

# PALENCIA



## COMMUNITY COMPASS

*Discover Palencia ~ Your Map to Community Living and Exploration*

October 2024 Edition

# PALENCIA COMMUNITY COMPASS

## OCTOBER EDITION

### **Dear Palencia Residents,**

I hope this message finds you well and enjoying the changing season. Fall brings a sense of renewal and opportunity for us to come together as a community, whether it's through our beautiful outdoor spaces, community events, or simply connecting with our neighbors.

### **CDD Business Updates:**

The CDD Engineer is currently working to obtain bids for correcting the standing water and drainage issue on the South Loop sidewalk near the Spanish Marsh retaining wall.

### **Amenity & Lifestyle Director:**

I am pleased to welcome Hila Stalcup to the Marshall Creek CDD Team. Hila has taken on the role as our new Amenity & Lifestyle Director. She has a wealth of experience planning events and activities from her prior role at Serenata Beach Club and is excited to bring a fun line up of community activities to Palencia this coming year. Hila is a mom of two boys ages 3 and 5 and she is an avid Disney fan. She also enjoys crafts and creating costumes.

## **Fitness Class Update:**

Aqua Zumba classes have been canceled for the Winter Season as the pool temperature is beginning to drop to low.

Aqua Aerobics final class will be Sat, 10/19.

Aqua classes will resume in Spring 2025.

## **Palencia Lifestyle Activities:**

Be sure to mark your calendars for our upcoming events this month! Check out the attached flyers for more info:

- **Fall Festival: 10/25, from 5-8pm**

## **Palencia Communications:**

We are excited to be partnering with our Sweetwater Management team on our Monthly Community Compass Newsletter as well as weekly updates going forward. Thank you to all residents for continuing to share your ideas on how we can streamline communications.

Best regards,

*Jodi Moore*

General Manager

Marshall Creek CDD



# 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

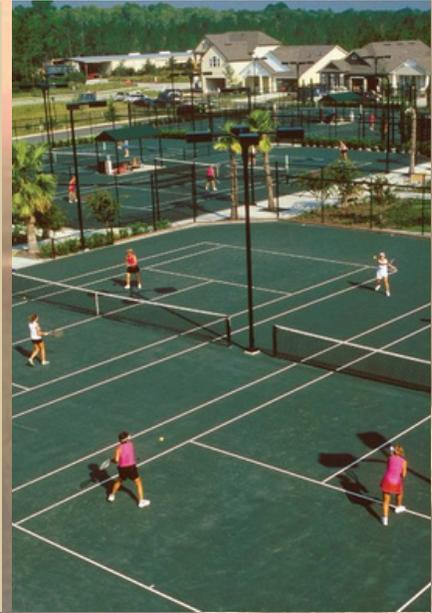
Courts available

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](#)

To view the Swim and Fitness Newsletter visit  
[PalenciaOnline.com](http://PalenciaOnline.com).

# SAVE THE DATE



10.25	11.9	12.6
Fall Festival 5-8pm	Car Show 11-2pm	Winter Festival 5-8pm

● *Details coming soon* ●



PALENCIA<sup>SM</sup>

FALL

*Festival*

MARKET STREET

10.25 / 5-8pm

- 
- 
- 
- LIVE MUSIC-
  - FOOD TRUCKS
  - VENDOR MARKET-
  - KIDS FUN ZONE-
  - COSTUME CONTEST-
  - HAY RIDES-
  - EXOTIC ANIMALS-
  - MAGICIAN-

# TENNIS



## OCTOBER

# NEWSLETTER



### OKTOBERFEST SOCIAL

Friday, October 18th 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!**

**Youth Tennis News:**  
No Youth classes on Thursday,  
October 31<sup>st</sup> due to Halloween.

You must sign-up in advance for all classes!

Information for youth tennis classes is found at [Palenciaonline.com](http://Palenciaonline.com)

### Tennis Center Guest Policy:

All tennis and pickleball members (both resident and non-resident members) should check in at the tennis pro shop prior to going on the courts. If you are bringing a guest, notify the tennis office staff at check-in.

Each member has 8 free guests per year (Oct 1-Sep 30). After the 8<sup>th</sup> guest, each guest for that member must pay a \$10 guest fee.

An individual GUEST may only play at Palencia 8 times total each year (Oct 1-Sep 30). This policy exists so that a guest who plays here more than 8 times MUST join as a non-resident tennis member



### Tennis Center Ball Machine Policy:

Ball Machine reservations CANNOT be done on-line or via email. You will need to call or stop by to book the ball machine.

### Tennis Center COURT BOOKINGS:

#### Monday Through Saturday

**PLEASE continue to make court reservations at 8:00 am or 10:00 am to maximize play!**

Courts Re-surfacing: Weather permitting, we will be re-surfacing courts 7 and 8 from 10/14-10/17. Please be aware that courts will be limited that week for open play.



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)

Scott Lefteris-Head Pro  
[Scott.lefteris@marshallcreekcdd.com](mailto:Scott.lefteris@marshallcreekcdd.com)

Jeff Golden- Head Pro  
[jeff.golden@marshallcreekcdd.com](mailto:jeff.golden@marshallcreekcdd.com)

Jana McDonald-Tennis Pro  
[janatennispro@gmail.com](mailto:janatennispro@gmail.com)

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

# TENNIS



## Oktoberfest Tennis Social

Friday, October 18th, 2024  
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](mailto:palenciatennis@marshallcreekcdd.com)

# FITNESS CENTER

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				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		8168		
11:10am Senior Stretch E	11:10am Senior Mat Pilates	10:30am Meditation E	11:15am Senior Mat Pilates E			4:00pm Yoga E/M
	12:30pm Tai Chi E	11:00am Yoga E/M	12:30pm Tai Chi E	12:00pm Senior Stretch 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		6:00pm Zumba M			

**Fitness Center:**  
[\(904\) 829-8584](tel:9048298584)  
**Amenity Center:**  
[\(904\) 810-0520](tel:9048100520)  
 E= Easy M= Medium H= Hard  
 10/1/2024

## FITNESS SCHEDULE



### MEET TAI CHI INSTRUCTOR RON CULLUM

You might wonder what an 84-year-old man is doing holding classes at the Fitness Center where the other instructors are typically physically fit, young women who teach yoga, Pilates, Zumba, and the like. Ron is our tai chi instructor, who has been holding classes in tai chi and qigong here at Palencia for over 10 years. Currently his classes are on Tuesday and Thursday each week. All Ron's classes include both qigong, an exercise to enhance our life energy, and tai chi, which is a martial art practiced today primarily for its many health benefits. Ron has been practicing tai chi for some 25 years and has studied several martial arts disciplines. He says that tai chi, as he teaches it, is a practice than can be done safely all your life and can be tailored to almost any physical condition.

Ron has been a Palencia resident since 2007, when he and his family moved here from their home in the Virginia suburbs of Washington, DC. A former Air Force intelligence officer, Ron left the military for a civilian career in Intelligence with the Federal Government. Ron and his wife Dianne also lived in Germany in the 1980s and in England in the 1990s with their two children, Elisabeth and Christopher. They are both now grown and married with families of their own and live nearby. Now retired, Ron and Dianne enjoy family dinners together with their extended family in the area. Ron says he intends to keep teaching tai chi until he's 100 years old.

Ron's Tai Chi Schedule  
 Tuesday - 12:30pm  
 Thursday - 12:30pm

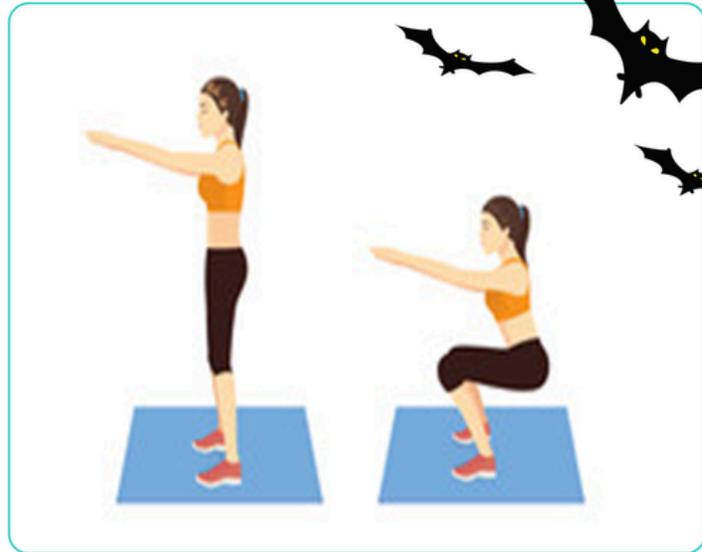


# FITNESS CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Fitness Center Squatober Challenge!	1. 15 Squats	2. 20 Squats	3. 25 Squats SW CDD meeting 4pm @ Fitness Center Zumba 6:30pm	4. 30 Squats	5. 35 Squats
6. 40 squats	7. REST DAY	8. 45 Squats Level Up Dinking Clinic 6-8pm \$	9. 50 Squats Fall Pickleball League starts Meditation 10:30am	10. 55 Squats	11. 60 Squats	12. 65 Squats Intro To Pickleball 9-11am \$ Beg/and Kids
13. 70 Squats	14. REST DAY	15. 75 squats Pickleball Fundamentals Clinic 9-11am \$ Beg/Low Intern.	16. 80 Squats Meditation 10:30am	17. 85 Squats	18. 90 Squats	19. 95 Squats
20. 100 Squats	21. REST DAY	22. 105 Squats Pickleball Agility 6-8pm \$ All Levels	23. 110 Squats Meditation 10:30am	24. 115 Squats	25. 120 Squats	26. 125 Squats Next Levels Volley 9-11am \$ Intern/Adv
27. 130 Squats	28. REST DAY	29. 135 Squats Rest Your Mind & Point 6-8pm \$ Intern/Adv	30. 140 Squats Meditation 10:30am	31.  Happy Halloween		

# FITNESS CENTER

Clear out the cobwebs and start Squattober



See the instructions below for days and squat numbers

30-day Challenge

## 30 DAY SQUAT CHALLENGE

15 <i>day 1</i>	20 <i>day 2</i>	25 <i>day 3</i>	30 <i>day 4</i>	35 <i>day 5</i>
40 <i>day 6</i>	REST <i>day 7</i>	45 <i>day 8</i>	50 <i>day 9</i>	55 <i>day 10</i>
60 <i>day 11</i>	65 <i>day 12</i>	70 <i>day 13</i>	REST <i>day 14</i>	75 <i>day 15</i>
80 <i>day 16</i>	85 <i>day 17</i>	90 <i>day 18</i>	95 <i>day 19</i>	100 <i>day 20</i>
REST <i>day 21</i>	105 <i>day 22</i>	110 <i>day 23</i>	115 <i>day 24</i>	120 <i>day 25</i>
125 <i>day 26</i>	130 <i>day 27</i>	REST <i>day 28</i>	135 <i>day 29</i>	140 <i>day 30</i>

make YOURSELF PROUD



Squats

# PICKLEBALL COURTS

\*FITNESS CENTER\*

For Pickleball Clinic info

Please Call or Text

**Darcy Miller**

**(904) 891-6573**

(Certified Pickleball Instructor)

*Tuesday, October 8th, 6:00-8:00*

## **Level Up Dinking**

- 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.

*Tuesday, October 12th, 6:00-8:00*

## **Intro to Pickleball- Beginners/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!

*Tuesday, October 15th, 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.

*Tuesday, October 22nd, 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, October 26th, 9:00-11:00*

## **Next Level Volley- Intermediate/Advanced**

- Ever get frustrated because you hit a ball back and your opponent crushes it every time? Are you missing put aways or just not volleying where you need to? Well, you are in luck! This class is for you! Let's take your volley game to another level by working on hand speed, controlled aggression and hitting down on your volleys to keep your opponent on defense!

*Tuesday, October 29th, 6:00-8:00*

## **Reset Your Mind and Point!- Intermediate/Advanced**

- If you are looking to advance your game, the reset shot is an essential element of doing so. The reset is a shot used to slow down the pace of the rally and regain control of the point. This neutralizes your opponent's attack and creates an opportunity to shift from defense to a neutral or offensive position.

# AMENITY CENTER

## Fitness Class Schedule

### Les Mills BODYPUMP

Wednesdays at 8:45am with Crispin  
 Fridays at 10:00am with Crispin

### Les Mills BODYBALANCE

Saturdays at 10:00am with Steven R.

### CARDIO STEP

Fridays at 8:45am with Crispin

### WATER AEROBICS

at 8:30

Monday 10/7 and 10/14 with Miranda  
 Wednesday 10/9 and 10/16 with Patty  
 Saturday 10/12 and 10/19 with Patty

\*\*\*Classes will resume in Spring 2025\*\*\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fitness Classes</b>						
8:30am Water Aerobics **10/7 + 10/14 Only**		8:30am Water Aerobics **10/9 + 10/16 Only**			8:30am Water Aerobics **10/12 + 10/19 Only**	
		8:45am Cardio Step		8:45am Cardio Step		
		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	4:30-5:15pm Cheer Starts Oct 1st		
	5-6:15pm 10-12 yr old Ballet/Jazz	5-5:45pm 5-6 yr old Ballet/Jazz/Tumb				



## OCTOBER

## AMENITY CENTER CLASSES



# EVENTS AND ACTIVITIES



## Chick-Fil-A

Second Tuesday of the Month

**October 8th**

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

## Carrabba's Take Out

Fourth Tuesday of the Month

**October 29th**

Pre-order Online

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

**\*\*More information will be  
sent out separately\*\***



# 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**

# CLUBS & COMMUNITY HAPPENINGS

## Club & Gathering Room Inquiries

If you are interested in starting a new community club, please contact Hila Stalcup, Amenities & Lifestyle Director, for more information.

Click here:

[hila.stalcup@marshallcreekcdd.com](mailto:hila.stalcup@marshallcreekcdd.com)

## Community Happenings

\*\*\*This event is not associated with the development districts\*\*\*

**OPTIMAL YOU WELLNESS CENTER**  
**OY**

**INVITES YOU TO JOIN OUR  
OPEN HOUSE &  
FALL FESTIVITIES**

**Saturday, October 26th  
1:00-4:00 PM**

**404 PASSEO REYES DRIVE  
(AT THE FRONT OF PALENCIA)**

**Bring your family and  
friends for...**

- ✓ Fall activities
- ✓ Arts & crafts
- ✓ Wellness vendors
- ✓ Allergy friendly treats
- ✓ Games & Prizes
- ✓ Halloween costumes welcome!

**SCAN ME!**

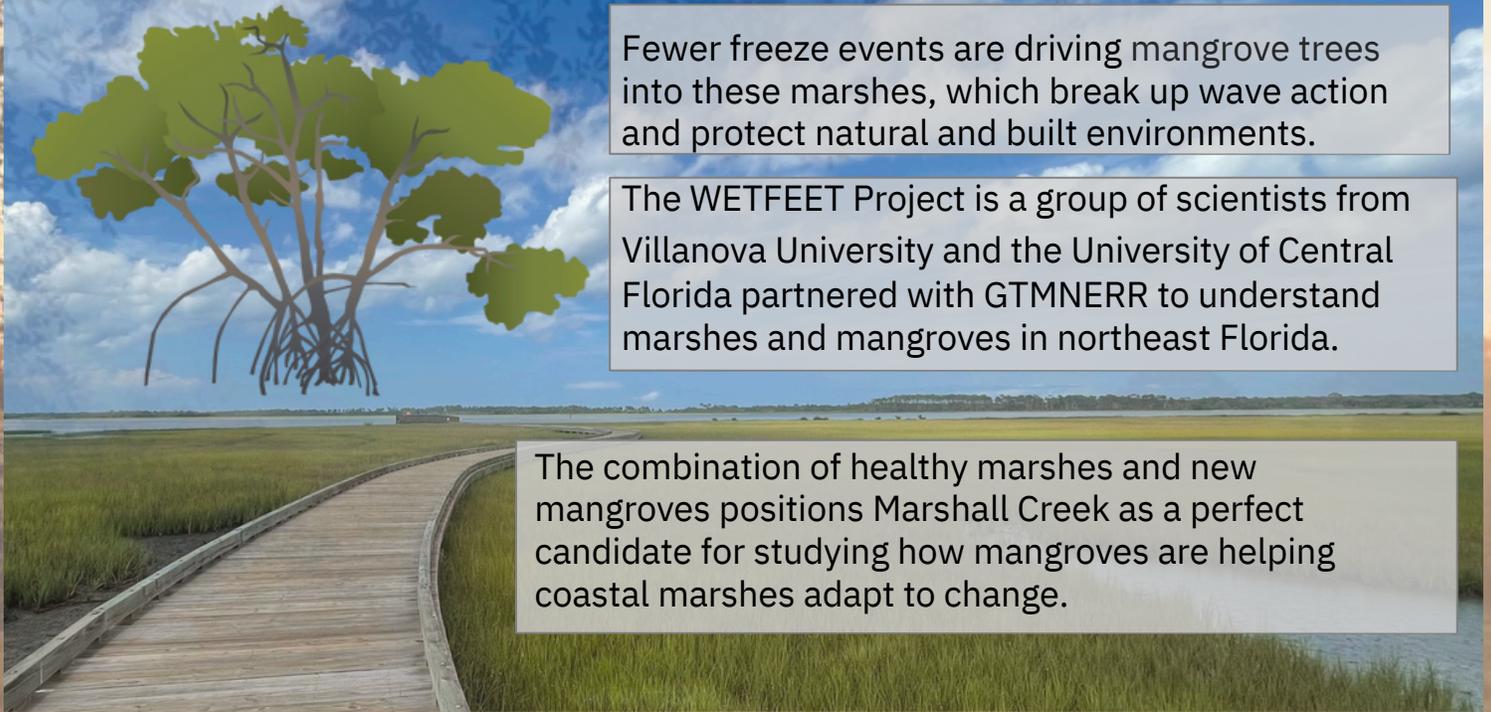
Use QR code to get your  
**FREE**  
TICKETS

Salt marshes along the Tolomato River build land by trapping sediments and growing roots that maintain elevation.

Fewer freeze events are driving mangrove trees into these marshes, which break up wave action and protect natural and built environments.

The WETFEET Project is a group of scientists from Villanova University and the University of Central Florida partnered with GTMNERR to understand marshes and mangroves in northeast Florida.

The combination of healthy marshes and new mangroves positions Marshall Creek as a perfect candidate for studying how mangroves are helping coastal marshes adapt to change.



Mangrove growing in Marshall Creek marsh



The WETFEET team is exploring how positioning of mangrove trees across the marsh can impact marsh growth, root production, and soil stability.



For more information on our research, check out the WETFEET Project's website!



# New Feature

## BREAKING NEWS

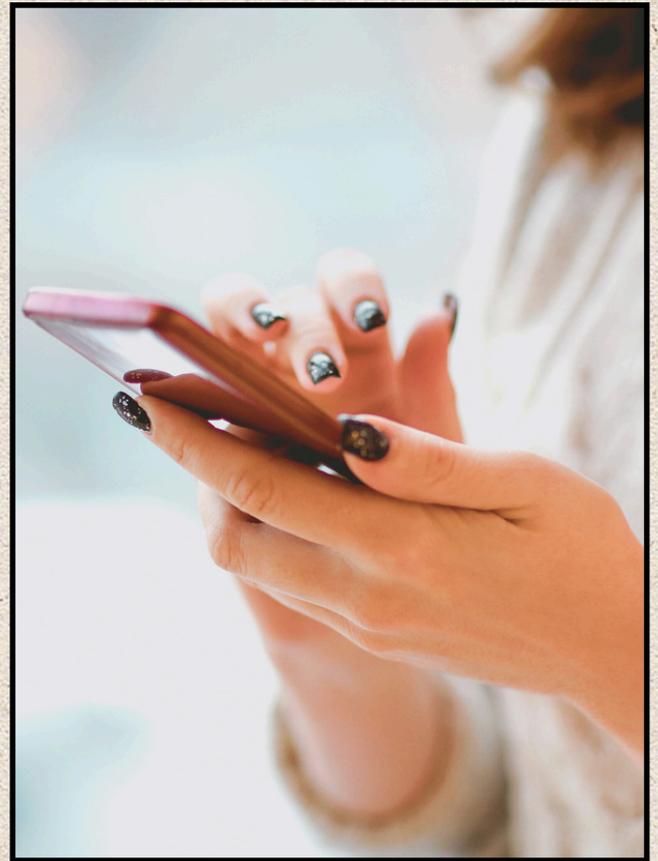
### Introducing text/SMS message notifications for PalenciaOnline.

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!



## Welcome to Vesta District Services Your New District Management Team for the Marshall Creek CDD

We are pleased to announce Vesta District Services as the new management team for Marshall Creek Community Development District (CDD). With a commitment to excellence and community service, Vesta brings decades of experience in property and district management to ensure Marshall Creek CDD continues to thrive.

### *Meet Your District Management Team*

#### ***David McInnes, District Manager***

David McInnis brings over 20 years of executive and legislative branch experience within Florida government, coupled with over a decade of specialized district management. His extensive background includes roles as a director, consultant, and project manager, where he successfully negotiated legislative proposals and department budgets. David is known for his disciplined work ethic and expertise in regulatory compliance, holding degrees in Finance, Real Estate, and an MBA with a focus on Business Administration. As a trained first responder and former reserve law enforcement officer, David is dedicated to serving the Marshall Creek CDD community with integrity and professionalism.

**Email: [dmcinnes@vestapropertyservices.com](mailto:dmcinnes@vestapropertyservices.com)**

**Phone: 321-263-0132 ext. 193**

#### ***Dana Harden, Assistant District Manager***

Dana Harden serves as Regional General Manager for Vesta in Jacksonville, bringing 20 years of property management experience and a strong background in accounting and office technology. Since joining Vesta in 2019, Dana has specialized in Community Development Districts (CDDs) and holds certifications as a Licensed Community Association Manager (LCAM) and Association Management Specialist (AMS), with a recent attainment of her Professional Community Association Manager (PCAM) license in 2023. Dana's financial acumen and dedication to community service ensure professional guidance and support for the residents of Marshall Creek CDD.

**Email: [dharden@vestapropertyservices.com](mailto:dharden@vestapropertyservices.com)**

**Phone: 321-263-0132 ext. 226**

#### ***Logan Muether, Senior Financial Analyst***

Logan Muether serves as Senior Financial Analyst for Vesta District Services, specializing in special district formation, financing, and management. Since 2019, Logan has been instrumental in developing and administering budgets totaling over \$200 million in special assessments. His strategic financial planning and expertise in special assessment bonds ensure sound financial management and planning for Marshall Creek CDD.

**Mr. Muether will be the contact for Bond Payoff Information:**

**Email: [lmuether@vestapropertyservices.com](mailto:lmuether@vestapropertyservices.com)**

#### ***Jackie Leger, Senior Administrator***

Jackie Leger manages Vesta's Special Districts Administration Department, overseeing all administrative responsibilities including records management and compliance with state guidelines. With a background in Technical and Scientific Communication, Jackie ensures efficient operations of board meetings, public notices, and document management for Marshall Creek CDD.

**Ms. Leger will be the contact for Public Records Requests:**

**Email: [publicrecords@vestapropertyservices.com](mailto:publicrecords@vestapropertyservices.com)**

**For more information about Vesta District Services and how we can support Marshall Creek CDD, please visit [www.vestadistrictservices.com](http://www.vestadistrictservices.com) or contact our team directly. We look forward to serving you and continuing to enhance the quality of life in our 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**  
**October 16th, 2024**  
**4:00PM**

**Sweetwater CDD Meeting**  
**October 3rd, 2024**  
**4:00PM**

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.