



PALENCIA

COMMUNITY COMPASS

HAPPY NEW YEAR

2025

Discover Palencia ~ Your Map to Community Living and Exploration

January 2025 Edition

AMENITY HOURS

[Click Here for the Palencia Online Calendar](#)



MC Amenity Center and Pools

Pools

Sunday through Saturday

9:00 AM - 8:00 PM

Slide

Closed for the Winter Season

Center

9:00 AM - 8:00 PM

Palencia Tennis

Courts available

7:00am - 10:00 PM daily

Tennis Shop Hours of Operation

Monday-Friday 8:00 AM - 7:00 PM

Saturday & Sunday 8:00 AM - 4:00 PM

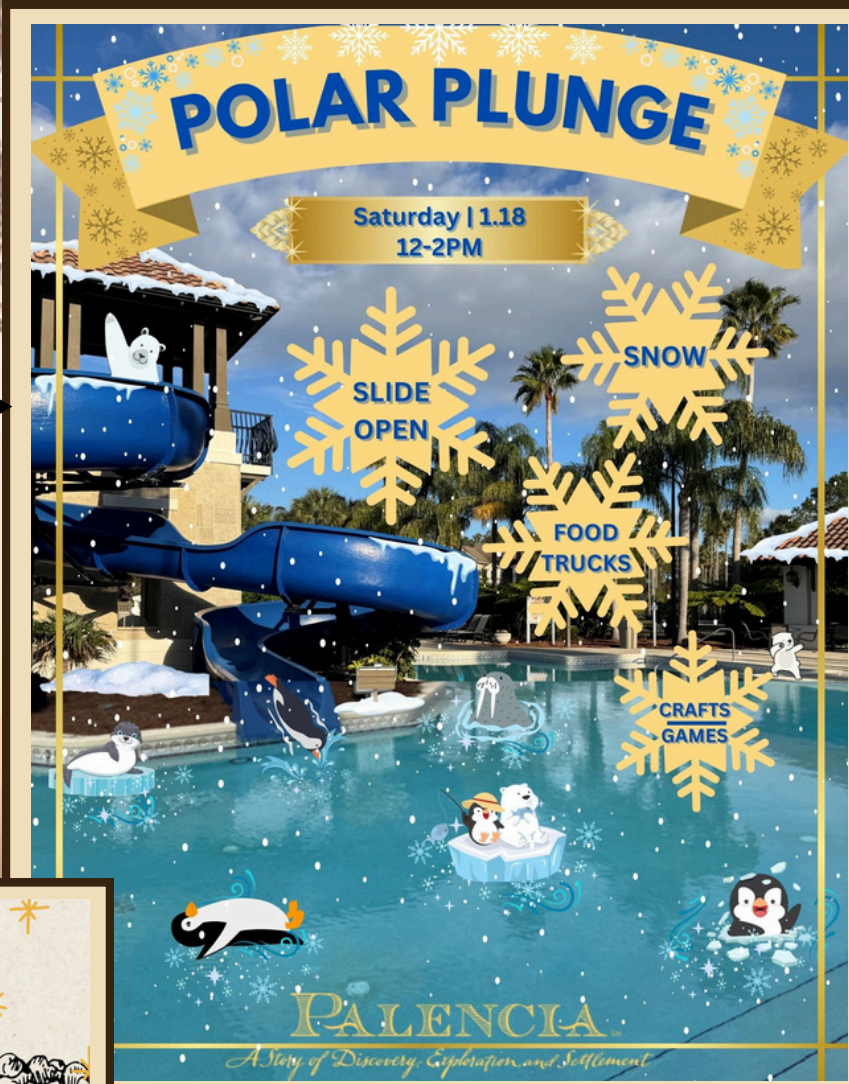


Sweetwater Swim & Fitness Center

[CLICK HERE for Current Hours and Information](#)

EVENTS IN JANUARY

Polar Plunge
Saturday, January 18th
12:00 PM - 2:00 PM



Palencia Presents
MARKET STREET
Movie Nights



Friday, Jan 24th
Showtime 6:00 pm



~Join us for a premier of newly released "The Wild Robot."
~Bring your own picnic blankets and bug spray and enjoy the festivities on the lawn by the Amenity Center.
~Food Truck from 5-8

Movie & Food Truck Night
Friday, January 24th
5:00 PM - 8:00 PM

NEW!!!
IN JANUARY



PALENCIA PRESENTS TRIVIA & FOOD TRUCK NIGHT!!!



Friday
31 Jan, 2023



Food Trucks: 5-8pm
Trivia Start: 6pm



Amenity Center:
Covered Veranduh

TEAMS OF 8 AND UNDER

Tickets are \$5 each. Proceeds from ticket sales will go
directly toward funding the prizes.

Must RSVP by 4:30pm the day of the event.

Weather Permitting

RSVP NOW

FOR THE COMMUNITY

**For Palencia
residents only!
Limelight is giving
you \$5.00 off
tickets for
Crimes of the Heart**

2. Go to: limelight.ludus.com
3. Choose the "Crimes of the Heart" event
4. Pick your date and seat (excluding 1/16 and 1/28)
5. Fill in patron information and continue
6. Put in the code below!



Discount Code: PALENCIA25

The three MaGrath sisters are back together in their hometown of Hazelhurst for the first time in a decade. Under the scorching heat of the Mississippi sun, past resentments bubble to the surface and each sister must come to terms with the consequences of her own "crimes of the heart."

Purchase tickets as a group to take advantage of discounted rates.

TENNIS



JANUARY NEWSLETTER

January Clinics:

Adults:

Our clinics will resume our normal schedule on

January 6, 2025.

Ladies Clinics will CHANGE start times on Monday, 1/6:

A Clinic 9:00 am

C Clinic 10:00 am

B Clinic 11:00 am

Same schedule:

D Clinic Wed 10:00 am

Drill Clinic Fri 10:00 am

Beg/D Clinic Fri 11:00 am

Congrats

Congratulations to our Ugly Sweater contest winners!

Missy Nevin

Jill Jabot

Marcia Oltz

We had a fun day of laughter and goodies for all our members! Our many thanks to you all for making Palencia Tennis Center a great place to work!



Youth Tennis News:

Classes begin on Monday, January 13th, 2025.

Information will be sent out in our group emails for our January class schedule.

Some schedule changes will be made so please read the emails carefully!

You must sign-up in advance for all classes!

Youth Holiday Camps:

Thursday, January 2nd and Friday, January 3rd:

Tiny Tots

10:00—10:50 a.m. \$36/2 days or \$25/day

Junior Varsity/Intermediate/Tournament Development

11:00 a.m.-12:30 p.m. \$54/2 days or \$68/day

Sign up in the tennis office by phone, email or in person!

Congrats

Giving a shout out to our Senior Mens Red team for finishing second in their division: Jo Blanton, Steve Paganetti, John Evans, Stuart Jacobsen, Chip Jeter, John McCarthy, Rich McLaughlin, Charles Patterson, Marc Rittman

New Year Closures:

The Tennis Office will be closed

Noon on Dec. 31st through Jan. 1st. Office will re-open Jan. 2nd at 8:00 a.m.

Courts will be on a First Come/First Serve basis during the closures



It's with a heavy heart that we announce the retirement of Coach Jeff Golden from Palencia Tennis Center. After 8 years here and countless hours on the courts, his last day was December 30th. Please wish him luck when you see him!

Palencia Tennis Center
904-825-4012

palenciatennis@marshallcreekcdd.com

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

Jana McDonald-Tennis Pro

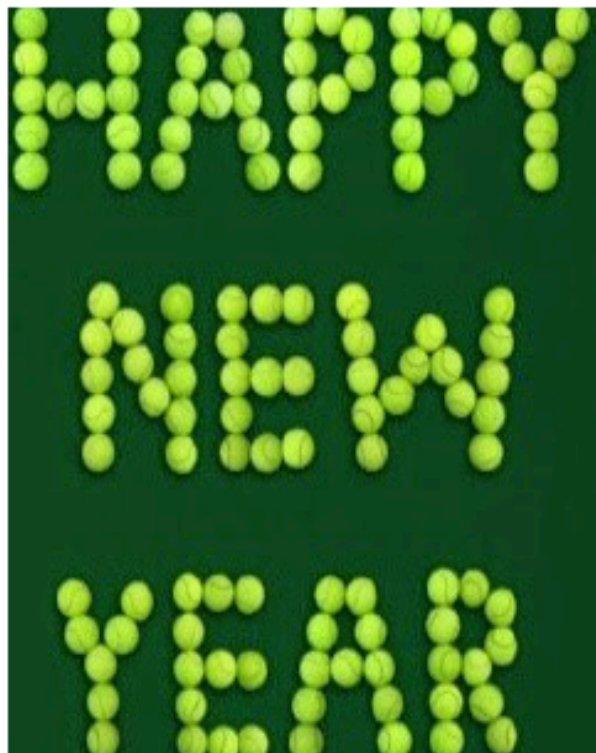
janatennispro@gmail.com

Myron Grunberg -Tennis Pro

Myron49@aol.com

TENNIS

Junior New Year Tennis Camp 2025



YOUTH TENNIS CAMP

(no regular classes scheduled this week)

Thursday, January 2nd and Friday, January 3rd

Tiny Tots

10:00—10:50 a.m. \$36/2 days or \$25/day

Junior Varsity/Intermediate/Tournament Dev

11:00 a.m.-12:30 p.m. \$54 days or \$35/day

To sign up please stop by, email, or call the Tennis Center at

825-4012 or palenciatennis@marshallcreekcdd.com

PLEASE BE SPECIFIC ABOUT DATES AND TIMES WHEN REGISTERING!

FITNESS CENTER

JANUARY 2025

SW Fitness Center ❄️



SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Pickleball Small group/ Private lessons Or Clinic's Call DARCY 904-891-6573</p>			<p>1</p> <p><i>Happy New Year</i></p> <p>New Year's Day Hours 8am-9pm</p>	2	3	4
5	6	<p>7</p> <p>New Tai Chi Series Starting at 12:30pm 6-8pm Pickleball Agility Clinic</p>	8	<p>9</p> <p>Sweetwater CDD Meeting 4pm Location: Fitness Center</p>	10	<p>11</p> <p>PB Clinic Hitting Drops Everywhere 9-11am</p>
12	13	<p>14</p> <p>PB Clinic 6-8pm Specialty Shots</p>	15	16	17	<p>18</p> <p>PB Clinic 9-11am How and When to Attack</p>
19	<p>20</p> <p> MLK -DAY- MLK HOURS 5am-9pm</p>	<p>21</p> <p>PB Clinic 6-8pm Learn to play</p>	22	23	24	<p>25</p> <p>PB Clinic 9-11am Fundamentals</p>
26	27	<p>28</p> <p>PB Clinic 6-8pm The Backhand</p>	29	30	31	

FITNESS CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am HIIT H		6:00am HIIT H				
	8:30am Cardio X Training M/H	8:45am Spin M/H	8:30am Cardio X Training M/H			
9:00am Pilates E/M				9:00am Gentle Yoga E	9:00am Zumba/Zumba Toning M	
10:15am Spin M/H	10:00am Cardio/Core E/M		10:00am Senior Strength E			
11:10am Senior Stretch E	11:00am Senior Mat Pilates E	10:30am Meditation E	11:00am Senior Mat Pilates E			4:00pm Yoga E/M
	12:30pm Tai Chi E	11:10am Yoga E/M	12:30pm Tai Chi E	12:00pm Senior Stretch E	<p>Fitness Center: (904) 829-8584</p> <p>Amenity Center: (904) 810-0520</p> <p>E= Easy M= Medium H= Hard</p> <p>1/1/2025</p>	
		3:30pm 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		6:00pm Zumba M			

Fitness Schedule



January

FITNESS CENTER

TAI CHI IS STARTING A NEW SERIES OF CLASSES FOR ALL TO JOIN



This new series will be held on Tuesday's at 12:30 pm.

If you are already familiar with Tai Chi the Thursday 12:30pm class is more advanced

NEW TAI CHI CLASS PALENCIA 2025

A new series of tai chi classes will begin in the New Year, and if you have wanted to learn tai chi, or if you've just been curious to find out what it is all about, you are welcome to come and join in the fun at the Palencia Fitness Center. The introductory class program will teach the tai chi form known as Bafa Wubu, meaning eight energies and five directions. If this all sounds like Chinese to you, you are quite right; however, you do not need to speak Chinese to learn about this ancient art and to gain the health benefits that accrue from regular practice of the forms.

There is a rapidly increasing body of clinical evidence that regular practice of tai chi is very beneficial in multiple ways. According to Mayo Clinic's Healthy Lifestyle Newsletter, "When learned correctly and performed regularly, tai chi can be a positive part of an overall approach to improving your health. The benefits of tai chi may include: Decreased stress, anxiety and depression; Improved mood; Improved aerobic capacity; Increased energy and stamina; Improved flexibility, balance and agility; and Improved muscle strength and definition."

Take this as your invitation to join the new tai chi classes beginning in the New Year. Please check the Fitness Center Schedule of Classes for day and time. What better time to start living a healthier lifestyle? And you might learn some ancient Chinese wisdom, to boot!



Sweetwater Personal Training Specials For the NEW YEAR!

Call or Email and book a trainer today to start the New Year off in the right direction

Brian / Ana Walsh- If you book a package by Jan 15th you will receive 10% off and a FREE T-shirt

Anna - 484-744-9949

Brian - 610-299-7109

Email- ironpenitentirary@gmail.com

Set your 2025 Fitness Goals



Pickleball Clinic's At the Fitness Center

Contact Darcy today to book a Clinic or a Private Lesson

904-891-6573

Pickleball Instructor

Tuesday, Jan. 7

6:00 - 8:00pm

New Year's Resolution to get Fit?

- Let me help! Participate in the Pickleball Agility class that gives us the workout we need while giving us the footwork and flexibility that will make our game so much better! You don't want to miss this class!!



Saturday, Jan. 11

9:00-11:00am

Hitting Drops from Everywhere!

- If you cant hit a drop, you can't get to the Non-Volley Zone and you can't win many points!



AMENITY CENTER

ATTENTION

IMPORTANT

Effective Immediately:

RSVP Requirement for Amenity Center Fitness Classes

To attend any fitness classes at the Amenity Center, all participants are now required to RSVP in advance.

How to RSVP:

1. Log in to **Palencia Online**.
2. Navigate to the **Calendars** section.
3. Select **Amenity Fitness**.
4. Choose the desired class and complete the RSVP process.

Important Information:

- RSVPs can only be made between 8:00 AM and 11:59 PM the day prior to the class.
- On the day of the class, you may contact the Amenity Center to inquire about available space.

This new process is designed to prevent overcrowding and ensure that residents do not arrive only to find that the class is full. Additionally, it will allow residents to avoid arriving extremely early to secure a spot.

We appreciate your cooperation in making this system work smoothly for everyone.

Fitness Class Schedule

Les Mills BODYCOMBAT

Mondays at 9:00am with Heather S.

Les Mills BODYPUMP

Wednesdays & Fridays
at 10:00am with Crispin

CARDIO STEP

Wednesdays & Fridays
at 8:45am with Crispin

Les Mills BODYBALANCE

Saturdays at 10:00am with Steven R.

WATER AEROBICS

Classes will resume in Spring 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Classes							
			8:45am Cardio Step		8:45am Cardio Step		
9:00am Body Combat							
			10:00am Body Pump		10:00am Body Pump	10:00am Body Balance	
Dance/Cheer							
4:15-5pm 6-10 yr old Lyrical	4:15-5pm 3 yr old Ballet/Tumb	4:15-5pm 4 yr old Ballet/Tumb	4:30-5:15pm 2 yr old Ballet/Tumb	4:30-5:15pm 5+ yr old Cheer			
	5-6:15pm 10-12 yr old Ballet/Jazz	5-5:45pm 5-6 yr old Ballet/Jazz/Tumb					

2025

JANUARY

AMENITY CENTER CLASSES

2025

EVENTS AND ACTIVITIES



Chick-Fil-A

Second Tuesday of the Month

January 14th

5:00 PM - 7:30 PM or until sell out

Carrabba's Take Out

Fourth Tuesday of the Month

January 28th

Pre-order Online

Pick-up at the Amenity Center
between 5-6pm



EVENTS AND ACTIVITIES

Vision Board Workshop

Saturday, January 18th

1:00 PM - 2:30 PM

See flyer to RSVP



Vision Board Workshop

With Navenka Gabrielson Health & Lifestyle Coach

This is a great time of year to re-group and focus on your goals for the next 12 months!

Come to this workshop if you want to :

- Understand the why and how of goal setting
- Identify why your past goals may not have worked out
- Have a clear vision of where you want 2025 to take you
- Create a life that feels productive
- Set time aside for self care and not just work

PLEASE BRING: A MANILLA FOLDER OR POSTER BOARD, SCISSORS, MAGAZINES & A GLUE STICK, ANY INSPIRATIONAL STICKERS. YOU WILL USE ALL OF THESE ITEMS TO CREATE YOUR BOARD!

When - Saturday 18th January **From** 1 - 2:30PM

Where - Palencia Amenity Center

Cost - \$35 PP Prepay to reserve your spot no return fees for no shows or cancellations

RSVP - No Later than Wednesday 8th January

To pay and reserve your spot

Please contact Navenka

425-230-7306. hello@navenkabodyharmony.com

www.navenkabodyharmony.com

Holotropic BREATHWORK

THURSDAY JANUARY 30TH, 2025

6:00PM - 8:00PM

PALENCIA AMENITY CENTER

605 Palencia Club Dr, St. Augustine, FL 32095



MEET YOUR FACILITATOR

CARYN MEININGER

Business Energetics Coach and founder of Live Iconic, Caryn brings a unique blend of expertise as the former leader of an 8-figure family business and a creator of transformative systems like her signature BOSS Method. Caryn combines breathwork, mindset mastery, and intuitive energetics to empower ambitious women like you to release inner blocks, reconnect with your personal power, and align strategy with purpose—so you can build thriving businesses, create meaningful connections, and design a life of balance, fulfillment, and impact.



REGISTER HERE BEFORE JANUARY 29TH FOR \$47

*REGULARLY \$55

Holotropic Breathwork Session

Thursday, January 30th

6:00 PM - 8 PM

See flyer to RSVP

You are personally invited to an intimate experience of deep healing and transformation . This session blends the profound power of Holotropic Breathwork with the calming, balancing energy of Reiki to help you release emotional blocks, access inner clarity, and restore your mind, body, and spirit.

SPOTS ARE EXTREMELY LIMITED



@carynmeininge



www.carynmeininge.com



hello@carynm.com

COMMUNITY CLUBS

[Click Here for the Palencia Online Calendar](#)



Palencia Game Club
Monday's (Starting 10/14)
11am



Mah Jongg
Monday's at 1pm
Fridays at 10am



Men's Bible Study
Monday's (Except last Monday)
7pm



Canasta & Bridge Card Club
Tuesday's
10am



Bunco Club
Fourth Tuesday
1:30pm



Palencia Ladies Book Club
Third Tuesday
4pm



Just Books Club
Third Wednesday
12pm



Farkle
Thursday's
12:30pm

DEC. HIGHLIGHTS

HAND DELIVERED LETTERS FROM SANTA'S ELF



MOVIE NIGHTS



TENNIS HOLIDAY SWEATER PARTY



WINTER FESTIVAL TREE LIGHTING



WINTER FESTIVAL CARRIAGE RIDE



WINTER FESTIVAL SANTA & FRIENDS



LIGHT UP PALENCIA



New Feature

BREAKING NEWS

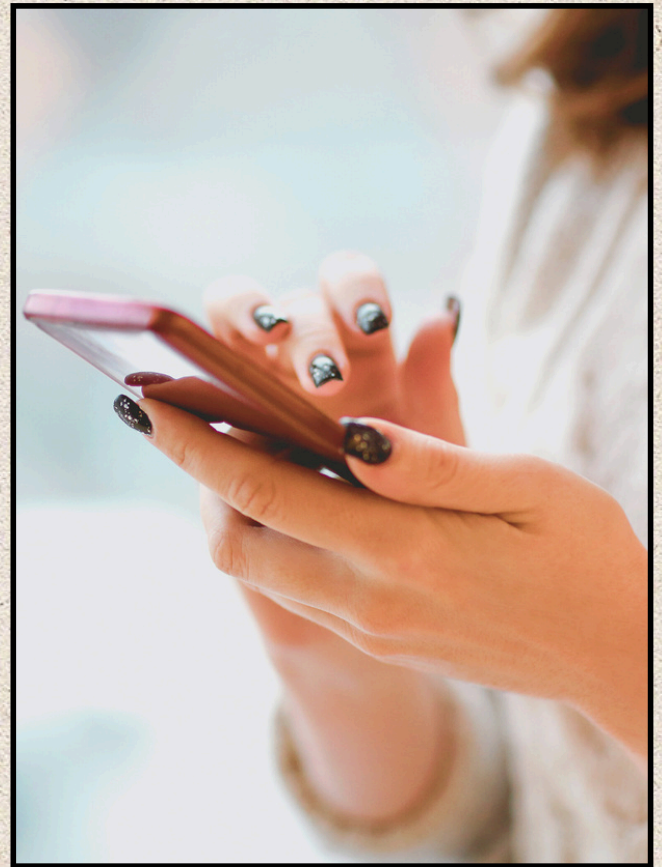
Introducing text/SMS message notifications for PalenciaOnline.

We're excited to announce a new way to stay connected with CDD news and updates! PalenciaOnline is introducing a text/SMS notification service to ensure you receive timely information straight to your mobile devices.

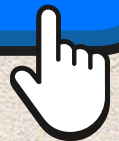
By subscribing to our text notifications, you'll get:

- Instant Alerts: Receive urgent updates and reminders directly.
- Community News: Stay informed about events, maintenance schedules, and more.
- Important Announcements: Meeting reminders, facility schedule information, etc.

To join, click here from your mobile phone or other device. Standard messaging rates apply.



[REGISTER HERE](#)



Your privacy is important to us. You can unsubscribe at any time by responding to any Palencia text with the word "Stop". We value your participation and look forward to keeping you informed through this convenient new communication tool.

Thank you for being part of our Palencia community!

PALENCIA

Onsite CDD Management Contacts

General Manager

Jodi Moore

jmoore@vestapropertyservices.com

Assistant General Manager

Denise Powers

dpowers@vestapropertyservices.com

Fitness Center Manager

Erin Gunia

egunia@rmsnf.com

Operations Manager

Dan Wright

dwright@rmsnf.com

Please call (904) 810-0520 for a new resident appointment.

CDD Information

Marshall Creek CDD Meeting
January 15th, 2024

4:00PM

At the Amenity Center

Sweetwater CDD Meeting
January 9th, 2024

4:00PM

At the Fitness Center

The meetings are open to the public and will be conducted in accordance with the provisions of Florida law for Community Development Districts.

There may be occasions when one or more Supervisors will participate by telephone. The meetings may be continued in progress to a time, date, and location stated on the record without additional publication of notice.

Any person requiring special accommodations at these meetings because of a disability or physical impairment should contact the District Office for your CDD. For Marshall Creek call (954) 603-0033, for Sweetwater call (904) 940-5850, at least 48 hours prior to the meeting. If you are hearing or speech impaired, please contact the Florida Relay Service at 7-1-1 for aid in contacting the District Office.

Each person who decides to appeal any action taken by the Board with respect to any matter considered at these meetings is advised that person will need to ensure that a verbatim record of the proceedings is made, including the testimony and evidence upon which such appeal is to be based.