
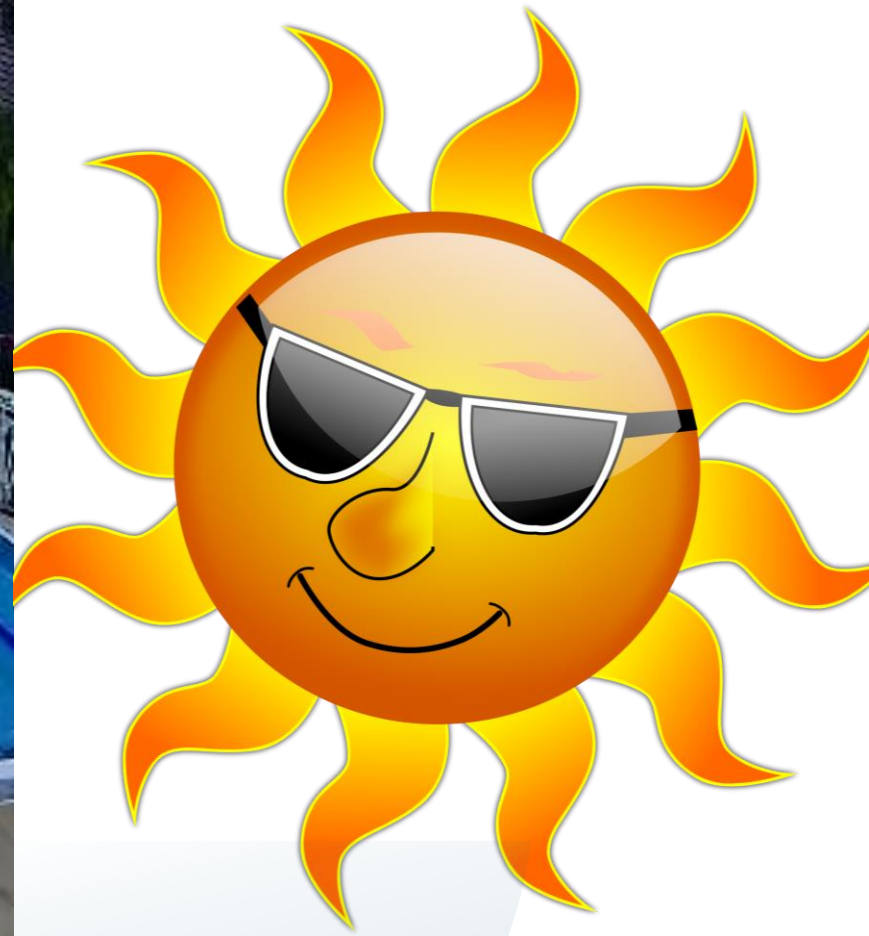


# SW JUNE 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 FIRST DAY OF SUMMER SWIM TEAM 	4 Pickleball League Starts 	5 SW CDD Meeting 4pm At the Fitness Center	6	7 8:30AM ZUMBA TAI CHI WORKSHOP 12-4PM
8	9	10	11 Pickleball League 	12	13	14
15 HAPPY FATHER'S DAY	16	17	18 Pickleball League 	19	20	21
22	23	24	25 Pickleball League 	26	27	28
29	30	Summer Swim Team Hours: Mon-Fri 7am-9am & 3:30-6:30pm		Summer Pickleball League starting June 4th 		



Summer Swim Team Hours:  
Monday-Friday 7am-9am and  
3:30-6:45pm

Summer Season  
Begins Tuesday  
June 3rd





CDD Meeting  
June 5<sup>th</sup>  
4pm At the  
Fitness  
Center

Board of Supervisors  
Sweetwater Creek Community Development District  
**Call In #: 1-877-304-9269; Code 186663**

Dear Board Members:

The Sweetwater Creek Community Development District Board of Supervisors Meeting is scheduled  
for **Thursday, June 5, 2025 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
- II. Public Comment (limited to three minutes)
- III. Approval of the Consent Agenda
  - A. Minutes of the May 1, 2025 Meeting and May 14, 2025 Workshop
  - B. Financial Statements
  - C. Check Registers
    - 1. April
    - 2. May
  - D. Ratification of Requisition Nos. 157-160
- IV. Staff Reports
  - A. Landscape Team – Maintenance Report
  - B. District Engineer
  - C. District Counsel
  - D. District Manager
    - 1. Update on Cost Share True-Up Invoice
    - 2. Financial Update

- E. Field Manager – Report
- F. Director of Amenities
  - 1. Report
  - 2. Roof Quotes
  - 3. Stair Climber Quotes
- V. Discussion of the Survey Results for the PUD Modification
- VI. Consideration of Responses to RFP for Amenity & Operations Management Services and/or District Management Services and/or Financial Compliance & Accounting Support Services
  - A. Vesta Property Services
  - B. Inframark
  - C. Rizzetta & Company
- VII. Consideration of Resolution 2025-04, Approving the Proposed Budget for Fiscal Year 2026 and Setting a Public Hearing Date
- VIII. Discussion of Gate Security and Response
- IX. Consideration of Resident and Nonresident Warning Letters for Property Damage
- X. Other Business
- XI. Supervisor Requests / Public Comment
- XII. Next Scheduled Meetings – Thursday, July 10, 2025 at 4:00 p.m. at the Fitness Center, 1865 N. Loop Parkway, St. Augustine, Florida 32095
- XIII. Adjournment

**PUBLIC CONDUCT:** Members of the public are provided the opportunity for public comment during the meeting. Each member of the public is limited to three (3) minutes, at the discretion of the Presiding Officer, which may be shortened depending on the number of speakers. Speakers shall refrain from disorderly conduct, including launching personal attacks; the Presiding Officer shall have the discretion to remove any speaker that disregards the District’s public decorum policies. Public comments are not a Q&A session; Board Supervisors are not expected to respond to questions during the public comment period.

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 E/M	
10:15am Spin M/H	10:00am Cardio/Core E/M	10:30am Meditation E	10:00am Strong All Over E			
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- Beginner E		12:30pm Tai Chi E	12:00pm Senior Stretch E	<b>Fitness Center:</b>  <b>(904) 829-8584</b>  <b>Amenity Center:</b>  <b>(904) 810-0520</b>  E= Easy M= Medium H= Hard  6/1/2025	
	5:15pm Yogalates M	5:15pm Power Yoga M/H				
6:00pm Pilates Barre M/H	6:30pm Power Pump M/H	6:30pm Zumba E/M				

# FITNESS SCHEDULE





# PICKLEBALL SOCIAL LEAGUE

## REGISTRATION IS NOW OPEN FOR OUR 2025 PALENCIA PICKLEBALL SUMMER SOCIAL LEAGUE

BEGINNING ON WEDNESDAY, JUNE 4TH, WE WILL BE STARTING OUR PICKLEBALL SUMMER SOCIAL LEAGUE. THE LEAGUE WILL RUN FOR NINE (9) CONSECUTIVE WEDNESDAY NIGHTS CULMINATING ON JULY 30TH WITH OUR TOURNAMENT AND SOCIAL EVENT. THERE WILL BE NO RAIN MAKE UP DATES SO IF WE DO NOT COMPLETE ANY OF THE DATES, BUT WE WILL FIND A MAKEUP DATE FOR THE TOURNAMENT AND SOCIAL EVENT.

WE ARE LOOKING FOR PLAYERS WHO ARE INTERESTED IN PLAYING PICKLEBALL WITH A LOT OF NEW FRIENDS AND COMPETITORS. ALL LEVELS OF PLAY ARE INVITED AND ENCOURAGED TO COME OUT AND PLAY IN A VERY SOCIAL ATMOSPHERE.

EVERY WEEK, EACH PLAYER WILL BE ASSIGNED A NEW PARTNER TO PLAY WITH FOR THE FIVE (5) GAMES WE USUALLY PLAY ON A LEAGUE NIGHT. PAIRINGS WILL BE RANDOMLY CHOSEN SO THAT ANY LEVEL OF PLAYER MAY BE PLACED WITH ANOTHER. SCORES WILL BE KEPT SO THAT AT THE END OF THE SEASON, RANKINGS CAN BE ESTABLISHED FOR THE TOURNAMENT.

BUT THE EMPHASIS FOR THIS LEAGUE IS PURELY SOCIAL. MEET NEW PEOPLE IN THE COMMUNITY, PLAY WITH DIFFERENT PLAYERS AND NO MATTER WHAT YOUR LEVEL OF PLAY IS, GAIN SOME EXPERIENCE FROM OTHERS WITHOUT THE WORRY OF "NOT ABLE TO COMPETE".

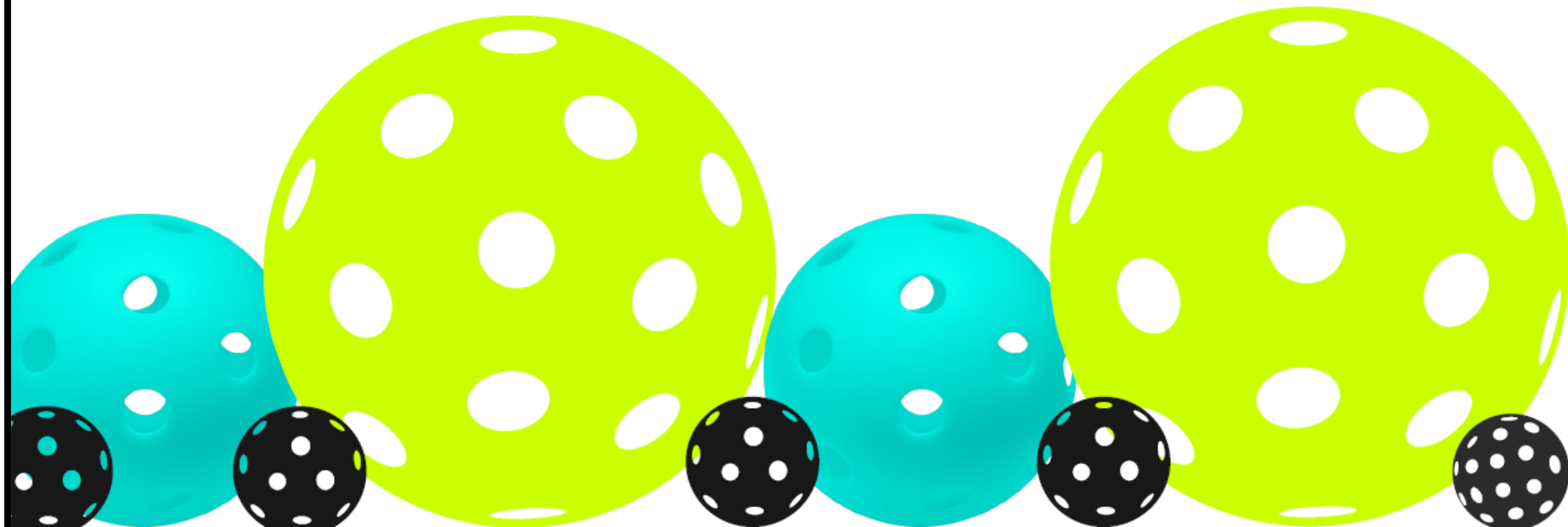
THERE WILL BE NO ALTERNATES FOR THIS LEAGUE. SIGN UP AND IF THERE ARE DATES YOU CANNOT ATTEND, NOT TO WORRY, AS THIS IS MORE OF A FUN, SOCIAL LEAGUE THAN A COMPETITIVE LEAGUE.

### **ELIGIBILITY FOR THE SUMMER SOCIAL LEAGUE**

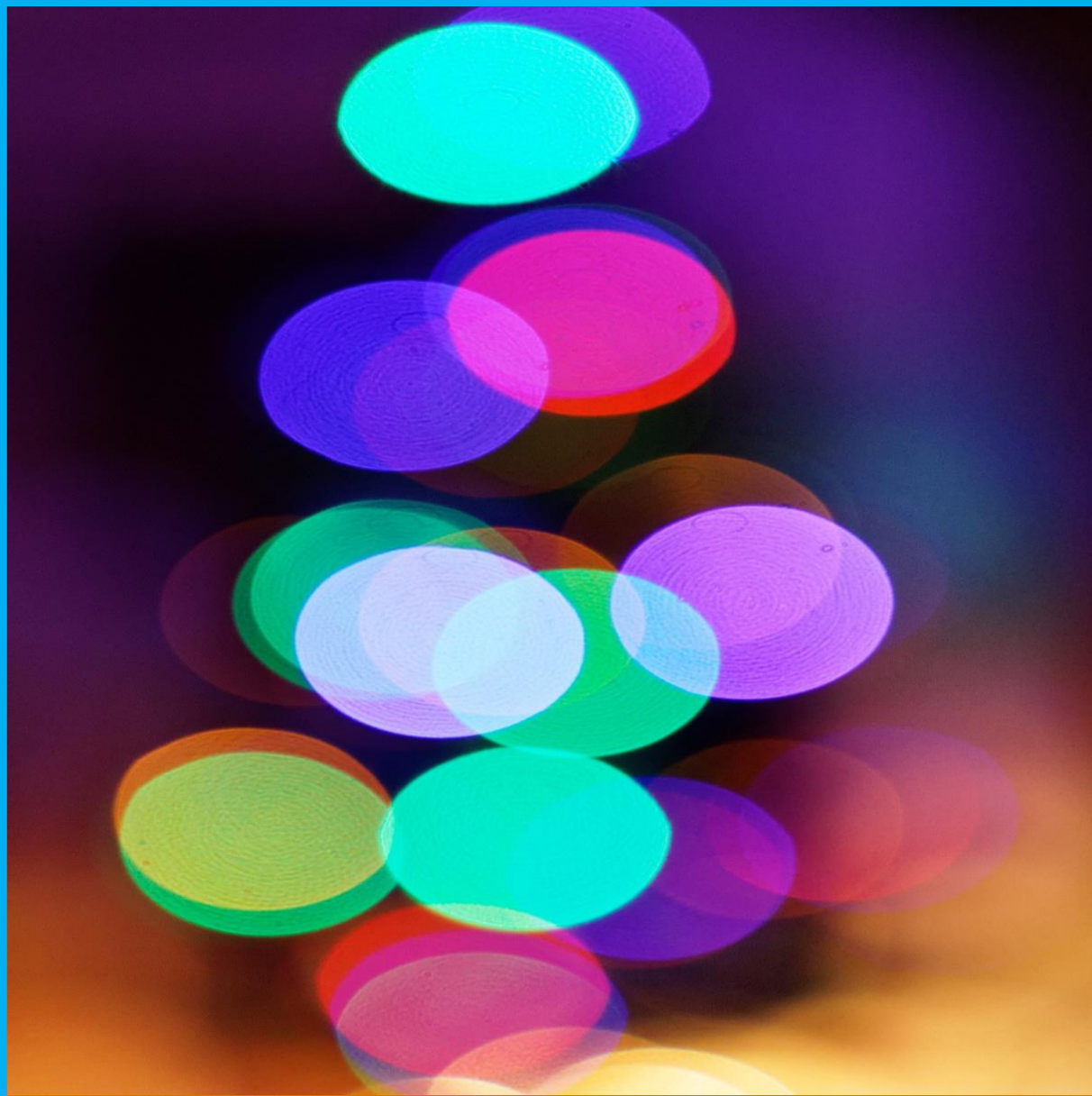
- **MUST BE A PALENCIA RESIDENT AND HAVE A COURT RESERVE ACCOUNT**
- **IF YOU DO NOT HAVE A COURT RESERVE ACCOUNT, THE PROCESS IS FREE AND HANDLED AT THE FITNESS CENTER. GO DURING THE DAY, IF POSSIBLE AND REGISTER. YOU MUST HAVE YOUR AMENITIES CARD WITH YOU. IF YOU DO NOT HAVE AN AMENITIES CARD, THE FRONT DESK AT THE FITNESS CENTER CAN ASSIST YOU WITH HOW TO OBTAIN ONE.**

### **REGISTRATION IS NOW OPEN**

- **CONTACT THE LEAGUE ADMINISTRATOR, DAN COLIN EITHER VIA EMAIL: PAD\_C@SBCGLOBAL.NET OR TEXT TO: 224-766-0478**
- **WHEN REGISTERING FOR YOURSELF AND/OR OTHERS, PLEASE PROVIDE AN EMAIL ADDRESS AND CELL PHONE CONTACT.**







# Tai Chi Workshop

SATURDAY JUNE 7TH

1PM-3PM

FITNESS CENTER

No Sign up Needed

THERE WILL BE AN INTRODUCTION TO TAI CHI WORKSHOP ON 7 JUNE AT PALENCIA FITNESS CENTER.

THIS WORKSHOP IS FOR BEGINNERS TO LEARN ABOUT THIS POPULAR EXERCISE THAT IS PRACTICED WORLDWIDE. TAI CHI ORIGINATED AS A MARTIAL ART, BUT TODAY MOST PEOPLE PRACTICE FOR THE HEALTH BENEFITS, WHICH ARE INCREASINGLY DOCUMENTED IN WESTERN MEDICAL CLINICAL STUDIES. THE SLOW, GRACEFUL MOVEMENTS OF TAI CHI ARE SOMETIMES CALLED "MEDITATION IN MOTION."

THE WORKSHOP WILL RUN FROM 1:00 TO 3:00 PM ON SATURDAY, 7 JUNE 2025, WITH A BREAK BETWEEN TWO 45-MINUTE SESSIONS. PARTICIPANTS WILL LEARN ABOUT THE HISTORY OF TAI CHI. THE DIFFERENT STYLES WILL BE DEMONSTRATED, AND THERE WILL BE PLENTY OF OPPORTUNITY TO TRY A TASTE OF TAI CHI YOURSELF.

THERE IS NO FEE FOR THIS ACTIVITY FOR PALENCIA RESIDENTS.

THE HARVARD MEDICAL SCHOOL'S NEWSLETTER, 1 JULY 2023, CITED THE FOLLOWING HEALTH BENEFITS OF TAI CHI:

BETTER BALANCE: STUDIES SHOW OLDER ADULTS WHO DID TAI CHI ONE TO THREE TIMES A WEEK WERE 43% LESS LIKELY TO FALL, AND THEY CUT THEIR RISK OF INJURY IN HALF!

PAIN RELIEF: TAI CHI OFFERS SIGNIFICANT RELIEF FROM INJURIES AS WELL AS BACK, NECK, OSTEOARTHRITIS, AND FIBROMYALGIA PAIN.

LESS STRESS: TAI CHI GIVES YOU THE TOOLS TO HELP YOU MANAGE STRESS AND ANXIETY — EVEN PHOBIAS AND PANIC DISORDERS — IN A HEALTHIER WAY.

A SHARPER MIND: BECAUSE OF THE MIND-BODY CONNECTION, TAI CHI HELPS MAINTAIN AND MAY EVEN IMPROVE COGNITIVE FITNESS.

A STRONGER HEART: TAI CHI MAY REDUCE YOUR CHANCES OF DEVELOPING HEART DISEASE — EVEN IF YOU HAVE RISK FACTORS.

IMPROVED MOOD: IN 82% OF STUDIES, TAI CHI GREATLY IMPROVED MOOD AND LOWERED ANXIETY. IT'S ALSO AN EFFECTIVE TREATMENT FOR DEPRESSION.

RHEUMATOID ARTHRITIS RELIEF: A PILOT STUDY SHOWED THAT TAI CHI HELPED RA SUFFERERS ACHIEVE IMPROVEMENTS IN THEIR SYMPTOMS.

AND SO MUCH MORE! IT'S NO WONDER THAT WITH SO MANY SCIENTIFICALLY BACKED HEALTH BENEFITS, PEOPLE ARE NOW REFERRING TO TAI CHI AS "MEDICATION IN MOTION."