



PALENCIA

COMMUNITY COMPASS

August 2025 Edition

Discover Palencia ~ Your Map to Community Living and Exploration

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

8/1-8/10: Mon-Thurs: 12-6/ Fri-Sun: 11-7

8/11-8/29: Sat + Sun 12-4

8/30-9/1: 11-7 (Labor Day Weekend)

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](#)

FIRST WEEK OF AUGUST AT THE AMENITY CENTER!!

WHY DO I FEEL THIS WAY? **THERE'S A REASON**

Chronic fatigue
Stubborn weight gain
Thyroid conditions
Insomnia
Brain fog
Digestive issues
Autoimmune issues
& More

FREE DINNER SEMINAR

WITH DR. PETE OLSEN, M.D.



AUGUST 6 • 5-8 PM • PALENCIA GATHERING ROOM

BACK TO
school
BASH

Aug 9th
12-3pm

Slime Party
while supplies last

Fun & Games

Cafe specials

The poster features a chalkboard background with various school-themed drawings: an apple, a backpack, a rocket, a lightbulb, stars, and a pencil holder. A red oval highlights the date and time, and a yellow sticky note highlights the 'Slime Party'.

FITNESS CENTER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Tai Chi Classes for August Tuesday or Thursday						1
5	4	5 Pickleball Clinic Next Level Lob, Overhead & Volley 6-8pm Inter/Adv. \$	6 10am Yoga Moving to 11am	7 CDD Meeting 4pm Fitness Center	8 National Pickleball Day	2 Pickleball Clinic Level Up Dinking 10-12pm Inter/Adv. \$
10	11	12	15	14	15	9 Pickleball Clinic Specialty Shots 10-12pm Inter/Adv. \$
17	18	19	20	21	22	25 Pickleball Clinic The Backhand 10-12pm Inter/Adv. \$
24	25	26 Pickleball Clinic Game Strategy 6-8pm Inter/Adv. \$	27	28	29	50 Pickleball Clinic Next Level Serve & Return 10-12pm Inter/Adv. \$
31						

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		10:30am Meditation E		9:00am GentleYoga E	9:00am Zumba E/M	
10:15am Spin M/H	10:00am Cardio/Core E/M	11:00am Yoga 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
				12:00pm Senior Stretch E		
	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 Center:

(904) 829 -8584

Amenity Center:

(904) 810-0520

E=Easy M=Medium H=Hard

8/1/2025

FITNESS SCHEDULE



FITNESS CENTER



Due to instructors being out of town and subs not available, the following classes are **cancelled** :

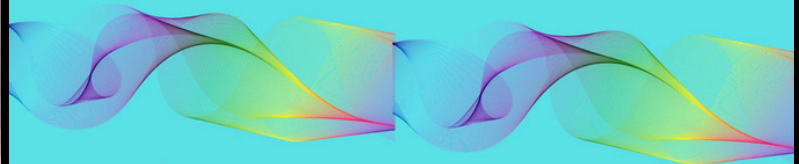
- Thursday August 7th 10am Strong all over
- Thursday August 8th 11am Senior Mat Pilates

These Classes will happen, and Do have a sub scheduled :

- Tuesday Aug 5th 10am Cardio/Core
- Tuesday Aug 5th 11am Senior Mat Pilates
- Wednesday August 6th 11am Yoga
- Friday August 8th 9am Yoga
- Saturday August 9th 9am Zumba



Tai Chi will be taking a break for the Month of August and will resume after Labor Day.



10am Wednesday Yoga will be changing it's start time to **11am** starting **August 6th**

FITNESS CENTER

FALL



SWIM TEAM SCHEDULE

Monday - Friday 3:30pm-
6:45pm

Saturday 9-11am



No Swim Practice
July 28th - Aug 10th

New Schedule Starting
August 11th

Palencia Cyclones Swim Team

FITNESS CENTER

SIGN UP NOW



Saturday, August 2. 10-12

Level Up Dinking – Intermediate to Advanced

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. Learning to vary spins and placement can change your game!

Tuesday, August 5 - 6-8

Next Level Lob, Overhead and Volley – Intermediate/Advanced

Ever get frustrated because you hit a ball back and your opponent crushes it every time? Ever have to let a ball bounce because you do not trust hitting an overhead to stay on the offensive? Are you missing put aways or just not volleying where you need to? Well, you are in luck! This class is for you!

Saturday, August 9 - 10-12

Specialty Shots – High Intermediate/Advanced

Learn how to do an ERNE, ATP and defend both in this specialized clinic for intermediate and advanced players! **FUN CLASS!!**

**Contact Darcy For Pickleball Clinic info
904-891-6573**

TENNIS



**SUMMER SCHEDULE LASTS
THROUGH AUGUST 8th!**

FALL ADULT CLINIC SCHEDULE
starting as indicated below:

B Team: 9-10 am
Mondays starting 8/11

A Team: 10-11 am
Mondays starting 8/11

C Team: 11am-12:30 pm
Mondays starting 8/11

D Team: 10-11 am
Weds starting 8/13

D Team/Beg 11am-12pm
Fridays starting 8/15

Drill Clinics: 10-11 am
Fridays starting 8/15

**Drill Clinics Monday at
6:30 a.m. will be off
during August. Classes
will resume on Monday,
9/8.**

BEGINNER TENNIS

for adults!

**Every Friday from
11:00 a.m-12:00 p.m.**

Starts Aug. 15th!

\$18/class

**Please sign up in advance
for all clinics!**

Youth Tennis News:

**1 week remaining of summer
schedule:**

**Tiny Tots – 8/5 and 8/7 from 9:00-
9:50 a.m**

**Intermed/Tourn Dev/JV: 8/5-8/7
from 10:00 a.m. – 1:00 p.m.**

**Our Fall Schedule starts Monday,
August 18th. There are no youth
classes from August 11th-15th**

Tiny Tots:

Ages 5-8

Mondays and Thursdays

4:00-4:50 pm

Intermediate:

Pro approval required

Tuesdays and Wednesdays

4:00-5:00 pm

Junior Varsity:

Pro approval required

Tuesdays and Wednesdays

5:00-6:00 pm

Tournament Development

Pro Approval required

Mondays, Tuesdays, Thursdays

5:00-6:30 p.m.

Prices and class descriptions can be
found on Palenciaonline.com or stop
by the office!

**Please sign up in advance for all
clinics!**

AUGUST

NEWSLETTER



**Palencia See the Girl Charity
Tennis Tournament
Friday-Sunday
9/12-914**

**Learn more at
www.seethegirl.org/tennis**



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

**Palencia Tennis Center
904-825-4012**

palenciatennis@marshallcreekcdd.com

Tom Salmon-Director of Tennis

tom.salmon@marshallcreekcdd.com

Galina Boles-Head Pro

galina.boles@marshallcreekcdd.com

Jana

janatennispro@gmail.com

Myron Grunberg- Tennis Pro

Myron49@aol.com

TENNIS

PALENCIA TENNIS

Schedule starts August 11, 2025 for Adults and August 18, 2025 for youth

MONDAY

6:30 AM - 7:30 AM	Drill Clinic (starts 9/8)
9:00 AM - 10:00 AM	Women's B Team Clinic
10:00 AM - 11:00 AM	Women's A Team Clinic
11:00 AM - 12:30 PM	Women's C Team Clinic
4:00 PM - 4:50 PM	Tiny Tots (Juniors)
5:00 PM - 6:30 PM	Tournament Dev(Juniors)

TUESDAY

9:00 AM-12:00 PM	A Team Match (Location Varies)
9:00 AM- 12:00 PM	C-1 Team (First Coast, Location Varies)
4:00 PM- 5:00 PM	Intermediate (Juniors)
5:00 PM- 6:30 PM	Tournament Development (Juniors)

WEDNESDAY

9:00 AM - 12:00 PM	B Team Match (Location Varies)
10:00 AM - 11:00 AM	D Team Clinic
4:00 PM- 5:00 PM	Intermediate (Juniors)
5:00 PM- 6:30 PM	Tournament Development (Juniors)
5:00 PM-6:00 PM	Junior Varsity (Juniors)
6:00 PM-7:00 PM	Working Womens Clinic (starts 9/3)

THURSDAY

9:00 AM - 12:00 PM	C Team Match (Location Varies)
9:00 AM - 12:00 PM	A-2 Team(First Coast, Location Varies)
4:00 PM - 4:50 PM	Tiny Tots (Juniors)
5:00 PM - 6:30 PM	Tournament Dev (Juniors)

FRIDAY

9:00 AM -12:00 PM	D Team Match (Location Varies)
9:00 AM -12:00 PM	Beaches Team Match (Location Varies)
10:00 AM -11:00 AM	Drill Clinic (Men and Women)
11:00 AM - 12:00 PM	D Team/Beginner Tennis (Women)

Tom Salmon - Director of Tennis
tom.Salmon@marshallcreekcdd.com

Galina Boles - Head Pro
galina.boles@marshallcreekcdd.com

Jana McDonald-Tennis Professional
janatennispro@gmail.com

Myron Grunberg-Tennis Professional
Myron49@icloud.com

Palencia Tennis Center
625-B Palencia Club Drive
St. Augustine, FL 32095
Pro Shop: (904-825-4012)
palenciatennis@marshallcreekcdd.com

TENNIS

PALENCIASM

FALL/SPRING 2025/2026 STARTS AUGUST 18, 2025

YOUTH TENNIS PROGRAM

ALL PARTICIPANTS ARE REQUIRED TO SIGN UP IN ADVANCE

CALL THE TENNIS PRO SHOP: (904) 825-4012

TINY TOTS (AGES 5-8)

TINY TOTS: INTRODUCTION OF BASIC SKILLS AND FUNDAMENTALS OF TENNIS IN A FUN ENVIRONMENT WITH QUICKSTART EQUIPMENT FOR YOUNG BEGINNERS. PARENTS ARE REQUIRED TO STAY FOR THE ENTIRE CLINIC

\$160 PER MONTH OR \$28 PER CLASS

MONDAYS/THURSDAYS 4:00 - 4:50 P.M.

INTERMEDIATE (AGE VARIES-PRO APPROVAL REQUIRED)

THIS PROGRAM TEACHES RALLYING, SCORING AND COMPETING TO HELP THEM PREPARE FOR MIDDLE SCHOOL TENNIS AND TOURNAMENTS.

\$160 PER MONTH OR \$28 PER CLASS

TUESDAYS/WEDNESDAYS 4:00-5:00 P.M.

JUNIOR VARSITY: THIS PROGRAM IS FOR THE OLDER BEGINNER. INTRODUCTION OF TENNIS FUNDAMENTALS, FUN, ATHLETIC MOVEMENT AND COMPETITION. FIRST STEPS IN A NEW SPORT!

\$80 OR \$28 PER CLASS

WEDNESDAYS 5:00-6:00 P.M.

TOURNAMENT DEVELOPMENT (AGE VARIES-PRO APPROVAL REQUIRED)

THIS PROGRAM IS DESIGNED FOR THE INTERMEDIATE TO TOURNAMENT LEVEL PLAYER. FOCUSES ON STROKE PRODUCTION, SHOT SELECTION, POSITIONING, AND STRATEGY. POINT CONSTRUCTION AND PATTERNS OF PLAY WILL ALSO BE INTRODUCED.

MONDAYS, TUESDAYS, THURSDAYS 5:00-6:30 (TOURNAMENT DEVELOPMENT)

MT HLY RATE \$30/CLASS PREPAID OR \$38/DROP-IN

TOM SALMON-DIRECTOR OF TENNIS

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MYRON GRUNBERG-TENNIS PROFESSIONAL

Myron49@aol.com

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PALENCIA TENNIS CENTER

625-B PALENCIA CLUB DRIVE

ST. AUGUSTINE, FL 32095

904-825-4012

PALENCIATENNIS@MARSHALLCREEKCDD.COM

TENNIS



Beginner Tennis for adults

Always wanted to learn to play tennis? Here's your
chance starting August 15th!

Day: Every Friday

Time: 11:00 a.m.—12:00 p.m.

Cost: \$18/clinic

Please sign up in advance by calling the Tennis Center
at 904-825-4012 or emailing at

palenciatennis@marshallcreekcdd.com

AMENITY CENTER



Reminder

Effective August 1, 2025, the Amenity Center will no longer accept cash payments.

All payments must be made by debit/credit card or by check payable to Marshall Creek CDD.

Thank you for your understanding and cooperation.

AUGUST EVENTS

Thrive Longevity Dinner Seminar

August 6th

5:00pm

WHY DO I FEEL THIS WAY?
THERE'S A REASON

Chronic fatigue
Stubborn weight gain
Thyroid conditions
Insomnia
Brain fog
Digestive issues
Autoimmune issues
& More

**FREE
DINNER
SEMINAR**

WITH DR. PETE OLSEN, M.D.



AUGUST 6 • 5-8 PM • PALENCIA GATHERING ROOM



Chick-Fil-A

Second Tuesday of the Month

August 12th

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



Palencia Blood Drive

Saturday, August 23rd

9am-4pm

Back-to-School Bash

Saturday, August 9th

12-3pm

**BACK TO
school
BASH**

Aug 9th
12-3pm

**Slime
Party**

While supplies last

Fun
&
Games

Cafe
specials

Trivia Night

Friday, August 29th

5:30-8:00pm



PALENCIA PRESENTS TRIVIA NIGHT!!!



Friday
29 August, 2025



Trivia Start: 6pm



Amenity Center:
Covered Verandah

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

SLIDE HOURS

Amenity Center Pool Hours:

9am-8pm Everyday

Amenity Center Slide Hours:

August 1st – August 10th

Monday– Thursday

12–6

Friday–Sunday

11–7

August 11th – August 29th

Saturdays & Sundays

12–4

August 30th – September 1st

Labor Day Weekend

11–7

AT THE AMENITY CENTER

Tuesday- Sunday: 11am-6pm
*Hours will be changing during school
season*
Weather Permitting



FARES

CHIPS & SALSA \$5

JUMBO PRETZEL \$10

NACHOS & CHEESE \$7

GRILLED CHEESE \$4

HOT DOG \$6

TURKEY WRAP \$10

CHIPS \$2.50

COOKIE/BROWNIE \$4

ICE CREAM/POPSICLE/
DIP-N-DOTS \$3

CANDY \$2.50

ELIXIRS

BOTTLED WATER \$2

SODA \$3.25

GATORADE \$4

SLUSHY OF THE DAY \$5
-w/ WINE \$7

SUMMER SANGRIA \$6

HIGH NOON \$6

DOMESTIC BEER \$5

DRAFT BEER \$6
~MODELO
~MANGO CART

HOUSE WINE \$6
~CHARDONNAY
~SAUVIGNON BLANC
~CABERNET



AMENITY CENTER: FITNESS

Fitness Class Schedule

Les Mills BODYCOMBAT

Mondays at 9:00am with Heather S.

Les Mills BODYPUMP

Tues/Wed/Friday with Crispin at 10am

Thurs with Miranda at 10am

Sat with Miranda at 9am (Express)

BodyPump is an intense muscular workout that requires adequate recovery time for safety and effectiveness. Residents MAY NOT RSVP for the class on two consecutive days.

CARDIO STEP

Wednesdays & Fridays
at 8:45am with Crispin

Aqua Fitness Schedule

Season ends Sept 30th

Aqua Aerobics

- **Tuesdays** at 9:00am with Linda
- **Thursdays** at 9:00am with Pat
- **Saturdays** at 9:00am with Patty

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Classes							
			8:45am Cardio Step		8:45am Cardio Step	9:00am Body Pump	
9:00am Body Combat		9:00am Aqua Aerobics		9:00am Aqua Aerobics		9:00am Aqua Aerobics	
10:15am Virtual Body Pump		10:00am Body Pump	10:00am Body Pump	10:00am Body Pump	10:00am Body Pump	10:00am Aerobics Room Reserved	
Dance/Cheer: Will return in August							

AUGUST
AMENITY CENTER CLASSES

AMENITY CENTER: CLUBS

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



Palencia Game Club
Monday's at 11am
Canceled for Summer



Mah Jongg
Monday's at 1pm



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



Ladies Canasta Club
Tuesday's
10am



Palencia Gems Club
TBD



Vintage Ladies Book Bunch
Third Tuesday
4pm



Just Books Club
Third Wednesday
12pm



Farkle
Thursday's
12:30pm

New Feature

BREAKING NEWS

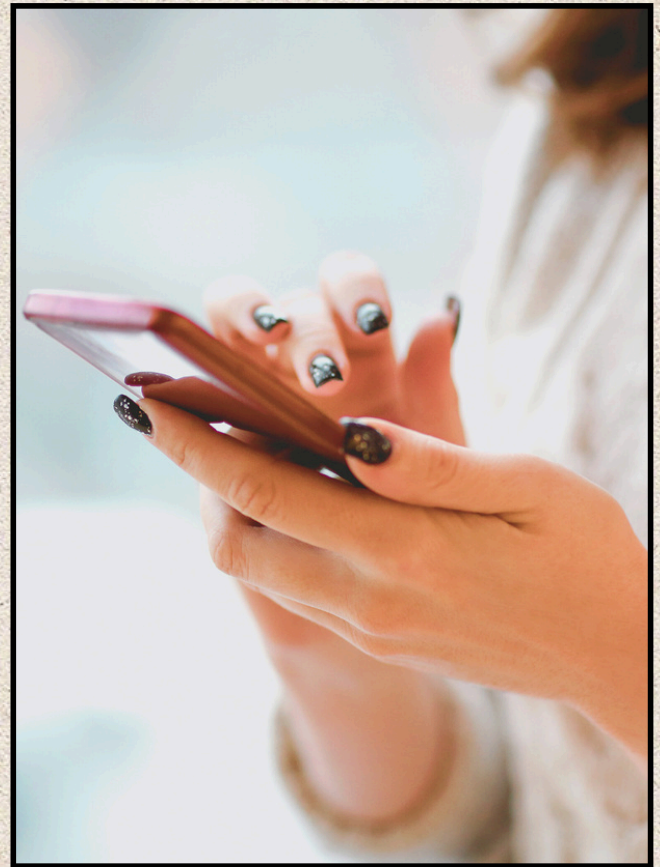
Introducing text/SMS message notifications for PalenciaOnline.

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.

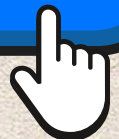
By subscribing to our text notifications, you'll get:

- 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

MCCDD

General Manager

Jodi Moore

jmoore@vestapropertyservices.com

Assistant General Manager

Denise Powers

dpowers@vestapropertyservices.com

SWCDD

General Manager

Erin Gunia

egunia@vestapropertyservices.com

Fitness Center Manager

Cheryl Blythe

cblythe@vestapropertyservices.com

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

CDD Information

Marshall Creek CDD Meeting

Board Meeting

8/20 at 4pm

At the Amenity Center

Sweetwater CDD Meeting

Board Meeting

8/7 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.