hear Michelle and her trio perform King's own number-one hits, as well as songs she wrote that were made famous by other renowned artists, with a set list including "Where You Lead," "It's Too Late," "Beautiful," "Up on the Roof," "(You Make Me Feel Like) A Natural Woman," and more.

 **RECYCLING** PRESENTATION
MAKE YOUR RECYCLING COUNT

October 18th • 2:00 p.m. • Social Hall • Free To Attend

Ever wonder what really happens to the stuff we put into our Recycle Bins? A representative from the Hillsborough County Recycling and Waste Management Department will be here to give us a presentation on the benefits of recycling and the problems that wish-cycling creates at the recycling center. If you really care about trying to lessen the environmental impacts of solid waste, please come and learn about the importance of recycling and how we can all do our part to make it work.

ONE BLOOD  **BLOOD DRIVE**

Tuesday, October 25th • 2:00 pm – 8:00 pm
Clubhouse Parking Lot

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

DANCE LESSONS

WITH ROY STONE

October 10, 17, 24 & 31
7:00 pm – 8:00 pm
Exercise Studio
\$40 per person (for the month)

Minimum 10 people needed to host this event.
Singles Welcome! Not sure if this is for you?
Try a class for free!





HALLOWEEN PARTY

WITH DJ TANYA

Saturday, October 29th, 7:00 – 10:00 pm
Social Hall • \$20 Per Person (plus tax)

Come on out and party with DJ Tanya!
 Dress in your Halloween Best for a chance to win some great prizes. There will be some ghoulish food provided by the Bistro and a cash/credit bar!



DINNER & A MOVIE NIGHT

FRIDAYS • 5:45 pm
SOCIAL HALL • FREE TO ATTEND

October 21st
November 11th

Keep your eye out for which movie will be shown.



The Southshore Cruisers Band

Saturday, November 12th • 7:00 pm
Social Hall • \$20 Per Person (plus tax)

Come on out and dance and party with the Southshore Cruisers Band!



Vendor Market

Vendor Market • October 23rd & November 27th
10:00 am – 2:00 pm • Event Lawn

The American Markets Company brings local businesses together in the community to have a unique vendor market. Some of the vendors include but, are not limited to: Dog products, Honey, Jams & Jellies, Scentsy, Wreaths, Tumblers, Lemonade, Jewelry, Skin Care, Crafts, Jewelry, Homemade Sauces, Clothing and more!



HOA EVENTS & ACTIVITIES



**RC SMITH, NATHAN WALLACE
& JOHNNY MAC**

November 19th • 7:00 pm
Social Hall • \$30 per person (plus tax)



RC Smith

His style is rapid-fire, relentless and non-stop. He has been the warm-up comic for ABC's "The Chew", "The Rachel Ray Show", "The Late Show with Stephen Colbert", "The Caroline Rhea

Show" and "Ricki Lake." He headlines all over the US and Canada and is a regular in Las Vegas and Atlantic City.



Nathan Wallace

The "Big Man" of comedy comes fully armed with a wide smile and a wealth of material. Nathan shares off-the-cuff insights and welcomes everyone into his world with plenty of honest

energy and his relatable yet farfetched material.



Johnny Mac

Johnny has worked with the best Comedy Clubs in the country such as Caroline's, The Comic Strip and Catch and Rising Star! He performed regularly around the Country and has also

performed in Ireland, Chile and the Caribbean. Johnny's show is packed with laughter from start to finish!

PELICAN PLAYERS PRESENT
A MURDER/MYSTERY DINNER SHOW

Murder at Flontrache

Saturday, December 3rd • 6:30 pm
Social Hall • \$55 per person (plus tax)

The Pelican Players of Sun City Center will be presenting a Murder Mystery Theater called Murder at Flontrachet

Vineyard set in France's lush and picturesque wine country. The plot involves six friends on vacation whose paths converge at the Dijon train station, where they board a late morning train to visit the vineyard estate of socialite Fiona Flautrachet and are looking forward to a relaxing weekend of "winning, dining and living large."

An inspector arrives to investigate and crack the case with input from audience members. You will have an opportunity to ask questions and vote on who you think the murderer is! Everyone who guessed correctly will have their names put into a basket for a chance to win a great door prize!" It should be a blast!



Saturday, December 10th • 7:00 pm
Social Hall • \$35 per person (plus tax)

Hotter Than July, Stevie Wonder Tribute Band, is a high energy, soulful group of talented and experienced musicians led by professional musician Gerry Williams.

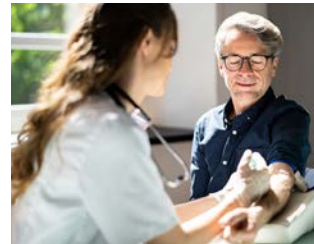
He is an unbounded vocalist and percussionist who brings funk on the keys. This is a band that you cannot help but get on your feet and groove to, performing Stevie's greatest hits from "Sign Sealed Delivered" to "I Wish", this band knows how to entertain a crowd!



Friday, December 16th • 7:00 pm
Social Hall • \$35 per person (plus tax)

Grace Field presents a Holiday Celebration!
 Sing along to your favorite Christmas and Chanukah
 songs. Join the chorus and join the fun!

A few surprise await! Grace was nominated for a
 Grammy for her Off-Broadway work and recently
 appeared at Radio City Music Hall as part of a
 new Broadway show for 2023.



ONE BLOOD BLOOD DRIVE

Wednesday, December 21st
2:00 pm – 8:00 pm
Clubhouse Parking Lot

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



Sunday, December 18th • 7:00 pm
Social Hall • Free to Attend

Join us for the lighting of the Menorah led by The Jewish
 Culture Club. It is FREE to attend and all are welcome!

NEW YEAR'S EVE CELEBRATION



CASINO Night

Saturday, December 31st • 9:30 – 12:30 am
Social Hall • \$80 per person (plus tax)

Dress your best to ring in the New Year at "Casino Night".
 Whether you like Blackjack, Roulette or Craps, we have
 the tables and professional dealers for you! Bistro del Sol
 will tempt your taste buds with some delicious passed hors
 d'œuvres, a crepe station, a delectable dessert table and a
 Champagne Toast at midnight. There will be a cash/credit bar.



RACQUET SPORTS

The hours of operation at del Sol Racquet • Monday – Saturday • 8:00 am – 1:00 pm



MESSAGE FROM **BYRON FRESO**, SPORTS DIRECTOR

I am often asked by players about paddles. The question I am often asked is what the best paddle is to purchase. I respond by stating there is no best paddle. Paddles are personal items and what might feel good for one, might not feel the same way for someone else. I encourage players to try different paddles and purchase the one which feels right for them.

The one thing I must say is that players today have many choices to choose from when it comes to paddles. Today, there are over two hundred manufacturers of paddles. There are well made paddles and there are crappy ones.

Do not skimp on purchasing a good, solid paddle. If you have made the decision to play pickleball, purchase a paddle that feels right to you and one you can develop your game with over time. Often, I see players with paddles that cost \$20 but, these paddles do nothing but cause them to develop elbow pain. Purchase a paddle from a reputable manufacturer that will give you a guarantee that you can exchange the paddle for one which suits your game.



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

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

TENNIS SCHEDULE • OCTOBER – DECEMBER

Register on the Chelsea Reservation System

MONDAY

Tennis Clinic
9:00 – 10:30 a.m.

Private Lessons
11:00 – 12 noon

TUESDAY

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

Private Lessons
11:00 – 12 noon

WEDNESDAY

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

Private Lessons
11:00 – 1:00 p.m.

THURSDAY

Service Practice
9:00 – 10:30 a.m.

Private Lessons
11:00 – 12 noon

FRIDAY

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

Private Lessons
11:00 – 12 noon

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

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

BYRON'S TENNIS TIP: FOOTWORK

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

BOCCE SCHEDULE • OCTOBER – DECEMBER

BOCCE LEAGUE

VDS Bocce is still looking for players to form a bocce league for the Fall season. If you are interested, please email Byron at PickTen.freso@gmail.com.

You can form teams of four players to compete in a fun league. Two players from each team will play on one court while the other two will play on the other. If you want to have a substitute, you are welcome to do so. This is in case one player might not be able to make it. The length of the league will be predicated on the number of players interested in playing.

Private, Semi-Private, & Group Lessons Available!

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

BYRON'S BOCCE TIP: IMPROVE YOUR GRIP

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

BOCCE MEET UPS

Mondays & Wednesdays • 6:00 pm and 7:00 pm

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.

Email PickTen.Freso@gmail.com

Court Reservations are Required to Book Your Courts!
CANCELLATION POLICY: Must contact the Pro 24 hours before reservation or you will be fully charged.



PICKLEBALL SCHEDULE • OCTOBER – DECEMBER

Register on the Chelsea Reservation System

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Play All Skill Levels 8:00 – 11:00 a.m.	Pickleball Boot Camp Recreational Players \$20 8:00 – 11:00 a.m. <i>Maximum 8 Players</i>	Open Play All Skill Levels 8:00 – 11:00 a.m. Private Lessons (1 or 2 players) 9:00 – 1:00 p.m.	Pickleball Boot Camp Competitive Players \$20 9:00 – 11:00 a.m. <i>Maximum 8 Players</i>	Private Lessons (1 or 2 players) 9:00 – 1:00 p.m.	Open Play All Skill Levels 8:00 – 11:00 a.m.

BOOTCAMP

Bootcamp provides players with a comprehensive training program to play the sport. The program consists of how-to warmup before playing; stretching before play; how to avoid cramping on the court and some nutrition. Players learn about the different types of ways to grip the paddle and how to position and communicate amongst themselves on the court for effective play. Players can sign up on the whiteboard at the Pickleball Pavilion.

- Players are encouraged to sign up for two 1-hour beginner or intermediate lessons with Byron (or Cornelius when Byron is not available), to benefit from the instructions.
- Players can sign up for a lesson via email at PickTen.freso@gmail.com or text 678-592-6444.
- Sign-ups are based on a first to register basis.
- Price sheets for lessons are in the display case at the courts.

Players are encouraged to contact Byron if there are any questions via email PickTen.freso@gmail.com or text 678-592-6444.

BEGINNERS

Learn Pickleball fundamentals: serve, return of serve, basic dinking and blocking. Free to attend and limited to 12 participants per session. • Email PickkTen.Freso@gmail.com

INTERMEDIATE

Positioning at the No Volley Zone (Kitchen), Cross Court Dinking Lobs and Lob Defense, NVZ Footwork, Third Shot Drop. Limited to 12 participants per session.

PICKELBALL TOURNAMENTS for recreational & competitive players

HALLOWEEN PICKLEBALL TOURNAMENT

October 26, 2022 • 8:00 a.m.

Come dressed in your best Halloween costume to play. There will be a prize for the player in the best-looking costume.

Christmas Pickleball Tournament

December 17, 2022 • 8:00 a.m.

Del Sol will host a pickleball tournament for 2.5 to 4.0 skill level players in the area. This will be a one-day tournament that will be held at the beautiful del Sol pickleball courts. Sign-up to participate in the inaugural del Sol pickleball tournament. Medals will be awarded to the first, second and third place players.



BYRON'S PICKLEBALL TIP: DO NOT RUN AWAY

What do I mean by do not run away? There are a series of events which take place on the pickleball court at the start of the game. First, the opponent serves the ball (note: the server is often at a disadvantage in pickleball); the receiver returns the ball and moves to the kitchen line (the non-volley zone line); then the server tries to hit what is called a 3rd shot drop. This is arguably the hardest shot in pickleball to master. At the recreational level, the player in most cases hits a high 3rd shot drop and the opponent then slams the high ball back. As a result, this player stays back from the kitchen line or invariably runs away from it. Remember, the game is not won from the baseline! It is won from the kitchen line! Too often, I see players moving back from the kitchen line or in some cases, they never come to it. If not, you will always find yourself in a losing battle.

PICKLEBALL PRICING

Register for classes
on Chelsea or email
PickTen.Freso@gmail.com

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

Registration on Chelsea is required to participate in all events, clinics and classes.

All pickleball clinics require a minimum of four players and can have a maximum of 12 players per session, unless otherwise noted.

Valencia del Sol Spa

Relaxation Massage • \$85 / hour

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

Myofascial Release • \$85 / hour

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

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

Reiki • \$85 / hour

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

Deeply relaxing treatment.

Combination Massage • \$95 / hour

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

Deep Tissue • \$85 / hour

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

Swedish Massage • \$85 / hour

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

Deep Tissue Massage • \$95 / hour

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

Neuromuscular Massage Modalities • \$95 / hour

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



POLICIES & CONSIDERATIONS



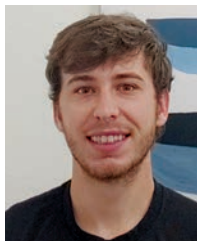
SCHEDULING Please be prompt for your scheduled appointment. Late arrivals may result in a reduction of service time and you will be charged full price.

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

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



FITNESS



MESSAGE FROM YOUR **FITNESS CENTER ATTENDANT**

It is my pleasure to assist you here in the Fitness Center. I am here to help you with the fitness equipment in the gym, as well as getting you signed up for fitness classes, personal training, and more. My hours are Monday through Friday, 9:00 am to 12:00 pm. Please contact us if you need further assistance at info@totalhealthsystemsinc.com.

Blake Robison, Fitness Center Attendant



MESSAGE FROM YOUR **FITNESS INSTRUCTOR**

I am a NASM Certified Personal Trainer and Nutrition Coach. Also, I am a Navy veteran with an athletic background and a passion to help people change their lives in simple and realistic ways. I believe it is important to educate while I train, to help clients live a healthier lifestyle that is sustainable. I am looking forward to seeing new faces and working with you!

Cory Taylor, Fitness Instructor



MESSAGE FROM YOUR **FITNESS INSTRUCTOR**

I am a recent graduate with a BS in Sports and Exercise Science. Being a military brat, I've moved around a lot. I moved from Colorado Springs to be closer to family and to establish a career in fitness. I am a certified personal trainer and group fitness instructor. Please stop by the fitness center to say hello.

Savon Matthews, Fitness Instructor



MESSAGE FROM YOUR **FITNESS INSTRUCTOR**

Mom of twin 5-year old boys. I have been in the yoga world for over 15 years. I am a professional flexologist, instructor and reiki master practitioner. I teach the stretch and tone and yoga classes at del Sol. I love what I do and how I get to connect with others.

Namgay Budha, Fitness Instructor



MESSAGE FROM YOUR **ZUMBA INSTRUCTOR**

I am a professionally trained dance performer, teacher and choreographer certified in Zumba, Zumba toning and Zumba Step instruction. I have many routines choreographed that I mix and match to create the perfect workout based upon the age and fitness of each class. I taught Zumba group fitness classes for the University of South Florida for 12 years and at various fitness centers, dance studios, charity and special events, as well as on national tours with dance conventions.

Jennifer Perry, Zumba Instructor

FITNESS CLASS SCHEDULE • OCTOBER – DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Fit Camp 9:00 a.m. (Fitness Studio)	Body Sculpting 8:00 a.m. (Fitness Studio)	Fit Camp 9:00 a.m. (Fitness Studio)	Body Sculpting 8:00 a.m. (Fitness Studio)
Aqua Fit 10:15 a.m. (Pool)	Zumba 9:00 a.m. (Fitness Studio)	Aqua Fit 10:15 a.m. (Pool)	Zumba 9:00 a.m. (Fitness Studio)
	Yoga 6:00 p.m. (Fitness Studio)	Stretch & Tone 6:00 p.m. (Fitness Studio)	Yoga 6:00 p.m. (Fitness Studio)

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

FITNESS PROGRAMS

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

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

FIT CAMP An exercise class designed to engage all of the body's major muscle groups, using an interval approach, where individual exercises are repeated for intervals of approximately 30 seconds, followed by a brief recovery period of approximately 10

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

STRETCH & TONE A full body stretch and tone class using movements that flow smoothly, to increase flexibility, decrease muscle tension, develop core stretch, and improve muscular balance.

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

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

FREE EQUIPMENT CLINICS:

October 14th • 10:00 am | November 18th • 10:00 am
December 16th • 10:00 am

Summer is a great time for getting I shape.
Sign up for personal training sessions with Savon!



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



CHEF DOUGLAS J. GRIMLEY General Manger • Chef de Cuisine • United States Navy (Retired)

Chef Grimley was born and raised in the Bronx, New York and has 28 years of combined experience in general management in full-service and private hospitality operations. He is a highly skilled and accomplished Food Services Director, Manager and Chef with a reputation for achieving goals using strong leadership, innovative thinking and excellent judgement. Chef received certification as a Certified Executive Chef and Personal Certified Executive Chef with the American Culinary Federation, Certified Household Manager from Starkey International, and Master Certified Food Executive and Certified Professional Food Manager from the International Food Service Executives Association.



CHEF KIMBERLY MCKELLAR Sous Chef

Kimberly McKellar is a Florida native and loves everything citrus. She brings over 16 years kitchen experience to Bistro Del Sol. She started as a pizza maker at Sbarro's and then moved up to a line cook at Bern's Steakhouse. Most recently, she worked at Marlow's Tavern where she gained a tremendous amount of knowledge in both the kitchen and front of house operations. Kimberly graduated from Manatee Technical Institute for Culinary Arts with a focus on baking and pastry. She enjoys cooking Italian cuisine but loves to dabble in Asian infusion.





BISTRO

DEL SOL

Eat, Drink, Relax

Our Promise To Our Guests

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

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

Daily Happy Hour Specials

Join us Monday - Saturday 3pm - 5pm

\$1 off Appetizers

\$3 Beer and House Wine

Let Us Cater Your Next Special Event

The holidays are coming up and social gatherings are on the rise. You can now make reservations to have your personal events catered at the Clubhouse.

Contact the Bistro for more details.

Sterling

CULINARY-MANAGEMENT



Contact:

Bistro del Sol

(813) 566-0851

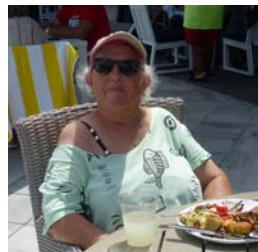




SNAPSHOTS



LABOR DAY PARTY



DEL SOL CALENDAR • OCTOBER 2022

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
CALENDAR KEY	<div><div></div> Fitness</div> <div><div></div> Bistro del Sol</div> <div><div></div> Arts & Crafts Room</div> <div><div></div> Social Hall</div> <div><div></div> Pool Deck</div> <div><div></div> Bocce</div> <div><div></div> Parking Lot</div> <div><div></div> Card Room</div> <div><div></div> Courts</div> <div><div></div> Event Lawn</div> <div><div></div> Game Room</div> <div><div></div> Exercise Studio</div>											<div><div></div> 8 am Pickleball Open Play</div> <div><div></div> 1 pm Pottery</div>	
	2	3	4	5	6	7	8						
	<div><div></div> 8 am Pickleball Open Play</div> <div><div></div> 9 am Tennis Clinic</div> <div><div></div> 9 am Fit Camp</div> <div><div></div> 10:15 am Aquafit</div> <div><div></div> 11 am Tennis Private Lessons</div> <div><div></div> 1 pm Euchre Club</div> <div><div></div> 6 pm Bocce</div> <div><div></div> 6:30 pm Card Club</div> <div><div></div> 7 pm Bocce</div> <div><div></div> 7 pm Texas Hold'em Club</div>											<div><div></div> 8 am Pickleball Open Play</div> <div><div></div> 1 pm Pottery</div>	
	9	10	11	12	13	14	15						
	<div><div></div> 8 am Pickleball Open Play</div> <div><div></div> 9 am Tennis Clinic</div> <div><div></div> 9 am Fit Camp</div> <div><div></div> 10:15 am Aquafit</div> <div><div></div> 11 am Tennis Private Lessons</div> <div><div></div> 1 pm Euchre Club</div> <div><div></div> 6 pm Bocce</div> <div><div></div> 6:30 pm Card Club</div> <div><div></div> 7 pm Dance Lessons</div> <div><div></div> 7 pm Robin Hoods</div> <div><div></div> 7 pm Bocce</div> <div><div></div> 7 pm Texas Hold'em Club</div>											<div><div></div> 8 am Pickleball Open Play</div> <div><div></div> 1 pm Pottery</div>	
	16	17	18	19	20	21	22						
	<div><div></div> 8 am Pickleball</div> <div><div></div> 9 am Tennis Clinic</div> <div><div></div> 9 am Fit Camp</div> <div><div></div> 10:15 am Aquafit</div> <div><div></div> 11 am Tennis Private Lessons</div> <div><div></div> 1 pm Euchre Club</div> <div><div></div> 3 pm Photo Club</div> <div><div></div> 6 pm Bocce</div> <div><div></div> 6:30 pm Card Club</div> <div><div></div> 7 pm Dance Lessons</div> <div><div></div> 7 pm Bocce</div> <div><div></div> 7 pm Texas Hold'em Club</div>											<div><div></div> 8 am Pickleball Open Play</div> <div><div></div> 1 pm Pottery</div> <div><div></div> 7 pm Michelle Foster Tribute to Carole King</div>	
	23	24 & 31*	25	26	27	28	29						
	<div><div></div> 10 am Vendor Market</div> <div><div></div> 8 am Pickleball Open Play</div> <div><div></div> 9 am Tennis Clinic</div> <div><div></div> 9 am Fit Camp</div> <div><div></div> 10:15 am Aquafit</div> <div><div></div> 11 am Tennis Private Lessons</div> <div><div></div> 1 pm Euchre Club</div> <div><div></div> 6 pm Bocce</div> <div><div></div> 6:30 pm Card Club</div> <div><div></div> 7 pm Dance Lessons</div> <div><div></div> 7 pm Bocce</div> <div><div></div> 7 pm Texas Hold'em Club</div>											<div><div></div> 8 am Pickleball Open Play</div> <div><div></div> 1 pm Pottery</div> <div><div></div> 7 pm Halloween Bash</div>	
	30	31*											
<div><div></div> 3 pm Photo Club</div>													


















































































































































































































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

DEL SOL CALENDAR • NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<ul style="list-style-type: none"> 8 am Pickleball Boot Camp for Rec Plays 8 am Body Sculpting 9 am Zumba 9:30 am Ball Machine Practice on Strokes 10 am Pottery Club 11 am Tennis Private Lessons 1 pm Bridge Club 1 pm Painting Club 6 pm Yoga 	<ul style="list-style-type: none"> 8 am Pickleball Open Play 9 am Pickleball Private Lessons 9 am Tennis Open Play for Residents 9 am Fit Camp 10:15 am Aqua Fit 11 am Tennis Private Lessons 1 pm Bridge Club 2 pm Texas Hold'em Club 6 pm Stretch & Tone 6 pm Learn Spanish Club 6 pm Bocce Meetup 6:30 pm Day Trippers 7 pm Bocce Meetup 	<ul style="list-style-type: none"> 8 am Body Sculpting 8 am Pickleball Bootcamp Rec Players 9 am Zumba 9 am Tennis Service Practice 10 am Stitch Away Club 9 am Tennis Private Lessons 2 pm Pinochle Club 6 pm Yoga 	<ul style="list-style-type: none"> 9 am Pickleball Private Lessons 9 am Tennis Round Robin Doubles 11 am Tennis Private Lessons 1 pm Mah Jongg Club 3 pm A Crown Affair Club 	<ul style="list-style-type: none"> 8 am Pickleball Open Play 1 pm Pottery
<ul style="list-style-type: none"> 9 am Turkey Trot 	<ul style="list-style-type: none"> 8 am Pickleball Open Play 9 am Tennis Clinic 9 am Fit Camp 10:15 am Aquafit 11 am Tennis Private Lessons 1 pm Euchre Club 6:30 pm Card Club 7 pm Dance Lessons 7 pm Texas Hold'em Club 	<ul style="list-style-type: none"> 8 am Pickleball Boot Camp for Rec Plays 8 am Body Sculpting 9 am Zumba 9:30 am Ball Machine Practice on Strokes 10 am Pottery Club 11 am Tennis Private Lessons 1 pm Bridge Club 1 pm Painting Club 2 pm Women's Book Club 6 pm Yoga 	<ul style="list-style-type: none"> 8 am Pickleball Open Play 9 am Pickleball Private Lessons 9 am Tennis Open Play for Residents 9 am Fit Camp 10:15 am Aqua Fit 11 am Tennis Private Lessons 1 pm Bridge Club 2 pm Texas Hold'em Club 6 pm Stretch & Tone 6 pm Learn Spanish Club 6 pm Bocce Meetup 6 pm Ladies' Club 7 pm Bocce Meetup 	<ul style="list-style-type: none"> 8 am Body Sculpting 8 am Pickleball Bootcamp Rec Players 9 am Zumba 9 am Tennis Service Practice 10 am Stitch Away Club 9 am Tennis Private Lessons 2 pm Pinochle Club 6 pm Yoga 	<ul style="list-style-type: none"> 9 am Pickleball Private Lessons 9 am Tennis Round Robin Doubles 11 am Tennis Private Lessons 1 pm Mah Jongg Club 5:30 pm Photography 101 Club 6 pm Dinner & A Movie 	<ul style="list-style-type: none"> 8 am Pickleball Open Play 1 pm Pottery 7 pm Southshore Cruisers Band
	<ul style="list-style-type: none"> 8 am Pickleball Open Play 9 am Tennis Clinic 9 am Fit Camp 10:15 am Aquafit 11 am Tennis Private Lessons 1 pm Euchre Club 6:30 pm Card Club 7 pm Dance Lessons 7 pm Robin Hoods Club 7 pm Texas Hold'em Club 	<ul style="list-style-type: none"> 8 am Pickleball Boot Camp for Rec Plays 8 am Body Sculpting 9 am Zumba 9:30 am Ball Machine Practice on Strokes 10 am Pottery Club 11 am Tennis Private Lessons 1 pm Bridge Club 1 pm Painting Club 6 pm Yoga 6 pm Bunco Club 	<ul style="list-style-type: none"> 8 am Pickleball Open Play 9 am Pickleball Private Lessons 9 am Tennis Open Play for Residents 9 am Fit Camp 10:15 am Aqua Fit 11 am Tennis Private Lessons 1 pm Bridge Club 2 pm Texas Hold'em Club 6 pm Stretch & Tone 6 pm Learn Spanish Club 6 pm Bocce Meetup 7 pm Bocce Meetup 7:30 pm Villa People 	<ul style="list-style-type: none"> 8 am Body Sculpting 8 am Pickleball Bootcamp Rec Players 9 am Zumba 9 am Tennis Service Practice 10 am Stitch Away Club 10 am New Homeowners' Orientation 11 am Tennis Private Lessons 12 pm ROMEO Club 2 pm Pinochle Club 6 pm Yoga 	<ul style="list-style-type: none"> 9 am Pickleball Private Lessons 9 am Tennis Round Robin Doubles 11 am Tennis Private Lessons 1 pm Mah Jongg Club 7 pm Villa People Club 	<ul style="list-style-type: none"> 8 am Pickleball Open Play 1 pm Pottery 7 pm Comedy Show
	<ul style="list-style-type: none"> 8 am Pickleball Open Play 9 am Tennis Clinic 9 am Fit Camp 10:15 am Aquafit 11 am Tennis Private Lessons 1 pm Euchre Club 6:30 pm Card Club 7 pm Dance Lessons 7 pm Texas Hold'em Club 	<ul style="list-style-type: none"> 8 am Pickleball Boot Camp for Rec Plays 8 am Body Sculpting 9 am Zumba 9:30 am Ball Machine Practice on Strokes 10 am Pottery Club 11 am Tennis Private Lessons 1 pm Bridge Club 1 pm Painting Club 6 pm Yoga 	<ul style="list-style-type: none"> 8 am Pickleball Open Play 9 am Pickleball Private Lessons 9 am Tennis Open Play for Residents 9 am Fit Camp 10:15 am Aqua Fit 11 am Tennis Private Lessons 1 pm Bridge Club 2 pm Texas Hold'em Club 6 pm Stretch & Tone 6 pm Learn Spanish Club 6 pm Bocce Meetup 7 pm Bocce Meetup 7 pm Veteran's Club 	HAPPY THANKSGIVING	<ul style="list-style-type: none"> 9 am Pickleball Private Lessons 9 am Tennis Round Robin Doubles 11 am Tennis Private Lessons 1 pm Mah Jongg Club 6:30 pm Vintage Club 	<ul style="list-style-type: none"> 8 am Pickleball Open Play 1 pm Pottery
<ul style="list-style-type: none"> 10 am Vendor Market 	<ul style="list-style-type: none"> 8 am Pickleball Open Play 9 am Tennis Clinic 9 am Fit Camp 10:15 am Aquafit 11 am Tennis Private Lessons 1 pm Euchre Club 3 pm Photo Club 6:30 pm Card Club 7 pm Dance Lessons 7 pm Texas Hold'em Club 	<ul style="list-style-type: none"> 8 am Pickleball Boot Camp for Rec Plays 8 am Body Sculpting 9 am Zumba 9:30 am Ball Machine Practice on Strokes 10 am Pottery Club 11 am Tennis Private Lessons 1 pm Bridge Club 1 pm Painting Club 6 pm Yoga 	<ul style="list-style-type: none"> 8 am Pickleball Open Play 9 am Pickleball Private Lessons 9 am Tennis Open Play for Residents 9 am Fit Camp 10:15 am Aqua Fit 11 am Tennis Private Lessons 1 pm Bridge Club 2 pm Texas Hold'em Club 6 pm Stretch & Tone 6 pm Learn Spanish Club 6 pm Bocce Meetup 7 pm Bocce Meetup 		CALENDAR KEY <ul style="list-style-type: none"> Fitness Bistro del Sol Arts & Crafts Room Social Hall Pool Deck Bocce Parking Lot Card Room Courts Event Lawn Game Room Exercise Studio 	

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

DEL SOL CALENDAR • DECEMBER 2022

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
CALENDAR KEY		Fitness											
		Bistro del Sol											
		Arts & Crafts Room											
		Social Hall											
		Pool Deck											
		Bocce											
		Parking Lot											
		Card Room											
		Courts											
		Event Lawn											
		Game Room											
		Exercise Studio											
 6 pm Golf Cart Christmas Parade 4		 8 am Pickleball Open Play 5  9 am Tennis Clinic  9 am Fit Camp  10:15 am Aquafit  11 am Tennis Private Lessons  1 pm Euchre Club  6:30 pm Card Club  7 pm Dance Lessons  7 pm Texas Hold'em Club		 8 am Pickleball Boot Camp for Rec Plays 6  8 am Body Sculpting  9 am Zumba  9:30 am Ball Machine Practice on Strokes  10 am Pottery Club  11 am Tennis Private Lessons  11 am Coffee & Conversation  1 pm Bridge Club  1 pm Painting Club  6 pm Yoga		 8 am Pickleball Open Play 7  9 am Pickleball Private Lessons  9 am Tennis Open Play for Residents  9 am Fit Camp  10:15 am Aqua Fit  11 am Tennis Private Lessons  1 pm Bridge Club  2 pm Texas Hold'em Club  6 pm Stretch & Tone  6 pm Learn Spanish Club  6 pm Bocce Meetup  6:30 pm Day Trippers  7 pm Bocce Meetup		 8 am Body Sculpting 8  8 am Pickleball Bootcamp  Rec Players  9 am Zumba  9 am Tennis Service Practice  10 am Stitch Away Club  9 am Tennis Private Lessons  2 pm Pinochle Club  6 pm Yoga		 9 am Pickleball +Private Lessons 9  9 am Tennis Round Robin Doubles  11 am Tennis Private Lessons  1 pm Mah Jongg Club  7 pm Villa People Club		 8 am Pickleball Open Play 10  1 pm Pottery  7 pm Hotter Than July Tribute to Stevie Wonder	
11		 8 am Pickleball Open Play 12  9 am Tennis Clinic  9 am Fit Camp  10:15 am Aquafit  11 am Tennis Private Lessons  1 pm Euchre Club  6:30 pm Card Club  7 pm Dance Lessons  7 pm Robin Hoods Club  7 pm Texas Hold'em Club		 8 am Pickleball Boot Camp for Rec Plays 13  8 am Body Sculpting  9 am Zumba  9:30 am Ball Machine Practice on Strokes  10 am Pottery Club  11 am Tennis Private Lessons  1 pm Bridge Club  1 pm Painting Club  2 pm Women's Book Club  6 pm Yoga		 8 am Pickleball Open Play 14  9 am Pickleball Private Lessons  9 am Tennis Open Play for Residents  9 am Fit Camp  10:15 am Aqua Fit  11 am Tennis Private Lessons  1 pm Bridge Club  2 pm Texas Hold'em Club  6 pm Stretch & Tone  6 pm Learn Spanish Club  6 pm Bocce Meetup  6 pm Ladies' Club  7 pm Bocce Meetup		 8 am Body Sculpting 15  8 am Pickleball Bootcamp  Rec Players  9 am Zumba  9 am Tennis Service Practice  10 am Stitch Away Club  10 am New Homeowner Orientation  11 am Tennis Private Lessons  12 pm ROMEO Club  2 pm Pinochle Club  6 pm Yoga		 8 am Pickleball Open Play 16  9 am Pickleball Private Lessons  9 am Tennis Round Robin Doubles  11 am Tennis Private Lessons  1 pm Mah Jongg Club  7 pm Villa People Club  7 pm Grace Field Holiday Show		 8 am Pickleball Christmas Tournament 17  1 pm Pottery	
 7 pm Menorah Lighting Ceremony 18		 8 am Pickleball Open Play 19  9 am Tennis Clinic  9 am Fit Camp  10:15 am Aquafit  11 am Tennis Private Lessons  1 pm Euchre Club  6:30 pm Card Club  7 pm Dance Lessons  7 pm Texas Hold'em Club		 8 am Pickleball Boot Camp for Rec Plays 20  8 am Body Sculpting  9 am Zumba  9:30 am Ball Machine Practice on Strokes  10 am Pottery Club  11 am Tennis Private Lessons  1 pm Bridge Club  1 pm Painting Club  6 pm Yoga  6 pm Bunco Club		 8 am Pickleball Open Play 21  9 am Pickleball Private Lessons  9 am Tennis Open Play for Residents  9 am Fit Camp  10:15 am Aqua Fit  11 am Tennis Private Lessons  1 pm Bridge Club  2 pm Texas Hold'em Club  2 pm Blood Drive  6 pm Stretch & Tone  6 pm Learn Spanish Club  6 pm Bocce Meetup  7 pm Bocce Meetup		 8 am Body Sculpting 22  8 am Pickleball Bootcamp  Rec Players  9 am Zumba  9 am Tennis Service Practice  10 am Stitch Away Club  11 am Tennis Private Lessons  2 pm Pinochle Club  6 pm Yoga		 8 am Pickleball Open Play 23  9 am Pickleball Private Lessons  9 am Tennis Round Robin Doubles  11 am Tennis Private Lessons  1 pm Mah Jongg Club  5:30 pm Photography 101 Club  6:30 pm Vintage Club		 8 am Pickleball Open Play 24  1 pm Pottery	
25		 8 am Pickleball Open Play 26  9 am Tennis Clinic  9 am Fit Camp  10:15 am Aquafit  11 am Tennis Private Lessons  1 pm Euchre Club  6:30 pm Card Club  7 pm Dance Lessons  7 pm Texas Hold'em Club		 8 am Pickleball Boot Camp for Rec Plays 27  8 am Body Sculpting  9 am Zumba  9:30 am Ball Machine Practice on Strokes  10 am Pottery Club  11 am Tennis Private Lessons  1 pm Bridge Club  1 pm Painting Club  6 pm Yoga		 8 am Pickleball Open Play 28  9 am Pickleball Private Lessons  9 am Tennis Open Play for Residents  9 am Fit Camp  10:15 am Aqua Fit  11 am Tennis Private Lessons  1 pm Bridge Club  2 pm Texas Hold'em Club  6 pm Stretch & Tone  6 pm Learn Spanish Club  6 pm Bocce Meetup 7 pm Bocce Meetup 7 pm Veteran's Club		 8 am Body Sculpting 29  8 am Pickleball Bootcamp  Rec Players  9 am Zumba  9 am Tennis Service Practice  10 am Stitch Away Club  2 pm Pinochle Club  6 pm Yoga		 8 am Pickleball Open Play 30  9 am Pickleball Private Lessons  9 am Tennis Round Robin Doubles  11 am Tennis Private Lessons  1 pm Mah Jongg Club		 1 pm Pottery 31 9:00 PM New Year's Eve Celebration	
MERRY CHRISTMAS!													

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CLUB BEAT



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

A Crown Affair Club

Barry Klein
Bk85@comcast.net

Art & Culture Club

Lee Lathbury
Fran Silverman
Jackal662@gmail.com
Franandmarv@yahoo.com

Bridge Club

Mark Molitch
Molitch@northwestern.edu

Bunco Club

Lynne Hock
Lynne.hock@yahoo.com

Card Club

Nancy Kindness
Nankindness@gmail.com

**Christian Fellowship
and Bible Study**

Judy Riley
Sriley0424@outlook.com

Day Trippers Club

Kathy Johns
Kat52554@aol.com

Euchre Club

Greg Ewing
Ewing2714@gmail.com

Five Wishes Club

Joyce Simard
Joycesimard@earthlink.net

Golf Cart Club

Beth Ewing
Gbewing14@gmail.com

Jewish Culture Club

Marcia Braff
Mgbraff@comcast.net
Susan Chandler
Susanchaya@verizon.net

Ladies' Club

Stacey Szymcak
Sszym1123gmail.com

Learn Spanish Club

Dave Paluch
Dave3096@yahoo.com

Mah Jongg Club

Gwyn Gordon
Perftrip@aol.com

Painting Club

Inger Ames
Ingerames@yahoo.com

Photography 101 Club

Tony Lesko
Tlesko1960@gmail.com

**Intermediate/Advanced
Photography Club**

Dave Paluch
Dave3096@yahoo.com

Pinochle Club

Nancy Kindness
Nankindness@gmail.com

Pottery Club

Ralph Belcher
Merkinrbw@tampabay.rr.com

Robin Hoods Club

Anthony Lesko
Tlesko1950@gmail.com

ROMEO Club

(Retired Old Men Eating Out)

Kevin Troio
Ktroio@gmail.com

Stitch Away Club

Judy Walker
Needlewoman2668@comcast.net

Texas Hold'em Club

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

Veterans Group

Tom Lauterback
Tkl60123@me.com

Villa People Club

Anthony Lesko
Tlesko1950@gmail.com

Vintage People Club

Annie Wilkey
Wilkeys4@outlook.com

Women's Book Club

Lee Lathbury
Leelathbury@gmail.com