

JULY 2023

THE VERANO VOICE



CLUB TALAVERA

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

LIKE US ON FACEBOOK

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, and food & beverage.

IMPORTANT NUMBERS

Alarm Monitoring.....	772.345.6000
Animal Control.....	772.871.5042
Blue Stream Cable.....	772.345.6000
Chamber of Commerce.....	772.340.1333
Club House Front Desk.....	772.345.9312
Club Manager/Lifestyle Director.....	772.345.9313
FPL.....	772.287.5400
Guard Gate.....	772.345.1801
Nuisance Alligator Hotline.....	866-392-4286
Post Office (PSL).....	772.873.0674
Trash (FCC).....	772.205.3356
Verano POA Office.....	772.345.1880
Water& Sewer.....	772.871.5330
Irrigation & Lawn.....	877.242.8692
Maintenance orders.....	877.242.8692

CLUBHOUSE MANAGEMENT AND VERANO
VOICE PUBLICATION BY



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 needed pickup at Clubhouse front desk.
- 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 pools areas unless approved by Club Talavera management.



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 for Court
Reserve**



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"**
- 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.

YOU CAN ALSO GO TO OUR WEBSITE

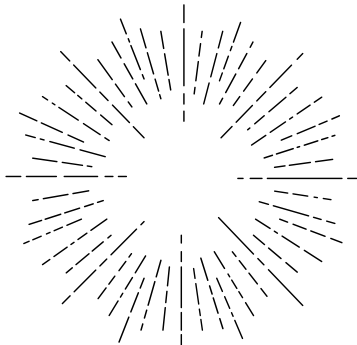
- <http://clubtalavera.com/howtobook.php>

STILL NEED HELP

- Come to the club house concierge desk and we will help you.



MEET THE TEAM



ESTHER CHURCHEY
CLUB MANAGER/LIFESTYLE DIRECTOR

CLUB VERANO
(772) 345-9312



JOAN KRESSIERER
ACTIVITIES/FITNESS CONCIERGE



JEANNIE SAKOWSKI
ACTIVITIES CONCIERGE



LAURIE HASEMANN
ACTIVITIES CONCIERGE



JONATHAN TAYLOR
FITNESS CONCIERGE



KRISTOFER SWANSON
FITNESS CONCIERGE



CLUBHOUSE MAINTENANCE

772-360-1828



DAVID DOUGLAS
MAINTENANCE SUPERVISOR



RANDY IANNAZONE
MAINTENANCE



GUADY ROSADO
MAINTENANCE

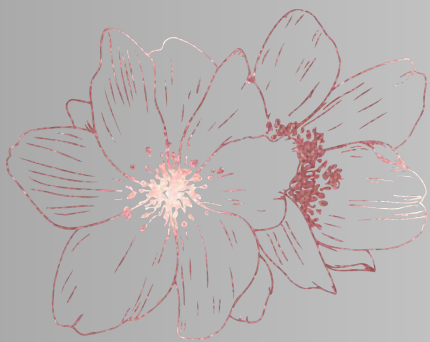


JUAN CRUZ
MAINTENANCE

MEET THE TEAM

POA

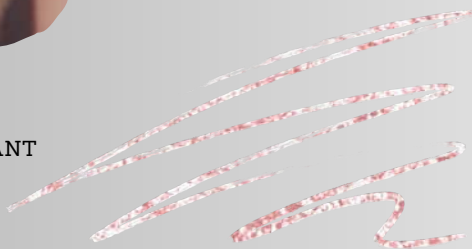
772-345-1880



LACEY COKER
PROPERTY MANAGER



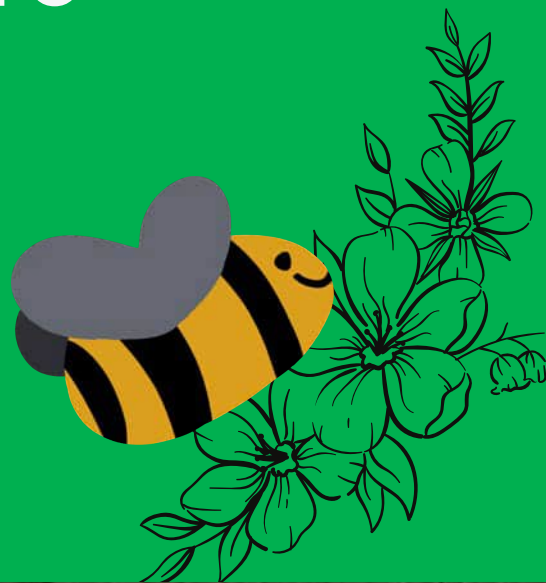
DAWN FOSSATI
ADMINISTRATIVE ASSISTANT



GERRI ZEIGLER
ADMINISTRATIVE ASSISTANT



WELCOME TO VERANO



Friendly Reminders

- **Welcome Committee**

Rosario Garcia email: rosariogarcia@bellsouth.net.

- In the club house proper attire must be worn.
- Main pool hours are 8am to Dusk.
- Guest 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 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 IN THE POOL's or DRINKS. Per Health dept.
- (ONLY COMMERCIAL CLEAR WATER BOTTLES For Hydration). Per Health department .
- Resistant pool is for Fitness. Not for minors.
- Card Room is for Card playing and Mahjong.
No loud shouting . Bring your own pillow for sitting on.
- You must cancel 7 days before an Event to receive a credit on your Courtreserve account.
- Guest policy to attend Events: if not sold out we open 7 days before event to guest. Must pay in advance via check.
- Wrist bands for E-gym for residents only.



PET OF THE MONTH



Sabrina-Nina just turned 4. She is feisty but cuddly. Sabrina loves to go to the spa and be pampered & look pretty..
(Like her MaMa)

She knows how to understand her humans and protects them from danger and the Amazon guy.

@ 100lbs. Nobody messes with her.

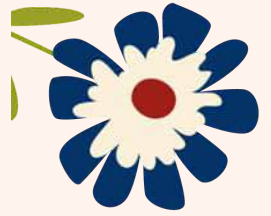
She is a true princess.

Sabrina takes care of her Grandparents all day and keeps them company
Can you guess who her MaMa is?
It's Laurie @ The Clubhouse front desk!

Welcome July - New Homeowners



Joseph & Toni Rubiano
Daniel & Lissete Diaz
Marcelo & Ana Nicolozzi
Jamie & Ann Chauss
Janice Muccio
Cristian Chuquimia
Salvatore & Sherry Imparato
Yifan Zou & Linh Nham
Jeremian & Kimberley Ross
Andres Vargas & Maria DiRocco
Andrew Arslanian & Sandra Rosales
Tim Marks & Christine Dervin
Viviane Valdes & Jean Point-DuJour
Angela Kleinfeldt
Nicholas & Barbara Tomec
Joseph & Gina Muccio
Gary & Heidi Durian
Brenda & Sari Irons
Prenell & Brenda Anelas
Walter & Deb Luikey
Perry & Cathy McConkey
James & Susan Regan
Brian & Bethel Ayers
David Cevallos & Poliana Rivero
Michael & Ellen Jester
Keith & Veronica James
Jason Welch & Laurie Giancola
George & Suzan Chmiel
Fred & Helene Schwartz
David Morra Jr
Gary & Toni Raynor
Shannon & Brandy Jones
Antonio Suro
Walna Allen



Congratulation's to Verano Resident



**Nelson DeBow
for winning the 2023 Senior Club
Championship at the PGA Golf Club!**

This was Nelson's 6th Championship!!!!

Way to go Verano!!!!!!!



PGA Verano Tennis News

PGA Verano Men Compete in Tri-County Summer League

Although it may be the tennis “off-season” here at Verano as many of our men and women players have escaped to the northern regions of the U.S. and Canada to avoid the Florida heat there remains a hearty and healthy number of players left to endure. Of these players the Verano Men are currently competing in the IRMSL Men’s 4.0/3.5 Combo League which will run through the month of July. This is a three-line league and the Verano team is led by Captain Scott Sweeney and Co-Captain Harold Kaufman. As of the time of this article the Verano team has currently registered 4 wins against 3 losses in overall match play and 11-10 in individual matches. The team has enjoyed victories over Willoughby Country Club, Jupiter Travel Club, Vitalia and Mariner Sands Country Club. We wish our Verano Men all the best as they continue to compete in this very tough and competitive league.

PGA Women Organizing for League Play for Fall-Winter Season

After a few seasons’ absence from competitive league play, we are pleased to announce that due to popular demand and numerous inquiries PGA Verano will be sponsoring a women’s team to compete in Treasure Coast Tri-County league play this Fall-Winter season. The League is a 3.5 level competition and will consist of 3 Lines each match. Competition is set to begin in November and run thru early April. Matches are expected to be played on Tuesday mornings. As our team is still in its formative stages there are still a number of roster spots available for those women interested in playing. For more information and if you are interested in signing up please contact Ken Kohn at 412-759-0820.

Verano Tennis Keeps Growing and Getting Stronger

As our PGA Verano community continues to grow so too does our tennis community. Last month our tennis community welcomed newcomers Carolyn and Bill Strong to our tennis program. Carolyn and Bill recently closed on a new home here in Verano coming over from neighboring Vitalia. Carolyn plays at a 4.5 level and Bill is a solid 3.5 player. Bill will be joining our Men’s Tuesday and Thursday team rosters for the up coming Fall-Winter seasons. In the Photo attached Bill is pictured with Carolyn holding up his new Verano team shirt. Welcome Carolyn and Bill !



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Rosario Garcia email:rosariogarcia@bellsouth.net.

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- Spa's are for 16 years of age (with adult) and above.
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- (ONLY COMMERCIAL CLEAR WATER BOTTLES For Hydration). Per Health Department .
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- Wrist bands for E-gym for residents only.



EVENTS



&



Activities



SET YOURSELF **FREE**



VERANO

Annual



4TH of JULY



HOME DECORATING
CONTEST



Show your community pride and break out your buntings, American flags, banners, and balloons! This year, will be our FIRST Annual House and yard decorating contest. Like it's Christmas in July!

★ HOW TO ENTER ★

*DECORATE YOUR HOUSE/YARD

★ HOW TO VOTE ★

TAKE A PICTURE OF THE HOUSE AND EMAIL TO, OR SEND THE ADDRESS OF THE HOUSE TO:

VERANOCONCIERGE2@LANGMANAGEMENT.COM
& VERANOACTIVITIES@LANGMANAGEMENT.COM



DEADLINE IS JULY 2ND. WINNERS WILL RECIEVE A PATRIOTC RIBBON AND PICS IN THE VERANO VOICE!

FOR MORE INFO OR TO VOTE, PLEASE EMAIL:
VERANOCONCIERGE2@LANGMANAGEMENT.COM
& VERANOACTIVITIES@LANGMANAGEMENT.COM



July 1st Golf Cart Parade

"Join us for a fun time"
With our Verano Neighbors!
Meet at Lounge after the parade
For Ice Cream Social



To join in the Verano Annual 4th of July Celebration & Parade

- 1) Decorate your Golf cart & dress up in your favorite 4th of July attire
- 2) Meet at Club Talavera on Saturday, July 1st at 10AM.
- 3) All carts will take off to start the parade at 10:30AM sharp.
So please be mindful of being on time.
- 4) Parade will start and end at Club Talavera
- 6) Be creative and have fun decorating your Golf cart!

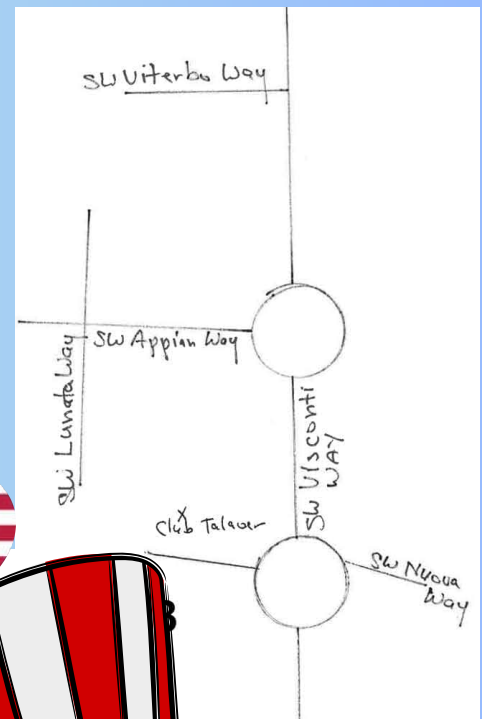
Happy 4th of July Celebration & PARADE!! On July 1st, Saturday

Line up 10am @ Club Verano
Start Time 10:30am @ Club Verano

*THE PARADE WILL TRAVEL AROUND CLUBHOUSE CIRCLE AND PROCEED DOWN AROUND VISCONTI TRAFFIC CIRCLE AND CONTINUE TO THE END OF VISCONTI. THE PARADE WILL TURNABOUT AT THE VITERBO WAY ROAD SIGN.

*THE PARADE ROUTE WILL CONTINUE TO HEAD BACK UP VISCONTI TO THE APPIAN WAY ROUNDABOUT AND HEAD OVER THE BRIDGE TO THE CRESSWIND ENTRANCE WHERE THE PARADE WILL HEAD DOWN LUNATA WAY AND TURN BACK AROUND AND HEAD ACROSS TO APPIAN WAY.

*THE PARADE WILL FOLLOW PREVIOUS ROUTE BACK TO CLUB TALAVERA.





**“Join us for a fun time”
With our Verano
Neighbors!
July 1st
Right after parade**

11:30am to 12:30pm

**Meet in Club Lounge
For Ice Cream Social**



Overflow - outside patio

Sponsored by Humana





Club Verano Presents



Happy
3RD ★
of **JULY**

Independence Day BBQ Party



★ MONDAY
JULY 3 ★

Outdoor Lounge and
BBQ Area at
3:30pm - 6:30pm



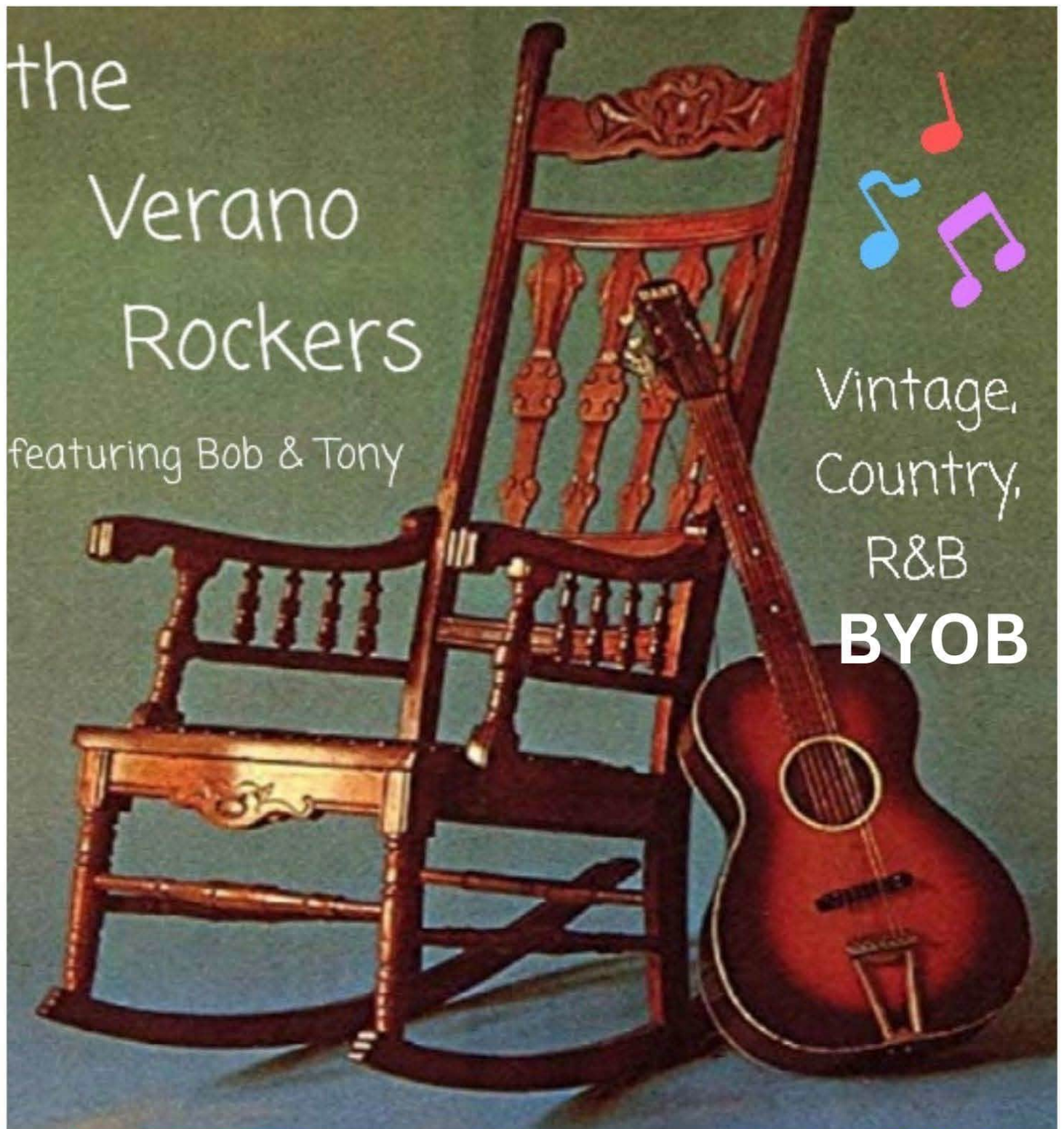
**LIVE
MUSIC
BY THE
VERANO
ROCKERS
5:30PM**



★ *Menu*

BBQ by Crista Dayton
Sausage and peppers
sub (S) \$6 (L) \$10
Chicken salad sub
(S) \$6 (L) \$10





Monday, July 3rd
5:30pm to 7:30pm Patio

Club Verano / Talavera

If inclement weather- Move to indoor Lounge



UP COMING EVENTS

July- 8th- Theater- 9 to 10am - Veterans Council - Guest speaker Martie DeWitt
Retired Navy Corpsman (RNC) & National Service Officer (VSO)

July- 8th - Ballroom - 10am- write THANK YOU card/messages
to our military personnel.

July - 14th- Ballroom "Feel the Beat"

July - 30th - Ballroom "(Singo) Musical Bingo"

August - 10- Ballroom" Feel the Beat"

August - 12- Ballroom- "The Real Deal Band .

August - 14 - Ballroom-"The Dolls" coming to Celebrate - 1/2 way to Valentines -
Bring chocolate & drinks - singing Golden Oldest

August - 25th - Ballroom Possible Lionel Richie and Tina tribute

September-1 st- Comedian Randy Riggle

September - 9th- Tail Gate Party TBA Food Trucks

September - 10th - Celebrate Grandparents Day with "The Dolls" 60's & 70'S

October - 8th - Practice New Years Day Party - w/"The Dolls"

October - 19th - Ballroom - Comedian Jimmy Mazz

October - 28th - Pumpkin painting contest

October - 29th - Halloween Party with "The Real Deal"band

October - 31th - Trunk or Treat

Check The Verano Voice for more information

PLEASE JOIN US



CLUB VERANO PRESENTS

WELCOME NEW RESIDENTS



TUESDAY JULY 18TH 2023

@ 9:00AM

IN THE CLUBHOUSE
LOUNGE

Join Us In The Club Theater



VETERANS COUNCIL MEETING



JULY 8TH 9AM-10AM

**SUBJECT: UNDERSTANDING
THE PACT ACT 2022
DEADLINE**

**GUEST SPEAKER
MARTIE DEWITT
RETIRED NAVY CORPSMAN
& NATIONAL SERVICE
OFFICER (VSO)**



WE NEED YOUR HELP TO SUPPORT OUR MILITARY

Mark Your Calendars- Saturday- July 8th

Military Missions

Reaching Beyond the Yellow Ribbon

Help us reach our goal of sending 250 cards to our Military. Stop by the Verano Ballroom between 10:00am -12:00pm and join your neighbors as we write **THANK YOU** card/messages to our military personnel. Sample messages will be provided.

Military Missions exists to support, and honor deployed military personnel by sending care packages year round as an expression of appreciation and gratitude. Thousands of cards are needed throughout the year to fill care packages. Cards and messages are the most important part of the packages!

You can bring a box of greeting cards or purchase cards that day, or get creative and make your own cards. Amazon has a set of Thank You cards you can color. If you'd like to donate blank cards ahead of time, leave them at the front desk.

These cards will be part of the everyday care packages.

Donations toward postage will be accepted!

Bring your pen and crayons and let's show our support for our MILITARY.

Please sign up in Court Reserve!





Presents

A Morning of Painting!

Saturday, July 29, 2023 - 10:30 AM – 1:00 PM

16" x 20"

"Boot Bouquet"

\$32 – Stretched Canvas

\$42 – Reclaimed wooden pallet

Must pre-register before 10 PM on July 25th

Join us for some relaxation and painting in the art room at Club Talavera. Join us and paint this lovely 16" x 20" acrylic painting. 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.

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

Seating is limited.

Sign up at: DabbleInColor.net/products/Verano-boot

**In addition, Laura Lucas is one of our instructors
who teaches our weekly**

Beginner's Acrylic Painting Class on Tuesdays starting at 11:00 AM.





Come on out and have some fun!!!

If you are interested in being part of the Ping Pong Club Email Mort Levine at:

mortonlouislevine@gmail or text him at:

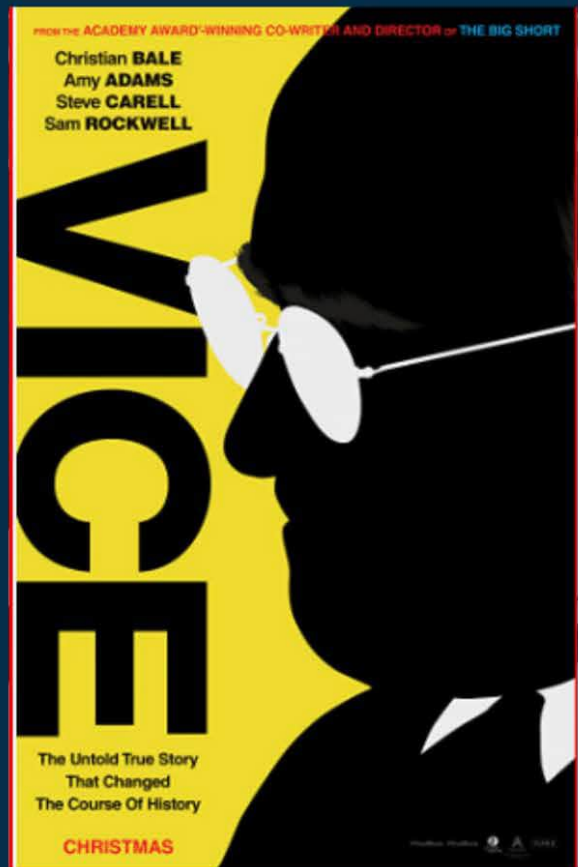
772-349-4959. We will be meeting on Mondays at 6:00 In the club house Ball room. Our first meeting will be Monday, July 10th at 6:00 P.M.

MONDAY MOVIES

FREE ADMISSION!

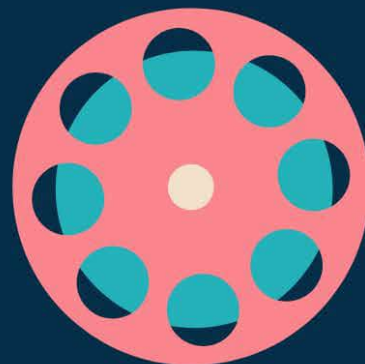


JULY 10TH



JULY 24TH

NEW
TIME
2:00
PM



ATTENTION! All Verano Residents



July 10-21

Bring these new school supplies to the
clubhouse lobby or the e-gym:

Black/white composition books

Pencil boxes

Individual pencil sharpeners

Kids' scissors

Looseleaf paper and folders



These supplies will help the children in need
at Port St. Lucie schools.

Thanks in Advance for Your Participation!

Questions: LJZ Knowles – eddrknow2@gmail.com



YOU'RE INVITED TO A

wine & cheese w/ Elaine

HOSTED BY
FUN TOURS
TRAVEL



ELAINE HIRSCH 772-359-4006

WED JULY 12, 2023 • 3PM

FREE

CLUB VERANO CLUBHOUSE
LOUNGE



"FEEL THE BEAT" DANCE CLUB

ENJOY AN EVENING OF

" DANCING IN THE STREET "

WITH THE SOUND OF MOTOWN

FEATURING : DJ STEVE

FRIDAY, JULY 14TH FROM 6:30PM TO 9:30PM

GRAND BALLROOM DOORS OPEN AT 5:45PM.

GRILLED CHICKEN CAESAR WRAP
WITH SIDE SALADS (INCLUDING DESSERT)

VEGETARIANS , PLEASE CONTACT SILVANA

FEE IS \$20 PER PERSON. SIGN UP ON COURT RESERVE

TO INSURE YOUR SPOT, PAYMENT IS DUE BY JUNE 24TH
(NOTE, PAYMENTS ARE NOT ACCEPTED ON COURT RESERVE)

CONTACTS FOR PAYMENT

SILVANA COCOMELLO 914-774-6352
(NOW ACCEPTING ZELLE)

ROSARIO GARCIA 786-586-5523

"GET READY CAUSE HERE WE COME"

CANCELLATIONS FOR REFUND MUST BE 7 DAYS PRIOR TO EVENT.

DANCE!

BYOB!



An evening of
MOTOWN



THURSDAY
JULY 13TH

10:00 - 11:30 AM

SUMMER MENU

TASTING &
DISCUSSION

JULY'S CLUB CHEFS:

JOYCE, BARBARA,
CAROLYN, LAUREN
& ORIS

COOKBOOK CLUB

Sign up on Court Reserve

Location: Demo Kitchen

Host Chef: Lorraine Morecraft



Attention Verano Residents! Save the Date!

Monday, July 17, 2023

Meeting of the Verano Volunteers

1pm-2pm In the Theater Room

All are welcome!

We will discuss progress and plan ahead!

Come and bring your friends, your connections, and your knowledge of area nonprofits so that we can make a plan to help where needed.

Questions? Contact LJZ Knowles: eddrknow2@gmail.com



Verano Resident
Cooking Demo

COOKING MADE EASY



WEDNESDAY, JULY 19
4P – 6P
CLUB TALAVERA



\$15 per person
LIMITED SPACE

MENU



Salad Blend Delight
Sausage & Peppers
Fruit Trifle



Hosted by AnnMarie Napolitano & Judy Eskola

Sound Bath Meditation

Monday, July 10th

**7:15
EGYM AEROBICS
STUDIO**



Crystal
&
Himalayan
Singing
Bowl
Meditation



It's a very therapeutic form of meditation where you will be "bathed" in sound waves.



**\$20 PAID DIRECTLY TO
INSTRUCTOR**

ANTHONYPROFETAMEDITATION@OUTLOOK.COM

**ANTHONY PROFETA
SIGN UP ON
COURTRESERVE
FOR REGISTRATION**

BYOB

LEVEL
UP



TRIVIA NIGHT

July 20th

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

**Reserve your table
up to 10 People
772-345-9312**

Sparkle



HELLO
darling

WIRE WRAPPING CLASS

July 21st in the art room 1pm - 2:30pm

Different healing stones to
choose from

Contact Lisa to
Register &
payment options

973-886-6452
Li044@aol.com



\$25



Bingo Club

YOU'RE INVITED TO THE BINGO SUMMER WORLD TOUR!



Bienvenu



YOKOSO



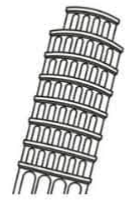
Huanying



Welcome



Greetings Old Chap



Benvenuto



Bem-vindo



Ahlan wa sahlan



Saturday, July 22nd
Club Talavera Ballroom
Doors open at 3:15, Bingo at 4:00

Questions call
630-669-9990

\$10 or \$15 cash at the door
(Determined by game day attendance)

Verano residents only – 18 and over please
Use CourtReserve to save your spot.



Bring non-perishable food items for extra door prize tickets (max of 5 tickets)

VERANO Foodies

FERNANDO'S DOCKSIDE GRILL

Back by popular demand

From traditional Bacalhau a Lagareiro, a grilled bone in salted cod, to Steak Portuguese, a pan fried black angus NY sirloin, to Seabass Aqua Pazza, or another favorite Grilled Bronzino (Robalo), which is a grilled whole fish, we welcome you to take a delicious tour with Chef Fernando Dovale, right from the comfort of our dockside restaurant. With an endless array of unique dishes to excite your taste buds and a warm, inviting atmosphere, we know Fernando's Dockside Grille will become your new favorite!

Sign up on CourtReserve **16 Spots



SUNDAY JULY 23rd
*MEET UP AT 5PM
*YOU WILL HAVE
SEPERATE CHECKS



2214 SE Veterans Memorial
Parkway
Port St Lucie, FL 34952

RESERVATION WILL BE UNDER VERANO FOODIES

VERANO PRESENTS



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.

SUNDAY JULY 30TH 2023

Doors open at 6:00PM

\$5

**SIGN UP ON
COURT
RESERVE**

Host: A KISS BY A ROSE

For More Info: (772) 345-9312

You are invited to a health and wellness presentation!



LEARN HOW TO HARNESS THE POWER OF YOUR OWN BODY TO GET YOU WELL & KEEP YOU WELL. YOUR BODY CAN REPAIR ITSELF!

How could this change YOUR life?



Triggers **genetic** expression:
Improves **immune system** function
Regulates **inflammatory** response
Improves **cardiovascular** health
Promotes **gut health & enzyme** production
Restores **hormonal** balance

Supports the vital activity of
cellular communication

Protects against **free radical**
damage

100% kill in under 30 seconds for all
tested **bacteria and viruses** (over 30
resistant strains)

Proven to be completely safe,
zero toxicity.



Boosts **antioxidant efficiency**
by 500-800% in just 72 hours.

Improves **athletic performance.**

Increases **endurance**
Increases **power output**
Increases **VO2 Max**
Speeds **recovery**
Increases **circulation** to an area by 50% in
just 15 minutes
Positive shifts in up to 43 **metabolites**
Increases **burn of fat fuels** by up to 33%

Completely **native** to the body

Supported by **research and**
clinical trials. Thousands of
testimonies worldwide.

Redox is not intended to diagnose, treat, cure or prevent any disease or medical conditions.

PLEASE RSVP TO:
KATHY FRIEDMAN
561-346-7152

JULY 21ST FRIDAY
11:30 am - 12:30 pm
Club Verano

You are invited to a Redox Clay Mask Skincare Party & Presentation

Experience the beauty bio-switch!

Join us in person to experience the world's first cell-signaling mask. Free application for all.

Introducing our NEW plant-based collagen creator-RADIANCE

WHY USE THE CLAY MASK?



Formulated with responsibly sourced bentonite clay to help detoxify skin and reduce pore size

Formula is non-comedogenic so it won't clog pores, and is suited for all skin types

Cleanses and detoxifies skin by drawing out dirt, impurities, and oils that can cause clogged pores while enhancing the appearance of clarity to reveal more refined-looking skin

Reduces surface oil on skin and improves shine

Instantly refines skin's texture



**Please RSVP To
Kathy Friedman
(561) 346-7152**

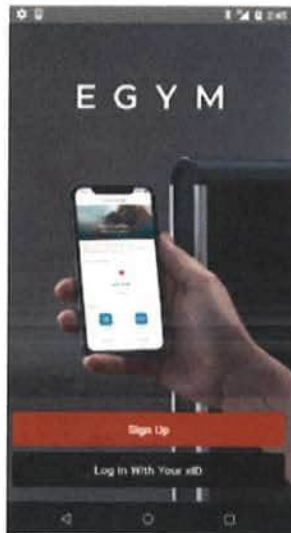
**Friday, July 28th
11:30 am - 12:30 pm
Club Verano Lounge**



Download the App today it's Free!



← **App Looks like
this for E-GYM**



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

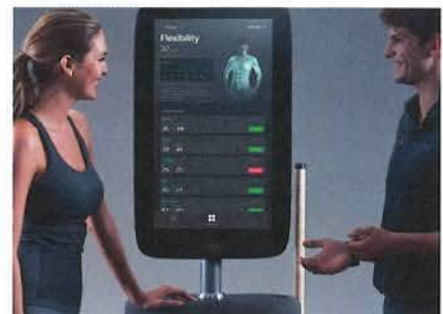
Be ahead of the pack!



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!





Official Verano Instructors



*Stay
Fearless*

SET YOURSELF **FREE**



Verano Instructors



**GARY
BARLETT**
life stretch



www.Bmovable.com

508-962-1847 \$10

Laura Lucas
art instructor



Tues. 11:00 am \$12



CHIP BELL

pickleball instructor

chipbellpickleball@yahoo.com



610-425-0090

Meet at court #10

EVELYN MOYER
FITNESS



bodyformationfitness@gmail.com

410-952-9498



Merry Gasorek
aquatic therapy
860-899-9097

Water ABC'S-Water Ai Chi



Jim O'Rourke
yoga for veterans

Tuesdays 9 am - 10 am

561-427-9191



Allison Amerling
fitness

amerling@mindspring.com

508-400-0205



Fran Muro

water aerobics

Monday & Wednesday

10:00 am

ANTHONY PROFETA
MEDITATION

Sound Bath Meditation



**OSVALDO
PARROTTA**

FITNESS

772-418-3017

Aqua Zumba

Silver Fit

Mat Pilates





Jessica Roberts *fitness*

Chair Yoga

Tai Chi

All levels Yoga

JessicaRobertsYoga@gmail.com

801-319-3926



Amanda Hendry *pickleball instructor*

ahendry1413@gmail.com



203-564-6748

Meet at court #20

Jennifer Fitter *massage*



fitterjen@gmail.com

772-233-5594



NANCY KLEIN *ceramics*

Monday & Thursday

nancydklein1@gmail.com

516-987-6889



CJ FISCHER

**FITNESS WATER
AEROBICS/YOGA**

water aerobics, Body Toning

Step & Low, Yoga, Piloga



Ken Kohn *tennis instructor*

Lessons, Clinics

Ball Machine

412-759-0820

Judken@comcast.net



Jean Kulhan *dance instructor*

Water Ballet

Ballet Barre



Ballroom Dancing

Text 917-710-6793

Lorraine Morecraft *cooking demo*



PAUL GLODIS *fitness*

pglodis53@gmail.com

561-685-3384

Lisa Ianelli *art instructor*

Li044@aol.com

973-886-6452





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

WATER BALLET

OUTDOOR POOL

Learn basic, balletic, choreographed movements, with flexibility stretching, and balance exercises while listening to inspirational, classical and contemporary music. This low impact water ballet class will give you a sculptured, lean body (upper and lower torso) while also gently toning your legs and arms. We do not go under the water. You may bring your own mat to place around the pool to take the class should you prefer to do class by the pool, rather than in it.

SATURDAYS @ 11 AM



BALLET BARRE

AEROBICS STUDIO

MONDAYS @ 6PM



BALLROOM DANCING

GRAND BALLROOM

Couples will learn swing, waltz, rumba, tango, fox trot, and more. From beginner levels to advanced.

MONDAYS & WEDNESDAYS
@ 6PM



*Professional
instructor.*

THREE DIFFERENT CLASSES!

Jean Kulhan,

a classically trained ballerina, professionally trained ballroom dancer/instructor.

\$15 per class.

or \$60 for 4 classes and get 1 class free



INTERESTED IN TAKING A CLASS
PLEASE TEXT JEAN AT (917) 710-6793 MUST SIGN UP ON COURTERESERVE



New Location
Aerobics Studio @ the EGym



All Levels Yoga

With certified instructor
Jessica Roberts
801-319-3962

Mondays

10:30 to 11:30am

\$10 Per Class

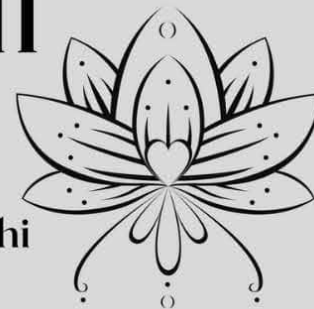
**Recommended
Equipment**

Mat,
Yoga Blanket or
Block,
Yoga Strap or
Hand Towel



TAI CHI

Instructor:
Jessica Roberts



Beginning Tai Chi
Thursday

11:30am to 12:30pm

Complimentary class for residents only

Intermediate Tai Chi
Monday

11:30am to 12:30pm

\$10 Per Person

At The EGym
Aerobics Room

*just
breathe*



RESTORATIVE YOGA

Gentle movement and
breathing for improved
sleep and relief from
stress, stiffness and
chronic pain.



New Class



Chair Yoga

Mondays and Thursdays

1pm E-gym

Improves balance and flexibility
improves muscle tone and strength.

Boosts mood and energy,
reduces chronic pain and stress,
improves breathing.

\$5 per person Directly to instructor
Jessica Roberts

Water

- A Abdominals
- B Back
- C Core

Get Back to basics address
your Safety, Strength, Balance
and Endurance

Not your typical water class. Now this class addresses your water training needs to include, High Intensity Interval Training (HIIT), Tabata training., Strength training and functional movement. Learn how to properly build your STRENGTH, BALANCE and ENDURANCE in the water. Emphasis on Safety and Form. Come and see what this powerful water class can do for you.

Class size limited to 15
Clubhouse inside pool
sign up court reserve
\$10. per class pay instructor directly
Merry Gasorek



Tuesday
5pm - 6 pm
Indoor Pool

15 max.
Sign up on CourtReserve

Clubhouse inside pool
\$10 per class pay instructor directly
Merry Gasorek



Water Ai Chi
Tuesday at 4pm
Indoor pool



15 max.
Sign up on CourtReserve



1/2 Class Water AiChi - designed to strengthen and balance a person's energy. Water AiChi is a simple water exercise and relaxation program using a combination of deep breathing and slow broad movements of the arms, legs, and torso in flowing continual patterns.
1/2 Class dedicated to movement in water with emphasis on Range of Motion (ROM) and form.
Who is it for? Any age can participate, no swimming skills required. Participants submerge to shoulder level. AiChi has shown to be beneficial for arthritis, chronic disorders, cardiovascular problems, psychological problems and neurological disturbances to name a few.

Class size limited 15
Clubhouse inside pool
sign up court reserve
\$10. per class pay instructor directly
Merry Gasorek



Merry Gasorek

LifeStretch w/Gary

EACH CLASS BEGINS WITH SOFT TISSUE WORK AND MOVEMENT QUALITY WITH AN EMPHASIS ON ACTIVE STRETCHING, MUSCLE ACTIVATION, AND A DYNAMIC WARMUP EXERCISE. THEN WE WILL FOCUS ON BODYWEIGHT STRENGTH CIRCUITS INCORPORATING MULTIPLANAR MOVEMENTS TO ENSURE WELL-ROUNDED STRENGTH.

THE FOLLOWING ARE SOME OF THE MAIN AREAS WE WILL FOCUS ON
PELVIS AND HIP MOBILITY
THORACIC MOBILITY
POSTERIOR CHAIN MUSCULAR FLEXIBILITY
CORE STRENGTH
BALANCE
WRIST, ANKLE AND SHOULDER MOBILITY

EACH CLASS IS DESIGNED TO HELP YOU MOVE BETTER AND FEEL HEALTHIER THAN EVER BEFORE. EACH PORTION OF THE CLASS IS MODIFIED FOR YOUR TRAINING LEVEL.

SUGGESTED EQUIPMENT:
EXERCISE/ YOGA MAT
FOAM ROLLER OR MASSAGE BALLS (2 TENNIS BALLS IN A SOCK)
YOGA BLOCKS



Gary Barlett
(508)962-1847
gary@bmovable.com

Thursdays 1:00-1:50 AEROBICS STUDIO
www.Bmovable.com

\$10 per Class,
Cash or Check
pay the
instructor
directly



CJ Fisher

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

Water Aerobics -Tue. 10-11am & Fri. 10-11 am
Low Impact Beginner's & Body Toning Tues- 11:15am-12:15pm \$10 to instructor.
Intermediate Step & Low - Wed. 10-11 am
Yoga - Wed. 11:00-12:00 pm
Piloga - Fri. 11:30- 12:30pm



Fran Muro

is a 48-years exercise instructor who loves teaching residents.

Water Aerobics- Mon. & Wed. 10am



Osvaldo Parrotta

Aqua Zumba -Thursday 7:15pm-8:15pm

Silver Fit Tue. 4:45pm to 5:45pm /6pm to 7pm
& Thursday 4:45pm to 5:45pm /6pm to 7 pm

Mat Pilates & Props Wednesdays 5pm to 6pm



Strength & Conditioning Coach

PRIVATE,
SEMIPRIVATE,
SMALL GROUPS



OVERALL STRENGTH & CONDITIONING

Improve your overall health and wellness with a complete approach to fitness that includes resistance training, flexibility, cardiovascular endurance, and proper nutrition.

FUNCTIONAL STRENGTH TRAINING

Improve balance and core strength for performing everyday tasks or sports - related activities.

SPORTS CONDITIONING - GOLF, PICKLEBALL, TENNIS

Improve athletic performance and prevent sports injuries through sport-specific conditioning programs.

CONTACT ALLYSON:

amerling@mindspring.com
508-400-0205



Residents pay instructor directly.

PERSONAL TRAINER



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



PAUL GLODIS, ISSA
**Certified Personal Master
Trainer**

Cell: 561-685-3384
pglodis53@gmail.com



Get your personal fitness goals will be realized through our collaborative effort and communication
Please contact me for your personalized fitness situation

TIME TO WORK OUT!

PRIVATE,
SEMIPRIVATE,
SMALL GROUPS

EACH PROGRAM EMPHASIZES
IMPORTANT PRINCIPLES OF FITNESS
TRAINING: STRETCHING, CARDIO,
STRENGTH TRAINING, AND BALANCE.



CONTACT EVELYN:

bodyformationfitness@gmail.com
410-952-9498

Residents pay instructor
directly.



EVELYN MOYER



Yoga for Veterans, First Responders
and their family members

TUESDAYS 9:00AM- 10AM

SMARTFIT AEROBICS STUDIO
COMPLIMENTARY, FOR
RESIDENTS ONLY



CERTIFIED CONNECTED WARRIOR
YOGA INSTRUCTOR

Questions regarding the class,
call Jim at (561) 427-9191

BOOK ON
COURT RESERVE

INSTRUCTOR, VERANO RESIDENT, JIM O'ROURKE



Tennis Anyone

Welcome to Your 2023 Verano Tennis Destination



**Lesson, Clinics, Cardio Tennis,
Triples, Ball Machine usage.
Look for upcoming activities
and dates.**



Lesson and Clinic Rates
\$60 per hour, \$30 per 1/2 hour
Can be split into max. groups of 4
Contract Certified Teaching Pro
Ken Kohn

Contact Certified Teacher
Ken Kohn
Judken@comcast.net
412-759-0820

Verano's Certified Pickleball Teaching Professionals For Residents Only



Pickleball Instructor

No equipment required

Chip Bell is a Level 2 Certified ITPA 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 fundamental skills, to advanced shots and doubles strategies. As a resident of PGA Verano, he's available both days and evenings for your convenience.



Pricing:

Private Lesson: \$60/hour

Group Lesson: \$70/hour

- 2 people: \$35/person
- 3 people: \$25/person
- 4 people: \$20/person

**Meet at
Court #10**

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

Amanda Hendry Pickleball Instructor



Pricing:

Private Lesson: \$60/hour

Group Lesson: \$70/hour

- 2 people: \$35/person
- 3 people: \$25/person
- 4 people: \$20/person

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, 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.

**Meet at
Court #20**

For bookings, contact Amanda Hendry
Call or text 203-564-6748
ahendry1414@gmail.com

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
- Schedule

**Contact Chip or Amanda for more
information**

Chip: 610-425-0090

Amanda: 203-564-6748



1st and 3rd Wednesday every month at 1pm

Up to 8 players or 2 courts

Minimum of 3 to be able to play out games

**No Equipment needed
Paddles and balls supplied**

Next Class

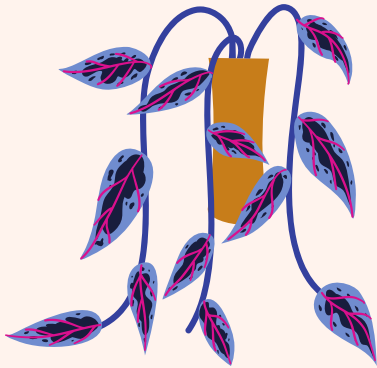
**1st & 3rd Wednesday of the
Month 1PM-2PM**

**Sign up on Courtreserve
Court #26 & #27**





Official Verano Clubs



ACTIVE CLUBS



Poker night Club
Tues. 5 pm
Nelson Debow
772-233-7641 or
nelsondebow@gmail.com

Hand & Foot Club
Wed's Donna Tiberi 772-696-4282
Wed. 6pm
Donnatideri53@Yahoo.com

TN Poker Club
Thurs. 6:30 pm T. Nechamen



Pickle Ball Club
Veranopickleballclub@gmail.com



Verano Bocce Club (s)
Monday's 6pm
Phil 347-447-9721

Tuesday's 6pm
Tom 443-765-1581



MahJong Club
Wed's Jane Kelley
617-947-2197
Jnbeha@aol.com



Feel The Beat Verano Dance Club
Silvana 914-774-6352
Donna 561-818-9375



Friends of Bill W Club
Adrienne Nash
561-596-7764
Sat. 8am theater



Party Bridge Club
Wed. 1 pm
Marian Metznik 631-404-5943

Gin Rummy Club
Tuesday 10am - 1pm
Sebastian DeMartini
631-949-6695

Poker Guys Club
Tuesday nights 5pm



Tennis Club
Dave Badal



Dominoes
Mon and Fri 1pm - 5pm
R. Hodgert

Dominoes
Mon and Fri 1pm - 5pm
E. Miller



Verano Car Club
Last Wed. of the month 6:30pm
Mike Falco
773-677-4299



Painting Club
Thursday's 1pm - 3pm
Armita Fucci
646-623-0233



Card Making Club
Wed. 10am
Once a Month
Barbara Flynn
Bflynn6680@gmail.com



Book Club
First Monday of every month 3pm
Robin Beinhorn
RJBeinhorn@gmail.com



Water Walking Club
Mon. \ Wed. \ Fri. 1:30 & 2:45 pm
Margit Moran
Elizabeth Eby



Bingo Club
Robert Lass
robt.lass@gmail.com
630-669-9990



Ceramics Class
Mon. afternoons and Thurs. mornings
Nancy Klein
Nancydklein1@gmail.com



Family Fun Club
Jillian Beaudreau
954-798-5815



Sporting Clays Club
Meet once a month
Harry 772-834-2210



Arts & Crafts Club
Barbara Flynn
veranoartscraftsclub@gmail.com



Samba Club
Jean Kennedy
Monday night 6pm
Jeanlikestotravel@gmail.com
954-397-6498



Verano Christian Connection Club
Don Metznik
don@metznik.com



Verano Veterans Council Club
Jim O'Rourke
561-427-9191



Men's Christian Roundtable
1 st & 3rd Wed. of the month
6:30pm -8pm
Steveschmoyer@comcast.net
772-349-5585



PGA Verano Chess Club
Walter Schoellnast
wschoellnast@msn.com
772-307-7730
Thursday 1-4pm Library



Cookbook Club
w/L. Morecraft
Every 2nd Thursday 10am-11:30am



Crochet Club
Myra Aponte
rxarym23@gmail.com
787-365-3501



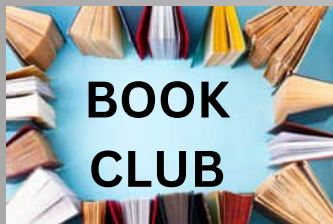
Ladies Bible Study Club
Naomi Mathias
Naomi7@PTD.net
732-690-1565
Thurs. 12:30pm



Verano Book Club
3rd Saturday of every month 3pm
Patricia Bardsley
patlk@yahoo.com



SGA At PGA Verano
Tim Berman
sgaatpgaverano@gmail.com



BOOK CLUB

Book Club
Carole Kucharski
caroleak72@aol.com
516-384-2525



Verano Skating Club
Talyta Reinhold
pgaveranoskateclub@gmail.com



8 Ball Club
Tuesday's 5:30-8:00pm
Mort Levine
772-349-4959



Ping Pong Club
Monday nights 6:00-8:00pm
Mort Levine
772-349-4959



Honey grilled chicken.



Ingredients

- 5 chicken thighs
- 3 tablespoons of sweet soy sauce
- 3 tbsp tamarind water
- 6 tbsp honey
- 350 ml of coconut water
- 1 stick of lemongrass (geprek)
- 3 bay leaves
- 2 tablespoons of Java sugar (combed)
- Pepper and salt



How to make:

1. Wash the chicken, coat the chicken with pepper, salt and 3 tablespoons of tamarind water, soak for about 15 minutes.
2. Sauté ground spices with butter, add lemongrass, bay leaf and Javanese sugar, stir-fry until fragrant. Enter the chicken that has been soaked in coconut water, cook until the water is reduced, and the chicken meat is soft.
3. Bake the chicken over a pan or coals of fire, while brushing the ingredients, brushing it back and forth, bake until cooked
4. Serve with warm rice, fresh vegetables and chili paste.

Crunchy SouthWest Chicken Wrap

Ingredients

Sauce

- 3/4 cup sour cream
- 3/4 cup salsa
- 1 1/2 tablespoons taco seasoning

Wraps

- 4 large tortillas (wrap size)
- 1 1/3 cups shredded lettuce
- 1/2 cup tomato, diced
- 1 whole avocado, diced
- 1/2 cup cheddar cheese, shredded
- 2 cups cooked chicken, shredded
- 1 cup Fritos, crushed

Procedure

Instructions

1. In a bowl, mix together sour cream, salsa, and taco seasoning until well blended.
2. Lay a tortilla flat on a cutting board. Spread 1 heaping tablespoon of sauce over the bottom half of the tortilla, leaving a 1-inch border on each side.
3. Sprinkle 1/3 cup of lettuce, 2 tablespoons of tomato, 1/4 of the avocado, 2 tablespoons of cheese, and 1/2 cup of chicken over the sauce. Crush 1/4 cup of Fritos over the chicken. Drizzle 1 tablespoon of sauce over the top.
4. Fold in the sides and roll tightly. Repeat with the remaining wraps. Cut in half to serve.



pickleball
worthy
snack



Mojito Recipe

Ingredients :

- 1 1/2 oz white rum
- 1 oz fresh lime juice
- 3/4 oz simple syrup
- 6-8 fresh mint leaves
- Club soda
- Crushed ice
- Lime wedge and mint sprig for garnish



Instructions :

1. In a cocktail shaker, muddle the mint leaves with the lime juice and simple syrup until the leaves release their oils and aromas.
2. Add the rum to the shaker and fill with ice. Shake well.
3. Fill a Collins glass with crushed ice and strain the cocktail into the glass.
4. Top with club soda, and stir gently to combine.
5. Garnish with a lime wedge and a sprig of mint.
6. Enjoy your delicious Mojito!



SUMMER WORD SEARCH

Look for the words listed below.

S	U	N	W	A	N	P	U	A
U	S	B	A	E	I	P	L	H
N	H	T	T	W	C	L	S	O
B	E	N	E	U	E	A	A	T
L	L	W	R	R	D	Y	N	N
O	L	N	B	O	T	S	D	F
C	A	M	B	E	A	C	H	U
K	U	W	A	V	E	S	C	N
P	I	N	E	A	P	P	L	E



Sun
Sunblock
Play

Waves
Hot
Sand

Fun
Beach
Shell

Pineapple
Water
Umbrella

SUMMER BUCKET LIST

Family adventures in the sun!

☐

Spend a day at the pool

☐

Read a book

☐

Go to a baseball game

☐

Watch a comedy movie

☐

Telescope the stars

☐

Visit the zoo

☐

Build a sandcastle

☐

Have a barbeque

☐

Watch fireworks

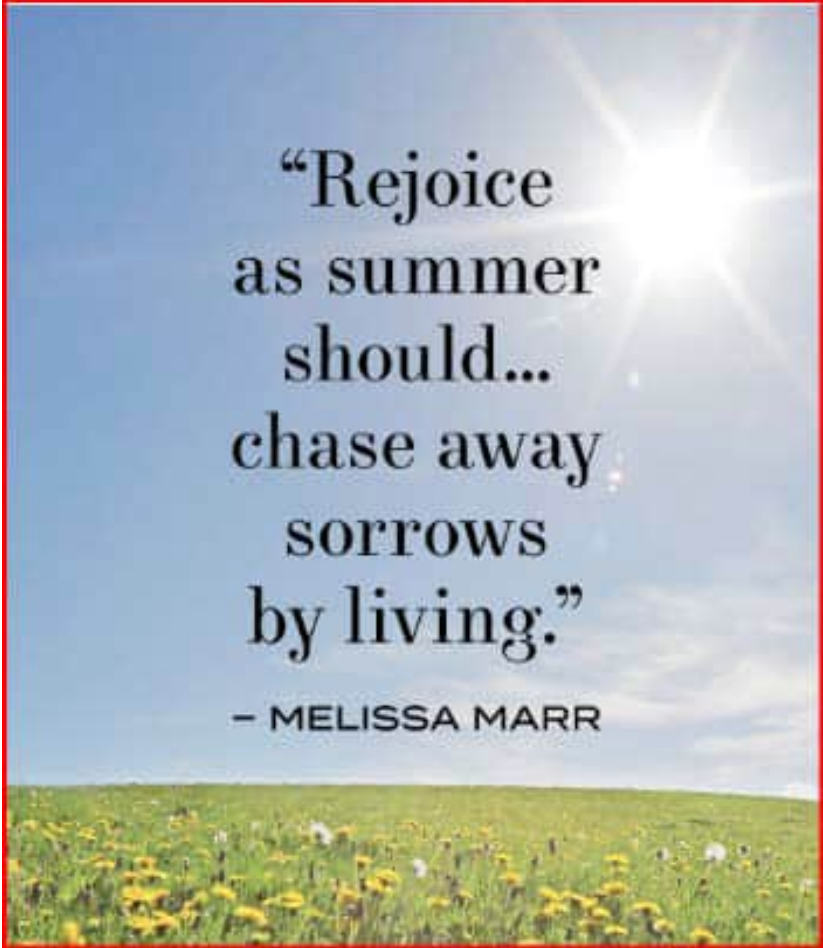
☐

Go strawberry picking

Notes

Notes

Notes



“Rejoice
as summer
should...
chase away
sorrows
by living.”

– MELISSA MARR

CLUB TALAVERA

10291 SW VISCONTI WAY
PORT ST. LUCIE, FL 34986



CLUBTALAVERA.COM