# The Place at corkscrew

Community Newsletter March 2019

Community Manager
Lynn Ross, LCAM
(239) 317-2414
lross@theiconteam.com
Office Hours:
9:00 AM - 5:00 PM
Monday - Friday

After hours EMERGENCY:
(239)285-5462 or
(772) 233-7256

## AMENITY HOURS:

Cafe: 9:00 AM - 6:00 PM Sunday - Thursday
9:00 AM - 7:00 PM Friday & Saturday
Kids Club: Tuesday - Friday 10:00 AM - 6:00 PM
Saturday 9:00 AM - 1:00 PM
Pool Deck/ Playground/ Basketball/ Dog Park: Dawn to Dusk
Tennis/ Pickleball/ Bocce: Dawn - 10:00 PM
Fitness Center: 24/7

## CONTACTS:

HOA Website: TheplaceHOA.com

Nicole Damigos, Cafe Manager:
ndamigos@theiconteam.com

Pat Glaunert, Tennis/ Pickleball Director:
pglaunert@theiconteam.com

Jennifer Nakata, Kids Club & Activities Director:
jnakata@theiconteam.com

# Social Events

## Family Fun in the Sun

March 16th, March 31st, April 13th & April 27th

12 pm to 4 pm
DJ Kevin or DJ Nate entertains poolside with Chef Paul cooking burgers and hotdogs on the grill.

March 16th from 1pm-3pm

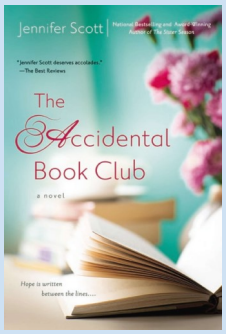
the Balloon Guy will join us for some St. Patrick's Day FUN!

## Book Club

March 30th 4pm to 6pm

The Accidental Book Club by Jennifer Scott.
"Everyone is welcome!"

*Contact:* Sheri 239-292-1831




## Knitting Club

Tuesdays 10 am to 12 pm

Come meet your neighbors! Knitting, crochet, needlework and quilters welcome.

## Sand Sculpting Classes

March 9th at 11am

March 24th at 2pm

Learn how to sculpt sand from a sculptor with 12 years of experience. $5 per person. Ages 6 and up.

*Contact: Amanda 207-474-5370*

## Swim Lessons

Water proof your kids!

Private Swim Lessons. Age 3 - Adults

Contact: Tim Masters 239-878-5447

## Live Music by David Hunter

March 31st Poolside 12:00 PM -3:00 PM
Good tunes will be had by all!

## TGIF Yoga

Fridays at 10:30 am

Yoga for all experience levels. Join for a time of breathing and relaxation.
$10 *cash only.*

Bring a mat, towel and water.

## St. Patrick's Day Pool Party!

**March 16th**

**12pm — 4pm**

DJ Kevin

Balloon Guy 1PM–3PM

Poolside Grill

Corned Beef

Sandwiches

Green Beer

## CALLING ALL KIDS

We need help finding our Leprechaun Lucky!

Once a week Lucky moves. Write down everywhere you find Lucky each week and bring your list to our St. Patrick's Day Pool Party! Everyone who has found Lucky each week will receive a prize.

# CALENDAR OF EVENTS MARCH -2019

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| *Help Find* **"LUCKY"** OUR LEPRECHAUN ONCE A WEEK UNTIL OUR ST. PATRICK'S DAY POOL PARTY ON 316/19 12:00 PM -4:00 PM | BLUE:<br>RED:<br>GREEN:<br>ORANGE:<br>TURQUOISE:<br>PURPLE: | MOVEMENT CLASSES<br>FAMILY FUN/COOK OUT<br>KNITTING CLUB<br>BOOK CLUB<br>SAND SCULPTING<br>PICKLEBALL | **SWIMMING LESSONS NOW AVAILABLE** | | 1 10:30AM TGIF YOGA OPEN PICKLEBALL 9:00 AM | 2 PERSONAL TRAINING 8:00 AM - 10:00 AM FAMILY FUN IN THE SUN WITH DJ AND COOK OUT POOLSIDE 12:PM- 4:PM SAND SCULPTING 1:PM |
| 3 | 4 11:15 AM - 12:15 PM CARDIO STRENGTH 8:30 AM TENNIS CLINIC 9 AM OPEN PICKLEB | 5 6:15 AM REV UP (HIIT) KNITTING CLUB 10:00 AM -12:00 PM 6:30 PM BALANCE REV | 6 11:15 AM - 12:15 PM CARDIO STRENGTH | 7 6:15 AM REV ABS, BUNS AND GUNS 6:30 PM REVV BOOTCAMP 6:00 PM FREE MEDICARE WORKSHOP | 8 10:30AM TGIF YOGA OPEN PICKLEBALL 9:00 AM | 9 PERSONAL TRAINING 8:00 AM - 10:00 AM SAND SCULPTING 2:00PM |
| 10 | 11 11:15 AM - 12:15 PM CARDIO STRENGTH 8:30 TENNIS CLINIC 9 AM OPEN PICKLEBALL | 12 6:15 AM REV UP (HIIT) KNITTING CLUB 10:00 AM -12:00 PM 6:30 PM BALANCE REV | 13 11:15 AM - 12:15 PM CARDIO STRENGTH | 14 6:15AM REV ABS, BUNS AND GUNS 6:30PM REVV BOOTCAMP | 15 10:30AM TGIF YOGA OPEN PICKLEBALL 9:00 AM | 16 PERSONAL TRAINING 8:00 AM - 10:00 AM FAMILY FUN IN THE SUN ST. PATRICK'S DAY PARTY! WITH DJ AND COOK OUT POOLSIDE 12:00 PM - 4:00 PM |
| 17 *Happy* ST. PATRICK'S DAY | 18 11:15 AM - 12:15 PM CARDIO STRENGTH 8:30 TENNIS CLINIC 9 AM OPEN PICKLEBALL | 19 6:15 AM REV UP (HIIT) KNITTING CLUB 10:00 AM -12:00 PM 6:30 PM BALANCE REV | 20 11:15 AM - 12:15 PM CARDIO STRENGTH | 21 6:15AM REV ABS, BUNS AND GUNS 6:30PM REVV BOOTCAMP | 22 10:30AM TGIF YOGA OPEN PICKLEBALL 9:00 AM | 23 PERSONAL TRAINING 8:00 AM - 10:00 AM |
| 24 | 25 11:15 AM - 12:15 PM CARDIO STRENGTH 8:30 TENNIS CLINIC 9 AM OPEN PICKLEBALL | 26 6:15 AM REV UP (HIIT) KNITTING CLUB 10:00 AM -12:00 PM 6:30 PM BALANCE REV | 27 11:15 AM - 12:15 PM CARDIO STRENGTH | 28 6:15AM REV ABS, BUNS AND GUNS 6:30PM REVV BOOTCAMP | 29 10:30AM TGIF YOGA OPEN PICKLEBALL 9:00 AM | 30 PERSONAL TRAINING 8:00 AM - 10:00 AM BOOK CLUB 4:00 PM - 6:00PM |
| 31 FAMILY FUN IN THE SUN WITH DAVID HUNTER LIVE 12:00 PM - 3:00 PM SAND SCULPTING 2:00 PM | | | | | | |

## INSTRUCTOR: GABRIEL

### REVV UP (HIIT) TUESDAY - 6:15 AM

HIGH INTENSITY INTERVAL STYLE TRAINING (HIIT) DESIGNED FOR MAXIMUM FAT BURN WITHIN A SHORTER TIME FRAME. PERFECT FOR ANYONE WHO WANTS RAPID FAT LOSS AND TOTAL FITNESS CONDITIONING.

### BALANCED REVV TUESDAY - 6:30 PM

FIND THE PERFECT BALANCE OF STRENGTH AND STABILITY WITH THIS TOTAL BODY WORKOUT WHICH INCORPORATES MOBILITY AND BALANCE TO IMPROVE OVERALL FITNESS LEVELS. ENCOURAGING MOBILE MOVEMENT THROUGHOUT THE BODY.

### REVV ABS, BUNS, AND GUNS THURSDAY - 6:15 AM

EVERYTHING YOU NEED TO SCULPT, BUILD AND FIRM YOUR CORE, GLUTES AND ARMS. YOU WILL GAIN MUSCULAR ENDURANCE, TONE AND DEFINITION AS WELL AS EXPERIENCE AN INCREASED CALORIE BURN.

### REVV BOOTCAMP THURSDAY - 6:30 PM

IN THIS FULL BODY WORKOUT, WE FOCUS ON STRENGTH BUILDING TO ENHANCE LEAN MUSCLE MASS, INCREASE METABOLISM, AND CREATE A MORE POWERFUL YOU.

### PERSONAL TRAINING SATURDAY 8:00 AM - 10:00 AM

ONE ON ONE PERSONAL TRAINING SESSIONS WITH TRAINING, NUTRITION AND OVERALL WELLNESS PLAN SPECIFICALLY DESIGNED FOR YOUR OWN PERSONAL GOALS. IT DOESN'T MATTER IF YOU WANT TO LOOSE BODY FAT, BUILD MUSCLE, MOVE BETTER OR JUST WANT TO BE HEALTHIER YOU. NUTRITION PLAN WILL ALSO BE DEVELOPED. TO BOOK AN APPOINTMENT, CALL OR TEXT 917-280-9759

INSTRUCTOR: JOANNE

## TGIF YOGA

TGIF YOGA! THIS CLASS IS DESIGNED FOR ALL LEVELS OF STUDENT SEEKING THE PHYSICAL AND MENTAL BENEFITS OF YOGA.

WE WILL MOVE WITH THE BREATH THROUGH A VARIETY OF POSES FROM THE FLOOR TO STANDING TO IMPROVE STRENGTH, FLEXIBILITY, BALANCE, CONCENTRATION AND RELAXATION.

$10.00 CASH PER STUDENT
(BRING AND PAY JOANNE DIRECTLY)
FRIDAY 10:30 AM

STUDENTS SHOULD BRING A MAT, TOWEL AND WATER.

INSTRUCTOR: CHELSIE

MONDAY AND
WEDNESDAY
11:15 AM - 12:15 PM
$5.00 CASH PER STUDENT

## CARDIO STRENGTH

BUILD MUSCLE
INCREASE METABOLISM
REDUCE STRESS
INCREASE ENDURANCE

ALL FITNESS LEVELS WELCOME!

# COURT SCHEDULE

## STROKE OF THE DAY CLINIC

Every Monday Pat will show you a different shot.
No Charge for Residents. Must sign up limited to 8.
Starting Monday March 11th @ 8:30 AM - 9:00 AM

## OPEN PICKLEBALL

Every Monday and Friday at 9:00 AM

## CLINICS & LESSONS AVAILABLE
## DIRECTOR: PAT GLAUNERT

pglaunert@theiconteam.com

Gathering's

# SAND SCULPTING

## Fun in the SUN!

## Finding "LUCKY"!