# The Strand october 2017

E-Newsletter for the Members of River Strand Golf & Country Club



Connect with your Clubhouse and Community

All the News from River Strand Golf & Country Club

# **COMMUNITY MATTERS**

Shaun Fitzer, LCAM

**Storm damage and landscape cleanup:** Single family

homeowners are reminded that they are responsible for the trees on their properties. Trees on the front and also on the side of corner lots which had to be removed due to storm damage must be replaced. Details and application to Manatee county can be found at http://riverstrandgolf.com/-architectural-review-committee-forms. Manatee county has indicated that they are behind on debris pickup, owners are reminded that there is a landfill located at 3333 Lena Road (behind Racetrac) for immediate disposal of waste, please call 941-748-5543 for more details.

Storm shutters cannot be left up and must be removed unless another storm is shown to be targeting our area. A deadline for removal was extended to September 25th.

A new security contract with ENVERA systems has been entered into with the association. We ask owners to review their guest lists and ensure that proper

information on your guests and vendors as well as your contact information is available for when you get visitors. As a part of the new system club members who enter at the guest side at the main gate will be required to hand their membership card to the guard who will provide access electronically by card reader device. Only active membership cards will allow access to the community.

We thank the 1179 owners who took part in the HOA Online survey for signing up for electronic voting. For those of you who answered yes to allowing the use of this service you will receive budget, and election material electronically in the future.

The next Architectural review deadline will be October 11th for consideration on October 17th.





Wednesday, October 4th at Noon Meet at Ed's Tavern in Lakewood Ranch 10719 Rodeo Dr, Lakewood Ranch, FL 34202

New Faces & Friends are Always Welcome!

Meet & Mingle with your River Strand Neighbors & Friends
at Lunch and Select a Movie from Currently Playing Titles
or Simply Enjoy Lunch with the Ladies.

#### Car Pooling is Suggested!

If anyone is available to or needs to carpool please let me know when you call or email to make your reservation.

Chicks And Flicks is held the first Wednesday of every month, the lunch location changes every month.

RSVP to aduncan@theiconteam.com by Monday, October, 2nd.





The September Luncheon at Geckos

# FRIDAY NIGHT ENTERTAINMENT

Here is the Friday lineup for the month of October 6:00pm - 9:00pm

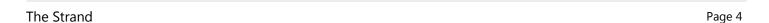


October 6th - Georgia & Mike October 13th - Sarah Combs October 20th - Skyway October 27th - Rod Keiser



Visit <u>www.riverstrandgolf.com</u> for up coming events, meeting notices and/or meeting minutes.

- ~ Up coming events can be found under the clubhouse tab.
- ~ Board of Directors meeting agendas and minutes can be found under the River Strand BOD tab.
- ~ All Committee meeting agendas and minutes can be found under the Committees tab



# **GOLF COMMENTS FROM OSCAR**

Interim PGA Head Golf Professional, Oscar Parks

### **CHELSEA GUIDELINES FOR PLM (People like me)**

As the 2017-2018 winter golf season approaches, it is probably wise to get reacquainted with the Chelsea tee time reservation system. Although, there have not been any changes to the system, I would like to take this time to explain a few of its nuisances. The Chelsea system is designed to give the golfer(s) whom have played the least amount of golf the highest priority for their choice of tee time. The system allows every golf member (Golf Equity & Transfer Members) to make a "Request" for a tee time 14 days in advance. The captain of the group puts in the request for the date, tee time preference and number of golfers. When the golf course is busy, it is recommended that you give your group as big of a window for tee time placement as you feel comfortable. Ex. You request 9:00am tee time, earliest time is 8:30am, latest time 10:00am. If there is not a tee time available in your window, then the system will put your request on overflow (wait list). The system is quite literal, it does not know that you would play at 8:28am and it does not know that you would play at 10:04am. Thus, if you give your group a larger time frame for which to be placed, you will be less likely to get placed on overflow and you will play more golf.

This is particularly true if you are requesting tee times for more than one group. The system permits you to link up to four groups, 16 players. You can request that the groups play in consecutive tee times or you can choose to break the link in favor of tee times that are closer to your desired time. If you choose not to break the link, the system will attempt to find consecutive times teeing off the same starting hole. When you break the link, the system will attempt to place your group together first, but it will also place your groups on different nines if it can get you closer to your desired tee time.

I am asked by members all of the time, "How often will I be able to play at River Strand during the season?" & "What is the trick to getting tee times at River Strand?" The answer is, "Be more flexible." Allowing for more time in your request window is critical. The vast majority of requests are for tee times around 9:00am; however, at that time of day we only have tee times going off one nine holes. We use a double tee start at three different time periods during the day, approximately 7:00am-8:52am, 11:24am-1:16pm, and 3:16pm-5:00pm. The only scenarios that would change these time frames are league days, weekend golf events and daylight savings time.

Four days in advance the Chelsea system completes the placement ranking for all of the requests made for that day and the tee sheets are populated. At 10:00am, tee time confirmation is emailed to all members who requested times. If your tee time request is not fulfilled, you will receive an "overflow" notification, which means that your group has been put on the wait list. In addition, the tee sheet for that day becomes live for "Booking" a tee time through Chelsea and everyone who did not make a request can then book a time for whatever tee times remain. A booking can be made through Chelsea up until 4:00pm the day prior, after 4:00pm all tee times and cancellations must be made through the golf shop. During the summer, May through September, public golfers are also permitted to call and book a tee time three days in advance. As an Equity golf member or a Transfer member, making a "Request" through the Chelsea system gives you priority. In most cases if you think you and your group would like to play on a given day, put in the request. It is easier to cancel a tee time than it is to book a tee time when the course is busiest.

# River Strand Golf & Country Club Ladies Golf Association

### WELCOME BACK LADIES!

The official opening days of the 2017-2018 Ladies Golf Association 9 and 18 hole leagues are right around the corner. We are excited to begin a new

season with both schedules full of weekly games comprised of individual and team play formats, League Championships, and other special events such as the Ringer Tournament and the CAN-AM Cup (Solheim Cup).





All equity and transfer members are welcome to join the 9 hole league or the 18 hole league and play on Ladies Day. Ladies Day is every Tuesday with the 18 hole league shot gun at 8:30am followed by the 9 hole league shot gun at 9:00am. Registration forms

for the 2017-2018 season are available in the pro shop and should be turned in to the league boxes located in the ladies locker room.

Feel free to stop by the pro shop and pick up a packet on both leagues to see which league would be the best fit for you. If you have any questions regarding Ladies Day, please don't hesitate to call, e-mail or see me in the

pro shop. I'm looking forward to another great season here at River Strand!

Kristina Wagner



Krca.wagner@gmail.com

908-708-3617

Day Ranger cell phone number when the Pro Shop is closed. Report incidents out on the golf course. (941) 730-4436

# **Tennis Highlights**

Nate Griffin, Head Tennis Professional

Hurricane Irma luckily spared our tennis facility and we are finishing up summer maintenance projects that include fence work, new clay, new lines, new posts, new nets, and plenty of miscellaneous work.

We look forward to seeing plenty of familiar faces as season returns to the tennis center and we look forward to meeting plenty of new players as well.

With the help of the I.T. committee, our online tennis and pickleball reservations system has been updated to now include 4 different types of members. If you are not in the tennis and pickleball system (salixreservations.com) please email me at ngriffin@theiconteam.com and provide your name, what type of member you are, and what your member number is and I will enter you into the online reservations system.

Never played tennis? We have a beginners clinic every Wednesday evening at 5:30 p.m., please email me for more details.

Never played pickleball clinic? We have a beginners clinic on the first Monday of every month at 1:30 p.m. Please email me for more details.

For our daily, weekly, and yearly event calendar, please visit us on the River Strand website.



# PLEASE JOIN US

2017 River Strand Charity
Tennis and Pickleball Event!

For all River Strand members and guests (beginners welcome!)

When: Saturday, October 21, 2017

Time: 9:00am - 11:45am

Lunch & Auction: 12:00pm

Format: Social Round Robin Mixer

Cost: \$50 per player (inclusive lunch) cash or checks payable to Susan G. Komen

Sign up at salixreservations.com or by emailing Nate at ngriffin@theiconteam.com

Deadline to register is October 18th

# PICKLEBALL TIP

Tennis Professional, Nate Griffin

### Too old to play tennis???

Are you at that stage where you feel like the tennis court is just too much area to cover, but you still want to stay active in a racquet sport?



Then Pickleball may just be the answer.

With pickleball, you don't even have to cover half the area that you do in tennis. The other benefit of pickleball is that most of your swings are below the head, so it's easier on your arms and shoulders.

Another benefit is that the pickleball ball doesn't bounce off the paddle nearly as far as a tennis ball does, making it much easier to control than the tennis ball.

Obviously, it is a given that as your Director of Tennis, I advocate playing both sports!

So get out to the courts and have some fun!



# Pickleball Beginner Clinics

First Monday of
the month
October 2nd
3:30pm - 4:30pm
3 person minimum

Event Sign up at www.makeclubreservations.com Facility code: river1

\$10 cash per clinic

## RIVER STRAND TENNIS PROGRAMS

### **Junior Clinics**

Pee Wee Clinic (3-5 yrs. old) – Friday, 4:30-5:00pm, \$10 per class Stars Clinic (5-14 yrs. old) – Mon, Wed.& Fri. 5:00–6:30pm, \$20 per class

### **Adult Clinics**

Abdul's 90 minute drill and play – Tues. & Thurs. 8:30–10:00am, \$20 per class

Tuesday's with Abdul Clinic – Tuesday: 6:00–7:00pm. \$15 per class Thursday's 3.5-4.0 Clinic – Thursday: 6:00–7:00pm. \$15 per class Gary's Beginner's 101 Clinic - Wednesday, 5:30–6:30pm. \$15 per class

Gary's Intermediate Clinic - Friday, 5:30–7:00pm, \$15 per class Shot of the week – Saturday, 8:00–8:30am (Free) Scott's 3.5-4.0 Clinic - Sunday, 10:00–11:30am, \$20 per class

### **Adult Social Play**

Morning Doubles: Mon., Wed., Fri., and Sat., 8:30–10:00am, cost: \$2

Men's Night: Tuesday, 7:00-9:00pm, cost: \$2

Mixed Doubles Night: Thursday, 7:00-9:00pm, cost: \$2

(sign up with partner)

Men's 4.0/4.5 Day: Sunday, 8:30-10:00am, cost: \$2

### **Tennis Staff/Lesson Fees**

(Buy 5 Lessons, Get 1 Free)

**Director of Tennis - Nate Griffin, USPTA**½ Hour Private: \$40 or 1 Hour Private: \$80

Head Tennis Professional - Abdul Idi, USPTA

1/2 Hour Private: \$35 or 1 Hour Private: \$70

Assistant Tennis Professional – Scott Pothul

½ Hour Private: \$35 or 1 Hour Private: \$70

Assistant Tennis Professional - Ben Zink, USPTA

1/2 Hour Private: \$35 or 1 Hour Private: \$70

Assistant Tennis Professional – Gary Coulter

1/2 Hour Private: \$30 or 1 Hour Private: \$60

**Tennis Pro Shop Hours** 

Monday-Friday, 8:00am – 7:00pm Saturday & Sunday, 8:00am – 3:00pm Email: ngriffin@TheIconTeam.com Pro Shop Phone: 941-932-8680

Court Hours All days - 7am - 9:30pm



# All Events Sign up at Salixreservations.com

## **Morning Doubles:**

Monday, Wednesday, Friday & Saturday's 8:30am - 10:00am \$2 per player

## **Leagues and Ladders:**

Looking for a singles game?

Join our ladder!

941-932-8680

# RENZE'S MAINTENANCE REPORT

### Renze Berg, GCSA

Wow! Have we had an adventurous month or what? Not only have we had over 19 inches of rain in August, then we experience hurricane Irma. We actually faired very well considering many of the other courses in our area were closed longer and had much more tree damage than us. The weather in September has set us back a week or two for aerification and the healing time, so we should have all three courses ready by mid October. Thank you for your patients through these summer months, it has been a difficult one. We staked up six oak trees and lost only 7 trees total from the storm.

During this month, new flowers will be added around October 19th, palms trimmed along boulevards and clubhouse, and landscape plants around clubhouse. Towards the end of the month, we will start adding sand to greenside bunkers since most of the heavy rains will hopefully be past us. We have decided to make Estuary number 8 fairway trap into a waste area, we will add a sand/shell mix throughout the entire area and not have rakes surrounding it. We will not allow carts to drive in the waste areas on number 4 and 8 Estuary.

The bridges on Tributary and Estuary have been stained, we will finish Sanctuary bridges this month.

Enjoy some good golf!

### STRAND POND REPORT

George Colbath, Biologist, Pond Professional, LLC

We hope this Fall update finds our River Strand residents all well and with minimal Hurricane Irma damage.

While Manatee County and our Community suffered some damage and power outages, the over all results were more mild than expected. We at Pond Professionals endeavored to be as pro-active as we could, suspending all maintenance events pre-storm and providing all communities with emergency contact information. On 9/7 & 9/8 our teams conducted a rigorous inspection of all storm-water control structures both within preserve areas, as well as all storm-water ponds for the community. This was to insure that no obstructions would impede water flow, minimizing the risk of blockages and flooding when the storm surge and heavy rains began.

Following Irma's path over us, crews also assisted our communities with storm damage clean-up and conducted post storm-water control structure inspections on 9/12, to address potential blockages as well. Due to the suspension of scheduled maintenance events and influx of debris, floating weeds and nutrients from extensive street runoff, we are working tirelessly to catch up and address any of these concerns that still maybe occurring. We thank everyone in River Strand for their patience and assistance with our efforts. I personally would also like to single out the community golf course superintendent, Renze Berg, for his tireless efforts in both returning the community course to proper condition but also assisting our teams with updates on critical storm-water areas. Between Shaun Fitzer in the office, Renze and TruScapes, a team effort worked at restoring River Strand to proper form. Despite a heavy rain event 2 weeks prior to Irma and close proximity to the Manatee River, River Strand had minimal issues with flooding or washouts this month. The storm-water control system and the littoral plantings were instrumental to this.

Now that the summer rainy season is also coming to an end, the community can expect water quality in the ponds to improve over the next 60 days as turbidity and nutrient load in-flushing recedes. We will be conducting our annual Fall subsurface weed treatments on all golf course ponds as well as conducting selective buffer maintenance throughout this coming dry season. While weather can be unpredictable, another dry winter is expected over the coming months, some ponds will see water levels fall and some bare banks emerge. Please inform us or management of any new erosion issues that may have developed over the course of this year so they may be addressed. Over the coming months we will start to provide some wildlife updates within the community for interested residents.

# **COMMUNITY LANDSCAPE UPDATE**

## Llomell Llorca, President & CEO, TruScapes Industries, Inc.

We hope that everyone had a fun and safe summer especially pre and post Hurricane Irma. The smell of autumn is in the air and with that TruScapes Industries, Inc. wishes to welcome everyone to our fourth quarter news article. As our plants are preparing for the cooler drier weather quickly approaching our team members are also preparing and below we explain what everyone can expect concerning our services during the fall months and start of winter. This quarter (October – December) most will notice that we go from weekly mowing events to every-other-week mowing event throughout St. Augustine, Zoysia and Bahia turf areas around the community. The bed edging frequencies will also be reduced to keep from enlarging your plant beds further than desired during the slow growing patterns of the turf. Our ornamental bed weeding frequency will remain the same at monthly service intervals of mechanical means and herbicide applications for the smaller less noticeable weeds.

Our trimming technicians will be more nurturing of the ornamental plants being a bit more selective and less aggressive during the pruning events. Currently, we are still "fine tuning" and removing damaged twigs, limbs and other plant tissue damaged during the heavy rains this summer and Hurricane Irma but at the same time we want to make sure we leave enough growth on the plants to help preserve them during the cooler months and start of the winter later this quarter. We will also be allowing for some blooms to be enjoyed by many residents returning to their winter homes. All that in mind plays a huge role for the curb appeal of the community combined with a fresh coat of mulch historically applied during the month of November/December to really freshen the look of all the yards. The irrigation technicians have been very busy all summer re-programing irrigation controllers after power losses due to the rough weather this rainy season and the tropical Cyclone Irma. They will be preforming the usual monthly inspections of the watering system and cleaning the VU flow filters where it applies. They will also make adjustments to the seasonal settings on the timer as we move deeper into the drier and cooler season. For most, there will not be a noticeable difference in the shorter irrigation run times and weeks of skipped irrigation cycles depending on the amount of precipitation experienced and or cool temperatures. We all know the cooler the temperature the less likely we would need to water for long periods of time. As I am sure we've read before, we want to be mindful that too much water can be as bad as not enough water as this contributes too many aquatic lawn weeds and can lead to fungus in the following months especially if we experience a very cold winter following a record breaking wet summer. As we leave the heavy rains and hot weather in our rearview mirror we come out of our fertilizer black out period also known as the nitrogen fertilizer ban months in our county. Many will notice our techs busy at work the month of October making granular applications of turf fertilizer followed by the ornamental plant bed fertilization. This process will be repeated in December. By doing this, it will preserve the green appearance of the already established lawns and provide the energy and color to the younger lawns are in need of in addition to also driving roots deep into the ground. It is critical and important to us that we strengthen the turf grass for any potential freeze we may experience before the end of the year. Our trained technicians will also be looking for any fungus activity in the lawns following fertilization applications when it's more common to occur.

In walking, driving and meeting with residents on occasions I know that there are allot of green thumbs in the community that like to keep busy around their gardens digging their seasonal flower beds. With that in mind, you may wish to look into planting Geraniums, Impatiens, Begonias, Pansies and or Petunias...winter for us in Florida gives us a wide range of annual flowers to splash lots of color around our gardens.

We wish everyone a joyful fall and winter surrounded by friends and family as the holidays quickly approach.

The Strand

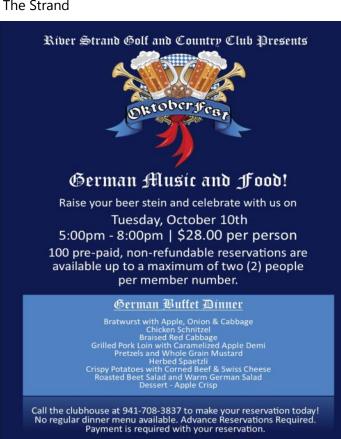
# FOOD & BEVERAGE CALENDAR OCTOBER 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Brunch 10am-3pm Bar Menu 3pm - 5pm Bar 10am-7pm	2 Lunch 11am-5pm Bar 11am-7pm	3 Lunch 11am-4:30pm Dinner 5:30pm-8pm	4 Lunch 11am-4:30pm Dinner 5:30pm-8pm	5 Lunch 11am-4:30pm Dinner 5:30pm-8pm	6 Lunch 11am-4:30pm Dinner 5:30pm-8pm Live Entertainment 6pm - 9pm	7 Lunch 11am-5:00pm Bar 11am-7pm
8 Brunch 10am-3pm Bar Menu 3pm - 5pm  Bar 10am-7pm	9 Lunch 11am-5pm Bar 11am-7pm	Lunch 11am-4:30pm  **Dktoberfest** 5pm - 8pm No Regular Dinner Menu Available	Lunch 11am-4:30pm Dinner 5:30pm-8pm	12 Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm  Live Entertainment 6pm - 9pm	14 Lunch 11am-5:00pm Bar 11am-7pm
Brunch 10am-3pm Bar Menu 3pm - 5pm  Bar 10am-7pm	16 Lunch 11am-5pm Bar 11am-7pm	17 Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm Wente Vineyard's Mini Wine Tasting 5:00pm - 7:00pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm  Live Entertainment 6pm - 9pm	21 Lunch 11am-5:00pm
Brunch 10am-3pm Bar Menu 3pm - 5pm  Bar 10am-7pm	23 Lunch 11am-5pm Bar 11am-7pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm  Live Entertainment 6pm - 9pm	Lunch 11am-5:00pm Bar 11am-7pm Spirits Tasting \$ Dinner Dance
Brunch 10am-3pm Bar Menu 3pm - 5pm  Bar 10am-7pm	30 Lunch 11am-5pm Bar 11am-7pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm	TIP.	REAT		

Saturday & Monday - Lunch Menu: 11:00am - 5:00pm Bar Open 11:00am - 7:00pm

Tuesday - Friday Lunch Menu: 11:00am - 4:30pm Wednesday - Friday Dinner Menu: 5:30pm - 8:00pm Bar Open 11:00am - 8:00pm Sunday Brunch: 10:00am - 3:00pm Bar Open 10:00 - 7:00pm





### **October Specials**

October 4th - Spaghetti and Meatballs
October 11th - Beef & Broccoli
October 18th - Chicken Saltimbocca
October 25th - Pork Cutlet with Red
Beans & Rice











# Tuesday Night Eventy

In our continuing endeavor to offer casual dining opportunities we are pleased to announce our casual Tuesday night dinning fare!
Chef Radames, will be featuring our current lunch menu offerings in addition to a couple delectable entree specials 5:30pm - 8:00pm.

### This week's specials are...

Baby back ribs served with grilled corn, coleslaw and baked beans \$18.00

Crab stuffed shrimp with Lemon butter sauce served with wild rice, vegetables \$24.00

The Recreation and Social Committee invites you to the

# River Strand Family Halloween Party

For the children and grandchildren of River Strand Members Only



### Games, Pizza and fun for all!

Saturday, October 28, 2017

1:00pm – 3:00pm Sanctuary Clubhouse

\$7 per child up to age 16 | \$10 anyone over 16

For reservations contact Angela Duncan 941-708-3837 or at aduncan@theiconteam.com

Reservation Deadline: Saturday, October 7th







Sunday, October 15th

7:00pm to 8:30pm Community Center 6835 Willowshire Way

Please bring six <u>quarters</u> for a variety of games.

This month we will be doing LCR games!

Bring something to drink and your game of LCR Wild if you have one.

New to River Strand or been around awhile and looking for a chance to meet other women in the neighborhood? Leave your men at home and come check us out!

A River Strand Resident Event!



Elliptical Treadmill

### Learn the Basics

Fake a guided tour through the fitness center with a certified fitness instructor and learn proper equipment use and technique. No need to pre-register, just get here!

**Chest Press** 

### **EQUIPMENT 101**

Wednesday, October 18th at 10:00am Fitness Room at the Community Center

Learn the proper form and technique for using hand weights to strength train and improve each area of your body.

Hand Weight Recumbent Bike Barbell Leg Press Weighted Ball Stretch Cage Foam Roller Abdominal Stability Ball Hip Abductor/Adductor Bosu Ball Leg Extension Ab Roller Seated Leg Curl Bands Lat Pull Kettlebell **Overhead Press** 



Every Sunday! 10:00am - 3:00pm Bar Menu Available 3:00pm - 5:00pm RESERVATIONS REQUESTED 941-708-3837



The residents of River Strand are cordially invited to participate in

The Third Annual
River Strand Holiday
Walkabout

on

Saturday, December 9, 2017

starting at 4:30 in the afternoon

The Holiday Walkabout is a progressive party where you will have the opportunity to share appetizers and desserts with your neighbors at three different homes with three different groups of people. There's no cost. You need only make appetizers or desserts to one home and bring along your preferred beverage. We expect to need at least 60 host homes again this year and we'd appreciate it if you volunteered to host one 90-minute session, but it's not required to participate. For now, just save this date and plan to join us in this annual kick-off of the holiday season at River Strand. More specific information will be available in the October newsletter when you can register.

## 10cal Pumpkin festivals

October 7 - 8, 2017: 29th Annual Fruitville Grove Pumpkin Fest features hay rides, pony rides, pumpkin painting, face painting, mini train rides, a petting zoo and more. Lots of Halloween decorations for sale too! Food available for purchase. 10 a.m. - 5 p.m. Additional dates are: 10/14-10/15, 10/21-22, & 10/28-10/29. Free admission and parking. East of I-75 off exit 210, on the right. 7410 Fruitville Road, Sarasota.

October 14 - 15, 2017: 26th Annual Hunsader Farms Pumpkin Festival featuring fun for all including craft booths, live music, pioneer trades village, scarecrow displays, pumpkin games for charity, hayrides, face painting and more! Additional dates: Oct 21 - 22 and Oct 28 - 29. 9:00 a.m. - 5:00 p.m. Admission \$10, kids 12 & under free, parking \$5. Hunsader Farms: C.R. 675, halfway between S.R. 64 & S.R. 70, 10 miles east of I-75. Heading north on I-75 from Sarasota take exit 217A or heading south on I-75 take exit 220. 941-322-2168.

The Strand

# FITNESS & SOCIAL **CALENDAR OCTOBER 2017**

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*Denotes Clubs/0	Classes Meeting at the (	Community Center				,
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <u>Bridge</u> 9:30am <u>Zumba</u> 10:30am <u>Yoga</u> 4:00pm <u>Mah Jongg</u> 6:00pm*	3 Yoga Fusion 9:00am Bible Study 10am* Book Club: 10:00am Zumba-Aqua 10:15am Book Club: 6:00pm*	4  Mah Jongg 9:00am*  Zumba Tone/Step 10:30am  Fitness Ball Class 3:30pm Mixed Bridge 6:00pm*	5 <u>Butts &amp; Abs</u> 10:30am <u>Golf Yoga</u> 11:30am <u>Men's Asian Cards</u> 3pm* <u>Texas Hold-Em</u> 5:20pm*	Bridge 9:30am Yoga 9:00am Zumba-Aqua 10:15am Fiber Arts Club 2:00pm Hand & Foot 6:00pm*	7 <u>Golf Yoga</u> 11:15am
8	9 <u>Bridge</u> 9:30am <u>Zumba</u> 10:30am <u>Yoga</u> 4:00pm <u>Mah Jonga</u> 6:00pm*	10 Yoga Fusion 9:00am Bible Study 10am* Zumba-Aqua 10:15am  Pktoberfest 5pm - 8pm	Fit 4 Life: 8am Mah Jongg 9:00am* Aqua Fit 9:15am Zumba Tone/Step 10:30am Fitness Ball Class 3:30pm Mixed Bridge 6:00pm*	12 Yoga Stretch 9am Butts & Abs 10:30am Golf Yoga 11:30am Men's Asian Cards 3pm* Texas Hold-Em 5:20pm*	Bridge 9:30am Yoga 9:00am Zumba-Aqua 10:15am Hand & Foot 6:00pm*	14 <u>Golf Yoga</u> 11:15am
15 <u>Girls Night Out</u> 6pm*	16 Fit 4 Life: 8am Aqua Fit 9:15am Bridge 9:30am Zumba 10:30am Yoga 4:00pm Mah Jonga 6:00pm*	17 Yoga Fusion 9:00am Bible Study 10am* Zumba-Aqua 10:15am Social Game Night 6:00pm*	18 Fit 4 Life: 8am Mah Jongg 9:00am* Aqua Fit 9:15am Zumba Tone/Step 10:30am Fitness Ball Class 3:30pm Mixed Bridge 6:00pm*	19 Yoga Stretch 9am Butts & Abs 10:30am Golf Yoga 11:30am Men's Asian Cards 3pm*  Texas Hold-Em 5:20pm*	Bridge 9:30am Yoga 9:00am Zumba-Aqua 10:15am Fiber Arts Club 2:00pm Hand & Foot 6:00pm*	21 <u>Golf Yoga</u> 11:15am
22	23 <u>Fit 4 Life:</u> 8am <u>Aqua Fit:</u> 9:15am <u>Bridge</u> 9:30am <u>Zumba</u> 10:30am <u>Yoga</u> 4:00pm <u>Mah Jonga</u> 6:00pm*	24 Yoga Fusion 9:00am Bible Study 10am* Zumba-Aqua 10:15am Social Game Night 6:00pm*	25 Fit 4 Life: 8am Mah Jongg 9:00am* Aqua Fit 9:15am Zumba Tone/Step 10:30am Fitness Ball Class 3:30pm Mixed Bridge 6:00pm* Fitness 101: 10:00am*	26 Yoga Stretch 9am Butts & Abs 10:30am Golf Yoga 11:30am Men's Asian Cards 3pm* Texas Hold-Em 5:20pm*	27 <u>Bridge</u> 9:30am <u>Yoga</u> 9:00am <u>Zumba-Aqua</u> : 10:15am <u>Fiber Arts Club</u> 2pm* <u>Hand &amp; Foot</u> 6:00pm*	Golf Yoga 11:15am Family Halloween Party!
29	Fit 4 Life: 8am Aqua Fit: 9:15am Bridge 9:30am Zumba 10:30am Yoga 4:00pm Mah Jonga 6:00pm*	31 Yoga Fusion 9:00am Bible Study 10am* Zumba-Aqua 10:15am Social Game Night 6:00pm*	<b>7</b> 00			
		Halloween				

# FITNESS & SOCIAL ACTIVITIES OCTOBER 2017

### **FITNESS**

AQUA FIT: Mondays & Wednesdays - at 9:15am. \$7 per class or \$65 for 10 classes.

CLASSES RESUMING OCTOBER 11™

BUTTS & ABS 10:30am on Thursday at the Clubhouse Fitness Room. Classes are \$5 or \$7 for 1st time.

FIT 4 LIFE: Mondays & Wednesdays - at 8am. \$7 per class or \$65 for 10 classes.

CLASSES RESUMING OCTOBER 16TH

FITNESS 101: 10:00am on Wednesday, August 20th in the Community Center fitness room.

Learn the Basics of Exercise.

FITNESS BALL CLASS: Wednesdays at 3:30pm in the Clubhouse Fitness Room with Kathy Rome.

GOLF YOGA Thursday 11:30am and 11:15am on Saturday in the Clubhouse Fitness Room. Classes are \$15.

(ALL Attendees must register in advance at sagejohnson@comcast.net)

BEGINNER & INTERMEDIATE TAI-CHI 9:00am on Thursday at the Pavilion in Central Park.

Classes are \$5. For those who want to develop or hone their Tai Chi skills.

YOGA:

4:00pm on Monday & 9:00am on Friday in the Clubhouse Fitness Room with Kathy Rome.

9:00am on Tuesdays. Incorporates: strength, balance, flexibility and stretch with Denise Paska.

9:00am on Thursday in the Clubhouse Fitness Room with Denise Paska. Classes are \$5...

7UMBA:

10:30am on Monday in the Clubhouse Fitness Room. Classes are \$5 or \$7 for 1st time.

ZUMBA-AQUA: 10:15am on Tuesday & Friday at the Clubhouse Pool. Classes are \$5 or \$7 for 1st time.

ZUMBA TONING/STEP MIX: 10:30am on Wednesday in the Clubhouse Fitness Room. Classes are \$5 or \$7 for 1st time.

### **SOCIAL**

BIBLE STUDY: 10:00am on Tuesday at the Community Center. "Journey Thru the Bible" w/Dr. J. Michael Ramage.

BOOK CLUB: Will resume Monday, November 27th

BOOK CLUB WITH PAULETTE: 6:00pm in the Community Center the first Tuesday of every month.

BOOK CLUB WITH LINDA: 10:00am the first Tuesday of the month in the Clubhouse Conference Room. New members

welcome! Any questions contact Linda at 410-935-7083

BRIDGE: 9:30am on Monday & Friday. Group will play at the Clubhouse.

BUNCO: 10:00am on the first Thursday of the month in the Clubhouse Card Room.

Beginning in November the group will meet the first and third Thursday of each month.

CHICKS AND FLICKS: First Wednesday of every month. This month Wednesday, October 4th

Meet at Eds Tavern in Lakewood Ranch at Noon .

followed by a movie of your choice. See page 2 for more information.

FIBER ARTS CLUB: 2:00pm at the Community Center meets first, third & fifth (if possible) Friday of the month.

All are welcome: Knitters, Crocheters, Quilters etc.. If you are interested in Free Beginner Knitting

Lessons, please call Shirley Goss at (941)251-6416 to schedule a time.

GIRLS' NIGHT OUT: 6:00pm on the third Sunday of the month at the Community Center. See flyer on page 14

for more information.

HAND & FOOT CARD GAME: 6:00pm on Friday at the Community Center. A fun easy to learn card game that can be played

with 2 or more players. Questions, call or text Deb Thompson at 352-586-4569

LADIES MAH JONGG: 9:00am till Noon on Wednesday. Group will play at Community Center. This is a fun, friendly group

for intermediate to experienced players. Contact Lynne Monnell (941) 201-4253

MAH JONGG: 6:00pm till 8:00pm on Monday. Group meets at the Community Center. No Registration Needed.

MAY I? GAME 1:30pm on Wednesday at the Community Center. <u>CANCELLED TILL NOVERMBER</u>

MEN'S ASIAN CARDS GROUP
3:00pm on Thursdays at the Community Center.
MIXED BRIDGE:
6:00pm on Wednesday at the Community Center.

SOCIAL GAME NIGHT: 6:00pm on Tuesdays in the Community Center except the first Tuesday of the month.

(Card games and/or board games)

Contact Peyton Wynns at 941-284-2131 with questions or suggestions.

TEXAS HOLD-'EM: 5:20pm-8:00pm on Thursdays. Group will play at the Community Center.

VETERANS NETWORK: 6:30pm on the first Thursday of the month in the Clubhouse Conference Room.



### River Strand Ladies Bridge

Bridge meets at 9:30am to Noon on Monday and Friday and ends around noon. To play contact Kathy Merucci at 248-361-6409 /or Vivienne Sivak at 941-251-7494 or viviennesivak@msn.com.

### Bunco

Newcomers are welcome! This is a simple, game that anyone can play and is very easy to learn. The Bunco group meets the first Thursday of the month at 10:00am in the Clubhouse, August, September & October. Beginning in Nov they will begin playing the 1st and 3rd Thursdays. To play contact Judi Aharon at 336-407-7625. Sign up recommended.

### Texas Hold-Em Poker

Texas Hold-Em is held Thursday from 5:20pm to 8:00pm in the Community Center Space is limited. \$10 Buy-In. Winners will receive a gift certificate to River Strand, which can be used throughout the clubhouse. Visit the Golf Pro Shop to sign up each week. Sign up recommended.

### River Strand Ladies Mah jongg

Ladies Mah jongg meets Wednesday at 9:00am in the Community Center. Group plays until about noon, followed by lunch (optional). This is a fun, friendly group for intermediate to experienced players. Lynne Monnell: 941-201-4253 or gmonnell@tampabay.rr.com.

### River Strand Mixed Bridge (Men and Women)

Experienced players. Singles are welcome as the group will rotate partners. Wednesday evenings from 6:00pm-8:00pm. Contact Larry Sivak at lesivak@msn.com / 941-251-7494.

### May I?

May I players meet at 1:30 on Wednesdays at the Community Center. If anyone is interested in joining just come by and play. There is no need to register in advance. If you have a question, please email me at walsh.elaine@outlook.com

### Hand & Foot Card Game:

Hand and Foot is an easy-to-learn card game based on Canasta. Play as an individual or as a member of a two-person team. Open, complete, and close "books" of cards to accumulate the most points. Personal Instruction and written "cheat sheets" get you started quickly. Come join our friendly group on Friday nights at 6 PM at the Sanctuary Community Center

### Fitness Class Descriptions

Interested in one of our fitness classes?
Check below for a full description of a class you may want to take.
Keep checking for other class descriptions added in the future.

#### Yoga Stretch:

A class with active stretching that targets all major muscles and connective tissue, making muscles a little longer and stronger. This class is for all ages and fitness levels.

#### Yoga Fusion:

This class blends yoga poses, balance, strength (optional weights), pilates, flexibility and stretching. A new way to refresh your usual workout and for all levels and ages.

### Fitness 101:

This class is offered once a month at the Sanctuary gym. Every other month at 10am and the other months at 6pm. A basic introduction to all the new equipment, cardio machines and free weights.

### Zumba®:

A fusion of Latin, American and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

#### Aqua Zumba:

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine using Latin, American and International music.

### Zumba Step and Toning:

We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor, The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you(and your muscles) stay engaged!

### Zumba Core:

A high intensity interval training class using more traditional fitness moves for a more athletic, conditioning-style workout.

#### Yoga:

Bodily postures combined with proper breathing to achieve flexibility, strength and relaxation. Appropriate for all levels of practice. Bring a yoga mat and water bottle.

### Balance Ball Yoga:

Bodily postures supported by a balance ball combined with proper breathing to achieve flexibility, strength and relaxation. Bring a yoga mat, appropriate size balance ball & water bottle. Class size is limited, register by contacting Kathy Rome by email kromekreations@gmail.com or 609-980-7914.

# Committee Chair Information

Committee Name:	Chair & Email		
Finance Committee:	Alan Sukoneck a.sukoneck@comcast.net BOD Liaison - Scott Hancock shancock@riverstrandbod.com		
Compliance Committee:	Lance Dunne Idunnersccc@gmail.com BOD Liaison - Anita Tierney atierney@riverstrandbod.com		
Property Management Committee:	Paul Martin pmartin135@tampabay.rr.com BOD Liaison - Eddie Hicks ehicks@riverstrandbod.com		
IT Committee:	Jim Moline jmoline@yahoo.com BOD Liaison - Anita Tierney atierney@riverstrandbod.com		
Safety, Security & Emergency Preparedness Committee:	Al Ambrosino gateturner@verizon.net BOD Liaison - Bob Walsh bwalsh@riverstrandbod.com		
Recreation & Social Committee:	Patti Reid recreationandsocial@gmail.com BOD Liaison - Mike Fisher mfisher@riverstrandbod.com		
Golf Activities Committee:	Patricia Braeger pat.braeger@gmail.com BOD Liaison - Charles Glasser cglasser@riverstrandbod.com		
Golf Greens Committee:	Samara Paice spaice13@gmail.com BOD Liaison - Charles Glasser cglasser@riverstrandbod.com		
Food and Beverage Committee:	Phil Lahm philclahm@gmail.com BOD Liaison - Mike Fisher mfisher@riverstrandbod.com		
Tennis Committee:	Jack Wilson jack@jackmwilson.net BOD Liaison - Eddie Hicks ehicks@riverstrandbod.com		
ARC Committee:	Pauline Tasler sfitzer@theiconteam.com		

## Club Connections

Lifestyle Director, Angela Duncan

### Welcome to our newest members!

Stop by the Conference Room at the Clubhouse for our New Member Orientation. These informative sessions take place at 2pm on the first Friday of every month.

This month it will take place on October 6th.

James Pace
Axel & Carolyn Reist
Terry & Michele Brozek
Gary & Mary Docks
Kevin & Jill Keefe
John Hannon
Barbara Walkowicz & David Caputo
Annika Klint & Mark Savage
Frank & Carol Furie
James & Joan Torbet
Victoria Casperson
BENREALIS, LLC
Richard Fiammetta
Lorraine Breidenstein
Joseph & Maria Coniglio
Thomas & Linda Damratoski
Marilyn Klein
Anne Escott Lachowicz
Lois & Ron Smith
Steven & Amanda Kucan
Peter & Alberta Valentini
Frank & Marie Engel

# **Important Reminders**

- Trivia will be held the first Tuesday of each month starting in November. There will be no Trivia in the month of October.
- Member ID Requirement Changes: We are now requiring all members to present their member ID cards at all points of sale. Stop by the administration office to have your ID card encoded with your member number if you haven't done so all ready.
- Children under the age of 14 who ride the bus and access the community through the pedestrian gates will need to come by the administration office as well to receive a "children's ID card" The pedestrian gates will be locked and they will need this card to enter the community.
- Dinner Service is now available
   Tuesday thru Friday. Reservations are required for the dining room. Seating on the half hour from 5:30pm to 8:00pm. There is no dinner service on Saturday, Sunday or Monday evenings.
- Join us every Sunday for our Sunday Brunch!
   10am 3pm
- Seating in the Grille Room is on a first come, first serve basis.
- See page 13 for our new Tuesday Night Theme Events! Trivia, Burger Night, Taco Night etc!

# Calling All Artist

## **Vendors Needed!**

Resident artist and crafters are invited to participate as vendors in the 2017 Holiday Craft Bazaar. Registration forms can be picked up at the Administration Office.

# River Strand Photos

Saturday, September 2nd Estuary #2 Green Photo Credit: Phil Lahm













River Strand Residents enjoyed a pool side cookout in celebration of Labor Day!

### 2017 Recreation & Social Wine Tasting!

























River Strand Residents got creative with Soap Making!

# RIVER STRAND GOLF AND COUNTRY CLUB

7155 Grand Estuary Trail Bradenton, FL 34212 941-708-3837 Phone 941-708-3785 Fax www.riverstrandgolf.com

### Lennar Customer Care 866-226-4057

**Icon Management Services** 941-747-7261 Phone 941-526-3283 After Hours

Clubhouse General Office Mon-Fri, 9:00am-5:00pm Phone: 941-708-3837

Golf Shop Every Day, 6:00am-6:00pm Phone: 941-708-3617 Late Day Ranger: 941-730-4436

Tennis Shop Monday-Friday, 8:00 am-7:00 pm Saturday & Sunday, 8:00 am-3:00 pm

Grille Room 941-932-8667 Check calendar for seasonal hours of operation.

Swimming Pools Open from dawn until dusk.

Gate Attendant Phone: 941-746-2167 (gatehouse) E-Mail: gatehouse@riverstrandgolf.com

Envera (Gate Company): 941-556-0732 (24-hours)

Nightly Security Patrol: 941-549-9637

Community Association Managers Shaun Fitzer, LCAM, Single Family Homes/River Strand

Phone: 941-932-8663

Lee Weiss, Condominiums/Heritage Harbour

Phone: 941-747-7261

E-Mail: lweiss@ThelconTeam.com Kasey Dick, LCAM, Condominiums

E-Mail: SFitzer@ThelconTeam.com

Phone: 941-747-7261

Email: KDick@ThelconTeam.com

General Manager Pat Cattanach, PGA, LCAM

Phone: 941-708-3837

E-Mail: PCattanach@ThelconTeam.com

<u>River Strand Master Association Board President</u>

Terry Lyons

Phone: 941-896-7525 Email: tlrsbod@aol.com

Golf Course Superintendent

Renze Berg

Phone: 941-920-2274

E-Mail: RBerg@ThelconTeam.com

Interim Head Golf Professional

Oscar Parks, PGA Phone: 941-708-3617

E-Mail: OParls@ThelconTeam.com

**Director of Tennis** Nate Griffin, USPTA Phone: 941-932-8680

E-Mail: NGriffin@ThelconTeam.com

**Executive Chef** Radames Febles Phone: 941-932-8665

E-Mail: RFebles@ThelconTeam.com

Food & Beverage Manager

David Mclaughlin Phone: 941-932-8664

E-Mail: DMclaughlin@ThelconTeam.com

Lifestyle Director Angela Duncan Phone: 941-932-8671

E-Mail: ADuncan@ThelconTeam.com

Administrative Office

Deanna Broten Laurel Johnson Phone: 941-708-3837

E-Mails: rsreception@ThelconTeam.com &

admin@riverstrandgolf.com

Concession Supervisor Laura Kommick

Phone: 941-708-3837, ext. 110

