

THE VERANO VOICE

DECEMBER 2024

PIANO CONCERT

CHRISTMAS PARTY!

59 CARATS SING ALONG!

NEW YEARS EVE PARTY!



PGA
VILLAGE
VERANO.

CLUBTALAVERA.COM

CLUB TALAVERA

10291 SW Visconti Way
Port St. Lucie, FL 34986

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
CLUB MANAGER, LIFESTYLE
DIRECTOR



LAURIE HASEMANN
ASSISTANT
LIFESTYLE DIRECTOR



JEAN SAKOWSKI
EVENTS CONCIERGE



JONATHAN TAYLOR
FITNESS CONCIERGE



WAVERLY FOWLER
FITNESS CONCIERGE



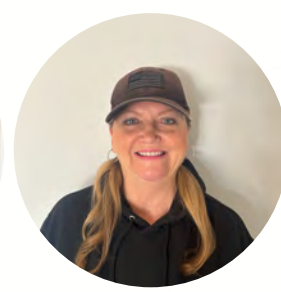
DAVID DOUGLASS
MAINTENANCE
SUPERVISOR



GUADY ROSADO
MAINTENANCE



ROGER HALL
MAINTENANCE



JOAN KRESSIERER
EVENTS/FITNESS
CONCIERGE

MEET THE TEAM POA



LINDA FRANCIS
PROPERTY MANAGER



FRANK DUCI
FIELD MANAGER /
ASSISTANT MANAGER



GERRI ZEIGLER
OFFICE
MANAGER



CONNIE YEBER
ADMINISTRATION
ASSISTANT



DANIELA ANCHORENA
RECEPTIONIST

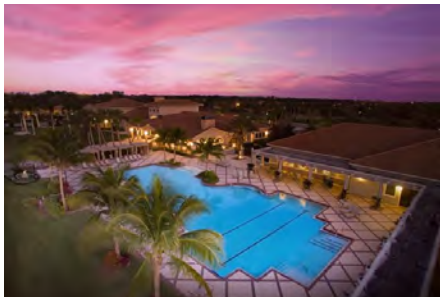
FRONT DESK CONTACT:

CLUB TALAVERA 772-345-9312

POA OFFICE 772-345-1880

**CLUBHOUSE MANAGEMENT AND
VERANO VOICE PUBLICATION BY**





PGA™

Get your discount ID Card today!

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

HEIDI GEISER

Membership Services Specialist
PGA Golf Club
1916 Perfect Drive
Port St. Lucie, FL 34986
772.467.5480

IMPORTANT NUMBERS

Front Desk	772-345-9312
Alarm Monitoring	833-683-2855
Animal Control	772-871-5042
Chamber of Commerce	772-340-1333
FPL	772-287-5400
Guard Gate.....	772-345-1801
Lifestyle Director	772-345-9313
Post Office PSL	772-873-0674
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
Bluestream	772-205-6559

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.

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



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).

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.



HOW DO I GET STARTED USING THE E-GYM?



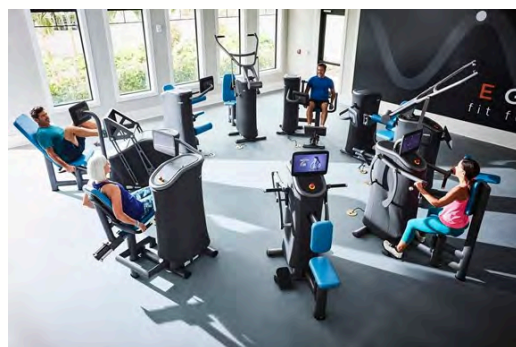
App Looks like this



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

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.

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



STILL NEED HELP?

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

As part of our commitment to maintaining beautiful and healthy landscapes, we've been hard at work enhancing your outdoor spaces this season. Here's a quick update on the latest services we've completed for you:

FALL FERTILIZER

Fall Fertilization is crucial because it helps plants prepare for the winter months and ensures strong growth in the spring. During fall, plants focus on root development, and a well balanced fertilizer provides essential nutrients, particularly nitrogen, phosphorus, and potassium, to support this process. Fertilization in the fall also improves overall plant health, enhances drought resistance and boosts disease resistance. For turf grass, fall fertilization promotes deep root growth, leading to a healthier, more resilient lawn. This proactive care can reduce long-term maintenance costs and improve the aesthetic quality of commercial properties. We've completed our seasonal turf fertilization program. Our carefully chosen fertilizers are designed to provide essential nutrients that promote healthy growth and vibrant green color. Brown spots will appear throughout the lawn as part of the treatment to control the weeds.

With this treatment, your lawn is getting the support it needs to thrive, especially as we head into the cooler months. Fertilization helps strengthen the grass, improve soil health, and keep your lawn looking lush and thick.

BI-WEEKLY MOWING

Regular maintenance is key to a healthy lawn, and we're pleased to report that our bi-weekly mowing schedule is on track. The turf is being carefully maintained, with each mowing session ensuring that your grass stays neat, even, and at the optimal height for growth. This consistent care helps your lawn thrive and improves its overall health, resilience, and appearance.

MULCH

We are excited to announce that the mulch installation across your property has been successfully completed! This important update enhances the overall look and health of our landscape, benefiting both aesthetics and the environment.

FLOWER INSTALLATIONS

We're excited to share that our seasonal flower installations have been completed across your property. These colorful additions are not only beautiful but also designed to attract pollinators and enhance the overall aesthetic of your landscape. Expect a vibrant display of blooms throughout the season, giving your outdoor areas a fresh and welcoming look!

WELCOME TO VERANO NEW RESIDENTS!
 Join the Welcome Committee in the lounge for a social in our Clubhouse Lounge.
DECEMBER 17th 9AM-10AM

Stephen & Maria Bowering

Tim & Terri Brown

Mike & Shelly McBryan

Miyon Del Valderrama & Maria Guterrez

Regina da Silveira Valente

Brian Davis

Matthew & Brianna Rappa

Tarun Kumar & Shreya Chaudhary

Peter & Carmen Rodriguez

Normand Lavalley & Louise Malboeuf

Brian L & Khristine Dominick

Louis & Anne Beth Huy

Joseph & Alicia Abbate

Barton & Alice Firsty

Dave & Sarah Jonas

David Morsell & Jeanine Alfieri

Christine Reed

Curtis & Jacqueline Wade

Tracey Dellaria

Mark Ostrov & Crystal Friend

Alvin & Azalia Holcomb

Richard & Florence Blohm

Andrej Ljolje

Nick Didkovsky & Olena Didkovska

Thomas & Joann Barberio

John & Katherine Angel

Birendra Singh Ghotra

CLUB SPOTLIGHT



VETERANS CLUB

Offer a special place for PGA Verano veterans and supporters to honor and connect veterans within our community. Create a great opportunity to meet fellow veterans, share stories, and enjoy comradery. Connect our veterans with local support for VA services and issues and offer opportunities to give back to the community and beyond.

Hank Povinelli

hpovinelli@gmail.com or 818-429-8382.

PET OF THE MONTH



Seasons Greetings! My name is Flora, I'm a 4 year old yellow Lab,

My story begins in Morristown, N.J.

My purpose was to be trained as a seeing eye dog. I was raised by Joyce and Ron from 6 weeks to 2 years, due to covid.

I returned to the seeing eye for my official training and graduated and was placed with a blind man in California. Well fortunately, I had some issues with other dogs, and was returned to my puppy raisers Joyce and Ron. They are so happy to have me back and spoil me every day!

VERANO GIVES BACK

We want our residents to know how generous they are and how they are making a difference in our community.

Please notice the (picture), with the toiletry donation. It is helping us serve those in crisis and encountering hardship after Hurricane Milton and the tornados last week in St. Lucie County.

We used all the donations to send to Lakewood Park where our community was more affected.

Again, Thank you for caring so much about the well-being of others in our community.


Mustard Seed Ministries

THANK YOU

CLUB TALAVERA PRESENTS

CLUB TALAVERA PRESENTS
CONCERT PIANIST
CHRISTOPHER WRIGHT

Last year Christopher played the piano in the lounge filled with our residents enjoying his talent. We are so happy to have him back!



DECEMBER 1ST
5:00PM
IN THE LOUNGE

Free-Gratuities
 Welcome

Paint CLASS

\$12

Dec. 10th
 Dec. 17th
 Dec. 3rd

Laura Lucas is one of our instructors who teaches our weekly Beginner's Acrylic Painting Class on Tuesdays.
 10:30AM-12:30PM

Register on Court Reserve




DONATE BLOOD

Club Talavera at Verano
WEDNESDAY DECEMBER 4TH
8:30AM-3:00PM

All donors receive*:
 - **\$20 eGift Card**
 - **Insulated Tote Bag**
 - **Wellness Checkup** including blood pressure, pulse, temperature, iron count, and cholesterol screening.

Fact: Approximately 62% of the population is eligible to donate blood.

Appointments are encouraged, please visit oneblood.org/donate-now and use sponsor code **38942**

ID REQUIRED

*One offer per donor per donation. No cash value. Not redeemable. Offer may vary. For more information, please visit oneblood.org/donate.




LUNCH & LEARN

DECEMBER 5TH 2024
11:00 - 12:30

WILLS & TRUSTS

Hosted by
Victoria Foster
 915-241-0875
v.foster@kw.com

Presented by
CWH LAW
 Estate Lawyers
Christa W. Herman, ESQ

Comparing Wills and Trusts

Wills	Trusts
<ul style="list-style-type: none"> Dictates what happens to your property when you die Assets belong to you 	<ul style="list-style-type: none"> Ensures that your property gets distributed how you want Distributes your estate while you're alive Assets belong to the trust

This is a complimentary event
Sign up on Court Reserve

UV Resin Jewelry making
Dec 6, 2024
1:00 to 3:00



You can create great gifts with this **NEW UV Resin**.
 It dries in minutes.

\$45 includes all supplies to create 4 pieces
 (A pair of earrings count as 1 piece)



christinescoastaltreasures.com



Christmas PARTY
 LIVE MUSIC BY:
SHOWCASE BAND!



WEAR YOUR BEST RED & GREEN ATTIRE!

DECEMBER
 \$15PP | SAT 7 | 730PM-930pm
CLUBHOUSE BALLROOM

FOODIES HOLIDAY LUNCH & SHOPPING

11:30AM

PORT BARNA AT TREASURE COAST MALL DEC. 11, 2024

FOODIES WILL MEET AT PORT BARNA to eat some Mediterranean Cuisine
 Then pop next door to the mall and go Holiday Shopping

3478A NW FEDERAL HWY, JENSEN BEACH, FL 34957

Christmas Cookie exchange

December 14th 11AM-2PM

Join us for a cookie exchange to share with your friends

HOW TO PARTICIPATE?
 Bring 5 dozen of your favorite cookies
 Cookies should be wrapped
 6 cookies per package
 Then we will exchange!
 Don't forget your recipe card
COME JOIN US IN THE CLUBHOUSE LOUNGE AREA!
 Don't forget! Wear your ugly sweater!

59 CARATS
HOLIDAY PERFORMANCE
& SING ALONG!
WITH CARA & RANDI

\$5 PP

18
DECEMBER
6:00 PM

59 Carats

IN THE LOUNGE
SIGN UP ON COURT RESERVE

BYOB

LEVEL UP

\$5

TRIVIA NIGHT
DECEMBER 19TH

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

BREAKFAST
With Santa

Bring your little ones for a delightful morning filled with joy and wonder. Join us for Breakfast with Santa Claus, where children can share their holiday wishes, enjoy a delicious breakfast, and revel in the magic of the season

- Meet and greet with Santa Claus
- A jolly good time for all, spreading holiday cheer
- Arts & Crafts station ran by our Family Fun Club

\$5
Per Child

SUNDAY DECEMBER 22nd 2024
CLUBHOUSE LOUNGE
9:30AM-11:30AM

We will be doing visit's with Santa in time slots at 9:30AM, 10AM, 1030AM, 11AM. Feel free to stick around after your time slot and enjoy light breakfast bites and fun arts and crafts!

SIGN UP AT THE FRONT DESK
Balloon Backdrop Donated by Meaningful Experiences

ONSPOT DERMATOLOGY
We Bring **Dermatology to You!**

Appointments Recommended

Did you know?
1 in 5 Americans will develop skin cancer by the time they reach 70. Book your convenient skin cancer exam today!

PGA Verano
Talavera Clubhouse Parking Lot
FRIDAY DECEMBER 27TH / 7:30-3:30

1 According to Google Reviews, OnSpot Dermatology is the #1 rated dermatology practice in Florida

OnSpot is in-network with major insurances and has competitive self-pay rates

A 15-Minute Skin Cancer Exam Could Save Your Life

Call (941) 444-0011 or visit onspotdermatology.com/pgaverano to book

New Years Eve Party 2025

LIVE MUSIC
BY COVER
BAND
HURRICANE
BREEZE



Tuesday December 31st
9PM-12:15AM In The Ballroom
THIS YEARS THEME: THE GREAT GATSBY
\$45 PP

Appetizer Grazing Tables, Photo Ops, Champagne at
Midnight, Dancing ALL Night!

JOIN US IN OUR VERANO THEATER



You're Invited To
Holiday
Movie



DEC 7th 2PM

DEC 21st 2PM

MOVIE TIME

NEW CLASS... **FREE ENTRY!**

SALSA

BEGINNERS SALSA LESSONS ON
MONDAYS AND WEDNESDAY AT 2PM
TAUGHT BY GLADYS ROMAN

WILL INCLUDE:
BASIC STEPS
FRONT AND SIDE STEPS
RHYTHM
HOW TO LISTEN TO THE BEAT
FOOT WORK PATTERN THAT PROVIDES RHYTHM AND STRUCTURE
FOR A MORE COMPLEX MOVEMENT

TOYS FOR TOTS

DONATION BOX AT THE CLUBHOUSE

U.S. MARINE CORPS RESERVE

FINALLY FRIDAY

HAPPY HOUR

BYOB & SNACKS

FREE
EVERY FRIDAY

AT 4:30PM-6:00PM

IN THE CLUBHOUSE LOUNGE



CLASSES ARE NOW OPEN BI-WEEKLY!!

VERANO WELCOMES

THIS CLASS IS OPEN TO RESIDENTS ONLY

LINE DANCING



\$8 Paid directly to the Instructor.

EVERY
OTHER TUESDAY
1pm - 2pm

LINES WITH LISA
In The Grand Ballroom

Reserve your spot on Court Reserve

PLAN REVIEW? TURNING 65?

LET ME GUIDE YOU THROUGH MEDICARE PLANNING

Karen Jones, Licensed Agent
Cell: 908-770-0904



All Life Insurance
Cancer Plans • Short Term
Medical • Long Term Care



Learn More at: insurancebyKarenJones.com

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. 78 plans offered by 15 MA organizations. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options. NPN#17558518

FRIENDLY REMINDER, ALL EVENTS ARE BRING YOUR OWN DRINK AND BRING YOUR OWN FOOD UNLESS SPECIFIED OTHERWISE.

PLEASE CALL THE CLUBHOUSE FRONT DESK IF YOU HAVE ANY QUESTIONS!
(772)-345-9312



MUSIC BY
CARA AND
BOB



RECOGNIZED:
MOST FESTIVE ATTIRE
UGLIEST HOLIDAY
SWEATER
BEST POTTED PLANT
CENTER PIECE
AND TABLE WITH MOST
DONATED FOOD

You are invited to our

First Annual Holiday Party

OPEN TO GARDEN CLUB MEMBERS, FRIENDS OF
MEMBERS AND INTERESTED PROSPECTIVE MEMBERS

DECEMBER

TUESDAY 10 6 - 9 PM

Club Talavera

WHAT TO BRING: YOUR BEST "FINGER FOOD" APPETIZER OR DESSERTS FOR YOUR TABLE WITH
EXTRA FOR A COMMON POT LUCK TABLE.
PLEASE TAG FOOD WITH YOUR NAME AND ALLERGENS
BYOB- BRING YOUR OWN BEVERAGES

RSVP TO GARDENCLUBATTALAVERA@GMAIL.COM



THURSDAY
DECEMBER 12TH

10:00 - 11:30 AM

HALF BAKED
HARVEST

DESSERTS

TASTING &
DISCUSSION

COOKBOOK CLUB

Sign up on Court Reserve

Location: Demo Kitchen

Host Chef: Lorraine Morecraft



COMMUNITY FOOD DRIVE

Drop off locations:

- Club Talavera Lobby
- 23062 SW Access Way
- 25085 SW Alberti Way
- 9108 SW Arco Way
- 8893 SW Breve Way
- 8682 SW Carrara Way
- 10650 SW Capraia Way
- 8614 SW Felicita Way
- 11184 SW Lunata Way
- 8995 SW Matilda Way
- 9184 SW Michele Way
- 9265 SW Miracoli Way
- 21027 SW Modena Way
- 9657 SW Nuova Way
- 9170 SW Pepoli Way
- 9081 SW Roccia Way
- 21804 SW Tivolo Way
- 11976 SW Vano Way
- 8794 SW Vico Way
- 11449 SW Visconti Way
- 26077 SW Viterbo Way

MONEY DONATIONS:
MAKE CHECKS OUT TO:
TREASURE COAST FOOD BANK

Thursday, December 19
8:00 AM - 12:00 PM

FOR INFORMATION:
BILLWADBROOK@GMAIL.COM



Cresswind Social Club

HOLIDAY LIGHTS PARADE

OPEN TO CRESSWIND
RESIDENTS ONLY

JOIN US AT THE CRESSWIND OASIS POOL AS WE PARADE AROUND THE
NEIGHBORHOOD IN OUR OWN LIGHTED GOLF CARTS OR BIKES TO
ADMIRE THE BEAUTIFUL HOLIDAY LIGHTS! AFTER THE PARADE, WE'LL
RETURN TO THE POOL FOR COOKIES AND DESSERT. BRING COOKIES OR
DESSERT TO SHARE AND A DRINK.

Sunday, December 15 at 6 pm

If you would like to participate or receive updates about future events,
please provide your contact information to

cresswindsocialclub@gmail.com



Holiday DANCE PARTY

HOSTED BY THE LATIN AMERICAN CLUB

DECEMBER 21ST 6PM-9PM

REGISTER IN COURT
RESERVE BY 12/11
ZELLE PAYMENT TO
ARNIE DE LEON
954-675-7978
OR
CHECK TO BLANCA
MARTINEZ
201-321-6272

CHARCUTERIE BOARD WITH 2 BOTTLES of WINE
At each table \$20 PP

Performance by:
DJ Anthony Triana
Playing a mix of Disco, latin, top 40 hits and more

ALLISON'S CARDIO LINE DANCING CLUB

LEARN THE ELECTRIC SLIDE, CUPID SHUFFLE, FLEX AND MORE...

ALL WELCOME.
FUN CARDIO EXERCISE. IMPROVE BALANCE & FLEXIBILITY, MEMORY-LEARN AND RETAIN DANCES

FREE

December 2nd
Then every 1st & 3rd Monday
at the E-Gym
4PM-5:30PM



CONVIVA
Care Center

A senior primary care team that puts you first

Call me to schedule a personal tour of a Conviva center near you



Yoli Fox
Community Engagement
561-785-6992
yfox1@convivasolutions.com

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ARTS & CRAFTS

WEEKLY SCHEDULE

MONDAY

Ceramics Class
w/ Nancy
1pm - 3pm

TUESDAY

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

WEDNESDAY

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

THURSDAY

Ceramics Class
w/ Nancy
9am - 11pm
Painting Club w/
A. Fucci
2pm - 4pm

FRIDAY-SUNDAY

Open



DECEMBER SCHEDULE

- December 4 (W) - - 10:00 Beginner Watercolor Class – Drop and Drag Technique – Intermediate – continue practicing and learning new techniques \$5 – must register prior to class -Email: dotattwood@aol.com
- December 4 (W) 1:00 Holiday Mice- a cute ornament made in a walnut shell RSVP to jagadler@yahoo.com
- December 5 (Th) – 2:00-4:00 Painting Club – Open to everyone – bring any project (watercolor, oils, pencils, your choice)
- December 5 (Th) – 2:00 Crocheting in the lounge
- December 6 (Fr) - 10:00 Candy Cane Vase email veranoartscraftsclub@gmail.com if attending. No cost- bring your own supplies
- December 9 (M) – 3:00 Knitting Club – meets in library
- December 11th (W) 10:00 Bottlecap Snowmen ornaments - \$5 Dorothy Fine RSVP to dotattwood@aol.com
- December 11 (W) 1:00 String Tree or ornaments made from buttons TBA
- December 13 (F) 1:00 Holiday Bead Bracelet Workshop with Jude- \$10 fee if you need to use her materials to make a bracelet otherwise you can bring your own supplies. Email: jagadler@yahoo.com
- December 16 (M) – 3:00 Knitting Club – meets in library
- December 18 (W) - 1:00 Flower Pot Snowman or Santa - you choose- you supply your own materials- more info will be sent later
- December 19 (Th) – 2:00-4:00 Painting Club – Open to everyone – bring any project (watercolor, oils, pencils, your choice)
- December 19 (Th) – 2:00 Crocheting in the lounge
- December 23 (M) – 3:00 Knitting Club – meets in library
- Lots of different projects this month. Pictures of projects are hanging up in the art room Email us with any questions!



WEEKLY FITNESS

MONDAY

10:30AM Yoga \$
11:30AM Restorative
yoga \$
1PM Chair Yoga \$
7PM Fit Brit Boot Camp \$

TUESDAY

9AM Veterans Yoga
3:30PM Silver Fit
4:45PM Silver Fit

WEDNESDAY

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

THURSDAY

9AM Strength Class \$
10:15AM Aqua Fitness
10:30AM Restorative
Yoga
11:30AM Tai Chi
1PM CHAIR Yoga \$
3:30PM Silver Fit
4:45PM Silver Fit

FRIDAY

10AM Zumba \$
11:45AM Piloga
3PM Essentric
4:30PM Mat Pilates \$

SATURDAY

10AM Stronger \$

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

AQUA FITNESS

IS THE PERFORMANCE OF AEROBIC EXERCISE IN WATER SUCH AS IN A SWIMMING POOL. IT IS DONE MOSTLY VERTICALLY AND WITHOUT SWIMMING TYPICALLY IN WAIST DEEP WATER.

ESSETRICS

TRANSFORM HOW YOUR BODY FEELS, MOVES, AND HEALS. EXPERIENCE OUR DYNAMIC STRETCHING WORKOUT

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.

SILVER FIT

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

TAI CHI

IS A PRACTICE THAT INVOLVES A SERIES OF SLOW GENTLE MOVEMENTS AND PHYSICAL POSTURES, A MEDITATIVE STATE OF MIND, AND CONTROLLED BREATHING.

VETERANS YOGA

YOGA FOR VETERANS, FIRST RESPONDERS AND THEIR FAMILY MEMBERS.

YOGA

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.

ZUMBA

ZUMBA IS A FITNESS PROGRAM THAT INVOLVES CARDIO AND LATIN-INSPIRED DANCE



OUTDOOR POOL

MONDAY

OPEN SWIM

TUESDAY

OPEN SWIM

WEDNESDAY

12:30PM-1:30PM WATER AEROBICS

THURSDAY

OPEN SWIM

FRIDAY

10:15AM-11:15AM WATER AEROBICS

SATURDAY

OPEN SWIM

INDOOR POOL

MONDAY

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

TUESDAY

3:00PM-3:30PM INTRO TO WATER THERAPY
4:00PM-5:00PM JAWS 1

WEDNESDAY

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

THURSDAY

3:00PM-3:30PM INTRO TO WATER THERAPY
4:00PM-5:00PM JAWS 2

FRIDAY

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

SATURDAY

OPEN SWIM

LAP SWIM

MONDAY- FRIDAY

6:30AM-8:30AM

DURING LAP SWIM HOURS THE THREE MAIN LANES
ARE OPEN FOR LAP SWIMMING, THE SMALL OUTER
LANES MAY BE UTILIZED FOR WATER WALKERS.

*PLEASE NOTE THAT IF YOU WOULD LIKE TO LAP
SWIM DURING AN AEROBICS CLASS THIS IS AT
THE INSTRUCTOR'S DISCRETION*

REMINDERS

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

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



OUTDOOR POOL & SPA



INDOOR POOL & SPA



RESISTANCE POOL

FITNESS INSTRUCTORS



CJ FISCHER

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

Classes

Water Aerobics, Low Impact Intermediate Step & Low, Yoga and Piloga



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



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

Essentrics, Silver Fit Mat Pilates



BRITJNI 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.

Classes

Boot Camp, Yoga



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!

Classes

Strength, Aqua Fitness



MERRY GASOREK

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

Classes

Intro Water Therapy, Jaws 1 & Jaws 2



FRAN MURO

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

Classes

Water Aerobics



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!

Classes

Yoga for Veterans & First Responders

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.

Classes
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



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

Classes
Ballroom Dancing
Water Ballet

PERSONAL TRAINERS



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
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@axis-integrated.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




SPA

BY JENNIFER FITTER

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

fitterjen@gmail.com
772-233-5594





PICKLEBALL



Chip Bell is a Certified IPTPA Pickleball Coach. With 20+ years coaching experience and a passion for the the game of pickleball, he is qualified to teach everything from basic rules and fundamental skills, to advanced shot strategies.

Chris Bell is a certified IPTPA Pickleball Coach and avid tournament player. Her focus is group lessons with an emphasis on game strategy and partner work.

In addition to hour-long lessons, Chris and Chip also offer a variety of 90 minute weekly clinics for various levels ranging from 2.5-4.0+ For details or to sign up, go to the Events section of Court Reserve select pickleball, and then pickleball clinics.

RATES
 Individual Lesson \$80 Per hr.
 Doubles: \$30 Per person per hr.
 3+ ppl (5 max): \$20 per person per hr.

Clinics:
 \$30 for 90 minute clinics, see Court Reserve for details

PHONE: 610-425-0090
EMAIL: RCB113@yahoo.com
No Paddle?
No problem,
we have loaners!

PICKLEBALL BI-WEEKLY CLINIC

LESSON PLAN

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

BENEFITS OF CLINIC

- Meeting place for new pickleball players
- Introduction into Verano Pickleball Community
- Added to pickleball contact list
- Introduction to coaches that can help further their game

1st & 3rd Wednesday every month at 1PM up to 8 Players or 2 Courts. Minimum of 3 to play out games.

For more information contact Chip (610)-425-0090

No equipment needed Paddles and balls supplied.

1st and 3rd Wednesday every month 1PM-2PM Sign up on Court Reserve Court #26 and #27





VERANO TENNIS

HOW DO I TREAT MY TENNIS ELBOW.

TENNIS ELBOW ALSO KNOWN AS LATERAL EPICONDYLITIS IS AN INJURY TO THE OUTSIDE OF YOUR ELBOW . IN TENNIS ,THE INJURY USUALLY DEVELOPS FROM OVERUSE OR IMPROPER TECHNIQUE.

IT OFTEN GETS BETTER ON ITS OWN . TREATMENTS INCLUDE REST ,PAIN RELIEVERS, ICE (15 MINUTES 3-4 TIMES PER DAY).

WHEN SYMPTOMS WILL NOT ABATE THERE ARE SURGICAL OPTIONS INCLUDING: CORTICOSTEROIDS-SHOTS THAT ARE INJECTED INTO THE AFFECTED TENDON, AS WELL AS TENEX, A NONINVASIVE TREATMENT THAT USES ULTRA SONIC TECHNOLOGY TO BREAK UP AND REMOVE DAMAGED TISSUE.

FOR SYMPTOMS THAT HAVEN'T IMPROVED AFTER 6-12 MONTHS SURGERY IS AN OPTION TO REMOVE DAMAGED TISSUE.

IF YOU ARE DEALING WITH TENNIS ELBOW , TRY THIS:
GENTLE FOREARM STRETCHES AS WELL AS GRIP STRENGTHENING USING A SQUISHY BALL THAT YOU SQUEEZE FOR 5 SECONDS AND REPEAT 10 TIMES.

TENNIS

Lessons, Clinics, Cardio Tennis, Triples, Ball Machine Usage

Lesson & Clinic Rates

ATTENTION TENNIS PLAYERS
 Our community playmate ball machine will be reopened for play starting on Tuesday sept 17.
 *Schedule as follows: Tuesdays 4-5 pm and 5-6 pm
 Thursdays 4-5 pm and 5-6 pm
 *Fee-Single player \$15 per hour
 2-4 players \$10 per hour
 (to be paid to the tennis committee attendant)
 *Rules-Sign up on court reserve.
 Maximum 1 week advanced reservation time .
 *New Rule-Cancellation fees - if you cancel your reservation after 12 noon on the day of, you will be responsible for the applicable fee.





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

John Testa
jrt158@yahoo.com

BOOK CLUB

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

SASSY SAMBA CLUB

Wednesdays 10AM
Linda R.

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 KARAOKE

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

WOMENS 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
Gary C.

MAHJONG CLUB

Nanette F.

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

OPEN PAINTING & CRAFTS CLUB

Thursdays 2PM-4PM
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. dfletch0@yahoo.com
Sonia M. soncoarmi@aol.com

THE GEMS

Mahjong Club
Thursday 1PM-3PM
Linda Berkwitz pdogmom3@aol.com
Dory Campbell dotierock@gmail.com

COOKBOOK CLUB

2nd Thursday- Demo Kitchen
Lorraine M.

VERANO CAR CLUB

Last Wednesday /mo @430PM
Patricia B. 302-563-9644
Mike F. 732-682-4387

CHANGES 2024

WEIGHT LOSS SUPPORT
Sandra A. 315-420-8582
amelio6808@gmail.com

PGA VERANO CHESS CLUB

Thursday 1PM-4PM- Library
Walter S. 772-307-7790
wschoellnast@msn.com

THE BEAT GOES ON- DANCE CLUB

Silvana C. (914)-774-6352
Ava C. (352)-801-0952

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.

LATIN AMERICAN CLUB

Maria Z.
zvolenski56@hotmail.com

HAPPY FEET YOUTUBE LINE DANCING

Cynthia J.
772-538-2506

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

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

VERANO BOAT CLUB

Ken Richter
772-408-4341

FLORIDA MAHJONG CLUB

Margaret Leffert
401-265-9462

OVER THE HILL CLUB

Betty Souza
nursebetty13@comcast.net

RACK EM UP BILLIARDS CLUB

Frank Gallina
frankgallina01@gmail.com

VERANO BILLIARD SHOOTERS CLUB

Ken Pacelli 315-382-4389
Tom Colina 561-632-6700

DIAMOND DIVAS CLUB

Jennifer T. jbtandgredi@gmail.com

DVD QUEENS CLUB

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

DOMINOES

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

The Talons

Linda Halpern
610-393-9844

POKER BUDDIES

Judy Gadler
619-865-2306

POKER CLUB

Tues. 5PM
Nelson D. 772-233-7641
nelsonbow@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

MONDAY NIGHT SAMBA CLUB

Monday 5:45PM
veranosambaclub@gmail.com

SWISS BRIDGE CLUB

Vanessa Hendry
203-517-6746

ALEXANDRAS MAHJONG

Alexandra
516-286-6053

VERANO VETERANS COUNCIL

Jim O. 561-427-9191

SHALOM CLUB

Bobbi S. shalomverano@gmail.com

VERANO SKATING CLUB

Talyta R.
pgaveranoskateclub@gmail.com

TALAVERA POKER CLUB

Sue C. heysue222@gmail.com

VERANO WOMENS CLUB

Joyce Hartpence
veranowomen@gmail.com

HEAVEN BOUND BIBLE STUDY

Marsha Medders
marsha.medders@gmail.com
678-346-8823

GRESSWIND SOCIAL CLUB

creswindsocialclub@gmail.com

TELEVERA CLUB

POKER
Sue Colton
724-991-9422

ALLISONS CARDIO LINE DANCING

Allison Denbow
954-260-8159





CLUB TALAVERA

DECEMBER 2024