

AVC Program Descriptions for November 2024

Program Name	Date	Time	Price	Description
Account Check-Up Drop-In Hours	Thursday, 11/7	10:00 am – 4:00 pm	Free	Do you have... a new phone number? new email? new family member? Let's review your account together and make sure we have the latest and greatest information! You can just stop by during our drop-in hours or make an appointment (<i>we can do it over the phone!</i>) by emailing Barbara.Ketchum@addisonvillageclub.com or Grace.Barnak@addisonvillageclub.com .
Addison Village Club for Lifelong Learning	Tuesdays <i>(no meeting Tuesday, 11/5)</i>	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 Barbara.Ketchum@addisonvillageclub.com with any questions!
Addison's Artists	Wednesday, 11/20	6:00 – 7:30 pm	\$10	Let's make Thanksgiving Plates! We are making special plates to make your Thanksgiving feast super special! Using glass plates and paint to create your own personalized plate that you can use for years to come! (<i>PARENTS!!! This craft involves paint – please make sure kids are wearing play clothes!</i>)
After-School Snack Grab	Wednesday, 11/13	2:30 pm	Free	We are preparing 150 (or more!) grab-n-go snacks for our students. They go fast!
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.
BIG RED BUS	Saturday, 11/23	10:00 am – 3:00 pm	Free	Donate blood, save a life, and get gifts! No appointment necessary or sign up in advance at oneblood.org/donate-now and use sponsor code 65939.
BINGO	Wednesday, 11/9	6:00 – 7:30 pm	\$5	Play 7 rounds of BINGO & win great prizes! Refreshments are served, adults only. November's theme is Thanksgiving – every prize will be something to celebrate being thankful and getting ready for turkey day!
Bunco Club	Thursday, 11/14	6:00 – 9:00 pm	Free <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. November's theme is SPORTS – come dressed up to represent your favorite team! 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.
Craft Fair  Saturday, 11/19		10:00 am – 4:00 pm	Free	It is AVC's First Craft Fair! We have dozens of local artisans and crafters setting up their tables and booths to display their talents! It is the perfect venue to do some holiday shopping for gifts or for yourself! 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.
Discover Scuba & Scuba Santa Photos! 	Saturday, 11/30	9:00 am – 3:00 pm	Scuba-Free <i>(Optional Santa Photo-\$10)</i>	Learn about SCUBA & give it a try in the Lap Pool with experts from Space Coast Dive Center! All the gear will be supplied - just come ready to enjoy learning to breathe underwater! You must reserve your FREE time slot in advance & complete required SSI Forms. Ages 10 and over only. And just in time for the holidays... SCUBA SANTA will be here to take underwater photos for a \$10 fee following your lesson!!
First Friday Food Truck	Friday, 11/4	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 Taco Maniacs & Indian River Smokehouse . Be sure to come back the first Friday of every month!
Ikebana Club	Friday, 11/8	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.
Mahjong Club	Tuesdays Thursdays	6:30 – 8:30 pm 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	Saturday, 11/23	5:00 – 7:00 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 Christmas-themed design to add to your holiday décor with an artist from Painting With a Twist! Beverages will be served, \$45/person
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, 11/15	6:30 – 8:00 pm	Free	Read the book of the month and discuss while enjoying a glass of wine. November's Discussion: "The Reading List," by Sara Nisha Adams. This club meeting is FREE and you may contact Club Leader, Pam Sowell, at PSowell@hotmail.com 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.
Thanksgiving Day 	Thursday, 11/28	CLOSED ALL DAY		We will be closed for Thanksgiving Day, but we'll see you the next morning on Friday, 11/29 at 8am!
Thanksgiving "Eve"	Wednesday, 11/27	8:00 am – 12:00 pm		We are closing at noon the day before Thanksgiving.
Thanksgiving Ikebana	Monday, 11/25	6:00 – 7:30 pm	\$15	Create a beautiful Thanksgiving-themed floral centerpiece using the ancient art of Ikebana! All flowers and supplies are included. This is a fun event that would be great to bring your out-of-town guests along to! Please register in advance. \$15/person
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.
VETERANS DAY BREAKFAST 	Monday, 11/11	9:00 – 11:00 am	FREE	Thank you, Veterans!! We are hosting a breakfast in honor of Veterans Day, and YOU are invited! This event is FREE for everyone, but please register in advance!
Veterans Day Slide Show	Monday, 11/11	9:00 – 11:00 am	FREE	Help make our Veterans Day something special by remembering the ones most special to YOU! Submit your favorite veteran's photo & service information to be included in a special slide show which will play at the Veteran's Day Brunch! Contact Barbara.Ketchum@addisonvillageclub.com for more information.
"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

Fitness Training	Stephanie O'Connell	Personal Training must be scheduled in advance by contacting Stephanie directly at 321-474-9878 or soconnell73@outlook.com .
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.