

CHECK OUT OUR
PULL-OUT CALENDAR!

BOCA BRIDGES

Luxe Living

COMMUNITY NEWSLETTER FOR HOMEOWNERS • MARCH/APRIL 2022

Bring The Kids to the
Animal Safari Show

Family Fun at the
Spring Egg Hunt

Don't Miss the
Luau Party

Come Have Fun
at Music Bingo





RECREATIONAL FACILITY

9500 Sauvignon Parkway
Boca Raton, FL 33496

LIFESTYLE

Jaime Bralts • Lifestyle Director
(561) 565-6131 Ext. 204
lifestyle@bocabridgesclub.com

PROPERTY MANAGEMENT

GRS Management Company

Linda Simpkin • Property Manager
(561) 565-6131, Ext. 201
lsimpkin@grsmgt.com

Laura Uribe • Administrative Assistant
(561) 565-6131, Ext. 202
luribe@grsmgt.com

TENNIS PRO SHOP

tennisdirector@bocabridgesracquetclub.com
(561) 565-6530

Jesse Levine • Tennis Director
Ernesto Eichelblum • Tennis Pro
Marlena Hochberg • Tennis Pro
Eleonora Iannozzi • Tennis Pro
Craig Wittus • Tennis Pro
Taylor Niss • Pickleball Pro
Brandon Hubschman • Pickleball Pro
Arden Rosenfeld • Pro Shop Manager

FITNESS

Body Wellness

Robert Trnka • Fitness Director
(561) 565-6131, Ext. 209
robert@bodywellness.com

CUT-5 RESTAURANT

Kelli & Matt Morse • Operators
Fred Eslameh • Front of House Manager
Benjamin Wannan • Executive Chef
(561) 565-6131, Ext. 205
cut5@bocabridgesclub.com
cut5events@gmail.com
Takeout Orders
(561) 948-2937

A LETTER FROM YOUR HOA PRESIDENT



Dear Residents,

It is hard to imagine that we are already finishing the first quarter of 2022! We have remained busy, and are pleased to announce that we are trending to be at 70% closed by the end of February. Once the community hits 90% closed, the community will begin its turnover process to the residents and an election will take place to create the new board, which will consist of three members. We are anticipating

turnover to occur this Fall.

This month, we have assembled our Sanction Review Committee, which consists of three residents selected by the HOA Board. These volunteers will assist in the discernment of violations with relation to fines and/or suspension of use of rights and/or services. This committee is used after the HOA Board has already recognized the HOA violation and the resident has received two separate notices. If the resident does not respond or resolve the violation, they will then be scheduled to go in front of the Sanction Committee, where their violation and fine will be discussed and decided to either continue with the violation or dismiss. Common violations are landscaping, structural alterations, and improvements that did not obtain the HOA's approval. Please ensure that all ACC's are completed PRIOR to any work being done to avoid any violation notifications. If you have any questions regarding this process, please reach out to your property manager, Linda Simpkin.

Curb repair and replacement will continue in the neighborhoods that are significantly complete. We will inform the community when we start scheduling the installation of the second lift of asphalt throughout the community. Our back gatehouse is nearing completion and the gates are currently being installed. We are estimating completion of the back entrance by the end of the first quarter. The back entrance/exit will have a resident lane for you to use with your resident vehicle barcodes and a guest lane where guests can utilize a keypad to contact residents for entrance into the community. We will provide updates with more precise timing of this amenity as soon as the information is available. Until we notify the residents that this exit/entrance is no longer a construction only entrance/exit, please use extreme caution. This entrance/exit is not ready to be used by the residents and we still have several areas that are under construction.

On the sales side of things, we currently have 175 homes under construction, which causes the need for the design center and sales center to be accessible, and this will play a pivotal role as to when the remaining lots will be released. We have the remaining three lots where the sales office sits, in addition to the two lots at the construction office that will be sold. We do not anticipate selling these until the second half of the year. Regarding the gates, we ensure that the back gate is shut and locked Monday – Friday by 5:00 p.m. and closed on the weekends. In addition, your front gates close every day at 6:00 p.m. and remain closed until 7:00 a.m. We have partnered with PBSO, due to the recent activity throughout the county and they have added our community as part of their regular monitoring route, which you may have already seen. In addition, PBSO has been present during the evenings and often can be seen sitting in the medians between Boca Bridges and Lotus on Lyons Road.

Thank you for your patience and support of our amenities as we continue to finalize them. Wishing you all a great Spring!

Sincerely,

AMANDA CUNNINGHAM

Project Manager and HOA President

FROM YOUR **LIFESTYLE DIRECTOR**



Dear Residents,

Boca Bridges' social activities have provided our residents with a great start to the New Year and we are now ready to spring into the new season with some amazing upcoming events! This time of year we are showered with the unpredictable Florida weather and the opportunity for some special Spring Break family adventures. We wish you safe travels and cannot wait to hear about your memories. We have many exciting events for you to attend, including Kids' Movie Nights, Wine Glass Paint Night, Music Bingo, a Spring Egg Hunt, and a Luau Event. We also have fun tennis, pickleball, and club events for you to enjoy as well. We encourage you to invite your friends and family to join in the fun here.

Please keep in mind that your RSVPs are very important, otherwise events can be cancelled without enough resident participation. You will receive reminders in my weekly community e-mail blasts, which are emailed out every Monday regarding HOA and club events. There will be easy payment buttons included in those e-blasts for your convenience. Please note that refunds will not be given after the RSVP deadline. Please plan accordingly when paying for the events and feel free to contact me with any questions.

If you have not done so already, please visit www.bocabridgeslifestyle.com to receive information regarding HOA Events, Clubs, Tennis and Pickleball, Fitness Classes, Cut-5 menus, and more! E-mail me if you need assistance gaining access to the community website. I encourage all of you to come by my office to introduce yourselves to me, provide feedback, and share ideas. My door is always open! I will continue to plan events and activities for you and your families to enjoy.

Cheerfully yours,
JAIME BRALTS

A LETTER FROM YOUR **HOA PROPERTY MANAGER**



Dear Residents,

We welcome our new residents to Boca Bridges! As a reminder, please review the rules and regulations and feel free to reach out to us with any questions or concerns. Violations against the documents will be enforced. Let's all work together to keep property values up!

Please take the time to review the Community Update eblasts, along with the weekly eblasts from the Lifestyle Director. We encourage you to join the upcoming events, dine at Cut-5, and have fun at the Racquet Club with Jesse and his staff. Remember to visit the Fitness Center and all it has to offer.

Laura and I look forward to assisting you with your HOA needs. Please give us a call, send us an email, or simply stop by our office at the Clubhouse.

Visit the community website at www.bocabridgeslifestyle.com. Go to the Property Management tab to direct you to the GRS website to review your account, download documents, or submit a landscape/irrigation work order/service request. Your account number is located on your quarterly statement, as well as the welcome letter mailed to you by GRS Management.

Develop an attitude of gratitude! Be the change that you wish to see in the world!

Best wishes this spring,
LINDA SIMPKIN

STAY CONNECTED!

Visit us at
www.bocabridgeslifestyle.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!



Facebook.com/bocabridgeslifestyle
Facebook.com/cut5



Stay connected via Instagram
@bocabridgeslifestyle
@bocabridgestennis



CLUB NEWS

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

ART CLUB

Do you love and appreciate art? This club would like to introduce artists and new art experiences to this community. Come join this club as we gather and experience art together! We will have our first meeting in mid-March. We will have a guest artist, along with samples of his work. Be on the lookout for details in the weekly e-blasts. Contact Earl Rynerson at erynerson@comcast.com to join this club.

BASKETBALL CLUB (MEN'S)

Calling all ballers! This club will be a competitive and friendly way to have enthusiasts of the game get together and enjoy a good workout. The club will focus on friendly competition and is open to adults. We meet every Saturday at 8:30 a.m. and every Thursday at 8:00 p.m. E-mail Chuck at chuck.fern@gmail.com or call at (908) 413-3430 to join this club!

BOOK CLUB

Are you an avid reader? This club is for you! Come join us to get lost in adventure while reading various genres of books. Our next meeting will be Thursday, March 3rd at 7:00 p.m. in The Lounge. We are reading *Last Summer*, by Jennifer Weiner. Contact Elena Mettler at mettler.elena@gmail.com for more information.

BOWLING CLUB (NEW)

Who doesn't love to go bowling? Come join our adult bowling club! We will



meet up at a local bowling alley once a month. To join, contact Susan Schwartz at sbs2nott@aol.com.

BUSINESS CLUB

Come join the Boca Bridges Business Club to get to know your fellow neighbors' businesses. We want to support, collaborate, and build each other's businesses. This club will meet the last Thursday of every month. Our next gatherings are on March 31st and April 28th at 7:00 p.m. in The Lounge. Contact JM Ryerson at jm@letsgowin.com with any questions.

CANASTA CLUB

Do you love to play Canasta or want to learn how to play? Join us every Tuesday from 1-4 p.m. in the Card Room. Contact Jo Ann Buchalter at pharmrep99@bellsouth.net or at (954) 270-7690.

CANASTA CLUB (COUPLES)

Bring your significant other or a friend to play Couples' Canasta every Thursday from 7-10 p.m. in the Card Room. Contact Jo Ann Buchalter at pharmrep99@bellsouth.net or at (954) 270-7690.

DOG LOVERS' CLUB

For those that have pets, you know they are family! We love to show off our pets and have fun events and activities that include them. Our next event is a non-denominational doggy naming event performed by Rabbi Degani. A certificate for your fur baby naming will be provided! If you need help in naming your fur baby, he can assist, along with his story telling and humor. Whether you want a Hebrew, Yiddish, or cutesy dog name, this event will be fun for all involved. Be on the lookout for the date of this event in the weekly Lifestyle

e-blasts. Contact Cooper's Mom, Jo Ann Buchalter, at pharmrep99@bellsouth.net. We hope to see you and your fur baby at our events! Pawfully yours!

FLAMENCO CLUB

If you are looking for an activity that combines passion and fervor for the body and mind, then Flamenco might be right for you! Classes cover the basic technique, footwork, arms, turns, palmas (claps), use of fans, shawls, hats and any other accessories needed. No partners are required, and you must be 16 years or older. Come discover the "gitana" in you! Contact Lee Schneider at (703) 505-0202 or at justflamenco@gmail.com for more information regarding this club!

GOLF CLUB (MEN'S)

Whether you are a beginner or an avid golfer, this club is for you! In Florida, we are fortunate to be surrounded by some of the best golf courses. Since it stays warm, we have the pleasure of golfing all year round! We will set up tee times at courses in our area for those that can play from month to month. Please contact Phil Giordano at pgiordano@pjgiordano.com to join this club.

KIDS' CHESS CLUB (NEW)

Do you love to play chess? Or do you want to learn how to play chess? Come join this club for ages 10 and up. We will meet once a month to teach



and have friendly games. Be on the lookout for more details in the weekly e-blast sent out on Mondays by the Lifestyle Director.

MAHJONG CLUB

The Mahjong Club is a great way to come meet new friends, while playing the game you love! This club meets every Friday from 1-4 p.m. in the Card Room. Susan Schwartz will provide lessons to beginners free of charge. You can contact Susan at (973) 204-3293 or sbs2nott@aol.com to join the club today!



MAHJONG CLUB (COUPLES)

Bring your significant other or a friend to play Couples' Mahjong! This club meets every Wednesday from 7-10 p.m. in the Card Room. Susan Schwartz will provide lessons to beginners free of charge. Contact Susan at (973) 204-3293 or at sbs2nott@aol.com to join the club today!

MEN'S POKER CLUB

The Men's Poker Club will be hosting a Men's Poker Tournament on Wednesday, March 30th! Save the date and be on the lookout for specific details and cost in the Lifestyle weekly e-blasts. Contact Randy Lipton at randyลิป@gmail.com with any questions.

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! On March 6th we will be having a Cystic Fibrosis

Fundraiser to support research toward finding a cure. Be on the lookout in the Lifestyle weekly e-blasts sent on Mondays for details on this event. To join or get more information about this club, please e-mail Sam Seltzer at gungroo@aol.com. Thank you in advance for all of those that get involved and help make a difference!

SIXTY PLUS CLUB

We have created this club to develop a group to foster friendships and camaraderie for those over the age of 60. Come join us on March 25th and April 22nd for our next gatherings. Specific details will be on our flyers in the weekly e-blasts on Mondays sent by our Lifestyle Director. We hope to see you there! Contact Madeline Giordano at 10westmg@gmail.com for more information.

TEENS GIVE BACK CLUB

This club is a great way for the teens in our community to give back! We will hold monthly events, whether holding a drive of some kind, serving to the underprivileged, and other worthwhile activities! It is a great opportunity to be involved and make new friends while receiving community service hours. To get involved, please contact Amy Rose at teensgiveback2000@gmail.com.



WINE CLUB

Hello wine enthusiasts! The most entertaining way to learn about wine is to create a wine 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. We will be having our first Wine Tasting event on Thursday, March 24th. Look for more specific details in the Lifestyle weekly e-blasts sent on Mondays for more information regarding this event. Contact Daniel at danielsage121pt@gmail.com to join the club and for the latest club information. Salute!



WOMEN'S CLUB

The Women's Club has had some successful events the last few months and we can't wait to continue the fun into the new year! Come join us for a Succulent Class on Wednesday, March 23rd in the Lounge! All details will be in the weekly e-blasts sent by the Lifestyle Director. Contact Lisa Ryerson at lisa@letsgowin.com to join the fun today!

INTERESTED IN STARTING A CLUB?

If you are interested in joining any of these clubs, please contact the appropriate club leader. If you want to start a club that is not listed, e-mail Jaime.

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 Jaime at lifestyle@bocabridgesclub.com.

At the time of this publication, masks are required to be worn indoors, even if fully vaccinated. Facial coverings that cover the nose and mouth are recommended. Thank you for your cooperation, as we continue to follow CDC guidelines.



HOA EVENTS



KIDS' MOVIE NIGHTS

Encanto • Friday, March 11th • 6:30 – 8:30 p.m.

Bring your favorite big blanket or comfy chair to watch *Encanto*. This movie will be shown on the big screen inside the Sports Court! Your child has the choice of Chicken Fingers & Fries, Sliders & Fries or Grilled Cheese & Fries for dinner. Dinner will be served at 6:30 p.m. Popcorn and beverages will be served throughout the movie. Please send Jaime your child's dinner choice via e-mail. This movie is suggested for ages 6 and up as they need to be able to sit and watch the movie without interrupting others throughout the duration of the movie. The cost is \$15 per child which includes dinner, popcorn, and drinks. Kindly RSVP online by Wednesday, March 9th.



Wine Glass Paint Event

Thursday, March 31st • 7:30 p.m.

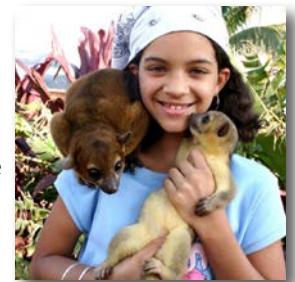
Ladies come and enjoy a night away from the kids while painting 2 wine glasses with your friends! SplashArt will be here instructing you on how to paint the chosen design on your pair of wine glasses. The cost is \$40 per person which includes instruction, 2 wine glasses, and paint. Cut-5 will be there so you can order drinks at a separate cost. Kindly RSVP online by Monday, March 28th.



WILD SAFARI ANIMAL SHOW

Saturday, April 2nd • 3:00 p.m.

Calling kids of all ages who love wild animals! Wild Animal World will be here putting on an interactive show where kids can learn about the animals, get a chance to hold them, and take pictures with their favorite animal! Some of the animals include a scorpion, giant toad, an alligator, large python, barn owl, fennec fox, porcupine, anteater, honey bear, ruffed lemur, parrot, otter, and a serval cat! Cost includes a printed-out picture with them and the animal that will be sent to the clubhouse about a week after the event. There are surprises throughout the show to knock your socks off! The cost is \$20 per child and will take place on the covered patio outside the Lounge. Don't miss this thrilling adventure! Kindly RSVP online by Wednesday, March 30th.





Music Bingo

Friday, April 8th • 7:30 – 9:30 p.m.

Everyone loves singing along with their favorite songs and who doesn't love a competitive game of Bingo? Music Bingo, brought to you by Great Big Trivia, brings together the best of both worlds for a high energy game that is fun for everyone. Simply listen to your favorite music, match the songs to the titles on your Music Bingo card, and win great prizes!



Cut-5 will have a dedicated bartender for you to order drinks and food at a separate cost. The cost is \$20 per person and this event will be held in The Lounge. Kindly RSVP online by Tuesday, April 5th to join the fun!



HOA EVENTS

Spring Egg Hunt

Saturday, April 16th • 10:00 a.m.

Bring your kids to our community Egg Hunt, designed for kids of all ages! Children 3 and under will “hunt” in the grassy area near the playground. Ages 4-6 will be on the playground. Ages 7-11 will gather on the pool deck. Ages 12 and up will meet on the outdoor basketball court for a fun scavenger hunt. Instructions for each age group will be given by group leaders. Each age group will have one golden egg for a prize!

The Easter Bunny will make a special appearance during the egg hunt! The cost is \$5 per child. If you would like to volunteer to be a group leader and help hide eggs for the hunt, please e-mail Jaime.

Kindly RSVP online by Wednesday, April 13th so we can make sure we have enough eggs for each child. We hope to see you at this fun event for the entire family!



RSVP INFORMATION

In order to RSVP for events, you must go online and pay! Please visit www.bocabridgeslifestyle.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. Simply specify the quantity and click pay with credit card for a one-time payment. Please e-mail Jaime if you have any questions. Kindly RSVP by the event deadline, otherwise events will be subject to cancellation if the RSVP minimum is not met.

Refunds will not be given after the RSVP deadline.



KIDS' MOVIE NIGHTS

***The Sandlot* • Friday, April 29th • 6:30 – 8:30 p.m.**

Bring your favorite big blanket or comfy chair to watch *The Sandlot*. This movie will be shown on the big screen inside the Sports Court! Your child has the choice of Chicken Fingers & Fries, Sliders & Fries or Grilled Cheese & Fries for dinner. Dinner will be served at 6:30 p.m. Popcorn and beverages will be served throughout the movie. Please send Jaime your child's dinner choice via e-mail. This movie is suggested for ages 6 and up as they need to be able to sit and watch the movie without interrupting others throughout the duration of the movie. The cost is \$15 per child which includes dinner, popcorn, and drinks. Kindly RSVP online by Wednesday, April 27th.

Luau Party



**Saturday, April 23rd
7:00 – 10:00 p.m.**

Come dressed in your favorite island-themed outfit, while enjoying live steel drums on our gorgeous pool deck! Cut-5 will be providing a BBQ Booodle Feast that will knock your socks off! Non-alcoholic drinks are included, and a bartender will be at Cosmo's bar for those interested.

The cost is \$50 per adult and \$20 per child which includes live entertainment, food, and decorations. Kindly RSVP online by Wednesday, April 20th for food purposes.



Friday, May 6th • 6:00 – 7:00 p.m.

Come and bring your children to this class to create a beautiful flower arrangement for Mom! Flowers by Jana will be here to instruct the kids through this class. They will be using sharp cutters. Please e-mail Jaime your child's age when paying for this class so we can pre-cut the flowers for those kids too young to use the cutters.

The cost is \$30 per child which includes vase, fresh flowers, and instruction. Kindly RSVP online by Tuesday, May 3rd.



TENNIS & PICKLEBALL



FROM YOUR TENNIS DIRECTOR

Dear Residents,

Boca Bridges Racquet had its first annual singles club championship event. We want to congratulate Sanjeev Mago on his championship, as well as Dan Peltz on his runner-up finish. I am so amazed and thankful for the Boca Bridges Tennis and Pickleball community. We have hit the midway point in our ladies' teams competitive play against clubs in the area. Both our 2A and division 4 teams have shown excellent sportsmanship, as well as being super competitive at home and away matches. We have a NEW Claymates team that will also compete against clubs in the area, for players' first time playing competitive tennis. Our Men's doubles league made the playoffs and are ready to start a new season with even more depth than before. Our staff has also grown with the volume of tennis and pickleball being played.

Our pickleball league teams have made the playoffs and will be competing for the championship. We are so grateful to have two teams in the pickleball league. This is a brand-new league that Taylor and Brandon have helped organize and we are thankful to be one of the founding members. We will be having tennis and pickleball exhibitions soon, with exact dates to be determined. Be on the lookout in our weekly e-blasts for details.

It is very exciting to look ahead to the future of our program here at Boca Bridges. There will be some amazing fun events to come. We love seeing new faces as homes start closing and being occupied. We cannot wait to see you all out on the courts soon! If you have any questions, please feel free to contact me at tennisdirector@bocabridgesracquetclub.com.

See you on the courts!

Jesse Levine
Tennis Director



PRO SHOP HOURS

Monday – Thursday
8:00 a.m. – 12:00 p.m. • 3:30 p.m. – 6:30 p.m.

Friday & Saturday
8:00 a.m. – 12:00 p.m.

Sunday: Closed

All clinics and events require reservations at least 24 hours in advance

TENNIS EVENTS



Spencer Newman's
GOING AWAY CLINIC

Friday, March 11th
6:00 – 7:00 p.m.

It's not a goodbye; it's a see you later, to Spencer Newman. Come out for his last clinic here at Boca Bridges. It will be very social and include a lot of fun games of Spencer's choice! We are super thankful for everything that Spencer has done here and wish him nothing but the best in his future endeavors!

The cost is \$30 per person.
Register online to play with Spencer and other pros! See you all there to celebrate him and how amazing he is.



Sanjeev Mago



Dan Peltz

Congratulations

Congratulations to Sanjeev Mago on his championship win in the First Annual Men's Singles Club Championship Tournament and to Dan Peltz on his runner up finish!

Way to play and get it done gentlemen!

PROGRAM DESCRIPTIONS

ADULT TENNIS CLINIC

No matter what your level is, we will pair you in groups based on your ability. Come out to play in some drills and point play situations with our pros.

BEGINNER PICKLEBALL CLINIC

Come learn how to play and score. You will play fun drills and games to keep you coming back for more! This clinic is co-ed and for players just starting to learn how to play.

BEGINNER TENNIS CLINIC

Just starting out or getting back to playing tennis again? Come out and learn or re-learn the basics with our pros. This clinic is co-ed and is for beginners only.

CARDIO TENNIS

Tired of running outside or on the treadmill? We got you covered with cardio tennis! Our pros will be sure to get you a workout on the court while doing cardio-specific drills, making it fun for everyone. We play some great music to keep things upbeat and super positive!

INTERMEDIATE PICKLEBALL CLINIC

Now that you know the basics, learn strategies to get more points! This co-ed clinic will take your game to the next level.

KIDS' PICKLEBALL CLINIC

Get kids started early in this fun sport! They will learn the rules, basics, and play fun games. This clinic is for ages 6 and up and is co-ed.

KIDS' TENNIS

Want to get your kids out and moving after school? Get them started in our kids' tennis program! We will teach them basics on technique and play fun games to finish.

TEEN TENNIS

This tennis program is designed for teens to participate in drills to help improve their game. They will play points with our pros for fun competitive play! This clinic is co-ed.

TINY TOTS TENNIS

Get the little ones out on the court with foam balls. We will take them through fun obstacle courses with games and instruction from our pros. This clinic is for ages 3 to 5.

Spring Weekly Schedule

TENNIS & PICKLEBALL

Monday

8:30-10:00 a.m. – Division 2A Practice
5:30-6:30 p.m. – Kids' Tennis (ages 9-12) – \$30
6:00 – 7:00 p.m. Beginner/Intermediate Pickleball Clinic – \$25

Tuesday

9:00-10:00 a.m. – Beginner Tennis Clinic – \$30
10:00 a.m.-1:00 p.m. – Division 2A Matches when home
(6 courts)
4:30-5:30 p.m. – Kids' Tennis (ages 6-8) – \$30
4:30-5:30 p.m. – Kids' Pickleball Clinic – \$25
6:30-9:00 p.m. – Fall Pickleball League Play

Wednesday

8:30-10:00 a.m. – Adult Tennis Clinic
(intermediate/advanced) – \$40
5:30-6:30 p.m. – Kids' Tennis (ages 9-12) – \$30

Thursday

8:30-10:00 a.m. – Division 4 Practice
4:30-5:30 p.m. – Kids' Tennis (ages 6-8) – \$30
6:30-9:00 p.m. – Fall Pickleball League Play

Friday

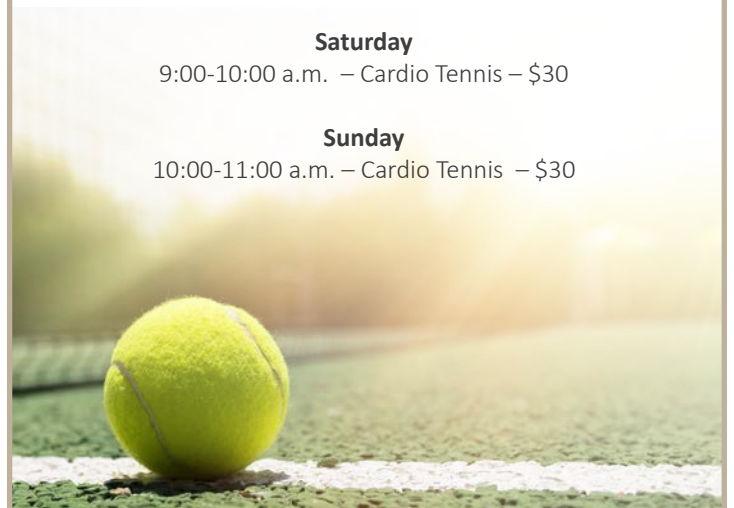
8:30-10:00 a.m. – Adult Tennis Clinic
(intermediate/advanced-3 courts max) – \$40
10:00 a.m.-1:00 p.m. – Division 4 Matches

Saturday

9:00-10:00 a.m. – Cardio Tennis – \$30

Sunday

10:00-11:00 a.m. – Cardio Tennis – \$30





FITNESS



A MESSAGE FROM YOUR **FITNESS DIRECTOR**

The weather is slowly getting warmer, which means Spring has finally arrived. This would be a great time to recharge our bodies and get them back to moving. One way to do that is to visit our Fitness Center, so you may experience all the programs that we offer. We have adjusted our Group Fitness schedule with our Barre class on Sundays with Eliana at 9:30 a.m., our Interval Training class on Tuesdays with Dawn at 9:00 a.m., and our Glutes, Legs & Abs class on Thursdays with Julian at 10:00 a.m. For more information on these sessions, as well as our other classes, please check out the Group Fitness schedule.

Requests for personal training services have increased rapidly since the start of the new year, so if you need a customized workout, we have a certified trainer for you. Before and after your workouts, you can now receive a professional stretch from one of our qualified trainers, with our Precision Stretch program. Stretching is known to maintain an enhanced range of motion, flexibility, and muscle control, along with muscle coordination and better energy levels for that added boost to achieve your fitness goals. The cost of this service is \$1.25 per minute with a minimum of 30 minutes, so let us know if you are interested.

If you have any questions on our programs or would just like to visit, please stop by. I always look forward to assisting each one of you here at Boca Bridges.

Stay Healthy,
Robert Trnka
Fitness Director

FITNESS DIRECTOR OFFICE HOURS

Monday – Saturday: 8:00 a.m. – 1:00 p.m.
robert@bodywellness.com
(561) 565-6131, Ext. 209

FITNESS CLASSES

BARRE Barre is a workout technique inspired by elements of ballet, yoga, and pilates. It focuses on low-impact and high intensity movements designed to strengthen your body and develop agility and flexibility.

BODY SCULPT This class is a combination of traditional body sculpting methods using free weights, resistance bands, and your own body. Body sculpt is designed to provide you with a total body workout in one short hour and is suitable for all fitness levels.

BOOTCAMP Bootcamp is a fun and challenging military-style fitness program that will push you to your limits with its broad mix of strength training and cardiovascular exercises, which have the aim of providing an all-over body workout.

INTERVAL TRAINING This class is a total body workout that involves a series of repeated bouts of higher intensity exercises (intervals) ranging from a few seconds to a few minutes in length, with lower intensity exercises (resting) periods in between.

GLUTES, LEGS & ABS This class focuses on strengthening, toning, and defining all the muscles of your lower body by utilizing dumbbells, barbells, resistance bands, as well as resistance balls for a complete workout.

PILATES Exercise your body and mind as you learn to integrate breathing, muscle control and kinetic precision. Build a stronger core, increase overall muscle tone, and improve posture, stability and alignment. Suitable for all fitness levels. Please bring your own mat for this class.

STRETCH Focusing on improving body awareness and everyday life by increasing flexibility and range of motion. Stretch classes help relieve stress and tension by relaxing the mind and body. Ideal for all levels of fitness.

YOGA Hatha yoga is the most widely practiced form of yoga in America. It is the branch of yoga that concentrates on physical health and mental well-being. Hatha yoga uses body postures, breathing techniques, and meditation to bring about a sound, healthy body and a clear, peaceful mind. Hatha Yoga postures also stretch and align the body, promoting balance and flexibility. This class is for all fitness levels. Please bring your own mat for this class.

ZUMBA Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms to help improve cardiovascular fitness. If you want to have fun while working out, this class is for you!

Advanced registration is required for all classes.

Please visit the community website to access the Fitness Tab to sign up for classes. If you have immediate questions, please contact Susan, your Fitness Concierge, at susan@bodywellness.com or Robert at robert@bodywellness.com.

TO SCHEDULE AN APPOINTMENT

Call (561) 413-3499 or email Susan at Susan@bodywellness.com.

The Spa

AT BOCA BRIDGES

HOURS OF OPERATION

Open Daily • 8:30 a.m. to 7:30 p.m.
(BY APPOINTMENT ONLY)

Massages

SWEDISH MASSAGE

A traditional and invigorating massage using firm pressure that swiftly revives tired and fatigued muscles, leaving a feeling of revitalization and relaxation.

60 min \$88 | 90 min \$134

SPORTS MASSAGE

Recharge your body. This powerful massage is designed to alleviate tension and muscular stress.

60 min \$104 | 90 min \$159

HOT STONE MASSAGE

Therapeutic and rejuvenating using warm volcanic stones and moderate deep pressure to intensely soothe tired, aching muscles and aid relaxation.

60 min \$137 | 90 min \$170

DEEP TISSUE MASSAGE

Similar to Swedish, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons, and fascia.

60 min \$104 | 90 min \$159

AROMA THERAPY MASSAGE

Massage with organic essential oils provokes deep relaxation and mindful meditation.

60 min \$93 | 90 min \$143

INTEGRATIVE MASSAGE

A precise blend of various massage techniques, combining Swedish and Deep Tissue therapy.

60 min \$93 | 90 min \$143

REIKI MASSAGE

Reiki is an ancient art form that directs our "life force" allowing the practitioner to channel this energy in a way that brings the mind, body and spirit back into harmony and a balanced way of being.

60 min \$104 | 90 min \$159

HEALING TOUCH MASSAGE

This method directs the body's "life force" to parts of the body where pain and discomfort lie. The Practitioner uses a gentle touch to dissolve blockages by energetically balancing one's energy flow, enabling the body to repair itself.

60 min \$93 | 90 min \$148

Facials

DEEP CLEANSING FACIAL

Facial treatment plus extractions, steam, special eye and neck masks refreshes, hydrates and purifies your skin.

50 min \$93

SENSITIVE SKIN FACIAL

Soothes fragile skin, exfoliates, cools, and calms your skin; reduces redness and maintains hydration of your skin.

50 min \$93

MINI FACIAL

Rejuvenates your skin with steam and a cleansing, toning, exfoliating, and moisturizing treatment.

30 min \$60

A GENTLEMANS' FACIAL

Formulated for a man's specific skin needs. A deep-cleansing is followed by an exfoliating scrub and extraction.

60 min \$93

ORGANIC FACIAL

Multi-sensory experience utilizing a hand-picked blend of certified organic products, incorporating whole plants, spices, herbs, fruits, and vegetables specific to your skin's needs.

50 min \$104

Enhancements

SCALP MASSAGE 10 min \$15

REFLEXOLOGY Hand/Foot \$20 each/\$35 combo

AROMATHERAPY Lavender Eucalyptus \$20

PARAFFIN TREATMENT Hand/Foot \$25 each/\$45 combo

BROWS Tinting/Shaping | \$30 each/\$55 combo

PEEL Vitamin C \$20





WELLNESS



PERSONAL TRAINING PROGRAMS

It is never too late to become the healthiest version of you. It is time to focus on looking and feeling your best!

Our top trainers offer the support you need to reach your fitness goals.

Contact robert@bodywellness.com or call (561) 413-3499 to schedule your appointment today!



GROUP & PRIVATE SWIM LESSONS

Florida is surrounded by water! Do your kids know how to swim? Students will be taught all the skills needed to feel confident in the water. They will learn stroke work, breath control, underwater swimming and more!

Private 1:1 – 6 half-hour sessions: \$300

Semi-Private lessons – 6 half-hour sessions: \$157.50 each student

Group lessons – 8 half-hour sessions: \$160 each student

For a group session, we require 3 children minimum and 5 children maximum.

Please contact robert@bodywellness.com with any questions.



NEW YOU WEIGHT LOSS CHALLENGE

This is a personal challenge! We give you all the tools to create a healthier, more balanced lifestyle that allows you to shed pounds and KEEP THEM OFF! Win a healthier, happier YOU!

Here's what the program includes:



Suggested workouts to target your problem areas



Support and guidance to reach fitness goals



Food journals to track food and water intake



Fitness evaluation on first consult to give you accurate start point



Weekly check in to review journals and adjust based on progress



Food education to empower you to make healthy choices

FEE: \$75 a month or \$25 by the week.

Questions? Contact robert@bodywellness.com

LOYALTY REWARDS PROGRAM

Earn points for working out & other activities!

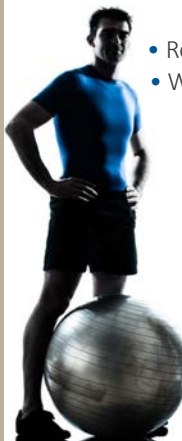
How does the Loyalty Rewards program work?

- Earn points for classes taken, services used (personal training, spa service, children's programs) and more!
- Pre-register at <https://bodywellness.perkville.com>

Earn Points & Redeem!

See the sample points below

- Join Rewards Program (+50 pts.)
- Refer a friend new to program (+400 pts.)
- Weight Loss Goal Accomplished (+20 pts.)
 - Birthday (+50 pts.)
 - Fitness Evaluation (+25 pts.)
 - Workshop Attended (+15 pts.)
 - Personalized Session (+10 pts.)
 - Class Attended (+5 pts.)
 - Online Booking (+2 pts.)
- Every \$1 spent on retail (+1 pt.)



MARCH/APRIL KIDS' ZONE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:45-4:45 p.m. Group Basketball 1 Ages 4-5 SC	4:00-5:00 p.m. Teen Basketball Ages 14-16 SC	4:30-5:15 p.m. Little Dragons Karate Ages 3½-5 FS	4:00-4:45 p.m. Happy Feet Soccer Ages 2-3½ GA	3:45-4:30 p.m. Batter Up T-Ball Ages 3-4 SC	9:30-10:00 a.m. Mommy & Me Swim Ages 1-3 CP	9:00-9:45 a.m. Happy Feet Soccer Ages 2-3 GA
5:00-6:00 p.m. Group Basketball 4 Ages 8-10 SC	5:00-6:00 p.m. Group Basketball 5 Ages 11-13 SC	4:30-5:15 p.m. Group Basketball 2 Ages 5½-6 SC	4:30-5:15 p.m. Karate Kids 1 Ages 5-6 FS			10:00-10:45 a.m. Happy Feet Soccer Ages 4-5 GA
		5:30-6:15 p.m. Karate Kids 2 Ages 7-9 FS	5:00-6:00 p.m. Group Basketball 3 Ages 7-9 SC			



Registration required for all kids' classes. Please call before attending, as some classes are still forming. Questions? Please email Susan@bodywellness.com

BASKETBALL

Individual Session: \$65/hr.
Ages 7+: \$35 per kid, for 2 or more
Ages 4-6: \$30 per kid, for 2 or more
Package Pricing:
Ages 7+: \$180 for 6 wks (\$30/session/kid)
Ages 4-6: \$150 for 6 wks (\$25 per session/kid)

HAPPY FEET SOCCER/ BATTER UP T-BALL

\$140 for 6 weeks, min 3, max 5

KARATE: \$160 for 8 wks.
\$45 registration fee includes Gi.
min: 6 students

MARCH/APRIL FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 – 11:00 am Zumba Claudia FS	9:00 – 10:00 am Interval Training- Dawn LP	10:00 – 11:00 am Yoga Eliana FS	9:00 – 10:00 am Pilates Carolyn FS	10:00 – 11:00 am Body Sculpt Instructor FS	9:00 – 10:00 am Stretch Peggy FS	9:30 – 10:30 am Barre Eliana FS
		6:30 – 7:30 pm Bootcamp Lutz FS	10:00 – 11:00 am Glutes, Legs & Abs Julian FS			

Pre-registration is required for all classes and class size is limited to 20. Please remember social distancing during the class.

CLASS LOCATIONS

CP: Clubhouse Pool **FS:** Fitness Studio **SC:** Sports Court
OBC: Outdoor Basketball Court **GA:** Grassy Area



CUT-5



A NOTE FROM CUT-5



We are excited and blessed to have Chef Ben join our family. Chef Ben comes to Cut-5 from the Washington DC metropolitan area. He spent the last five years at a gastro pub in Frederick, Maryland. The majority of his career was spent in the Mid-Atlantic region. He has been influenced by living in Louisiana, southern Virginia, France, and the Philippines.

Chef Ben attended The Culinary Institute of America and The University of Maryland, College Park. Each week, Chef will introduce new menu items for you to enjoy. Check the weekly email blast from Lifestyle to see what is featured from week to week.

As you may have noticed, our menu continues to evolve based on your feedback from the featured items. We invite you to stop by and meet Chef Ben at your next visit to Cut-5.

Respectfully,
Matt & Kelli Morse

HOURS OF OPERATION

MAIN RESTAURANT

Wednesday & Thursday Dinner: 4:00 p.m. – 9:00 p.m.

Friday Dinner: 4:00 p.m. – 10:00 p.m.

Saturday Breakfast: 9:00 a.m. – 12:00 p.m.

Lunch: 12:00 – 4:00 p.m.

Dinner: 4:00 – 10:00 p.m.

Sunday Breakfast: 9:00 a.m. – 12:00 p.m.

Lunch: 12:00 – 4:00 p.m.

Dinner: 4:00 – 9:00 p.m.

COSMOS POOLSIDE BAR

Saturday & Sunday: 12:00 p.m. – 7:00 p.m.

Happy Hour: 4:00 p.m. – 7:00 p.m.

POOL SERVICE

Saturday & Sunday: 12:00 p.m. – 5:30 p.m.

**Please note the pool deck closes at dusk per Palm Beach County*



PROMO SPOTLIGHT

#WhatsTheScoop@Cut5

ICE CREAM & DESSERT STATION

Featuring Lily's handmade ice cream offering more than 12 flavors to choose from. We will have Gluten Free, Dairy Free/Vegan, and Nut Friendly dessert options available. For the complete dessert station menu, please visit the community website.



Happy Hour

EVERYDAY

Half price on all wine, beer & cocktails
4:00 - 7:00 p.m.



CUT-5

WINE DOWN WEDNESDAY

Half Priced Bottles of Wine with purchase of an entree. Offer is for dine-in only.



CUT-5

(561) 948-2937

Sunday Family Fun Day!

Every Sunday from 4 - 9 p.m.



CUT-5

Bring the entire family! Children 10 & under eat FREE
*One child meal for every adult entree ordered

(561) 948-2937

CUT-5 EVENTS



CHARACTER BREAKFAST

Sunday, March 6th • 9:30 – 11:30 a.m.

Come and bring your family and friends to this fun breakfast at Cut-5! The kids will enjoy a special appearance from Princess Elsa from 9:30 to 10:30 a.m. and Spiderman from 10:30 to 11:30 a.m. Feel free to come dressed in your favorite princess and super hero outfits. These are great picture taking opportunities for the entire family! Be sure to make your reservations online with the Open Table link to ensure you have a table during these specific hours. Characters are being sponsored by the HOA and Cut-5. We hope to see you there!



St. Patrick's Day Celebration

Thursday, March 17th • 4:00 – 9:00 p.m.

Come join us in your favorite green outfit and enjoy a special menu in addition to the regular menu. We will be serving Green Beer for the adults and a Green Lucky Irish Mocktail for the kids. The first green beer and kids' mocktail is included with dinner.

Our added entrees include Sheppard's Pie, Roasted Pork, and Corned Beef and Cabbage. Reservations are highly recommended.

Easter Brunch Buffet

Sunday, April 17th • 9:00 a.m. – 2:00 p.m.
Easter Bunny • 9:00 a.m – 12:00 p.m

\$46++ per person (13 years and up)
\$26++ per person (12 years and under)

Come and bring your friends and family for this amazing brunch with a visit from the Easter Bunny! There will be hot and cold, chef and server attended stations including an Omelet Station, Carving & Pasta Station, Cold Brunch Buffet, and a Dessert Buffet. Beverages include coffee, hot tea, iced tea, and soda. Cost per person includes food, drinks, and Easter Bunny appearance! Lookout for the complete menu in the weekly Lifestyle e-blasts. Reservations are highly recommended!



Cinco de Mayo Celebration

Thursday, May 5th • 4:00 – 9:00 p.m.

Celebrate this fun holiday with us with our special menu in addition to the regular menu. We will have half-off beers, cocktails, and glasses of wine all night. Chips and salsa are included at every table.

Our added entrees include Tenderloin Street Tacos, Chicken Street Tacos, Shrimp Tacos, and a Fajita Bowl. Reservations are highly recommended.

Mother's Day Brunch

Sunday, May 8th • 9:00 a.m. – 2:00 p.m.

\$44++ per person (13 years and up)

\$20++ per person (12 years and under)

Bring all the special women in your life to this delicious brunch! A Mimosa or Bloody Mary as well flowers are included for all moms. There will be hot and cold, chef and server attended stations including an Omelet Station, Carving Station, Pasta Station, Breakfast Buffet, Cold Brunch Buffet, and a Dessert Buffet. Beverages include coffee, hot tea, iced tea, and soda. Lookout for the complete menu in the weekly Lifestyle e-blasts. Reservations are highly recommended!



CHEZ GOURMET

C A T E R I N G

celebrate everything!



Weddings • Mitzvahs • Galas • Quinceañeras • Birthdays
Corporate • Dinners • Holidays

Besides Cut-5 catering all your private functions here at the Boca Bridges Club & Sports Center, they are also the proud owners of Chez Gourmet Catering and pride themselves as one of Florida's premier catering companies. Chez has been in business for over 20 years creating amazing dishes for others to enjoy. They will take care of all of your catering needs in your home or at a venue throughout Palm Beach, Broward, or Dade County. E-mail Kelli at kelli@chezgourmet.com to create your custom event today! Please visit our website at www.chezgourmet.com

BOCABRIDGES

9500 Sauvignon Parkway
Boca Raton, FL 33496

Spring Egg Hunt

Saturday, April 16th • 10:00 a.m.

Bring your kids to our community Egg Hunt, designed for kids of all ages! Children 3 and under will “hunt” in the grassy area near the playground. Ages 4-6 will be on the playground. Ages 7-11 will gather on the pool deck. Ages 12 and up will meet on the outdoor basketball court for a fun scavenger hunt. Instructions for each age group will be given by group leaders. Each age group will have one golden egg for a prize!

The Easter Bunny will make a special appearance during the egg hunt! The cost is \$5 per child. If you would like to volunteer to be a group leader and help hide eggs for the hunt, please e-mail Jaime.

Kindly RSVP online by Wednesday, April 13th so we can make sure we have enough eggs for each child. We hope to see you at this fun event for the entire family!

