

September Monthly Newsletter 2023





Monthly Meetings

| | |
|----------------------------------|--|
| September 7th | Sweetwater Creek CDD (4pm) |
| September 14 th /28th | Palencia POA/MOD (9am) Marshall Creek |
| September 14 th /28th | Palencia POA/ New build (4pm) Marshall Creek |
| September 20th | Marshall Creek CDD (4pm) |
| September 27th | Marshall Creek POA (5pm) |

Weekly Club Meetings

Monday 1pm Mahjongg

Tuesday 10am Game Club

Thursday 12:30pm Farkle

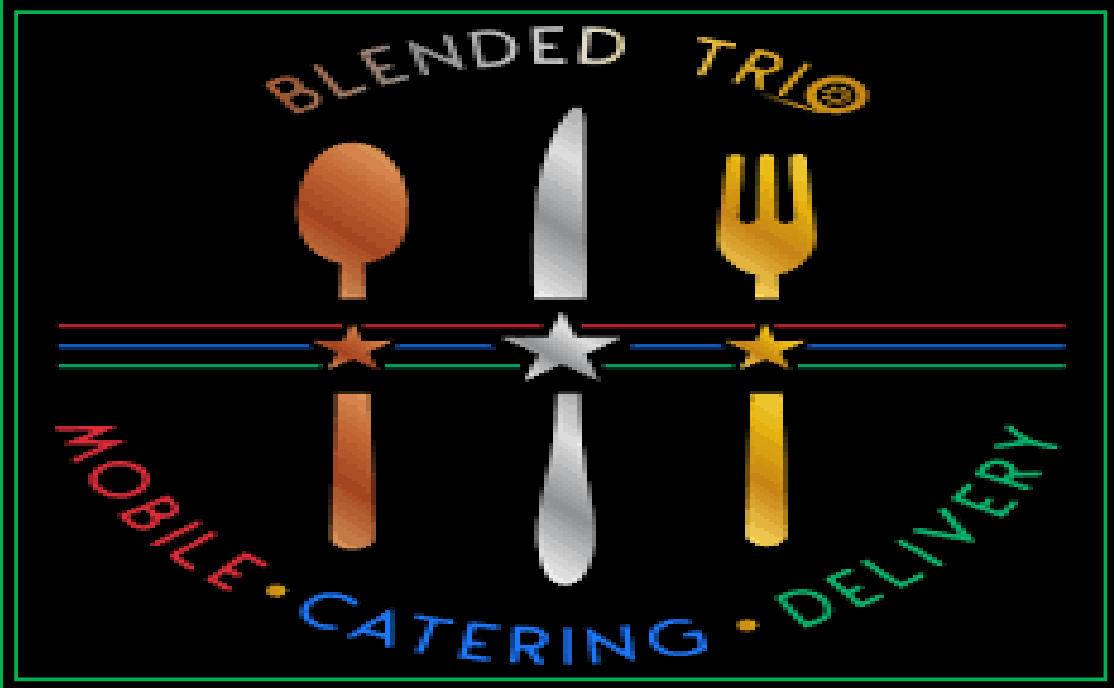
Once a Month Club Meetings

Tuesday September 19th Book Club 4pm

Monday September 25th Women Who Mean Business 6pm



Blended Trio will be on
Market Street Friday
September 1st
5:30pm-8:30pm





MENU

PRICES DO NOT INCLUDE SALES TAX

SANDWICHES

SERVED WITH TWO SIDES

BRISKET \$14
PORK \$10
SAUSAGE \$8

PLATTERS

SERVED WITH GARLIC ROLL AND TWO SIDES

CHICKEN \$13
PORK \$12
ST. LOUIS RIBS \$14
BRISKET \$15
SAUSAGE \$9

COMBO PLATE

SERVED WITH GARLIC ROLL AND TWO SIDES

PICK 1 W/BRISKET \$18 PICK 1 W/RIBS \$17
PICK 1 W/CHICKEN \$15 PICK 1 W/PORK \$14

SIDES

BAKED BEANS \$3
GREENS \$3
MAC 'N' CHEESE \$3
COLESLAW \$3

BY-THE-POUND

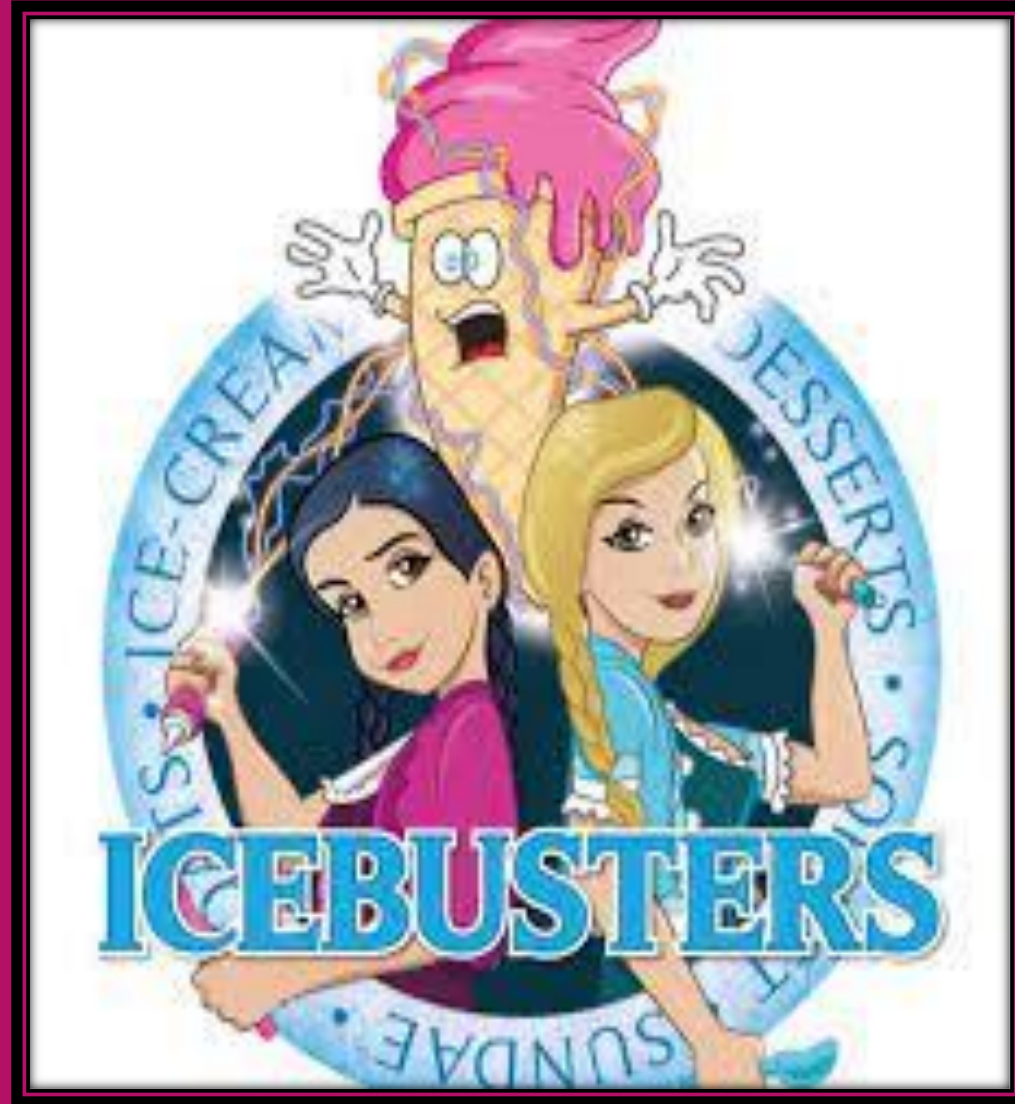
PORK \$13
BRISKET \$18
ST. LOUIS RIBS \$25
CHICKEN \$14

DRINKS

TEA \$2.50
LEMONADE \$2.00
Soda \$2.50
Water \$2.00

904-347-1944 · FOLLOW US ON FACEBOOK @ THE SAUCEY PIG

September 2nd
Market Street
11am-2pm



Saturday
September 2nd
11am-2pm
along side the
Saucey Pig
Food Truck
Location :
Market Street



★ HAPPY ★
LABOR DAY

Amenity Center Hours: 9am-8pm

Fitness Center Hours: 5am-9pm



Monday Aerobic classes for September 4th

6am HIIT- Happening

8:45am- Body Pump- Amenity Center- Happening

9:00am Pilates-Cancelled

9:00am Aqua Aerobics- Happening

10:00am Body Flow- Amenity Center -Happening

10:15am Spin-Happening

11:10am Senior Stretch-Happening

6:00pm Pilates Barre-Cancelled

Tai Chi is Starting back
twice a week:

Tuesday September
5th @12:30pm &

Thursday September 7th
@10am

Location: Fitness Center





Taco Tuesday
September 5th
**Twisted Okie BBQ
and Tacos**
5:30pm-8:30pm

Palencia Presents

FRIDAY NIGHT FOOD TRUCKS



5:30pm-8:30pm

Turkey Leg Palace, Crown Majestic
Kitchen, Blade and Wave, Planet Pizza,
Tikiz Shaved Ice and Ice Cream
Friday , September 8th
Location: Market Street

September

Palencia Presents

SATURDAY NIGHT FOOD TRUCKS



5:30pm-8:30pm

Big Blue Bistro, Chubby Burrito
Blue line Q, & Mr Softee
September 23rd

Mahjongg Club



September 11th

**Come Learn How to Play
Mahjongg !!**

**Monday 1:00pm-3:30pm
At the Amenity Center**

Please email Susan if you
would like to attend so the
club can plan to have
enough boards ready.

Funnyfarmskp@gmail.com

Tuesday
September 12th
Chick-Fil- A food
truck will be on
Market Street to
serve you!
5pm-7:30pm



September 11th
6:00pm-6:45pm at
the Amenity
Center
*Please sign up in
advance



DO YOU HAVE
QUESTIONS
ABOUT DIET,
FITNESS,
HEALTH, AND
WELLNESS?

**Come and meet
health coach
Navenka!
Monday September
11th 6-6:45PM
Palencia Community
Center**

**To Sign Up Please
Text or Call Navenka 425-230-7306**



Join me for some
healthy snacks
and helpful
conversations!

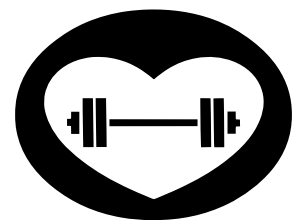
Learn what a health
& lifestyle coach
does and how they
can help you!

Free snacks, great
information, and a
chance to win some
coaching sessions!

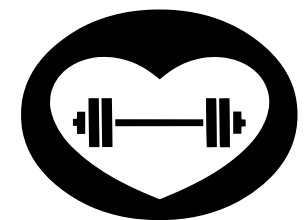
September Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--------------------------------------|--|--|---|
| | | | | | 1. Blended Trio Food Truck 5:30-8:30pm | 2. Saucy PIG & Icebusters Food Trucks 11-2pm |
| 3. | 4. NO Mahjonn 1pm-3:30pm  | 5. Taco Food Truck 5:30-8:30pm | 6. | 7. Farkle 12:30pm SC CDD Meeting 4pm | 8. Food Trucks 5:30-8:30  | 9. |
| 10. | 11. Mahjonn 1pm-3:30pm Body Harmony 6pm Amenity Center | 12. Game Club 10am-1pm Chick-Fil-A Food Truck | 13. | 14. Farkle 12:30pm | 15. | 16. |
| 17. | 18. Mahjonn 1pm-3:30pm | 19. Game Club 10am-1pm Book Club 4pm | 20. MC CDD meeting 4pm | 21. Farkle 12:30pm | 22. | 23. Food Trucks 5:30-8:30  |
| 24. Red Bingo's Food truck 8am-11am | 25. Mahjonn 1pm-3:30pm Women who Mean Business 6pm | 26. Game Club 10am-1pm | 27. POA Meeting 5pm (Marshall Creek) | 28. Farkle 12:30pm | 29. | 30. |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------------------------|---|---------------------------------|---|-------------------------------|---------------------------------|--------|
| | 8:45am Body Pump | | 8:45am Body Pump | | Cardio Step 8:45am | | |
| | 9:00am Aqua Aerobics | 9:00am Zumba Aqua Aerobics | 9:00am Aqua Aerobics | 9:00am Zumba Aqua Aerobics | 10:00am Body Pump | 9:00am Aqua Aerobics | |
| | 10:00am Body Flow | | 10:00am Body Flow | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |



AMENITY CENTER CLASSES



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------|------------------------------------|---------------------------------|------------------------------------|----------------------------|---------------------------------|-----------------------|
| 6:00am HIIT H | | 6:00am HIIT H | | | | |
| | 8:30am Cardio X Training E/M | 8:45am Spin M/H | 8:30am Cardio X Training M/H | | | |
| 9:00am Pilates E/M | | | 10:00am Tai Chi E | 9:00am Gentle Yoga E | 9:00am Zumba/Zumba Tone M | |
| 10:15am Spin M/H | 10:00am Cardio/Core E/M | 10:00am Senior Strength E | | | | |
| 11:10am Senior Stretch E | 11:10am Senior Mat Pilates E | | | | | 4:00pm Yoga E/M |
| | 12:30pm Tai Chi E | 11:10am Yoga E/M | 11:15am Senior Mat Pilates E | | | |
| | | 3:05pm Kids Fitness E | | | | |
| | 5:15pm Yogalates E/M | 5:15pm Power Yoga M/H | | | | |
| 6:00pm Pilates Barre M/H | 6:30pm Power Pump M/H | 6:30pm Cardio Step M/H | 6:00pm Zumba M | | | |

Fitness Center: (904) 829-8584
Amenity Center: (904) 599-9020

E= Easy M= Medium H= Hard

9/1/2023



FITNESS SCHEDULE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|--|---|--|---|---|---|
| |  | | | | 1. 8:45am Cardio Step (AC) 9:00am Gentle Yoga | 2. 9:00am Zumba/Zumba Tone 9:00am Aqua Aerobics(AC) |
| 3. 4:00pm Yoga | 4. 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 | 5. 8:30am Cardio X training 9:00am Zumba Aqua (AC) 10:00am Cardio/Core 11:10am Senior Mat Pilates 12:30pm Tai Chi 5:15pm Yogalates 6:30pm Power Pump | 6. 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 | 7. 8:30am Cardio x training 9:00am Zumba Aqua (AC) 10:00am Tai Chi 11:15am Senior Mat Pilates 6:00pm Zumba | 8. 8:45am Cardio Step (AC) 9:00am Gentle Yoga | 9. 9:00am Zumba/Zumba Tone 9:00am Aqua Aerobics(AC) |
| 10. 4:00pm Yoga | 11. 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 | 12. 8:30am Cardio X training 9:00am Zumba Aqua (AC) 10:00am Cardio/Core 11:10am Senior Mat Pilates 12:30pm Tai Chi 5:15pm Yogalates 6:30pm Power Pump | 13. 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 | 14. 8:30am Cardio x training 9:00am Zumba Aqua (AC) 10:00am Tai Chi 11:15am Senior Mat Pilates 6:00pm Zumba | 15. 8:45am Cardio Step (AC) 9:00am Gentle Yoga | 16. 9:00am Zumba/Zumba Tone 9:00am Aqua Aerobics(AC) |
| 17. 4:00pm Yoga | 18. 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 | 19. 8:30am Cardio X training 9:00am Zumba Aqua (AC) 10:00am Cardio/Core 11:10am Senior Mat Pilates 12:30pm Tai Chi 5:15pm Yogalates 6:30pm Power Pump | 20. 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 | 21. 8:30am Cardio x training 9:00am Zumba Aqua (AC) 10:00am Tai Chi 11:15am Senior Mat Pilates 6:00pm Zumba | 22. 8:45am Cardio Step (AC) 9:00am Gentle Yoga | 23. 9:00am Zumba/Zumba Tone 9:00am Aqua Aerobics(AC) |
| 24. 4:00pm Yoga | 25. 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 | 26. 8:30am Cardio X training 9:00am Zumba Aqua (AC) 10:00am Cardio/Core 11:10am Senior Mat Pilates 12:30pm Tai Chi 5:15pm Yogalates 6:30pm Power Pump | 27. 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 | 28. 8:30am Cardio x training 9:00am Zumba Aqua (AC) 10:00am Tai Chi 11:15am Senior Mat Pilates 6:00pm Zumba | <div style="border: 2px solid purple; padding: 10px; text-align: center;"> <h2>Group Fitness Schedule</h2> </div> | |



Rad Ringo's
Mini Donuts

FLAVORS

Chocolate Oreo
Maple

Fruity Pebbles
Cinnamon Sugar

Strawberry w/Sprinkles
Whisky Glaze

6 MINI DONUTS / \$5.50

CHOOSE UP TO 3 FLAVORS

12 MINI DONUTS / \$10.00

CHOOSE UP TO 4 FLAVORS

25 MINI DONUTS / \$20.00

CHOOSE UP TO 5 FLAVORS

DRINKS AVAILABLE ON THE TRUCK

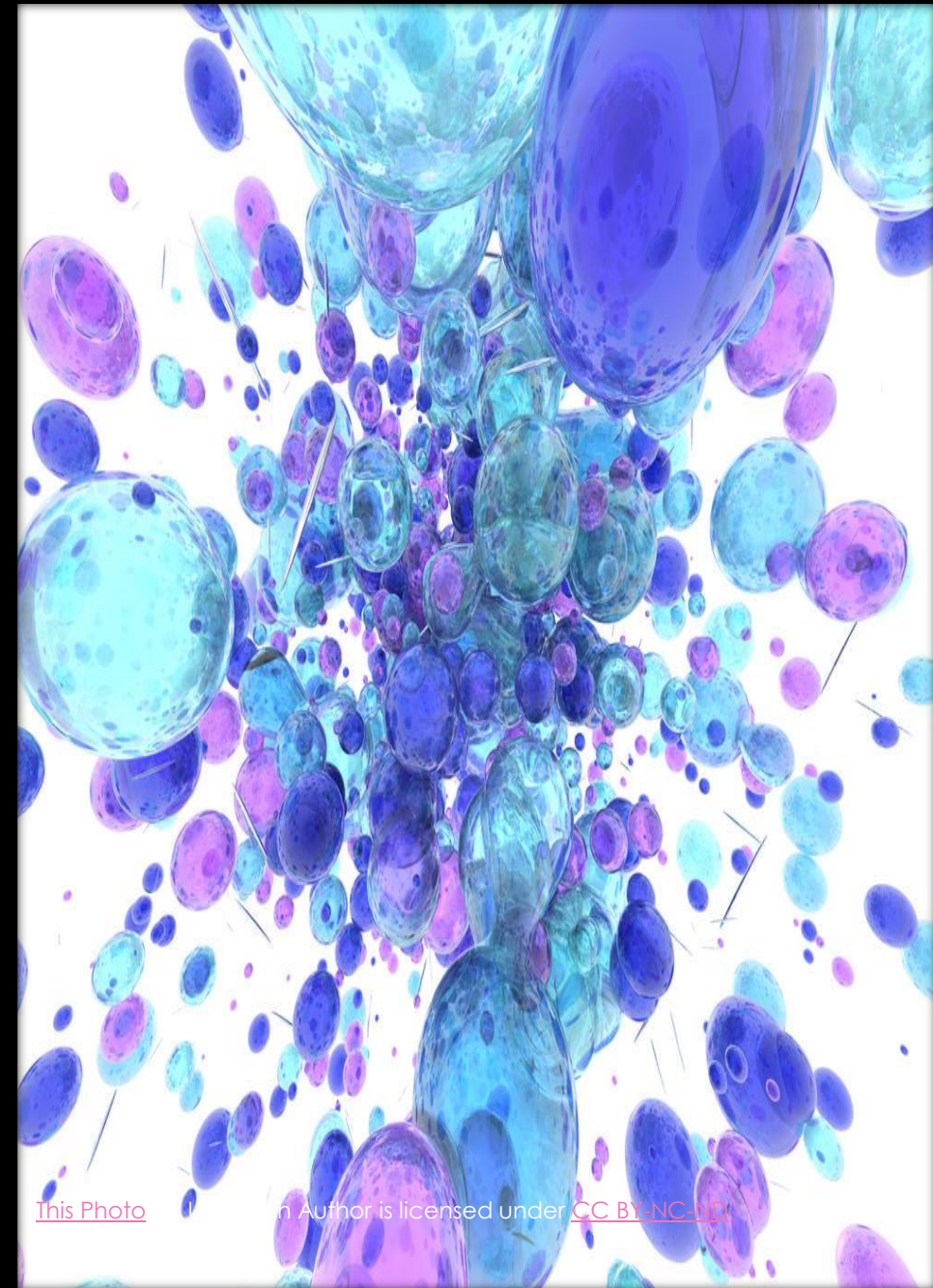
RADRINGOS@GMAIL.COM 904-635-5964
WWW.RADRINGOS.COM

Rad Ringo's
September 24th
8am-11am
Come grab Breakfast
on Market Street

From the Desk of Adelaide

Wow...where did the summer go? As you know, school is back in session.

- **Please be mindful of the speed limit, especially during school hours.**
- **Watch for flashing lights, and reduced speeds in the school zone**
- **Stop for children trying to cross the road.**
- **When a school bus has their lights flashing and stop sign out, traffic should stop in both directions.**



[This Photo](#)

in Author is licensed under [CC BY-NC-ND](#)



Maintenance Report

- The Amenity Center has NEW sand filters installed for the family pool
- Staff was out cleaning up the streets with the debris loader

