

CLUB TALAVERA

10291 SW Visconti way Port St. Lucie, FL 34986 veranoactivities@langmanagement.com

facebook.com/ClubTalavera



Get your Discount ID Card Today!

Heidi Geiser Membership Services Specialist

PGA Golf club

1916 Perfect Drive Port St. Lucie, FL 34986 772.467.5480 hgeiser@pgahq.com

Discount applies to merchandise, golf rounds at the Golf Club, food & beverage.



IMPORTANT NUMBERS

Front Desk	772.345.9312
Alarm Monitoring	833-683-2855
Animal Control	772.871.5042
Blue Stream Cable	772.345.6000
Chamber of Commerce	772.340.1333
FPL	772.287.5400
Guard Gate	
Lifestyle Director	772.345.9313
Post Office (PSL)	
Trash (FCC)	772.205.3356
Verano POA Office	772.345.1880
Water & Sewer	772.871.5330
Lang Office	772.345.1880
Emergency Support	877.242.8692







CLUB TALAVERA

CLUB TALAVERA HOURS

Monday - Sunday 8 AM to 10 PM

ACTIVITIES OFFICE HOURS

Monday - Friday 8:30 AM to 5 PM Saturday - Sunday 8:30 AM to 5 PM 10291 SW VISCONTI WAY Port St. Lucie, Fl 34986

POA OFFICE HOURS

Monday - Friday 9:00 AM to 4:30 PM Closed 12pm to 1pm Daily 8313 Holley Tree Trail Port St. Lucie, Fl 34986

FITNESS CENTERS

5:00AM to 10:00PM Doors will be promptly locked at 10 PM

OUTDOOR POOL & CRESSWIND & RESISTANCE POOL

8 AM To Dusk

INDOOR POOL

5:00AM to 10:00PM

Doors will be promptly locked at 10 PM



LIBRARY

Seating available for reading.

Take a book home, when you are done bring it back to the Clubhouse Front desk.

GUEST POLICY

- 4-guests per household/per day invited to use PGA Village Verano amenities indoors & outdoor with the presence of the respective Verano resident at all times. Guest waiver & wrist band(s) needs to be picked up at Clubhouse front desk with your guest(s).
- When booking a pickleball or tennis court, guests must be listed. Guest's must be accompanied by the respective Verano resident at all times with Guest Wrist band and waiver.

GATHERINGS OR EVENTS

No alcoholic beverages or music at the Tennis or Pickleball Courts, Bocce, Basketball, Lounge, Patios and pool areas unless approved by Club Talavera management.





MEET THE TEAM CLUB TALAVERA



DOMINIQUE VERONICO LIFESTYLE DIRECTOR



LAURIE HASEMANN **ASSISTANT** LIFESTYLE DIRECTOR



JEAN SAKOWSKI **EVENTS CONCIERGE**



JONATHAN TAYLOR **FITNESS CONCIERGE**



JOAN KRESSIERER **EVENTS/FITNESS** CONCIERGE



WAVERLY FOWLER FITNESS CONCIERGE



DAVID DOUGLASS MAINTENANCE SUPERVISOR



RANDY IANNACONE MAINTENANCE



GUADY ROSADO MAINTENANCE

CLUB TALAVERA (772) 345-9312 CLUB MAINTENANCE (772) 360-1828

MEET THE TEAM

POA



LINDA FRANCIS PROPERTY MANAGER



FRANK DUCI FIELD MANAGER / ASSISTANT MANAGER



GERRI ZEIGLER OFFICE MANAGER



CONNIE YEBER RECEPTIONIST



DAWN FOSSATI ADMINISTRATIVE ASSISTANT

POA OFFICE 772-345-1880





CLUB SPOTLIGHT

PAINTING CLUB

What is Painting Club?



Painting club is an informal, free painting club providing an opportunity to share ideas, constructive critiques and encouragement. Come join and informal, friendly atmosphere.

Members are free to paint whatever they wish in whatever medium they prefer (oil, acrylic, watercolor etc).

The club meets on Thursdays from 1-4PM. There is no obligation to attend every week.

Limited to 15 members art room

For more information or to join, you can call Armita Fucci at 646-623-0233 Or Kathryn Sullivan at 213-359-0908

PET OF THE MONTH



I'm Mia, a rescued Chiweenie with an attitude, just ask anyone that walks along Michele Way. I love taking golf cart rides with my family and meeting our neighbors.

Mia was a rescue 7 years ago
from a Broward shelter. She is very
protective and even though she
barks at dogs that come near our
home, I think she wants other dogs to
know she's the boss



HOW DO I SIGN UP FOR EVENTS, ACTIVITIES & RESERVE COURTS ONLINE?

Our Verano-resident official online booking system, CourtReserve, allows you to book your Tennis/Pickleball courts, Activities and Events.



App Looks like this

LOG IN AND BOOK YOUR EVENT OR ACTIVITY

- Once you are approved, you can start reserving.
- · Pick an Event, an Activity, or Court or even a Ball Machine or Pro.
- You can also pay online for events if you store your credit card information.

REGISTER

- To Download the app, go to your App Store or Google store.
- Complete the Verano Resident Registration Form.
- Our community is listed as: "PGA Village Verano" (Type in Verano it will Auto-Complete)
- We will review it and approve it within 24 hours or less. (Be Patient).

HOW DO I GET STARTED USING THE E-GYM?



fitness App Looks like



- Download the app onto your phone
- App Keyword: pgavillageverano
- Create your profile

Be ahead of the pack!

You will need to download the app for us to onboard you faster! No smartphone no problem! We'll have a trainer onboard you manually when the E-gym opens.

How to get started

- 1. Download the E-gym App. on your Smart phone.
- 2. Make an appointment on CourtReserve to get onboarded.
- 3. Come to onboarding ready to workout.
- 4. Get your wristband. Start working out!



STILL NFFD HFLP?

Come to the club house concierge desk or give us a call at (772)-345-9312 and we will be happy to assist!

FRIENDLY REMINDERS

- In the clubhouse proper attire must be worn.
- Main Pool, Resistance Pool & Cresswind Pool hours are 8am to Dusk.
- Guest(s) must have waivers & wristbands & be with host at all times. 4 Guests per household.
- You must be 18 years of age to sign in a guest(s). *Fobs are for Residents only.*
- Swim suits must be worn in pools & shower before entering pool.
- No rafts in the pool, no balls, no frisbees, no jumping in.
- Anyone under 16 years of age or younger in the pool or clubhouse must be supervised by an adult.
- Spa's are for 16 years of age (with adult) and above.

- · NO eating or drinking in the pool Per Health Dept.
- (ONLY COMMERCIAL CLEAR WATER BOTTLES For Hydration). Per Health Department.
- · Resistance pool is for Fitness. Must be 18 of age or older.
- · Cards, Mahjong & other games in Card Room overflow will be in lounge and ballroom. Bring your own pillow for sitting on.
- · You must cancel 5 days before an Event to receive a credit on your CourtReserve account.
- · Guest policy to attend Events: Open for 1 guest per household, upon opening event on Court Reserve. Then 7 days before event to additional guest(s) up to 4 per household. (If not sold out) Must pay in advance via check
- Wrist bands for E-gym for residents only.







THIS CLASS IS OPEN TO RESIDENTS ONLY



\$6 Paid directly to the Instructor.

EVERY
TUESDAY
1pm - 2pm

LINES WITH LISA

In The Grand Ballroom

Reserve your spot on Court Reserve





PUBLIC SPEAKING WORKSHOP



Find Your Voice: Overcome Stage Fright and Speak Up with Confidence!

Ever feel butterflies in your stomach before speaking in meetings, presentations, or even social gatherings? You're not alone! Join Professor Larry Sexton, an award-winning communication expert with over 50 years of experience, on this journey to conquer your fear of public speaking.

In this interactive 4-week course, you'll:

- Understand the roots of stage fright and communication anxiety.
- Discover powerful techniques to manage your nerves and stay calm.
- Develop clear, concise communication skills for any situation.
- Practice presenting with confidence and gain valuable feedback.

Take control of your communication and watch your confidence soar! Limited spots available. \$20.00 per session. Seating limited to 12 participants. Sign up on Court



4:00PM



Thursdays in May Starting May 2nd





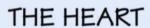




First AID, CPR and AFD Certification & Training

Saturday, May 4th

In the ballroom from 10:00am-2:00pm





THE HEART SAVER INSTITUTE

516.333.3738 | 516.394.7428

The Heart Saver Institute has been providing lifesaving services, training and equipment for individuals, corporations, recreational facilities, medical practices and more since 1979.

Space is limited Register today! Sign up on Court Reserve

\$47 pp







Cash at the door, \$10 or \$15,
determined by attendance!
determined by attendance!
Use CourtReserve to save your spot.
Please cancel if you cannot attend
For Info, call 630-669-9990

The Bingo Club is looking for team members to help administer future Bingo events.

Anyone interested, please call or text the info number.

Bring non-perishable food items for a local food bank and receive an additional free door prize ticket for each item (max of 5).





Cocktails for a Cause May 6th 5pm

Arts and Crafts Room

Join us to sort and pack all the donations for SafeSpace



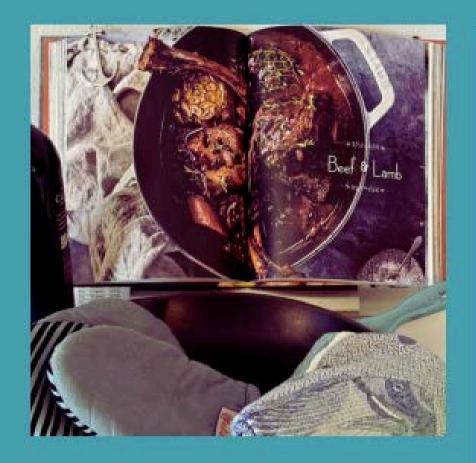
We will be putting items in cosmetic bags and tote bags.

BYOB and Snacks

Questions: Liz Knowles - eddrknow2@gmail.com







COOKBOOK CLUB

Sign up on Court Reserve

Location: Demo Kitchen

Host Chef: Lorraine Morecraft

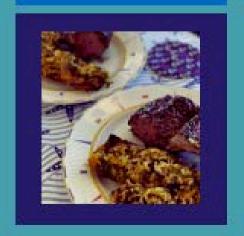
THURSDAY MAY 9TH 10:00 - 11:30 AM

COOKBOOK:
HALF BAKED
HARVEST BY
TIEGHAN GERARD

CHAPTERS: SEAFOOD & BEEF & LAMB

DEMO, TASTING & COOKBOOK DISCUSSION

ALL MEMBERS DISCUSS THE RECIPE THEY COOKED BTWN APR - MAY











ATTENTION LADIES OF VERANO

JOIN OUR VERANO WOMEN'S CLUB
WOMEN SUPPORTING WOMEN
PLANNED SOCIAL ACTIVITIES AND FIELD TRIPS
EDUCATIONAL INFORMATION
EMOTIONAL SUPPORT

JOIN US FOR OUR ORGANIZATIONAL MEETING.
LET US HEAR FROM YOU AND WHAT YOU'RE INTERESTED IN.



MAY 9TH 12:00-1:30 IN THE BALLROOM SIGN UP ON COURT RESERVE

QUESTIONS: JOYCE HARTPENCE: JOYHART2000@YAH00.COM EMAIL JOYCE YOUR BIRTHDATE IF ATTENDING!





Verano Resin Art Class

May 10th 2024
1:00 to 3:00
12"x 6" wood board
All supplies included for \$48
www.ChristinesCoastalTreasures.com









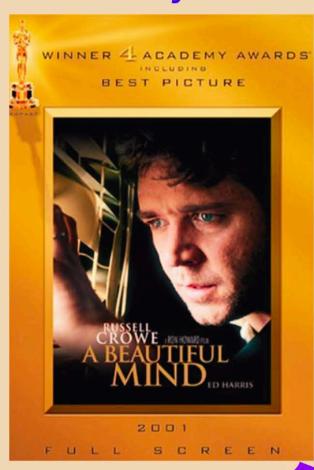
SATURDAY MOVIES

FREE ADMISSION!

Sat-May 11th

Sat-May 25th













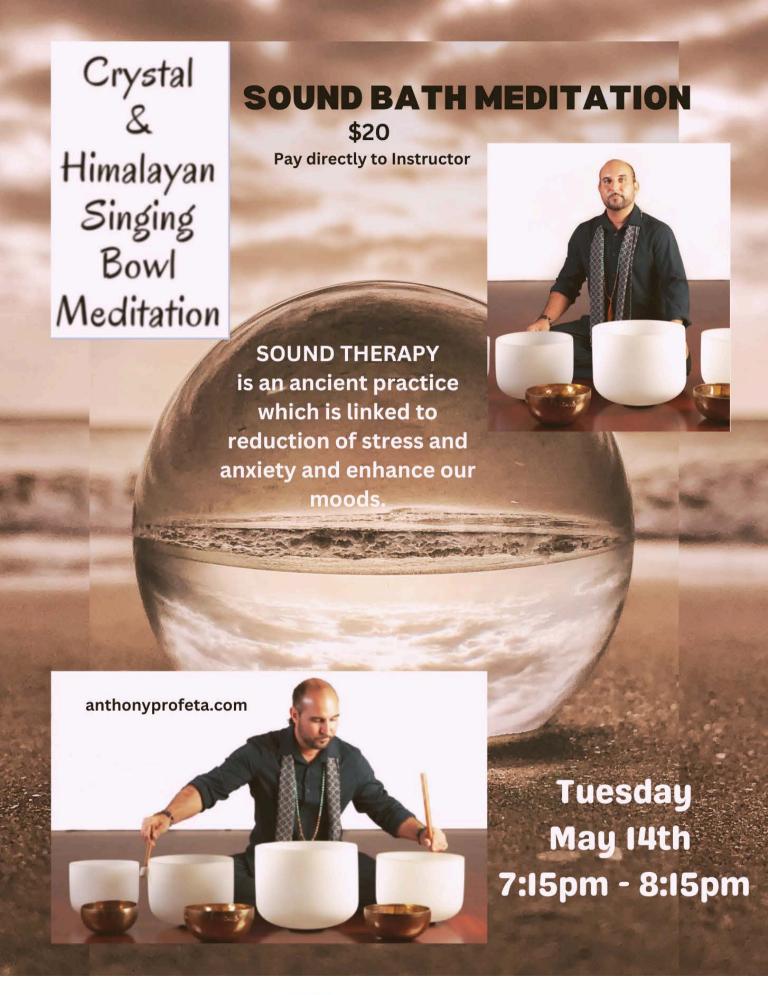


















KYLE G'S



May 15th 2024 5:30PM 10228 SW Meeting St. Port Saint Lucie, FL 34987





Discover authentic latin style rotisserie chicken and delicious tropical favorites in Port St. Lucie



Sign up on Court Reserve and then meet up with the group at the restaurant

Sign up on Court Reserve







Compete for prizes, have some fun, and show off your smarts! Join your friends and your brain power for an unforgettable night of trivia.

HOSTED BY: A KISS BY A ROSE

DOORS OPEN AT 6PM

To reserve a team table up to 10 people Please come to the front desk to sign up





Bracelet Making

Friday May 17th 2024

1:00pm - 2:30pm

Make 2 healing stone bracelets

Lots of different beads to choose from



\$25





Contact Lisa to register & payment options

973-886-6452 Li044@aol.com









In honor of National Armed
Forces Appreciation Day come
for a meet and greet in our Club
Talavera Lounge to enjoy some
coffee and treats, meet your
fellow veterans, and share
some stories and memorabilia
from our time in the service.

PGA VERANO VETERANS COUNCIL
INVITES ALL VERANO RESIDENTS

SATURDAY MAY 18TH
9AM-12PM IN CLUB TALAVERA
LOUNGE

REMEMBER & HONOR









Presents

Saturday, May 18th, 2024 10:00 AM - 12:30 PM A Morning of Painting! 16" x 20"

"Dolphin Wave"

\$32 – Stretched canvas \$42 Reclaimed Wooden Pallet

Must pre-register before 10 PM on May 14th

Join us for some relaxation and painting in the art room at Club Talavera. Reserve your space and paint this lovely 16" x 20" acrylic painting on stretched linen canvas or reclaimed wooden pallet. All materials are provided; bring your own refreshments. No experience needed! You will be guided step-by-step through the process and take home your own masterpiece. The signs can be personalized!

It's a great way to spend a few hours.

Sign up at: https://www.dabbleincolor.net/treasure-coast-workshops/verano-dolphinwave

In addition, Laura Lucas is one of our instructors who teaches our weekly Beginner's Acrylic Painting Class on Tuesdays.















Continental USA - West of PSL

TRAVEL ROUND TABLE SATURDAY, MAY 18

Your Assignment:

Plan a 3 to 5 day trip

Must be in Continental USA

Must be someplace west of Port St Lucie

Present to the group

Next Meeting: May 18

Location: Art Room

Time: 1:00 to 3:00

Please register on CourtReserve

Find us on Facebook: https://tinyurl.com/2nmtup5s



Club Talavera

If you have closed on a home this past month

JOIN THE WELCOME
COMMITTEE IN THE LOUNGE
FOR DONUTS AND COFFEE IN
OUR CLUBHOUSE LOUNGE



WELCOME NEW RESIDENTS



May 21st 9AM - 10AM



Welcome to verano New Homeowners!

Michael & Stephanie Halperin

Katherine Harris

Tom & Karen Howell

Robert Benjamin

Andrea Wilson & Jada Patterson

Brent & Tanya Kesner

Maria Powers

Yisuel Perez & Adianna Romanes

Rolland & Donna Dorward

Lana Henning

Jose & Patricia Caseres

Anthony & Lori Drago

Ernest & Teresa Blair

Alan and Catherine Gold

Keith Wood

Julio & Ana Artau

Eric & Anne Jorgensen

Pierre Cote and Chantal Lafreniere

Real Salvas & Suzanne Paradis

Krzysztof Bodrioch & Alicja

Sieczkowska

Richard & Patricia Finlayson

Lee & Laura Steinberg

Gerard & Helen Distefano

Michael & Olivia Parrish

John DeFile

Richard & Debra Neel







Light bites & Refreshments Served





Join Us to Hear from **American** Mobile Dermatology about how we can keep our skin healthy & learn what to look out for when it comes to our skin!

Tuesday May 21st 10 am

> Keep Calm and Love the skin you are in!



The second





HISPANIC CULTURE CLUB

NEW FREE SOCIAL CLUB!

FIRST MEETING IS ON MAY 22, 2024
CLUB TALAVERA BALLROOM
AT 5:00PM TO DETERMINE INTEREST
AND OBTAIN IDEAS OF THE
DIFFERENT HISPANIC CULTURES IN
OUR COMMUNITY.

PLEASE CONTACT:
ANGIE ALEXANDER AT
AAAFITNESSNOW@HOTMAIL.COM
954-621-6266
OR
MARIA ZVOLENSKI AT
ZVOLENSKI56@HOTMAIL







FOOD DRIVE

FRIDAY, MAY 24

8:00 AM - 12:00 PM

Drop off locations:

Club Talavera Lobby

25091 SW Alberti Way 8682 Carrara Way 11184 Lunata Way 9184 Michele Way 8913 SW Peopli Way 21804 Tivolo Way 8764 Vico Way

berti Way 8588 SW Amare Way ara Way 10650 Capraia Way ata Way 8953 Matilda Way ele Way 21027 SW Modena Way eopli Way 9170 SW Peopli Way lo Way 11976 SW Vano Way Way 10831 SW Visconti Way

Money Donations also needed
Make checks out to:
Treasure Coast Food Bank
Please put checks in an envelope and place
separately in tubs.

Money donations pay for nonperishable food items like milk, eggs,
fresh fruits and vegetables.

For information: billwadbrook@gmail.com

www.stop lunger.org

ShowcaseBand



\$20 PP!

Included:
1 bottle of red &
1 bottle of white
wine

for each table

LIVE DANCE BAND

CLUB TALAVERA BALLROOM

MAY 25TH | AT 7:00-9:00PM



Local band featured at On The Edge & Sallors Retur





Sign up on Court Reserve













PGA VERANO VETERANS COUNCIL Invites all Verano residents Monday May 27th
10:00 AM In Club Talavera Ballroom

COME JOIN US FOR A CELEBRATION OF LIFE AS WE REMEMBER AND HONOR OUR FELLOW VETERANS AT A SPECIAL EVENT IN THE TALAVERA BALLROOM. THE CEREMONY WILL INCLUDE THE LOCAL JR. AIR FORCE ROTC COLOR GUARD, A GUEST SPEAKER, A SPECIAL 'IN HONOR OF' TABLE, HANDOUTS, AND REFRESHMENTS.







VERANO LUNCH & LEARN

Your life. Your legacy. Plan to make it right.

Join us for a free in-person informational seminar and find out how to protect your loved ones by planning your life celebration in advance.

4 simple steps to planning ahead
 Gain valuable peace of mind
 Request a free Personal Planning Guide
 Complimentary refreshments

FRIDAY, MAY 31ST, 2024 AT 11:00 AM
LUNCH WILL BE PROVIDED BY PANERA BREAD
Club Talavera Lounge

Please Sign up on Court Reserve

AYCOCK AT TRADITION

PORT ST. LUCIE

AycockTradition.com

772-618-2336



FRIDAY

31

11:30AM

IN THE CLUBHOUSE LOUNGE





MON

Ceramics Class w/ Nancy 1pm - 3pm

ART ROOM SCHEDULS

SAM C

Ceramics Class w/ Nancy 9am - 11pm Painting Club w/ A. Fucci 1pm - 3pm



Beginners Acrylic Paint 10:30am - 12:30pm



Christine's Resin Art
May 10th 1pm-3pm
Jewelry making w/ Lisa
May 17th 1pm-3pm



Arts & Crafts w/ Barb Flynn
10am -12pm
1pm -4pm
6pm -8pm



Quilting w/ Adrienne 12pm-3pm



OPEN

Arts and Crafts Club Presents for May:

5/1 10:00 Crafting for a Cause- make snuffle mats, no-sew blankets, jewelry art, loom hats

5/2 1:00-3:00 Painting Club

5/2 2:00 pm Crocheting in the lounge

5/5 12:00-3:00 Sunday Stitchers

5/6 5:00 pm Cocktails for a Cause – prepare donations for SafeSpace

5/8 10:00 Diamond Art- Bring your own project to work on or come and learn- open to all- no registration needed to attend

5/8 1:00 Open time Come work on any project you'd like- no registration needed

5/9 1:00-3:00 Painting Club

5/9 2:00 Crocheting in the lounge

5/12 12:00-3:00 Sunday Stitchers

5/15 10:00 Card Making Class- must register via email bflynn6680@gmail.com

Dityiii6660@giiiait.com

5/15 1:00 Costume Jewelry Art – create a design for Greyhounds in Motion fundraising

5/15 3:00 Wine and Coloring- open to all- come make birthday cards for homeless children or work on your own coloring or Zentangle piece

5/16 1:00-3:00 Painting Club

5/16 2:00 Crocheting in the lounge

5/19 12:00-3:00 Sunday Stitchers

5/22 10:00 Open time- Come work on any project- finish up those blankets....

5/22 11:00- Patty Sakala teaching Shell Frames- register with poodlepatty@prodigy.net

5/23 1:00-3:00 Painting Club

5/23 2:00 Crocheting in the lounge

5/26 12:00-3:00 Sunday Stitchers

5/29 10:00 Watercolor- Dorothy Fine continues showing you

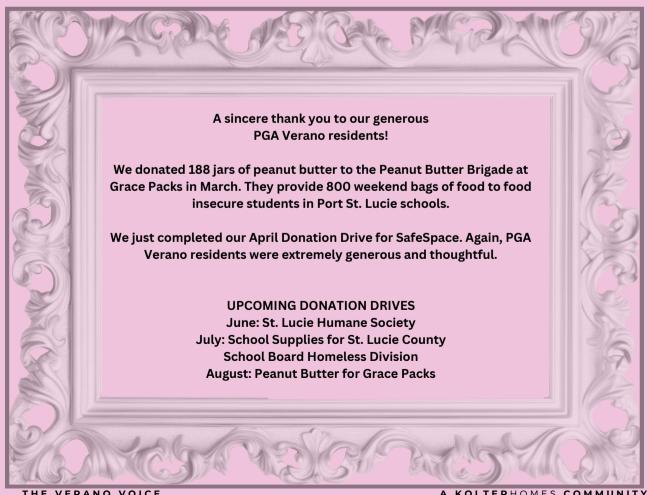
5/29 1:00 Mosaic Flower Pot- pics and price will be sent later on in May

Zentangle Part II - in June - day and time TBD

TO REGISTER for classes, send an email to: veranoartscraftsclub@gmail.com







VERANO FJTNESS & AQUATICS

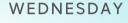
Fitness Classes

MONDAY

9AM Strength
10:30AM Yoga \$
11:30AM Tai Chi \$
1PM CHAIR Yoga \$
7PM Fit Brit Boot
Camp \$



9AM Veterans Yoga 4:45PM Silver Fit 6PM Silver Fit



8:30AM Kickboxing \$
10AM Intermediate
Step &
Low Aerobics
11:15AM Yoga
5PM Mat Pilates +
Props \$
7PM Fit Brit Yoga \$



THURSDAY

9AM Sculpt &
Strength \$
10:30AM Restorative
Yoga
11:30AM Tai Chi
1PM CHAIR Yoga \$
4:45PM Silver Fit
6PM Silver Fit



10AM Zumba \$ 11:45AM Piloga



SATURDAY

10AM Stronger \$





RESERVATIONS OPEN 10 DAYS BEFORE



PLEASE LOG INTO COURT RESERVE TO SAVE YOUR SPOT AND FOR MORE DETAILS!

> ANY CLASS WITH A \$PRICE PLEASE PAY DIRECTLY TO INSTRUCTOR

CLASS DESCRIPTIONS

BOOTCAMP

BUILD YOUR CORE AND CARDIO STRENGTH WITH HIGH INTENSITY TRAINING TO BUILD MUSCLE MEMORY AND STRENGTH.

INTERMEDIATE STEP AND LOW AEROBICS

A CLASSIC CARDIO WORKOUT. IT'S LASTED FOR DECADES FOR A SIMPLE REASON: IT DELIVERS RESULTS. THE "STEP" IS A 4-INCH TO 12-INCH RAISED PLATFORM. YOU STEP UP, AROUND, AND DOWN FROM THE PLATFORM IN DIFFERENT PATTERNS TO BOOST YOUR HEART RATE AND BREATHING, AND STRENGTHEN YOUR MUSCLES.

KICKBOXING

THE ULTIMATE COMBINATION OF MARTIAL ARTS AND COMBAT SPORTS, IS SURE TO GET YOUR HEART PUMPING AND YOUR ADRENALINE RUSHING. FROM PUNCHES AND KICKS TO KNEES AND ELBOWS, KICKBOXING IS A FULL-CONTACT SPORT THAT REQUIRES STRENGTH, SPEED, AND AGILITY.

MAT PILATES AND PROPS

TWIST ON CLASSIC PILATES THAT INCORPORATES PROPS TO WORK EVEN MORE MUSCLE GROUPS!

PILOGA

PERFECT FOR THOSE WHO LOVE YOGA AND PILATES, AS THIS CLASS COMBINES THE BEST OF BOTH WORLDS! OUR AMAZING INSTRUCTORS DESIGN THE CLASS TO FOCUS ON FLEXIBILITY, IMPROVED POSTURE AND BALANCE, AND CORE STRENGTHENING.

PILATES

USES A COMBINATION OF APPROXIMATELY 50 SIMPLE, REPETITIVE EXERCISES TO CREATE MUSCULAR EXERTION. ADVOCATES OF THIS SYSTEM OF EXERCISE CLAIM THAT EXERCISES CAN BE ADAPTED TO PROVIDE EITHER GENTLE STRENGTH TRAINING FOR REHABILITATION OR A STRENUOUS WORKOUT VIGOROUS ENOUGH TO CHALLENGE SKILLED ATHLETES.

RESTORATIVE YOGA

IS A STYLE OF YOGA THAT ENCOURAGES PHYSICAL, MENTAL, AND EMOTIONAL RELAXATION. APPROPRIATE FOR ALL LEVELS, RESTORATIVE YOGA IS PRACTICED AT A SLOW PACE, FOCUSING ON LONG HOLDS, STILLNESS, AND DEEP BREATHING.

SCULPT AND STRENGTH

UTILIZES WEIGHT LIFTING AND BARBELL
TRAINING TO MAXIMIZE CALORIE BURNING
AND BOOST METABOLISM.

SILVER FIT

IS A FITNESS AND HEALTHY AGING EDUCATION PROGRAM DESIGNED FOR OLDER ADULTS AND IS PROVIDED BY AMERICAN SPECIALTY HEALTH FITNESS.

STRONGER

THIS WORKOUT WILL CREATE A
STRONGER VERSION OF YOU. USING
WEIGHTS AND DIRECTION WITH FUN
COACHING!

TAI CHI

IS A PRACTICE THAT INVOLVES A SERIES
OF SLOW GENTLE MOVEMENTS AND
PHYSICAL POSTURES, A MEDITATIVE
STATE OF MIND, AND CONTROLLED
BREATHING. TAI CHI ORIGINATED AS AN
ANCIENT MARTIAL ART IN CHINA. OVER
THE YEARS, IT HAS BECOME MORE
FOCUSED ON HEALTH PROMOTION AND
REHABILITATION.

TAI JI QUAN

IMPROVE MUSCLE STRENGTH,
BALANCE, FLEXIBILITY AND MOBILITY

VETERANS YOGA

YOGA FOR VETERANS, FIRST RESPONDERS AND THEIR FAMILY MEMBERS.

<u>YOGA</u>

W/CHAIR OR MAT
IS A PRACTICE THAT CONNECTS THE
BODY, BREATH, AND MIND. IT USES
PHYSICAL POSTURES, BREATHING
EXERCISES, AND MEDITATION TO
IMPROVE OVERALL HEALTH. YOGA WAS
DEVELOPED AS A SPIRITUAL PRACTICE
THOUSANDS OF YEARS AGO. TODAY,
MOST WESTERNERS WHO DO YOGA DO
IT FOR EXERCISE OR TO REDUCE
STRESS.

OUTDOOR POOL

MONDAY

10:00AM-11:00AM WATER AEROBICS
WITH FRAN

TUESDAY

OPEN SWIM

WEDNESDAY

10:00AM-11:00AM WATER AEROBICS
WITH FRAN

THURSDAY

3:00PM- 4:00PM AQUA ZUMBA WITH OSVALDO

FRIDAY

10:15AM-11:15AM WATER AEROBICS
WITH CJ

<u>SATURDAY</u>

OPEN SWIM

REMINDERS

IN THE EVENT OF INCLEMENT WEATHER ANY OUTDOOR CLASS WANTING TO MOVE INSIDE WILL BE APPROVED BY CLUBHOUSE MANAGEMENT.

WATER AEROBICS AND AQUA ZUMBA ARE COMPLIMENTARY FOR RESIDENTS ONLY. NO RESERVATIONS NEEDED JUST GO TO THE POOL!





MONDAY

9:00AM-10.00AM & 2:00PM-3:00PM WATER WALKING WITH MARGIT AND ELIZABETH

TUESDAY

4:00PM-5:00PM ARTHRITIS CLASS WITH MERRY

WEDNESDAY

9:00AM-10:00AM & 2:00PM-3:00PM WATER WALKING WITH MARGIT & ELIZABETH

THURSDAY

4:00PM-5:00PM WATER ABC'S WITH MERRY

FRIDAY

9:00AM-10:00AM & 2:00PM-3:00PM WATER WALKING WITH MARGIT & ELIZABETH

SATURDAY

OPEN SWIM



PERSONAL TRAINERS



ALYSON AMERLING

Allyson is a 15 year certified personal trainer focusing on strength and conditioning as well as functional strength training. Training with Allyson is a great way to improve function and prevent sports related injuries.

Email:

amerling@mindspring.com Phone: (508)-400-0205



PAUL GLODIS

Get Fit! Be your best YOU! All levels from beginner to advanced. 40+ Years Experience, Bachelors in Health focusing on Cardio -Strength – Balance – Stretching – General Health PHONE: 561-685-3384

PHONE: 561-685-3384 EMAIL: pglodis53@gmail.com



EVELYN MOYER

Each program emphasizes important principles of fitness training: stretching, cardio, strength training, and balance. Private, semiprivate, small groups.

EMAIL:

bodyformationfitness@gmail

.com

PHONE: 410-952-9498



MICHAEL HANLON

Personal Training with Mike.

Meet your fitness goal with a professional trainer. Group training or One on one available.

Contact Mike:

michael.hanlon@axisintegrated.com



PILAR TARAZONA

Personal Trainer specializing in weight loss, pilates, high intensity interval, aging specialist, brain health and stroke recovery training Contact: 240-446-8831 or pilartarzonac@gmail.com



FITNESS INSTRUCTORS



CJ FISCHER

is an aerobics and swimming instructor with over 25 years experience teaching at several clubs in South Florida.

<u>Classes</u>

Water Aerobics, Low Impact Beginner's & Body Toning, Intermediate Step & Low, Yoga and Piloga



MICHELLE MASCARI

Michelle has been an integral part of management in the fitness industry for over twenty-five years with her sales, management and instructor experience! Her high energy classes aim to promote confidence and strength training for all fitness levels!



FRAN MURO

is a 50+ years of experience in exercise instruction who loves teaching residents. She is known for kindness and caring nature.

<u>Classes</u> Water Aerobics



OSVALDO PARROTTA

Graduating with his masters degree in physical therapy and having over 30 years of experience in Orthopedics. He is certified in balance, stretching, aquatics, pilates and zumba core. Osvaldo is guaranteed to give a great workout while sharing his endless knowledge!

Classes

Aqua Zumba, Silver Fit Mat Pilates & Props

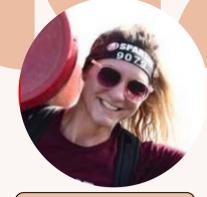


JESSICA ROBERTS

has certifications in yoga, tai chi, breathwork, and pain free range of motion. She is passionate about helping people find joy and improve health through mindfulness and movement. With over 18 years experience Jessica's classes promote physical, and mental health!

Classes
Restorative Yoga
Tai Chi
Chair Yoga

FITNESS INSTRUCTORS



BRITTNI CATRON

Empowers her clients to transform their well-being, guiding them towards sustainable habits and measurable results. Certified NASM Personal Training, Yoga 200hr, Schwinn Cycle, Group Fitness, Mat Pilates, CPR.

<u>Classes</u> Boot Camp Pilates Yoga



JEAN KULHAN

Started dancing ballet at age 7 in NYC and years later teaching ballet to children.

She was a soloist on stage dancing professionally in NY & NJ with various ballet companies. She performed and taught ballroom dancing for over 30 years and offers private and group ballet barre and ballroom instructions.

Classes will resume Feb. 2024

<u>Classes</u> Ballroom Dancing Water Ballet



JIM O'ROURKE

Is a Certified Connected
Warrior Yoga Instructor. He is
a veteran of the US ARMY and
his goal is to help veterans
and the family's of veterans
become more active!

<u>Classes</u>

Yoga for Veterans & First Responders



MERRY GASOREK

Merry Gasorek is a Florida Licensed theraptist with over 30 years experience and acquatic trained over 20 years. She is an ASAP (Arthritis Foundation Aquatic Program) Leader. She is trained to instruct excercise classes designed specifically for individules with Arthritis, related Rheumatic diseases or Muscoskeletal conditions. Trained in Orthopedic Rehabilitation.

<u>Classes</u> Arthritis Water ABC's

A KOLTERHOMES COMMUNITY

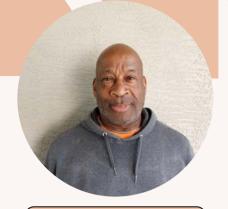
FITNESS INSTRUCTORS



DONNA HOWARD

Zumba instructor, whose love for Latin-infused fitness has transformed lives. Zumba becomes more than just a workout – it's a joyful celebration of movement. With easy-to-learn choreography blending salsa, merengue, cumbia, and reggaeton rhythms. Discover how Zumba has not only enriched Donna's life but has also empowered her students. Fun and fitness intertwine seamlessly, leaving everyone energized and uplifted.

<u>Classes</u> Zumba



RON EALY

Ron is a fitness instructor certified in Cardio Kick Boxing. He has been teaching this for over twenty five years starting in New York and then came down here to Florida. He's taught at many of the local gyms here in Port St. Lucie, Stuart, and Fort Pierce.

LA Fitness, Golds Gym, Anytime Fitness, TNT Fitness, Mid Florida and the YMCA

Classes

Cardio Kickboxing

vipcare

Specializing in Primary Care for 65+

Your Journey to *Better* Health **Starts Here**.

www.getvipcare.com



Relaxation Massage

De-stress and unwind during this full-body massage with light to medium pressure.

50 Min-\$80 80 Min - \$120

Deep Tissue Massage

Find relief from chronic pain, tension and tightness caused by injury or overworked muscles.

50 Min-\$90 80 Min - \$135

Hot Stone Massage

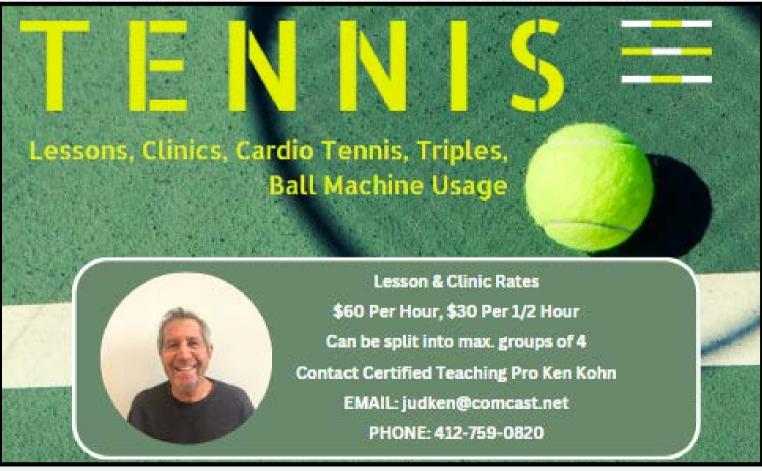
Tension melts away as warm stones are used over the entire body.

50 Min-\$100 80 Min - \$150

Sports Massage

Improve your athletic performance and reduce the risk of injury with a combination of deep tissue massage and stretching.

50 Min-\$100 80 Min - \$150



Verano's Certified Pickleball Teaching Professionals For Residents Only



Pickleball Instructor

No equipment required

Chip Bell is a Level 2 Certified IPTPA Pickleball Coach. With 20+ years of coaching experience and a passion for the game of pickleball, he is qualified to teach everything from basic rules and fundemental skills, to advanced shots and doubles strategies. As a resident of PGA Verano, he's available both days and evenings for your convenience.





Private lessons: \$60/Hour Group Lesson: \$50/Hour 2 people: \$35/Hour 3 people: \$25/Hour 4 people: \$20/Hour

Pricing

COURT

NO PADDLE? NO PROBLEM! LOANERS AVAILABLE FOR USE.

> Meet at Court #10

For bookings, contact Chip Bell at 610-425-0090 or email chipbellpickleball@yahoo.com

PICKLEBALL INSTRUCTOR

AMANDA HENDRY



where she helped younger players develop their skills to excel at the sport. Following her college career, she discovered pickleball and quickly developed a passion for playing and coaching the game. Throughout the past eight months she has advanced from a

4.0 player to a pro tournament player. By training and competing against top-level professionals in the sport, she has used her

experience to formulate drills that have helped her rapidly advance

her skillset. She is now a PPR Certified Coach and wants to share

her knowledge with the residents of Verano and strengthen her future students' level of play as well.

Amanda Hendry lives in the Verano community and has always held a passion for teaching and bringing out the best in others. She began coaching during her time as a Division I field hockey athlete NO EQUIPMEN REQUIRED!

Pricing

Private lessons: \$60/Hour

Group Lesson:

\$50/Hour

2 people: \$35/Hou

3 people: \$25/Hou

4 people: \$20/Hou

Meet at Court #20

For bookings, contact Amanda Hendry at

CALL or TEXT:

203-564-6748

EMAIL:

ahendry1414@gmail.com

COURT

Pickleball Bi-Weekly Clinic

Lesson Plan

- · Learning how to keep score
- Serving
- Returning serves
- Basic strategy
- Ready position

Benefits of Clinic

Contact Chip or Amanda for more information Chip: 610-425-0090

Amanda: 203-564-6748

No Equipment needed Paddles and balls supplied

1st and 3rd Wed every month 1PM-2PM Sign up on Courtreserve

Court #26 & #27



 Added to pickleball contact list Introduction to coaches that can help

Meeting place for new pickleball

further their game

Schedule

players

community

1st and 3rd Wed every month at 1pm Up to 8 players or 2 courts Minimum of 3 to play out games





VERANO TENNIS





PGA VERANO TENNIS NEWS Men's Teams Win Championship and 2nd Place in 2023-24 Treasure Coast League Competition It was a three-peat for the Verano Men's Friday team as they swept to their third straight championship in the 3-Court 4.0 Treasure Coast League. After going undefeated 12-0 during the regular season Verano knocked out Buttonwood Tennis Club and North River Shores Tennis Club (NRSTC) in the playoffs to win the championship. Congratulations to the Friday 3-court Men's team on a tremendous season! Verano men also once again competed in the Tuesday 5-court league and after winning the championship last season had to settle for 2nd place this year. Facing a tough NRSTC team in the playoff finals Verano fell short in defending their championship losing a close 2-3 match with the deciding match going to a 3-set tie-breaker. Overall, a very successful season as Verano finished in first place but fell a little short in the playoff round. In the Thursday 5-court league season Verano men made a strong showing by finishing the regular season in third place in the ten-team league. After finishing the regular season on a strong note the Thursday team carried momentum into the playoff rounds with convincing wins over previously unbeaten Mariner Sands, Cascades and Summerfield teams only to fall short of the championship with a loss to NRSTC. All three teams will look to continued success and improve upon a very good season as they prepare for the upcoming 2024-25 season. With the continued success of our Verano Men's teams in three leagues here on the Treasure Coast, PGA Verano continues to establish itself as a premiere tennis community recognized by tennis enthusiasts throughout the tri-county









VERANO CLUBS & COMMITTEES

ARTIFICIAL INTELLIGENCE CLUB

3rd Monday at 730PM- Theater Donald M. donm6821@gmail.com 954-448-6570

BOOK CLUB

1ST Monday at 3PM- Library Robin B. RJBeinhorn@gmail.com

VERANO BOCCE CLUB

TUESDAYS & FRIDAYS 6PM Tom M. 443-765-1581

NY BOCCE CLUB

Thursday 6PM Silvana C. 914-774-6352

BINGO CLUB

Robert L. 630-669-9990 Robt.Lass@gmail.com

BOOK CLUB

3rd Tuesday- Clubhouse Patio caroleak72@aol.com 516-384-2525

SASSY SAMBA CLUB

Wednesdays 10AM Linda R.

FORTEZZA CLUB

Mitch F.

THE CANASTA CONS

Thursday 1230PM Rosemary D.

CANASTA CANASTERS

Thursdays 1PM Peggy F.

HAND & FOOT THURSDAY NIGHT CLUB

Thursday 6PM Jill W.

JIMMY C'S HIGHWAY KAROAKE

JIMMY C. 908-581-9438

8 BALL CLUB

Tuesday's 530PM-8PM Mort L. 772-349-4959

BUNCO CLUB

2nd Tuesday Dorothy F.

VERANO BOOK CLUB

3rd Saturday at 3PM Patricia B. patlk@yahoo.com

ARTS & CRAFTS CLUB

Barbara F. veranoartscraftsclub@gmail.com

CROCHET CLUB

Myra A. 787-365-3501 rxarym23@gmail.com

CLUB FIT

Michelle M. 954-670-4818 mmascari33@gmail.com

CANASTA CUTIES CLUB

Phyllis F. Pferrara@gmail.com

MONTHLY COMMUNITY FOOD DRIVE

Bill W. 401-338-7540

PGA VERANO TRAVEL ROUND TABLE

Jean K. jeanlikestotravel@gmail.com

ROYAL SIAMESE MAHJONG CLUB

Mondays & Wednesdays 1PM Jane K.

SAMBA LADIES

Debbie I.

MONDAY NIGHT BOCCE CLUB

6PM -8PM Phil A. 347-447-9721

MAHJONG CLUB

Nanette F.

COOKBOOK CLUB

2nd Thursday- Demo Kitchen Lorraine M.

VERANO CAR CLUB

1st Wednesday 430PM Mike F. 773-677-4299

CHANGES 2024 WEIGHT LOSS SUPPORT

Sandra A. 315-420-8582 amelio6808@gmail.com

PGA VERANO CHESS CLUB

Thursday 1PM-4PM- Library Walter S. 772-307-7730 wschoellnast@msn.com

CARD MAKING CLUB

Wednesday 10AM- Once Monthly Barbara F. Bflynn6680@gmail.com

FRIENDS OF BILL W. CLUB

Saturday 8AM Theater Adrienne N. 561-596-7764

FEEL THE BEAT DANCE CLUB

Silvana C. (914)-774-6352 Donna S. 561-818-9375

SINGLES CLUB

Walna A.

TUESDAY MORNING MAHJONG

Dorothy Fine

THURSDAY MORNING SAMBA CLUB

Thursday 10AM-130PM Marlene C.

VERANO BOURBON TASTING CLUB

David B. 917-612-0128

YOU TUBE STEP/WEIGHTS CLUB

Monday - Friday Karen A.

VERANO CLUBS & COMMITTEES

FAMILY FUN CLUB

Jillian B. 954-798-5815

THE GARDEN CLUB

1st Tuesday of the month Melany C. 631-747-7693 melaniev380@gmail.com

FRIDAY NIGHT POKER

Mindy Nash mjaef3389@gmail.com

GIN RUMMY CLUB

Wednesdays 10AM- 2PM Sebastian D. 631-949-6695

BRAIN EXERCISE CLUB

Liz. K eddrknow2@gmail.com

DICE WARS CLUB

First Friday- Lounge Silvana 914-774-6352

DIAMOND DIVAS CLUB

Jennifer T. jbtandgredi@gmail.com

DVD QUEENS CLUB

Mon., Wed., Fri. 2PM-3PM- Aerobics Room sweetcarolinesilver@gmail.com

DOMINOFS

Monday & Friday 1PM-5PM R. Hodgert 772-212-2084

YOUTUBE AEROBICS CLUB

Mon-Fri 7:45AM-9AM-Aerobics Room Bonnie N. bnicotra@gmail.com

WATER WALKING CLUB

Mon. Wed. Fri. AM Margit M. PM Elizabeth E.

MAHJONG MAVENS

Dale Eisenshtat dalencjw@msn.com

VERANO BROTHER'S & SISTER'S FOR SINGLES

Kimberly Rose 954-218-3263 PING PONG OF VERANO CLUB

Monday 6PM-8PM Mort L. 772-349-4959

POKER GUYS CLUB

Tuesdays 6PM Richard B.

PICKLEBALL CLUB

veranopickleballclub@gmail.com

TN POKER CLUB

Thursday 6PM Todd N. 860-984-6435

PAINTING CLUB

Thursdays 1PM-3PM Armita F. 646-623-0233

TENNIS CLUB

Dave Badal 772-302-7953 dv2664@verizon.net

LADIES BIBLE STUDY

Thursdays 1230PM Naomi M. 732-690-1565 Naomi7@PTD.net

VERANO HAND & FOOT CLUB

Wednesday 545PM Donna T. 772-696-4282 Donnatiberi53@yahoo.com

ITALIAN AMERICAN CLUB

Silvana C. 914-774-6352 Silvana@rocksolidstones.com

CHESS QUEENS GAMBIT CLUB

Wednesday 2PM-5PM Library Dorothy F. dfletch@yahoo.com Sonia M. soncoarmi@aol.com

HISPANIC CULTURE CLUB

Angie Alexander aaafitnessnow@hotmail.com 954-621-6266 Maria Zvolenski zvolenski56@hotmail.com 954-304-3270 **POKER CLUB**

Tues. 5PM Nelson D. 772-233-7641 nelsonebow@gmail.com

PARTY BRIDGE CLUB

Wednesday 1PM Marian M. 631-404-5943

WW MAHJONG CLUB

E. Eby- healthgain@aol.com

MAHJONG LESSONS CLUB

Cynthia J. 772-538-2506

MAHJONG MONSTERS

Monday & Wednesday-Donna S.

KNITTING CLUB

2nd & 4th Monday- 3PM Robin B. rjbeinhorn@gmail.com

VERANO SPORTING CLAYS CLUB

Harry 772-834-2210

SAMBA CLUB

Monday 6PM veranosambaclub@gmail.com

VERANO VETERANS COUNCIL

Jim 0. 561-427-9191

SHALOM CLUB

Bobbi S. shalomverano@gmail.com

VERANO SKATING CLUB

Talvta R.

pgaveranoskateclub@gmail.com

TALAVERA POKER CLUB

Sue C. heysue222@gmail.com

VERANO WOMENS CLUB

Joyce Hartpence joycehartpence1@gmail.com

HEAVEN BOUND

Marsha Medders marsh.medders@gmail.com





Verano Voice 2024

