

The Lotus Loop

COMMUNITY NEWSLETTER FOR HOMEOWNERS • MAY/JUNE 2022

**Don't Miss the Dueling
Piano Night**

**Join the Fun at our
Dive-in Movie Night**

**Meet Your Neighbors
at The Mix & Mingle**

**Bring Your Kids to
our Painting Class**





RECREATIONAL FACILITY

8190 Paradise Bay Avenue
Boca Raton, FL 33496

LIFESTYLE

Daniella Caro • Lifestyle Director
(561) 617-9021 Ext. 203
lifestyle@lotusrec.com

PROPERTY MANAGEMENT

GRS Management Company

Dawn Acovino • Property Manager
GRS Management Company
(561) 617-9021 Ext. 201
Dacovino@grsmgt.com

Gigi Decesari • Administrative Assistant
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TENNIS PRO SHOP

Director@Lotusracquetclub.com
(561) 617-9021 Ext. 204

Alessio Iannozzi • Director of Racquets

Claudio Adolfssen • Tennis Pro

William Ljungstrom • Tennis Pro

Amir Evgamukov • Tennis Pro

Ed Schmitt • Pickleball Pro

Sarah Hurley • Pickleball Pro

LUNA BISTRO RESTAURANT

Sam LoPiccolo • Operator/Executive Chef

Joe Alfero • Front of House Manager
(561) 617-9022
Lunabistro@lotusrec.com

A LETTER FROM YOUR HOA PRESIDENT



Dear Lotus Homeowners,

I hope everyone has been enjoying the Clubhouse, Luna Bistro, and all of our great Social Activities! There are so many great things to look forward to with Summer vast approaching and we can't wait to share in the excitement! We thank you for your continued participation and support of our beautiful amenities.

On the sales side of things, we are continuing to welcome lots of new neighbors to the community with over 530 closings project to date! This means we are officially 66% closed. As a reminder, the new board will be voted into place when we reach 90% closed, which we are projecting will be by the end of this year. The Construction team is still hard at work and has 242 homes under construction, so please be mindful when driving through the community as there is lots of activity! It is so exciting to see how far we have come!

Thank you all again for your continued support of our wonderful community!

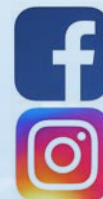
All my best,

KARA BABCOCK

Project Manager and HOA President

STAY CONNECTED!

Visit us at www.lifestyleatlotus.com.
Here you will be able to pay for events,
make dinner reservations, and more!
Don't miss out on staying connected
with your community!



Lifestyle at Lotus

@Lifestyleatlotus
@Lotusracquetclub

FROM YOUR **LIFESTYLE DIRECTOR**



Dear Residents,

*L*otus' social activities have provided our residents with a great start of the newly opened clubhouse. As we approach the summer season, we will have many events for you and your family to attend, some of which include a Mother's Day Flower Class for the kids, Mix & Mingle

with your neighbors, Kids Movie Nights, Dueling Piano Night and more! We encourage you to invite your family and friends to join in on the fun here at Lotus!

Please keep in mind that your RSVP's are very important, otherwise events can be cancelled without enough resident participation. You will receive reminders in my weekly e-mail blasts which are emailed out every Monday regarding events. There will be easy payment buttons included in those e-blasts for your convenience. If you haven't done so already, please visit www.lifestyleatlotus.com to receive information regarding HOA Events, Clubs, Tennis & Pickleball, Luna Bistro menus and events, and more! E-mail me if you need assistance gaining access to the community website.

My office hours are Monday through Friday from 9:00 a.m. to 5:00 p.m., I encourage all of you to stop by my office to introduce yourselves to me, provide feedback, and share ideas! My door is always open! I look forward to meeting you all!

Best regards,

DANIELLA CARO

Lifestyle Director

FROM YOUR **PROPERTY MANAGER**



Dear Lotus Family,

*A*s we look forward to an amazing summer here at Lotus be sure to take advantage of all we have going on!

Our lifestyle program is in full swing with many exciting events planned and our tennis program is filled with activities throughout the summer.

Because our kids are out of school and all our friends & family have decided to come for a visit, we are going to be a bit busier at the clubhouse. So please plan accordingly. Be sure to book your restaurant reservations in advance.

The management team, which includes Gigi and myself, are here to assist you with all your property management needs. My role as your Property Manager is to work with you and your Board of Directors to facilitate all association and homeowner business. We are also here to assist you with all HOA related matters including barcodes, key fobs, architectural applications and more.

Be on the lookout for weekly e-blasts from your Lifestyle Director, Daniella Caro, as well as my community updates every Friday. These emails are meant to provide you with the most current information throughout the community.

As always, Gigi and I are here to assist with all HOA matters. If you have any questions or concerns or just want to stop by and say hello, our office is located across from the indoor Sports Court. The staff here at The Clubhouse & Racquet Center are here to make your living experience that much better so don't hesitate to reach out!

Sincerely,

DAWN ACOVINO

HOA Property Manager





CLUB NEWS

Clubs are a great way to meet your neighbors and make new friends with the same interests as you! Our clubs are just getting started and we would like to know what clubs you are interested in. Below is a list of clubs we are in the process of getting started. Please e-mail Daniella if you are interested in joining any clubs. Once a club leader is established and advertised, you will contact the club leader for all club information. We hope to see you get involved and make lifelong friendships here at Lotus!

BOOK CLUB

Are you an avid reader? This club is for you! This club meets once a month and is currently reading "The Club" by Ellery Lloyd. This club is for both men and women. If you are interested in joining, contact Rosalind Russo at rosebud121530@gmail.com or (718) 570-6874.

CANASTA CLUB

The Canasta Club is ready to play and is looking for others to join in! This club meets every Monday from. Join today by contacting Valerie Izquierdo at vizzy2997@gmail.com or (954) 682-1494.



DINING CLUB

Enjoy each other's company while enjoying food and drinks together! This club will get together on a monthly basis, whether you meet at Luna Bistro or other restaurants in town. This club is in the process of forming and once a club leader is established, all members will be contacted. E-mail Daniella, your Lifestyle Director, to join this club today!

EXECUTIVES CLUB

The Executives Club will meet every month and will focus on business networking and business education. This club is in the process of forming and once a club leader is established, the club will begin meetings. E-mail Daniella, your Lifestyle Director, to join this club today!



LADIES' BUNCO CLUB

Come join the Ladies Bunco Club for a fun girl's game night! This club meets the second, third and fourth Tuesday of every month in the Card Room. Email Lisa O'Connor at lisaconnor1969@gmail.com or (617) 755-1038 to join this club!

LGBTQ+ CLUB

The LGBT club aims to create a safe, friendly, and fun environment where individuals can partake in activities such as game night, dinners, social events and more! This club is in the process of forming and will have a member meeting to discuss when the club will meet from month to month. If you are interested, email your Lifestyle Director Daniella to join this club.



MAHJONG CLUB

The Mahjong Club meets every Monday in the Card Room. If you would like to join the fun, email Leslie Sherman at leslunna@aol.com or (516) 314-9648. We look forward to seeing all the Mahjong players there!

MEN'S BASKETBALL (21+)

Calling all ballers! This club will be a competitive and friendly way to get together for a good workout. We plan to have weekly gym time with a consistent game every week. The club will focus on friendly competition and is open to adults 21+. E-mail Julian McKean at lotusclubbasketball@gmail.com or call at (845) 642-9041 to join this club today!

MEN'S BASKETBALL (50+)

Come hoop it up! This club will meet once a week in the Sports Court for a friendly competitive game of basketball and is open to adults 50+. E-mail Michael Halpern at michael.halpern@icloud.com or call at (631) 338-4218 to join this club!



MEN'S GOLF CLUB

Whether you are a beginner or an avid golfer, this club is for you! We will communicate to set up tee times at courses in our area. We are in the process of forming and once a club leader is established, members will be contacted to start golfing! E-mail Daniella, your Lifestyle Director, to join this club.

MEN'S POKER CLUB

Bring your poker face! If you're looking to play a great game of poker the Men's Poker Club is the place to be! This club will meet consistently once a week in the card room. If you are interested, please e-mail the club leader, Marc Fine, at marc@appleinsurance.com or call (561) 350-4812 to join this club.



MOMMY & ME CLUB

Do you have children three and under? If so, this is the club for you! This club will boast a variety of activities and events for moms and toddlers. From sensory bin making to tea parties and more! If you are interested in joining, contact Alexis Antonelli at Lotusmommyandme@gmail.com or (732) 850-8600 to join today!

PHILANTHROPY CLUB

If you are looking to make a difference in our community, then look no further! Being a part of this club is very rewarding and we would love your help! This club is in the process of forming and once a club leader is established, the club will meet to discuss what direction to take the club. E-mail Daniella, your Lifestyle Director, to join today!



RUNNING CLUB

Whether running is a part of your weekly exercise routine, or you would like to start incorporating running into your workout, this would be the club for you! We have a group that wants to start running and is looking for others to run with them. This club is in the process of forming and will meet to discuss details of this club. E-mail Daniella, your Lifestyle Director, to join this club.

WINE CLUB

Hello wine enthusiasts! The most entertaining way to learn about wine is to create a tasting. The more you know about wine, the more rewarding the tasting will be! Even if you are a neophyte, your experience will be enjoyable. If you are interested in joining this club, contact Jerel Levenson at thelotuswineclub@gmail.com or (732) 887-4622. Salute!



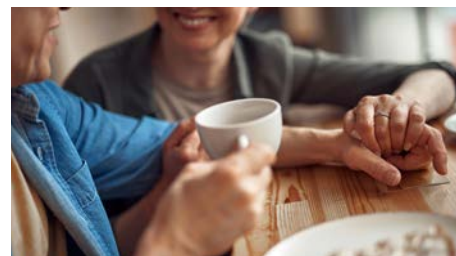
WOMEN'S CLUB

The Women's Club is currently in the process of forming. This club will be hosting monthly events for everyone to enjoy! Some of these events will include happy hours, lunches, dinners, lectures, game nights, and more! Once a club leader is established, the club will meet to discuss what direction to take the club. E-mail Daniella, your Lifestyle Director, to join today!



WOMEN'S GOLF CLUB

Come join this club for some fun social time with the girls! We will play at local golf courses and enjoy lunch afterwards! This club is in the process of forming. Once a club leader is established, this club will get together with its members to discuss details. E-mail Daniella, your Lifestyle Director, to join this club.



60+ CLUB

This club is perfect for mature men and women wanting to socialize with their neighbors! The 60+ club will get together monthly for events such as lunch, bowling, parks, breakfast, coffee, museums, game nights and more! Contact Marcy Cohen at marcycohenlotus@gmail.com or (561) 573-4460 to join today!



INTERESTED IN STARTING A CLUB?

If you are interested in joining any of these clubs, please contact Daniella Caro, the Lifestyle Director. If you want to start a club that isn't listed, e-mail Daniella. Please note the difference between an HOA Event put on by the Lifestyle Director and a club event that is created by club members. The Lifestyle Director will collect money for any HOA Event but not for club events. If you have any questions, please e-mail Daniella.lifestyle@lotusrec.com



HOA EVENTS



KIDS' MOVIE NIGHT ZOOTOPIA

Friday, May 27th • 6:30 – 8:30 p.m.

Come drop off the kids in their favorite pajamas for a fun movie night in the Sports Court while you enjoy a nice dinner at the Luna Bistro restaurant! The cost of this event is \$16 and will include dinner with a choice of Chicken fingers or Grilled Cheese with a side of fries. Popcorn and drinks will also be served throughout the movie. Please be sure to bring something comfortable for your child to sit on. This event is suggested for ages 7 and up as they need to be able to sit without interrupting others throughout the duration of the movie. All children are required to stay inside the Sports Court throughout the event and cannot go back and forth to the game room, even if old enough. Kindly RSVP by Wednesday, May 25th.



Mother's Day FLOWER ARRANGEMENT CLASS

Saturday, May 7th • 10:00 – 11:00 p.m.

Bring your children to this fun class to create a beautiful flower arrangement for Mom! Flowers by Jana will be instructing the kids throughout the class. They will be using sharp cutters so please email Daniella your child's age so we can pre-cut flowers for the younger kids. This class is a drop-off event for ages 10 and up. If your younger child wants to participate, an adult must be with them at all times.

The cost of this event is \$30 per child,
kindly RSVP by Wednesday, May 4th.



Mix & Mingle

Saturday, May 21st • 7:30 – 9:30 p.m.

Join us for a wine & beer night in the Event Room! This is a great opportunity to meet your neighbors and Lifestyle Director! The cost of entry will be \$40 per person and will include 2 drinks (choice of beer & wine) and passed Hors d'oeuvres as you enjoy classical music performed by a saxophonist.

Kindly RSVP by Monday, May 16th.
We hope to see you all there!



Saturday, June 4th • 11:00 – 12:00 p.m.

Come drop off your kids for this fun Instructional step-by-step painting class on a 9x12 canvas. This class is a drop off event for ages 7 and up. If your younger child wants to participate, an adult must be present at all times. We are excited to see the kids unleash their inner artist!

The cost of this event is \$30 per child, kindly RSVP by Monday, May 30th.



Saturday, June 25th • 8:00 – 11:00 p.m.

Calling all adults 21 and older to join us for this fun event! Two pianos will be played simultaneously by performers who will sing a wide variety of styles. The audience will interact and request songs. Every show is unique and YOU, the audience, drive the evening. This dueling piano show is filled with spontaneous comedy that will entertain you all night long! Luna Bistro will have assorted butler passed hors d'oeuvres and dessert bites throughout the event.

A cash bar will also be available for those who would like to enjoy drinks.

The cost of this event is \$55 per person and includes food & entertainment. Kindly RSVP by Monday, June 20th.



Come watch a fun family movie, "Onward", in the pool or poolside with your friends and family! Watch the movie on a big blow-up screen while you enjoy popcorn and non-alcoholic drinks throughout the movie. Both parents and children must pay to attend this event, and no children under the age of 14 can be left unattended. Bring your favorite floats and make sure you blow them up

before attending as we do not have a device for you to use.

The cost of this event is \$12 per person, kindly RSVP by Monday, June 6th.

RSVP INFORMATION

In order to RSVP for events, you must go online and pay! Please visit www.lifestyleatlotus.com or use the payment button in the weekly e-blasts. On the community website, please visit the Lifestyle tab and click on the HOA Events sub tab. We use Square to collect payment however, you do not need a square account to pay. Simply specify the quantity and click pay with credit card for a one-time payment. Please e-mail Daniella if you have any questions. Kindly RSVP by the event deadline otherwise events will be subject to cancellation if the RSVP minimum isn't met.





RACQUET CLUB

FROM YOUR **DIRECTOR OF RACQUETS**



Dear Residents,

I continue to be honored, thrilled and appreciative to be your director of the amazing Lotus Racquet Club. The enthusiasm and support is creating a tennis and pickleball community that is beyond compare. Clinics, round robins, teams, events,

and juniors have filled the courts showing fantastic play and eagerness from all ages and levels.

Lotus is actively participating in the Dink Master League with no age restrictions. This pickleball league consists of 2 levels for the men's division and one level for the women. Matches are played in the evenings against other area clubs. Fresh off a victorious first season, Lotus is currently ranked first in the standings in all divisions, and we look forward to the new cycles continuing through summer and fall. We strongly encourage all residents that would like to represent Lotus and be a part of this wonderful team atmosphere to reach out by email proshop@lotusracquetclub.com for more information and to register.

Juniors are filling the courts every afternoon in the Future Stars, Junior Challengers, and Top Guns programs. Children ages 4 – 16 enjoy learning and improving on basic tennis skills in a fun, caring, and safe environment adapted to their needs. Advanced junior players train for teams and tournaments.

Our ladies of Lotus are representing the community well in the SPBCWTA tennis league with three teams competing for the top spots in each of their respective divisions.

The men of Lotus are hitting the courts in the Palm Tennis night league every Thursday and are aggressively competing against nine other local tennis clubs. The courts are buzzing with energy and excitement!

The staff has enjoyed meeting everyone and can't wait to see many more faces on the courts this summer as homes close and become occupied. Lotus Racquet Club has something for everyone regardless of age and/or level seven days each week. All Lotus coaches are professional certified and eager to help you with your game. The Lotus professional staff supports an encouraging environment with their positive attitudes, endless enthusiasm, and inspiring children and adults to reach their best every time they step onto the court.

We specialize in customized packages focusing on your convenience and needs. Check out our website www.LotusRacquetClub.com for information regarding private lessons, clinics, events, and much more. We are looking forward to a fun and competitive Spring and Summer. If you have any questions about any programs, please send an email to director@lotusracquetclub.com

I look forward to seeing you on the courts!

ALESSIO IANNOZZI

Director of Racquets

A FEW REMINDERS:

- Please wear proper attire and appropriate shoes
- Please wash and brush shoes from the clay courts before entering hard courts/pickleball
- Pets, bikes, strollers, rollerblades, and non- tennis athletics are not permitted on the courts
- Reservations are always required for social play- please list all players playing with full names
 - Only teaching professionals on the Lotus staff can give any type of instruction

TENNIS & PICKLEBALL EVENTS

LOTUS PICKLEBALL CLUB CHAMPIONSHIP

Saturday, May 14th • 8:00 a.m.

*Rain Date: Saturday, May 21st

Are you the best male or female pickleball team at Lotus? Now is your chance to prove it! Join us for a fantastic morning of competitive play and socializing with your neighbors. This event is the 1st pickleball club championship at beautiful Lotus. The registration deadline is Sunday, May 1st. The tournament will consist of a men's and women's draw open to all adult ages and levels. Each team is guaranteed a minimum of 2 matches. Matches will be 1 game only except for the finalists will play a regular 2 out of 3 games format. Prize money and trophies for winners. Drinks and energy snacks will be provided throughout the event. This event is open to residents, future residents, or immediate family members. The cost \$35

INTRODUCTION TO PICKLEBALL OPEN PLAY

Thursday, May 26th • 6:30 p.m.

This event is designed for all players that want to start playing pickleball social games and matches. Players that are looking for games and want to meet fellow players in the neighborhood- this evening is designed for you! Our Lotus pickleball professionals will be playing, assisting, coaching, and guiding each player to teach you positioning, scoring, and the details of the game. Pickleball Introduction to Open Play is a great prerequisite in preparing to play in round robins, competitive matches, and team play. The Cost of this event is \$10 per person.

MEN'S TUESDAY TENNIS PIZZA NIGHT

**Tuesday, May 24th and Tuesday, June 28th
7:00 – 8:30pm**

Attention men of Lotus! Join us for a Doubles round robin in a tournament style format. Players must be a 3.5 level or higher to guarantee quality competitive matches. Organized by the tennis professional on site, he will provide a warm-up, set up the rotations, and provide tips and analysis to improve your game. Following play, all players are invited for pizza and beverages served courtside! Cost is \$15. Sign up today!

SPRING WEEKLY SCHEDULE

MONDAY

8:30-10:00 a.m. • Tennis Division 2B Intermediate Level Clinic
10:00-1:00 p.m. • Division 1A SPBCWTA Matches
4:00-7:00 p.m. • Tennis & Pickleball Lessons

TUESDAY

8:00-11:30 a.m. • Tennis & Pickleball Lessons
11:00-1:00 p.m. • Pickleball Women's Dink Masters League
4:30-5:15 p.m. • Tennis Future Stars
5:30-6:30 p.m. • Tennis Junior Challengers
6:30-8:30 p.m. • Pickleball Dink Master League Division 1

WEDNESDAY

9:00-10:30 a.m. • Tennis Division 7 Beginner- Intermediate Level Clinic
4:30-5:15 p.m. • Tennis Future Stars
5:30-6:30 p.m. • Tennis Junior Challengers
6:30-8:00 p.m. • Pickleball Round Robin

THURSDAY

8:30-10:00 a.m. • Tennis Division 1A Advanced Level Clinic
8:30-10:00 a.m. • Pickleball Clinic 101
4:30-5:15 p.m. • Tennis Junior Challengers
5:30-6:30 p.m. • Tennis Top Guns
6:30-8:30 p.m. • Pickleball Dink Master Matches Division 2
7:00—8:30 p.m. Men's King Division Palm Tennis

FRIDAY

8:00-12:30 a.m. • Tennis & Pickleball Lessons
8:30-10:00 a.m. • Pickleball Women's Team Practice – Advanced Level
3:30-7:30 p.m. • Tennis & Pickleball Lessons

SATURDAY & SUNDAY

All courts are open for social play and for Private Lessons

PRO SHOP HOURS

May: Monday – Saturday • 8:00 a.m. – 1:00 p.m.
June: Monday – Friday • 8:00 a.m. – 1:00 p.m.

All clinics and events require reservations at least 24 hours in advance and a 24-hour cancellation policy applies. A minimum of three players are required in order for the adult or junior clinics or events to occur.



SPORTS PROGRAMS

South Palm Beach County Women's Tennis Association:

Established in 1990, the South Palm Beach County Women's Tennis Association is the most popular and prestigious league in South Florida. Levels range from advanced beginners to former top ranked professionals playing weekly in a structured match format. Matches consist of both home and away games and the season runs from early fall to late spring. Participation in this league provides a wonderful opportunity to play competitive tennis and represent your community. Lotus is thrilled to be a part of the SPBCWTA. We currently offer 3 teams' practices per week for Divisions 1A, 2B & 7.

Pickleball Clinic 101: This program is designed for players that have no prior experience and are looking to play this amazing sport! Coaches will teach players everything they need to know from basic skills, court positioning, technique, strategy, and scoring. Registration for each session is required 24 hours before the class start time. You must book your reservation on our website and pay in advance to participate. Cost \$30

Dink Master League: This is the first Pickleball League in Palm Beach County with no age restrictions and a unique format. Created by our Director of Racquets and other local Directors of distinguished communities in the area, the goal of Dink Master is to provide fun competitive pickleball for residents

while representing their respective communities. Residents of Lotus are having a great time while developing new friendships, improving their game, and playing quality matches in the neighborhood and surrounding clubs. We currently offer this program for a variety of levels including Division 1, 2 and a women's only division.

The Lotus Junior Program: Designed as an 8-week program to ensure commitment, quality, and improvement. To register you must select at least 1 day per week for the entire 8-week session when you complete your booking. It needs to be the same day(s) each week over the course of the 8-week program. Upon conclusion of the first session, if you have had rain outs that you were unable to reschedule or a notified illness, classes can be carried over to the next session. Rain days will be announced 1 hour prior to the class start time, and a credit will be issued in case of weather conditions. If you are rained out of your class, you will have the option to select another class day for that week. Custom price packages available based on attendance.

Tennis Future Stars (ages 4–6): This program is created to introduce tennis to your 4–6-year-old with our fun and exciting approach! In our Future Stars class, your up-and-coming tennis players will develop hand-eye coordination along with motor skills through tennis inspired games. Junior low pressure red dot



tennis balls are used to maximize a successful experience for your junior.

Tennis Junior Challengers ages 6-12: Designed to build upon the fundamentals in a fun and educational way for children ages 6- 12. Children will learn and improve on basic tennis skills in a fun, caring, and safe environment adapted to their needs. A modified tennis court, low pressure balls, among other training tools help to create an overall positive experience for your junior.

Tennis Top Guns (ages 12-16): This program is geared to all teenagers, from beginners to advanced players who are new to competitive match play. We require the student to know just the basic strokes and we will further develop and focus on the following: serving, competition, matches, rules, and fun team building exercises.

Pickleball Round Robin: This tournament style event allows men and women to sign up as individuals and the professional will set up teams. The format includes match play to 11 points rotating partners each round. Players should be familiar with the scoring system and level appropriate for match play. Registration for each session is required 24 hours before the class start time. You must book your reservation on our website and pay in advance to participate. Cost \$10.



Men's King Division Palm Tennis: The goal of Palm Tennis Men's King Division is to provide a competitive night league for the men of South Florida. Each season runs 14 weeks in length and matches are played on Thursday evenings. The King Division is for men rated 4.5 (advanced) or higher. Typically, 10 – 14 teams from other clubs compete and awards are given for the top 2 teams. Competitive match play and sportsmanship have proven successful for the Lotus Men's King team.

Women's Pickleball Clinic Intermediate/Advanced Level:

This is an exclusive program for rostered team players dedicated to competing and preparing for the Dink Master's Day team. To get ready and be at our very best, our pro staff will focus on techniques, double strategies, building partnerships, and live play. This program is designed to ensure commitment, quality, camaraderie, and constant development as we compete in the inaugural season of the Dink Masters Women's Day league. Cost \$30.





FITNESS

FROM YOUR **FITNESS VENDOR**



Dear Residents,

Total Health Systems (THS) is excited about the opportunity to build a successful fitness program here at Lotus. THS is bringing a highly qualified staff to Lotus, and we can't wait to start! I am delighted for you to check out the Yoga & Body Sculpting classes we are starting with. As time goes on, we will be offering additional programs and services so be on the lookout in our weekly e-blasts. I look forward to meeting you all soon! Here's to making your Lotus Clubhouse and community the best around!

I encourage everyone to come out to our classes and/or sign up for personal training. If you are not ready to do either, then just stop by to say hello. It has been a tough 2 years for everyone. Let's get out of the house and start moving again in the beautiful facilities here at Lotus!

I look forward to meeting all of you.

Wishing everyone good health,

MARNI RUDNICK

Total Health Systems



PERSONAL TRAINING PACKAGES



Total Health Systems trainers will help you determine the exercise regimen that will be most effective in helping you reach your fitness goals all while developing greater flexibility, strength and endurance.

60-MINUTE SESSIONS

15 Sessions	\$975.00	\$65.00/hr
10 Sessions	\$700.00	\$70.00/hr
3 Sessions	\$225.00	\$75.00/hr

30-MINUTE SESSIONS

10 Sessions	\$500.00	\$50.00/½ hr
3 Sessions	\$150.00	\$55.00/½ hr

FITNESS CLASSES

Pay \$60 per month and get two Yoga or Body sculpting classes per week!



YOGA

Tuesday & Thursday • 8:00 – 8:50a.m.
Wednesday & Thursday • 9:00 – 9:50 a.m.

Come join your neighbors at the Yoga Lawn! Yoga is a stretching class with simple breathing exercises and seated meditation.

Empower your mind and strengthen your body as you move through a series of poses. This is a slow-paced class for all levels.

Please be sure to bring your own yoga mat.



BODY SCULPTING

Wednesday & Friday • 8:00 – 8:50 a.m.
Monday & Wednesday • 6:00 – 6:50 p.m.

Body Sculpting is a whole-body muscle conditioning class that provides cardio, toning and flexible exercises while working on your balance and core stability. Exercises will be modified to accommodate all fitness levels and will be held in the multipurpose room. Please be sure to bring your own fitness mat.

Guest are welcome!

A single class \$15 guest pass is offered for residents who would like to bring their guest to join them for their workout!

Advanced registration is required for all classes

Please visit the community website, and under the Fitness tab you will find the direct link to sign up for all fitness classes!

If you have any questions, please contact Total Health Systems at info@totalhealthsystemsinc.com or (561) 962-4344.

MAY/JUNE FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Body Sculpting 6:00 p.m.	Yoga 8:00 a.m.	Body Sculpting 8:00 a.m. Yoga 9:00 a.m. Body Sculpting 6:00 p.m.	Yoga 8:00 a.m.	Body Sculpting 8:00 a.m. Yoga 9:00 a.m.

Pre-registration is required for all classes and a minimum of 12 people is required to hold any class.

Please keep in mind the fitness schedule is subject to change based on resident feedback.

LUNA BISTRO



Sam LoPiccolo

Restaurant Operator/Executive Chef



Joe Alfero

Front of House Manager



FROM YOUR RESTAURANT OPERATOR

Crystal Bay Catering Company has been selected to be the food and beverage service operator at the clubhouse.

Dear Residents,

I would like to express my gratitude in the support of the Luna Bistro restaurant. In this short time, I have had the opportunity to meet such wonderful families in the community as well as get your feedback and suggestions. We will continue to grow with the community and offer you ever-changing cuisines and events for the whole family.

Besides the lunch and changing dinner menus, some of the upcoming events that we are planning include, champagne and wine tastings, tapas nights, Boys Night Out, Mom's Night Out, Mother's Day Brunch, Cinco De Mayo Lunch, among many more fun and engaging events.

Don't forget to reserve the Event Room or Party Pavilion for any special occasion that you may have, we would love to make it that much more special for your family and guests.

Due to limited availability for dinner nights and weekend lunches it is best that you make reservations on the Open Table link provided on the Lotus community website (www.lifestyleatlotus.com), this will also be linked with all the special event menus offer. We strongly encourage you to utilize this feature due to limited seating.

We appreciate all the feedback that we are receiving from the residents to make Luna Bistro the best community restaurant around. In listening to your feedback, we will continue to make changes to accomplish this goal. We encourage you to email us directly anytime at Lunabistro@Lotusrec.com. We would love to hear your input!

Respectfully,

SAM LOPICCOLO

Restaurant Operator/Executive Chef

PRIVATE EVENTS AT THE CLUBHOUSE

Exclusive and custom event packages are offered by Luna Bistro from appetizers, buffets, and plated dinners, the choices are endless and fully customized for each event.

Luna Bistro catering is exclusive to Lotus residents and is available in the Lounge or the Party Pavilion.

To reserve the Lounge or Party Pavilion, please contact your Lifestyle Director, Daniella Caro.



LUNA BISTRO SPOTLIGHT

Upcoming events at Luna Bistro
to mark down on your calendar...

Cinco De Mayo Menu

Thursday, May 5th

Mother's Day Brunch

Sunday, May 8th

Memorial Day Lunch

Monday, May 30th

Father's Day Lunch

Sunday, June 19th

HOURS OF OPERATION

MONDAY & TUESDAY

CLOSED

WEDNESDAY

11:30 a.m. – 2:30 p.m.

THURSDAY

Lunch – 11:30 a.m. – 2:30 p.m.
Family Dinner – 5:00 – 8:00 p.m.

FRIDAY

Lunch – 11:30 a.m. – 2:30 p.m.
Family Dinner – 5:00 – 9:00 p.m.

SATURDAY & SUNDAY

11:30 a.m. – 6:30 p.m.

Happy Hour

Wednesday, Saturday & Sunday
2:30 – 6:30 p.m.



SNAPSHOTS

