



# PALENCIA



## COMMUNITY COMPASS

*Discover Palencia ~ Your Map to Community Living and Exploration*  
March 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](#)



SPRING FEST!

PALENCIA

# SPRING Festival

March

Sat | 15 | 2025

12:00pm- 3:00pm

Live Music by 1st Street Project

Petting  
Zoo

Kid's  
Fun  
Zone

Food  
Trucks

Vendor  
Market



# FITNESS CENTER

SUN	MON	TUE	WED	THU	FRI	SAT	
						1. Volley Masterclass 10-12pm \$ Pickleball Clinic	
2	3 Gym Orientation 5pm SWEETWATER CDD WORKSHOP 4-5pm	4	5.	6	7 Pickleball League Registration ENDS	8 Gym Orientation 9am	
9 Spring Forward 	10	11 4pm SW CDD MEETING AT FITNESS CENTER Pickleball Clinic Next level Lob Overhead Volley 6-8pm	12 PICKLEBALL LEAGUE STARTS	13	14 NO SWIM TEAM	15 Game Strategy 10-11 & 11-12 Pickleball Clinic \$ NO SWIM TEAM	
16	17  NO SWIM TEAM	18 Effective Attacks 6-8pm Pickleball Clinic NO SWIM TEAM	19 NO SWIM TEAM	20 NO SWIM TEAM	21 NO SWIM TEAM	22 The 6 Mistakes Holding you back 10-12pm \$ Pickleball Clinic NO SWIM TEAM	
23	24	25 Specialty Shots High inter. 6-8pm \$ Developmental Swim Team starts	26	27	28	29 Defense Pickleball Clinic 10-12pm \$	
30	31	SWEETWATER FITNESS <b>March 2025</b>					

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 M		10:00am Yoga E		9:00am Gentle Yoga E	9:00am Zumba/Zumba Toning	
10:15am Spin M/H	10:00am Cardio/Core E/M	10:30am Meditation E	10:00am Strong All Over E		M	
11:10am Senior Stretch E	11:00am Senior Mat Pilates E		11:00am Senior Mat Pilates E			4:00pm Yoga E/M
	12:30pm Tai Chi E		12:30pm Tai Chi E	12:00pm Senior Stretch E	<b>Fitness Center:</b> <a href="tel:(904)829-8584">(904) 829-8584</a> <b>Amenity Center:</b> <a href="tel:(904)810-0520">(904) 810-0520</a> E= Easy M= Medium H= Hard 3/1/2025	
		3:30pm Kids Fitness E				
	5:15pm Yogalates 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



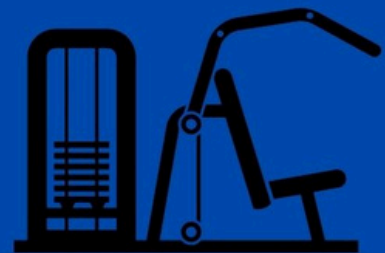


# FITNESS CENTER



## *Fitness Center Gym Orientation*

Two orientations will take place Monday March 3rd at 5pm, and Saturday March 8th at 9am. Come gather in the lobby for a **FREE** Strength Machine Orientation. This Orientation will be a group setting and instruction will be given on each machine





# FITNESS CENTER



## Spring Developmental Palencia

For the developmental program, swimmers are required to swim one lap freestyle and backstroke the length of the pool (25 yards).

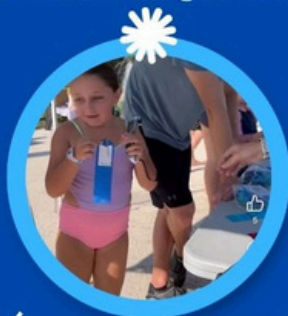
Registration includes team t-shirt and team swim cap

New swimmers must be evaluated prior to registration. Contact Coach Susan at [coachsusan.sast@aol.com](mailto:coachsusan.sast@aol.com)

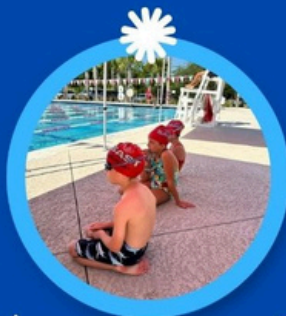
### FAQ

- ✓ Ages 5 - 12
- ✓ Tuesdays and Thursdays
- ✓ 3:30 to 4:30 pm
- ✓ March 25th to May 12th
- ✓ \*\$150 with sibling discounts

**\*Non-resident fee per family: \$20.**



Learn proper strokes



Learn turns and dives



Beginner race experience

[REGISTER NOW](#)



Palencia Sweetwater Pool

1865 North Loop Pkwy, St. Augustine, 32095



# SWEETWATER PICKLEBALL

## SWEETWATER PICKLEBALL CLINICS

# PICKLEBALL

**SAT MARCH 1ST**  
**10-12PM**

### **VOLLEY MASTERCLASS**

- **WORK ON PLAYING THE BALL OUT OF THE AIR WITH CONTROL AND PURPOSE FROM EVERY POSITION ON THE COURT!**

**TUES MARCH 11TH**  
**6-8PM INT/ADV**

### **Next Level Lob, Overhead and Volley**

**These shots are holding you back! You cannot practice these enough! Learn how to execute these shots strategically to put you in the best position to either win a point or just stay in it!**

**TUES MARCH 14TH**  
**10/11AM & 11-12PM**

### **Game Strategy**

**Two one hour sessions to break down game strategies. learn how to execute the right shot at the right time. Learn the importance of patience and how to frame a point to get the desired result. Break down the game in a way that will improve your skills exponentially!! Get four people together and sign up!**

**SAT MARCH 18TH**  
**9-11AM**

### **Effective Attacks**

**Blocking and that Pesky Put Away (That one that always goes into the net!). We will also explore a third shot drive and a transition zone attack! And we will teach you how to dazzle your opponents with the OI' Shake and Bake! You don't want to miss this one!!**



**DARCY.MILLER@COMCAST.NET**



**904-891-6573**



# TENNIS



## 13th Annual Camp Boggy Creek Tennis Tournament for Charity

April 10th, 11th, 12th, 13th

Mens/Ladies/Mixed Doubles  
Divisions

Play up to 2 divisions

Entry fee \$80 (+\$30 for 2nd div)

Players receive:

- 1) Lunch on Sat and Sun
- 2) Tournament t-shirt

Tournament schedule:

Thurs, 4/10 5:30-10:00 p.m.

Mixed Doubles matches for those in  
2 divisions

Fri, 4/11 1:00-10:00 p.m.

First Round Matches/Raffle/Silent  
Auction

Sat, 4/12 8:00 am-6:00 pm

Match Play

Sun, 4/13 8:00 am- 6:00 pm

Match Play and Prizes to Winners

Register online:

[www.firstcoast.tenniscotes.com](http://www.firstcoast.tenniscotes.com)

Look under Tournament Tab

## MARCH NEWSLETTER

### Youth Tennis News



No Regular classes from 3/17-  
3/20

(Spring Break)

Classes will resume on Monday,  
3/24.



### Youth Pizza Tournament

Intermediate/Tournament

Development only

Friday, 3/14

11:00 a.m.-1:00 p.m.

Round Robin with a break for

Lunch! \$10/pp

Youth Spring Break Camp

Intermediate/Tournament

Development only

Wednesday, 3/19 and Thursday,

3/20

12:00 pm-2:00 pm

\$65/2 days or \$40/day

**PLEASE SIGN UP IN ADVANCE**



Shout out to Kathy Evans  
and Kristie Gauntt who  
punched their tickets to the  
USTA 40+ 3.5 Doubles  
Nationals in April by coming  
in 2nd at Sectionals in  
February!

Shout out to Carson Sheltra  
for winning the Orange Ball  
904Tennis at Queens Harbor  
in February!



We need youth volunteers for the  
Camp Boggy Creek Tournament on  
April 10th, 11th, 12th and 13th.  
Shifts are available for all days.  
Please contact Barbara Colton at  
[coltonbarbara@gmail.com](mailto:coltonbarbara@gmail.com) if you  
are interested.

Palencia Tennis Center  
904-825-4012

[palenciatennis@marshallcreekcdd.com](mailto:palenciatennis@marshallcreekcdd.com)

Tom Salmon-Director of Tennis  
[tom.salmon@marshallcreekcdd.com](mailto:tom.salmon@marshallcreekcdd.com)  
Galina Boles-Head Pro  
[Galina.boles@marshallcreekcdd.com](mailto:Galina.boles@marshallcreekcdd.com)

Jana McDaniel-Tennis Pro  
[janatennispro@gmail.com](mailto:janatennispro@gmail.com)  
Myron Grunberg-Tennis Pro  
[Myron49@aol.com](mailto:Myron49@aol.com)



# TENNIS



a seriousfun camp  
founded by paul newman

**CHARITY TENNIS TOURNAMENT AT THE PALENCIA TENNIS CENTER**

**April 10th, 11th, 12th and 13th 2025**

**Mens and Ladies Doubles Divisions: 4.5 & Up, 4.0, 3.5, 3.0, 2.5, Senior 65 and Over**

**Mixed Doubles Divisions: 9.0, 8.0, 7.0, 6.0**

**ENTRY FEE: \$80 PER PERSON**

**- PLAY UP TO TWO DIVISIONS -**

**(ONE DOUBLES AND ONE MIXED – 2nd division additional \$30 per person)**

**Players Receive:**

- Kickoff Exhibition and Party Friday evening approximately 6:00 p.m.
- Drinks and Lunch on Saturday and Sunday
- Tournament T-shirt

**Tournament Schedule:**

**Thursday, April 10th 5:30 p.m.-10:00 p.m. – Mixed Doubles matches for those in 2 divisions**

**Friday, April 11th 1:00 p.m. - 10:00 p.m. – 1st round matches/Silent Auction/Pro Exhibition**

**Saturday, April 12th 8:00 a.m. - 6:00 p.m. – Match Play**

**Sunday, April 13th 8:00 a.m. - 6:00 p.m. – Match Play and Prizes to Division Winners**

**\*Please note that first round matches could begin as early as 1:00 p.m. on Friday, 4/11!**

**REGISTRATION ONLINE AT: [www.firstcoast.tenniscodes.com](http://www.firstcoast.tenniscodes.com)**

**Look under Tournament Tab for Camp Boggy Creek**

You and your partner simply create an account, add "Palencia Tennis Center" as your club and follow the registration steps on the club home page. Payment with credit card only. If you are registering for more than 1 division (i.e. mens and mixed), please email Tom Salmon about your second entry at [tom.salmon@marshallcreekcdd.com](mailto:tom.salmon@marshallcreekcdd.com).

**DEADLINE April 4th, 2025**

Net proceeds from the tournament go entirely to Camp Boggy Creek to enrich the lives of seriously ill children. More than 90,000 children have participated in these camps worldwide, at no cost to the camper. To learn more about Camp Boggy Creek visit [www.campboggycreek.org](http://www.campboggycreek.org) If you have questions, contact Tom Salmon, Tennis Director, Palencia Tennis Center by calling 904-825-4012 or email: [tom.salmon@marshallcreekcdd.com](mailto:tom.salmon@marshallcreekcdd.com)



# TENNIS

## Youth Spring Break Tennis Camp 2025



### YOUTH TENNIS CAMP

Wednesday, March 19th and Thursday, March 20th

Intermediate/Tournament Development

12:00 p.m.-2:00 p.m. \$65 days or \$40/day

To sign up please stop by, email, or call the Tennis Center at  
825-4012 or [palenciatennis@marshallcreekcdd.com](mailto:palenciatennis@marshallcreekcdd.com)

PLEASE BE SPECIFIC ABOUT DATES AND TIMES WHEN REGISTERING!

(no regular classes during Spring Break, 3/17-3/20)



## Youth PIZZA Tennis Tournament

Friday, 3/14 11:00 a.m.–1:00 p.m.  
Describe your location by landmark or area of town.

For youth in Intermediate/Tournament Development youth

Cost is \$10/player

All players will get pizza and drinks.

Please sign up in the tennis office or call at 825-4012 or email  
at  
[palenciatennis@marshallcreekcdd.com](mailto:palenciatennis@marshallcreekcdd.com)



# AMENITY CENTER



**PALENCIA**  
A Story of Discovery, Exploration, and Settlement

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23	24	25	26	27	28	1
2	3	4	5	6 6-7:30PM INSPIRED @ PALENCIA <b>ST. PATRICK'S DAY</b> POT OF GOLD CRAFT SOCIAL	7	8 9AM-4PM BLOOD MOBILE <b>DONATE BLOOD</b>
9 DAYLIGHT SAVINGS 	10 3-5PM MCCDD WORKSHOP 	11 4:30-7PM 	12	13	14	15 <b>SPRING FESTIVAL</b> 12-3PM 
16	17 ST. PATRICK'S DAY 	18	19 4PM MCCDD BOARD MEETING 	20 6-8PM FOREVER YOUNG SEMINAR 	21 5:30-7:30PM KARAOKE NIGHT 	22 5:30-7:30PM MOVIE NIGHT- MOANA 2 
23	24	25 5-6PM <b>CARRABBA'S</b> ITALIAN GRILL	26	27	28 5:30-7:30PM TRIVIA NIGHT 	29 10-12PM PARENT'S SLEEP WORKSHOP 
30	31	1	2	3 5-6PM EYE SPECIALIST LUNCH & LEARN 	4	5

www.palenciaonline.com  
904-810-0520

## 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
<b>Fitness Classes</b>						
		8:45am Cardio Step		8:45am Cardio Step		
9:00am Body Combat						
10:15am Virtual Body Pump		10:00am Body Pump		10:00am Body Pump	10:00am Body Balance	
<b>Dance/Cheer</b>						
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			
	5-6:15pm 10-12 yr old Ballet/Jazz	5-5:45pm 5-6 yr old Ballet/Jazz/Tumb				
		5:45-6:30 7-9 yr old Ballet/Jazz	5:45-6:30 Creative movement			

## MARCH AMENITY CENTER CLASSES



# MORE MARCH EVENTS

**Inspired @ Palencia**  
**March 6th**  
 6-7:30pm

Inspired@Palencia presents a  
**ST. PATRICK'S DAY**  
**POT O' GOLD CRAFT SOCIAL**



Transform a 5.5" terracotta pot into your very own Pot O' Gold! Make it unique with a variety of paints & holiday accents! Take home some golden goodies to eat and plant!

**Thurs, March 6th**  
**6-7:30pm** \$25/person, all supplies included

Palencia Amenity Center Sign up at [InspiredSJC@gmail.com](mailto:InspiredSJC@gmail.com)

Payment options: Call us 917-698-1131 Email us [InspiredSJC@palencia.com](mailto:InspiredSJC@palencia.com) Follow us at [InspiredSJC/](https://www.facebook.com/InspiredSJC/)

 **DONATE BLOOD**

**Palencia Blood Drive**  
**March 8th**  
 9am-4pm



**Chick-Fil-A**  
 Second Tuesday of the Month  
**March 11th**  
 5:00-7:30pm or until sell out

**Forever Young Seminar**  
**March 20th**  
 6-8pm



**Look Young, Feel Young, Live Young!**  
 A nurses roadmap to turn back the clock

AgeWISE blends the art, and science of healthy aging to help you create a masterpiece of your life, no matter where you are in your journey. Embrace a healthier, happier you—start your transformation today!

**Start today to feel vibrant, look radiant, and live rejuvenated!!**  
*Don't let aging change you—change the way you age!*

**Our Science-Backed Approach Will Help You:**

- Transform Your Health and Well-Being
- Reclaim Your Energy and Vitality
- Enhance memory and improve cognitive function
- Slow the Aging Process Naturally

*"After just a few weeks of The Art of Aging, I feel more energetic and confident than I have in years. Denise's guidance has truly been life-changing!"*  
 - Lynn K., Age 62 ★★★★★

Denise Streppa RN 847-525-1373 [AgeWiseandwell.com](http://www.AgeWiseandwell.com)

**Trivia & Food Truck Night**  
**Friday, March 21st**  
 5:30-8:00pm

**PALENCIA KARAOKE & OPEN MIC NIGHT**



Friday 21 Mar, 2025 5:30-7:30pm Amenity Center: Covered Veranduh

This is a free, family friendly event!  
 Bands & Musicians encouraged to play!  
 Weather Permitting

**Movie Night- Moana 2**  
**Saturday, March 22nd**  
 5:30-8:00pm

Palencia Presents  
**MARKET STREET**  
**Movie Nights**




Saturday, Mar. 22nd Showtime 6:00 pm



~Join us for a premier of newly released "Moana 2."~  
 Movie nights will take place inside the Amenity Center Gathering Room.  
 ~Seating is limited.

**Trivia & Food Truck Night**  
**Friday, March 28th**  
 5:30-8:00pm

**PALENCIA TRIVIA NIGHT**



PALENCIA PRESENTS TRIVIA & FOOD TRUCK NIGHT!!!

Friday 28 Mar, 2025 Food Trucks: 5:30-7:30pm Trivia Start: 6pm Amenity Center: Covered Veranduh

**TEAMS OF 8 AND UNDER**

This is a free, family friendly event.  
 Must RSVP online by 4:30pm the day of the event.  
 Weather Permitting

**RSVP NOW**

**Parents Sleep Workshop**  
**March 29th**  
 10am-12pm

**Register here!**




**Free Yourself from Sleepless Nights and Unpredictable Naps**

With Hillary Giglio, Pediatric Sleep Consultant and Founder of Tranquil Beginnings

Palencia Families!!

Join us for this FREE workshop that will help you finally break free from those endless sleepless nights and frustrating days!

Palencia Amenity Center  March 29, 2025 @ 10 AM



**Carrabba's Take Out**  
 Fourth Tuesday of the Month  
**March 25th**  
 Pre-order Online  
 Pick-up at the Amenity Center  
 between 5-6pm



NEXT MONTH!

# SAVE THE DATE



**ARE CATARACTS CLOUDING YOUR WORLD?**  
Let's clear things up

Come join us to learn about cataract surgery

 **APR 3rd**  
5:00 P.M. - 6:00 P.M.

The Gathering Room at Palencia  
625 Palencia Club Drive  
St. Augustine, FL 32095

Presented By  
**Jason Miles M.D.**

Dinner will be provided!

RSVP:  
[marketing@floridaeyespecialists.com](mailto:marketing@floridaeyespecialists.com)



4.3.25

Florida Eye  
Specialist  
Lunch & Learn

4.5.25

Egg Hunt  
10-12pm

● *Details coming soon* ●



# COMMUNITY CLUBS

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



**Palencia Game Club**  
Monday's at 11am



**Mah Jongg**  
Monday's at 1pm



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



**Canasta & Bridge Card Club**  
Tuesday's  
10am



**Palencia Gems Club**  
Sunday's at 4pm



**Palencia Ladies Book Club**  
Third Tuesday  
4pm



**Just Books Club**  
Third Wednesday  
12pm



**Farkle**  
Thursday's  
12:30pm



# FEB. HIGHLIGHTS

TRIVIA NIGHT!!



KARAOKE NIGHT!!



MOVIE NIGHT!  
IN THE GATHERING ROOM





# New Feature

## BREAKING NEWS

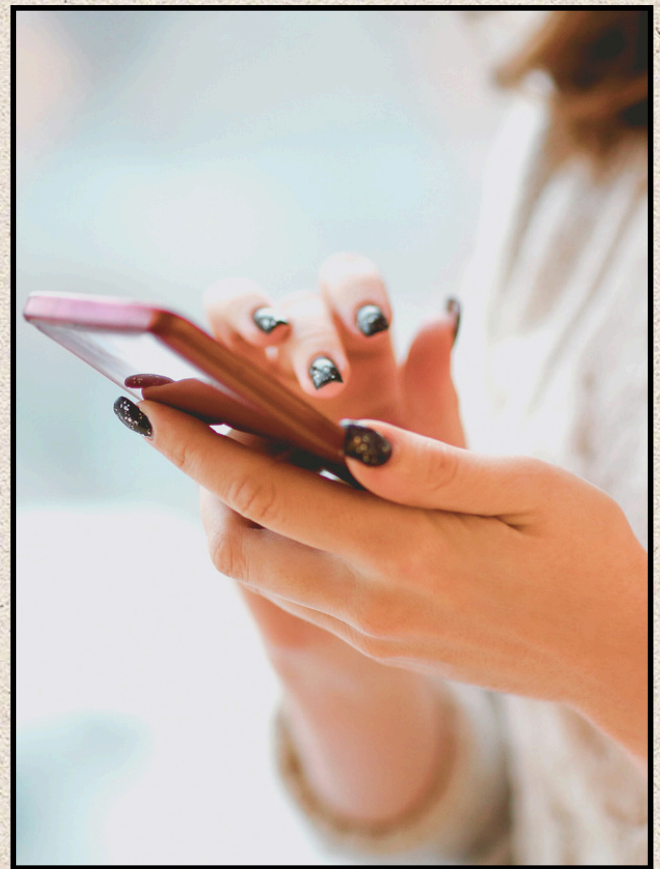
### Introducing text/SMS message notifications for PalenciaOnline.

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.

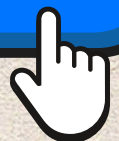
By subscribing to our text notifications, you'll get:

- 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

**-Workshop: 3/10 at 3PM**

**-Board Meeting: 3/19 at 4PM**

At the Amenity Center

### Sweetwater CDD Meeting

**-Workshop: 3/3 at 4pm**

**-Board Meeting: 3/11 at 4pm**

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.