

## AVC Program Descriptions for October 2024

| Program Name                                                                                                                                                                                             | Date                            | Time                              | Price                                              | Description                                                                                                                                                                                                                                                                                                                                                                                                         |
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| Addison Village Club for Lifelong Learning                                                                                                                                                               | Tuesday, 10/8<br>Tuesday, 10/22 | 12:00 – 1:30 pm                   | Free                                               | A club to celebrate learning and authentic dialogue! Club participants help select future topics of discussion. If you have an area of expertise and would like to share it, we would love to have you join us as well! This club is free to attend, no need to register in advance. Contact <a href="mailto:Barbara.Ketchum@addisonvillageclub.com">Barbara.Ketchum@addisonvillageclub.com</a> with any questions! |
| Addison's Artists                                                                                                                                                                                        | Wednesday, 10/16                | 6:00 – 7:30 pm                    | \$10                                               | Let's make MONSTER PILLOWS! We are making soft and squishy (and maybe scary!?) monster pillows out of fleece, felt & stuffing!                                                                                                                                                                                                                                                                                      |
| After-School Snack Grab                                                                                                                                                                                  | Wednesday, 10/9                 | 2:30 pm                           | Free                                               | We are preparing 200 (or more!) <b>HALLOWEEN</b> grab-n-go snacks for our students. They go fast!                                                                                                                                                                                                                                                                                                                   |
| Basic Essentials of Pickleball                                                                                                                                                                           | Saturday, 10/5                  | 8:30 – 10:00 am                   | \$80                                               | Group-style lesson on to get a great foundation and build skills to play Pickleball.                                                                                                                                                                                                                                                                                                                                |
| Barre Fitness                                                                                                                                                                                            | Tuesdays                        | 9:00 – 10:00 am                   | \$5                                                | Barre targets specific muscles through isometric movements and is an effective way to build total body strength and improve flexibility.                                                                                                                                                                                                                                                                            |
| Beginner Tennis Clinic - Adults                                                                                                                                                                          | Saturdays                       | 8:00 – 9:30 am                    | \$25                                               | Group style lessons for beginner tennis players.                                                                                                                                                                                                                                                                                                                                                                    |
| <b>BIG RED BUS</b>                                                                                                                                                                                       | Saturday, 10/26                 | 10:00 am – 3:00 pm                | Free                                               | Donate blood, save a life, and get gifts! No appointment necessary or sign up in advance at <a href="http://oneblood.org/donate-now">oneblood.org/donate-now</a> and use sponsor code 65939.                                                                                                                                                                                                                        |
| BINGO                                                                                                                                                                                                    | Wednesday, 10/9                 | 6:00 – 7:30 pm                    | \$5                                                | Play 7 rounds of BINGO & win great prizes! Refreshments are served, adults only. October's theme is <b>HALLOWEEN</b> – every prize will be something to celebrate spooky season! Wear a costume!                                                                                                                                                                                                                    |
| <b>Book Festival</b>                                                                                                    | Saturday, 10/19                 | 10:00 am – 2:00 pm                | Free                                               | AVC is partnering with the Brevard Author's Society to present to you our first ever Book Festival! Meet 20 local authors from a variety of genres, get your books autographed & get a sneak peak at a writing workshop we will be hosting in 2025! Food trucks will also be on site during the Festival! Check out our event on Facebook to stay up-to-date on all the details.                                    |
| Bunco Club                                                                                                                                                                                               | Thursday, 10/10                 | 6:00 – 9:00 pm                    | Free<br><i>(optional \$5 buy-in to win prizes)</i> | A fun dice game where players try to roll and score the most points over a series of rounds. October's theme is <b>HALLOWEEN</b> – come dressed up to celebrate spooky season! Bring a snack/dessert/drink to share! Wine, soda & water will be provided – but feel free to bring your own "adult sippy cup!" Adults only. Please register in advance online or at the club.                                        |
| Cardio FIT                                                                                                                                                                                               | Tuesdays & Thursdays            | 10:00 – 10:45 am                  | \$5                                                | Focus on your cardiovascular health with this class using large muscle groups and high- or low-impact exercises to raise oxygen and blood flow throughout the body.                                                                                                                                                                                                                                                 |
| Choose Your Pickleball Drill                                                                                                                                                                             | Mondays                         | 8:30 – 10:00 am                   | \$80                                               | The class selects the skill/drill to work on in a group setting. Every Monday from 8:30am-10am (7th, 14th, 21st & 28th). Min of 4/Max of 8 Players                                                                                                                                                                                                                                                                  |
| First Friday Food Truck                                                                                                                                                                                  | Friday, 10/4                    | Starting at 4:00 pm               | Variable                                           | The first Friday of the month is a special Food Truck Friday! This month dinner is served by our friends from <b>Space Coast Tots</b> . Be sure to come back the first Friday of every month!                                                                                                                                                                                                                       |
| Ikebana Club                                                                                                                                                                                             | Friday, 10/11                   | 6:00 – 7:30 pm                    | Free                                               | Come to Ikebana Club to learn more about the ancient Japanese art of flower arranging. This club meeting is totally free, but please sign up in advance!                                                                                                                                                                                                                                                            |
| Intermediate Tennis Clinic – Adults                                                                                                                                                                      | Saturdays                       | 9:30 – 11:00 am                   | \$25                                               | Group style lessons for intermediate tennis players.                                                                                                                                                                                                                                                                                                                                                                |
| <b>NEW</b> Latino Social Club                                                                                                                                                                            | Wednesday, 10/30                | 6:00 – 8:30 pm                    | Free                                               | Join us for this NEW CLUB celebrating all things about the Latino culture! Light refreshments will be served. Please register in advance for the first club meeting.                                                                                                                                                                                                                                                |
| Mahjong Club                                                                                                                                                                                             | Tuesdays<br>Thursdays           | 6:30 – 8:30 pm<br>9:30 – 11:30 am | Free                                               | Play Mahjong in groups of 3 or 4 – suitable for all skill levels. If you are new to Mahjong, the current club members will be happy to show you how to play!                                                                                                                                                                                                                                                        |
| "Orange Ball" Youth Tennis Clinic                                                                                                                                                                        | Saturdays                       | 12:00 – 1:00 pm                   | \$20                                               | Group style lessons for youth tennis players who have learned the basics. Orange balls have less bounce and are lighter so children can develop good techniques on a court that is a smaller area for them to cover.                                                                                                                                                                                                |
| Painting With a Twist                                                                                                                                                                                    | Friday, 10/4                    | 7:00 – 9:00 pm                    | \$45                                               | It's the perfect date night, friends night, or chance to expand your creativity! We will be learning step-by-step how to paint a great fall-themed picture with an artist from Painting With a Twist! Beverages will be served, \$45/person                                                                                                                                                                         |
|  <b>Pickleball Halloween Party</b>  | Saturday, 10/26                 | 9:00 am – 12:00 pm                | Free                                               | Love Pickleball? Love <b>HALLOWEEN</b> ? Let's dress up and play!! This FREE event is for Pickleball and Halloween lovers of all ages! Light refreshments and drinks will be served. Please register in advance!                                                                                                                                                                                                    |
| Pilates                                                                                                                                                                                                  | Thursdays                       | 9:00 – 9:50 am                    | \$5                                                | Pilates exercises develop the body through muscular effort that stems from the core. Exercises are performed on a yoga mat to promote strength, stability, and flexibility.                                                                                                                                                                                                                                         |
| Poker Club                                                                                                                                                                                               | Wednesdays                      | 1:00 – 3:00 pm                    | Free                                               | A club for everyone who loves the game of poker or who would like to learn how to play! This is intended as a low-stakes, social game! Please join us for a friendly game every Wednesday!                                                                                                                                                                                                                          |
| Read Between the Wines Book Club                                                                                                                                                                         | Friday, 10/18                   | 6:30 – 8:00 pm                    | Free                                               | Read the book of the month and discuss while enjoying a glass of wine. October's Discussion: "Mexican Gothic," by Silvia Moreno-Garcia. This club meeting is FREE and you may contact Club Leader, Pam Sowell, at <a href="mailto:PSowell@hotmail.com">PSowell@hotmail.com</a> for more information.                                                                                                                |
| "Red Ball" Youth Tennis Clinic                                                                                                                                                                           | Saturdays                       | 1:00 – 2:00 pm                    | \$20                                               | Group style lessons for youth tennis players who are just beginning. Use a partial court and a "red" tennis ball that is 75% slower and a bit larger than the standard ball.                                                                                                                                                                                                                                        |
| <b>"Spooky" Story Time</b>                                                                                            | Friday, 10/18                   | 10:00 – 10:30 am                  | Free                                               | Join Miss Barbara in the Club Lobby for some not-so-scary stories all about Halloween and Fall Fun! Kiddo-sized snacks will be served! This event is free and there is no need to register in advance.                                                                                                                                                                                                              |
| Total Body Conditioning                                                                                                                                                                                  | Mondays & Fridays               | 9:00 – 9:50 am                    | \$5                                                | A multi-level full body workout targeting all the major muscle groups. Challenging exercises will increase strength, decrease body fat, & improve overall conditioning.                                                                                                                                                                                                                                             |
| <b>Trunk or TREAT</b>                                                                                                 | Friday, 10/25                   | 5:00 – 9:00 pm                    | Free                                               | It's our annual <b>HALLOWEEN PARTY</b> – and it is going to be more fun than EVER! Register your golf cart to hand out candy & participate in the decorating contest. Check out all the great food trucks, try your hand at axe throwing, visit the face painter, and stick around for the movie – The Haunted Mansion!                                                                                             |
| "Yellow Ball" Youth Tennis Clinic                                                                                                                                                                        | Saturdays                       | 11:00 am – 12:00 pm               | \$20                                               | Group style lessons for advanced youth tennis players able to utilize the full court and a standard tennis ball.                                                                                                                                                                                                                                                                                                    |
| Yoga Stretch                                                                                                                                                                                             | Mondays & Fridays               | 10:00 – 11:00 am                  | \$5                                                | A blend of stretching and strengthening postures, breath work and guided meditation to reduce stress and help restore and maintain balance, flexibility & strength.                                                                                                                                                                                                                                                 |

## Personal Training & Lessons

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| Fitness Training   | Stephanie O'Connell | Personal Training must be scheduled in advance by contacting Stephanie directly at 321-474-9878 or <a href="mailto:soconnell73@outlook.com">soconnell73@outlook.com</a> . |
| Pickleball Lessons | Griselda Allen      | Pickleball lessons are available for individuals and for groups. Contact Griselda directly for availability at 321-863-8402.                                              |
| Swim Lessons       | Angelia Hartman     | Swim lessons will resume in Spring 2025. Contact the front desk at 321-237-2377 or stop by the club for information.                                                      |
| Tennis Lessons     | Ken Moore           | Tennis lessons are available for individuals and for groups. Contact the front desk at 321-237-2377 or stop by the club to schedule a lesson.                             |