

RIVERLAND

PLAYBOOK



STAY CONNECTED

Download the NEW
Riverland App

RIVERLAND 5K

Run, Walk or Roll
for a Cause

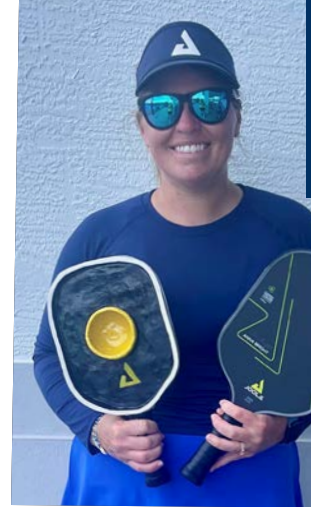
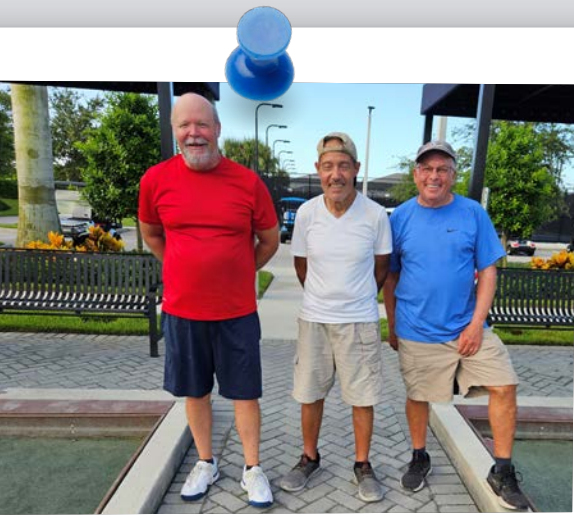
PICKLEBALL INVITATION

Become the Champion
on the Courts

RIVERLAND FALL FESTIVAL

Chili Tasting, Almost Abba Concert
and much more!

VOLUME 6 • Fall 2024



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RIVERLAND DIRECTORY

VALENCIA WALK SALES CENTER

12320 SW Calm Pointe Court
Port St. Lucie, FL 34987
(772) 226-9000 | www.glhomes.com/valenciawalk
Office Hours: Open Daily: 9 am - 5 pm

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 - Friday: 9 am - 5 pm
Saturday: 9 am - 2 pm
Creativity Hub Hours:
7 am - 8 pm | 7 days a week

RIVERLAND INFORMATION OFFICE

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

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

Fall is just around the corner, and I'm thrilled with the exciting lineup of events that will bring us all together to celebrate this vibrant season. From festive gatherings to friendly competitions, we have something for everyone this year!

The Riverland Fall Festival, scheduled for November 2nd, is shaping up to be an unforgettable event, packed with

exciting activities for everyone! In addition to a thrilling concert by Almost Abba, we'll be hosting the Chili Cook-Off to raise funds for the Treasure Coast Food Bank, a fun-filled Cornhole Tournament, and the Empty Bowls Project by our talented Potters Club, with proceeds also benefiting the Treasure Coast Food Bank.

Don't miss the return of the Green Market on October 3rd, offering fresh, local goods, and the Riverland Connects Block Party on October 15th, where you can mix, mingle, and enjoy competing on the courts with your friends and neighbors!

Our 2nd Annual Riverland 5K, scheduled for November 9th will bring our community together for a morning of fun and fitness, all while raising funds for an incredibly important cause – St. Jude Children's Research Hospital. Lace up your sneakers and join your

fellow Riverland residents as we run, walk or roll to support the amazing work St. Jude's does for children and families in need.

Introducing the New Riverland App – Your One-Stop Hub

I'm thrilled to announce the launch of our new Riverland App! This app is designed to keep our community connected and make it easier than ever to access everything Riverland has to offer. Whether you're booking courts, reserving a spot in a class, or staying informed about upcoming events, the Riverland App puts it all at your fingertips.

With just one login, you can reserve courts, sign up for Arts and Culture classes, purchase event tickets, and much more. It's the ultimate tool for staying connected and making the most of life here at Riverland. We're excited about this new level of convenience and connectivity, and we can't wait for you to experience it! Be sure to download the app and explore everything it has to offer.

As always, we're here to make your Riverland experience as enriching and enjoyable as possible. I look forward to seeing you at our upcoming events, the Riverland 5K, and on the new Riverland App!

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

A MESSAGE FROM YOUR
BOARD OF DIRECTORS

As we prepare to welcome back the fall season, we are thrilled to witness the continued growth throughout Riverland! Many of you participated in the grand opening event for the Riverland Paseo Park. It was wonderful to see our residents utilizing the dog park, walking on the multipurpose fields, and taking part in a friendly game of softball. We are confident the park will be a popular destination in Riverland for years to come. The Sport Courts expansion is nearing completion and should be ready for play very soon. The next phase will include 4 additional bocce courts featuring beautiful artificial turf and two additional tennis courts. The RiverFresh Café, Riverlands' first healthy café is well on its way as we work to bring an all-new dining option to the community. We estimate the completion of the RiverFresh Café towards the end of the year. We are also excited to report that the first homes in Valencia Parc have started, and we are quickly seeing this beautiful community take shape.

If that wasn't enough, we are ecstatic to report that construction of the Riverland Town Center is underway.

The Publix-anchored retail and commercial center is located at the corner of Community Blvd and Marshal Pkwy. The first phase, which includes the Publix grocery store has gone vertical and is expected to be completed next year. With all this new growth, we continue to see many new residents that are excited to call Riverland home. Sales have remained strong throughout the year. The total closed homes in Riverland have reached nearly 2,900 homes! We want to congratulate those who have recently closed and hope to see you utilizing these new amenities very soon.

We sincerely thank all our residents for their continued support and belief in the vision of Riverland. We look forward to continuing the tradition of offering the best active adult lifestyle anywhere!

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

EXPERIENCE THE FALL FESTIVAL

A Day of Food, Fun, and Festivities



Get ready for an exciting day at the Riverland Arts and Culture Center on November 2nd, from noon to 5:00 pm, as the Fall Festival promises a perfect blend of activities, mouthwatering food, and top-notch entertainment – exclusively for Riverland residents.

The festivities begin with the highly anticipated Chili Cook-Off. From noon to 2:00 pm, festival-goers can sample an array of creative chili recipes prepared by our talented Riverland residents. This competition isn't just about indulging in delicious food – it's also about giving back. All proceeds from the cook-off will support the Treasure Coast Food Bank, providing much-needed assistance to those in our community. Don't forget to vote for your favorite chili; the winning team will walk away with the coveted trophy!

While you're savoring the chili, make sure to stop by the Empty Bowls Project tent. Here, you can purchase a handcrafted soup mug created by the skilled Riverland Potters. Proceeds from these beautiful mugs will also go to the Treasure Coast Food Bank. As part of the global Empty Bowls Project, this initiative unites artists and communities in the fight against hunger. By participating, the Riverland Potters have joined a worldwide movement that has raised millions to support food-related charities and help end hunger.

Founded in 1988, the Treasure Coast Food Bank is the largest hunger-relief organization in our region, serving Indian River, Martin, St. Lucie, and Okeechobee counties. Their mission is to provide nutritious food and empower self-sufficiency for our neighbors in need.

At 3:00 pm, the energy rises with a live performance by Almost ABBA, the premier ABBA tribute band in the U.S. Prepare to sing and dance along to the timeless hits of this legendary group.

For those looking to bring home some seasonal treats, the Fall Harvest Market offers a carefully curated selection of fresh produce, specialty foods, and baked goods – perfect for your holiday table.

Throughout the day, join the Riverland Wellness & Fitness and Sports & Racquet teams for fun and interactive games. Don't miss the Cornhole Tournament, sponsored by Hulett, where exciting prizes await the winners.

As you explore the festival, enjoy a variety of delicious food and drinks. Hosted by Mike McGann of Legends Radio, this event is a must-attend celebration of the fall season.

The Fall Festival is proudly sponsored by Ace of Carts, Hulett Pest Control, Humana, and Xfinity.



Showtime: 3:00 PM

Almost ABBA, the ultimate tribute band, is set to light up the stage with all your favorite ABBA hits at the Riverland Fall Festival. Don't miss this unforgettable afternoon of music, fun, and pure nostalgia.

BLOOMS COMMUNITY GARDEN

A new season of gardening will soon be upon us!

Fall is the perfect time to get planting in the Blooms Community Garden and there's a new crop of gardeners who were selected by lottery on August 23rd. This season, a fresh group of volunteers has banded together to help mentor the community gardeners so they can see their gardens thrive in the Florida growing season.

Special thanks to our new Master Gardeners and Mentor Volunteers who have raised their hands to help!

Candace Osias is the Master Gardener Volunteer – Valencia Cay
Judy Bailey, Mentor Master Gardener Volunteer – Valencia Walk
John Solensky, Mentor Volunteer – Valencia Cay
MB Hague, Mentor Volunteer – Valencia Walk
Sandy Bradley, Mentor Volunteer – Valencia Grove
Tish Reyes, Mentor Volunteer – Valencia Grove



Blooms Community Garden Sunflower
by Lori Rutsky



RIVERLAND PASEO PARK OPENED ON JULY 30TH

... And the DOGS love it!



RIVERLAND BOCCE CLUB

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

RIVERLAND BOWLING

Men's League: Tuesdays | 12:30 pm
Mixed League: Thursdays | 12:30 pm
Location: Off Site

RIVERLAND BREAST CANCER SUPPORT CLUB

Meeting Date: TBD
Patricia Ro enbacher: Riverland.BCSC@gmail.com
Location: Arts & Culture Center

RIVERLAND CAR CLUB

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

RIVERLAND CORN HOLE CLUB

Meeting Date: Fridays | 8:00 am & Tuesdays | 6:00 pm
Joseph Esposito: joseespo31@yahoo.com
 203-887-5684

RIVERLAND CYCLING CLUB

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

RIVERLAND FISHING CLUB

Meeting Date: TBD
Walter Laurel: VGfishingclub@gmail.com
Location: Off Site

RIVERLAND GARDEN CLUB

Meeting Date: 3rd Monday of the Month | 1:00 pm
Joann Munro: 561-602-4049
Amy Bridges: 931-698-0063

RIVERLAND GET UP & GO TRAVEL CLUB

Meeting Date: Last Mondays of Each Month | 6:00-8:00 pm
Tracey Holland: hollandagain@comcast.net

RIVERLAND LAW ENFORCEMENT OFFICERS & FIREFIGHTERS/EMS CLUB

Meeting Date: 4th Saturday of the Month | 10:00 am-12:00 pm
Ken Kerschner: KKerschn@att.net
John Crawford: betzjohn1@gmail.com
Michael Cundle: mcundle@comcast.net

PHOTOGRAPHY CLUB OF RIVERLAND

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

RIVERLAND PING PONG CLUB

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

RIVERLAND POTTERS CLUB

Meeting Date: TBD
Lorin Dibenedetto: lorinbe @aol.com

RIVERLAND QUILT CLUB

Meeting Date: 2nd & 4th Thursday of Each Month
Time: 1:00-4:00 pm
Pam Jacobsen: Peterpam74.PJ@gmail.com
Sandy Naval: Snaval2@yahoo.com

RIVERLAND RIDERS CLUB

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

RIVERLAND THEATER CLUB

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

VETERANS CLUB OF RIVERLAND

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

VOICES OF VALENCIA

Meeting Dates: Tuesdays | 4:00-6:00 pm
Marlene Weiss: 561-702-4202

RIVERLAND VOLLYBALL CLUB

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

RIVERLAND WINE CLUB

Meeting Date: 3rd Thursday of Each Month | 5:00-7:30 pm
Mike Hoppes: bell.company@att.net
Location: Arts & Culture Center

INTERESTED IN STARTING A CLUB? Email lifestyle@riverlandcai.com and request an application.

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



Katie Ryan
Arts Assistant
artsassistant@riverlandcai.com

A NOTE FROM THE ARTS & CULTURE CENTER

Dear Riverland Community,

As we embrace the season of fall, we are reminded of the warmth and togetherness that this time of year brings. It is a time to pause and reflect on the moments that matter most, cherishing the connections we have with those around us. With the holidays approaching, it's a wonderful opportunity to create new memories and celebrate the bonds we share with loved ones.

At the Riverland Arts and Culture Center, we are excited to offer a wide range of classes, workshops, and events designed to inspire creativity and bring joy to this special time of year. Our offerings include engaging art projects, creative workshops, and festive holiday activities that are thoughtfully crafted to enrich your experience and help you make the most of the season. Whether you're exploring new artistic techniques or preparing for seasonal festivities, there's something for everyone to enjoy.

We encourage you to participate in our upcoming programs and events, which are designed to foster creativity, community, and connection. Your involvement not only supports our mission but also adds a personal touch to your fall experience. Join us in celebrating this vibrant season and make the most of these enriching opportunities.

As we look forward to the celebrations and connections that lie ahead, let this fall be a time of creativity, community, and most of all, gratitude. Wishing you a season filled with inspiration, joy, and meaningful moments.

With autumnal cheer,

Your Arts & Culture Team

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

Office Hours:

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

Creativity Hub Hours:

7 am - 8 pm | 7 days a week

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.

ARTBEAT SPOTLIGHT



Rose Diem's artistic journey has taken her from the courtroom to the canvas, offering a unique blend of experiences that she now brings to the Riverland Arts & Culture Center.

In the early 1980s, Rose worked as a courtroom sketch artist for WPEC television, capturing the drama of high-profile trials with quick, deft strokes. Her work, including sketches from nationally significant cases like the Bohdan Koziy trial, showcased her ability to portray intense courtroom moments with precision and emotion.

Beyond the courtroom, Rose's career flourished in the fields of fashion design and live mannequin work. She was also regularly commissioned to create elaborate paintings and murals in private residences, including those of celebrities like George Peppard and Duracell CEO Bruce Travis. Her murals, painted in homes across the country, often took months to complete and featured intricate faux finishes and lifelike portraits.

At Riverland, Rose leads Fine Art Studio sessions every Tuesday and Thursday afternoon, guiding students in a variety of mediums, from watercolors to oil paints. She also spearheads the "Paint the Masters" series, an elevated "paint and sip" class where participants recreate iconic masterpieces while enjoying their favorite beverages. Rose's vast experience and passion for art continue to inspire and elevate the creativity of her students.

ROSE DIEM CLASSES FINE ART OPEN STUDIO

Every Tuesday & Thursday
12:30 pm - 4 pm

Paint the Masters

Recreate a masterpiece while you sip & paint!

Friday, October 18

4 pm - 6 pm | **Monet**

Friday, November 15

4 pm - 6 pm | **Van Gogh**

Friday, December 13

4 pm - 6 pm | **Picasso**

BEHIND THE PODIUM LECTURE SERIES

October 11

Renaissance Art

with Elizabeth Stice

November 12

Singin' in The Florida Sun

with Sylvia Gorinsky

December 10

Sounds of The 60s

with Sharon Harris

January 14

Japan and Paris: The Roots of Modernism in Western Painting

with Carol Gould

February 28

Best Picture Oscar Talk

with Dan Hudak

March 20

The Making of The Boynton Beach Club

with Christina Lane



CLASSES AT THE CREATIVITY HUB Register on the Riverland App

MIXED MEDIA & COLLAGE

WITH **CARYL POMALES**

**Beginner Collage Creations:
Experimentation & Expression**

Wednesday, October 13 | 1 pm

Floral Fusion: Mixed Media for Beginners

Wednesday, November 13 | 1 pm

Floral Fusion: Mixed Media Continuation

Wednesday, December 4 | 1 pm

How to Create Custom Collage Papers

Wednesday, December 11 | 10 am

FINE ART STUDIO WITH ROSE DIEM

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

Choose your medium – pastels, watercolors, drawing, acrylics, oil painting – learn techniques from intro to advanced – to complete any projects you desire.

All levels welcome and all materials supplied.

PAINT THE MASTERS

WITH **ROSE DIEM**

Sip & Paint along with Rose to replicate a masterpiece.

Friday, October 18 | 4 pm | Monet

Friday, November 15 | 4 pm | Van Gogh

Friday, December 13 | 4 pm | Picasso

STAINED GLASS WITH GLORIA DAVIS

Stained Glass 101 Workshop

Tuesday, Oct. 1 & Thursday, Oct. 3 | 9:30 am

Stained Glass 102 Workshop

Tuesday, Oct. 8 & Thursday, Oct. 10 | 9:30 am

POP-UP WORKSHOP: CHRISTMAS TREES

Tuesday, Nov. 12 & Thursday, Nov. 14 | 9:30 am

POP-UP WORKSHOP: CHRISTMAS ORNAMENTS

Tuesday, Nov. 19 & Thursday, Nov. 21 | 9:30 am

MOSAICS ART WITH ASIA WETSBROOK OF FRACTURED BRILLIANCE

Glass on Glass Luna Mo :

Saturday, October 19 | 1 pm

Beaded Mosaic Pendant: Friday, October 25 | 1 pm

Tropical Paver: Friday, November 8 | 1 pm

Mosaic Microbead Pendant:

Saturday, November 23 | 1 pm

Stained Glass Mosaic Pendant:

Saturday, December 7 | 1 pm

Snowman Suncatcher Ornament:

Friday, December 13 | 1 pm

RESIN ART WITH D'EBY

Charcuterie Board: Tuesday, October 8 | 2 pm

Charcuterie Board: Tuesday, November 12 | 2 pm

Holiday Ornaments & Frames with Christine's Coastal

Treasures: Wednesday, December 18 | 11 am

ACRYLICS & ABSTRACTS

WITH **CARYL POMALES**

Beginner Abstracts: Unleashing Your Creativity

Wednesday, October 9 | 10 am

Textured Acrylic Autumn Abstract for Beginners

Wednesday, November 6 | 10 am

PAINTED GLASSES WITH RITA THE ARTISTA

PINK-tober Flamingos: Friday, October 18 | 4 pm

Mermaid: Monday, November 11 | 4 pm

Snowy Cardinals: Friday, December 6 | 4 pm

POUR PAINTING WITH ROBIN MARSHALL

Eclipse: Monday, October 14 | 11 am

Split Octopus: Friday, November 15 | 11 am

Petal Pusher: Tuesday, December 3 | 11 am

FUN ART WITH JOYCELYN COOPER

Glass Pumpkin Terrarium: Thursday, October 3 | 4 pm

Pumpkin Tie Dye T-Shirt: Monday, October 14 | 4 pm

Texture Painting: Monday, November 4 | 4 pm

Holiday Candy Dish: Monday, December 9 | 4 pm

Christmas Tie Dye T-Shirt: Monday, December 16 | 4 pm

SOUND BATH MEDITATION

WITH **DENISE CARRARO**

Every Other Monday | 6 pm

Oct. 7 | Oct. 21 | Nov. 4 | Nov. 18 | Dec. 9 | Dec. 23

INTEREST GROUPS

GUITAR SONG CIRCLE

Wednesdays Monthly | 5:30 - 7:30 pm

October 16 | November 20 | December 18

DIAMOND ART

Every Wednesday | 1 pm

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

For more information and to register for classes,
Register on the Riverland 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.

ARTS & CULTURE

EMPTY BOWLS 2024 INITIATIVE

The Riverland Potter's have exceeded their original goal in crafting **One-of-a-Kind** soup mugs to be sold in conjunction with this year's **Fall Festival & Chili Cook-Off** to benefit the Treasure Coast Food Bank as part of the global initiative **"Empty Bowls Project."**

Mug Pre-Sale: Friday, October 25 • Fall Festival: Saturday, November 2



POTTERY AT RIVERLAND

WHEEL 101

**Wheel 101 classes are required before approval to work independently on pottery wheels.*

Every Monday, Tuesday and Thursday

10 am | 11 am | 12 pm | 2 pm | 3 pm | 4 pm

More Wheel 101 session dates to come. Schedule subject to change

INTRO TO POTTERY

WITH THE RIVERLAND POTTER'S CLUB

October 9 | **Intro to Pottery: Make a Bowl**

November 11 | **Intro to Pottery: Make a Vase**

Glazing class for each Intro to Pottery class TBD.

Schedule subject to change.

GUIDED OPEN STUDIOS | \$5 PER SESSION

Mondays 9 am - Noon

Clay (25lbs) | \$40 • Glaze (2oz) | \$5

Available for purchase as the Arts & Culture Center Management office.

For more information about the pottery studio, please visit the Riverland App



CHEF SPOTLIGHT: Bryon Lewis Riverland's Culinary Maestro Returns

The Riverland Arts and Culture Center is excited for another season of baking classes with Bryon Lewis of Kingdom Bakery. A Michigan native who moved to South Florida a decade ago, Bryon now calls Port St. Lucie home, where he lives with his family of four and their beloved dog.

Bryon's baking journey began during the pandemic as a way to bond with his daughter over banana bread and sandwich cookies. What started as a fun activity quickly became a passion. With the encouragement of his wife and family, Bryon launched Kingdom Bakery in 2020. "Without them pushing me to make it a business, I would have never made the jump," he shares.



Bryon's dedication to his craft has made him a local favorite, offering custom orders, farmers market treats, and wholesale goodies. "I'm thankful for every single order because I know how important these events are," he says. "You only get one first birthday or 50th anniversary, so I don't take that lightly."

This fall, Bryon returns to the Riverland Arts and Culture Center, teaching a variety of classes to make your own sweet treats. From intricately crafted macarons to classic cookies and cakes, Bryon's classes offer something for everyone. "Baking is where I find my zone," he explains. "Headphones in, music blasting, but completely clear on what needs to be done to deliver a great product." His love for the science, technique, precision, and art of baking is evident in every lesson he teaches.

Whether you're looking to perfect your macaron technique or simply want to learn the basics of baking, Bryon Lewis's classes are the perfect opportunity to indulge your culinary creativity. Riverland is thrilled to have him back, inspiring and delighting the community with his passion and expertise.



CULINARY ARTS

OCTOBER CLASSES

Halibut Pecan

Tuesday, October 1 | 4 pm | Chef Robin

Grilled Leg of Lamb

Wednesday, October 2 | 4 pm | Chef Deedra

Roasted Lamb

Friday, October 4 | 4 pm | Chef Robin

Oxtail Stew

Monday, October 7 | 4 pm | Chef Deedra

Lobster Mushroom Risotto

Tuesday, October 8 | 4 pm | Chef Robin

Oktoberfest

Wednesday, October 9 | 4 pm | Chef Deedra

Appetizers and Champagne

Friday, October 11 | 4 pm | Chef Robin

Crème Brûlée with Pumpkin Whipped Cream

Saturday, October 12 | 1 pm | Kingdom Bakery

Seared Filet Mignon

Monday, October 14 | 4 pm | Chef Deedra

Ribeye Steaks

Tuesday, October 15 | 4 pm | Chef Robin

Roasted Cornish Hens

Wednesday, October 16 | 4 pm | Chef Deedra

Seared Sea Scallops

Thursday, October 17 | 4 pm | Chef Robin

Artesian Pizza Night

Friday, October 18 | 4 pm | Chef Robin

Potato Crusted Fish

Tuesday, October 22 | 4 pm | Chef Robin

Bavette Steak

Wednesday, October 23 | 4 pm | Chef Deedra

Wines Around the World: France

Thursday, October 24 | 4 pm | Sidecar Bar

Grilled Skirt Steak

Friday, October 25 | 4 pm | Chef Robin

Sicilian Meatballs & Spaghetti

Monday, October 28 | 4 pm | Chef Deedra

Whole Roasted Branzino

Tuesday, October 29 | 4 pm | Chef Robin

Lobster Ravioli

Wednesday, October 30 | 4 pm | Chef Deedra

NOVEMBER CLASSES

Crawfish Night!

Friday, November 1 | 4 pm | Chef Robin

Stuffed Pork Tenderloin

Monday, November 4 | 4 pm | Chef Deedra

Taco Night!

Tuesday, November 5 | 4 pm | Chef Robin

Seared Scallops

Wednesday, November 6 | 4 pm | Chef Deedra

Wines Around the World: Italy

Thursday, November 7 | 4 pm | Sidecar Bar

Jumbo Stuffed Shrimp

Friday, November 8 | 4 pm | Chef Robin

Fall Flavored Gourmet Pop Tarts

Saturday, November 9 | 1 pm | Kingdom Bakery

Braised Short Ribs

Monday, November 11 | 4 pm | Chef Deedra

Braised Lamb

Tuesday, November 12 | 4 pm | Chef Robin

Brown Butter Shrimp

Wednesday, November 13 | 4 pm | Chef Deedra

Black Squid Ink Pasta

Thursday, November 14 | 4 pm | Chef Robin

Prime Rib

Friday, November 15 | 4 pm | Chef Robin

Beef Pad Thai

Monday, November 18 | 4 pm | Chef Deedra

Red Snapper

Tuesday, November 19 | 4 pm | Chef Robin

Grouper

Wednesday, November 20 | 4 pm | Chef Deedra

Wines Around the World: Spain & Portugal

Thursday, November 21 | 4 pm | Sidecar Bar

Pork Roast

Friday, November 22 | 4 pm | Chef Robin

Fall Scones

Saturday, November 23 | 1 pm | Kingdom Bakery

Seafood Paella

Monday, November 25 | 4 pm | Chef Deedra

Surf & Turf

Tuesday, November 26 | 4 pm | Chef Robin

DECEMBER CLASSES

Learn to Make Tamales

Monday, December 2 | 4 pm | Chef Deedra

Pistachio Crusted Lamb Chops

Tuesday, December 3 | 4 pm | Chef Robin

Feast of 7 Fishes

Wednesday, December 4 | 4 pm | Chef Deedra

Wines Around the World: New Zealand & California

Thursday, December 5 | 4 pm | Sidecar Bar

Seafood Boil

Friday, December 6 | 4 pm | Chef Robin

Mini Peppermint Chocolate Tarts

Saturday, December 7 | 1 pm | Kingdom Bakery

Roasted Duck

Monday, December 9 | 4 pm | Chef Deedra

Mushrooms & Beef Bourguignon

Tuesday, December 10 | 4 pm | Chef Robin

Chicken Marsala

Wednesday, December 11 | 4 pm | Chef Deedra

Stuffed Roasted Quail

Friday, December 13 | 4 pm | Chef Robin

Chicken Schnitzel

Saturday, December 14 | 5 pm | Chef Deedra

Cajun Christmas Dinner

Monday, December 16 | 4 pm | Chef Deedra

Seared Scallops

Tuesday, December 17 | 4 pm | Chef Robin

Holiday Hors d'oeuvres

Wednesday, December 18 | 4 pm | Chef Deedra

Wines Around the World: Argentina

Thursday, December 19 | 4 pm | Sidecar Bar

Roasted Turducken

Friday, December 20 | 4 pm | Chef Robin

Holiday Macarons

Saturday, December 21 | 1 pm | Kingdom Bakery

New Orleans Night!

Friday, December 27 | 4 pm | Chef Robin

Cocktails and Appetizers

Tuesday, December 31 | 4 pm | Chef Robin

**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

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

A MESSAGE FROM THE
SPORTS DIRECTORS

We are thrilled you are part of Riverland! This community offers so much to its residents. At the Sport's & Racquet Club we want to help you keep your competitive spirit alive, stay active, feel like a kid again playing your favorite sports. Maybe you are rekindling your love for tennis or taking up pickleball or Bocce for the first time. We have something for every type of player: casual/social player- open play for tennis and pickleball plus the Bocce club and social events in all sports. For the competitive player we host smaller in-house tournaments, leagues (travel and in Riverland) and larger tournaments with around 400 players from all over!

The smiling faces you'll meet behind the pro shop desk include: Nathan Hill, Heather Tangney & Liz Frawley. They are wonderful at assisting residents with getting into programs we offer, understanding the systems in place and getting players out on the courts enjoying themselves.

Look to improve your skills with our amazing team of instructors: for pickleball you can learn from Madi Gonzalez, Rene Smit, Will Schneider, Courtney Palermo or Paul Palermo. Our tennis instructors are: Will Schneider (Head of Tennis) and Bill Perrin. All instructors are enthusiastic about helping you improve your skills and strategies in your beloved sport.

We look forward to get out on the courts with you,

Courtney & Paul Palermo

THE COMPETITIVE EDGE - PROS & TIPS



Looking to improve but have no one to practice with? (Besides all the wonderful pros we have available.) Try out the ball machine to get the reps needed to perfect certain shots you may be struggling with in a game. The ball machine is a perfect tool to dial your game and repeat the same shot till it becomes muscle memory. In a game, you may only

have to attempt 10 3rd shot drops, with the machine, you can practice 100 in minutes! Easily one of the best tools to improve in a short time.



“Don’t start something you don’t want me to finish!” To quote my dad, these words help me with decision making on the pickleball court! I see a lot of players attacking balls (especially from low to high) when their opponent attacks back and they continuously lose the point. You need to ask yourself, is this a player I should be attacking? If

you’re losing that battle, the obvious answer is no. Try placing the ball at that opponent’s feet instead or attack their partner instead. You may receive more popped up balls that now you can attack downwards and come out on top in more points!



There are two different approaches to poaching. When poaching on the forehand side, here are your options: hitting an aggressive angled shot with a compact “punch” motion if the ball coming at you has pace. Option 2 is when the ball is floating towards you through the center of the court, you can have a larger take back to hit a swinging volley poach

directed either through the center or angled off the court. For backhand poaches, focus more on placement rather than generating power.



Get a grip! How tightly should you hold the tennis racquet? Use a firm grip for attack punch volleys. For everything else: groundstrokes, serves, overheads and drop volleys, relax your grip, but have control over the racquet. Imagine holding a little bird in your hand. Grip firmly enough so it doesn’t fly away, but not so tightly that you would crush it. A relaxed swing creates more power

with centrifugal force than a stiff punch or push motion. Happy hitting!



Proper hydration on the pickleball court. It is hot in Florida, especially for those who have not spent the summer here. Our bodies tend to sweat much more; this means valuable electrolytes, required to regulate many bodily systems, are lost. Things we can do to control this are to play early morning or late afternoon/

evening to avoid the extreme heat. Have 5-6 players in your group, so you can take breaks. Move at a slightly slower pace when picking up the ball in between points. Find courts that have some shade. But most important is the need to HYDRATE. Try to sip regularly before you feel thirsty. Make sure the temperature is not ice cold as this will upset your stomach. Hydration should occur prior to play, drinking electrolytes at least 2 hours before will help you feel much better on the courts. Be alert for the early signs of heat illness. These could be your skin getting cold and clammy, nausea, headache, muscle cramps, and dizziness. That’s the time to get off the court.



When executing soft shots of the game, like dinks and drop shots, focus on guiding the ball rather than hitting it. By changing your word choice to “guide” you encourage smoother contact, reduced pop-up occurrences and help you target your opponent’s shoes. When you think of the word “hit,” it leads to rougher contact with the ball,

reducing the precision needed for these shots. Change your narrative and see if it changes your consistency!



Stretch for Success! Fluid mobility and flexibility are necessary to perform many of our actions on the pickleball court. Both of these things are improved with regular stretching. Besides that, one of the best ways to avoid injury and strained muscles is with regular stretching.

Stretching the muscles that we use most during pickleball can provide immediate positive impact in our game. Muscle groups such as: calves, hamstrings, back, shoulders and legs are good places to start. Even just 10 minutes will give you so much relief! Next time you are waiting for a court or to mix in, stretch!

WEEKLY CLASS SCHEDULE

Events and classes listed below take place every week.

Residents have access to classes through the Riverland App.

MONDAY

| | | |
|---------------------------------------|-------------------|------|
| PB: Court's Mini Clinic (3.5+) | 8:30 am - 9:30 am | \$25 |
| PB: Small Group w/ Will (3.0+) | 5:00 pm - 6:00 pm | \$25 |
| PB: Beginner to Beyond | 5:00 pm - 6:00 pm | \$20 |
| PB: Beyond Beginner (2.5-2.9) | 6:00 pm - 7:00 pm | \$20 |

TUESDAY

| | | |
|--|-------------------|------|
| PB: Doubles Domination | 8:30 am - 9:30 am | \$25 |
| TN: Drills, Skills & Strategy w/ Bill | 6:00 pm - 7:30 pm | \$30 |

WEDNESDAY

| | | |
|---|-------------------|------|
| PB: Drill & Play with Rene (3.5+) | 8:30 am - 10:00am | \$30 |
| PB: Court's Mini Clinic (3.0) | 8:30 am - 9:30 am | \$25 |
| PB: Small Group w/ Will (2.5+) | 5:00 pm - 6:00 pm | \$25 |
| PB: Advanced Mini Clinic w/Paul (3.5+) | 5:00 pm - 6:00 pm | \$25 |
| PB: 101 Beginner Pickleball | 6:00 pm - 7:00 pm | \$20 |

THURSDAY

| | | |
|--|--------------------|------|
| PB: Court's Mini Clinic (3.0) | 8:30 am - 9:30 am | \$25 |
| PB: Master the Kitchen with Paul | 9:00 am -10:00 am | \$25 |
| TN: Drills, Skills & Strategy w/ Bill | 8:30 am - 10:00 am | \$30 |
| TN: Live Ball w/ Will (3.5+) | 5:00 pm - 6:30 pm | \$30 |

FRIDAY

| | | |
|--|---|------|
| PB: Drill & Play w/ Skills Assessment (2.5-4.0) | 8:30 am - 10:00 am (Last Friday of month) | \$25 |
|--|---|------|

SATURDAY

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

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

SPORTS & RACQUET CLUB



SOCIAL EVENTS AND TOURNAMENTS

OCTOBER

- 15 Riverland Connects Block Party - Skechers Demo Day
- 19 & 20 Tennis Boot Camp

NOVEMBER

- 6 Tennis LIVE BALL Raffle
- 19 Riverland Connects Block Party

DECEMBER

- 3 & 4 PB Boot Camp
- 6 - 8 PB Riverland Open- Tournament (Friday-Sunday)
- 17 Riverland Connects Block Party - Tournament after party
- 30 Pickleball Kid's Day!
- 31 Tennis Kid's Day!



FRIDAY NIGHT LIGHTS



RESIDENT TESTIMONIAL

CECELIA LOPEZ & JEAN MAURO



Bill, Jean and Will

The Riverland Tennis program is world class. Our facilities are beautiful, and our pro shop and coaching staff are amazing! There are choices of clinics and lessons nearly every day of the week as well as the ability to schedule private instruction. You can start as a beginner who's never played regularly or taken any lessons (how Ceil and I started 3 years ago), as someone who used to play competitively and is returning to the sport or as anyone in between.



Will and Cecelia

Our two coaches, Bill and Will, have taught us so much! They have helped us advance from players who didn't know their grip to players who can win on line 1 in their league. We go to clinics regularly and still learn at least 3 new things, in addition to the constant reminders of the adjustments we still haven't quite corrected. They give us a good workout, help us change techniques and/or strategies and are just so much fun to hang out with.

The pro shop, Courtney, Heather and Paul specifically ensure everything runs smoothly on a daily basis and for our outside league play. They support the captains with roster selection, match lineups, team conflicts, etc. allowing us to focus on playing, having fun and winning! The teams we host are always impressed by our facility and to see our coach warming us up and watching all of us play the entire match. We can tell they are jealous.

So, if you haven't tried tennis yet or haven't recently, give it a whirl. It is a welcoming group of professionals and residents. We look forward to seeing you on the courts!

CONGRATULATIONS

THE RIVERLAND TITANS

The Riverland Titans Pickleball Team continues to rule the travel leagues. Huge congratulations on earning a Silver Medal in the Whispering Pines Spring League! The team went undefeated through the regular season and breezed through the bronze medal match against PGA Verano. Played their hearts out in 100-degree heat against Taco Dive in the Gold/Silver match – only missing gold by a few points in the end. #riverlandpickleball #riverlandfun

Team Players: Mike Vollmuth - Captain
Carl Randazzo - Co-Captain | Ted Ingber | John Kane
Cecelia Lopez | Melissa Harwin | Maria Demma

SERVICES

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

Tennis Woman's Round Robin is offered on Monday mornings at 8:30, 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 10am. Our instructors: Will and Bill are eager to help you improve your tennis skills.

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

Bocce Court reservations are required; bocce club meets on Tuesdays and Thursday mornings at 8am. Our Bocce Basics class on Thursdays is perfect for learning how to play the game 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.

SPORTS & FITNESS IS EXPANDING!



MORE COURTS AT THE SPORTS & RACQUET CLUB!

Expanding to 24 Acres with 53 Pickleball courts including 8 covered, 15 tennis courts, and 20 Bocce courts



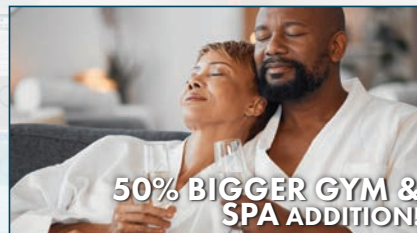
THE RIVERFRESH CAFÉ IS UNDERWAY!

Refuel and refresh lounging or on the go! Enjoy healthy menu options to stay on top of your nutrition goals



NEW FITNESS HUB IS COMING!

12,000 sq. ft. facility with 5 group fitness studios for Yoga & dance fitness, Pilates with reformers, Spinning, Cross Training, and Bungee Fitness



50% BIGGER GYM & SPA ADDITION!

More workout space and a new state-of-the-art spa to recharge and relax



RIVERLAND



Vanessa Waite, Fitness Director
fitnessdirector@riverlandcai.com



Jeffrey White, Business Director
Ethos Wellness & Fitness



Athenia Williams, Fitness Manager
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

**Get Ready for a Fit Fall
at Riverland Wellness & Fitness Center!**

Dear Riverland Residents,

As the leaves begin to turn and the air gets a crisp edge, there's no better time to get active and embrace the spirit of fall. Vanessa Waite here, your Fitness Director at Riverland Wellness & Fitness Center, excited to share with you our lineup of events and new classes designed to keep you moving, laughing, and thriving this autumn!

Riverland 5k Walk Run Roll

On November 9th, lace up your sneakers for our annual Riverland 5k Walk Run Roll. This isn't just a race; it's a community event where you can walk, run, or roll for a cause. All proceeds will go to St. Jude Children's Research Hospital, helping children in need. Whether you're a seasoned runner or just out for a stroll, come support a great cause and enjoy the scenic routes around our beautiful community.

New Group Fitness Classes

We're thrilled to introduce our new Group Fitness Classes, each tailored to meet different fitness levels and goals:

High Intensity ISO 60: Dive into an hour of intense strength training with a focus on form. This class is perfect for those looking to build muscle and endurance. Get ready to lift, sweat, and sculpt!

Intermediate Intensity BTS Strong: Experience a unique blend of exercises using Bosu Balls, TRX, and Stability Balls. This class will help you lengthen and strengthen, improving your core stability and overall fitness.

Low Intensity Chair Zumba: For those who want to move without the impact, this class is ideal. Enjoy the rhythms of Zumba while seated, protecting your joints and muscles, yet still getting your heart rate up and improving stamina.

Why Join Us?

Community: Connect with neighbors and make new friends while getting fit.

Health: Tailored fitness options to suit everybody.

Fun: Because fitness should be enjoyable, not a chore.

Let's make this fall memorable and healthy together. Hope to see you all staying fit, finding your stride and having fun!

RIVERLAND WELLNESS & FITNESS CENTER HOURS OF OPERATION

Gym and Stretch Zone: Open 24 Hours

Outdoor Fitness Pools/ Spa / Resistance Pool: Dawn till Dusk

Indoor Sports Court / Indoor Fitness Pool (Lap Lane Reservation Required):
6:00 am - 10:00 pm

Group Fitness Classes (Group Fitness Class Membership Required):
7 Days a Week

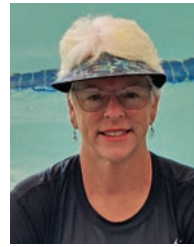
FEATURED TEAM MEMBERS



Matt Egitto

Certified Personal Trainer

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



Jennifer Figueroa

Swimming Instructor

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



April Mendez

Certified Personal Trainer

Group Fitness Instructor

Certified Kickboxing Instructor

Boxing FIT | Bootcamp | Full Body Fit
10x Competitor & Active Fighter | Boxing
Brazilian Jiu Jitsu | Kickboxing | Muy Thai
MMA | Strength & Conditioning
10 Years' Experience



Tammy Ossa

Certified Personal Trainer

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



Calli Daniels

Certified Personal Trainer | Group Fitness Instructor

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- National Strength & Conditioning Association, Certified Strength & Conditioning Specialist (NSCA-CSCS)
- NASM Fitness Nutrition Specialist (NASM-FNS)
- Sports Nutrition & Plant Based Sports Nutrition
- Neuroscience of Behavior Change

- Knee Protection Techniques
- Silver medal Powerlifting USAPL
- Silver medal NGA Figure Bodybuilding
- Full rehabilitation for ACL & meniscus knee surgery, and back disc herniation
- Competitive basketball and pickleball awards
- 10+ years experience



Jessica Grinnan

Certified Personal Trainer | Group Fitness Instructor

- Certified Personal Trainer
- Group Fitness Instructor
- Akasha Yoga Academy
- American Sports & Fitness Association
- Mira Costa College
- Pacific College of Oriental Medicine-MS

- Kriya Yoga Immersion Training
- Akasha Yoga Academy-RYT 200-Hatha Yoga
- Ashtanga Yoga Immersion Training with Adjustment, Stretching, and Mobility Techniques
- Awakening Vinyasa Specialization Training-20hr
- Certified Group Fitness Instructor
- Registered/Certified Yoga Instructor
- FRC Certified in Functional Range Conditioning
- 19 Years' Experience



Jennifer Coull

Licensed Massage Therapist #MA73360

Jenn has been a massage therapist since 2003 and truly enjoys 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 those active in our community, Jenn specializes in Sports Therapy Massage and can 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 Jenn to put you into a deep state of relaxation during a Relaxation Massage that will leave your body feeling rested and rejuvenated. For everything in-between sports and relaxing, Jenn combines 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.

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 |
| Stretch Room 2 | 10:00 am – 10:45 am |
| Aqua Blast 0202 (Level 1) Pool | 11:00 am – 11:45 am |
| Low Impact Fit Room 1 | 11:00 am – 11:45 am |
| Mat Pilates Room 2 | 11:00 am – 11:45 am |



TUESDAY

| | |
|-----------------------------------|---------------------|
| Abs 360 Room 1 | 8:00 am – 8:45 am |
| Aqua Fit (Level 1) Pool | 9:00 am – 9:45 am |
| Zumba® Toning Room 1 | 9:00 am – 9:45 am |
| Step & Sculpt Room 2 | 9:00 am – 9:45 am |
| Aqua Fit (Level 2) 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 |
| Tone Up Room 1 | 11:00 am – 11:45 am |
| Stretch Room 2 | 11:00 am – 11:45 am |
| Yin Yoga Room 2 | 5:00 pm – 5:45 pm |
| BTS Strong Room 1 | 6:00 pm – 6:45 pm |



WEDNESDAY

| | |
|---|---------------------|
| Lower Body Blast Room 1 | 8:00 am – 8:45 am |
| Aqua Fit (Level 1) Pool | 9:00 am – 9:45 am |
| POUND Rockout. Workout® Room 2 | 9:00 am – 9:45 am |
| Stretch Room 1 | 9:00 am – 9:45 am |
| Aqua Fit –Strength & Conditioning Pool | 10:00 am – 10:45 am |
| Full Body Fit Room 1 | 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 Room 2 | 11:00 am – 11:45 am |
| Equipment & Stretch Clinic (2 x per month) | 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

| | |
|---|---------------------|
| Step & Sculpt Room 2 | 9:00 am – 9:45 am |
| Aqua Fit (Level 2) Pool | 9:00 am – 9:45 am |
| Boxing Fit Room 1 | 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 |
| Dance Fit Indoor Sports Court | 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

| | |
|--|---------------------|
| Zumba® Gold Room 2 | 9:00 am – 9:45 am |
| Aqua Blast 0202 (Level 2) Pool | 9:00 am – 9:45 am |
| Bootcamp Indoor Sports Court | 10:00 am – 10:45 am |
| Aqua Aerobics (Level 2) | 10:00 am – 10:45 am |
| Low Impact Fit Room 1 | 10:00 am – 10:45 am |
| POUND Rockout. Workout ® Room 2 | 10:00 am – 10:45 am |
| Tone Up Room 1 | 11:00 am – 11:45 am |

SATURDAY

| | |
|-----------------------------------|---------------------|
| Aqua Dance Pool | 9:00 am – 9:45 am |
| Full Body Fit Room 1 | 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 |

SUNDAY

| | |
|--------------------------|-------------------|
| Aqua Dance Pool | 9:00 am – 9:45 am |
|--------------------------|-------------------|

HOW TO SCHEDULE CLASSES AND SERVICES AT THE FITNESS CENTER

- Download the RiverlandFitness 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 Riverland App

GROUP FITNESS CLASSES & SERVICES AT THE FITNESS CENTER



FREE Equipment & Stretch Clinic

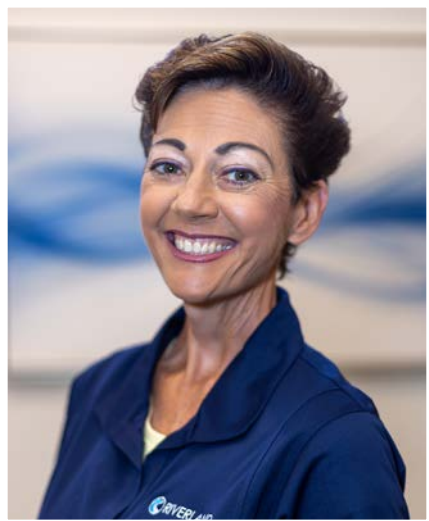
Free group fitness class with a Certified Personal Trainer who will show you how to use the equipment in the open gym including general form, technique and placement. You will also be introduced to our “new” Stretch Zone room and all the equipment that can be used to enhance your workout pre and post session.



Full Body Fit

This high energy workout utilizes varying equipment (i.e. dumbbells, kettlebells, barbells, resistance bands, etc...) to give your body the upper, lower and core challenge you are looking for in your daily exercise routine.

CHALLENGE LEVEL: **HIGH INTENSITY**



Pauline Forshee
Dietician



NUTRITION CORNER

Tuesday, October 22
11 am - 12:00 pm

Topic: Seasonal Comfort Foods and the Nutrients They Provide

Join Pauline Forshee, RDN, LDN for an enlightening seminar on Seasonal Comfort Foods • Chili • Pumpkin & other squashes • Root vegetables and how to prepare • Beef Stew • Apples • Suggestions on healthiest options each provides.

Monday, November 18
11 am - 12:00 pm

Topic: Thanksgiving This or That: Inspiring Traditions

Join Pauline Forshee, RDN, LDN for an enlightening seminar on lighter fare as we have leftovers that starts the end of the year spiral This or That – healthier holiday options as an example of green bean casserole vs sauteed green beans with almonds.

Monday, December 16
11 am - 12:00 pm

Topic: Healthier Holidays Happy Hour

Join Pauline Forshee, RDN, LDN for an enlightening seminar on Skinny cocktails and mocktail-pre drinking and post recovery from excessive drinking Appetizers – Pick this not that while drinking, and what are the best options.

INBODY

**RIVERLAND RESIDENTS
SCHEDULE YOUR FREE
FITNESS EVALUATION**

570

INDOOR SPORTS COURT

SAVE THE DATE!
NOVEMBER 9, 2024

5 RIVERLAND **K**
RUN • WALK • ROLL

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 | 12:30 pm - 6:30 pm

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

Thursday: 6:00 am - 7:00 am | 12:30 pm - 5:30 pm

Friday: 6:00 am - 7:00 am | 12:30 pm - 10:00 pm

Saturday: 6:00 am - 8:00 am | 12:30 pm - 10:00 pm

Sunday: 6:00 am - 10:00 pm



- **Ping Pong Open Table**

Tuesday: 3:30 pm - 5:30 pm

Thursday: 12:30 pm - 1:30 pm | 3:30 pm - 5:30 pm

Saturday: 12:30 pm - 5:30 pm

Sunday: 8:00 am - 6:00 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

Wednesday: 3:30 pm - 5:00 pm

Friday: 8:30 am - 9:30 am

- **Indoor Stick Ball**

Wednesday: 7:00 pm - 10:00 pm



EVENTS AT-A-GLANCE

Riverland Artisan & Green Market

October 3 | 3:00 pm - 6:00 pm
 November 7 | 3:00 pm - 6:00 pm
 December 5 | 3:00 pm - 6:00 pm

Riverland Connects Street Party

October 15 | 5:00 pm - 8:00 pm
 November 19 | 5:00 pm - 8:00 pm
 December 17 | 5:00 pm - 8:00 pm

Opening Reception for Highwaymen Exhibit

October 30 | 5:00 pm - 8:00 pm

Fall Festival

November 2 | Noon - 5:00 pm

Riverland 5K

November 9

One More for the Road Highwaymen Exhibit Closing Event

November 22 | 5:00 pm - 7:00 pm

Pops on the Plaza

December 13 | 6:00 pm - 9:00 pm

Riverland Pickleball Invitational

December 6-8

RIVERLAND KID'S WEEK

Baking: Cake Pops with Kingdom Bakery

December 20 | 2:00 pm - 4:30 pm

Open Art Studio | Arts & Culture Center

Thursday, December 26 | 11:00 am - 3:00 pm



SILENT DISCO DANCE PARTY on the PLAZA

Arts & Culture Center

Friday, December 27

2:00 pm - 5:00 pm

Kids Zumba with Natalia

Indoor Sports Court

Saturday, December 28 | 11:00 am

Tie Dye T-Shirts with Joycelyn Cooper

Arts & Culture Center

Saturday, December 28 | 2:00 pm - 4:30 pm

Pickleball Kid's Day!

Monday, December 30

Tennis Kid's Day!

Tuesday, December 31

RIVERLAND ARTS & CULTURE CENTER

THE HIGHWAYMEN

One More for the Road

November 22nd, 2024 | 5:00-7:00 pm

Tickets: \$25

Embark upon an exploration of the popular music of the Highwaymen era, featuring the vocal talents of Broadway & cabaret star Avery Sommers, accompanied by musicians from the Pops Orchestra of the Palm Beaches. Enjoy an intimate and eclectic evening of jazz, blues, folk, ragtime and gospel - imagining the time and place of this uniquely Florida exhibit. This will be the final opportunity to view the exhibition curated exclusively for Riverland.

The Highwaymen will be On Exhibit from 10/30 through 11/25 at the Arts & Culture Center.

RIVERLAND

HOLIDAY UNDER THE STARS

THE POPS ORCHESTRA OF THE PALM BEACHES

FRIDAY, DECEMBER 13TH
 6:00-9:00 PM

ON THE EVENTS PLAZA
 AT THE ARTS & CULTURE CENTER

WITH A SPECIAL APPEARANCE BY THE YOUNG SINGERS OF THE PALM BEACHES



RIVERLAND | STAY CONNECTED



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