

August Monthly Newsletter 2023





Monthly Meetings

August 3 rd	Sweetwater Creek CDD (4pm)
August 10 th /24 th	Palencia POA/MOD 9am Marshall Creek
August 10 th /24 th	Palencia POA/ New build (4:15pm) Marshall Creek
August 16 th	Marshall Creek CDD (4pm)
August 23 rd	Marshall Creek POA (5pm)

Weekly Club Meetings

Monday's 1pm Mahjongg

Tuesday 10am Game Club

Thursday 1pm Farkle (12:30pm August 3rd)

Once a Month Club Meetings

Tuesday August 15th Book Club 4pm

Tuesday August 29th Women Who Mean Business 6pm



APPETIZERS

AMIGOS NACHOS \$10.99

Ground beef, Queso Dip, Lettuce, Tomatoes and sour cream.

LA PRIMA FRIES \$10.99

Fries, Queso dip, pico de gallo and sour cream.
Add meat for \$1.00

VIVA MI SALAD \$10.99

Grilled chicken, lettuce, pico de gallo, guacamole and sour cream



QUESADILLAS

LA COMADRE QUESADILLA \$10.99

Flour tortilla grilled and stuffed with Cheese, Chicken or Steak. Served with Guacamole, Pico de Gallo and Sour Cream.

LA TIA QUESADILLA \$11.99

Flour tortilla grilled and stuffed with Cheese, grilled Shrimp, onions, tomatoes and peppers. Served with Rice and Beans.

PEQUEÑOS TRAVIESOS

KIDS 12 & UNDER

GRILLED CHICKEN AND RICE \$6.99

CHEESE QUESADILLA, RICE AND BEANS \$6.99

FRIES WITH QUESO DIP \$6.99

DRINKS

Mexican Sodas (Jarritos)
Coke products



TACOS

PEREZ TACOS \$3.50

Our traditional tacos are served on a soft corn tortilla with your choice of meat: GROUND BEEF, PASTOR, AZADA, CHORIZO, CARNITAS or POLLO. Topped with cilantro and onions.

MI AMIGO TACO \$3.99

Grilled chicken topped with Lettuce, Tomatoes, Cheese and sour cream.

EL TIO TACO \$4.99

Grilled Shrimp topped with Lettuce and Pico de Gallo and a drizzle of our Special Homemade salsa

BURRITOS

DON PANCHO BURRITO \$13.99 OR BOWL

Flour tortilla rolled and stuffed with grilled chicken, steak, shrimp, peppers, onions, tomatoes, rice and Shredded cheese. Topped with Queso dip and a drizzle of our Special Homemade salsa.

EL COMPADRE BURRITO \$11.99

Flour tortilla rolled and stuffed with grilled chicken or steak, fries, rice, beans, cheese, lettuce and sour cream. Topped with Queso dip.

EL PADRINO BURRITO \$10.99

Flour tortilla rolled and stuffed with grilled chicken or Steak. Topped with Queso dip, Lettuce, tomatoes and Sour cream. Served with Rice and Beans.

DIPS/SIDES

CHIPS & SALSA \$3.00

QUESO DIP \$4.99

FRESH GUACAMOLE \$4.99

QUESO WITH CHORIZO \$5.99

PICO DE GALLO \$1.99

RICE & BEANS \$3.99

FRIES \$5.99



Taco Tuesday August 1st 5:30-8:30

“Back to School”

Party

@Amenity Center

August 4th

4pm-7pm

Food Trucks:

Bitty's Southern Kitchen
El Mariachi Loko
Smoke in da air
Big Dawg Treats
(ice cream)



Mobile Mammography

Palencia Amenity Center

Monthly | 1st Friday | 9am-5pm

625 MARKET ST
St. Augustine, FL 32095



For Scheduling: Scan or Visit:
[mobilescheduler.precisioncenters.com/
MobileMammogram](https://mobilescheduler.precisioncenters.com/MobileMammogram)



PRECISION
IMAGING CENTERS

August 4th
Location: Market Street
Sign up for a visit
TODAY



From the Desk of Adelaide

- ▶ Floatation devices can be fun, but they can also become a danger. That is one of the reasons why the CDD has implemented a size restriction on round floats.
- ▶ The outer circumference of a round float can not exceed 24.”
- ▶ Larger floats can obstruct a lifeguard’s view of the water under the float. The only permissible types of floats is posted at the entrance to the pool area in the Amenity Center lobby.
- ▶ Additionally, larger floats consume a much bigger portion of the surrounding pool area giving other residents less space to move around.



Food Truck Friday

- * Chubby Burrito
- * Ma & Pop
- * About Time



August 11th
Market Street
5:30pm-8:30pm



Location: Market Street


Food Truck Friday

5:30pm-8:30pm
August 25th

Food trucks TBA

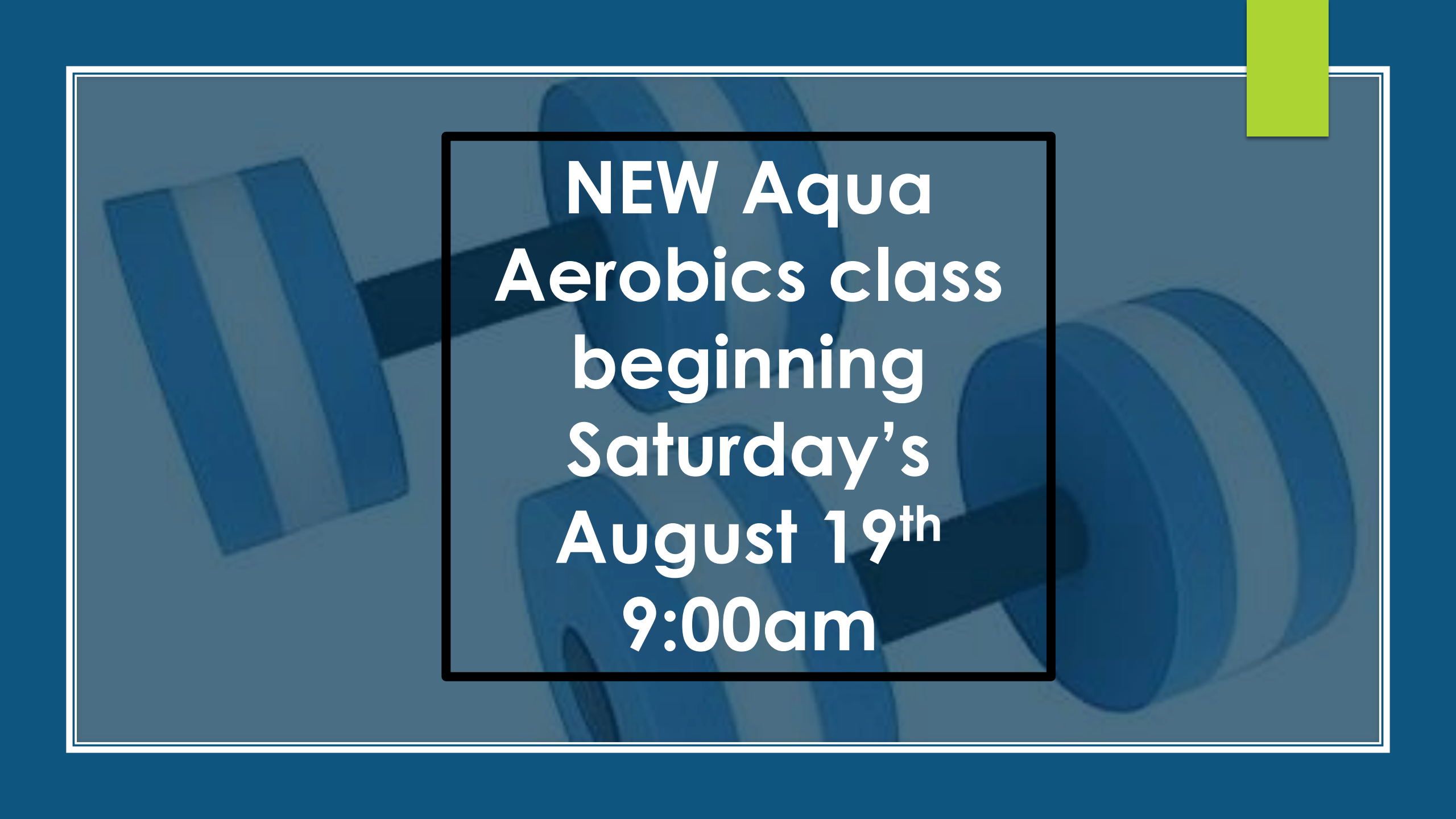


Location: Market Street

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1. 8:30am Cardio X training 9:00am Zumba Aqua (AC) 10:00am Cardio/Core 11:10am Senior Mat Pilates 5:15pm Yogalates 6:30pm Power Pump</p>	<p>2. 6:00am HIIT 8:45am Spin 8:45am Body Pump (AC) 9am Aqua Aerobics (AC) 10:00am Senior Strength 11:10am Yoga 3:05pm Kids Fitness 5:15pm Power Yoga 6:30pm Cardio Step</p>	<p>3. 8:30am Cardio x training 9:00am Zumba Aqua (AC) 11:15am Senior Mat Pilates 6:00pm Zumba</p>	<p>4. 8:45am Cardio Step (AC) 9:00am Gentle Yoga</p>	<p>5. 9:00am Zumba/Zumba Tone 9:00am Aqua Aerobics(AC)</p>
<p>6. 4:00pm Yoga</p>	<p>7. 6:00am HIIT 8:45am Body Pump (AC) 9:00 Aqua Aerobics (AC) 9:00am Pilates 10:15am Spin 11:10am Senior Stretch 6:00pm Pilates Barre</p>	<p>8. 8:30am Cardio X training 9:00am Zumba Aqua (AC) 10:00am Cardio/Core 11:10am Senior Mat Pilates 5:15pm Yogalates 6:30pm Power Pump</p>	<p>9. 6:00am HIIT 8:45am Spin 8:45am Body Pump (AC) 9am Aqua Aerobics (AC) 10:00am Senior Strength 11:10am Yoga 3:05pm Kids Fitness 5:15pm Power Yoga 6:30pm Cardio Step</p>	<p>10. 8:30am Cardio x training 9:00am Zumba Aqua (AC) 11:15am Senior Mat Pilates 6:00pm Zumba</p>	<p>11. 8:45am Cardio Step (AC) 9:00am Gentle Yoga</p>	<p>12. 9:00am Zumba/Zumba Tone 9:00am Aqua Aerobics(AC)</p>
<p>13. 4:00pm Yoga</p>	<p>14. 6:00am HIIT 8:45am Body Pump (AC) 9:00am Aqua Aerobics (AC) 9:00am Pilates 10:15am Spin 11:10am Senior Stretch 6:00pm Pilates Barre</p>	<p>15. 8:30am Cardio X training 9:00am Zumba Aqua (AC) 10:00am Cardio/Core 11:10am Senior Mat Pilates 5:15pm Yogalates 6:30pm Power Pump</p>	<p>16. 6:00am HIIT 8:45am Spin 8:45am Body Pump (AC) 10:00am Senior Strength 11:10am Yoga 3:05pm Kids Fitness 5:15pm Power Yoga 6:30pm Cardio Step</p>	<p>17. 8:30am Cardio x training 9:00am Zumba Aqua (AC) 11:15am Senior Mat Pilates 6:00pm Zumba</p>	<p>18. 8:45am Cardio Step (AC) 9:00am Gentle Yoga</p>	<p>19. 9:00am Zumba/Zumba Tone 9:00am Aqua Aerobics(AC)</p>
<p>20. 4:00pm Yoga</p>	<p>21. 6:00am HIIT 8:45am Body Pump (AC) 9:00am Aqua Aerobics (AC) 9:00am Pilates 10:15am Spin 11:10am Senior Stretch 6:00pm Pilates Barre</p>	<p>22. 8:30am Cardio X training 9:00am Zumba Aqua (AC) 10:00am Cardio/Core 11:10am Senior Mat Pilates 5:15pm Yogalates 6:30pm Power Pump</p>	<p>23. 6:00am HIIT 8:45am Spin 8:45am Body Pump (AC) 10:00am Senior Strength 11:10am Yoga 3:05pm Kids Fitness 5:15pm Power Yoga 6:30pm Cardio Step</p>	<p>24. 8:30am Cardio x training 9:00am Zumba Aqua (AC) 11:15am Senior Mat Pilates 6:00pm Zumba</p>	<p>25. 8:45am Cardio Step (AC) 9:00am Gentle Yoga</p>	<p>26. 9:00am Zumba/Zumba Tone 9:00am Aqua Aerobics(AC)</p>
<p>27. 4:00pm Yoga</p>	<p>28. 6:00am HIIT 8:45am Body Pump (AC) 9:00am Aqua Aerobics(AC) 9:00am Pilates 10:15am Spin 11:10am Senior Stretch 6:00pm Pilates Barre</p>	<p>29. 8:30am Cardio X training 9:00am Zumba Aqua (AC) 10:00am Cardio/Core 11:10am Senior Mat Pilates 5:15pm Yogalates 6:30pm Power Pump</p>	<p>30. 6:00am HIIT 8:45am Spin 8:45am Body Pump (AC) 10:00am Senior Strength 11:10am Yoga 3:05pm Kids Fitness 5:15pm Power Yoga 6:30pm Cardio Step</p>	<p>31. 8:30am Cardio x training 9:00am Zumba Aqua (AC) 11:15am Senior Mat Pilates 6:00pm Zumba</p>	<div style="border: 2px solid green; padding: 10px; display: inline-block;"> <h2>Group Fitness Schedule</h2> </div>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Taco Food Truck 5:30-8:30pm	2.	3. Farkle 12:30pm-3:30pm SC CDD Meeting 4pm	4. Back to School Party 4-7pm Mammogram Bus 9am-5pm	5.
6.	7. Mahjonn 1pm-3:30pm	8. Game Club 10am-1pm	9.	10. Farkle 1pm-4pm	11. Food Trucks 5:30-8:30 	12. 
13. 	14. Mahjonn 1pm-3:30pm	15. Game Club 10am-1pm Book Club 4pm	16. MC CDD meeting 4pm	17. Farkle 1pm-4pm	18.	19. New Aqua Aerobics class starting at 9am 
20. 	21. Mahjonn 1pm-3:30pm	22. Game Club 10am-1pm	23. POA Meeting 5pm (Marshall Creek)	24. Farkle 1pm-4pm	25. Food Trucks 5:30-8:30 	26. 
27. 	28. Mahjonn 1pm-3:30pm	29. Game Club 10am-1pm	30.	31. Farkle 12:30pm-3:30pm	28.	29. 

August Events

The background features a dark blue gradient with several dumbbells in a lighter blue shade, arranged in a pattern that suggests a gym or fitness setting. A bright lime green vertical tab is positioned in the top right corner. The text is centered within a black-bordered box.

**NEW Aqua
Aerobics class
beginning
Saturday's
August 19th
9:00am**



SUMMER SCHEDULE LASTS THROUGH AUGUST 4th!

FALL ADULT CLINIC SCHEDULE
starting as indicated below:

A Team: 9-10 am
Mondays***Starts August 7th

C Team: 10-11 am
Mondays***Starts August 7th

B Team: 11am-12:30 pm
Mondays***Starts August 7th

D Team: 10-11 am
Wednesdays***Starts August 9th
D Team/Beg 11am-12pm
Fridays ***Starts August 11th

Drill Clinics: 10-11 am
Fridays****Starts August 11th

Please sign up in advance for all clinical



Fall Hours for OPEN PLAY:

Mon, Wed, Fri, Sat 8:30-10:30 am

Mon, Wed, Fri 6:00-8:00 pm

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INTRODUCING our new PPR Certified Pickleball Coach, Darcy Miller. Coach Darcy will be conducting both group and private instruction. August's skill clinics are 1 hour each (\$20/pp) offered at both 10:30 and 11:30 on the following Saturdays:

8/5 Dink-a-Rama

8/12 Intro to Pickleball

8/19 Serve and Return

8/26 Drops and Drives

Sign up in advance in the tennis office!

Private/small group instruction can be booked directly:

Coach Darcy at 904-891-6573 or darcy.miller@comcast.net

AUGUST NEWSLETTER

Youth Tennis News:

Our Fall Schedule starts Monday, August 14th. There are no youth classes from August 7th-11th

Tiny Tots:
Ages 4-8
Mondays and Thursdays
4:00-4:50 pm

Intermediate:
Pro approval required
Tuesdays and Wednesdays
4:00-5:00 pm

Hot Shots/Junior Varsity:
Pro approval required
Tuesdays and Wednesdays
5:00-6:00 pm

Grand Prix/Super Tots:
Pro Approval required
Mondays and Thursdays
5:00-6:30 p.m.

Tournament Development:
Pro Approval required
Mondays, Tuesdays, Wednesdays, Thursdays
5:00-6:30 p.m.

Please sign up in advance for all clinics!



Palencia See the Girl Charity Tennis Tournament
Saturday and Sunday
9/30-10/1
Learn more at
www.seethegirl.org/tennis

To All Players:
PLEASE make court reservations at 8:00 am or 10:00 am to maximize play!

Palencia Tennis Center
904-825-4012
palenciatennis@marshallcreekcodd.com
Tom Salmon-Director of Tennis
tom.salmon@fsresidential.com
Scott Lefteris-Head Pro
Scott.lefteris@marshallcreekcodd.com
Jeff Golden- Head Pro
jeff.golden@marshallcreekcodd.com
Myron Grunberg-Tennis Pro
Myron49@aol.com
Jana McDonald- Tennis Pro
janatennispro@gmail.com
Darcy Miller-Pickleball Instructor
darcy.miller@comcast.net

Tennis News



FALL 2023
AFTER SCHOOL JUNIOR TENNIS

ALL PARTICIPANTS ARE REQUIRED TO SIGN UP IN ADVANCE
CALL THE TENNIS PRO SHOP: (904) 825-4012



TINY TOTS (AGES 4-8)

TINY TOTS: INTRODUCTION OF BASIC SKILLS AND FUNDAMENTALS OF TENNIS IN A FUN ENVIRONMENT WITH QUICKSTART EQUIPMENT FOR YOUNG BEGINNERS.

\$128 PER MONTH OR \$22 PER CLASS

MONDAYS/THURSDAYS 4:00 - 4:50 P.M.

INTERMEDIATE (AGE VARIES-PRO APPROVAL REQUIRED)

THIS PROGRAM TEACHES RALLYING, SCORING AND COMPETING TO HELP THEM PREPARE FOR MIDDLE SCHOOL TENNIS AND TOURNAMENTS.

\$128 PER MONTH OR \$22 PER CLASS

TUESDAYS/WEDNESDAYS 4:00-5:00 P.M.

HOT SHOTS/JUNIOR VARSITY

HOT SHOTS: FOCUSES ON PROPER TECHNIQUE AND FOOTWORK WHILE WORKING TOWARDS PLAYING TENNIS USING THE APPROPRIATE QUICKSTART EQUIPMENT.

JUNIOR VARSITY: THIS PROGRAM IS FOR THE OLDER BEGINNER. INTRODUCTION OF TENNIS FUNDAMENTALS, FUN, ATHLETIC MOVEMENT AND COMPETITION. FIRST STEPS IN A NEW SPORT!

\$128 PER MONTH OR \$22 PER CLASS

TUESDAYS/WEDNESDAY 5:00-6:00 P.M.

GRAND PRIX/TOURNAMENT DEVELOPMENT (AGE VARIES-PRO APPROVAL REQUIRED)

PRODUCTION, SHOT SELECTION, POSITIONING, AND STRATEGY. POINT CONSTRUCTION AND PATTERNS OF PLAY WILL ALSO BE INTRODUCED.

MONDAYS-THURSDAYS 5:00-6:30 (TOURNAMENT DEVELOPMENT) MTHLY RATE VARIES OR \$33/DROP-IN

MONDAYS/THURSDAYS 5:00 - 6:30 P.M. (GRAND PRIX) \$198/MTH OR \$33/DROP-IN

PAENCIA TENNIS CENTER

625-B PAENCIA CLUB DRIVE

ST. AUGUSTINE, FL 32095

904-825-4012

PAENCIA@MARSHALLCREEKCDD.COM

Pickleball group and individual lessons

Palencia is excited to announce **Coach Darcy Miller** as our new Pickleball instructor starting August 1st. Coach Darcy will be teaching both scheduled skills clinics and individual/small group lessons. Our group schedule will be as indicated below. Please sign up in advance for each class you plan to attend.

Each Saturday, we will have a 10:30 clinic and 11:30 clinic. Each clinic is limited to 10 people. Be specific about the time when signing up. The cost per skills clinic is \$20/pp.

August 5 – Dink-A-Rama

The most important skill in pickleball! We will learn how to utilize the backhand, forehand, speed up and firefist skills to **OWN** the Non-Volley Zone (Kitchen)!

August 12 – Intro to Pickleball

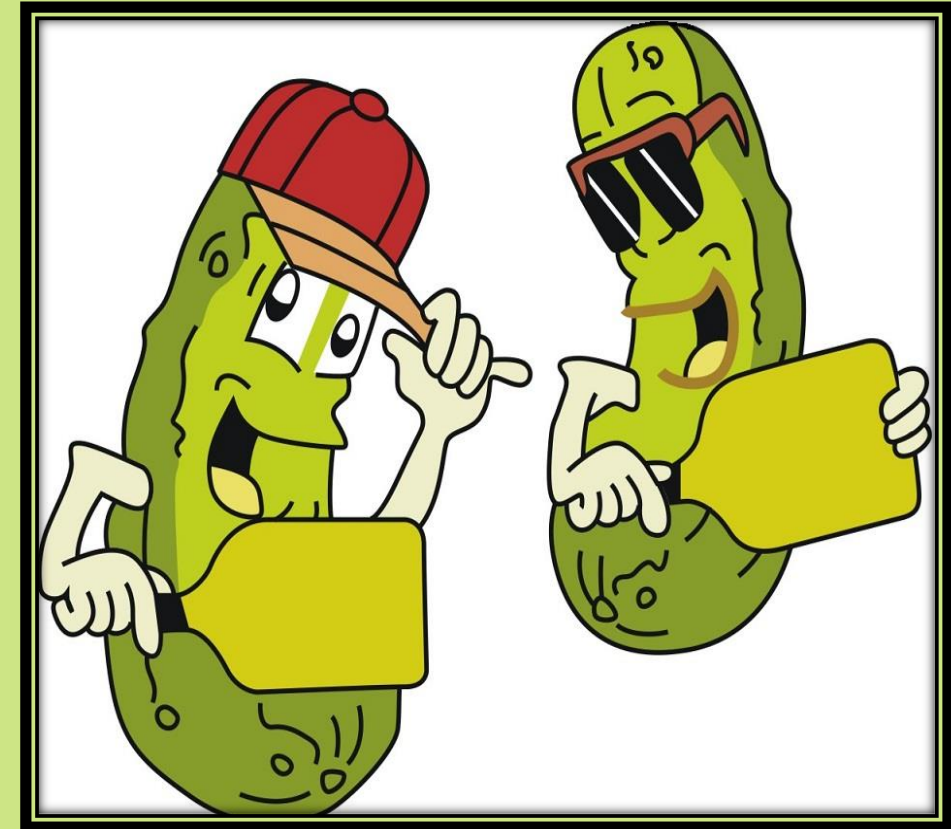
New to pickleball? Just want to find out what all the fuss is about? Come on out! We will introduce you to the rules and the basic shots you need to get started on your pickleball journey!

August 19 – Serve and Return

You have to start the points off right! Learn how to hit different serves and returns to set your team up for success!

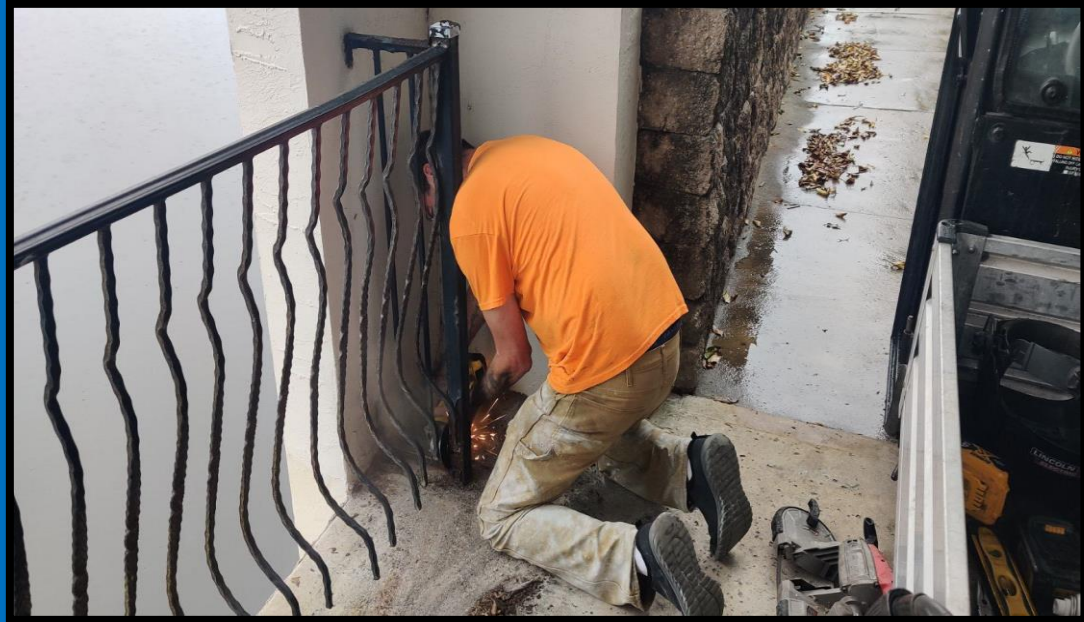
August 26 – Drops and Drives

This is the hardest skill to learn in pickleball. Come hone your skills to effectively outmaneuver your opponent! Being able to transition the point with either a drop or drive – sometimes both – will set the tone for your pickleball success!





**Palencia Cyclones
Fall Swim Schedule
Starting Monday August 14th
3:30pm-6:45pm Monday – Friday
9-11am Saturday**



Maintenance Report

- Repaired a Handrail under the gazebo at Village Green
- Cleaned out the drainage trench around the tennis complex



MC CDD Landscape

- The landscape team has been busy cutting back vegetation on Lake 8
- Cutting back Ornamental grasses on Palencia Village Drive
- Fixed a Mainline break on Southloop
- New Plants added to the Amenity Center entrance

