

Cascades Clubs & Activities



CLUBS and OTHER ACTIVITIES

Cascades has something for everyone! Residents can get a taste of many of the following activities at the **Annual Activities Fair**, held in the Ballroom each January, where representatives are present to answer any questions, but you don't need to wait for that, just Dive In. Schedules are published in the *Cascadian* magazine and contact information for each club/activity is in the document **"Cascades Activities, Clubs & Committees"** accessible only through the Campbell Homeowner portal.

ARTS & CRAFTS

ANNUAL ARTS & CRAFTS FAIR (ACF)

The 19th Annual Arts & Crafts Fair was held in November 2025. It is a favorite event in the community and much-anticipated every year. Tables piled high with a wide variety of hand-crafted artistry offered as merchandise fill the ballroom. All of it by talented artist vendors from inside and outside the Cascades community. Non-resident vendors may participate by invitation only. Each year, all residents are invited by the Art League to register as artist vendors for the Fair. Every year has a different result, which keep it interesting. The Arts & Crafts Fair (ACF) is welcomed by all as an awesome opportunity for holiday shopping and taking in the sights. For the vendors, it is an opportunity to display their talent and hopefully reap some rewards.

ART LEAGUE

For the past 19 years, the Art League has organized and brought to fruition the Annual Arts & Crafts Fair (ACF). A description of the ACF is above. Additionally, the Art League keeps a small art show in motion by the standing glass display case in the Clubhouse corridor. Requests are taken from individuals or groups who wish to use the case for month-long exhibitions. Responsibility for the key and display belongs to the user. The month of November is on permanent hold for use by the VFRC (Veterans and First Responders Club). Further, the League participates in the Annual Activity Fair and seeks to bring new member support for future events. It encourages the building of friendships, and bids all artists and artisans to share their talent with the rest of the community.

ART MATTERS-PAINTING

Art stimulates your imagination and talent!! Whether or not you think you have talent, this class is a place to develop and expand your imagination, enjoy and socialize, while opening a new world in the art field using any medium you prefer. Classes are every Thursday morning from 10:00am to Noon in the Arts and Crafts Room.

ARTISTS AT CASCADES

The Artists at Cascades League meets on Wednesday at 1-3 pm in the Arts and Crafts room. They are free. We most often work on projects of our own choice. Occasionally, we select projects that we all do together using YouTube sessions to follow along. These options are also shown on our website. Lastly, in the past, we have been honored to have artists within our community who will offer classes for periods ranging from 4 weeks to 6 weeks. They are also free.

In addition, the Artists at Cascades offers a dedicated online gallery, a vibrant showcase of the extraordinary talents right here in our community. We believe in the power of art to inspire, connect, and enrich lives, and we're thrilled to share the incredible creations of our fellow Cascadians with you. We began with the classic artist categories: painting, pottery, stained glass, needlework, and jewelry. Since then, we have added: Photography, Culinary Arts, and the newest categories: Modelling, Authors, Writers, Poets, and Video Creators. We are receptive to all forms of artistic endeavor. Such as woodworking, sculpture, metal working, digital art, calligraphy, collectibles etc. See www.artistsatcascades.com.

CLAY CLUB

The Clay Club meets on Tuesday & Wednesday nights in the Arts & Crafts Room. Bring your creative ideas and create them in clay. Novices are welcome and will be taught the basics of pottery making. We look forward to having you in the Clay Club. Come see what some of our fellow residents have created.

PAINTING & DRAWING CLASS

Our group consists of oil, acrylic, pencil and watercolor artists in all levels. We offer a quiet setting with soft music and a support system for all our participants. While we are listed as a class, instruction in watercolor happens on a need to learn basis. Most people have started with basic instruction and branch out as they desire.

STITCHERY CLUB

The Stitchery Club meets every Monday afternoon from 1:00 to 3:00 PM in the Arts and Crafts Room. Members are very creative in knitting, crocheting, embroidery, jewelry making and other forms of arts and crafts. They are very willing to teach anyone who may be interested in learning a new hobby. We are also involved in supporting charitable organizations through donations of lap robes, stuffed toys, prayer shawls, etc. We don't collect any dues but just enjoy the social aspect of each other's company.

CLUBS

BOOK CLUB

The Cascades Book club was formed for all who love reading. We meet the first Tuesday of the month from October through May. We have a meeting at 10:30 in the morning or 7 pm. We read and discuss a variety of books from different genres. Our books are selected from the recommendations of members once a year. If interested call the phone number in the *Cascadian*.

ENTERTAINMENT CLUB

The Cascades Entertainment Club provides professional entertainment for our residents at amazing prices. The season consists of five shows that are scheduled from January to March. This is done so full-time residents as well as seasonal residents can enjoy the performances. The club is comprised of hard-working residents who work with theatrical agents to bring the best possible shows to our community. Tickets are available every Tuesday in the arts and crafts room and every Thursday in the poker room from 9:30am to 11:30am. Keep checking the *Cascadian* for updates about when season tickets will go on sale for 2027.

MEN'S CLUB

The Cascades Men's Club meets the second Wednesday of the month with donuts, bagels and coffee at 8:00 a.m. and the meeting at 9:00 a.m. We have a business meeting where we discuss events and other issues and generally invite a speaker of interest to the club. We sponsor one social event per month when possible. Our motto is: "You have friends you haven't met". Come join us.

SCARLET MAD HATTERS

20 years ago, in a town in California, Sue Ellen Cooper's friend was about to turn 55 and was depressed at the prospect. Sue Ellen went into a thrift store and bought her a red fedora. Recalling the words of Jenny Joseph's poem, "when I am old, I will wear purple, and a red hat that doesn't go, and doesn't suit me", she encouraged her friend to embrace her age and grow old, not gracefully, but playfully. And so the Red Hat Society was born. The Scarlet Mad Hatters are a registered chapter of the Red Hat Society. We are a group of "women of a certain age" who meet monthly to laugh, chat, dress up in our regalia and go to lunch in different restaurants on the Treasure Coast. We have no redeeming qualities beyond friendship and having a good time! We eat dessert first (if we want to), laugh and often make a spectacle of ourselves as we enjoy a most pleasant afternoon. Come join us on the second Monday of the month at 11:30 am in the library where we gather before venturing out. Wear your red hat (or anything red in your hair), a purple shirt and bring your senses of humor and adventure!

SOCIAL CLUB

We are the first club that was developed at the urging of the builder, as a way for all our neighbors to meet. We do not collect dues. We have 4 to 5 functions annually. We've had an exclusive on New Year's Eve since its inception. There are 14 members that serve on our board.

SPECIAL EVENTS CLUB

This newly formed club, open to all Cascadians, aims to "fill the gap" by encouraging residents to propose fresh ideas and enjoy special, unique events. Announcements and events are displayed in the clubhouse shadowbox, blasted and advertised in the *Cascadian* magazine.

TIKI BAR SERVICES CLUB

The Tiki Bar is managed for all Cascadians by members of the Tiki Bar Services Club. We are dedicated to making the Tiki Bar a fun gathering place for residents to mingle and meet their neighbors every Sunday from 12pm to 4pm (weather permitting). In addition to weekly events, The Tiki Bar Services Club holds special events such as “Cinco de Mayo” and Cornhole Tournaments. All sorts of beverages, as well as hot dogs, are served free to all residents of the Cascades. The Tiki Bar Services Club is maintained by generous donations of beverages, food and money from you and your guests. Consider signing up today to bartend. Club members are available to train and support you.

TRAVEL CLUB

The Cascades Travel Club is a "not for profit" group dedicated to bringing entertaining and educational trips to residents of the Cascades. A one-time \$5 per household fee is required for membership. Our agenda is comprised of nine daytrips from October until May with varied destinations. Excursions are advertised prior to sale dates in the *Cascadian* and the bulletin board adjacent to the Arts and Crafts room. It is occasionally necessary to adjust the original dates listed on the seasonal agenda, due to reasons beyond our control. Since our primary goal is to satisfy the members, we gratefully appreciate feedback and encourage suggestions for future trips. We will begin planning for the next agenda shortly, so we welcome your input.

VETERANS and FIRST RESPONDERS CLUB

The **Veterans and First Responders Club (VFRC)** is made up of former military service personnel, first responders to include police/sheriff/EMS men and women, also former government service employees serving all areas of national defense (State Department/Intelligence/All Branches of Government.)

The club has over 500 active members who participate in national tributes such as Memorial Day/First Responders Commemoration in October/Viet Nam Recognition Day in March/Veterans Day. Also 2 massive social events including all residents. The Wall of Honor in the main lobby salutes all community members past and present. The club is registered with the IRS and has an updated EIN number. **VFRC** is a not-for-profit, non dues club whose mission is to serve the community and not ourselves. Visit our active website for more details: CASCADSVFRC.ORG. See the club monthly article in the *Cascadian*, announcements on the bulletin board, flyers, posters and club community e-blasts.

WOMEN'S CLUB

The Cascades Women's Club is dedicated to the enrichment of the lives of its members and the community. The Club provides unique activities and events that offer social interaction, camaraderie, education, and entertainment. The Club may also contribute to civil and charitable organizations. General meetings are held the third Monday of each month. Events may also be scheduled on other days.

EXERCISE AND DANCE

AEROBICS & STRENGTH

Meets on Thursday and Saturday from 9 to 10am in the Aerobics Room, consisting of 30 minutes of Cardio, combined with 30 minutes of Balance, Strength and Stretching.

BALLROOM DANCING

Weekly gatherings for Ballroom Dancing: Wednesday 3:00-4:00PM for Beginners and 4:00-5:00 for Intermediate in the Aerobics room. We learn swing, mambo/salsa, cha-cha, meringue, fox trot, waltz and west coast swing, all in friendly, patient surroundings. Call for appointment.

CHAIR CLASS

Incorporates cardio, balance, stretching and working out with bands on a chair.

LINE DANCING

Welcome to our weekly gatherings of Line Dancing fun: Friday 2:30 – 3:30 in the Aerobics Room. Learn the latest dance moves, improve your balance and memory, but mostly have fun in a friendly atmosphere

POOL WALKERS

Any time, but daily from 10-11am walkable “lanes” in the pool are respected for this purpose, and the conversation is excellent!

STRENGTH & BALANCE

Meets on Tuesday from 9 to 10 am in the Aerobics Room including warm-up with stretching. Using a variety of resistance with bodyweight, free weights, and exercise bands, the goal is to challenge the muscles to adapt and grow stronger and more toned. Balance exercises improve stability and posture while improving mobility and gaining strength of the spine and joints.

TAI CHI BEGINNERS

Tai Chi is a Chinese martial art & form of stylized meditative exercise, incorporating methodical slow circular and stretching movements & positions of body balance. All this is accompanied by deep breathing. Tai Chi is a safe exercise with many benefits for people of all fitness & health levels. The class includes warm up exercises, stretching, balance positions, Jan Jong (quiet circle), & the Tai Chi form. This is all instructed at a beginning level. Beginning Tai Chi classes are available on Wednesday, 9am-10:15am in the Aerobics Room.

TAI CHI ADVANCED – See above, offered on Mondays 8-10am in the Aerobics room.

WATER AEROBICS

Water aerobics meets Monday thru Thursday at 9 AM and is good exercise for all fitness and experience levels. The class uses a low impact format with poolside audio instruction to combine cardio, strengthening and balance training at each workout. **LIVE INSTRUCTION** is offered Fridays at 9am offering a more demanding workout.

YOGA

This class aims to help students achieve optimum health through the practice of postures, breathing and relaxation exercises. Yoga improves balance, increases flexibility and helps to relieve stress. You will need a Yoga mat, a small towel and a positive attitude. You also need to be able to sit on the floor and stand up unaided. We meet on Mondays and Wednesdays, in our gym, beginning at 10:15 and all are welcome.

GAMES – GENERAL – Cascades has a billiard room and three card rooms, including one specially designed for penne ante poker games. NOTE: if the description says “**Informal Arrangement**” the games are included in the weekly schedules printed in the *Cascadian* magazine but may not be able to accommodate walk-in players. You can find contact information for each club/activity in the document “**Cascades Activities, Clubs & Committees**”, accessible through the Homeowner portal.

BACKGAMMON

Backgammon is a game for two players, played on a board consisting of 24 narrow triangles called points. Each player has fifteen checkers of his own color. The object of the game is to move all your checkers according to the throw of two dice onto your home board and then bear them off. The first player to bear off their checkers wins. Lessons available – **Informal Arrangement**

BINGO

Very popular in Cascades during the “season” when our snowbirds return, Bingo is held every Wednesday at 7pm. Come try your luck.

BUNCO

Bunco is an easy social game played with dice. Played seasonally. No skills required. We play on the first and third Tuesdays of the month from 1-3pm in the ballroom. \$5 to play. This is a good way to meet people and have fun.

CANASTA/HAND and FOOT - **Informal Arrangement**

CRIBBAGE

Cribbage is a card game traditionally played with two players, although it can also be played with three or four players. The objective is to be the first player to score target number of points of 121. Points are scored by forming combinations of cards, such as runs, pairs, and flushes, and by playing the last card from one’s hand. The game features a unique scoring system, and a special board called the cribbage board, which is used to track scores. Cribbage has been popular for centuries and is often considered Britain’s national card game. Cribbage is played Tuesdays from 1-3pm in Card Room 2.

DUPLICATE BRIDGE

Fun and friendly games happen on Tuesday evenings in card room 2 and on Thursday afternoons in the Ballroom. If you have played party Bridge, even in the distant past, and would like to join us, we are happy to assist

you with the Duplicate process. Need a partner? We'll help find one for you. The Club is always welcoming new members and would be pleased to continue to see the membership grow.

EUCHRE (Being formed at this time). Euchre is a fun and fast-faced card game, very popular in the Midwest and some places in the Northeast. It is played with a 24-card deck, 9 through Ace, where trump is called and the Jacks serve as highest cards. Lessons will be available.

MAH JONGG - Informal Arrangement. Lessons available Monday 1-3 in card room 1.

MEXICAN TRAIN DOMINOES

This game is played the 2nd and 4th Tuesday each month from 1:30-3:30pm and every Thursday night at 6:30pm in card room 1. If you own a game set, please bring it with you.

PINOCHLE – Played Wednesdays at 1:00 and Monday nights

POKER – LADIES – Informal Arrangement

POKER – Texas Hold-Em

Played Friday and Saturday nights. The game starts at 6:30 PM. And on Tuesday afternoon at 3 PM. This is all Texas hold-em tournament style. Please come 10 minutes early.

HEALTH & WELFARE

CARE GIVERS SUPPORT GROUP

The Care Givers Support Group meets the second Wednesday of every month at 10:30am to noon in Card Room 1 and is led by a licensed clinical Social Worker. This is a group of men and women who care for a loved one with dementia, cancer, is a stroke victim, has Alzheimer's or various other challenges. We share experiences and learn about resources available. What is said in the room and who attends is held private. There is no cost to anyone who attends.

FINDING INNER PEACE

We all experience stress, which can come from many sources: loss, relationships, illness or trauma, aging, loneliness, fear, etc. This weekly class explores topics like consciousness, increasing calm through meditation, and awareness of how our thoughts affect our experience of the world. Through discussion, meditation and experiential exercises you'll learn skills to overcome obstacles to living in the present with peace, joy and harmony. The group meets Thursdays 10:30-Noon in the Library.

CPR/AED

Become Empowered, Learn How to Save a Life. The American Red Cross Adult CPR/AED Program is a program that offers classes here at the Cascades **FREE to the residents.** The retail price for this type of instruction would be \$90.00. It is a one-day, 3½ hour class where the students learn how to give compressions and rescue breaths and how to use the AED (automated external defibrillator) in a cardiac emergency. Look in *Cascadian* for upcoming classes taught by our three certified Red Cross instructors

GOOD SAMARITAN

The Good Samaritan program assists Cascadians with borrowing medical equipment such as wheelchairs, walkers, commodes, etc. as well as baby and child needs such as port-a-cribs, hi-chairs and strollers.

SPORTS & LEAGUES

BILLIARDS LEAGUE

Billiards or "pool" is played every Thursday from 1pm-1pm. More here....

BOCCE CLUB – The Cascades Bocce Club meets every month on the first Tuesday of the month, excluding the summer months in the Ballroom. The meeting starts at 5:00 and usually lasts less than 30 minutes, followed by a delicious hot meal. Dues for the year are \$10. Everyone is welcome! To join the club, come to a meeting or contact the individuals listed on **Cascades Activities, Clubs & Committee** available on the Homeowner portal.

FUN MIXED BOCCE LEAGUE - Played on Tuesdays, Wednesdays, Thursdays and Fridays. Teams of four players (2 men + 2 women). There are eight teams that play on each day. The main objective is to have FUN and socialize with fellow Cascadians. If there are no openings, there is ALWAYS room for subs. Subs are a crucial part of the league and are called upon frequently, as people have appointments and cruises, etc. The league runs from January

to April. There is also a fall and summer league. EVENING BOCCE is open to ALL from Monday through Thursday evenings. Play begins at 6:15. No organized teams - all open play/

WOMEN'S BOCCE LEAGUE - The Cascades Women's Bocce League meets every Monday starting in October and continues until the end of March. The league consists of four women and it has a total of eight teams. It is a great way to socialize and make new friends. If there is no room to become a regular there is always room for substitutes.

Substitutes are an important part of Bocce as there are always reasons for regulars to take off. So come and join us if you can and you could probably play every week if you would like.

BOWLING LEAGUE

The Cascades Bowling League season begins in September and runs through April with a two-week break during the holidays. The league bowls at Bowlero next to Duffys on Courtyard Circle. New members of all skill levels are welcome and we hope you will consider joining us to meet or renew acquaintances with your neighbors and to have some fun. If league teams are full, substitutes are welcome.

CASCADES SOFTBALL TEAM

The softball team is a men's activity for Cascades residents. You need to be at least 60 years old in the year you join to qualify. The league plays morning games in Port St Lucie and Ft Pierce on Wednesdays and Fridays from the beginning of January to the end of March (20 games plus playoffs). It is a competitive slow-pitch league. The other teams are from residential groups like ours.

GOLF

LADY GOLFERS and PITCH AND PUTT

The Women's Golf group meets every Tuesday morning at the Cascades golf course at 8:45 for weekly fun tournaments. Cards are drawn to see who you are playing with. The game is friendly and the friendships great. After golf a few of the women go for breakfast.

The Monday Cascades Golf Group plays at 18 hole courses nearby. Group meets at 10am at a nearby course such as Gator Trace in Fort Pierce. No handicap needed.

MIXED COUPLES GOLF

Played twice each month on a Thursday evening on the 9 hole course. Play is open to couples and singles and is lots of fun. Teams of 4 compete, followed by shared snacks at the Tiki. Email sign up procedure.

MEN'S GOLF LEAGUE

The Cascades Men's Golf League is a group of approximately 100 Cascades resident golfers of all skill levels. Weekly matches occur every Monday; during the winter season at The Saints (our "home" course) on Morningside Drive in Port St. Lucie, and from May through October at various other courses around the Treasure Coast area. Promoting fellowship among members is as important as competition. To that end, they strive to have every member play with every other member during the course of a year. The league also hosts several annual social events including a Welcome Back Dinner, A Pitch & Putt Tournament with Lunch, a Dinner Dance at the clubhouse (with wives/significant others), and a Farewell Dinner.

If you are interested in becoming a member of the Cascades Men's Golf League, please contact one of the officers listed in the *Cascadian magazine* to start the process.

PICKLEBALL CLUB

Pickleball is a fun sport, best described as a combination of tennis and ping-pong played on a badminton size court. The court is divided by a net which is 36" high. Pickleball can be played as a doubles or singles game. Each player has a special paddle to hit a plastic ball with wiffle-ball type holes back and forth. Loaner equipment is available. Pickleball is a very social activity that gets you off the couch and on the courts for lots of fun and exercise. Cascades now has four courts available for play.

Pickleball is played daily from 8-11am, Monday through Friday. Open Play runs from 3:00-6:00pm, Monday through Friday. As always, in addition to using our CourtReserve system to sign up for these events, residents may utilize CourtReserve to reserve courts outside of these hours.

SNORKEL & SCUBA CLUB

We are a group made up of Cascades residents who enjoy getting together to enjoy aquatic activities as well as lazy beach days, beach clean ups, campfires on the beach, group cruises and several social activities throughout the year. We are Cascadians who enjoy a bit of adventure and sharing camaraderie with one another. Come and SEA what fun you too, can have.

STICKBALL

Revisit your youth! Played in the parking lot Saturday mornings from 8-11am. Spectators welcome!

TABLE TENNIS (Ping Pong)

Played Tuesdays 4-6pm in the Arts and Crafts room but can be played outside of this time if the room is free.

TENNIS CLUB

At Cascades, tennis is a central part of community life, offering residents exceptional facilities and a welcoming, active playing environment. The tennis center features 10 pristine, clay-based courts, carefully maintained to provide an outstanding playing surface that is easy on the joints and ideal for players of all skill levels. Whether you enjoy relaxed rallies or high-level match play, the courts offer an excellent setting year-round.

Our community supports a wide range of tennis programs and playing opportunities. Residents can take part in casual drop-in play, organized clinics, and competitive men's and women's leagues designed to challenge experienced players while remaining accessible and enjoyable. These leagues and events foster both friendly competition and strong social connections among residents.

Professional instruction is led by our Tennis Pro, John Koahou, who oversees and runs many of the tennis programs. John offers private and group lessons, skill-building clinics, and structured programs tailored to beginners, intermediate players, and advanced competitors alike. His hands-on approach and deep knowledge of the game help players improve technique, strategy, and overall confidence on the court.

Cascades is also home to an active Tennis Club, open to all residents who wish to join. The club organizes social events, round-robins, leagues, and special tournaments, creating an inclusive and engaging atmosphere for tennis enthusiasts. Whether you are new to the sport or a lifelong player, the Tennis Club provides an excellent way to stay active, meet neighbors, and fully enjoy everything Cascades tennis has to offer.