

# TALK OF THE TRAILS

OCTOBER - DECEMBER 2024 ISSUE

**HALLOWEEN**  
BLOCK PARTY!

**GIRLS OF MOTOWN**



*Kate Voss &  
The Hot Sauce*

NEW YEAR'S EVE PARTY

*A Night in Paris*

# CONTACT INFORMATION

## VALENCIA TRAILS

11880 Majestic Trails Blvd, Naples FL 34120

### Clubhouse Main Line

239-359-6950

### GRS Community Management Hours

9 a.m. – 5 p.m. Monday - Friday

[www.valenciatrailshoa.org](http://www.valenciatrailshoa.org) | [valenciatrails.thundertix.com](http://valenciatrails.thundertix.com)

### Property Manager

Lori Nixon | [lnixon@grsmgt.com](mailto:lnixon@grsmgt.com)

### Club Facility Manager

Stephen DiGuardi | [sdguardi@grsmgt.com](mailto:sdguardi@grsmgt.com)

### Administrative Assistant

Frances Monegro | [fmonegro@grsmgt.com](mailto:fmonegro@grsmgt.com)

### Resident Services Specialist

[VTresidentservices@grsmgt.com](mailto:VTresidentservices@grsmgt.com)

Bryce Nelson | [bnelson@grsmgt.com](mailto:bnelson@grsmgt.com)

## GATHER RESTAURANT & BAR

### Food & Beverage Director

Dana Roberson

[Dana@gathertrails.com](mailto:Dana@gathertrails.com)

### Executive Chef

Debra Bicknese

[debra@gathertrails.com](mailto:debra@gathertrails.com)

## TOTAL HEALTH SYSTEMS

### Fitness Operations Director

Marni Rudnick | [info@totalhealthsystemsinc.com](mailto:info@totalhealthsystemsinc.com)

## RACQUET CLUB & BOCCE

### Director of Racquets and Bocce

Doyle Springett

[Valenciatrailsproshop@gmail.com](mailto:Valenciatrailsproshop@gmail.com)

## THE SPA AT VALENCIA TRAILS

### Owner

Christin Bones | [admin@u-topiaspa.com](mailto:admin@u-topiaspa.com)

## Save the Dates

January 11<sup>th</sup> | **Absolute Queen**

January 25<sup>th</sup> | **A Night of Comedy & Ventriloquism with David Malmberg**

February 1<sup>st</sup> | **The Britin's**

February 21<sup>st</sup> | **A Night of Comedy with Karen Rontowski & Gary Delena**

March 7<sup>th</sup> | **Renegade, Classic Rock Tribute**

March 21<sup>st</sup> | **Chicago Rewired**

MARK YOUR CALENDAR

**Wednesday, November 6<sup>th</sup>, 2024 | 11 am**

Budget Adoption and Developer Update Meeting

**Winter Show Sales Schedule Superstar Series Package** (All 6 Shows)

Friday, September 20<sup>th</sup> | 1:00 pm

**Rockstar Series Package** (3 shows)

Friday, September 27<sup>th</sup> | 1:00 pm

**Legends Series Package** (3 shows)

Friday, October 4<sup>th</sup> | 1:00 pm

**Single Show Tickets**

Friday, October 11<sup>th</sup> | 1:00 pm

**Guest Tickets**

Friday, October 18<sup>th</sup> | 1:00 pm



**AVAILABLE NOW**  
**THE 2024-2025**  
**HOA SHOW**  
**GUIDE**





## A Message from Your PROPERTY MANAGER | Lori Nixon

I hope you all enjoyed your summer! After a very hot, rainy summer, I'm sure everyone is looking forward to dry, cooler weather.

Keep in mind that heat and humidity can cause dirt, dust or mold to build up on sidewalks and roofs. These areas must be maintained by you, as a homeowner, so please be sure to schedule the proper maintenance.

We are excited for the next quarter and hope that each of you fill your calendars with all the amazing events we have planned for you! If you are interested in a particular event, make sure you sign up early. We have more residents than last year, and some events will fill up quickly.

Take Care,  
**Lori Nixon**  
Property Manager (LCAM, CFCAM)



## A Message from Your HOA PRESIDENT | Tambra Wolfe

It's hard to believe we are in the 4<sup>th</sup> quarter! Time is flying by as we are nearing the completion of this beautiful community. In just over 4 years, Valencia Trails has exceeded all expectations as it relates to sales and closings. At this time, we have sold 790 homes and have closed 733 homes project to date. There are still opportunities to purchase either a move in ready home or one to build; refer your friends and family before it's too late!

We anticipate reaching the 90% homes closed mark sometime in October/November! The turnover of the homeowner's association will take place within 90 days of having closed 90%

of the total homes within the community. This is an exciting time for the community which entails residents working together to continue the amazing lifestyle and management of Valencia Trails Homeowners Association. Stay tuned as we will communicate the timing of the turnover and how you can get involved.

It's been a pleasure working with all of you and I wish you all Happy Holidays!

Cheers!  
**Tambra Wolfe**  
HOA President

## New Homeowner ORIENTATIONS



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

**Wednesdays | 11 a.m. | Social Hall**  
**October 2<sup>nd</sup>**  
**December 4<sup>th</sup>**

# October EVENTS

## Big Red Bus Blood Drive

Wednesday, October 9<sup>th</sup>

10 am | Clubhouse Parking Lot | Free

Valencia Trails is teaming up with Oneblood to host our community blood drive. Blood donation is an act of solidarity and altruism, and what better way to give back to the community than by donating a gift that can save lives. Let's make this one count by saving one life at a time! Registration is required. **Each recipient will receive a \$20 e-gift card and a Halloween Themed Blood Donor T-shirt!**



## Bingo Night

Thursday, October 10<sup>th</sup>

6 pm | Social Hall | \$15

Deadline September 26<sup>th</sup>

Get ready for a fun-filled evening at our Bingo Night! Come and join your friends for an exciting night of classic bingo. Enjoy lively games, with plenty of chances to win a variety of gift cards! The social hall bar will be available for purchase.



## Wine Etching Craft Class

Wednesday, October 16<sup>th</sup>

3:30 pm | Arts & Crafts

Studio | \$30

Learn the simple & fun way to etch glass. Please bring your own set of 4 clear wine glasses. All other materials are provided. Participants have the option of making wine glass charms for an additional \$5 each. You'll leave the class with a beautiful & unique set of wineglasses to use yourself or to give as a special, hand-crafted gift. These are perfect hostess gifts & holiday gifts, plus they're dishwasher safe!



## Movie Night: A Nightmare Before Christmas

Thursday, October 17<sup>th</sup>

6 pm | Social Hall | Free

Deadline October 16<sup>th</sup>

With Halloween right around the corner, it's also time to get prepared for the barrage of pre-Christmas commercialism for the next two months. However, there's one film that's perfect to watch anytime between October and December. Since this year is its 30<sup>th</sup> anniversary, let's take a look at Henry Selick and Tim Burton's stop motion musical classic, "The Nightmare Before Christmas." Free popcorn and the social hall bar will be available for purchase.



## Let's Flamingle Welcome Back Party

Saturday, October 19<sup>th</sup>

4 pm | Pool Deck | \$26

Deadline October 12<sup>th</sup>

Let's flamingle back into the season! Sip on exotic cocktails, savor delicious bites, and groove to steel drum tunes in a setting adorned with lively flamingo decor. Whether you're reuniting with friends or making new connections, this party is your chance to flaunt your best tropical attire and immerse yourself in a night of flamingo-inspired festivities. **One complimentary cocktail included.** Menu: Herb-Grilled Chicken or panko crusted lemon cod, jasmine rice pilaf, roasted red potatoes, grilled vegetables, garden or caesar salad, rolls and butter, assorted cookies

Reservations are required for all events. To RSVP, go to [www.valenciatrailshoa.org](http://www.valenciatrailshoa.org) or visit Resident Services.



## Fall in Love with Shopping

Monday, October 21<sup>st</sup>

11 am | Free | Clubhouse Parking Lot

Embrace the magic of autumn at our Fall-Themed Shopping Event! Step into a world where cozy meets chic, and every corner is bursting with seasonal delights. You'll get to shop around from local vendors ranging from clothing, jewelry, cosmetics, and more. Infused water will be provided.



## Barktoberfest

Tuesday, October 29<sup>th</sup>

4 pm | Bocce Courts | Free

Join us for a spook-tacular celebration where your furry friends can strut their stuff in the most creative, adorable, and spine-chilling costumes. Even if you don't have a pet, you are encouraged to come to the Yappy Hour by Gather! Drinks available for purchase.



## GIRLS OF MOTOWN

Saturday, October 26<sup>th</sup>

8 pm | Social Hall | \$30 (plus tax)

*Deadline October 25<sup>th</sup>*

Sophisticated, Talented, Dynamic!  
Enjoy a musical journey celebrating the golden age and legendary artists of Motown. Influenced by soul, pop, rock, gospel and rhythm & blues, THE GIRLS OF MOTOWN showcase smooth, soulful harmonies combined with the fast-paced rhythms and strong bass-driven beats of the most popular songs from the era. Add stylish period costuming, authentic arrangements and you have the recipe for an extraordinary celebration!

Enjoy songs made famous by renowned artists such as The Supremes, The Marvelettes, The Chiffons, Al Greene, The Temptations, Etta James, The Ronettes, Aretha Franklin, Marvin Gaye, The Four Tops, Smokey Robinson and more!



## HALLOWEEN PARTY

Thursday, October 31<sup>st</sup>

5 pm | Pool Deck | Free

*Deadline October 24<sup>th</sup>*

Step into a world of eerie enchantment where ghoulish delights and spooky thrills await. From chilling cocktails to devilishly good treats, we've got everything to satisfy your Halloween cravings. Participate in our costume contest for a chance to win prizes!

The cabanas on the pool deck will be assigned streets throughout the community. Stop by and say hi to your neighbors and meet new people!  
Food and drinks available for purchase.

Reservations are required for all events. To RSVP, go to [www.valenciatrailshoa.org](http://www.valenciatrailshoa.org) or visit Resident Services.

# November EVENTS

## Toy Drive!

November 15<sup>th</sup>  
through December 15<sup>th</sup>



This season is all about giving back! Join us for our second year with the giving tree supporting Eva's closet. There will be a tree with wish tags at resident services. Pick a tag for a boy or a girl and bring the gift along with the tag back to resident services! Supported by VT Gives Back Club. Have questions? Please see Resident Services or email [vtgivesback@gmail.com](mailto:vtgivesback@gmail.com).

## Diamond Art Coasters Craft Class

Thursday, November 7<sup>th</sup>  
4 pm | Arts & Crafts Studio | \$12



You will get 8 pcs ocean diamond art coasters, a handy holder, packs of 5D diamonds, a diamond tray, wax and a pen. Perfect diamond art kits for adults. The class will be led by our Art Club leaders.



## Veteran's Day Breakfast

Monday, November 11<sup>th</sup>

10 am | Social Hall | \$15 and Free for Veterans

*Deadline November 4<sup>th</sup>*

Join us in honoring the brave and dedicated at our Veteran's Day Breakfast! Start your day with a hearty breakfast while we feature the Pledge of Allegiance and the National Anthem. Enjoy a delicious spread, engaging conversations, and a warm, appreciative atmosphere as we come together to celebrate their courage and sacrifice. If you or a loved one is a veteran, please email your service photo, branch of service, rank, and a memory to [vtresidentservices@grsmgt.com](mailto:vtresidentservices@grsmgt.com) to be in our slideshow.

**Menu:** Cheesy scrambled eggs, bacon, sausage, home fries, mini muffins, orange juice, coffee & water

## Tribute to the Troops

Friday, November 8<sup>th</sup> | 8 pm | Social Hall | \$30 (plus tax) *Deadline November 7<sup>th</sup>*

America, the Beautiful", "Yankee Doodle Dandy", "God Bless the USA". These songs are only a sample of the tunes that have celebrated our country's imprint on the world. Celebrate our country, our legacy and the people who fight for our freedoms. Expect to hear all the homegrown classics you grew up singing but also the current patriotic hits on the radio today! With powerhouse female vocalists, stunning costumes and crisp choreography, you can expect to leave feeling patriotic, a little sentimental and certainly overjoyed that you live in the land of the free and home of the brave.



Reservations are required for all events. To RSVP, go to [www.valenciatrailshoa.org](http://www.valenciatrailshoa.org) or visit Resident Services.



## Bank Heist Trivia Night

Thursday, November 14<sup>th</sup>

7 pm | Social Hall | \$20 *Deadline November 1<sup>st</sup>*

The Chicago Police Department has gathered all the evidence that your ace team of detectives will need to analyze in order to identify the bank robber. There will be a series of stations and stops during the game that your team will have to visit in order to collect all of the necessary pieces to help you solve the crime! This elimination-style game can accommodate up to 12 teams and 96 total players max. For each team, we recommend teams of no fewer than 6 and no more than eight players. There is a minimum of 60 players needed for this game experience.



### Rebecca's Shopping Outing & Tap 42

Tuesday, November 19<sup>th</sup>

9-10 am or 10-11 am

Offsite | Free

Separate Lunch

Check Available

12 max per time slot  
for a total of 24 for lunch.

Rebecca's offers the trendiest lines, perfect for the Southwest Florida lifestyle. With designers like Frank Lyman, Alberto Makali, Ciara Sun Woo and more the possibilities are endless with sizes 2-16 and XS-XL. Rebecca's carries a wide variety of jewelry, handbags and scarves that will match any outfit. Complimentary refreshments. Meet back at Rebecca's for a group photo at 11:10 am. Then head over to Tap 42 for lunch at 11:30. Rebecca's will provide Mimosas and Muffins to shop for all their new Fall/Holiday Arrivals! During that time the ladies will receive a 15% discount!



## Movie Night: Twisters

Thursday, November 21<sup>st</sup>

6 pm | Social Hall | Free

*Deadline November 20<sup>th</sup>*

Haunted by a devastating encounter with a tornado, Kate Cooper gets lured back to the open plains by her friend, Javi, to test a groundbreaking new tracking system. She soon crosses paths with Tyler Owens, a charming but reckless social-media superstar, who thrives on posting his storm-chasing adventures. As storm season intensifies, Kate, Tyler and their competing teams find themselves in a fight for their lives as multiple systems converge over central Oklahoma. Free popcorn and the social hall bar will be available for purchase.



## Comedian Scott Novotny

Saturday, November 23<sup>rd</sup>

8 pm | Social Hall | \$25 (plus tax)

*Deadline November 22<sup>nd</sup>*

Scott Novotny recently celebrated his 30<sup>th</sup> anniversary of being a full-time professional stand-up comedian. Over that time, Scott has had people laughing from coast to coast with his clean, non-offensive, very funny observations and humor. Armed with only great comedy material, a wonderful sense of timing, and some physical comedy that is sure to make you laugh, Scott gets the job done and is a joy to watch.



## Thanksgiving Day Feast

Thursday, November 28<sup>th</sup> | 1 pm and 4 pm

Social Hall | \$49 *Deadline November 21<sup>st</sup>*

Enjoy a thanksgiving feast with turkey, honey ham, Idaho trout, apple & chestnut stuffing, strawberry fields and escarole salad, whipped potatoes and turkey gravy, green bean casserole, brussel sprouts, maple-roasted sweet potatoes, cranberry sauce, apple pie and pumpkin cheesecake.

Reservations are required for all events. To RSVP, go to [www.valenciatrailshoa.org](http://www.valenciatrailshoa.org) or visit Resident Services.

# December EVENTS

## Holiday Sip & Shop

Thursday, December 5<sup>th</sup>  
4 pm | Social Hall | Free

Come shop with us for all your last-minute holiday gifts. Local artisan vendors will be showcasing a variety of jewelry, clothing, arts and crafts, holiday gifts and more. Gather bar will be available for purchase.



## Kate Voss & The Hot Sauce

Sunday, December 8<sup>th</sup>  
8 pm | Social Hall | \$35 + tax  
*Deadline December 7<sup>th</sup>*

Lively entertainment featuring award-winning vocalist/bassist Kate Voss. Kate and sextet and we keep it spicy with fun covers from Ray Charles, Brenda Lee, Chuck Berry, Patsy Cline, Hank Williams, Nancy Sinatra, and much more from the '50s & '60s.

Highly danceable with a twinge of nostalgia, Kate Voss & The Hot Sauce is a show you will not want to miss!



## Winter Wonderland Party

Thursday, December 12<sup>th</sup>  
4 pm | Pool Deck | \$26 *Deadline November 28<sup>th</sup>*

Enjoy a delightful evening filled with holiday cheer, from festive cocktails and treats to lively music and enchanting decorations. Dress in your best ugly sweater and be on the lookout for a special character that will join us! **One complimentary cocktail included.** Menu: Grilled chicken parmesan, burrata ravioli with tomato basil sauce and aged parmesan, roasted Broccoli with garlic & shallots, garden or Caesar salad, rolls and butter, cupcakes and berry parfaits.



## Holiday Lights Trolley



Tuesday, December 17<sup>th</sup>  
6 pm | Offsite | \$25  
*Minimum 20 – Maximum 40*

All aboard for a festive adventure on the Holiday Lights Trolley! Experience the magic of the season as you go through dazzling displays of lights and enchanting decorations. The trolley will pick up at the clubhouse, then head to Victoria Park, Venetian Village, 5<sup>th</sup> Ave, and 3<sup>rd</sup> Street. BYOB on the trolley and there will be a restroom stop at Venetian Village!

Reservations are required for all events. To RSVP, go to [www.valenciatrailshoa.org](http://www.valenciatrailshoa.org) or visit Resident Services.





## Holiday Golf Cart Parade with Movie and Drinks

**Wednesday, December 18<sup>th</sup>**  
**6 pm | Clubhouse | Free**

Get ready to jingle through the community during our Holiday Golf Cart Parade! Join us for a festive extravaganza where beautifully decorated golf carts, bicycles, and cars transform into dazzling holiday floats. Those not in the parade are encouraged to cheer on the participants! We will end the parade back at the clubhouse to show "A Christmas Story". Cocktails and a hot chocolate bar from Gather will be available for purchase!



## Music Bingo

**Thursday, December 19<sup>th</sup>**  
**7 pm | Social Hall | \$20**  
*Deadline December 5<sup>th</sup>*

Join us for a night where music meets excitement in the ultimate Music Bingo experience! Whether you're a music aficionado or just love having fun, this event is for you. You'll get various bingo cards and listen closely as we spin a mix of tunes from various genres and eras. There will be multiple prizes given out to winners! Gather bar available for purchase. *Deadline December 5<sup>th</sup>*



## Family Week

**December 26<sup>th</sup>-30<sup>th</sup>**

Holidays are the time of year for family time! We will be having an array of activities for children and families of all ages. Watch your weekly emails for sporting events, craft classes, and more!.

# NEW YEAR'S EVE PARTY

## *A Night in Paris*

**Tuesday, December 31<sup>st</sup>**  
**7 pm | Social Hall | \$150**  
*Deadline December 24<sup>th</sup>*

Step into the magic of Paris at our New Year's Eve Party! Celebrate the arrival of the new year with a touch of French elegance.

Immerse yourself in an evening of sophisticated charm and joie de vivre as we transport you to the heart of the City of Lights. Enjoy a delectable array of French-inspired cuisine, sip on exquisite cocktails, and dance to live music that will set the perfect tone for a memorable night. **Includes Welcome Cocktail and Champagne Toast for NYE.**

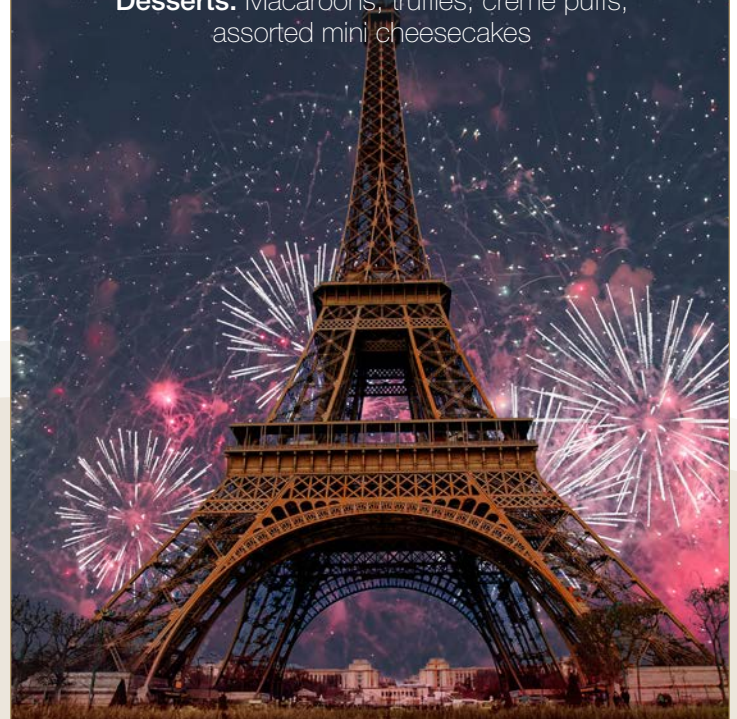
Enjoy passed hors d'oeuvres, bread, salad, and dinner buffet

### Menu Features:

Carved steak frites, whole striploin, shoestring fries, truffle salt, parmesan • Sole meuniere, brown butter, parsley, lemon • Ratatouille • Potato gratin  
Green beans almondine • Vegetarian "protein" silent – stuffed/ baked tomatoes

*Contact Dana for customizable vegetarian options.*

**Desserts:** Macarons, truffles, crème puffs, assorted mini cheesecakes



*Reservations are required for all events. To RSVP, go to [www.valenciatrailshoa.org](http://www.valenciatrailshoa.org) or visit Resident Services.*





# GATHER

RESTAURANT & BAR



## LUNCH

Grab & Go Tuesday with Full-Service Bar  
11 a.m. – 5 p.m.

Wednesday - Sunday | 11 a.m. – 5 p.m.

## DINNER

Wednesday - Sunday | 5 p.m. – 9 p.m.

## POOL BAR

Tuesday | 11 a.m. – 5 p.m.

Wednesday - Sunday | 11 a.m. – 9 p.m.

## HAPPY HOUR

Wednesday - Saturday | 4 p.m. – 6 p.m.

## EVERY WEDNESDAY

Pre-fix Menu Special | 5 p.m.

## Gather Brunch

Every Sunday | 11 a.m. – 2 p.m.



## Off the Smoker

EVERY SUNDAY

Join us on Sunday evenings for Big Mike's rotating in-house smoked meats.

Special to go out in our Thursday eblast.



## Every Thursday

1<sup>st</sup> Thursday

Italian

2<sup>nd</sup> Thursday

Paella

3<sup>rd</sup> Thursday

Comfort Food

4<sup>th</sup> Thursday

Chilled Seafood



## EVERY FRIDAY

Flatbreads & Sangria





# Wine Dinner

**Tuesday, October 15<sup>th</sup>  
6 pm | Gather**

*Participation: Maximum 60*

Experience the perfect pairing of exquisite wines and delectable cuisine at our Wine Dinner event. Savor a thoughtfully curated selection of fine wines, each chosen to complement a multi-course menu crafted by our talented chefs.



## EVERY SATURDAY

**Butcher Block Night  
College Football Saturday Special**  
Apps and Buckets of Beer



# CHEF DEBRA'S COOKING CLASSES



## Mixology

**Sunday, October 20<sup>th</sup>  
2 pm | Cooking Studio | \$45**

*Registration deadline: October 13  
Participation: Maximum 24*

Join Natalie and Divinity in this mixology class to learn the ins, outs, and secrets of making the perfect cocktails. The class will include a complimentary cocktail and light snacks.



## Oysters 101

**Sunday, November 17<sup>th</sup>  
2 pm | Cooking Studio | \$45**

*Registration deadline: November 10  
Participation: Maximum 24*

Chef Deb will teach you everything you need to know about how to prepare, serve, and cook Oysters. The class will include complimentary wine and light snacks.



## Holiday Desserts

**Sunday, December 15<sup>th</sup>  
2 pm | Cooking Studio | \$45**

*Registration deadline: December 8  
Participation: Maximum 24*

Join Chef Deb in the holiday spirit to make some cheerful desserts! The class will include complimentary wine and light snacks.

*Reservations are required for all events.*





Enjoy a complimentary tea, infused water, mimosa or champagne with any service!



## SPA SPECIALS

### OCTOBER

#### Ghoul's Muddy Brew Pedicure \$60

This rich muddy experience begins with a soothing foot soak, infused with enchanted mud, designed to relax and prepare your feet for the unparalleled pampering. Let the mystical treatment take you on a journey of relaxation and rejuvenation.



#### Hauntingly Relaxing Mud Mask Massage

\$120

Experience a spine-tingling touch of relaxation with our exclusive mud mask massage. Begin with a warm, soothing mud mask to nourish the skin, followed by a deeply relaxing massage that melts away tension. Indulge in this comforting treatment.



#### Witch's Pumpkin Whip Facial \$130

This bewitching facial is packed with antioxidants and anti-aging properties to rejuvenate your skin and reduce inflammation. The enchanting aroma of pumpkin and spices will tantalize your senses, while the stimulating collagen boost works its magic to transform your skin. Indulge in this luxurious experience for a radiant, refreshed complexion

### NOVEMBER



#### S'mores Indulgence Facial

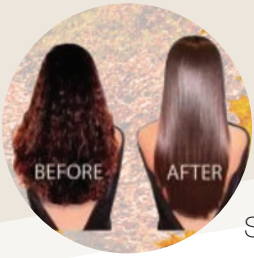
Indulge your senses with the aroma of sweet chocolate infused in Circadia's signature cocoa enzyme, infused with natural antioxidants and exfoliating benefits. Complete with our Marshmallow Whip Hydrating mask filled with moisturizing peptides and natural anti-inflammatory botanicals for optimum hydration. ~~\$140~~ | \$125

#### Toe-sty Delight Pedicure

Relax with a warm neck roll while receiving your nail service, including exfoliation, hot towels, hot stone massage and quick-drying non-toxic polish, finishing with a hydrating cocoa mask. ~~\$75~~ | \$60

The Spa at Valencia Trails Tuesday – Saturday by Appointment | 10 am - 5 pm





### Thankful Tresses Treatment

Non-Keratin Smoothing system providing a long-lasting anti-frizz effect without harsh chemicals for up to 4-months\* with proper at-home care. Short/Medium \$200 | Long \$250

### Add Home-care kit with service

After-glow Hydrating Shampoo & Moisturizing Conditioner | \$40

## DECEMBER

### Holiday Harmony Massage ~~\$145~~ | \$135

Full body customized massage combining Swedish and Deep Tissue techniques. Includes a back exfoliation followed by hot stones, and a warm foot compress.

### Merry Berry Chocolate-Covered Facial

~~\$140~~ | \$130

Maximize hydration during this holiday season. The sweet cocoa aroma is full of natural antioxidants designed to nourish & protect dry, dehydrated skin. Your skin will then be transformed using Marshmallow Whip Hydrating mask and Australian Super Berry Antioxidant mask that are infused with a blend of hydrating peptides, brightening properties & botanicals that will infuse critical hydration into the skin.



### Peppermint Bliss Mani-Pedi

~~\$145~~ | \$99

Enter the festive season with a rejuvenating foot bath. Immerse in a nourishing mint mask to awaken your tired feet, leaving them feeling refreshed and revitalized.

### Winter Wonderland Blowout \$10 Off

Experience a festive winter wonderland with our luxurious holiday hair service! Enjoy a refreshing shampoo, followed by a cozy blow-out, and let our stylist transform your hair into voluminous, luscious locks perfect for the season.

### Black Friday Gift Card Sale

Valid November 29<sup>th</sup> - December 1<sup>st</sup>  
20% off Gift Card purchases of \$100 or more.

**ONLINE ONLY**

Watch Emails for more details and discount code!



### TO MAKE AN APPOINTMENT

Call 239-359-6950 ext 5

Or by scanning the UPC code

# EVENTS

## OCTOBER

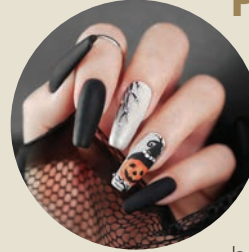
### Spa Spooktacular

Thursday, October 24<sup>th</sup>

12 - 3 pm | The Spa | \$75

Get spooky at the Spooktacular Peeling Party!

### Halloween Block Party Prep Central



Thursday, October 31<sup>st</sup>

All Day | The Spa |

Blowout - \$10 OFF

Nail Art - \$5 per nail

Get spooky-ready with a fabulous blowout or bedazzled nails!

## NOVEMBER

### Glow-Giving Spa Event

Thursday, November 21<sup>st</sup>

12 - 3 pm | The Spa | \$75

Our Glowing Spa Treatment includes a consultation with express facial product recommendations. Spin the wheel in our Spa to win a variety of prizes!

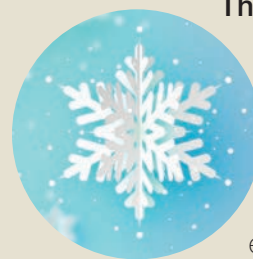


## DECEMBER

### Winter Wellness Event

Thursday, December 12<sup>th</sup>

All Day | The Spa | \$200



Our blockout block party blow out prep includes steam room access, cozy robes, warm neck wraps, 30 minutes of meditation, an express facial, an express pedicure, and a blowout or scalp treatment! Don't miss out on hair tinsel with Arianna! 4 strands for \$10 or 8 strands for \$20!

# Sports & RACQUET CLUB



**The Pro Shop Hours of Operation | October-December**

Monday - Friday | 8 a.m. - 1 p.m. • Saturday | 8 a.m. - 12 p.m.

## A Message from Your



**DIRECTOR OF RACQUETS & BOCCE | Doyle Springett**

I would like to thank everyone in the community for such a warm welcome. As I head into my second month on property the feedback received from the survey is being implemented with multiple new clinics now available. Catering to all levels and additional evening options being added for both tennis, pickleball, and bocce. I am excited to see some new faces on the courts soon.

## 3 and Me's - Daily

**\$30 a player**

3 and Me's are designed for you and your friends to work on the shots and strategies of pickleball and tennis at your own pace, in a group atmosphere for an affordable price! 3 and Me's are just that, a group private lesson with you, your friends, and our PPR certified pro. Work around your own schedule and book by email at [Valenciatrailsproshop@gmail.com](mailto:Valenciatrailsproshop@gmail.com) or call 239-359-6955.

## Private Lesson Rates – Pickleball, Tennis, & Bocce

\$100 for full hour private

\$75 for 45-minute private lesson

\$50 for 30-minute private lessons

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



# CLINICS

# PICKLEBALL

## TENNIS

### Tennis: Beginner Clinics

**Wednesday | 6:30-7:30 pm**

**& Saturday | 8-9 am | \$25**

Anyone who is new to tennis and wants a better understanding of the basics are welcome. This clinic will focus on learning the basic fundamentals and get you prepared to play socially with friends.

### Tennis: Open Level

**Tuesdays | 10 am | \$25** *Min. 3 / Max. 6 participants*

Come learn tips for improving your game. We will review the fundamentals to help you improve your game. It's a great opportunity for both beginners and advanced players to develop their skills.

### Pickleball 101/Beginner Group

**Monday & Wednesday | 10 am & 5:30-6:30 pm | \$25**

*Min. 2 / Max. 8 participants*

Anyone who is new to pickleball and wants a better understanding of the basics are welcome to join us in Pickleball 101. This clinic will focus on learning the pickleball rules, strategies, scoring, and skills to start playing with friends!

### Pickleball: Developer Clinic

**Thursday & Saturday | 10 a.m. | \$25**

*Min. 4 / Max. 6 participants*

This clinic is for players who are ready to advance their skills to the next level. The focus will be to work on improving the basics of the game. Players should have completed the Intro to Pickleball and know the basics. Work will focus on developing shots, strategies and positioning on the court.

### Pickleball Shot of the Week

**Fridays | 9 a.m. | \$25** *Min 3, Max 6*

In this class you will learn a new shot every week. We will learn techniques and strategies on how to hit each shot and when to use each shot to improve your game.

Week 1 | Serve and Stay

Week 2 | Return and Run

Week 3 | Volley Placement

Week 4 | Dink Consistency

Week 5 | 3<sup>rd</sup> Shot Drops

Week 6 | Hard Block Volleys

Week 7 | 5<sup>th</sup> Shot Drops

Week 8 | Review & Shot Selection



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

# Racquet EVENTS



## Pickleball Welcome Back

**Thursday, October 10<sup>th</sup>**  
**9 am | Sport Courts | Free**

As members are returning from summer travels, this is a great way to get some matches at the level you plan and plan to play at during season!



## Tennis Welcome Back

**Friday, October 11<sup>th</sup>**  
**9 am | Sport Courts | Free**

As members are returning from summer travels, this is a great way to get some matches at the level you plan and plan to play at during season!



## Halloween Bash

**Wednesday, October 30<sup>th</sup>**  
**Sport & Bocce Courts | Free**

Dress up in your Halloween costumes and enjoy a fun filled day of court sports activities around the community. Pickleball will be 8-10 am, Tennis will be 9-11 am, and Bocce will be 5-7 pm.



## Turkey Tournament

**Tuesday, November 26<sup>th</sup>**  
**Sport & Bocce Courts | \$15**

Find a partner and burn some calories for a round robin level-based competition to celebrate the thanksgiving holiday. Pickleball will be 9:10-11:30 am, Tennis will be 8:30-10:30 am, Bocce will be 5-7 pm.

## Pickleball River Play

**Monday, December 9<sup>th</sup>**  
**6:30 pm | Sport Courts | Free**

Come out and experience the fun format of up and down the river play where time-based matches will have everyone wanting to finish on the final court.



# Holiday Parties



Celebrate the end of the year with match play and some refreshments (mimosas and wine, etc.)

## **Tennis Holiday Party**

**Saturday, December 21<sup>st</sup>**

**5:30 pm | Sport Courts | \$20**

## **Pickleball Holiday Party**

**Sunday, December 22<sup>nd</sup>**

**5:30 pm | Sport Courts | \$20**



## **Bocce Holiday Mixer**

**Monday, December 23<sup>rd</sup>**

**9 am | Bocce Courts | \$20**

Monday mimosas will be served as we cheers to end of the year bocce party!

# SPORTING TIPS

## **PICKLEBALL**

### **Tip: Effective Communication**

If you're playing with a partner, strategizing off the court before play begins can exponentially improve how you fare during a match. Here are some talking points to consider before each game: Calling shots is one of the best ways to communicate during gameplay. Here are the top ways to communicate during a pickleball match. Get in the habit of calling "mine" or "yours" for every incoming shot. Call "switch" if you'll shift to your partner's side of the court. Call "out" if a shot will land out of bounds. Encourage your partner throughout the game to boost their confidence.

## **TENNIS**

### **Tip: Ball Tracking**

Being in the ready position means having your racket up and in front of you. Additionally, once you have your racket in front, players should be tracking the movement of the ball with your racket. This does not mean you should be waving around the racket like you are a wizard with a wand. Rather, players always track the ball and mimic its path with their racket. This tip also applies if the ball is not being hit at you. One common mistake is not anticipating where the ball will go, this could be costly because shots altered by wind, spin, and net cord contact.

## **BOCCE**

### **Tip: Placement**

The Strategic placement of your bocce balls is crucial for outsmarting your opponents and securing points. Instead of solely focusing on getting your balls closest to the pallino, consider the strategic value of positioning your balls in strategic locations. Aim to create obstacles for your opponents, block potential pathways to the pallino, or set up opportunities for future scoring plays. By thinking strategically and planning your shots, you can gain a tactical advantage on the bocce court.

**EVENTS:** All events are flexible with weather and can be rescheduled due to weather conditions. All events and clinics need to be registered 24 hours before the event/ clinic. Cancellations must be made 24 hours before the event/clinic as well in order for a full refund.

# FITNESS Programs



## A Message from Marni Rudnick

### FITNESS OPERATIONS DIRECTOR

Having a personal fitness coach can significantly improve your overall wellness by providing personalized guidance, motivation, and accountability. Group exercises also play a vital role, offering a sense of community and support that can make workouts more enjoyable and effective. These social interactions help build a network of encouragement, making it easier to stay committed to your fitness goals. Let's stay dedicated to our health goals, support each other, and explore the benefits of both personal coaching and group exercises. Together, we can achieve a healthier, happier, and more vibrant lifestyle.

**Marni Rudnick**  
Total Health Systems

#### PERSONAL TRAINING

Train with your spouse and/or a friend to motivate each other and have fun while working out!

##### 30-minute packages:

3 sessions: \$150 (\$50/session)  
10 sessions: \$450 (\$45/session)

##### 1-hour packages:

3 sessions: \$210 (\$70/session)  
10 sessions: \$650 (\$65/session)  
15 sessions: \$900 (\$45/session)

#### FREE Equipment Clinics

**October 8 | 9 am**  
**November 5 | 12 pm**  
**December 11 | 12 pm**

Space is limited to 20 participants per session. Register on Total Health Systems website.

#### Fitness Attendant Hours

Monday: 9 – 10 am  
11:30 am – 2:30 pm  
Tuesday: 8 am – 3 pm  
Wednesday: 9 – 10 am  
11:30 am – 2:30 pm  
Thursday: 10 am – 1 pm  
Friday: 8 – 10 am  
Saturday: 9 – 10 am



# OCTOBER - DECEMBER CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Full Body Strength Training: 8:00 a.m.  Aqua Fit: 10:30 a.m.	Dance Fit: 9:00 a.m.  Yoga: 10:30 a.m.  Zumba: 6:00 p.m.	Full Body Strength Training: 8:00 a.m.  Aqua Fit: 10:30 a.m.	Dance Fit: 9:00 a.m.  Yoga: 10:30 a.m.	Aqua Fit: 10:00 a.m.	Chisel & Tone: 10 a.m.

## CLASS DESCRIPTIONS



**Aqua Fit:** Interval, strength, and cardio training in the pool. You will utilize noodles and aqua dumbbells to get a full body workout all to upbeat music. Whether you are a beginner or expert, you will be sure to get a great workout.

**Chisel & Tone:** Full Body sculpting class where you tone and sculpt your body using weights to target all the major muscle groups.

**Dance Fit:** Dance your way to a healthier you. You will use light weights and fun weight lifting moves to the rhythm of a variety of music that really gets you moving.

**Full Body Strength Training:** Full body strength this class is designed to fire up all major muscle groups working towards lifting! Build and maintain muscle mass and help protect your bone density.

**Yoga:** In this Vinyasa class, the basic foundational yoga postures are practiced to align, strengthen, and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.

**Zumba:** Take the work out of work out by mixing low intensity and high intensity moves for an interval-style calorie burning dance party! This is fine.

## NEW CLASS REGISTRATION OPTIONS

### Single Class Registration

If you would like to continue signing up for a specific class for the month, sign up as usual. Your space in the class will be automatically reserved for you.

### BYO Variety Pack of Classes

If you would like to try different classes over the month, purchase a variety package of either 5 or 10 classes. After you pay for a class package, you will be able to register for the individual classes you would like to attend. This creates your reservation for a space in that class. Packages expire at the end of every month, so be sure to select the classes you'd like to attend.

**5-pack - \$30 | 10-pack - \$50**

## WORKSHOPS @ THE FITNESS CENTER

**Importance of Balance Past 50**  
Thursday, October 17<sup>th</sup> | 12:00 pm | FREE

**Weight Training in Your Retirement Years**  
Tuesday, November 19<sup>th</sup> | 8:00 am | FREE

**Cardio vs. Weight for Weight Loss**  
Monday, December 16<sup>th</sup> | 1:00 pm | FREE

**Fitness Registration Reminder:** *Note: Times and classes are subject to change.* Registration for classes opens the 2<sup>nd</sup> Thursday of every month for the following month. Don't forget to use the "2<sup>nd</sup> Class" discount code for \$5 off when you register for more than one class. BYO Variety Packages expire at the end of each month.

# CLUBS at Valencia Trails

Get Involved. Join or Create Your Own Club!



## **Art Club**

Nancy Nowak  
nancy@nancynowak.com

## **Backgammon Club**

Alan Brown  
asbrown444@gmail.com

## **Beginner Mah Jong**

Kim Rowe, Karen Murdaugh,  
& Amy Mills  
Roweka@verizonnet

## **Biking Club**

Tom Seidewand  
polycore27@gmail.com

## **Birding Club**

Rick Dunning  
radirish328@gmail.com

## **Canasta**

Elaine & Burt Weisberg  
elw90@comcast.net

## **Chess**

Arnold Zeiger & Jamie Protack  
poorwillyzee@gmail.com  
jamesprotack@gmail.com

## **Coin Club**

Paul Chiarello  
pjchiarel55@gmail.com

## **The Culinary Crew**

Susie Orr  
Susieorr14@gmail.com

## **Dealer's Choice Poker Club**

Alan Parsowith  
Alanparsowith@hotmail.com

## **Euchre Club**

Kathy Baier  
Kathybaier75@gmail.com

## **Fiction Book Club**

Bette Williams  
bettebw@gmail.com



## **Foods of the World Club**

Dr. Gwen Patrone  
gwen@gwenpatrone.com

## **Full Throttle Car Club**

Bob Eisenhart  
beisenhart52@gmail.com



### **The Geek Tech Academy**

Debi Piccus  
Debi@piccus.com



### **VT Gives Back**

Henry Chin  
vtgivesback@gmail.com

### **Hand & Foot**

Mike & Sue Clerkin  
Sclerkin18@icloud.com

### **Gaming Club (NEW)**

Chris Maloney  
chris@cmaloney.com



### **Golf Club**

Mike Huez  
mikehuez@gmail.com

### **The Jewish Cultural Club**

Phyllis Koss  
phyllismsw@aol.com

### **Left, Center, Right**

Deb Irons  
Debmikearuba@yahoo.com

### **Living Long, Whole & Happy**

Phyllis Koss  
phyllismsw@aol.com

### **Advanced Mah Jong (NEW)**

Lisa Crawford & Augusta Lombardi  
Lisacr4d@hotmail.com

### **Intermediate Mah Jong**

Marianne Davis  
marianne@drugstoremanagement.com

### **Mexican Train**

Sue and Mike Clerkin  
sclerkin18@icloud.com

### **Majestic Ladies (NEW)**

Madeline Murphy  
Madmurphy44@yahoo.com

### **Pinochle**

Ralph Tufano  
Tufbut45@gmail.com

### **(Daytime Ladies) Poker Club**

Carolyn Kimmel and Augusta Lombardi  
carkimmel@gmail.com

### **(Dealer's Choice) Poker Club**

Alan Parsowith  
alanparsowith@hotmail.com

### **Singles Club**

Jamie Protack  
jamesprotack@gmail.com

### **Social Dance Club**

Lena Rome and Nijole Valaitis  
vtsocialdanceclub@gmail.com

### **Stitch & Share**

Phyllis Koss  
phyllismsw@aol.com

### **Table Tennis**

Richard Schlarb  
theschlarb@gmail.com

### **Texas Hold'em**

Don Nowack  
donnowackjr@gmail.com

### **Wine Club**

Tony Comito  
tony\_comito@yahoo.com



# AROUND THE TRAILS



**Saturday, November 16<sup>th</sup>**

**9 – 11 am | Sports Courts: Pickleball, Tennis, Bocce, and Fitness Classes**

**11 am – Noon | Club Expo in the Social Hall**

**12 – 2 pm | DJ on the pool deck!**

Join us for our second Around the Trails Sports Social! There will be fun activities all around the recreation site including pickleball, tennis and bocce open play with our pros, pop-up bars, corn hole games and more! The Full Throttle Car Club will be hosting a car show! Seasoned and new players are welcome in this fun, friendly social environment.

Never played, no problem! A schedule of events will be provided in your weekly sports update.

