

# PALENCIASM

MAY MONTHLY NEWSLETTER 2023



Sweetwater CDD meeting

May 4th 4pm

Palencia POA Annual Meeting

May 10<sup>th</sup> 5:30pm

Palencia POA/MOD/ARC

May 11/May 25 9am

Palencia POA/New Build

May 11/May25 4:15pm

Marshall Creek CDD Meeting

May 17<sup>th</sup> 5pm

Marshall Creek POA Compliance May 19<sup>th</sup> 3pm

Palencia POA/BOD Meeting

May 24<sup>th</sup> 5pm

# The CDD has rules and guidelines to protect the residents of Palencia. Please see the following card policies

Member Cards: ALL residents who want to use the amenities must present their resident member card at the time of entry. This is also the case for your children. If your children do not have cards, now is the time to get them before the busy season starts. **Guests:** Your Cards cannot be given to your guests to use on their own. Guests must always be accompanied by a resident. If you are planning a day at the pool you can bring up to 8 guests per visit. **Lost card**: If you should lose your card you will need to purchase a new card . The cost is \$10.00 cash or check. This card can be purchased at the Amenity Center. You will not need to make an appointment for replacement cards, walk in's are welcome... Members without a card in hand will have to wait until all other guests are checked in, as we will need to put you in manually. Please note that our busy pool season is starting and the check in desk can get backed up. Please be patient with us as we navigate this busy season.

If you have any questions about the member cards please call 904-599-9020

Amenity Center is located at 625 Palencia Club Drive

# From the Desk of Adelaide

# Club Activities at the Amenity Center

# Weekly

- Monday's Mahjongg 1:00pm-3:30pm
- Tuesday's Game Club 10am-12:30pm (No game club on 5/2)
- Thursday's Farkle 1pm-4pm (12:30-3:30 May 4th only)

# Monthly

- 5/9 Art Ed 6pm
- 5/11 Aging Lecture 5:30pm (Part 1)
- 5/16 Book Club 4pm
- 5/16 Women Who Mean Business Club 6pm
- 5/18- Aging Lecture 5:30pm (Part 2)





# Mobile Mammogram Bus May 5<sup>th</sup> 9am-5pm Beside the Amenity Center

### PRECISION Mobile Mammography



### SCHEDULING:

PHONE: 904-996-8100 PRECISIONIMAGINGCENTERS.COM

OR SCAN BELOW



### Location:

PALENCIA AMENITIES CENTER

Date: FIRST FRIDAY OF EVERY MONTH

MAY 5th AUGUST 4th
JUNE 2nd SEPTEMBER 1st
JULY 7th OCTOBER 6th

Time:

9AM - 5PM



Name: Yin & Sound Healing Workshop

Date: Saturday, May 6th Time: 4:00pm - 5:30 pm

Fee: \$15 per person paid to the instructor - see contact below for specifics

Who can come: It's for everyone. All you need to do is to bring your yoga

mat.

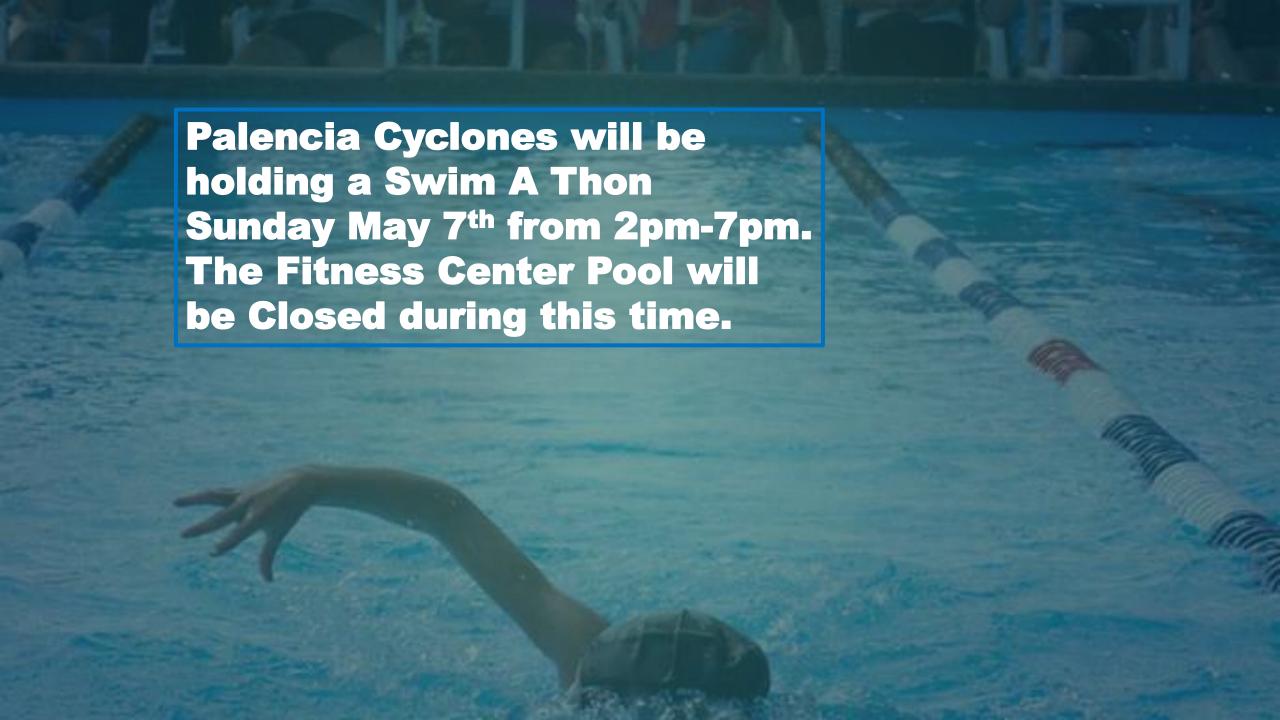
Instructor: Lina Hermez, she is a certified 500-hour Advanced Yoga teacher who finished her studies in the Himalayan Mountains of Nepal.

This workshop is designed to introduce and deepen your self-exploration journey through the chakra system. Sound healing is one of the most effective ways that we can use to balance our chakras to clean up outdated, dysfunctional or negative programming that may be getting in the way of living our best life.

Sound Healing is an ancient meditative practice that uses different musical implements to create healing vibrations around the body in a meditative state. Lina will use Quartz crystal bowls and ancient Tibetan metal bowls that are tuned at strategic frequencies for healing different parts of the body and mind.

In addition, dynamic breathing, Asanas (yoga poses) and meditation to build physical vitality and spiritual consciousness will be incorporated to the class. The goal is to increase your self-awareness by silencing your mind. You leave feeling so relaxed and peaceful, yet your body is flowing with positive energy.

For questions and to reserve a spot contact Lina at lina.hermez@gmail.com



# Art Education Class Location: Amenity Center

# May 9th 6:00pm

Please join us for our new Art Education Club! The goal of this group is to share our appreciation of art (specifically paintings) and learn more about it. This group will meet quarterly and have guest speakers on many subjects regarding all things art. This will be a social gathering where there will be hands-on art, food and fun! Topics we will discuss:

- ▶\*Who, what, when and how to identify valuable pieces
- ▶\*What to beware of when buying a painting
- ▶\*What are lithographs, etchings, engravings, serigraphs and the like
- ▶\*Garage Sale and Thrift Store finds
- ▶\*What makes a piece valuable
- ▶\*Art purchases as an investment

This Club is open to all residents.

Join us and enter our raffle for a free Amazon gift card!

For more information, please contact Janeen Damiano Sara / lilusartandantiques@gmail.com



bodyharmony







Two Part Workshop At The Amenity Center

# AGING WITH STRENGTH AND VITALITY

In this workshop you will learn about exercise and the different pathways available to you. We will discuss nutrition, and how to fuel your body for daily living, and to help with recovery from exercise. We will also hone in on the elements of the mind body connection, along with self care, and how essential they are to the relationship you have with your body, and aging healthily.

This workshop is for anyone who gets a day older everyday!

PART 1- MAY 11TH 6-7PM PART 2- MAY 18TH 6-7PM

### SIGN UP DEADLINE TO RESERVE YOUR SEAT MAY 5TH COST \$30 PER PERSON

PRESENTATION GIVEN BY
NAVENKA GABRIELSON CERTIFIED HEALTH & LIFESTYLE COACH,
PERSONAL TRAINER. PILATES INSTRUCTOR & NUTRITION SPECIALIST

Please Email Navenka Gabrielson to pay and reserve your seat hello@navenkabodyharmony.com www.navenkabodyharmony.com

# Aging with Strength and Vitality

May 11<sup>th</sup> (part 1) & May 18<sup>th</sup> (part 2)

# Palencia's Snack Bar Opening Soon!

Pele's will be doing a café menu with beer and wine coming soon!

Saturday May 13<sup>th</sup> will be the opening day on the pool deck.

More info coming soon, such as hours and a menu.





- Smoke N Da Air BBQ
- African Love Kitchen
- Wok On Wheels
- Tikiz Shaved Ice and Ice Cream

\*Trucks may change or cancel with little to no notice, Please see the FB page for any last-minute changes.

### PALENCIA PROGRESSIVE DOUBLES TENNIS LEAGUE

WHAT: Our progressive tennis league will consist of 7 Sundays of play with a random ladder start. Each week individual players will move up or down the ladder based on their win/loss status from the previous week.

WHO: Both adult men and women are eligible to play. All levels of play are welcome.

WHEN: League play will start Sunday, May 7<sup>th</sup> and end on Sunday, June 25<sup>th</sup> (no play on Sunday, 5/28 Memorial Day weekend). Play is from 9:00-11:00 a.m. Tennis Center will book the courts needed.

WHERE: Palencia courts will be booked by Tennis Center.

### **Court Assignments:**

Players are assigned courts randomly the first week of play.

Going forward, players are assigned to courts based on their performance the week before. Individuals winning the most games move up a court the following week. Those individuals winning the least games move down a court. Other two players remain on the same court.

In case of a winners tie, the player who appeared in the higher position that day will move up.

In case of a loser tie, the play who appeared in the lower position that day will move down.

### Format for Play:

**BYOB** (bring your own balls)

10-minute warm up to begin at 9:00 a.m.

Participants play 10 games with each player(ALL DOUBLES PLAY) on the court following the rotation schedule as indicated on the scoresheet (see scoresheet attached).

Participants record their results (# of games won) on the scoresheet following each rotation.

Players will use "no ad" scoring with the receiving side declaring which player will receive the serve.

### **Player Substitutions:**

Players are responsible for finding their own substitutes.

Subs CANNOT move players up from one week to the next.

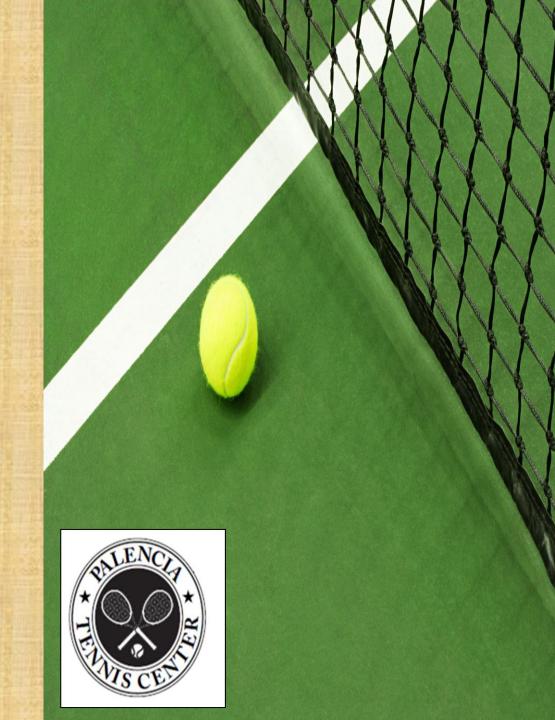
If a Sub wins the most games, the player in 2<sup>nd</sup> place will move up the following week.

Subs CAN move players down.

### Scorecards:

Scorecards should be approved by all players on that court and then dropped off in the Tennis Center after play is finished.

NOW WHAT: If you are interested in joining our 1<sup>st</sup> Palencia Progressive League, please sign up in the tennis office by email at Palenciatennis@marshallcreekcdd.com or call 904-825-4012. If you are interested





# MAY NEWSLETTER

### Camp Boggy Creek Tennis Tournament

We had a great weekend with perfect weather. The wind just added a little excitement for the players! Thank you to all who participated. A special thanks to our sponsors and our volunteers who made this charity event successful both on and off the court!

Palencia players were well-represented in all levels of play. The following members won their divisions:

Womens 3.0:

Kathy Evans/Michelle Devlin

Womens 3.5:

Jodi Stuckey/Lisa Davies

Womens 4.0:

Paula Miller/Stephanie Kinsey

Mens 3.0:

Bala Reddy/Dave Thompson

Mens Senior 65+:

Rich McLaughlin/John McCarthy

Palencia Tennis Center 904-825-4012 Office email:

palenciatennis@marshallcreekcdd.co

Tom Salmon-Director of Tennis tom.salmon@fsresidential.com

Scott Lefteris-Head Pro
Scott.lefteris@marshallcreekcdd.com
Jeff Golden- Head Pro

jeff.golden@marshallcreekcdd.com Jana McDanald-Tennis Pro

janatennispro@gmail.com Myron Grunberg- Tennis Pro

Myron49@aol.com

### **Youth Tennis News:**

Spring youth schedule ends Tuesday, May 23<sup>rd</sup>. Fall youth schedule starts Monday, August 14<sup>th</sup>.



### **Summer Youth Tennis**

The Week 1: 5/30-6/1 their Week 2: 6/6-6/8 Week 3: 6/13-6/15

No youth tennis 6/19-6/23

Week 4: 6/27-6/29 No youth tennis 7/3-7/7

Week 5: 7/11-7/13

No youth tennis 7/17-7/21

Week 6: 7/25-7/27 Week 7: 8/1-8/3

No youth tennis 8/7-8/11

Details on website, attached or in the Tennis Center. Sign up in the Tennis Center!



### **Parent/Youth Round Robin**

Saturday, May 13th 10:00 am-12:00pm \$20/team of 2 (drinks/snacks provided)

Come out for a fun morning of tennis with your child! Let them show you what they've learned! (Child must be able to serve and keep score to participate) Sign-up in the tennis office!

### **ADULT TENNIS NEWS:**

Progressive DOUBLES
Tennis League
Sundays, 9:00-11:00 a.m.
May 7<sup>th</sup>-June 25<sup>th</sup>
Sign up in the Tennis Office
as a player or a sub!
Details attached

### LADIES SUMMER CAMP: You must sign-up in advance!

Week 1 May 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup> Week 2 June 20<sup>th</sup>, 21<sup>st</sup>, 22nd Week 3 July 18<sup>th</sup>, 19<sup>th</sup>, 20th \$108/3 days or \$40/day

### Summer Adult Tennis Schedule:

A team: Tuesdays 8:00 am begins 5/30 B team: Mondays 10:00 am begins 6/5 C team: Mondays 9:00 am begins 6/5 D team: Weds 9:00 am begins 5/31 Drill Clinic: Fridays 9:00 am begins 6/2



### **Beginner Pickleball class!**

Saturday, May 20th

10:30 a.m. or 11:45 a.m.

Cost is \$16/pp. Sign-up by contacting the tennis center.

Come out for Pickleball Round Robins! All levels of play are welcome!

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

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



# Parent/Youth Tennis Round Robin

WHERE: Palencia Tennis Center

WHEN: Saturday, May 13th, 10:00am-12:00pm

**DETAILS**: Come out for a fun morning of

tennis with your child! Let them show you what they've learned and have some fun too! Child must be able to serve and keep score.

Cost: \$10/pp - Drinks/Snacks will be provided.

HOW: Please sign up in the Tennis Pro Shop or call at 825-4018





# Summer Junior Tennis Programs May-August 2023

PLEASE CALL OR EMAIL THE TENNIS OFFICE TO REGISTER FOR ALL CAMPS 904-825-4012 EMAIL:
PALENCIATENNIS@MARSHALLCREEKCDD.COM

# Camp Weeks are listed Below with Classes, times and costs:

Week 1: May 30th June 1st

Week 2: June 6th June 8th

Week 3: June 13th -- June 15th

Week 4: June 27th June 29th

Week 5: July 11th July 13th

Week 6: July 25th July 27th

Week 7: August 1st - August 3rd

### May youth Clinics end Tuesday May 23rd

No Youth clinics during the following weeks:

June 19th-23rd

July 3rd-7th

July 17th-21st

August 7th-11th

\*Fall youth clinics begin Monday August 14th

### Youth Tennis Camps for All Ages:

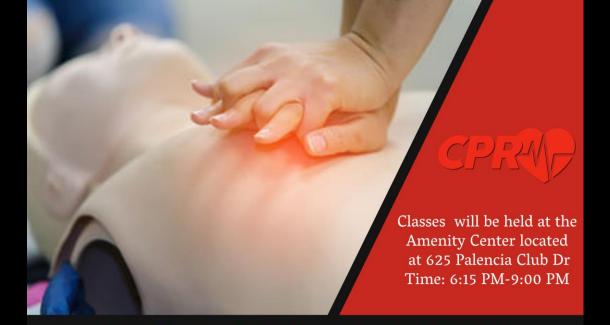
**Tiny Tots Days:** Tues/Thu 9:00-9:50 am Cost: \$32/2 days or \$22/day Tiny Tots is an introduction to the basic skills and fundamentals of tennis in a fun environment using the appropriate QuickStart equipment for young beginners.

Hot Shots (w/JV) Days: Tues, Wed, Thurs 12:30-1:30 p.m. Cost: \$50/3 days or \$22/day Hot Shots focuses on proper technique and footwork while working towards playing tennis using the appropriate QuickStart equipment.

Junior Varsity (w/HS) Days: Tues, Wed, Thurs 12:30-1:30 p.m. Cost: \$50/3 days or \$22/day This program is for the older beginner. Introduction of tennis fundamentals, fun, athletic movement and competition.

Intermediate (Pro approval required) Days: Tues, Wed, and Thu 10:30am-12:00pm Cost: \$80/3 days or \$33/day This program teaches rallying, scoring and competing to help them prepare for middle school tennis and tournaments.

Grand Prix/Tournament Dev(Pro approval required) Days: Tues, Wed, and Thu 10:30am-12:00pm Cost: \$80/3 days or \$33/day This program is designed for the Intermediate to Tournament level player. Focuses on stroke production, shot selection, positioning, strategy and point construction.



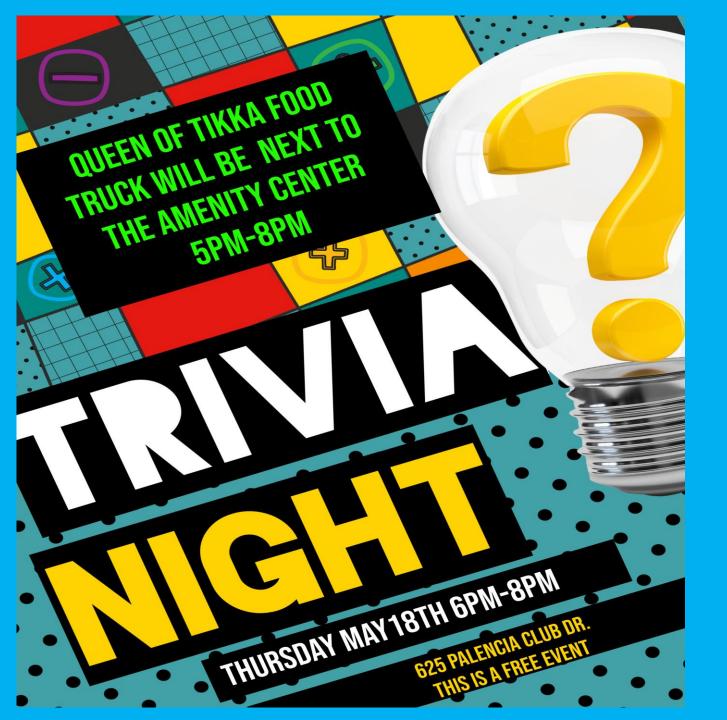
# CPR & AED TRAINING

May 17th

You will be certified in Adult and Child CPR and AED. Cost is \$55 a person and will be paid to the instructor via cash or Venmo







Queen of Tikka Food Truck will be on site to serve you From 5pm-8pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* * * * * * * * * * * * * * * * * * *	1. 6:00am HIIT 8:45am Body Pump (Amenity Center) 9:00am Aqua Aerobics 9:00am Pilates 10:15am Spin 11:10am Senior Stretch 6:00pm Pilates Barre	2. 8:30am Cardio X training 9:00am Zumba Aqua 10:00am Cardio/Core 11:10am Senior Mat Pilates 12:30 Tai Chi Level 1 5:15pm Yogalates 6:30pm Power Pump	3. 6:00an HIIT 8:45am Spin 8:45am Body Pump (Amenity Center) 10:00am Senior Strength 11:10am Yoga 3:05pm Kids Fitness 5:15pm Power Yoga 6:30pm Cardio Step	4. 8:30am Cardio x training 9:00am Zumba Aqua 11:15am Senior Mat Pilates 12:30 Tai Chi level 2 6:00pm Zumba	5. 9:00am Gentle Yoga 10:10am Cardio Step	6. 9:00am Zumba 10:15am Kids Fitness
7. 4:00pm Yoga	8. 6:00am HIIT 8:45am Body Pump (Amenity Center) 9:00 Aqua Aerobics 9:00am Pilates 10:15am Spin 11:10am Senior Stretch 6:00pm Pilates Barre	9. 8:30am Cardio X training 9:00am Zumba Aqua 10:00am Cardio/Core 11:10am Senior Mat Pilates 12:30 Tai Chi Level 1 5:15pm Yogalates 6:30pm Power Pump	10. 6:00an HIIT 8:45am Spin 8:45am Body Pump (Amenity Center) 10:00am Senior Strength 11:10am Yoga 3:05pm Kids Fitness 5:15pm Power Yoga 6:30pm Cardio Step	11. 8:30am Cardio x training 9:00am Zumba Aqua 11:15am Senior Mat Pilates 12:30 Tai Chi level 2 6:00pm Zumba	12. 9:00am Gentle Yoga 10:10am Cardio Step	13. 9:00am Zumba 10:15am Kids Fitness
14. 4:00pm Yoga	15. 6:00am HIIT 8:45am Body Pump (Amenity Center) 9:00am Aqua Aerobics 9:00am Pilates 10:15am Spin 11:10am Senior Stretch 6:00pm Pilates Barre	16. 8:30am Cardio X training 9:00am Zumba Aqua 10:00am Cardio/Core 11:10am Senior Mat Pilates 12:30 Tai Chi Level 1 5:15pm Yogalates 6:30pm Power Pump	17. 6:00an HIIT 8:45am Spin 8:45am Body Pump (Amenity Center) 10:00am Senior Strength 11:10am Yoga 3:05pm Kids Fitness 5:15pm Power Yoga 6:30pm Cardio Step	18. 8:30am Cardio x training 9:00am Zumba Aqua 11:15am Senior Mat Pilates 12:30 Tai Chi level 2 6:00pm Zumba	19. 9:00am Gentle Yoga 10:10am Cardio Step	20. 9:00am Zumba 10:15am Kids Fitness
21. 4:00pm Yoga	22. 6:00am HIIT 8:45am Body Pump (Amenity Center) 9:00am Aqua Aerobics 9:00am Pilates 10:15am Spin 11:10am Senior Stretch 6:00pm Pilates Barre	23. 8:30am Cardio X training 9:00am Zumba Aqua 10:00am Cardio/Core 11:10am Senior Mat Pilates 12:30 Tai Chi Level 1 5:15pm Yogalates 6:30pm Power Pump	24. 6:00an HIIT 8:45am Spin 8:45am Body Pump (Amenity Center) 10:00am Senior Strength 11:10am Yoga 3:05pm Kids Fitness 5:15pm Power Yoga 6:30pm Cardio Step	25. 8:30am Cardio x training 9:00am Zumba Aqua 11:15am Senior Mat Pilates 12:30 Tai Chi level 2 6:00pm Zumba  Thanks to ALL th	26. 9:00am Gentle Yoga 10:10am Cardio Step  e Military personal for	27. 9:00am Zumba 10:15am Kids Fitness the
28 4:00pm Yoga	29. 6:00am HIIT 8:45am Body Pump (Amenity Center) 9:00am Aqua Aerobics 9:00am Pilates 10:15am Spin 11:10am Senior Stretch 6:00pm Pilates Barre	30. 8:30am Cardio X training 10:00am Cardio/Core 11:10am Senior Mat Pilates 12:30 Tai Chi Level 1 5:15pm Yogalates 6:30pm Power Pump	31. 6:00an HIIT 8:45am Spin 8:45am Body Pump (Amenity Center) 10:00am Senior Strength 11:10am Yoga 3:05pm Kids Fitness 5:15pm Power Yoga 6:30pm Cardio Step		ave Made for our freed	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1. Mahjongg 1-3:30pm  Sweetwater Pool Closed until1pm for depth markers repairs	2. Taco Food Truck 5:30-8:30pm	3.	4. Farkle 12:30-3:30pm SC CDD Meeting 4pm	5. Mammogram BUS 9am-5pm	6. Sound Healing 4:00pm at the Gym with Lina	DV
7. Swim-A- Thon 2pm-5pm	8. Mahjongg 1pm-3:30pm	9. Game Club 10am-1pm ART ED CLUB 6pm	10. MC POA 5:30pm	Tarkle 1pm-4pm Aging workshop 5:30pm Part 1	12. Food Trucks 5:30-8:30pm	13.	
Happy Mother's Day	15. Mahjongg 1pm-3:30pm	16. Game Club 10am-1pm Book Club 4pm	17. MC CDD 5pm CPR/AED training 6pm	18. Farkle 1pm-4pm Aging workshop 5:30pm Part 2 Trivia night/ Queen of Tikka Food Truck	19.	20.	\ \ \
21.	22. Mahjongg 1pm-3:30pm	23. Game Club 10am-1pm	24. POA Meeting 5pm	25. Farkle 1pm-4pm  Last Day of School Pool Party/Food Trucks 5pm	26.	27.	tue
28.	29. Memorial Day	30. Game Club 10am-1pm	31.				<b>(</b> )



Camps: Ladies Day Camp

Dates: Week 1: May 22<sup>nd</sup>, 23<sup>rd</sup>, and 24<sup>th</sup> (Mon-Wed)

Week 2: June 20th, 21st and 22nd (Tues-Thurs)

Week 3: July 18th, 19th and 20th (Tues-Thurs)

Time: 9am to 11am

**Cost:** \$108.00 for all 3 days or \$42.00 per day

Description: The Palencia Tennis Center will offer 3 day Ladies Camps. These camps will focus on stroke production, doubles situations and match play. Camps are open to ALL levels and are a great way to keep your game in shape over the summer months. Don't be left out! Call the Palencia pro shop to sign-up!

### **Ladies Summer Clinic Schedule:**

There will be no team clinics during Ladies camp weeks!

Women's A team clinic will meet at 8 am on Tuesdays beginning May 30th

Women's C team clinic will meet at 9 am on Mondays beginning June 5

Women's B team clinic will meet at 10 am on Mondays beginning June 5

Women's D team clinic will meet at 9 am on Wednesdays beginning May 31st

# **TENNIS**

### **Tennis Center Contacts:**

904-825-4012

Palencia Tennis@marshallcreekcdd.com

Tom Salmon –Director of Tennis

<u>Tom.Salmon@fsresidential.com</u>

Scott Lefteris- Head Pro

Scottlefteris@marshallcreekcdd.com

Jeff Golden-Head Pro

Jeff.Golden@marshallcreekcdd.com

Jana McDonald-Tennis Pro

Janatennispro@gmail.com

Myron Grunberg-Tennis Pro

Myron.Grunberg@icloud.com

## Food Trucks on site will be:

- Wok On Wheels
- Luvin Oven
- Tough Guys Cookies
- Tikiz Shaved Ice and Ice Cream







Maintenance Report



- Stains removed from return drains
- Painted slide tower and handrails
- Splash pad pool motor replaced
- Pre-Opening repairs to the snack bar completed









## MC CDD Landscape

- The landscape department removed debris from the boardwalk following the Nor'easter
- Delivered 1700 bales of Pine Straw to the Community purchased through the Pine Straw Drive
- Installed Irrigation at Village Green to support the new plant material
- Planted a few new trees near the Fountain



