

RIVERLAND

PLAYBOOK

HAPPY NEW YEAR!

Cheers to New
Beginnings

RIVERLAND OLYMPICS

The Games Are Here -
Don't Miss Out!

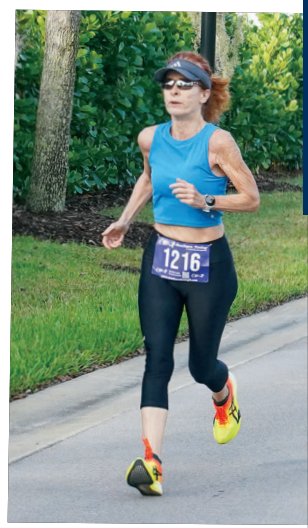
RIVERLAND MARDI GRAS

Color, Culture and Celebration!

RIVERLAND PHILANTHROPY

Celebrating the Spirit of Giving

VOLUME 7 • Winter 2025



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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

Lifestyle Assistant
lifestyle@riverlandcai.com | (772) 271-7272
Shawn Steele, Lifestyle Manager
lifestylemanager@riverlandcai.com
(772) 226-9000

RIVERLAND SPORTS & RACQUET CLUB

12001 SW Riverland Boulevard
(772)-348-4561
Pro Shop Hours:
Monday - Friday: 8 am - 8 pm
Saturday - Sunday: 8 am - 12 pm
Court Hours:
7 am - 11 pm | 7 days a week

RIVERLAND WELLNESS & FITNESS CENTER

12001 SW Riverland Boulevard
(772) 200-2773
Office Hours:
Open Daily: 8 am - 6 pm
Fitness Center:
24 hours a day | 7 days a week

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

A LETTER FROM THE LIFESTYLE DIRECTOR



Tere Muñiz
Lifestyle Director

Happy New Year! As we step into 2025, I am thrilled to share my excitement for the journey we have ahead of us. This year promises to be brimming with opportunities to connect, celebrate, and create cherished memories together.

First and foremost, I am delighted to introduce two outstanding additions to our Riverland Lifestyle Team – Kelly

Tiger, our new Arts and Culture Director, and Shawn Steele, our Riverland Lifestyle Manager. Kelly brings a wealth of experience in curating engaging artistic and cultural programs, ensuring a vibrant array of creative opportunities for all. Shawn's extensive background in event planning and community engagement will enhance our lifestyle programming to new heights. Their passion and expertise make them invaluable assets to our community.

As we welcome 2025, we've curated an exciting lineup of events to make this year unforgettable. February kicks off with a splash of color and festivity with the Riverland Mardi Gras! Get ready to

don your favorite masks and beads for a celebration featuring a live Zydeco band, Cajun fare and a Mardi Gras Golf Cart Parade.

We are also thrilled to announce the Riverland Olympics, an exciting new addition to our event calendar. This multi-day event will feature friendly competition and athletic challenges, ensuring fun and participation for residents of all athletic levels. Whether you're a seasoned competitor or just looking to cheer on your neighbors, the Riverland Olympics promises to be an unforgettable experience filled with team spirit and community pride. And what better way to celebrate the closing of the Olympics than with the Riverland Prom. This 80's themed prom, held in the indoor sports court, will certainly bring back memories – and we can't wait!

On behalf of the entire Lifestyle Team, thank you for being part of the incredible Riverland community. Your enthusiasm, participation, and sense of camaraderie inspire us every day. Here's to making 2025 a year to remember, filled with joy, laughter, and countless special moments.

Cheers to a wonderful year ahead!

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

A MESSAGE FROM YOUR BOARD OF DIRECTORS

The Riverland Board of Directors would like to congratulate all those residents that have been recently elected to serve on their respective neighborhood boards. The success of the community largely relies on the involvement and dedication of its residents. Thank you for your service and support of the community. With your commitment, we are confident Riverland will continue to thrive in the future.

Riverland's newest addition, the Veterans Plaza, opened with a beautiful dedication ceremony on Veterans Day, 2024. The ceremony was hosted by the Riverland Veterans Club and the developer, with performances by the Voices of Valencia. The event was very well attended and included a flag ceremony, patriotic music, and speeches from Riverland dignitaries. We want to thank the Riverland Veterans Club for their commitment and participation in the ceremony, and all our Riverland veterans for their service, devotion, and sacrifice to our great nation. We encourage all residents to visit this beautiful plaza the next time you visit the Sports & Racquet Center.

The initial pre-construction release of the Luxury Club Villas has been a great success. The villas are currently being offered for sale in Valencia Parc and will feature four unique plans. The maintenance free living combined with the incredible build quality and unrivaled lifestyle Riverland offers, will ensure that these homes will continue to sell well in the future. The beautiful Luxury Club Villa model homes are anticipated to be open for viewing in early 2025.

Looking towards the future, we are thrilled to report that the RiverFresh Café is nearing completion. Nestled in the heart of Riverland and surrounded by the Sports and Wellness Center, the RiverFresh Café is Riverland's first restaurant located within a master amenity. The Café will initially offer a wide selection of breakfast and lunch options for the Riverland residents and will serve as a perfect destination for residents to meet neighbors from across the community. Be on the lookout for the grand opening announcements coming soon.

Sales continue to remain very strong as we closed out 2024 and look forward to the start of the selling season. Total sales for Riverland have reach 3,500 homes sold! We are also pleased to report that the first closings in Valencia Parc are scheduled to take place in early Q1 of 2025. With residents moving in from Riverland's fourth community, closings will well surpass 3,000 homes. We want to congratulate those who have closed since our last publication and thank you for your support.

We look forward to an incredible season ahead in Florida's best active adult lifestyle community, Riverland!

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

RIVERLAND PHILANTHROPY

Achieves Remarkable Success in 2024 Fundraising Initiatives

Riverland, known for its community spirit and commitment to causes, has achieved a significant milestone in philanthropy this year. Three flagship events – the **Riverland 5K**, the **Riverland Walk for Breast Cancer**, and the **Empty Bowls Project** – have collectively raised over \$19,500 to support various charitable endeavors.

Riverland Walk for Breast Cancer: Stepping Up for Survivors

Organized by members of the Valencia Cay and Valencia Grove Women's clubs together with ladies from Valencia Walk, May's Riverland Walk for Breast Cancer was a heartwarming tribute to those affected by breast cancer. The community rallied in support, raising **\$10,360** – a new record for the event with funds benefiting the Lynn Cancer Institute. Participants donned pink outfits, creating a vibrant sea of solidarity as they walked to honor loved ones and champion survivors.



Empty Bowls Project and Chili Cookoff: Fighting Hunger Together

The Riverland Pottery Club headed The Empty Bowls Project highlighting the pressing issue of food insecurity, combining art and activism to create change. Riverland resident potters dedicated their summer making one-of-a-kind ceramic mugs which were sold at the Fall Festival. This meaningful project raised **\$6,379.02**, which will help to provide over 51,000 meals to neighbors in the Port St. Lucie Community.



The Riverland 5K: Run Walk and Roll

The annual Riverland 5K brought runners, joggers, and walkers together for a day of fitness and fundraising. This year, the event raised an impressive **\$2,850** with proceeds benefiting the St. Jude Children's Institute. The scenic race route along the Riverland Paseo and post-race festivities contributed to the event's success.



A Community United

In total, Riverland's philanthropic efforts raised an astonishing **\$19,589.02** this year, showcasing the power of a united community. These events reflect the heart of Riverland. We're proud of what we've achieved together and look forward to continuing making a difference in our community.

A LETTER FROM THE
LIFESTYLE MANAGER



Shawn Steele
 Lifestyle Manager

Thank you all for the warm welcome. I joined Riverland in December after spending a year at Valencia Cay, as the Lifestyle Director. I have a passion for making memorable events, as well as creating lasting memories.

With thirty-three years of experience in high end venues, I have developed a strong relationship with both residents and guests to make memorable events come to life. I look forward to the future, as the Riverland community continues to grow by leaps and bounds. I am happy to be a part of the amazing Riverland Lifestyle team. I look forward to seeing you all at our wonderful upcoming events.

Cheers!

Shawn Steele, Riverland Lifestyle Manager
 E: Shawn.Steele@glhomes.com | P: 772-226-9000



**HONORING HEROES:
 RIVERLAND VETERANS PLAZA DEDICATION**

In a poignant and heartfelt ceremony, the Riverland Veterans Plaza was officially dedicated on Veterans Day, November 11, 2024. Hosted by the Riverland Veterans Club and the Riverland developer, the event brought together veterans and community members in a moving ceremony.

Nestled within the Riverland Sports & Racquet Club, the plaza was thoughtfully designed to serve as a lasting symbol of appreciation and reflection. Its dedication marked a significant moment for the community, blending solemn respect with heartfelt celebration. A standout feature of the ceremony was a stirring performance by the Voices of Valencia choir, whose melodies deeply resonated with all in attendance.

The Riverland Veterans Plaza now stands as a powerful tribute to America's veterans, offering a serene space for visitors to reflect on their sacrifices and the enduring legacy of service and valor.





RIVERLAND BOCCE CLUB

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

RIVERLAND BOWLING

Men's League: Tuesdays | 12:30 pm
Mixed Bowling: 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

RIVERLAND THEATER CLUB

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

RIVERLAND UP & GO TRAVEL CLUB

Tracey Holland: hollandagain@comcast.net

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**



Kelly Tiger

Arts & Culture Director
 artsdirector@riverlandcai.com

A NOTE FROM THE
ARTS & CULTURE CENTER

Dear Riverland Community,

Happy New Year! I'm thrilled to be here and join the Arts & Culture Center as its new director. My name is Kelly Tiger, and I'm originally from Port St. Lucie, Florida. In fact, my grandparents were the second family to move here before it became a city.

For the past 17 years, I've had the privilege working as a city employee, where I produced all special events, recreational programming to include art, fitness, dance classes and oversee the art gallery located inside the Mid-Florida Event Center.

I'm excited to have been selected for this position in the vibrant Riverland community, where I arrived in November. Since then, I've had the pleasure of meeting some of you, and I look forward to connecting with more of you in the coming months. I'm eager to hear your ideas, suggestions and dreams for the Center, and to collaborate on enhancing your creative experiences here.

Thank you for welcoming me into this wonderful community. I look forward to all that we are going to accomplish together!

Warm regards,

Kelly

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



Melisha Santiago POTTERY INSTRUCTOR

The Riverland Arts & Culture Center is excited to introduce our new Pottery Instructor, Melisha Santiago, an artist from Newark, New Jersey. Before relocating to Florida, Melisha worked as a freelance makeup artist in New Jersey, where she transformed faces and embraced the creative world of beauty. However, her artistic spirit craved something deeper. During the pandemic, that longing intensified, Melisha was inspired to take a leap of faith. She left behind her established business to start anew in Florida, driven by a desire to discover my true niche and calling within the art community. Painting has always been of her journey, and she has explored both oils and acrylics over the years. Yet, it wasn't until 2023, when Melisha took a wheel-throwing ceramics class with Nancy Blair at Indian River Clay, that she rediscovered her artistic voice. Working with clay reignited her passion for creating and opened the door to an entirely new medium of expression. Melisha's Puerto Rican and Cuban heritage deeply inspires her art, allowing her to celebrate the rich culture, traditions, and beauty of her ancestors' islands. Through ceramics, she has found a powerful way to honor her roots, explore identity, and share stories of resilience and pride. Melisha's journey has not only been transformative but also surprising as she has exceeded her own expectations with the pieces she has created. Melisha looks forward to continuing her exploration of ceramics and other mediums, teaching, and sharing her artistic vision with the world.

MELISHA'S CLASSES:

POTTERY WHEEL 101

Tuesdays, February 26 | 9 am - 12 pm

Pottery Wheel 101 is a hands-on introduction to the art of pottery for beginners. This class will guide students through the fundamental skills of using a pottery wheel, teaching basic techniques of centering, pulling and shaping. Participants will create simple forms such as bowls, mugs, while learning about clay properties, tool use, and basic glazing. By the end of the course, each student will complete a new finished piece to take home. No prior knowledge is required, and all materials will be provided.

This is a 4-week class. A reservation to this course means you will receive 4 working classes. \$160.00

January 7	February 4	March 4
January 14	February 11	March 11
January 21	February 18	March 18
January 28	February 25	March 25



Kelly (left) with resident Sharon Churchill taking a demo wheel class.



CHECK US OUT! RIVERLAND POTTERY STUDIO

THE STUDIO IS OPEN DAILY! 7 AM - 8 PM
CHECK THE APP FOR CLASSES!

Join the Fun

WHAT 2025 IS BRINGING!



- New Pottery Instructor
- New Wheel Classes
- New Resident Instructors
- New Beginner Classes
- New Advanced Classes
- Volunteer Program & Scheduling
- Kiln Schedule

MIXED MEDIA & COLLAGEWITH **CARYL POMALES****Mixed Media for Beginners:****Acrylic & Water Based Paints and more!**

Wednesday, February 12 | 10 am

OPEN ART STUDIOWITH **ROSE DIEM, FINE ARTS INSTRUCTOR****Tuesdays and Thursdays | 12:30-4 pm**

Individualized instruction from Beginner to Pro. Advance at your own pace and choose subject matter you wish to pursue. Select from drawing, pastels, acrylic, mixed media, watercolors and water oils.

Playing with the Palette Knife. Students learn application techniques to provide creations worthy of framing.

Wednesdays | 12 pm

January 15, 22 & 29, February 5 & 19, March 5 & 19

PAINT THE MASTERSWITH **ROSE DIEM, FINE ARTS INSTRUCTOR****Sip & Paint along with Rose to replicate a masterpiece.**

Saturday, January 25 | 4 pm | Picasso

Saturday, February 22 | pm | Chagall

Saturday, March 22 | pm | Manet

STAINED GLASS WITH **GLORIA DAVIS****Stained Glass 101 Workshop**

Tuesday, January 14 & Thursday, January 16 | 9:30 am

Tuesday, February 11 & Thursday, February 13 | 9:30 am

Stained Glass 102 Workshop

Tuesday, January 21 & Thursday, January 23 | 9:30 am

Tuesday, February 18 & Thursday, February 20 | 9:30 am

MOSAICS ART WITH **ASIA WETSBROOK**
OF FRACTURED BRILLIANCE**Sailboat Suncatcher:** Saturday, January 4 | 1 pm**Sea Turtle Paver:** Friday, January 10 | 1 pm**Beaded Mosaic Heart Pendant:** Friday, February 7 | 1 pm**Glass on Glass Koi Fish:** Saturday, February 22 | 1 pm**Beachy Mosaic Pendant:** Saturday, March 1 | 1 pm**Lotus Suncatcher:** Friday, March 21 | 1 pm**RESIN ART****Charcuterie Board w/ D' Ebby:**

Wednesday, January 8 | 10 am

Wednesday, February 5 | 10 am

Wednesday, March 26 | 10 am

Create your own Treasure Shelf**with Christine's Coastal Treasures:**

Wednesday, January 29 | 1 pm

ACRYLICS & ABSTRACTSWITH **CARYL POMALES****Palette Knife Painting for Beginners: Creating a Palette Knife Acrylic Textured Painting**

Wednesday, January 8 | 1 pm

Beginner Abstracts: Unleashing Your Creativity with Acrylic Paints

Wednesday, February 26 | 10 am

Acrylic Palette Knife Painting for Beginners: Creating a Palette Knife Floral Acrylic Painting

Wednesday, March 12 | 10 am

Beginner Abstract Landscapes: Unleashing Your Creativity with Acrylic Paints

Wednesday, March 26 | 1 pm

PAINTED GLASSES WITH **RITA THE ARTISTA****Mermaid Glasses** Friday, January 31 | 4 pm**POUR PAINTING** WITH **ROBIN MARSHALL****On Fire!** Friday, January 17 | 11 am**Flower Pulls!** Friday, February 21 | 11 am**Foil Delight!** Friday, March 14 | 11 am**SOUND BATH MEDITATION** WITH **DENISE CARRARO**

Every Other Monday | 6 pm

Jan. 6 | Jan. 20 | Feb. 3 | Feb. 17 | Mar. 3 | Mar. 17 | Mar. 31

INTEREST GROUPS**GUITAR SONG CIRCLE**

Wednesdays Monthly | 5:30 - 7:30 pm

January 15 | February 19 | March 19

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, visit: www.riverlandcai.com/classes

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 that were sold in conjunction with this year's Fall Festival & Chili Cook-Off. We still have soup mugs for sale, stop by the Art & Culture Center and check them out! Purchase to help support the global initiative "Empty Bowls Project", give as a gift or something special for yourself.



POTTERY AT RIVERLAND

POTTERY CLASSES

WITH THE RIVERLAND POTTER'S CLUB

INTRO TO POTTERY AND ORIENTATION

Residents you only need to take this class one time, allowing you to learn about the studio, tour the studio and learn about the clay and glaze types and how to roll and wedge clay.

Tuesday, January 7 | 9 am
Wednesday, February 5 | 9 am
Wednesday, March 5 | 9 am

BEGINNER POTTERY

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

Make a Bowl: Wednesday, January 22 | 9 am
Make a Vase: Wednesday, February 19 | 9 am
Make a Mug: Wednesday, March 26 | 9 am

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

POTTERY CLASSES WITH MELISHA

POTTERY WHEEL 101 **Beginner's Guide to Throwing**

This is a 4-week course. Tuesdays, January 7 - March 25 | 9 am

INTERMEDIATE POTTERY CLASSES

WITH THERESA

Make It & Glaze It! Full Moon Succulent Class

Wednesday, January 15 | 9 am-12 pm
Monday, February 3 | 1-3 pm

SOMETHING FISHY! ADVANCED POTTERY

WITH BRENDA

Wednesday, February 12 | 9 am-12 pm
Thursday, March 6 | 9am-12 pm

MENTOR MONDAY MEET UP!

Monday Meet Up will help allow you to receive help on a project from an advanced potter. We have limited spaces, first-come, first-serve basis for 14 potters. \$5

Mondays | 9 am - 12 pm

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

Available for purchase on RiverlandCAI.com.
Just click the "Shop" button.

EXPERIENCE THE ART OF MIXOLOGY

with The Sidecar Bar at the Riverland Arts and Culture Center

The Riverland Arts and Culture Center is thrilled to spotlight The Sidecar Bar, a premier concierge bar service based on the Treasure Coast, and the exceptional programming they bring to our community. Known for elevating private parties and corporate events with their professional services, The Sidecar Bar goes beyond traditional bartending by offering educational opportunities that blend craft and culture.

Over the past year, The Sidecar Bar has brought their expertise to Riverland through two popular programs: Cocktail University and Wines Around the World. These immersive experiences have delighted attendees with hands-on learning and curated tastings, making them some of the most anticipated events at the Center.

Cocktail University invites participants to step into the role of a mixologist and learn how to create both unique and classic cocktails under the guidance of Sidecar's expert team. Past sessions have featured timeless drinks like the Gin & Tonic (crafted with Sidecar's house-made tonic), espresso martinis, classic margaritas, and old fashioned. Along with the mixing, participants are treated to fascinating facts and stories about the history and origins of each drink.

Wines Around the World takes attendees on a flavorful journey through global wine regions. Each session includes

a variety of wine tastings paired with delectable treats, often inspired by the featured region's cuisine. This series offers endless opportunities to discover new favorites while deepening your appreciation for the art of winemaking.

This quarter, from January through March 2025, Sidecar returns to Riverland with an exciting new chapter of Cocktail University: the Prohibition Series. Dive into the Roaring Twenties with a lineup of vintage cocktails that are as iconic as they are delicious. The series will feature:



- The Sidecar (their namesake!)
- The Boulevardier
- The Bee's Knees
- The Corpse Reviver
- The French 75

Each cocktail comes with The Sidecar's signature twist, offering a modern take on these prohibition-era classics.

Whether you're a wine enthusiast, a cocktail connoisseur, or simply curious about the world of spirits, The Sidecar Bar's programming at the Riverland Arts and Culture Center is not to be missed. Mark your calendar and join us for these unforgettable experiences—a perfect blend of learning, flavor, and fun!



CULINARY ARTS

JANUARY CLASSES

Handmade Lobster Ravioli

Friday, January 3 | 4 pm | Chef Robin

French Bistro Feast with Duck Confit

Monday, January 6 | 4 pm | Chef Deedra

Green Chili Chicken Enchiladas

Tuesday, January 7 | 4 pm | Chef Robin

Italian Summer with Seafood Risotto

Wednesday January 8 | 4 pm | Chef Deedra

Crispy Skin Snapper with Crabmeat

Friday, January 10 | 4 pm | Chef Robin

Modern Mediterranean with Lamb Tagine

Monday, January 13 | 4 pm | Chef Deedra

Olive Oil Poached Duck

Tuesday, January 14 | 4 pm | Chef Robin

New American Cuisine

with Seared Scallops

Wednesday, January 15 | 4 pm | Chef Deedra

Beef Brisket & BBQ Pork

Thursday, January 16 | 4 pm | Chef Robin

Nordic Simplicity with Roasted Salmon

Monday, January 20 | 4 pm | Chef Deedra

Handmade Gnocchi with Crabmeat

Tuesday, January 21 | 4 pm | Chef Robin

Cocktail University

Wednesday, January 22 | 4 pm | Sidecar Bar

Osso Bucco with Cheesy Polenta

Friday, January 24 | 4 pm | Chef Robin

Japanese Kaiseki-Style Dinner

with Marinated Black Cod

Monday, January 27 | 4 pm | Chef Deedra

Crabmeat & Shrimp Stuffed Shells

Tuesday, January 28 | 4 pm | Chef Robin

Farm-to-Table with Chicken

& Wild Mushroom Risotto

Wednesday, January 29 | 4 pm | Chef Deedra

Beef Short Rib Ragu with Pappardelle

January 31 | 4 pm | Chef Robin

FEBRUARY CLASSES

Molecular Gastronomy Adventure with Sous-Vide Short Ribs

Monday, February 3 | 4 pm | Chef Deedra

Prime Rib

Tuesday, February 4 | 4 pm | Chef Robin

Southern Comfort Elegance, Share My Birthday with Me having Shrimp & Grits!

Wednesday, February 5 | 4 pm | Chef Deedra

Cocktail University

Wednesday, February 5 | 4 pm | Sidecar Bar

Lobster Thermidor

Friday, February 7 | 4 pm | Chef Robin

Classic Steakhouse Dinner with Filet Mignon

Monday, February 10 | 4 pm | Chef Deedra

Greek Night with Lamb Kleftiko

Tuesday, February 11 | 4 pm | Chef Robin

Thai Street Food Masterclass

for Pad Thai and Shrimp

Wednesday, February 12 | 4 pm | Chef Deedra

Death by Gumbo

Friday, February 14 | 4 pm | Chef Robin

Rustic Italian Trattoria with Osso Buco

Monday, February 17 | 4 pm | Chef Deedra

Souffle Class

Tuesday, February 18 | 4 pm | Chef Robin

Peruvian Fusion with Lomo Saltado

Wednesday, February 19 | 4 pm | Chef Deedra

Cocktail University

Wednesday, February 19 | 4 pm | Sidecar Bar

Delmonico Famous Crabmeat Salad

Friday, February 21 | 4 pm | Chef Robin

Indian Spice Journey with Butter Chicken

Monday, February 24 | 4 pm | Chef Deedra

Veal Piccata with Angel Hair Pasta

Tuesday, February 25 | 4 pm | Chef Robin

Moroccan Banquet with Lamb Shank Tagine

Wednesday, February 26 | 4 pm | Chef Deedra

Almond Crusted Fish with Crabmeat

Thursday, February 27 | 4 pm | Chef Robin

Fried Seafood Poboys

Friday, February 28 | 4 pm | Chef Robin

MARCH CLASSES

French Riviera Elegance with Bouillabaisse

Monday, March 3 | 4 pm | Chef Deedra

New Orleans BBQ Shrimp

Tuesday, March 4 | 4 pm | Chef Robin

Greek Island Dinner with Moussaka and Eggplant

Wednesday, March 5 | 4 pm | Chef Deedra

Cocktail University

Wednesday, March 5 | 4 pm | Sidecar Bar

Seafood Bisque with Scallops, Shrimp & Lobster

Friday, March 7 | 4 pm | Chef Robin

Seafood Extravaganza with Grilled Swordfish

Monday, March 10 | 4 pm | Chef Deedra

Braised Lamb Shanks

Tuesday, March 11 | 4 pm | Chef Robin

Modern French Gastronomy with Coq au Vin

Wednesday, March 12 | 4 pm | Chef Deedra

Whole Roasted Branzino

Friday, March 14 | 4 pm | Chef Robin

Individual Beef Wellington

Tuesday, March 18 | 4 pm | Chef Robin

Chinese Fine Dining with Chilean Sea Bass

Wednesday, March 19 | 4 pm | Chef Deedra

Cocktail University

Wednesday, March 19 | 4 pm | Sidecar Bar

Seafood Stuffed Flounder

Friday, March 21 | 4 pm | Chef Robin

Mexican Gourmet Experience with Mole Poblano

Monday, March 24 | 4 pm | Chef Deedra

Braised Asian Short Ribs

Tuesday, March 25 | 4 pm | Chef Robin

Fusion Asian Flavors with Salmon

Wednesday, March 26 | 4 pm | Chef Deedra

Surf & Turf with Lobster & Filet Mignon

Thursday, March 27 | 4 pm | Chef Robin

Seared Ahi Tuna with Shrimp

Friday, March 28 | 4 pm | Chef Robin

High-End BBQ with Ribeye

Monday, March 31 | 4 pm | Chef Deedra

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



Paul Palermo, Sports Director
sportsdirector@riverlandcai.com



Courtney Palermo, Pro Shop
Manager proshop@riverlandcai.com

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

Hello Riverland residents!

We are so thankful to have you living in this vibrant, active community! There is so much to offer living in Riverland, here are a few things you can expect from your Sports & Racquet Club...

Pickleball players: Every day from 8 am-11 am you can mix and mingle with like-skill leveled players in open play. Open play allows you to meet players in the same boat as you to have fun, competitive games. If you do not know your skill level, please come into the pro shop so we can steer you in the right direction. Evening open play runs from 5-8 pm and is not skill specific, this is a fun, social option to play pickleball at night! An alternative way to play is through reserve courts when you have a specific group you wish to play with. If you are looking to improve your game or simply figure out your skill level, our program has a lot to offer!

Tennis: Open play occurs on court 8 at 8 am every day of the week! Meet other tennis players to get integrated into our active tennis community! This season we are proud to say we have 11 Men's and Women's tennis teams representing Riverland in various local leagues. Our tennis instructors are poised and ready to assist residents in achieving their tennis goals in clinics and private lessons.

Bocce: The Club meets Tuesday and Thursday mornings from 8-10 am, Thursdays is LADIES NIGHT from 6-8pm and on Sunday they meet from 7-9 pm. In the winter season we ran a 7-team bocce team league for 8 weeks and plan to run another one in the spring on Tuesday mornings at 9 am.

All Sports: There are nighttime clinics and lessons offered for those that still work or are night owls and come alive at night too. See page 14, for a full list of clinics. We offer several events, tournaments and leagues for our residents to participate in throughout the year.

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

Courtney & Paul Palermo

THE COMPETITIVE EDGE - PROS & TIPS



COURTNEY PALERMO | PICKLEBALL

We live with our choices! If you watch the pros or an exhibition we put on, you may notice the players choose not to speed up a ball that you might have. The reason for this is knowing your opponent's strengths. Today's pickleball points are often won on counter attacks, so the first player to speed a ball up often loses the rally. Thus, the player chooses NOT to speed up the ball first! Choosing to hit a ball aggressively should be very opponent dependent! Figure out who you should and shouldn't speed balls up at.



PAUL PALERMO | PICKLEBALL/BOCCE

Perfection is not possible, when hitting certain shots don't try to be perfect. Sometimes the best we can do is get the ball over depending on how well our opponent hit their shot. Give yourself margin over the net especially with 3rd shot drops, resets and dinks. Consistency is very important, making them hit another ball. Wouldn't it be nice if we could hit every ball exactly how we want, unfortunately we can't so don't expect it to be perfect every time we play or every shot we hit.



WILL SCHNEIDER | TENNIS/BOCCE

How to hit a backhand in a controlled, effortless manner. The player's first movement in preparing for a backhand is to have a good shoulder turn regardless of if the player has a one handed or two handed backhand. The shoulder turn allows the racquet to be in a set position to then be released towards the ball regardless of speed or bounce. Once the racquet is set, then the player can move in the direction of the ball in order to swing out to the ball in a controlled manner. So long to last second, panicking swings and hopes that the ball will land in the court. Now with this early preparation, players will have more control and calmer strokes.



BILL PERRIN | TENNIS

How do you defend against an opponent who consistently hits low powerful drives at you? The answer is getting your ball out of their "strike zone". When they are near the baseline hit them high or very high "rainbow" balls backing them up and getting the ball to bounce above their shoulders. The farther back they go the more time you must defend their shot. Conversely, you can mix in short shallow low slices below their strike zone to make them bend and hit up, giving them less margin for error when they are hitting hard. Technically, when receiving a fastball, keep your backswing short or very short so you're not late with your hit. You can finish your follow through "park and go" or block or chip the finish. Happy hitting!



RENE SMIT | PICKLEBALL

As pickleball becomes a more fast-paced game, it requires quick reflexes and fast processing speed. Reaction time is the measure of how quickly we respond to stimuli, and it's essential for various activities in our daily lives. Whether it's braking when driving, typing on a keyboard, or hitting a pickleball, reaction time determines how efficiently we perform these actions. Improving your reaction time can have a powerful impact on your pickleball game including enhanced focus, improved shot selection, better anticipation of opponents' moves, and quicker reactions on the court. Here are some tips to help you sharpen your reflexes on the pickleball court.

- 1. Anticipate the Shot.** One of the most effective ways to improve your reaction time is to anticipate your opponent's shot. By closely watching their body movements, racket position, and the trajectory of the ball, you can get a head start on reacting to their shot. This anticipation will allow you to move more quickly and efficiently to return the ball.
- 2. Be Ready.** One key to playing great pickleball is a strong ready position that cuts down on your reaction time and helps you hit the best shot possible. This is key as you have only a fraction of a second to react in many circumstances. A good ready position can help you hit the ball out in front of your body and set you up for good mechanics on your shots.



MADI GONZALES | PICKLEBALL

Pickleball Tip: Paddle Positioning in the Transition Zone When working through the transition zone, adjusting your paddle positioning is key. At the lower end of the transition zone (closer to the baseline), keep your paddle low and wide in a defensive position to effectively handle balls aimed at your feet. As you move to the higher end of the transition zone (closer to the kitchen line), raise your paddle slightly to prepare for higher trajectory shots. This positioning allows you to either reset the ball or counterattack with precision. Mastering these adjustments will help you stay versatile and ready for any challenge in the mid-court.



BLAKE CASINO | PICKLEBALL

Pickleball is a game of positioning, and the closer you are to the kitchen line, the better your chances of scoring. Aim to get to the kitchen as quickly as possible after each shot. Expect faster rallies when you're both at the net. This close-quarters play demands quick reflexes and constant readiness. With both of you positioned at the kitchen, you create a "wall" that can intimidate your opponents and give you the upper hand. If you're returning serve, your partner should already be at the kitchen. Join them immediately after your return to establish a dominant presence at the net. The sooner you both command the kitchen, the more offensive opportunities you'll be able to generate.

WEEKLY CLASS SCHEDULE

Events and classes listed below take place every week.

Residents have access to classes through the Riverland App.

MONDAY

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

TUESDAY

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

WEDNESDAY

PB: Drill & Play with Rene (3.5+)	9:00 am - 10:30 am	\$30
TN: LIVE BALL with Will (3.5+)	5:00 pm - 6:30 pm	\$30
PB: 101 Beginner Pickleball	6:00 pm - 7:00 pm	\$20

THURSDAY

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

FRIDAY

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

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

HOW TO MAKE A PRIVATE LESSON?

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

SPORTS & RACQUET CLUB



SOCIAL EVENTS AND TOURNAMENTS

JANUARY

- 6 MLP Combine #1 – 10-11:30 am
- 8 MLP Combine #2 – 5:30-7 pm
- 15 Kicking Asses Tennis Social
- 21 Riverland Connects I Opening MLP Party Announce Teams
- 25-26 MLP Tournament
- 29 GLOW Bocce



FEBRUARY

- 26 Riverland Connects
- 27-28 Riverland Olympics



MARCH

- 18 Riverland Connects
- 22-23 Riverland Invitational Tournament



RESIDENT TESTIMONIAL



Bonnie & Melissa Harwin

The Riverland Pickleball Program has truly been life-changing for our family. My mom and I moved to Riverland shortly after the loss of our dad/husband and grandma/mom. Transitioning to a new place can be intimidating, especially when you don't know anyone. As lifelong racquet sports enthusiasts, we quickly discovered the Sports and

Racquet Center at Riverland, and it has been a game-changer for us.

From the moment we walked in, we were warmly welcomed by Courtney and Paul, who immediately made us feel at home. Their kindness and support gave us the confidence to meet new people, connect with the community, and build lasting friendships. Today, the entire team feels like family to us. We've taken lessons with every pro on the team, and no matter how many sessions we attend, we continue to learn and grow.

In March, we had the incredible opportunity to travel to Costa Rica with Courtney, Paul, and two other community members, Sheila and Kevin, for an organized pickleball vacation. During this trip, we practiced with players from across the country and even had the chance to train with Kyle Yates, a professional pickleball player. It was an unforgettable experience, and we're deeply grateful for it.

Both of us have seen significant improvements in our pickleball and tennis skills. The pros at Riverland are not only highly professional but also exceptional at tailoring their instruction to meet each individual's unique needs.

If you're new to the community or haven't had the chance yet, we highly recommend stopping by the Pro Shop to meet Courtney and Paul. Sign up for a clinic, join in on open play, and you'll quickly make new friends and forge lifelong connections. Riverland Sports and Racquet Club has enriched our lives in ways we couldn't have imagined, and we're so thankful to be a part of this wonderful community.

RIVERLAND *Connects* **BLOCK PARTY**

RIVERLAND CAR CLUB
CAR SHOW
CLASSIC CAR DISPLAY
HOSTED BY THE RIVERLAND CAR CLUB

FOOD TRUCKS

CORN HOLE
HOSTED BY THE RIVERLAND CORNHOLE GROUP

MUSIC
WITH DJ ALEX

POP UP BAR



JAN 21

FEB 26

MAR TBD
5 PM - 8 PM @ SPORTS & RACQUET CLUB



SKETCHERS DEMO
TRY OUT SKECHERS COURT SHOES ON THE COURT!

PICKLEBALL
OPEN PLAY WITH THE PROS

OPEN PLAY TENNIS & BOCCE

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.



Vanessa Waite, Fitness Director
fitnessdirector@riverlandcai.com



Jeffrey White, Business Director
Ethos Wellness & Fitness



Athena 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

**Welcome to 2025 at Riverland
Wellness & Fitness Center!**

Dear Riverland Residents,

As we usher in the new year, we embrace the promise of a fresh start, looking forward to all the possibilities that lie ahead. What moves you? What inspires you in this new season? Remember, the motivation for creating your best life begins within. Embarking on a personal wellness journey might seem new or challenging, but here at the Riverland Wellness & Fitness Center, you are our top priority. Nothing is more important to our team than supporting your health, wellness, and fitness goals.

Reflecting on the past year, we celebrated an incredible journey with more active residents than ever, all committed to their health and fitness, taking on new challenges, and achieving remarkable goals. This success is a testament to our dedicated team of highly qualified professionals who cater to every level of fitness.

With over 60 weekly Group Fitness classes, there's something for everyone - whether you're seeking low-impact sessions, moderate workouts, or high-intensity training, you'll find your vibe and your tribe here.

For those looking for personalized guidance, our Personal Trainers and Stretch Therapists are focused on longevity and lifestyle training. They are here to navigate you through every twist and turn of your fitness journey. Start with a Free Fitness Evaluation with one of our trainers, who will use our state-of-the-art InBody570 Composition Analyzer to tailor a program just for you. Remember: "Mobility + Stability = Capability".

And don't overlook the rejuvenating benefits of our massage services. We have some of the best Licensed Massage Therapists in the business. With decades of experience, they offer an unparalleled experience designed to better your lifestyle.

Let this be the year where you step boldly into your wellness journey with us by your side. We look forward to seeing you at the center, ready to move, inspire, and transform.

Here's to a healthier, happier you in 2025!

Warm regards,

Vanessa Waite
Fitness Director

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



Lawrence Serrahn

Certified Personal Trainer

- Longevity Based Strength Conditioning Coach
- Pain-Free Performance Specialist
- Training the Older Adult
- 30+ years of Real-World Experience and Expertise



Zeek Andrews

Certified Personal Trainer

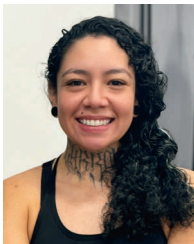
Certified Nutrition Coach | Certified Bodybuilding Specialist
Certified Legs and Glutes Specialist | Certified Strength and Conditioning Coach | Certified Stretch and Flexibility Coach
Certified Fitness Instructor and Injury Prevention Specialist
IFBB Pro Classic Physique Olympian | CPR/AED Certified | 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



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



Jennifer Figueroa

Swimming Instructor

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



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 Indoor Sports Court	11:00 am – 11:45 am
Mat Pilates Room 2	11:00 am – 11:45 am & 12:00 pm – 12:45 pm



TUESDAY

Abs 360 Room 1	8:00 am – 8:45 am
Abs 360 Room 1	8:00 am – 8:45 am
Gluteus Gains Room 2	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 (Level 2) Room 2	9:00 am – 9:45 am
Stretch Dynamics Indoor Sports Court	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
Bootcamp Indoor Sports Court	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



WEDNESDAY

Lower Body Blast Room 1	8:00 am – 8:45 am
Step Aerobics (Level 1) Room 2	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 Indoor Sports Court	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

HIIT Room 2	8:00 am - 8:45 am
Stretch Dynamics Indoor Sports Court	9:00 am - 9:45 am
Step & Sculpt (Level 2) 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

Low Impact Fit Room 1	9:00 am - 9:45 am
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) Pool	10:00 am - 10:45 am
Low Impact Fit Room 2	10:00 am - 10:45 am
Tone Up Room 2	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
Mat Pilates Room 2	12:00 pm - 12:45 pm

SUNDAY

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

STRETCH
Dynamics
WITH LAWRENCE

NEW CLASS

RIVERLAND
FITNESS & WELLNESS CENTER

TUESDAYS & THURSDAYS @ 9:00 AM

Stretch Dynamics You need strength, stamina and flexibility for the tasks of everyday life – the everyday life YOU want to live. No matter what you enjoy, Stretch Dynamics is designed to improve your ability to do it, from travel to hobbies, from playing with family to gardening and more. **CHALLENGE LEVEL: LOW IMPACT**

RIVERLAND
FITNESS & WELLNESS CENTER

NEW CLASS

GLUTEUS GAINS W/ ZEEK

TUESDAYS @ 8:00 AM

Sign up on the Riverland App or call the front desk (772) 200-2773

Gluteus Gains Are you ready to dive into specific exercises tailored to wake up your glutes? If yes, this is the class for you. Starting with a dynamic warm up, you will prime your glutes for peak performance, then move into a combo of strength and resistance training incorporating body weight, resistance bands and free weights to not only work your glutes but also enhance overall functional fitness, making every day activities easier and more efficient. A thorough cool down stretch will end this class to promote recovery. **CHALLENGE LEVEL: HIGH IMPACT**

**note - exercises will be performed standing and on the floor*



Pauline Forshee
Dietician

NUTRITION CORNER

Monday, January 6th
11 am - 12:00 pm

Topic: Savvy Shopping:
Food Label Insights for Healthy Living

Learn to navigate food labels like a pro! This seminar will help you decode ingredient lists, understand nutrition facts, and make informed choices to support your health and wellness goals.

Monday, March 3rd
11 am - 12:00 pm

Topic: Sleep: The Role of Nutrition and Lifestyle

Join Pauline Forshee, RDN, LDN for an enlightening seminar: Explore how nutrition and lifestyle choices affect your sleep quality and overall health. This seminar offers practical tips to enhance your rest through foods and habits that support better sleep, so you can wake up feeling energized and refreshed each day.

For more information call (772) 200-2773 or book on the Riverlandfit App.

INBODY



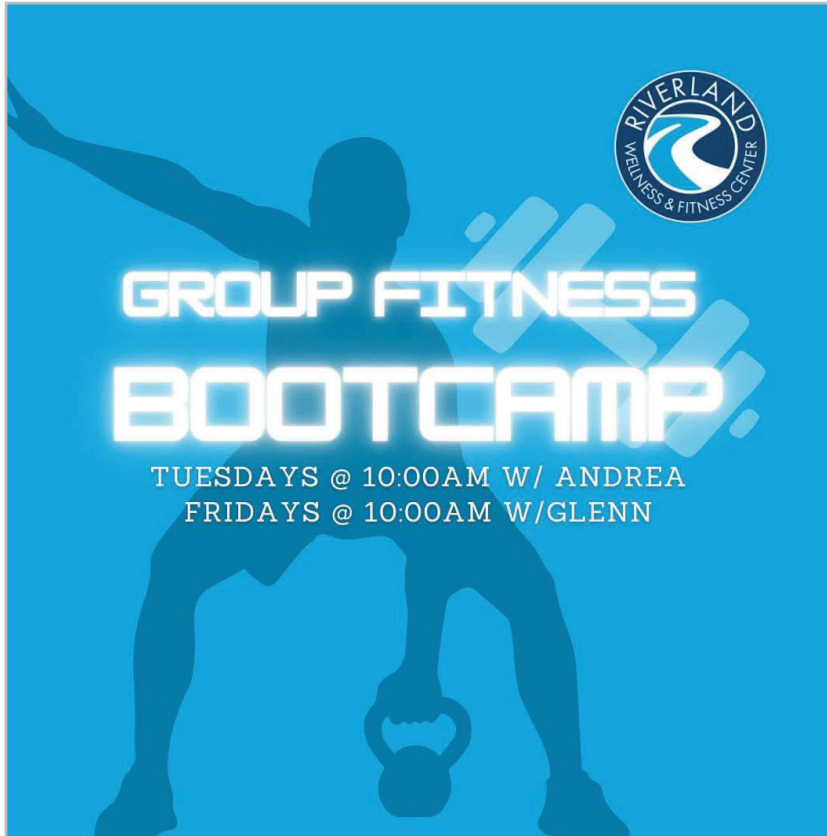
RIVERLAND RESIDENTS
**SCHEDULE YOUR FREE
FITNESS EVALUATION**

570



Nutrition Seminar 2024

INDOOR SPORTS COURT



A blue poster for a group fitness bootcamp. It features a silhouette of a person performing a kettlebell swing. The text is white and blue. In the top right corner is the Riverland Wellness & Fitness Center logo.

RIVERLAND
WELLNESS & FITNESS CENTER

GROUP FITNESS BOOTCAMP

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



A poster for the Riverland Olympics. It features a swimmer in a pool with a torch in the background. The text is white and blue. The logo for the Riverland Olympics is in the center, featuring a torch and the Olympic rings.

SAVE THE DATE

RIVERLAND
OLYMPICS

FEBRUARY 27 AND 28, 2025

DAILY SCHEDULE

- **Line Dancing**

Monday: 6:30 pm - 7:30 pm

- **Basketball Open Court**

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

Tuesday: 6:00 am - 7:00 am

Wednesday: 6:00 am - 7:00 am | 12:30 pm - 2:30 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 - 5:00 pm

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

Saturday: 12:30 pm - 5:00 pm

Sunday: 8:00 am - 5:00 pm

- **Ping Pong Club**

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

- **Volleyball Club**

Thursday: 6:00 pm - 8:30 pm

- **Corn Hole Open Play**

Tuesday: 6:00 pm - 8:00 pm

Friday: 8:30 am - 9:30 am

- **Indoor Stick Ball**

Wednesday: 7:00 pm - 10:00 pm

EVENTS AT-A-GLANCE

JAZZ
ON THE PLAZA

JANUARY 18, 2025
6:00-8:30 PM

Ben Sparrow's
Palm Beach Jazz
featuring
Award-Winning Vocalist
DANA PAUL

RIVERLAND
ARTS & CULTURE CENTER

RIVERLAND
MARDIS GRAS

MARDI GRAS
CELEBRATION!

FEBRUARY 8TH, 2025
PARADE 5:00 PM | EVENT 6:00-8:30 PM
ON THE EVENTS PLAZA AT THE ARTS & CULTURE CENTER

FEATURING THE
JAMMIN' JAMBALAYA BAND
& A COMMUNITY GOLF CART PARADE
MORE INFORMATION TO FOLLOW

**RIVERLAND
PROM**

SAVE THE DATE
MARCH 1ST, 2025
INDOOR SPORTS COURT 6:00PM
MORE INFORMATION TO FOLLOW

RIVERLAND
ARTS & CULTURE CENTER

ARTISAN & GREEN MARKET

THURSDAY ON THE EVENTS PLAZA
January 9 | 3:00-6:00 pm
February 6 | 3:00-6:00 pm
March 6 | 3:00-6:00 pm
April 3 | 3:00-6:00 pm

LOCAL PRODUCE
ARTISANS
FOOD TRUCKS
LIVE MUSIC
FREE ENTRY ON
THE EVENTS
PLAZA

JANUARY

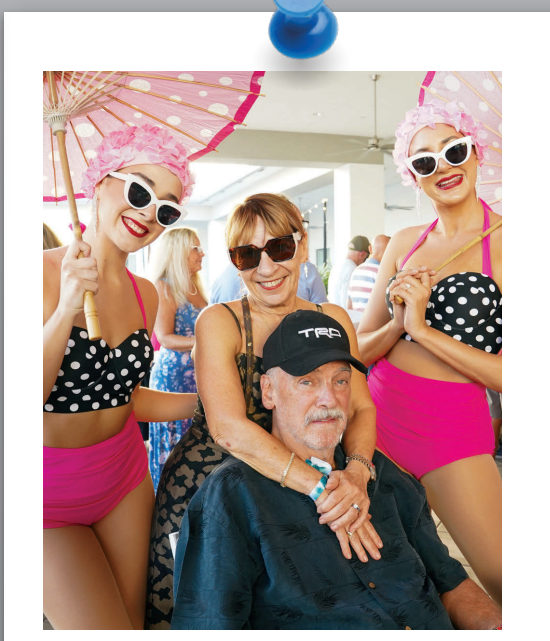
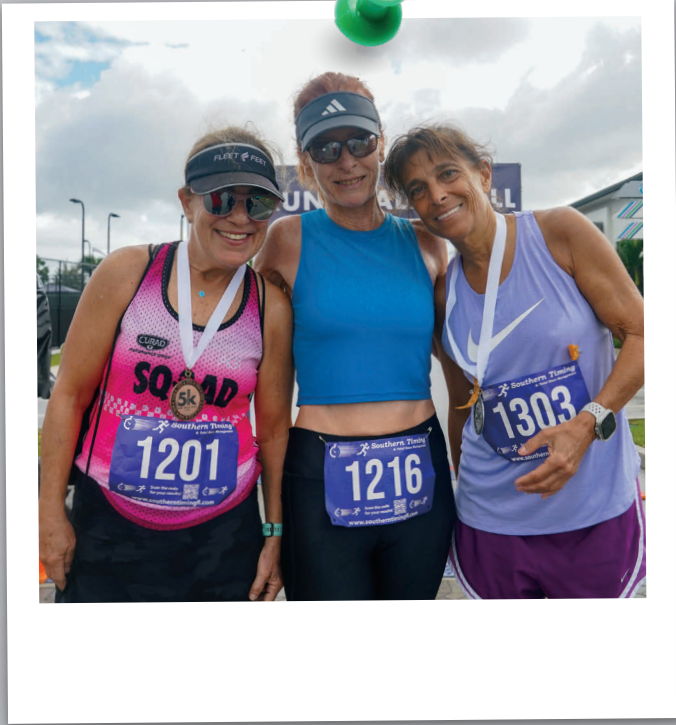
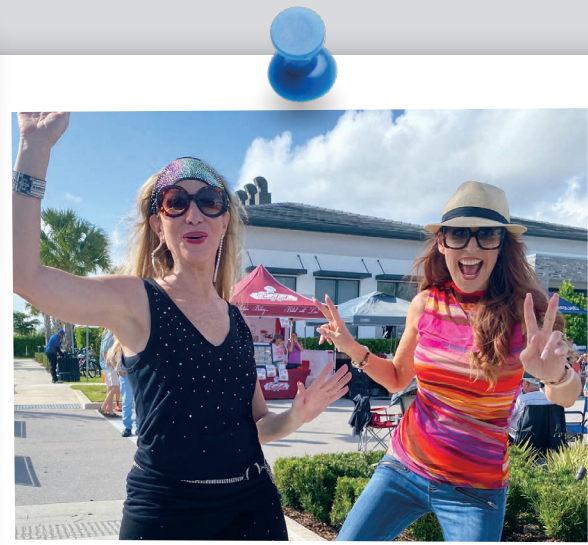
JAN 9	RIVERLAND GREEN MARKET
JAN 17	CAY SHOW Queen Flash
JAN 18	JAZZ ON THE PLAZA
JAN 21	RIVERLAND CONNECTS
JAN 16	GROVE SHOW Bronx Wanderers
JAN 24	WALK SHOW Travis Cloer <i>National Act</i>
JAN 25	MLP PICKLEBALL TOURNAMENT Jan 25-26
JAN 29	GLOW BOCCE TOURNAMENT

FEBRUARY

FEB 1	GROVE SHOW Gypsy Lane
FEB 5	GROVE SHOW Marc "Skippy" Price <i>National Act</i>
FEB 6	RIVERLAND GREEN MARKET
FEB 8	RIVERLAND MARDI GRAS
FEB 14	CAY SHOW The Olivia Show
FEB 14	GROVE SHOW Elvis Tribute
FEB 20	CAY SHOW Jimmy "JJ" Walker Comedy <i>National Act</i>
FEB 21	WALK SHOW Crystal Stark <i>National Act</i>
FEB 26	RIVERLAND CONNECTS Riverland Olympics Opening Ceremony
FEB 27	RIVERLAND OLYMPICS February 27 & 28
FEB 28	CAY EVENT Denim and Diamonds

MARCH

MARCH 1	RIVERLAND PROM
MARCH 6	RIVERLAND GREEN MARKET
MARCH 7	WALK SHOW Astro Yachts <i>National Act</i>
MARCH 8	CAY SHOW Jane Curry <i>National Act</i>
MARCH 17	CAY SHOW St. Patrick's Day Solid Brass Band
MARCH 22	GROVE SHOW Clint Holmes
MARCH tbd	RIVERLAND CONNECTS
MARCH 21	RIVERLAND OPEN PICKLEBALL TOURNAMENT March 21-22
MARCH 25	CAY SHOW Michael Winslow Comedy <i>National Act</i>



RIVERLAND | STAY CONNECTED



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The NEW Riverland App



RIVERLAND

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VALENCIA

V I B E S

EVENT GUIDE

Your Social Calendar to FUN!

VOLUME 7

Winter 2025

Valencia Cay Show Series



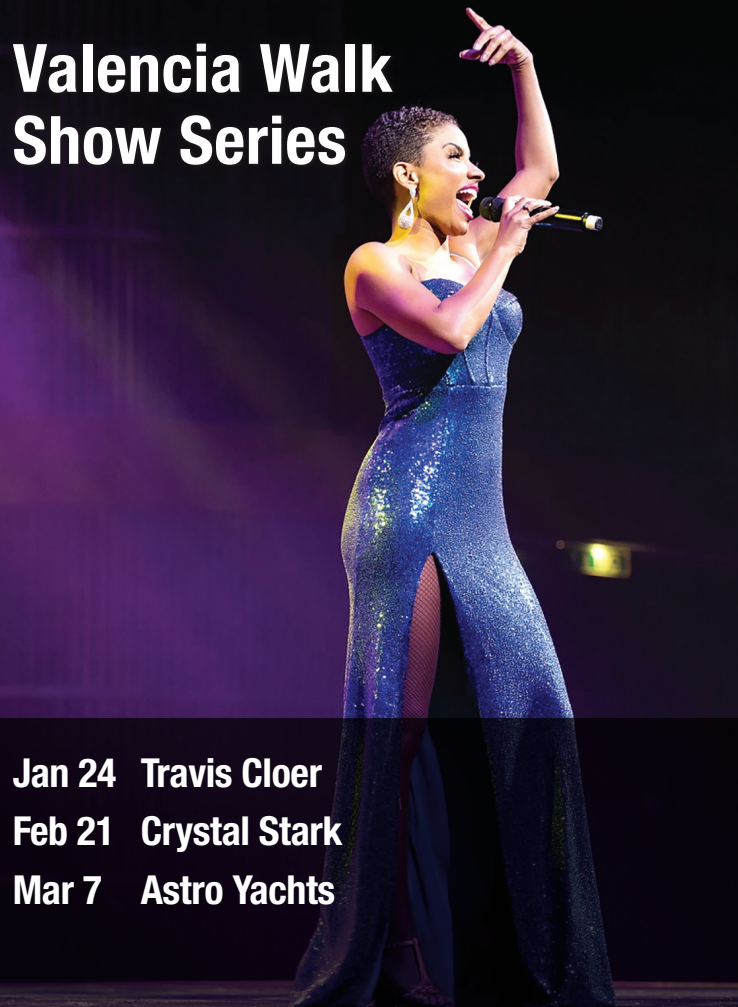
- Jan 17 Queen Flash
- Feb 14 The Olivia Show
- Feb 20 JJ Walker Comedy Night
- Mar 8 Jayne Curry
- Mar 25 Michael Winslow Comedy Night

Valencia Grove Show Series



- Jan 16 Bronx Wanderers
- Jan 17 Comedy Night
- Feb 1 Gypsy Lane
- Feb 5 Marc Price Comedy Night
- Feb 14 Elvis Tribute
- Mar 22 Clint Holmes

Valencia Walk Show Series



- Jan 24 Travis Cloer
- Feb 21 Crystal Stark
- Mar 7 Astro Yachts

Outings and Celebrations



- Valencia Cay
- Feb 8 Greg Dubin Magic Show
- Feb 22 Anthony Florio NYY Bat Boy
- Feb 28 Denim and Diamonds
- Mar 17 St Patrick's Day Party with the Solid Brass Band

- Valencia Walk
- Jan 22 Creation of Walt Disney World Lecture
- Feb 9 Superbowl Party
- Feb 14 Valentines Event
- Mar 19 My life in the CIA Lecture

Thirsty Thursday and Sunset Spritzers



Valencia Cay	Valencia Grove	Valencia Walk
Jan 16	Jan 23	Jan 30
Mar 20		Feb 20
		Mar 20

Sunday Funday



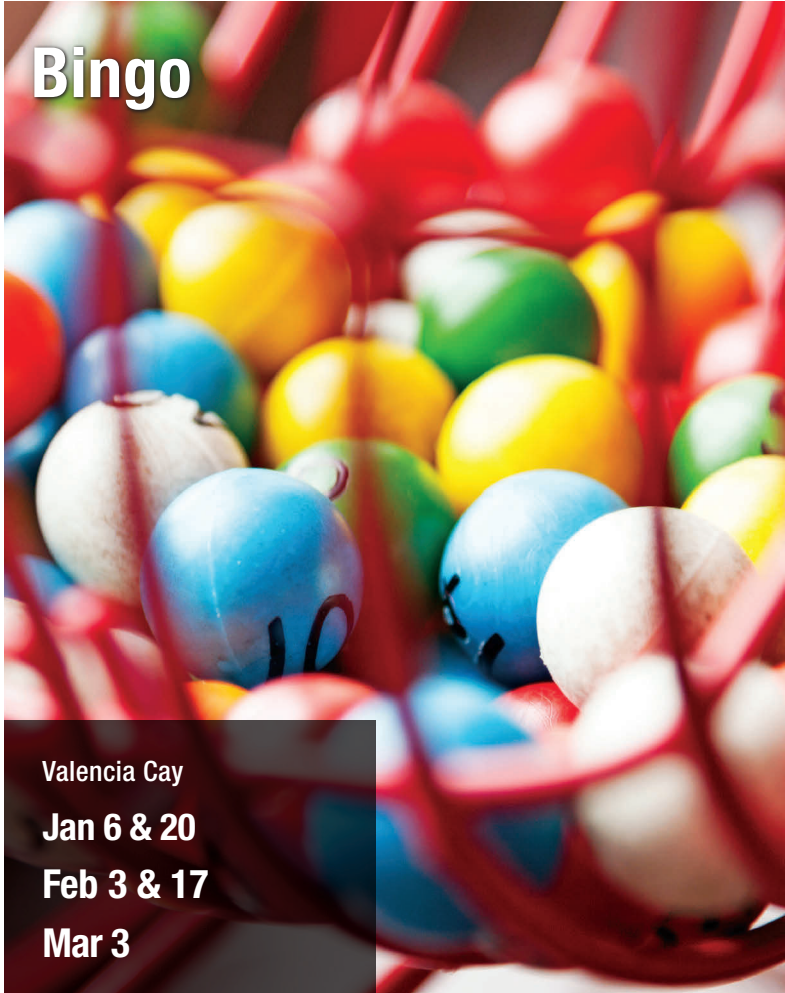
Valencia Cay	Valencia Grove	Valencia Walk
Jan 5	Jan 12	Jan 12
Feb 2	Feb 2	Feb 2
Mar 2	Mar 2	Mar 9

Singo



Valencia Cay	Valencia Grove	Valencia Walk
Feb 27	Jan 22	Jan 20
	Feb 26	Feb 27
	Mar 26	Mar 27

Bingo



Valencia Cay
Jan 6 & 20
Feb 3 & 17
Mar 3

GROVE

KITCHEN & BAR



Grove Kitchen & Bar
Ph: 772-212-8186

Monday - Closed

Lunch Hours
Tues - Sat: 11 am - 3 pm

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

Happy Hour
Tues - Sat: 3 pm - 5 pm

PRIME -772-



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

Monday - Closed

All Day Menu

Tuesday – Saturday
11:00 am – 8:00 pm

Sunday Brunch
10:00 am – 3:00 pm

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



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