



October Monthly Newsletter 2023



Monthly Meetings

October 5th	Sweetwater Creek CDD (4pm)
October 12 th /26 th	Palencia POA/MOD (9am) Marshall Creek
October 12 th /26 th	Palencia POA/ New build (4pm) Marshall Creek
October 18th	Marshall Creek CDD (4pm)
October 25th	Marshall Creek POA (5pm)

Weekly Club Meetings

Monday 1pm Mahjongg
Tuesday 10am Game Club
Thursday 12:30pm Farkle

Once a Month Club Meetings

Monday October 23rd Women Who Mean Business 6pm
Men's Bible Study 10/2, 10/9, 10/16 @ 7pm



OKTOBERFEST SOCIAL

Friday, October 20th 6:00-9:00 p.m.

Members: \$10 | Guests: \$15

The Palencia Tennis Center invites all tennis fans out to our October Tennis Social.

Come out to our tennis round robin and join in on the FUN! Socialize with your fellow members while playing some tennis.

All levels are WELCOME!
Price includes drinks and snacks.

SIGN -UP IN THE OFFICE!

[Palencia Tennis Center](#)

904-825-4012

palenciatennis@marshallcreekcdd.com

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Darcy Miller-Pickleball Pro

Darcy.miller@comcast.net

OCTOBER NEWSLETTER



Fall Hours for Round Robin:

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

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

PICKLEBALL SKILLS CLINICS:

October's skill clinics are 1 hour each (\$20/pp) offered at both 10:30 and 11:30 on the following Saturdays:

10/7 Driving Your Opponent Crazy

10/14 Pickleball Fundamentals-good class for beginners

10/21 Blocking & the Pesky Put Away

Sign up in advance in the tennis office!

Private/small group instruction can be booked directly:

Coach Darcy at 904-891-6573 or darcy.miller@comcast.net



2nd Annual Tournament to Benefit the Delores Barr Weaver Policy Center;

TENNIS EXHIBITION

This Event Will Take Place
Saturday
September 30th
4:00 PM until 7:00 PM

The Palencia Pros will show off their skills with a double's exhibition match. There will also be a silent auction and food trucks.

You do not need to be entered into the tournament to enjoy this fun-filled evening of tennis. So come out and support this event!

This event is free to everyone, and a cash bar will be available!



Youth Tennis News:

No Youth classes on Tuesday, October 31st due to Halloween.

You must sign-up in advance for all classes!

Information for youth tennis classes is found at Palenciaonline.com





Mama's Food
Truck
Tuesday October
3rd

Taco Tuesday
5:30pm-8:30pm

Mobile Mammography

Palencia

Friday | October 6th | 9am-5pm

625 Market Street

St. Augustine, FL 32095

Scan to Schedule or Visit

mobilescheduler.precisioncenters.com



PRECISION

IMAGING CENTERS



October 6th
Location: Market Street
Sign up for a visit
TODAY





Each Saturday, we will have a 10:30 clinic and 11:30 clinic. Each clinic is limited to 10 people. Be specific about the time when signing up. The cost per skills clinic is \$20/pp.

Oct. 7 - Driving Your Opponent Crazy!

- Learn how and when to effectively drive the ball with power to gain an advantage on your opponent. We will focus on strategy, footwork and fundamentals so you can drive your opponent crazy!

Oct. 14 - Pickleball Fundamentals

- For the beginner and intermediate players, this class will go over the basics of Pickleball! We will introduce you to the serve, return, third shot, and dink so that you can begin playing pickleball at a competent level!

Oct. 21 - Blocking and that Pesky Put Away (That one that always goes into the net!)

- In this clinic we will learn how to hold our ground at the kitchen line in the face of that person that just loves to crush the ball at you! (All of us!) And, we will learn how to effectively put that high ball away that always hits into the net!

Pickleball group and individual lessons

To sign up for any of the clinics, please contact the Tennis Center at 904-825-4012 or email us at palenciatennis@marshallcreekcdd.com.

Private/small group lessons can also be arranged directly with Coach Darcy.

Prices are as indicated below:

1 hour Private: \$75

1/2 hour Private: \$50

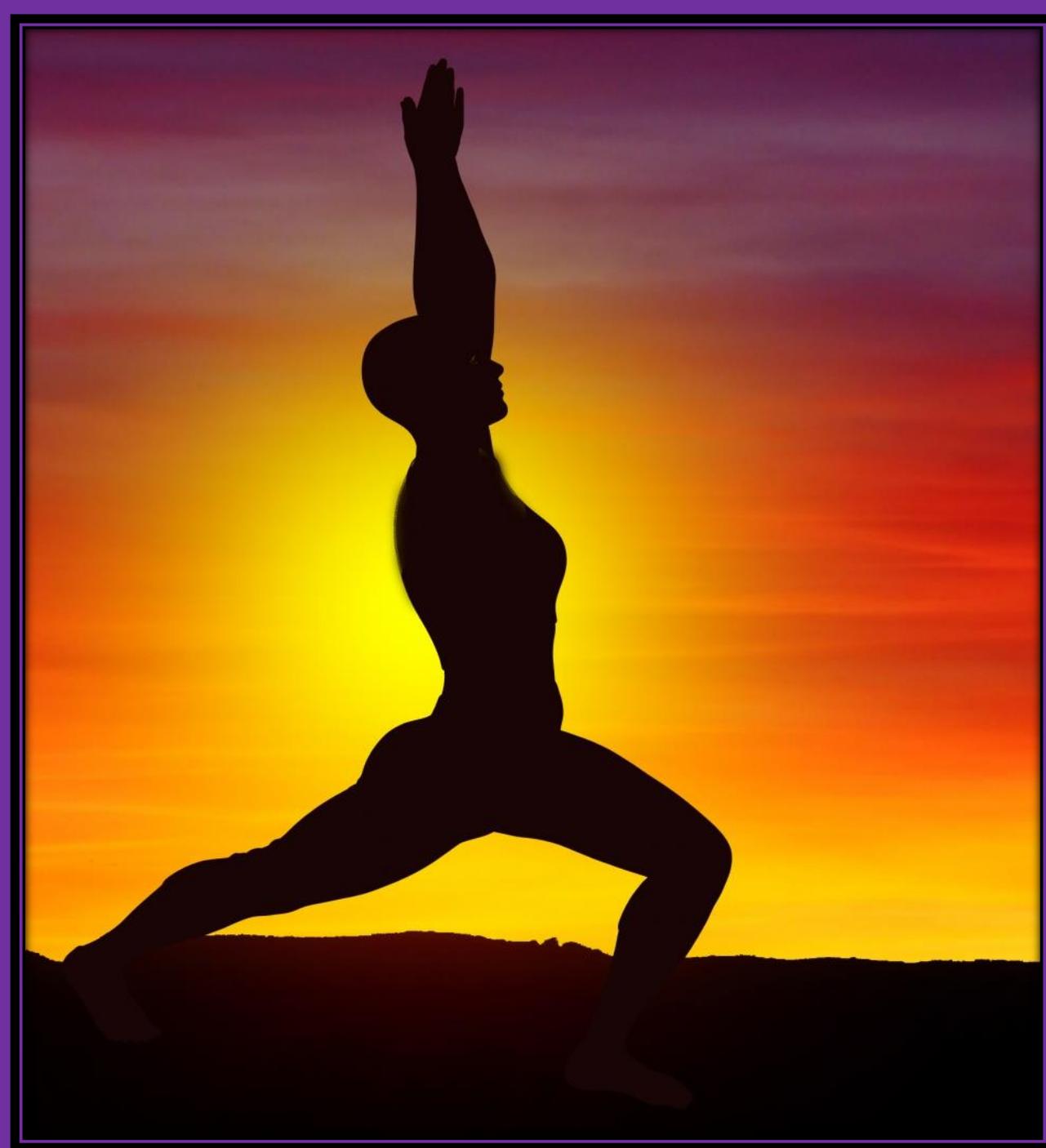
2-person 1 hour: \$45 each each

3 or more 1 hour: \$35

4+ person 1 hour: \$25 each \$30 each

4+ 90-minute lesson—

Darcy Miller, PPR Certified Coach: 904-891-6573 or darcy.miller@comcast.net



▶ New Class Starting
October 7th

▶ **Amenity Center**

▶ Body Flow at 10am.

▶ (No sign up is required
but please bring a
yoga mat)



Inspired @ PALENCIA
Fall Craft Social



Let's create some cozy decor for the new season!

Palencia Amenity Center

Friday, October 13th

6-7:30pm

Register inspiredsjc@gmail.com - \$25pp

Venmo @natalie-graziano-2



FOOD TRUCK *Friday*



Market Street
5:30pm-8:30pm

**OCT
20TH**

Wok On Wheels,
The Stuffed Potato,
About Time Creamery,
Boba Gals

OCTOBER

FOOD TRUCK *Friday*



Market Street
5:30pm-8:30pm

**OCT
27TH**

Crown Majestic Kitchen,
Munchies Latin,
Mister Softee

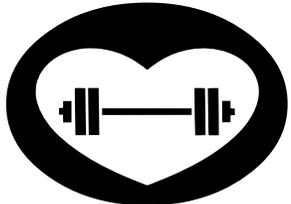
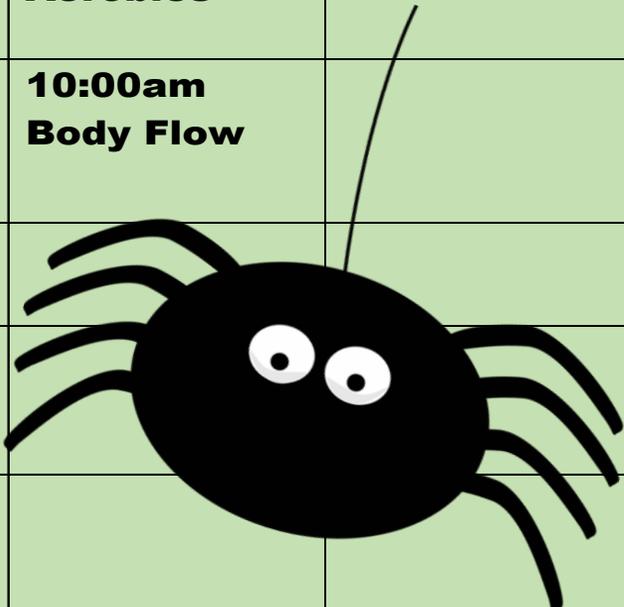
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am HIIT H		6:00am HIIT H				
	8:30am Cardio X Training E/M	8:45am Spin M/H	8:30am Cardio X Training M/H			
9:00am Pilates E/M			10:00am Tai Chi E	9:00am Gentle Yoga E	9:00am Zumba/Zumba Tone M	
10:15am Spin M/H	10:00am Cardio/Core E/M	10:00am 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

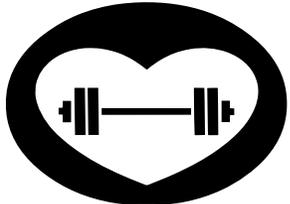


FITNESS SCHEDULE

	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 Aqua Zumba	9:00am Aqua Aerobics	9:00am Aqua Zumba	10:00am Body Pump	9:00am Aqua Aerobics	
	10:00am Body Flow		10:00am Body Flow			10:00am Body Flow	



AMENITY CENTER CLASSES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1. Zen Room Meditation Class 5:10pm-6pm Fitness Center	2. Mahjongg 1pm-3:30pm Men's Bible Study 7-8pm	3. Taco Tuesday 5:30pm-8:30pm	4.	5. Farkle 12:30pm SC CDD 4pm (Sweetwater Creek)	6. Mammogram Bus 9am-5pm	7. Body Flow @ AC 10am NEW CLASS	
8. Zen Room Ayurveda Workshop 5:10pm-6pm Fitness Center	9. Mahjongg 1pm-3:30pm Men's Bible Study 7-8pm	10. Game Club 10am-1pm Chick-Fli-A Food Truck 5-7:30pm	11.	12. Farkle 12:30pm Teens Mindful movement 7pm- Fitness Center	13. Inspired Club 5pm Kids Mindful Movement 3:15pm - fitness Center	14.	
15.	16. Mahjongg 1pm-3:30pm Men's Bible Study 7-8pm	17. Game Club 10am-1pm Kids Mindful Movement 3:15pm - fitness Center	18. MC CDD meeting 4pm	19. Farkle 12:30pm Teens Mindful movement 7pm- Fitness Center	20. Food Trucks 5:30pm- 8:30pm	21.	
22.	23. Mahjongg 1pm-3:30pm Women Who Mean Business 4pm	24. Game Club 10am-1pm	25. POA Meeting 5pm (Marshall Creek)	26. Farkle 12:30pm	27. Current Events Club at 10am Food Trucks 5:30pm- 8:30pm	28.	
29. Zen room Hormone 101 5:10pm-6pm Fitness Center	30. Mahjongg 1pm-3:30pm	31. Game Club 10am-1pm 					

October Events

Tuesday October
10th
Chick-Fil- A
Food Truck will be
on **Market Street**
to serve you!
5pm-7:30pm





Oktoberfest Tennis Social

Friday, October 20th, 2023
6:00-9:00 p.m.
Members: \$10 | Guests: \$15

The Palencia Tennis Center invites all tennis fans out to our October Tennis Social.

Come out to our tennis round robin and join in on the FUN! Socialize with your fellow members while playing some tennis.

All levels are WELCOME!

Price includes drinks and snacks.

Please sign-up through the tennis shop by calling (904) 825-4012
or email palenciatennis@marshallcreekcdd.com

The Case Against Feeding Canadian Geese

Canadian geese are a familiar sight in Northeast Florida. With their distinctive honking and graceful flight, these birds often capture the hearts of onlookers. It's not uncommon for people to feel compelled to feed them, but there are compelling reasons why it's best not to indulge in this practice.

Health and Behavioral Concerns: Feeding Canadian geese bread, chips, or other human food can be harmful to their health. Such foods lack the necessary nutrients for their diet. Over time, an unhealthy diet can lead to malnutrition and growth issues in goslings. Additionally, feeding the geese impacts their natural migration patterns and can create overgrazing in some areas which affects other local wildlife. Also, over time the geese can become aggressive and pose a safety risk.

How the geese impact our stormwater pond systems:

Water Quality Degradation: Canadian goose feces can introduce excess nutrients, primarily nitrogen and phosphorus, into stormwater ponds. These nutrients can fuel the growth of algae and aquatic plants, leading to an overabundance of aquatic vegetation. This overgrowth, known as eutrophication, can result in reduced oxygen levels in the water, which can harm fish and other aquatic life.

Algae Blooms: The nutrients from goose feces can contribute to harmful algal blooms in stormwater ponds. Algal blooms can turn the water green, foul-smelling, and unattractive. Some algae can produce toxins that are harmful to humans and aquatic organisms, posing health risks to both wildlife and people.

Erosion and Sedimentation: Canadian geese often graze on the vegetation surrounding stormwater ponds, which can lead to soil erosion. This erosion can result in increased sediment entering the pond, reducing its water storage capacity, and impairing its ability to manage stormwater effectively.

Maintenance Costs: Dealing with the presence of Canadian geese and the maintenance required to clean up their droppings can add to the operational costs of stormwater pond management. This includes the cost of removing excess vegetation, cleaning pathways, and addressing water quality issues caused by the geese.

In conclusion, while it may be tempting to feed Canadian geese, doing so can have detrimental effects on their health, the environment, and even public safety. Instead, let's admire these magnificent creatures from a respectful distance and work together to ensure their well-being and the health of our ecosystems.



We have new services at the Fitness Center! The Zen Room is complete, and we are offering opportunities for resident Wellness.

Mindfulness Meditation classes (20 min)

Days: Monday @8:30 am, Wednesday @10:30 am

A practice of pranayama and meditation is an opportunity for deep rest and nourishment, leading us to connect with the silence within that is as vast as the universe. Learn the techniques for releasing tension and stress in the mind and body. Develop concentration and learn to steady the mind. Relax into a profound sense of well-being and awaken to the peace and joy within you.

This class will have a limit of 4 people per class. A reservation will be required. To make a reservation, please call the front Fitness Center at 904-829-8584.

You will need to bring your own mat.

Private Sound Healing:

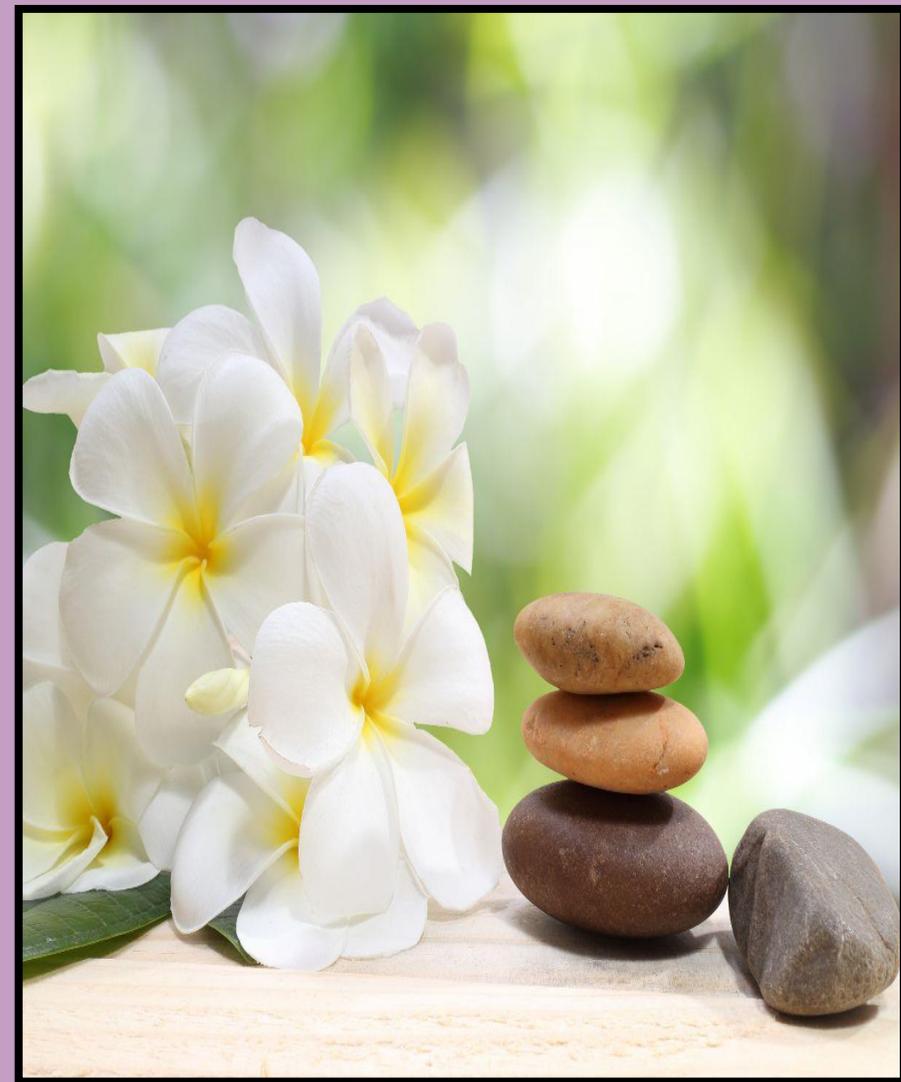
Private session catered to your needs and goals, whether you want to just relax, deepen your meditation practice, have better sleep or to overcome a specific circumstances in your life. Lina will create the session dedicated to your well-being

What is Sound Healing?

It 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. It 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.

In addition, we can include dynamic breathing, Asanas (yoga poses) and personalized meditation to build physical vitality and spiritual consciousness that helps you in all aspects of life.

For Private Sessions Contact Lina at Lina Hermez lina.hermez@gmail.com



New Zen Room Classes Starting In October at the Fitness Center



Kids Mindful Movement
October 13th & 17th at
3:15pm

Teens Mindful Movement
October 12th & 19th 7:00pm

(Kids classes are free)

Mediation Class

Oct 1st

5:10pm (Sign up and Pay through the link)

Ayurveda Workshop

Oct 8th

5:10pm (Sign up and Pay through the link)

Hormones 101

Oct 29th 5:10pm (Sign up and Pay through the link)

1:1 Coaching (if interested sign up through the link)

Zen Room Classes Starting October

Kids: Mindful Movement

Tuesday at 3:15 pm

(Oct 10/13, 17th, Nov 14th, 21st, Dec 5th, 12th)

Teens: Mindful Movement

Thursday's 7-8pm

(Oct 12th, 19th, Nov 9th, Dec 7th & 14th)

Instructor Bio: Mary Beth Perrone's passion for women's topics is evidenced by her contributions to women's health and wellness in many, many forms—physically, mentally and spiritually. Through her work as Co-Founder of Radiate Wellness, she has supported thousands of women through their perimenopause and menopause journey. As the founder of Mindful Movement FL and the Women's Wellness Fest, she helps women to tap into their self-awareness to lead a more meaningful life, through workshops, coaching, and retreats.

Please bring a yoga mat to class.

(This class is Free to attend)



Meditation-

Meditation is the most powerful tool we have for experiencing the profound peace and expanded awareness that lies beyond the mind's noisy thought traffic. Mary Beth Perrone a Chopra certified meditation instructor, will introduce you to the basic principles of meditation, including its history and the importance of mantra. In this session you will learn more about the healing benefits meditation creates for the mind and body and will be guided through meditation.

This class is recommended for anyone who wishes to enjoy deeper peace, greater freedom, and mastery of life.

October 1st 5:10-6:00pm Please register through the link below

Ayurveda Workshop-

Ayurveda is the Science of life! Ayurveda is a manual for conscious living that shows us how to make everyday choices that restore our natural state of balance & health as we awaken to our true self. Come learn to make healthy food and lifestyle choices and form habits based on the centuries-old healing system of Ayurveda. You will learn your Dosha.

Knowing your Dosha can help you:

- Understand your natural tendencies in your mind and body
- Recognize when your dosha becomes unbalanced based on signs and symptoms
- Help you make choices and incorporate habits that keep you emotionally balanced and physically healthy

October 8th 5:10-6:00pm Please Register through the link below

Hormones 101 -

Have you experienced weight gain, anxiety, & sleep disturbances as you age? Come learn what goes on in your body during perimenopause and menopause. Mary Beth Perrone has helped thousands of women through their perimenopause and menopause journey. She will be sharing what goes on during this time and the tool box to help you thrive through perimenopause and menopause. You don't have to suffer! You are not broken, you don't have to be fixed, you just need the information and tools. Aging should be a beautiful time of emotional, mental, and spiritual growth.

Learn:

- What is Perimenopause (and is it different from Menopause?)
- Perimenopause: The Rocky Road to Menopause
- It Starts with Progesterone
- 5 Solutions right now
- Menopause & Beyond

October 29th 5:10-6:00pm Please register through the link below

1:1 Coaching-

Mary Beth offers transformational coaching that encourages individuals to dig deep to better understand who they are and what they want to live a more fulfilling, rounded life. Her transformational coaching helps to achieve balance, calm, and long-term success in relationships, business, and overall wellness. She helps clients self-reflect on challenges, values, strengths, and life goals.

Sisterhood Circles-

CHANGE STARTS FROM WITHIN

We come together to do our inner work so we can BE the change we wish to see. Sisterhood circles are a judgement free zone to meditate, journal, & talk in community and connection.

Please click the link provided for more info

NEW ZEN ROOM CLASSES
Coming SOON!



Halloween Hours:
Amenity Center
9am-8pm

Fitness Center
5am-9pm