

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>November</b>				1. 20 seconds	2. 25 seconds
3. 30 seconds	4. 35 seconds	5. REST  Level Up Dinking Clinic 6-8pm \$	6. 40 Seconds Fall Pickleball League starts Meditation 10:30am	7. 45 seconds SW CDD meeting 4pm @ Fitness Center Zumba 6:30pm	8. 45 Seconds	9. 50 Seconds  Intro To Pickleball 9-11am \$ Beg/and Kids
10. REST	11. 1 min 	12. 1 min  Pickleball Fundamentals Clinic 6-8pm \$ Beg/Low Interm.	13. 1 min 10 sec Meditation 10:30am	14. 1 min 20 sec	15. REST	16. 1 min 20 sec
17. 1 min 30 sec	18. 1 min 30 sec	19. 1 min 45 sec  Pickleball Agility 6-8pm \$ All Levels	20. REST Meditation 10:30am	21. 1 min 45 sec HOA MEETING 3-5pm @ SW Fitness Center	22. 1 min 55 sec	23. 2 MIN  Next Levels Volley 9-11am \$ Interm/Adv
24. 2 MIN	25. REST	26. 2 Min 15 sec Rest Your Mind &Point 6-8pm \$ Interm/Adv	27. 2 min 20 sec Meditation 10:30am	28. 2 min 30 sec 	29. 2 Min 45 sec	30. 3 MIN

Nov 1 <sup>st</sup> - 20 seconds	Nov 11 <sup>th</sup> - 1 MIN	Nov 21 <sup>st</sup> - 1 MIN 45 sec
Nov 2 <sup>nd</sup> - 25 seconds	Nov 12 <sup>th</sup> - 1 MIN	Nov 22 <sup>nd</sup> - 1 MIN 55 sec
Nov 3 <sup>rd</sup> - 30 seconds	Nov 13 <sup>th</sup> - 1 MIN 10 sec	Nov 23 <sup>rd</sup> - 2 MIN
Nov 4 <sup>th</sup> - 35 seconds	Nov 14 <sup>th</sup> - 1 MIN 20 sec	Nov 24 <sup>h</sup> - 2 MIN
Nov 5 <sup>th</sup> - REST	Nov 15 <sup>th</sup> - REST	Nov 25 <sup>th</sup> - REST
Nov 6 <sup>th</sup> - 40 seconds	Nov 16 <sup>th</sup> - 1MIN 20 sec	Nov 26 <sup>th</sup> - 2 MIN 15 sec
Nov 7 <sup>th</sup> - 45 seconds	Nov 17 <sup>th</sup> - 1 MIN 30 sec	Nov 27 <sup>th</sup> - 2 MIN 20 sec
Nov 8 <sup>th</sup> - 45 seconds	Nov 18 <sup>th</sup> - 1 MIN 30 sec	Nov 28 <sup>th</sup> - 2 MIN 30 sec
Nov 9 <sup>th</sup> - 50 seconds	Nov 19 <sup>th</sup> - 1 MIN 45 sec	Nov 29 <sup>th</sup> - 2 MIN 45 sec
Nov 10 <sup>th</sup> - REST	Nov 20 <sup>th</sup> - REST	Nov 30 <sup>th</sup> - 3MIN



# Sweetwater Fitness Planksgiving

Donations taken at the

FITNESS CENTER

# Palencia Food Drive

Our Lady of Good Counsel (OLGC) Food Pantry  
(Serves the food insecure in 32095 & 32092)

**Collection Dates: Nov 1 thru 16, 2024**



**Collection Sites: The Palencia Fitness Center 1865 N. Loop Parkway,  
And Palencia Amenity Center 625 Palencia Club Drive**



### Items needed:

Canned beans 15 oz. pork & beans navy, pinto, kidney, lima, etc. (any brand & any type)



Peanut Butter 16 to 18 oz. plastic jars (any brand & any type)



Canned vegetables 15 oz. (any brand & any type). We are in need of corn!

**Please: NO GLASS and only unopened containers.**

**Monetary donations are welcome.** Make check payable to OLGC. MEMO: Food Pantry. Mail to Molly Goins-Cox, 136 La Mesa Drive, St. Augustine FL, 32095. Questions call Molly at (860) 305-9411. Need donations picked up call Carrie Hulka (918) 510-6769.

**Thank you!**

**OLGC Food Pantry Partners:** Feeding Northeast Florida, The Village Church, Cascades, San Juan Del Rio, King & Bear, and other smaller groups.







## SPOTLIGHT ON INSTRUCTORE : TIFFANY

I moved to St. Augustine from Ohio with my husband and three daughters about 5 years ago. Growing up, I was a competitive gymnast, cheerleader, and dancer, and I believe these skills have molded me into the fitness instructor I've become. I started teaching aerobics ten years ago and have since taught a wide range of classes, including Step, Pilates, Toning, Cardio X-Training, Bootcamp, and HIIT. My favorite classes combine strength training and cardio, offering a balanced yet challenging experience for participants. My mother, who worked as a fitness instructor for several years, inspired me to pursue a healthy lifestyle and share that passion with others. I've been teaching HIIT classes here at Palencia on Tuesdays and Thursdays at 8:30 AM for about 4 years. My classes incorporate various equipment for a challenging yet accessible workout that welcomes all fitness levels. I encourage my participants to adapt the class to their needs, whether they come late, leave early, or modify exercises. My goal is to create a FUN, supportive environment where everyone feels empowered to focus on themselves, amidst life's daily chaos. I must say that my participants here at Palencia inspire me. They are some of the kindest, most caring, supportive and hilarious individuals I've ever worked with. I'm so thankful for my time with them.

I currently dabble in many things, but the common element is working with people. Today, I balance my role as a Realtor with Florida Coastal Team and as a fitness instructor, always motivated by a love for helping people find their fit—whether it's their dream home or their personal fitness goals. In real estate, my own relocation experience has given me a firsthand understanding of the challenges and rewards of moving to a new area. I use this insight to guide customers, helping them find the right home and community that suits their lifestyle.

Being part of both the fitness and real estate communities has brought me into contact with so many amazing individuals, and I'm grateful to support people as they work toward goals that enrich their lives.



 **FLORIDA**  
COASTAL TEAM 

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REALTOR®  
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tiffany@floridacoastalteam.com  
www.floridacoastalteam.com

**Tiffany's Class Schedule:**  
Tuesday 8:30am  
Thursday 8:30am  
Cardio X Training



**SWEETWATER FITNESS  
CENTER  
THANKSGIVING  
HOURS:**

- Thursday 5am-3pm
- Friday 8am-8pm



**Tuesday, Nov. 5 6:00-8:00pm**

**Just Drop It!! – Intermediate to Advanced**

•90% of points in pickleball played by intermediate players and up are won at the kitchen. It is your job to get there and win! This class will focus on getting you to the next level of pickleball so you can compete at a higher level. Learn to drop the ball in the kitchen in all situations!

**Saturday, Nov. 9 9:00-11:00am**

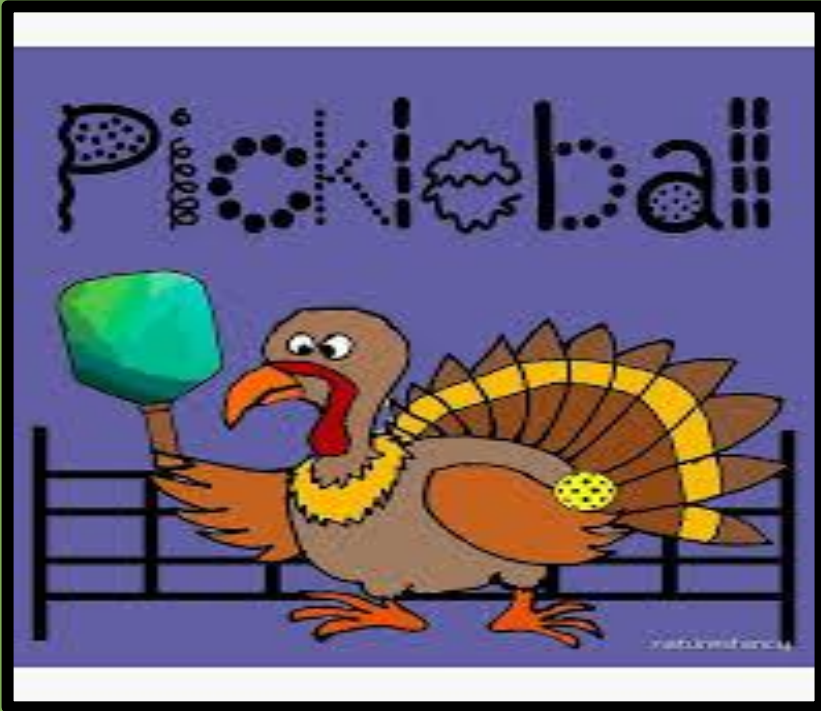
**Intro to Pickleball – Beginners and KIDS!!**

•A beginner's adventure into learning the basics of Pickleball. We teach the basics and then PLAY to put those basics to use!! This will include rules, scoring, appropriate footwear, equipment strategy, basic fitness, and, of course, the basic shots that go into pickleball!



For Pickleball Clinic info Please Call or  
text Darcy Miller at **904-891-6573**  
to register  
(Certified Pickleball Instructor)





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***Tuesday, Nov. 12 6:00-8:00***

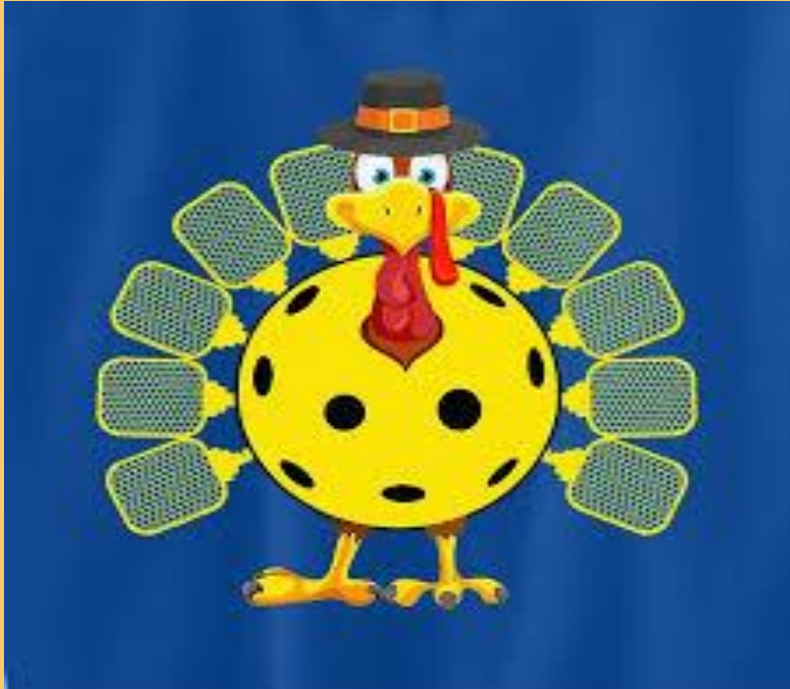
### **Pickleball Fundamentals — Beginners to Low Intermediate**

•Ok, so you can get into the point with an effective serve and return. What next? We will introduce you to a strategic approach to **the third shot, and dink** so that you can begin playing pickleball at a competent level! This is a GREAT opportunity for folks new to the game to reinforce some of the skills they have already learned and applied!

***Saturday, Nov. 16 9:00-11:00***

### **Level Up Dinking – Intermediate to Advanced**

•Should I volley Dink or let it bounce? Decisions decisions! Learn how to keep your opponent guessing and off balance by keeping pressure on them during a dink rally! We will work on dinking out of the air as well as letting it bounce. We will also be very strategic by learning optimal placement of all dinks during a point. Learning to vary spins and placement can change your game!



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***Tuesday, Nov. 19 6:00-8:00***

### **Pickleball Agility – All Levels**

•Ever get out of position? Lose your balance? Yeah, me too! Worry not! We have just the thing for you! Join us for a night of cardio, footwork and maybe a little dancing! Ok, no dancing, but you will improve your moves on the court! The right footwork makes ALL of your shots better!

***Saturday, Nov. 23 9:00-11:00***

### **Specialty Shots – High Intermediate/Advanced**

•Learn how to do an ERNE, ATP and defend both in this specialized clinic for high intermediate and advanced players!



***Tuesday, Nov. 26 6:00- 8:00***

**Next Level Lob, Overhead and Volley –  
Intermediate/Advanced**

•Ever get frustrated because you hit a ball back and your opponent crushes it every time? Ever have to let a ball bounce because you do not trust hitting an overhead to stay on the offensive? Are you missing put aways or just not volleying where you need to? Well, you are in luck! This class is for you!



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The Sweetwater Creek Community Development District Board of Supervisors Meeting is scheduled for **Thursday, November 7, 2024 at 4:00 p.m. at the Fitness Center, 1865 N. Loop Parkway, St. Augustine, Florida 32095.**

Following is the agenda for the meeting:

- I. Roll Call
- II. Public Comment (limited to three minutes)
  
- III. Approval of the Consent Agenda
  - A. Minutes of the October 5, 2024 Board of Supervisors Meeting
  - B. Financial Statements
  - C. Check Register
  - D. Ratification of Requisition Nos. 141 and 142
- V. Staff Reports
  - A. Landscape Team
    - 1. Maintenance Report
    - 2. Proposal for Flow Sensors on Pump Station
  - B. District Engineer – Update Regarding Land Use of Parcel Conveyed to CDD
  - C. District Counsel
  
  - D. District Manager
  
  - E. Field Manager – Report
  
  - F. Director of Amenities
    - 1. Report
    - 2. Quote for Shade Structures
    - 3. Quote for Putt Putt Course Carpet
- VI. Consideration of Resolution 2025-02, Amending the Fiscal Year 2024 Budget VII.
- VII. Update Regarding Capital Project Plan
- VIII. Discussion of Capital Reserve Study
- IX. Discussion of Staff Performance Objectives
- X. Discussion of Bonus Clause
- XI. Other Business
- XII. Supervisor Requests/ Public Comment
- XIII. Next Scheduled meeting – Thursday, December 5<sup>th</sup>, 2024 at 4pm at the Fitness Center, 1865 N. Loop Parkway, St. Augustine Florida 32095
- XIV. Adjournment

# SWEETWATER CDD MEETING

## THURSDAY NOV. 7<sup>th</sup>.

