

THE VERANO VOICE

NOVEMBER 2024

VERANO BLOCK PARTY

VERANO CAR SHOW

FASHION SHOW
BENEFITTING SAFE SPACE

FALL VENDOR FAIR



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

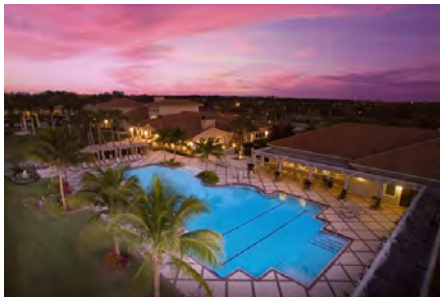
FRONT DESK CONTACT:

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?

fitness
E G Y M

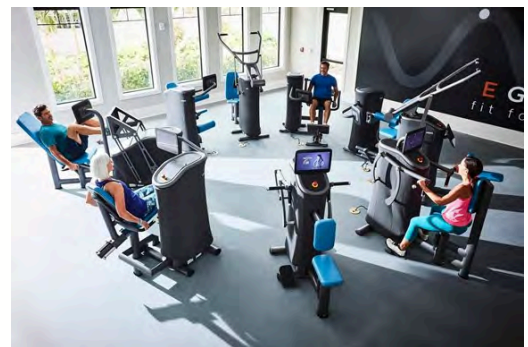
App Looks like this



- 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.

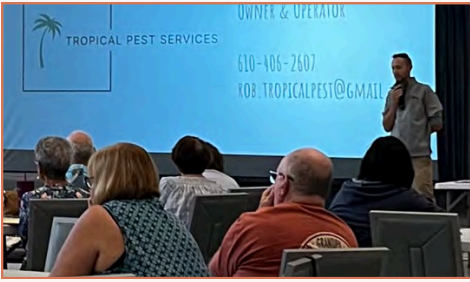
1. Download the E-Gym App on your smart phone.
2. Make an appointment on Court Reserve to get onboarded.
3. Come to onboarding ready to workout.
4. Get your wristband. Start working out!



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!

CLUB SPOTLIGHT



GARDEN CLUB
How does your garden grow?
Come join us as we continue the delightful journey through the land of tropical gardening. Learn, share and laugh with us
melaniev380@gmail.com

PET OF THE MONTH

Happy Fall You All



Charlie is a 12-year-old Maltipoo who lives in PGA Verano.

Her favorite thing to do is her daily ride in her golf cart which is a must.

She loves going for walks and going everywhere with her parents.

Her favorite food is Bread and of course Chicken.

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



WELCOME TO VERANO NEW RESIDENTS!

Join the Welcome Committee in the lounge for a social in our Clubhouse Lounge.

NOVEMBER 12th 9AM-10AM

Juan Quintero & Carmen Insignares
Keith & Samantha Crespo
Garry & Janet Bean
Jacqueline Cote & Jocelyn St. Louis
Tyrone & Patricia Tice
Mahvash Soltani
Dennis & Linda Brady
Michael & Donna Brady
Kelly & Mary Ratchinsky
Victor & Young Chun
Cornelius Johnson & Rathany Ma
Michael Moran
Christopher & Julie Cahalin
Mike & Carol Ewers
Frank & Vincenza Zarccone
Deshayna Shakes

Alexander Vlasov & Ashley Alligood
Michael & Valerie Paz
Kim Kwangho
Thomas Miller & Melissa Pappas
Sam Mandelbaum
Danny McComb & Jackie Lipsky
Donald & Marie Robertson
Scott & Michelle Henricks
Christopher & Stephanie Huber
Colin & Donna Baxter
Stanley & Stephanie Greguski
Tim & Lisa Berman
Sal Sanchez
Benjamin & Christa Kennard
Gelson Durant



NOVEMBER AT A GLANCE

JOIN THE VERANO BLOCK PARTY
MEET YOUR NEIGHBORS!

DATE: 11/8/2024
TIME: 6 PM - 8 PM
PLACE: OUTDOOR LOUNGE CLUB TALAVERA

Live Music
SMORES
Games & Activities for Kids & Adults

60s - 70s - 80s
MUSIC PARTY
FREE ADMISSION

NOVEMBER 10th 5PM
Sign Up on Court Reserve!
VERANO FOODIES
THE NEST

Laurie's pick: Classic French Onion Soup
Caesar Salad,
Seared Deep Sea Scallops, Sunset included!

Foodies will drive separately and meet at restaurant.
8735 S Ocean Dr, Jensen Beach, FL 34957

MUSICAL BINGO
NOVEMBER 10th
7PM

\$5 Sign Up on Court Reserve!

Music bingo is a fun and exciting take on the classic game of bingo. With songs replacing the numbers on a bingo card, this game can be played by many.

Sign up on Court Reserve!
Hosted by: A Kiss By A Rose

SOUND BATH MEDITATION
NOVEMBER 12TH
7:15PM-8:15PM
Grand Ballroom

\$20 Pay Directly to Instructor

Join Anthony Profeta for Crystal & Himalayan Singing Bowl Meditation. Sound Therapy is an ancient practice linked to reduction of stress, anxiety and enhances our moods.

ONSPOT DERMATOLOGY

ON SPOT MOBILE DERMATOLOGY
NOVEMBER 14th 7:30AM-3:30PM
Club Talavera Parking Lot

A 15 minute skin Cancer exam could save your life! They do skin cancer exams, lesion removal, acne & eczema treatment and much more! In network with most insurance plans.

Easily book an appointment by calling (941)-444-0011 or by visiting onspotdermatology.com/pgaverano

Resin Art Holiday Class

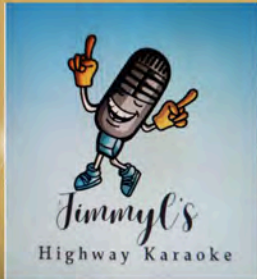
Friday, November 15th @ 1:00 to 3:00. \$48
1 Ornament, 1 Christmas tree, 1 Nightlight

NOVEMBER AT A GLANCE

IN THE LOUNGE

NOVEMBER 15TH

6PM-9PM



BYOB

Please feel free to e mail your song selections
If you want to practice, please contact Jimmy C and schedule time

JIMMYC1702@GMAIL.COM

FASHION SHOW

NOVEMBER 16TH AT 11AM-1PM

The event will be held at Club Talavera in the Ballroom



TRIVIA
NOVEMBER 21st 630PM
Grand Ballroom
\$5 Sign Up on Court Reserve!



Compete for prizes, have some fun, and show off your smarts!

Hosted by: A Kiss by A Rose

Doors Open at 6PM

To reserve a table for your team, please sign up at the front desk!

COOKING CLASS

with Chef Deedra

NOVEMBER 22ND
4-6PM in Demo Kitchen



HANDS-ON EXPERIENCE

GUIDED BY EXPERT CHEF

TASTE TESTING

Sign up on Court Reserve

\$60 pp
Thanksgiving Sides class:
Roasted Turkey & Gravy
Oysters Dressing
Green Bean Casserole
Cheesy Hash-brown Casserole
Sweet Potato Casserole with Marshmallows
Cranberry Relish
Deviled eggs with a twist
Wine & water

FALL VENDOR FAIR

Saturday, Nov. 23, 2024
Location: Clubhouse
10am - 2pm

FREE ENTRY

Author's Corner
Coffee Truck
Beauty & skin care
Arts & Crafts
Jewelry
Wine
Barbie dolls
Health services

Cards
Baked goods
Xmas Items
Landscaping
Mugs & tumblers
Pickleball equip
Pet products
Fitness services
Charter boat Svc. and more....



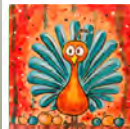
Must Pre-Register before 10PM on November 26th



SATURDAY NOV. 30TH 2024
10:00 AM - 1:30 PM
A Morning of Painting!
10" x 30" SANTA CLAUS
Porch Leaner - Made on Reclaimed Wooden Pallet
\$45.00 (includes all materials)

The link is: www.dabbleincolor.net/purchase/p/verano/-santa

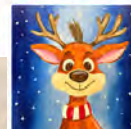
Beginner's Acrylic Painting Class on Tuesdays.



NOV 5TH



NOV 12TH



NOV 19TH



NOV 26TH

NOVEMBER AT A GLANCE



Finally Friday!

Club Talavera Lounge
Every FRIDAY 4:30PM-6PM

Come shoot the breeze with your friendly neighbors in the lounge!
BYOB & Snacks



GIRL WITH A PEARL EARRING
NOV 2ND

SATURDAY MOVIES

2PM
Free Admission
In The Theatre



LEGENDS OF THE FALL
NOV 30TH



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



LINE DANCING WITH LISA

Club Talavera Ballroom
Every Other Tuesday
Until Further Notice
1PM-2PM
\$8 PP Pay directly to the instructor!

Lines with Lisa provides high energy line dancing lessons for people of all levels! Come and join her in the ballroom to learn dances to show off at our next event!

Must sign up on Court Reserve!



VERANO CAR SHOW

COME SEE ALL THE COOL CARS AT THE SECOND CAR SHOW AT CLUB TALAVERA

THE SHOW IS OPEN TO ALL VERANO RESIDENTS TO STOP BY AND VIEW THE COOL CARS OF VERANO SIGN UP ON COURT RESERVE



WHEN: NOVEMBER 9TH, 2024
10AM - 2PM
(WEATHER PERMITTING)
Rain Date Nov. 10th
FOOD: HOT SMOKE BBQ
MUSIC: MUSIC PARTY

IF YOU WANT YOUR CAR IN THE CAR SHOW, PLEASE SIGN UP AT THE FRONT DESK OF THE CLUBHOUSE



THE VERANO CAR CLUB IS SPONSORING THE SHOW, BUT ANY VERANO RESIDENT WITH A CAR THEY WANT TO SHOW OFF IS WELCOME AND ENCOURAGED TO JOIN IN THE FUN



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

2200-03-BNR-COCTINLETOP_15>2643-F



COOKBOOK CLUB

Sign up on Court Reserve

Location: Demo Kitchen

Host Chef: Lorraine Morecraft

THURSDAY
NOV. 14TH
10:00 – 11:30 AM

Cookbook:
Half baked Harvest by Tieghan Gerard

sharing & recipe discussion

Author:
ALL MEMBERS discuss any fall inspired recipe they cooked this month



11.11.24 11AM

**IN THE
BALLROOM**

FOR HONORING THE BRAVE

FOOD Drive



- DROP OFF LOCATIONS:**
- | | |
|-----------------------|----------------------|
| 23062 SW ACCESSI WAY | CLUB TALAVERA LOBBY |
| 9108 SW ARCO WAY | 25085 SW ALBERTI WAY |
| 8893 SW BREVE WAY | 8880 SW BREVE WAY |
| 10650 SW CAPRAIA WAY | 8682 SW CARRARA WAY |
| 11184 SW LUNATA WAY | 8614 SW FELICITA WAY |
| 9184 SW MICHELE WAY | 8953 SW MATILDA WAY |
| 21027 SW MODENA WAY | 9265 SW MIRACOLI WAY |
| 8913 SW PEOPLI WAY | 9657 SW NUOVA WAY |
| 9081 SW ROCCIA WA | 9170 SW PEOPLI WAY |
| 11976 SW VANO WAY | 21804 SW TIVOLI WAY |
| 11449 SW VISCONTI WAY | 8794 SW VICO WAY |
| | 26077 SW VITERBO WAY |

THURSDAY, NOVEMBER 21

8:00 AM- 12:00 PM

For information: Billwadbrook@gmail.com



WHY DONATE TO TREASURE COAST FOOD BANK?

Because of Cost of Living Increases

45% OF FLORIDIANS LIVE PAYCHECK TO PAYCHECK
NEARLY 40% OF LOCAL PEOPLE MAY NOT QUALIFY FOR OTHER PROGRAMS
THE NEED HAS INCREASED 34% IN THE PAST FOUR YEARS



DID YOU KNOW:

- \$1.00 DONATED PROVIDES 8 MEALS
- 16% OF SENIORS HAVE FOOD INSECURITIES
- 1 OUT OF 4 ADULTS AND KIDS HAVE FOOD INSECURITIES
- WHEN YOU DONATE TO TREASURE COAST FOOD BANK YOU ARE ALSO SUPPORTING OVER 300 LOCAL AGENCY PARTNERS INCLUDING NONPROFITS, FOOD PANTRIES, AND MEAL PROGRAMS
- TREASURE COAST FOOD BANK OFFERS 20 DIRECT SERVICE PROGRAMS INCLUDING JOB TRAINING AND DISASTER RELIEF

UPCOMING COMMUNITY FOOD DRIVE DATES:
NOV. 21, & DEC. 12

FOR MORE INFORMATION: GO TO TREASURE COAST FOOD BANK WEBSITE: STOPHUNGER.ORG

BRING DRY OR CANNED GOODS FOR THE COMMUNITY FOOD BANK CLUB

Open to Cresswind Residents only

JOIN CRESSWIND SOCIAL CLUB FOR A

Friends giving

CRESSWIND OASIS POOL

November 10 / 3 PM

PLEASE EMAIL

CRESSWINDSOCIALCLUB@GMAIL.COM

WITH WHAT YOU WILL BRING TO SHARE FOR 8 PEOPLE.

WE WILL SEND OUT A SPECIFIC EMAIL TO THOSE ATTENDING

Needed: appetizers, sides, vegetables, desserts

Turkey will be provided



NOVEMBER'S "THE BEAT GOES ON"

Sat NOV 9th



Doors open at 5:30pm

Event starts at 6pm

**The Beat Goes On
November 9th, 2024**

Sign up begins on October 9th.

**The theme for this event is Greek night.
Dinner: 1 chicken skewer, 1 beef skewer. Potatoes.
Greek salad. Pita bread. Tzatziki sauce.
\$25 per person**

Payment by Zelle to Ava Coleman 352-801-0952

Sign up first before you pay

Payments must be in by October 26th

No refunds after November 1st

DJ: Teddy

There will be a 50/50 raffle

**If you're unable to attend and you find someone to replace you, we must have
the names emailed to tbgotables@gmail.com**

Email Lisa with table seating request at tbgotables@gmail.com

 Sign up on Court Reserve



Let's Connect!

PGA VERANO LANE / LAP SWIM

Contact:
veranolapswim@gmail.com



**CLUB MEETING
TO BE HELD
ON**

**NOVEMBER
13TH**

**AT 4:30PM
IN THE DEMO
KITCHEN**

Save the Date! Verano Residents!
Friday, November 15th - 4:00PM
An Opportunity to tour the Children's Advocacy Center
Guardians for New Futures, Inc.
8561 S. Commerce Center Drive

Meet Debbie Butler, President of GFNF, and learn about this local center (in our backyard!) and hear about potential volunteer opportunities for the future. All are invited!

The Children's Advocacy Center (CAC), was built to improve recovery outcomes for abused children in Circuit 19. The CAC is a safe place for kids who may have been abused.

THE NUMBERS:

1,093: Total number of kids served
1,079: Total number of alleged offenders
235: Referrals to mental health provider
759: CPT Forensic Exams
903: Number of kids that received prevention
70: Cases accepted for prosecution
964: CPT Medical Exams



The CAC brings together a team of specially trained professionals who evaluate and investigate cases of child abuse and help children and their families. As a result, cases are thoroughly investigated, medical counseling and victim advocacy services are provided, and the trauma for the child and family is reduced.

Sign Up on Court Reserve – Questions? Liz Knowles – eddrknow2@gmail.com

Attention Verano Residents! Donation Drive – November 10th-23rd



DID YOU KNOW? There are 261 rescued chimps living at the sanctuary in Ft. Pierce!

**Check out the website: www.savethechimps.org
Each one has a fleece THROW blanket for nesting in the evening.**

Walmart has fleece throws - \$3.44 each online.

Amazon has fleece throws - \$6 each in packs of 6

We DO NOT WANT king, queen, or twin-sized blankets– fleece throws are approx. 50"x60"

Please help us make the chimps comfortable!

**Collection bin in clubhouse lobby -- contact: Liz Knowles –
eddrknow2@gmail.com**

SEEING RED FROM TOO MUCH GREEN

The Story of Florida's Algae Issues

FLORIDA'S WATER PROBLEMS AFFECT ALL OF US

Join us for a
SPECIAL PRESENTATION
to delve into Florida's
ongoing water issues and
learn about the ongoing
efforts to reverse the
damage

NOVEMBER 19
1:00-2:00p
Talavera
Ballroom

Guest Lecturer DR. ZACK JUD

Director of Education
Florida Oceanographic
Institute

Open to ALL
Verano Residents

Register on
Court Reserve
by 11/12

\$5 lecture fee
at the door

Hosted By
The
Verano
Women's
Club

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



SEASON AT A GLANCE

**OCT
4**

COMEDY SHOW
HEADLINER: SKIPPY
FROM FAMILY TIES!

**NOV
8**

**VERANO BLOCK
PARTY!**

**OCT
11**

**RESIDENT
APPRECIATION DAY!**

**NOV
9**

VERANO CAR SHOW

**OCT
30**

LIVERPOOL LEGENDS!
BEATLES TRIBUTE BAND & COSTUME
CONTEST!

**NOV
16**

**FASHION SHOW
BENEFITTING SAFE SPACE**

**OCT
31**

**HALLOWEEN TRUNK
OR TREAT!**

**NOV
23**

VENDOR FAIR!

**BOB'S 60'S, 70'S & 80'S
MUSIC PARTY**

OCT 25TH 6PM CLUBHOUSE PATIO

REV. DAWN CASSEDAY PSYCHIC
OCTOBER 30TH

THANKSGIVING SIDES COOKING CLASS
FEATURING CHEF DEEDRA!
NOVEMBER 22ND 4PM

CARA AND RANDI -59 CARATS-
DEC 18TH CLUBHOUSE LOUNGE

**DEC
7**

**CHRISTMAS PARTY
WITH THE SHOWCASE BAND!**

**DEC
20**

COOKIE EXCHANGE!

**DEC
22**

BREAKFAST WITH SANTA

**DEC
31**

**NEW YEARS EVE
BASH!**

THIRSTY THURSDAY!

HAPPY HOUR IN THE LOUNGE
EVERY THURSDAY 430PM-6PM

SINGO!

LAST SUNDAY OF EVERY MONTH
630PM-9PM

TRIVIA

THIRD THURSDAY OF EVERY MONTH
630PM-9PM

SATURDAY MOVIES!

TWICE A MONTH AT 2PM

MONTHLY KIDS EVENTS!

MONTHLY LUNCH AND LEARNS!

**LOGIN TO COURT RESERVE OR CHECK
OUT THE VERANO VOICE FOR MORE
INFORMATION!**

**KEEP AN EYE OPEN FOR CLUB EMAILS
AS THERE IS ALWAYS MORE TO
COME!**

NOT RECEIVING EMAILS FROM
CLUB TALAVERA REGARDING
CLUB EVENTS? CALL THE FRONT DESK AT 772-345-9312!



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



NOVEMBER SCHEDULE

November 4 (M) – 3:00 Knitting Club – meets in library

November 6 (W) – 10:00 - Field Trip – Lisa Jill Allison's Art Gallery – Ft Pierce and lunch at a nearby restaurant

November 7 (Th) – 2:00-4:00 Painting Club – Open to everyone – bring any project
(watercolor, oils, pencils, your choice)

November 7 (Th) – 2:00 Crocheting in the lounge

November 11 (M) – 11:30 Writing holiday cards for the military

November 11 (M) – 3:00 Knitting Club – meets in library

November 13 (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

November 13 (W) 1:00 Bead 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

November 14 (Th) – 2:00-4:00 Painting Club – Open to everyone – bring any project
(watercolor, oils, pencils, your choice)

November 14 (Th) – 2:00 Crocheting in the lounge

November 18 (M) – 3:00 Knitting Club – meets in library

November 20 (W) – 11:30 – Friendsgiving - luncheon

November 21 (Th) – 2:00-4:00 Painting Club – Open to everyone – bring any project
(watercolor, oils, pencils, your choice)

November 21 (Th) – 2:00 Crocheting in the lounge

November 25 (M) – 3:00 Knitting Club – meets in library



WEEKLY FITNESS

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

9AM Strength Class \$
10:15AM Aqua Fitness
10:30AM Restorative
Yoga
11:30AM Tai Chi
1PM CHAIR Yoga \$
4:45PM Silver Fit
6PM Silver Fit

FRIDAY

10AM Zumba \$
11:45AM Piloga
3PM Essentric

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 WATERS SUCH AS IN A SWIMMING POOL. IT IS DONE MOSTLY VERTICALLY AND WITHOUT SWIMMING TYPICALLY IN WAIST DEEP WATER.

ESSENTRICS

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

10:00AM-11:00AM WATER AEROBICS

TUESDAY

OPEN SWIM

WEDNESDAY

10:00AM-11:00AM 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

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!



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 Beginner's & Body Toning, 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 & Props



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, Pilates, 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

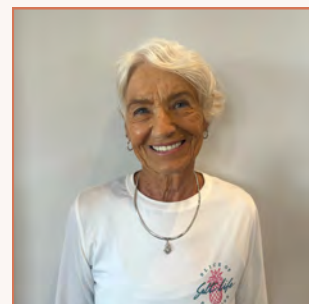


MERRY GASOREK

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

Arthritis, Jaws 1 & Jaws 2



FRAN MUERO

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

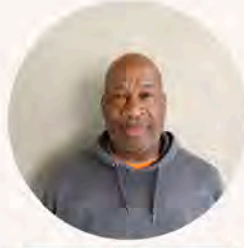
FITNESS INSTRUCTORS



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

PGA VILLAGE VERANO

SPA
BY JENNIFER FITTER

fitterjen@gmail.com
772-233-5594



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





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 \$60 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

THINGS TO CONSIDER WHEN BUYING A NEW TENNIS RACQUET:

#1- WEIGHT- A HEAVY RACQUET (OVER 10.6 OZ UNSTRUNG) OFFERS GREATER STABILITY AND IS TYPICALLY PREFERRED BY ADVANCED PLAYERS WHICH HELPS THEM CONTROL POWERFUL SHOTS . LIGHTER RACQUETS ARE EASIER TO MOVE AND ARE BENEFICIAL FOR SERVING AND SWITCHING BETWEEN FOREHAND AND BACKHAND AND PROVIDE MORE POWER FOR PLAYERS WITH SHORTER SWINGS OR LESS STRENGTH.

#2- HEAD SIZE - ADVANCED PLAYERS USUALLY PREFER SMALLER HEAD SIZES TYPICALLY 100” OR BELOW. LARGER HEAD SIZES ABOVE 100” ARE FAVORED BY INTERMEDIATE PLAYERS AS THEY PROVIDE A LARGER SWEET SPOT WHICH RESULTS IN MORE CONSISTENT POWERFUL HITS.

#3- BALANCE - THE BALANCE OF A TENNIS RACQUET REFERS TO WHERE THE WEIGHT IS DISTRIBUTED EITHER TOWARD THE HEAD OR THE HANDLE . AN EVENLY DISTRIBUTED BALANCE IS ABOUT 320 MM. (IT’S DENOTED ON YOUR RACQUET FRAME) A HIGHER BALANCE POINT MEANS THE RACQUET IS HEAVIER TOWARD THE HEAD WHICH GENERATES MORE POWER, BUT MAY BE LESS ACCURATE. A LIGHT HEADED RACQUET PROVIDES BETTER MANEUVERABILITY AND CONTROL BUT MAY LACK POWER .

HOPE THIS HELPS YOU WITH YOUR DECISION MAKING .
REGARDS
VERANO TENNIS COMMITTEE

TENNIS

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

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.
PHONE: 412-759-0820



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.

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 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.
Pferrera@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

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

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

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

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





CLUB TALAVERA

OCTOBER 2024