

RIVERLAND

PLAYBOOK

FRESH FLAVORS, FRESH START

RiverFresh Café
Opens its Doors

CREATIVITY IN FULL BLOOM

Pottery, Mosaics & More
at the Arts & Culture Center

LIVING WELL, FEELING GOOD

A New Season of Fitness,
Sports, Fun & Connection

VOICES THAT MOVE US

Meet the Chorus
Spreading Joy
through Song

VOLUME 8 • Spring 2025





CONTENTS

2 Messages from Your Directors

3 Riverland Highlights

5 Interest Groups and Clubs



24 Season Events Preview

RIVERLAND DIRECTORY

VALENCIA WALK SALES CENTER

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

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

Office Hours: Open Daily: 9 am - 5 pm

VALENCIA WALK CLUB HOUSE

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

VALENCIA GROVE CLUB HOUSE

12827 SW Brookside Falls Way
Port Saint Lucie FL. 34987
Phone number 772-212-8206

VALENCIA CAY CLUB HOUSE

11251 SW Winding Ridge Rd.
Port Sair Lucie FL. 34987
Phone Number 772-882-4950

RIVERLAND ARTS & CULTURE CENTER

12067 SW Community Boulevard
(772) 242-9473

Office Hours:

Monday - Saturday: 9 am - 5 pm

Creativity Hub Hours:

7 am - 8 pm | 7 days a week

RIVERLAND INFORMATION OFFICE

Lifestyle Assistant
lifestyle@riverlandcai.com | (772) 271-7272

Shawn Steele, Lifestyle Manager
lifestylemanager@riverlandcai.com
(772) 226-9000

RIVERLAND SPORTS & RACQUET CLUB

12001 SW Riverland Boulevard
(772)-348-4561

Pro Shop Hours:

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

Court Hours:

7 am - 11 pm | 7 days a week

RIVERLAND WELLNESS & FITNESS CENTER

12001 SW Riverland Boulevard
(772) 200-2773

Office Hours:

Open Daily: 8 am - 6 pm

Fitness Center:

24 hours a day | 7 days a week

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

A LETTER FROM THE LIFESTYLE DIRECTOR



Tere Muñiz
Lifestyle Director

A Fresh New Chapter at the Riverland Wellness & Fitness Center

There's something electric in the air here at Riverland – a renewed sense of energy and excitement that's impossible to miss. It's not just the sunshine or the laughter echoing from the pickleball courts; there's a fresh spark in the heart of Riverland, and it's coming straight from the Wellness & Fitness Center.

I'm thrilled to officially welcome **Athenia and Uroy Williams**, the dynamic duo now leading the charge at the **Riverland Wellness & Fitness Center**. With their combined passion, expertise, and infectious enthusiasm, Uroy and Athenia are more than just fitness professionals – they're motivators, educators, and partners in helping each of us live our best, healthiest lives.

Many of you have already had the pleasure of meeting them – if you haven't, stop by the gym and say hello. Their energy is truly contagious! With backgrounds in fitness coaching, entertainment and customer service, the Williamses bring a fresh perspective and a whole lot of heart to our community.

What's Coming Up: Culture, Art and Community

As always, Riverland is buzzing with activity – and spring is

delivering a calendar full of culture, creativity, and community fun. We've got an incredible lineup of activities to help you feel inspired, connected, and vibrant.

World Art Day is just around the corner, and we're pulling out all the stops to celebrate creativity and culture. Expect a colorful celebration featuring amazing entertainment, live demonstrations, and hands-on experiences that will ignite your inner muse.

Green Market Extended Through June!

Due to its popularity this season, we're delighted to announce that the Riverland Green Market is being extended through June! It's been a joy to watch residents shop for fresh produce, connect with local vendors, and discover eco-conscious products each month. It's the perfect way to shop local, eat well, and meet the makers behind the goods.

And let's not forget the daily joys of the **Riverland Lifestyle** – from early yoga sessions and nature walk on the Paseo to themed socials and live music under the stars. Our community thrives!

So, here's to a season of discovery, connection, and celebration. I can't wait to see you at an event, in a class, or just out and about, living your best Riverland life!

With enthusiasm and gratitude,

Tere Muñiz, Riverland Lifestyle Director

E: tere.muniz@glhomes.com | P: 772-226.9000

A MESSAGE FROM YOUR BOARD OF DIRECTORS

The RiverFresh Café, Riverland's first restaurant focused on providing healthier meal options, grab and go snacks, smoothies, and an array of coffee options opened for business in March. We are thrilled to report that the response from the residents has been overwhelmingly positive. The RiverFresh Café has become the perfect place to meet with friends over coffee, grab a post workout refresher, or connect with residents from around the community while relaxing on the spacious open patio.

Moving just south of the RiverFresh Café, excitement is building as the Group Fitness Studio Hub is starting to take shape. The 12,000 sq. ft. fitness expansion will feature five state-of-the-art group fitness studios. The Group Fitness Studio Hub will include five dedicated studios for group classes, featuring Yoga and dance fitness, Pilates with Reformers, Spinning, Cross Training, and Bungee Fitness. The Spinning and Cross Training studios will also serve for multi-purpose use. When finished the Wellness & Fitness Center will encompass an impressive 51,000-square-foot center fully dedicated to the health and well-being of all Riverland Residents.

Sales are off to a great start in 2025 as the community approaches 3,700 homes sold! Sales efforts have been primarily focused within Valencia Parc and the few remaining homesites in Valencia Grove and Valencia Walk. We expect to see strong sales within Riverland as the community continues to grow and more and more future homeowner's discover the incredible lifestyle offered in the community.

The total homes closed in Riverland has reached over 3,100 homes closed. We are very happy to include the first closing in Valencia Parc in these totals, which occurred earlier this year. It has been great seeing residents from all neighborhoods using the amenities, and we want to congratulate those who have closed since our last publication and thank you for your support.

Sincerely,

Your Board of Directors
Riverland Community Association, Inc.

THE VOICES OF VALENCIA: SPREADING JOY THROUGH SONG

The Voices of Valencia was founded by Marlene Weiss four years ago. As a resident of Valencia Cay, Marlene formed the chorus with a small group of neighbors who shared her love of singing.

Marlene had been part of various choruses since moving to Florida in 1994. These choruses not only performed in their communities but also visited nursing homes and assisted living facilities. During one of these visits, she noticed a woman sitting in a wheelchair with her head down. When the chorus began to sing, the woman lifted her head and started singing along. Her caretaker, astonished, said, "I've taken care of her for two years, and this is the first time I've heard her utter a word!" That moment solidified Marlene's calling – to bring music to those who could benefit from it, even if just for a little while.

The Voices of Valencia was created with this mission in mind. The chorus performs in nursing homes, assisted living facilities, and their own community. Over the years,



they have grown from just five members to 24. Marlene welcomes all who love music – no auditions required – just a commitment to rehearsals and a passion for singing.

As interest spread, residents from other Valencia communities wanted to join, and the chorus became an official Riverland club. Singing brings a sense of well-being, and music has the power to lift spirits. Breath control is an added benefit, but the greatest reward is seeing the joy on people's faces – knowing that, even for a short while, the chorus made a difference.

If you'd like to join this wonderful group, contact Marlene Weiss.

The Voices of Valencia is currently looking for a pianist to accompany them.

RIVER FRESH CAFE OPENING



A LETTER FROM THE
LIFESTYLE MANAGER



Shawn Steele
Lifestyle Manager

Since joining Riverland as the Lifestyle Manager from Valencia Cay in November, I have immensely enjoyed the experience. The warm welcome and engagement from all the communities has been truly wonderful.

I have been hosting bi-weekly classes to show residents the tips, tricks, and ins and outs of the Riverland Lifestyle App. If you need help with the app, whether it's resetting your password or simply needing a tutorial, feel free to reach out to me at Lifestylemanager@riverlandcai.com. I am more than happy to help!

Your feedback and questions are always welcome. Whether you have suggestions or queries, I am here to listen and help. I can direct you to the right person if needed or assist you with any issues that may arise.

Thank you for being such a supportive and vibrant community. I look forward to meeting all of you.

Cheers!

Shawn Steele, Riverland Lifestyle Manager
Lifestylemanager@riverlandcai.com

RIVERLAND APP TRAINING CLASSES

Need help with the Riverland App? Join us at the Arts and Culture Center for a Riverland App tutorial!



MORNINGS

10 am - 12 pm
 April 23
 May 21
 June 25

EVENINGS

4 - 6 pm
 April 11
 May 9
 June 13

RIVERLAND CLUBS

BIRDING CLUB

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

RIVERLAND 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: joesespo31@yahoo.com | 203-887-5684
Neil Halprin: neilpaula@verizon.net | 516-236-4879
Phil Verderosa: Square0374@aol.com | 561-703-8656 (Sundays only)

RIVERLAND BREAST CANCER SUPPORT CLUB

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

RIVERLAND CAR CLUB

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

CAREGIVERS CIRCLE

Email: Riverlandcaregivers@gmail.com

RIVERLAND CORN HOLE CLUB

Date: Tue @ 6 pm | Wed @ 3:30 pm | Fri @ 8:30 am
Joseph Esposito: joesespo31@yahoo.com | 203-887-5684
Neil Halprin: neilpaula@Verizon.net | 516-236-4879

RIVERLAND CYCLING CLUB

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

DIAMOND ART

Date: Every Wednesday 1 - 3 pm
 @ Riverland Arts & Culture Center
Susan Ramirez

RIVERLAND FISHING CLUB

Date: TBD
Joe Oster: josephjudeoster@gmail.com

RIVERLAND GARDEN CLUB

Date: 3rd Monday of the Month | 1 pm
Joann Munro: 561-602-4049
Amy Bridges: 931-698-0063

RIVERLAND GET UP & GO TRAVEL CLUB

Tracey Holland: hollandagain@comcast.net



Quilt Club



Theater Club



Wine Club

GUITAR SONG CIRCLE

Hosted by Ed Arnold: edarnold2@comcast.net

RIVERLAND HEALTHSPAN CLUB

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

**RIVERLAND LAW ENFORCEMENT -
FIRE RESCUE - EMS CLUB**

Date: 4th Saturday of the Month | 10 am - 12 pm Ken
Kerschner: KKerschn@att.net
John Crawford: betzjohn1@gmail.com
Michael Cundle: mcundle@comcast.net

RIVERLAND MIXED BOWLING CLUB

Date: Men's League - Tuesdays | 12:30 pm
Women's League - Thursdays | 12:30 pm
Club Leaders:
Paul Block: pblock80@gmail.com
Mark Greenberg: mg113vcay@aol.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: Phildxin@aol.com

RIVERLAND PING PONG CLUB

Date: Tuesday, Thursday & Saturday | 1 - 3:30 pm
Ed Zitovsky: Zitovsky@gmail.com | 516-633-7780
Location: Indoor Sports Court

RIVERLAND POTTERS CLUB

Date: TBD
Lorin Dibenedetto: lorinbeth@aol.com

RIVERLAND QUILT CLUB

Date: 2nd & 4th Thursday of Each Month
Time: 1 - 4 pm
Pam Jacobsen: Peterpam74.PJ@gmail.com
Sandy Naval: Snaval2@yahoo.com

RIVERLAND RIDERS CLUB

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

RIVERLAND 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

RIVERLAND THEATER CLUB

Date: 1st and 3rd Mondays of Each Month | 7:00-8:30 pm
Location: Arts & Culture Center
Barbara Bleich: bableich@yahoo.com

VOICES OF VALENCIA

Date: Tuesdays | 4 - 6 pm
Marlene Weiss: 561-702-4202

VETERANS CLUB OF RIVERLAND

Date: 2nd Saturday of each month
Club Leader: Kent Hansen: hansen112@aol.com

RIVERLAND VOLLEYBALL CLUB

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

RIVERLAND WINE CLUB

Date: 2nd Thursday of Each Month | 5 - 7 pm
Mike Hoppes: bell.company@att.net
Location: Arts & Culture Center

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.



Kelly Tiger
Arts & Culture Director
artsdirector@riverlandcai.com

A NOTE FROM THE ARTS & CULTURE CENTER

MEET THE REST OF THE ARTS & CULTURE TEAM!

Hello Riverland!

I am thrilled to be a part of Riverland Arts and Culture Center. I was raised in San Antonio, Texas and moved to Virginia in 2009 before settling in Florida three years ago. I have absolutely fallen in love with the vibrant culture and lifestyle. I am a dedicated professional with a passion for event planning and community engagement.

With 23 years of experience in the hospitality industry, I have built a strong foundation in creating exceptional experiences for others. Before joining the team at the Arts and Culture Center I was an Event Coordinator at The Pickleball Club in Port St. Lucie West. I successfully organized events that brought people together and fostered a sense of community.

12067 SW Community Blvd.
(772) 242-9473
www.riverlandapp.com

Office Hours:

Monday - Saturday: 9 am - 5 pm

Creativity Hub Hours:

7 am - 8 pm | 7 days a week



I am excited to bring my organizational expertise and creative energy to my new role at the Arts and Culture Center. I look forward to contributing to the dynamic cultural scene and continuing my passion for making a positive impact through work.

Warm regards,

Christina Haggerty,
Arts & Culture Center Assistant

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) 242-9473 and a staff member will assist.



Hello Riverland!

I'm delighted to be a part of our incredible community and to contribute to the Arts and Culture Center team working as the Front Desk Receptionist. My name is Sandra Graham, I have a background rooted in creating meaningful experiences and

fostering connections through engaging programs and activities.

Before joining the team here, I worked as a Program Administrator for the Martin County Police Athletic League, where

I worked to develop healthy, productive leaders of the future. I'm passionate about creating opportunities for everyone to explore new interests, express their creativity, and connect with others.

Since coming on board, I've had the pleasure of meeting many of you and am continually inspired by the vibrant energy and enthusiasm in this community. I can't wait to hear your thoughts and ideas about how we can continue to grow and enrich the experiences we offer.

Thank you for making me feel so welcome – I'm excited to see what we can create together!

Sandra Graham, Art & Culture Center Receptionist

ARTBEAT SPOTLIGHT



Asia Westbrook
MOSAIC INSTRUCTOR

Asia created her first mosaic in a studio art class in high school and was immediately hooked. The project for the class involved cutting tiles, but since it was hard to cut and there was a limited option of colors available Asia began to

teach herself how to use stained glass. After her second glass mosaic, her art teacher gave her free rein to continue creating mosaics during class and afterwards gave her the tools she would need to continue after the class ended.

It remained an enjoyable hobby for her until she met Mosaic Studio owner Diane Concepcion, who took her under her wing and allowed her to nurture her talent by not just creating art but teaching others as well. Asia found a true passion in teaching how to create mosaics, because she believed it was a healthy



outlet for everyday stress, and it was a new fun skill that could be learned with a little practice. Asia worked with Diane in her studio for about five years, and then the two became business partners for about a year, during which time Asia found another use for her love of animals and began to create pet portrait mosaics.

Asia then left Florida and moved to North Carolina, where she taught mosaic classes and worked on commissions for about three years before moving back to South Florida. Now she has a small studio in her home where she works on commissioned artwork, primarily pet portraits.

In addition to the commissioned work, she travels to do classes, both privately and in various communities all along the treasure coast, and has been teaching at Riverland for a little over a year. It has now been almost 15 years since Asia started teaching classes, and she hopes to be able to reopen a studio for private classes and open a studio in the future.



CLASSES AT THE CREATIVITY HUB

Register at www.riverlandcai.com/classes

OPEN ART STUDIO

WITH ROSE DIEM, FINE ARTS INSTRUCTOR

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.

MIXED MEDIA

WITH ROSE DIEM, FINE ARTS INSTRUCTOR

Wednesdays | 12:30 - 3 pm

PAINT THE MASTERS

WITH ROSE DIEM, FINE ARTS INSTRUCTOR

Sip & Paint along with Rose to replicate a masterpiece.

Saturday, April 26 | 4 pm | Picasso

Saturday, May 17 | 4 pm | Salvatore Dali

Saturday, June 14 | 4 pm | Winslow Homer

MOSAICS ART WITH ASIA WETSBROOK OF FRACTURED BRILLIANCE

Glass on Glass Dragonfly & Lotus: Saturday, April 5 | 1 pm

Sunflower Paver: Friday, April 11 | 1 pm

Beaded Bumblebee Pendant: Saturday, May 10 | 1 pm

Rose Suncatcher: Friday, May 16 | 1 pm

Glass on Glass Heron: Friday, June 6 | 1 pm

Pineapple Paver: Saturday, June 21 | 1 pm

PAINTED GLASS & SIP 'N PAINT CLASSES WITH RITA THE ARTISTA

Let's Flamingle Glasses Friday, April 4 | 4 pm

Just Chillin' Paint 'N Sip Friday, April 18 | 4 pm

POUR PAINTING WITH ROBIN MARSHALL

Double Set of Flowers: Wednesday, April 9 | 11 am

Butterfly with Paper: Wednesday, May 7 | 11 am

Black Hole: Wednesday, June 11 | 11 am

SOUND BATH MEDITATION

WITH DENISE CARRARO

Every Other Monday | 6 pm

April 14 | April 28

May 12 | May 26

June 9 | June 23

NOW ON FRIDAYS TOO! Friday, April 28 & May 30

LEARN TO CREATE A COLLAGE

WITH ROSE DIEM

Thursdays | 10 am - 12 pm

April 3, 10, 17, 24 | May 1, 8, 15, 22 & 29

June 5, 12, 19 & 26

INTRODUCTION TO DRAWING

WITH ROSE DIEM

Tuesdays | 10 am - 12 pm

April 8, 15, 22, 29 | May 6, 13, 20 & 27

June 3, 10, 17 & 24

For more information and to register for classes, visit the Riverland Lifestyle App.

Class schedules are subject to change. With new programs, classes, workshops, and lectures being added all the time, be sure to stay connected for all the latest info.



2025 World Art Day

JOIN US FOR A DAY OF EXCITEMENT!

Culinary Demonstrations
Art Walk • Live Music
BLOOM Garden Tours
& So much more!



DON'T MISS OUT ON THIS AMAZING EVENT! • April 25 • 11 am - 4 pm • FREE

ARTS & CULTURE



EMPTY BOWLS PROJECT IS BACK!

The “**Empty Bowls Project**” is coming back to Riverland for the second year and our residents will be crafting bowls for this wonderfully creative fundraiser.

We can't wait to see all the amazing bowls our talented potters will be turning out! If you are interested in participating with this great fundraising adventure, please reach out to the Arts & Culture Center!



POTTERY AT RIVERLAND

POTTERY CLASSES

WITH THE RIVERLAND POTTER'S CLUB

INTRO TO POTTERY AND ORIENTATION

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.

Thursday, April 3 | 9 am-12 pm

Thursday, May 8 | 9 am-12 pm

Wednesday, June 11 | 9 am - 12 pm

BEGINNER POTTERY

Residents please make sure you have taken the Intro to Pottery. Bring your own tools and supply your own clay. When arriving for a below class, please bring your clay rolled out to 12 X 12 X 3/8 inch.

Make a Mug:

Wednesday, April 9 | 9 am - 12 pm

Wednesday, May 21 | 9 am - 12 pm

Make a Bowl: Wednesday, June 11 | 1 - 4 pm

INTERMEDIATE CLASS WITH BRENDA DONOVAN

BOHO Wall Art: Tuesday, April 8 | 9 am - 12 pm

BOHO Plate Glazing: (must have taken first class)

Tuesday, May 6 | 9 am - 12 pm

ADVANCED CLASS

WITH SHARON POLLICK

Handbag Cookie Jar

Thursday, May 22 | 8:30 am – 12:30 pm

Friday, May 23 | 9 – 10:30 am



POTTERY WHEEL 101 Beginner's Guide to Throwing

May 12 | 3-6 pm (4 Mondays in a row)

June 9 | 3-6 pm (4 Mondays in a row)

MENTOR MONDAYS

Limited to 12 residents

9 am - 12 Noon

April 7, 14, 21 & 28 | May 5, 12, 19 & 26 | June 2, 9, 16, 23 & 30

MASTER CLASS COMING SOON WITH NANCY BLAIR!

For more information about the Pottery Studio, please visit the Riverland App

CULINARY FOCUS: Fallon's Eclectic Treatz

Hi Riverland Residents!

Welcome **Fallon** of Fallon's Eclectic Treatz. We are excited to welcome Fallon to the Arts & Culture Center family. Fallon is a dedicated mother of two daughters with a passion for baking by making their birthday cakes, turning what began as a heartfelt gesture into a skill that continues to bring joy to her family and friends. Fallon's creativity and love for baking shine through in every dessert she creates, making each one a sweet expression of her dedication and care.



WELCOME TO OUR CULINARY CLASSES

Join us at our culinary studio for a fun and interactive experience! Our diverse range of classes, led by chefs with unique personalities and expertise, ensures there's something for everyone. 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.

Try us out, no need to arrive early, just 15 minutes early and remember cancellations must be made at least 48 hours before the class, as we purchase ingredients based on the class attendance.

Visit the Riverlandapp to register for classes and to stay up to date with the most current schedule.



CULINARY ARTS

APRIL CLASSES

Steak Au Poivre with Wild Mushrooms in Madeira Sauce

Tuesday, April 1 | 4pm | Chef Robin

Learn to Make Cinnamon Rolls

Wednesday, April 2 | 12pm | Fallon's Eclectic Treatz

Cocktails Around the World: The Caipirinha

Wednesday, April 2 | 4pm | Sidecar University

Classic French Pastry

Thursday, April 3 | 4pm | Chef Deedra

Lobster & Shrimp Risotto

Friday, April 4 | 4pm | Chef Robin

Learn to Make Lemon Bars

Wednesday, April 2 | 12pm | Fallon's Eclectic Treatz

Seasonal Farm Feast

Monday, April 7 | 4pm | Chef Deedra

Pistachio Crusted Lamb Chops

Tuesday, April 8 | 4pm | Chef Robin

Learn to Make Carrot Cake Muffins

Wednesday, April 9 | 12 pm | Fallon's Eclectic Treatz

Asian Dumpling Workshop

Thursday, April 10 | 4 pm | Chef Deedra

Crepe Night - Seafood Stuffed Crepes

Friday, April 11 | 4 pm | Chef Robin

Learn to Make Southern Peach Cobbler

Monday, April 14 | 12 pm | Fallon's Eclectic Treatz

Plant Based Gourmet

Monday, April 14 | 4 pm | Chef Deedra

Prosciutto Wrapped Fish with

Tomato Caper Butter Sauce

Tuesday, April 15 | 4 pm | Chef Robin

Learn to Make Focaccia Bread

Wednesday, April 16 | 12 pm | Fallon's Eclectic Treatz

Filet Mignon w Mushrooms & Truffle Oil

Demi Glaze

Wednesday, April 16 | 4 pm | Chef Deedra

Cocktails Around the World: The Negroni

Wednesday, April 16 | 4 pm | Sidecar

Luxury Seafood Dinner

Thursday, April 17 | 4 pm | Chef Deedra

Learn to Make Key Lime Cookie Cups

Monday, April 21 | 12 pm | Fallon's Eclectic Treatz

Elegant Parisian Dinner

Monday, April 21 | 4 pm | Chef Deedra

Veal Marsala with Pasta

Tuesday, April 22 | 4 pm | Chef Robin

Learn to Make Coconut Macaroons

Monday, April 23 | 12 pm | Fallon's Eclectic Treatz

Middle Eastern Flavors

Thursday, April 24 | 4 pm | Chef Deedra

Apricot Glazed Cornish Hens

Tuesday, April 25 | 4 pm | Chef Robin

Ultimate Sushi Workshop

Monday, April 28 | 4 pm | Chef Deedra

Learn to Make Fruit Tart Pizza

Monday, April 28 | 12 pm | Fallon's Eclectic Treatz

Sauteed Snapper with Crab Meat Yvonne

Tuesday, April 29 | 4 pm | Chef Robin

Learn to Make Cherry Almond Clafoutis

Monday, April 30 | 12 pm | Fallon's Eclectic Treatz

Cocktails Around the World: The Margarita

Wednesday, April 30 | 4 pm | Sidecar

Scandinavian Comfort

Wednesday, April 30 | 4 pm | Chef Deedra

MAY CLASSES

Lobster Bolognese

Friday, May 2 | 4 pm | Chef Robin

Learn to Make Churros with Chocolate Sauce

Monday, May 5 | 12 pm | Fallon's Eclectic Treatz

Pan Seared New York Strips

Tuesday, May 6 | 4 pm | Chef Robin

Learn to Make Salted Caramel Brownie Bites

Wednesday, May 7 | 12 pm | Fallon's Eclectic Treatz

Italian Truffle Experience

Wednesday, May 7 | 4 pm | Chef Deedra

Soft Shell Crabs Picatta

Friday, May 9 | 4 pm | Chef Robin

Learn to Make Banana Pudding Bites

Monday, May 12 | 12 pm | Fallon's Eclectic Treatz

Italian Truffle Experience

Monday, May 12 | 4 pm | Chef Deedra

Cioppino with Fennel

Tuesday, May 13 | 4 pm | Chef Robin

Learn to Make Mini Pavlova

Wednesday, May 14 | 12 pm | Fallon's Eclectic Treatz

South American Grill

Wednesday, May 14 | 4 pm | Chef Deedra

Cocktails Around the World: The Dawa Cocktail

Wednesday, May 14 | 4 pm | Sidecar

Beef Bourguignon

Friday, May 16 | 4 pm | Chef Robin

Learn to Make No Bake Chocolate Oatmeal Cookies

Monday, May 19 | 12 pm | Fallon's Eclectic Treatz

Modern Italian Elegance

Monday, May 19 | 4 pm | Chef Deedra

Fried Oysters with Remoulade

Tuesday, May 20 | 4 pm | Chef Robin

Learn to Make Honey Beer Bread

Wednesday, May 21 | 12 pm | Fallon's Eclectic Treatz

Luxury French Brunch

Wednesday, May 21 | 4 pm | Chef Deedra

Braised Brisket Tacos and Carnitas Tacos

Friday, May 23 | 4 pm | Chef Robin

Modern Korean BBQ

Monday, May 26 | 4 pm | Chef Deedra

Roasted Soy Citrus Sea Bass

Tuesday, May 27 | 4 pm | Chef Robin

Learn to Make Apple Cinnamon Muffins

Wednesday, May 28 | 12 pm | Fallon's Eclectic Treatz

Cocktails Around the World: The Mojito

Wednesday, May 14 | 4 pm | Sidecar

Luxurious Pasta Masterclass

Wednesday, May 28 | 4 pm | Chef Deedra

Pan Seared Duck Breast

Friday, May 30 | 4 pm | Chef Robin

JUNE CLASSES

Exotic African Flavors

Monday, June 2 | 4 pm | Chef Deedra

Seafood Stuffed Eggplant Pirogue

Tuesday, June 3 | 4 pm | Chef Robin

Rustic French Countryside

Wednesday, June 4 | 4 pm | Chef Deedra

Roasted Tenderloin of Beef

Friday, June 6 | 4 pm | Chef Robin

Argentinian Asado Experience

Monday, June 9 | 4 pm | Chef Deedra

Lobster Rolls

Tuesday, June 10 | 4 pm | Chef Robin

Cocktails Around the World: The Pisco Sour

Wednesday, June 11 | 4 pm | Sidecar

Spanish Seafood Paella

Wednesday, June 11 | 4pm | Chef Deedra

Beef Braciolo

Friday, June 13 | 4 pm | Chef Robin

Asian Dumpling and Noodles Night

Monday, June 16 | 4 pm | Chef Deedra

Paella

Tuesday, June 17 | 4pm | Chef Robin

Luxury Italian Seafood

Wednesday, June 18 | 4 pm | Chef Deedra

Braised Beef Short Ribs Ragù

Friday, June 20 | 4 pm | Chef Robin

Sustainable Seafood Dinner

Monday, June 23 | 4 pm | Chef Deedra

Seafood Stuffed Jumbo Shrimp

Tuesday, June 24 | 4 pm | Chef Robin

Mexican Gourmet Tacos

Wednesday, June 25 | 4 pm | Chef Deedra

Sweet Potato Crusted Fish

Thursday, June 26 | 4 pm | Chef Robin

Lobster Thermidor

Friday, June 27 | 4 pm | Chef Robin

South Indian Vegetarian Feast

Monday, June 30 | 4 pm | Chef Deedra

**Wine is complimentary with some menus. See course description for details. Schedule is subject to change.*



Paul Palermo, Sports Director
sportsdirector@riverlandcai.com



Courtney Palermo, Pro Shop
 Manager proshop@riverlandcai.com

A MESSAGE FROM THE SPORTS DIRECTORS

Hello Riverland residents!

If you are new to Riverland, Welcome to the neighborhood! We are Courtney and Paul Palermo and we facilitate all the fun programs within the Sports and Racquet Club! We have been at Riverland for almost 2 years now (Riverland anniversary in May) and are so thankful for the opportunity to make your neighborhood the best place to live. A little about us, we both were instructors of pickleball and ran programs in communities in Southwest Florida. We lived in Fort Myers prior to moving here for the job at Riverland in May of 2023. We met playing pickleball almost 8 years ago and we are thrilled to be new parents having just welcomed our 1st baby in February.

Here's what to know about our program, we have something for everyone:

Play Bocce? We can help you join the bocce club or form a team to compete in the Riverland Bocce League!

Are you a Pickleball enthusiast? We run 3 large tournaments per year, 1 is a team event called Major League Pickleball (MLP) and several smaller tournaments. Fun social round robins that enable you to meet other pickleball players, multi-week leagues, instruction and more!

Love for Tennis? Along with the many clinics we offer to improve or gain new tennis skills, we have social events throughout the season, many of our tennis players compete on 1 or 2 league teams that travel to other communities. Need a racquet or restring? We can provide both!

Pro Shop - Our team can help you get involved, get the right equipment and guide you towards having the best time in your community we possibly can! We carry paddles, tennis racquets, proper court shoes and attire and gifts items for holidays and birthdays!

We hope to see you out on the courts soon!

Paul & Courtney Palermo

12001 SW Riverland Blvd.
 Port St. Lucie, FL 34987
 (772)-348-4561
Proshop@riverlandcai.com

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



THE COMPETITIVE EDGE - PROS & TIPS



COURTNEY PALERMO | PICKLEBALL

Many of you may have heard some myths about who should cover the middle. Probably heard the phrase “forehand takes the middle.” Well, what if your partner is left-handed? Myth BUSTED! A better phrase to use when covering the middle with any partner is, “respect the X.” What this phrase signifies is when the ball

is cross court (diagonal) from where you’re positioned, you should be covering the middle. Ex. I am on the right side of the court (yes with my backhand in the middle) and the ball is on my opponent’s right side of the court, I will cover the middle. Taking this one step further, make sure you always face the ball to be best prepared if it comes to you!



PAUL PALERMO | PICKLEBALL/BOCCE

Experiment

When practicing or playing rec games be sure to add new things to your game. Try new grips, work on shots that you want to add to your game, practice a part of a game that you are struggling with. Don’t be afraid to miss, the best time to do this is when you are drilling (the best way to improve). Go outside your comfort zone and improve each day!



BILL PERRIN | TENNIS

How to play against the pushers or moon ballers. They play their best from back near the baseline, so pull them in. It’s hard to lob from the service line. Use a short angle return of serve, preferably sliced so they have to run in reach and bend. When serving mix in some short serves and slice serves. Secondly, when

you’re at the baseline, receiving a high lob move in and take some of them at your side out of the air (before the bounce) with a volley, especially when the lob is very high and deep, and/or with the wind in your face.



BLAKE CASINO | PICKLEBALL

What is and when to hit an offensive lob in pickleball?

In pickleball, an offensive lob differs from a defensive lob by its flatter trajectory. The goal is to arc the ball just beyond your opponent’s reach, landing it deep in their court. This shot is particularly effective when your opponent is

positioned at the non-volley zone (NVZ) line (“The Kitchen”), forcing them into a difficult backward scramble.

The offensive lob is most successful when your opponent is near the NVZ line, especially if they are leaning forward, anticipating a dink. Similar to a drop shot, your proximity to the NVZ increases your chances of executing this shot effectively. Attempting an offensive lob from further back in the court becomes increasingly challenging. The greater the distance, the more

difficult it is to clear your opponent’s head and keep the ball out of their reach. A longer flight time also gives your opponent more time to react.

Environmental factors also play a significant role. Sun in your opponent’s eyes can significantly hinder their ability to track and return the lob. Wind conditions also impact the shot. Hitting into the wind can provide more control, but requires sufficient power to clear your opponent. Conversely, a tailwind can easily push your lob out of bounds. Always factor in both sun and wind when considering an offensive lob.



RENE SMIT | PICKLEBALL

Keep Your Paddle in the Ready Position!

A simple adjustment that will transform your entire pickleball game is coming back to the ready position and eliminating a lot of extra movements. Many pickleball players will dink the ball and then their paddle will fall to their knees, like they’re carrying a bag.

This creates a lot of unnecessary movement, because you’re constantly going: paddle down, paddle up, paddle down, paddle up. That’s very inefficient. You will want to think about creating efficiency on the court and eliminating extra movement, because that’s going to keep things a lot more consistent. So instead of dropping your pickleball paddle down, focus on having your paddle up in the ready position as soon as you hit the ball. This will help you keep your chest facing forward and keep you more aggressive. You’ll be able to be a lot more offensive, because you already have your paddle in that starting position. If someone hits a speed-up or a high ball, keeping your paddle in the ready position will be a simple adjustment that will help win you points.



MADI GONZALES | PICKLEBALL

Pickleball Tip: Paddle Tip Awareness for Fast Volleys

When engaging in fast volley exchanges at the kitchen line, it’s crucial to recognize your coverage responsibility – the line, body, or middle of the court.

A great way to do this is by slightly following the ball with the tip of your paddle while maintaining a neutral position. This subtle movement helps you quickly identify whether to cover the line with your forehand or the middle with your backhand, depending on your court positioning (depending if you’re lefty or righty). It keeps you balanced and ready for fast reactions without overcommitting to one side. Use this technique to improve reaction time and court coverage in high-speed exchanges!



WILL SCHNEIDER | TENNIS/BOCCE

Benefits of Split Stepping

This is applicable for both tennis and pickleball. Mastering the split step allows players to maintain a control recovery and allows the player to react faster to opponents’ shots and to hit the best possible shot based off of both players’ court positions.

WEEKLY CLASS SCHEDULE APRIL/MAY/JUNE

Events and classes listed below take place every week.

Residents have access to classes through the Riverland App.

MONDAY

PB: Madi's Mini Clinic (2.5+)	8:00 am - 9:00 am	\$30
PB: Small Group with Will (3.0+)	5:00 pm - 6:00 pm	\$30
PB: Beginner to Beyond	5:00 pm - 6:00 pm	\$25
PB: Beyond Beginner (2.5-2.9)	6:00 pm - 7:00 pm	\$25

TUESDAY

PB: Master the Kitchen with Paul	9:00 am - 10:00 am	\$30
TN: Drills, Skills & Strategy with Bill (3.0+)	9:30 am - 11:00 am	\$30
PB: Small Group with Will (2.5+)	5:00 pm - 6:00 pm	\$30
TN: Tennis Fundamentals with Bill	6:00 pm - 7:30 pm	\$30

WEDNESDAY

PB: Court's Mini Clinic (3.0)	8:30 am - 9:30 am	\$30
PB: Drill & Play with Rene (3.5+)	8:30 am - 10:00 am	\$30
TN: LIVE BALL with Will (3.5+)	5:00 pm - 6:30 pm	\$30
PB: 101 Beginner Pickleball	6:00 pm - 7:00 pm	\$25

THURSDAY

PB: Drill & Play with Rene (3.5+)	9:00 am - 10:30 am	\$30
PB: Small Group with Will (2.5+)	10:00 am - 11:00 am	\$30
POPTN: POP w/ Will (POP Tennis)	5:00 pm - 6:00 pm	(Weeks 1-3) \$25 (Week 4) FREE

FRIDAY

PB: Drill & Play Skills Assessment (2.5-4.0)	8:30 am - 10:00 am (Last Friday of each month)	\$30
PB: Madi's Mini Clinic (3.0+)	10:00 am - 11:00 am	\$30
TN: Drills, Skills & Strategy w/Bill (3.0+)	10:30 am - 12:00 pm	\$30

SATURDAY

BB: Welcome to Riverland Bocce	9:30 am - 10:00 am (1 st Saturday of each month)	FREE
PB: Welcome to Riverland Pickleball	10:00 am - 11:00 am (1 st Saturday of each month)	FREE

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

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

HOW TO MAKE A PRIVATE LESSON?

You can book a private lesson with any of our instructors by calling the Pro Shop: (772)-348-4561.

SPORTS & RACQUET CLUB



SOCIAL EVENTS AND TOURNAMENTS

APRIL

- 1 Riverland Olympics - Cornhole
- 2 Riverland Olympics - Tennis & Pickleball
- 3 Riverland Olympics - Bocce
- 26 Spring Picklepalooza Social
- TBD Bocce Battle of the Clubs



MAY

- 3-4 Cinco De Pickle Tournament
- 15 Bocce & Beers
- 22 POP & Pizza (POP Tennis)



JUNE

- 5 Show us How You Roll Bocce Tournament
- 26 Pre-Wimbledon White Out Social



RESIDENT TESTIMONIAL



Phil & Brenda Verderosa

Phil and Brenda Verderosa are the Sunday night bocce club coordinators. They live in the Walk and dove right in to the Riverland lifestyle putting together a growing

group of bocce enthusiasts, anyone is welcome to join: Sundays from 5-8pm.

“Since we’ve been involved with the Sunday night Bocce group over the past year it’s been a great experience. We’ve met many new friends and neighbors besides having a lot of fun playing Bocce! It’s the type of game that allows socializing as well as competition. We hope it will continue to grow as the communities continue to expand.”



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, check with the pro shop to sign up Open play will be available when courts 9 and 10 are completed. 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: Will 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.



Athenia Williams, Fitness Director
fitnessdirector@riverlandcai.com



Uroy Williams, Assistant Fitness Director
fitnessmanager@riverlandcai.com

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

Office Hours:

Open Daily: 8 am - 6 pm

Fitness Center:

24 hours a day | 7 days a week

Pool Hours:

Open Daily: Dawn to Dusk

UPDATE FROM THE
FITNESS DIRECTOR

Hello Riverland Residents,

We are overwhelmed with joy from the love you all have shown us, as we have stepped into this new role as your Wellness & Fitness Center Directors. From the high fives, to handshakes, to fist bumps and hugs, we are so grateful to be a part of this amazing community.

As the flowers bloom and the days grow brighter, Spring 2025 welcomes you to a season of renewal at the Riverland Wellness & Fitness Center! We believe your health and wellness starts with a single, inspired step – and we’re here to make it unforgettable! From conquering new challenges to celebrating incredible milestones, our community continues to thrive – and it’s all thanks to our exceptional team of fitness and wellness experts, ready to guide you at every level.

Spring is the perfect time to find your rhythm with more than 70+ weekly Group Fitness classes! Whether you’re craving the gentle flow of low-impact sessions, the steady pace of moderate workouts, or the electrifying rush of high-intensity challenges, your perfect class – and your fitness family, awaits you.

Looking to personalize your journey? Our Certified Personal Trainers and Stretch Therapists are here to help you move toward longevity and vitality. Ready for personal training? Kick things off with a Free Fitness Evaluation with one of our Certified Trainers, featuring our cutting-edge InBody 570 Composition Analyzer, where we can create a plan that’s as unique as you are.

You can also refresh and recharge with our world-class massage services. Our Licensed Massage Therapists, with decades of expertise, are ready to melt away tension and elevate your lifestyle with every soothing touch.

Let this spring be your season to flourish. Join us at the Riverland Wellness & Fitness Center, where every stretch, every step, and every smile brings you closer to a healthier, happier you. We can’t wait to see you soon!

Here’s to a spring full of wellness and wonder!

Cheers,

Athenia Williams
Fitness Director

FEATURED TEAM MEMBERS

Jessica Grinnan



Lower Body Blast

Friday 8 am

Stretch

Friday 8 am & 9 am

Glenn Shinn



Bootcamp

Friday 10 am

Full Body Fit

Saturday 10 am

Xavier Burgos



Full Body Fit

Wednesday 10 am

Natalia Paredes-Alvarez



Chair Zumba

Monday 9 am

Aqua Fit (Level 2)

Monday 10 am

Thursday 9 am

Aqua Aerobics

Friday 10 am

Kimberly Chickey



Chair Yoga

Monday 10 am

Tuesday 11 am

Thursday 11 am

Mat Pilates

Monday 11 am & 12 pm

Thursday 10 am

Saturday 10 am & 12 pm

Yoga

Thursday 9 am

Vinyasa Flow Yoga

Saturday 11 am

Kalila Picou-Joseph



Barre

Monday 9 am, Thursday 10 am, Friday 10 am

Full Body Fit

Monday 10 am

Aqua Fit (Level 1)

Wednesday 9 am

Aqua Fit (Strength & Conditioning)

Wednesday 10 am

Low Impact Fit

Thursday 9 am & 11 am

Stretch

Friday 11 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) 200-2773
- Now you can schedule all your classes or services on your phone
- Once you have completed these steps you can also schedule or request services through the riverlandcai.com website



Jennifer Coull

Licensed Massage Therapist #MA73360

Hi there, I'm Jenn! I've been a massage therapist since 2003. Massage is and always has been more than a job for me. I truly enjoy helping people through the gift of massage. After two decades of massaging, I've acquired a great deal of knowledge of the mind-body connection and the incredible healing effects that massage can provide.

For the athletes and workout warriors in the community I specialize in Sports Therapy Massage. In a session with me we'll assess and address any limiting muscle mobility and flexibility. Flexible, breathable muscles are key to a more effective workout and better mobility in any sport. Keeping your muscles healthy can greatly reduce inflammation and injury. For those of you just looking to relax, allow me to put you into a deep state of relaxation during a Relaxation massage. Your body will feel rested and rejuvenated, like you just took a much-needed mini vacation. For everything in-between sports and relaxing, I will combine the best of both worlds in a Therapeutic Massage, using all of my knowledge to create the perfect full body experience.



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.

WEEKLY CLASS SCHEDULE

Events and classes listed below take place every week.

MONDAY

HIIT/High Intensity Interval Training Room 1	8:00 am – 8:45 am
Aqua Dance Pool	9:00 am – 9:45 am
Barre Room 1	9:00 am – 9:45 am
Zumba® Gold Room 2	9:00 am – 9:45 am
Chair Zumba® Indoor Sports Court	9:00 am – 9:45 am
Aqua Fit (Level 2) Pool	10:00 am – 10:45 am
Chair Yoga Indoor Sports Court	10:00 am – 10:45 am
Full Body Fit Room 1	10:00 am – 10:45 am
Yoga Stretch Room 2	10:00 am – 10:45 am
Low Impact Fit Indoor Sports Court	11:00 am – 11:45 am
Stretch & Tone Room 1	11:00 am – 11:45 am
Mat Pilates Room 2	11:00 am – 11:45 am
	12:00 pm – 12:45 pm
Dance Fit Room 1	5:00 pm – 5:45 pm



TUESDAY

Abs 360 Room 1	8:00 am – 8:45 am
Zumba® Toning Room 1	9:00 am – 9:45 am
Step & Sculpt (Level 2) Room 2	9:00 am – 9:45 am
Aqua Fit (Core & Cardio) Pool	10:00 am – 10:45 am
Low Impact Fit Room 1	10:00 am – 10:45 am
Dance Fit Room 2	10:00 am – 10:45 am
Bootcamp Indoor Sports Court	10:00 am – 10:45 am
Tone Up Room 1	11:00 am – 11:45 am
Stretch & Tone Room 2	11:00 am – 11:45 am
Chair Yoga Indoor Sports Court	11:00 am – 11:45 am
STRONG Nation ® Room 2	12:00 pm – 12:45 pm
Yin Yoga Room 2	5:00 pm – 5:45 pm



WEDNESDAY

Aqua Fit (Level 1) Pool	9:00 am – 9:45 am
POUND Rockout. Workout.® Room 2	9:00 am – 9:45 am
Dance Fit Room 1	9:00 am – 9:45 am
Aqua Fit – Strength & Conditioning Pool	10:00 am – 10:45 am
Full Body Fit Indoor Sports Court	10:00 am – 10:45 am
Zumba® Gold Indoor Sports Court	10:00 am – 10:45 am
Stretch Room 2	10:00 am – 10:45 am
Power Hour Room 1	11:00 am – 12:00 pm
Low Impact Fit Indoor Sports Court	11:00 am – 11:45 am
Mat Pilates Room 2	12:00 pm – 12:45 pm
Equipment & Stretch Clinic (monthly)	12:30 pm – 1:30 pm
Aqua Fit Pool	6:00 pm – 6:45 pm
Zumba Room 2	6:00 pm – 6:45 pm



THURSDAY

HIIT Room 2	8:00 am - 8:45 am
Low Impact Fit Room 1	9:00am – 9:45 am
Yoga Room 2	9:00am – 9:45 am
Aqua Fit (Level 2) Pool	9:00 am – 9:45 am
Barre Room 1	10:00 am – 10:45 am
Mat Pilates Room 2	10:00 am – 10:45 am
ISO 60 Room 2	11:00 am – 12:00 pm
Chair Yoga Indoor Sports Court	11:00 am – 11:45 am
Low Impact Fit Room 1	11:00 am – 11:45 am
Yin Yoga Room 2	5:00 pm – 5:45 pm
Aqua Dance Pool	6:00 pm – 6:45 pm

FRIDAY

Lower Body Blast Room 1	8:00 am – 8:45 am
Low Impact Fit Indoor Sports Court	9:00 am – 9:45 am
Zumba® Gold Room 2	9:00 am – 9:45 am
Stretch Room 1	9:00 am – 9:45 am
Bootcamp Indoor Sports Court	10:00 am – 10:45 am
Aqua Aerobics (Level 2) Pool	10:00 am – 10:45 am
Stretch Room 2	10:00 am – 10:45 am
Barre Room 1	10:00 am – 10:45 am
Tone Up Room 2	11:00 am – 11:45 am
Stretch Room 1	11:00 am – 11:45 am

SATURDAY

Aqua Dance Pool	9:00 am – 9:45 am
Full Body Fit Indoor Sports Court	10:00 am – 10:45 am
Mat Pilates Room 2	10:00 am – 10:45 am
Vinyasa Flow Yoga Room 2	11:00 am – 11:45 am
Mat Pilates Room 2	12:00 pm – 12:45 pm

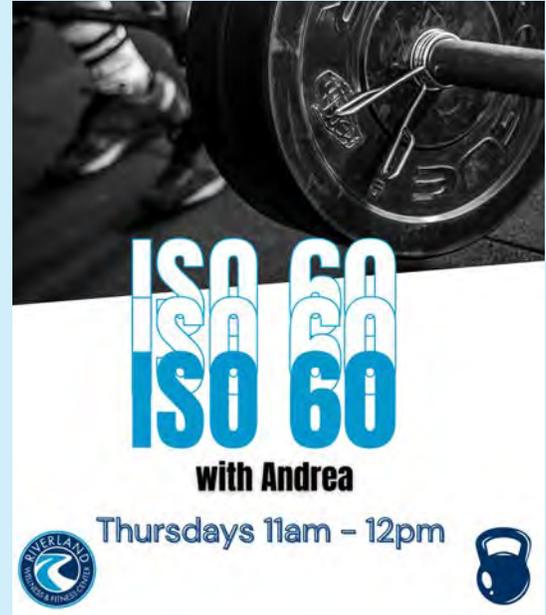
SUNDAY

Aqua Dance Pool	9:00 am – 9:45 am
Yoga Room 2	10:00 am – 10:45 am

HOW TO SCHEDULE CLASSES AND SERVICES AT THE FITNESS CENTER

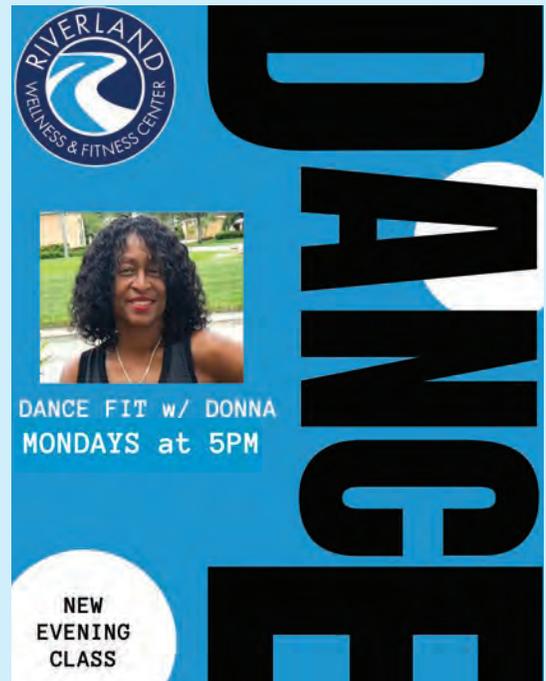
- Download the RiverlandFit App
- Create an account using the email you have on file with the HOA
- Call or stop by the Fitness Center to purchase your services or Group Fitness packages (772) 200-2773
- Now you can schedule all your classes or services on your phone
- Once you have completed these steps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

GROUP FITNESS CLASSES & SERVICES AT THE WELLNESS & FITNESS CENTER



Are you ready to take your fitness to the next level? Dive into our exhilarating one-hour weight training class, designed to transform your strength and physique! This high-intensity workout targets one muscle or muscle group at a time, using progressively increasing resistance to build power and endurance – all within a single plane of motion. With a sharp focus on proper form and expert correction, you'll work with heavier weights and top-notch equipment to push your limits and achieve remarkable results.

CHALLENGE LEVEL: HIGH IMPACT



If you enjoy all genres of music, Dance Fit is for you! This class begins with a warm up of upper and lower body conditioning, followed by intermediate repeating choreography in a series of aerobic dances, to get your body movin' and groovin'. Join the fun in the evening!

CHALLENGE LEVEL: INTERMEDIATE



Pauline Forshee
Dietician

NUTRITION CORNER

Saturday, May 17th
10 am - 11:00 am

**Topic: Everyday Superfoods:
Affordable and Accessible Choices**

Get ready to unlock the secrets of vibrant health with Pauline Forshee, RDN, LDN! Join her for an inspiring seminar where you'll discover how everyday superfoods – think juicy berries, hearty beans, and wholesome oats – can transform your well-being. From strengthening your heart and supercharging digestion to boosting your energy level, super foods provide us with many health benefits.

For more information call (772) 200-2773 or book on the [Riverland Fit App](#).

SIX WEEK TRANSFORMATION

- High Intensity Workouts
- Expert Nutritional Guidance
- Coach Support
- Small Group Atmosphere
- Guaranteed Spot
- Rest Days
- Bi-Weekly Tracking
- Private Community
- Recognition & Celebration
- Affordable Pricing
- Empowerment

Are You Ready for the next S.W.T Challenge?
Join us and learn more!
for more information
call the Front Desk
(772) 200-2773

INBODY



570



Six Week Transformation Challenge!

INDOOR SPORTS COURT

Hello Riverland,
Any hoopers out there?

WE ARE LOOKING TO
FORM A BASKETBALL
TEAM!



CONTACT 772-200-2773
OR SEE FRONT DESK FOR
MORE INFORMATION



DAILY SCHEDULE

- **Line Dancing**

Monday: 6:30 pm - 7:30 pm

- **Basketball Open Court**

Monday: 6:00 am - 7:00 am | 12:00 pm - 6:00 pm
8:00 pm - 10:00 pm

Tuesday: 6:00 am - 7:00 am

Wednesday: 6:00 am - 7:00 am | 1:00 pm - 2:30 pm

Thursday: 6:00 am - 7:00 am | 3:30 pm - 5:30 pm

Friday: 6:00 am - 7:00 am | 1:00 pm - 10:00 pm

Saturday: 6:00 am - 9:00 am | 1:30 pm - 10:00 pm

Sunday: 6:00 am - 10:00 pm



- **Ping Pong Open Table**

Tuesday: 3:30 pm - 5:00 pm

Thursday: 3:30 pm - 5:30 pm

Saturday: 1:30 pm - 5:00 pm

Sunday: 8:00 am - 5:00 pm

- **Ping Pong Club**

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

- **Volleyball Club**

Thursday: 6:00 pm - 8:30 pm

- **Corn Hole Open Play**

Tuesday: 6:00 pm - 8:00 pm

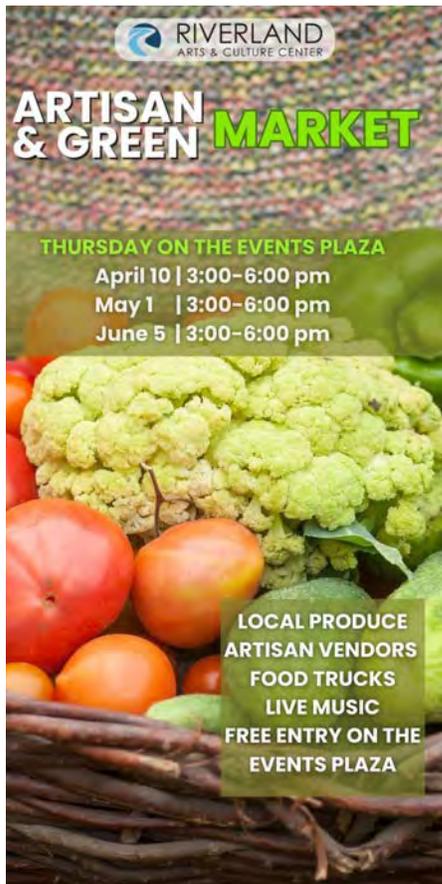
- **Indoor Stick Ball**

Wednesday: 7:00 pm - 10:00 pm

Advertisement for Group Fitness Bootcamp. The background is blue with a silhouette of a person performing a kettlebell swing. The text is in white and yellow. The Riverland Wellness & Fitness Center logo is in the top right corner.

**GROUP FITNESS
BOOTCAMP**

TUESDAYS @ 10:00AM W/ ANDREA
FRIDAYS @ 10:00AM W/GLENN



EVENTS AT-A-GLANCE

April 2025

- 1-3 Riverland Olympics – Sports Complex
- 10 Riverland Green Market – Arts & Culture Center
- 25 World Art Day – Arts & Culture Center
- 26 Eagles Revival – Valencia Grove

May 2025

- 1 Riverland Green Market – Arts & Culture Center
- 10 The Rock Show – Valencia Cay
- 17 Jenene Caramielo – Valencia Grove
- 30 Jackson 5 Tribute – Valencia Walk



June 2025

- 5 Riverland Green Market – Arts & Culture Center
- 27 Studio 54 Band – Valencia Cay
- 29 ChiTown Chicago Tribute – Valencia Walk



October 2025

- 2 Riverland Green Market – Arts & Culture Center
- 11 Breast Cancer Walk – Riverland
- 21 Riverland Connects Block Party – Sports and Racquet Club

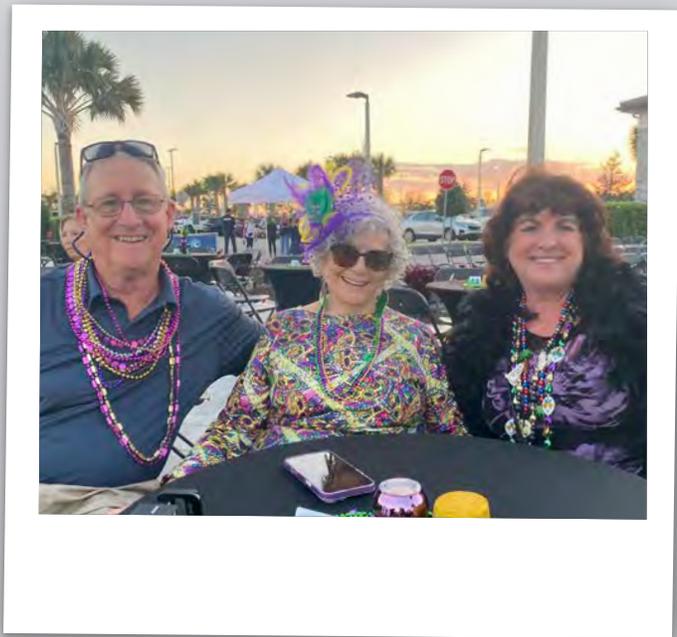
November 2025

- 1 Riverland Fall Festival – Arts & Culture Center
- 6 Riverland Green Market – Arts & Culture Center
- 15 The Edge Effect – Valencia Cay
- 18 Riverland Connects Block Party – Sports and Racquet Club

December 2025

- 4 Riverland Green Market – Arts & Culture Center
- 6 Pops on the Plaza – Arts & Culture Center
- 9 Riverland Holiday Makers Market – Art from the Heart of our Residents
- 12 Sarge – Valencia Walk
- 12-14 Riverland Invitational - Sports & Racquet Club
- 16 Riverland Connects Block Party – Sports and Racquet Club
- 26-30 Riverland Kids' Week







Open Now!

RIVERFRESH CAFÉ

HOURS OF OPERATION

Monday –Saturday: 7:00 am – 3:00 pm

Breakfast: 7:00 am – 11:00 am

Lunch: 11:00 am – 3:00 pm

Closed Sundays

(772) 318-4185

**CHECK OUT
THE MENU**



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 8

Spring 2025

Valencia Cay Show Series



- April 5 Gypsy Lane Band
- May 10 The Rock Show
- May 30 Denim and Diamonds
- June 27 Studio 54 Band

Valencia Grove Show Series



- April 5 Andy Gersh - Mentalist
- April 18 Comedy Night
- April 26 Eagles Revival
- May 9 Comedy Night
- May 17 Jenene Caramielo

Valencia Walk Show Series



- April 4 Landsharks
- May 30 Jackson 5 Tribute "Dancing Machine"
- June 29 ChiTown / Chicago Tribute

Outings and Celebrations



- | | |
|-------------------------------------|------------------------------------------|
| Valencia Cay | Valencia Grove |
| April 9 Hard Rock Bus Trip | April 10 Guest Speaker - Federal Reserve |
| April 19 Easter Egg Hunt | May 29 Guest Speaker - Harry Getov |
| April 25 Glow Party | May 31 Hippie Dance Party |
| May 14 Hard Rock Casino Bus Trip | June 18 Art Show |
| Valencia Walk | Guest Speaker |
| May 26 Memorial Day by the Pool | |
| June 12 Whistle Pig Bourbon Tasting | |

Thirsty Thursday and Sunset Spritzers



Valencia Cay	Valencia Grove	Valencia Walk
April 17	April 29	April 24
May 15	May 20	May 22
June 19	June 19	June 26

Sunday Funday



Valencia Cay	Valencia Grove	Valencia Walk
April 6	April 6	April 6
May 4	May 4	May 4
June 1	Cinco De Mayo June 1	June 8

Singo



Valencia Cay	Valencia Grove	Valencia Walk
April 24	April 23	April 28
June 26	May 28	June 27

Bingo



Valencia Cay	Valencia Grove	Valencia Walk
April 7 & 15	April 2 & 15	April 8
May 5 & 20	May 7 & 15	May 7
June 2 & 17	June 4 & 19	June 5

GROVE

KITCHEN & BAR



Grove Kitchen & Bar
Ph: 772-212-8186

Monday - Closed

Lunch Hours
Tues - Sat: 11 am - 3 pm

Dinner Hours
Tues - Thurs: 5 pm - 8 pm
Sat - Sun: 5 pm - 9 pm

Happy Hour
Tues - Sat: 3 pm - 5 pm

PRIME -772-



Prime 772 at Valencia Walk
Ph: 772-742-5576

Monday - Closed

All Day Menu

Tuesday – Saturday
11:00 am – 8:00 pm

Sunday Brunch
10:00 am – 3:00 pm

Happy hours
Tuesday – Sunday
3:00 pm to 6:00 pm

 **RIVERLAND**

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