



May 9 –15



NEWS

A promotional graphic for the Super Seniors Tournament. It features a woman on the left in a green patterned shirt and blue skirt, and a man on the right in a white shirt and shorts, both holding tennis rackets. The text "SUPER SENIORS" is in large, yellow, outlined letters, with "May 6,7,8" below it. The Pictona logo is at the bottom left. To the right, it says "Super Seniors Tournament sponsored by:" followed by the Solar-Fit logo (a sun over a globe) and the Daytona Dodge logo (with Dodge, Chrysler, Jeep, and Ram sub-logos).

Super Seniors Tournament is this Weekend!

If you're not participating, we invite you to stop in and cheer on the players! The Super Seniors Tournament is proudly sponsored by [Solar-Fit](#) and [Daytona Dodge](#), who supports Racing to Prevent Suicide.

Limited Court Availability May 6-8

All of the 8 AdventHealth Covered Courts will be available for open play.
(unless rain forces the tournament under the cover).

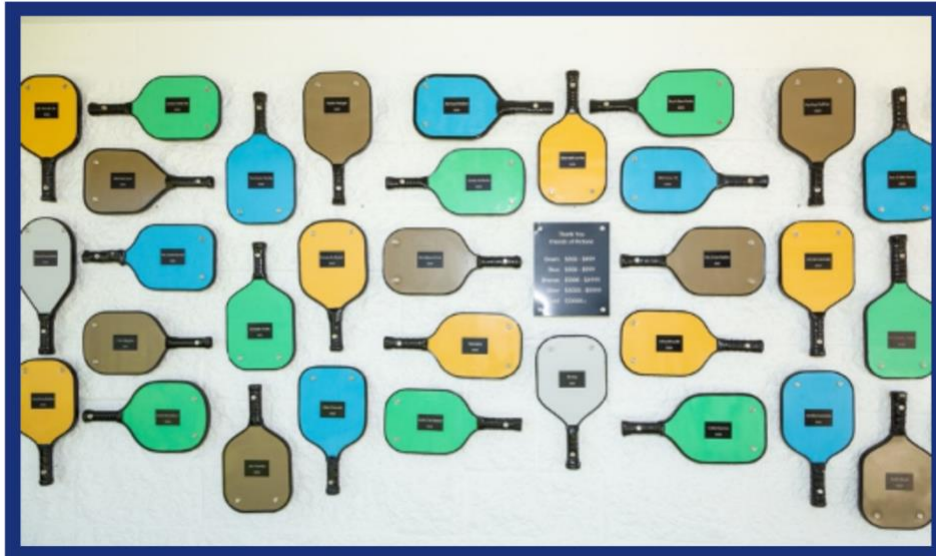
More uncovered courts will become available by early afternoon on Friday and Sunday and a little later on Saturday.



Choose "Pictona" at Amazon Smile

[AmazonSmile](#) is a simple way for you to support Pictona at Holly Hill every time you shop, at no cost to you. When you shop AmazonSmile, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate **0.5%** of your eligible purchases to the charitable organization of your choice.

Simply go to smile.amazon.com, search **Pictona at Holly Hill**, and AmazonSmile will start donating each time you shop!



Used Paddles Needed

We are still receiving a few donations from our recent Mission Possible! fundraising campaign and will report a final total once we've tallied up the numbers. As a result of all of those generous donations, we'll be making quite a few additions to our **Friends of Pictona** paddle wall!

We need paddles for our **Friends of Pictona** wall on the east side of the Palace. As individuals or groups donate money to Pictona we are pleased to recognize them with a painted paddle to coincide with the amount of their donation and a plaque with their name. In order to do that, however, we need to have a supply of paddles on hand to use.

If you can help us by donating an "unneeded" paddle, we'd be very appreciative. A box for donations is located between the two doors by the Welcome Desk.

Thank you!



Help us Keep Pictona CLEAN!

We ask that players clean up after yourself, especially when it comes to eating and drinking around the courts.

Reminder - There is absolutely no food or drink allowed ON THE COURTS.

And... The Gum Bandit(s) is at it again! We are finding gum deposits at random spots around the courts.



THE KITCHEN AT PICTONA

** No Outside Food or Beverage permitted at Pictona **

Players cannot bring outside food, beer and wine into the facility. In order to keep membership dues low and The Kitchen sales profitable, please refrain from bringing in outside food and drinks.

Next Week's Specials

- Our featured sandwich is **Chicken Parm** - made with perfectly seasoned fried chicken, topped with tomato sauce and mozzarella cheese - Served with your choice of side.
- You won't want to miss our **strawberry avocado salad**. Fresh greens topped with strawberries, avocado, candied pecan and feta cheese. (Add grilled chicken for an additional \$2). Of course, the lettuce is grown in our very own Community Gardens!
- We always have fresh baked **banana bread** - Delicious!
- **NEW!** On Monday's we're featuring our homemade meatloaf dinner, complete with mashed potatoes and fresh green beans.





PICKLEBALL PLAY

If you play your cards right, you could find yourself competing in a scramble here at Pictona.



Scrambles!

- [Spring 2022 Scrambles](#) are open for sign up
- A Scramble is an organized style of play that allows participants to move up or down a "ladder" based on whether their team wins or loses.
- Register by calling the Welcome Desk at 386-310-7067 or go online [here](#).

You can find Pictona's Weekly Court Schedule [here](#).



SPONSOR HIGHLIGHT

Just \$129 mention this ad
Save \$21



Special Offer 'The Champion' Drip

Liter of fluid & electrolytes -B-Complex - B12 -
Amino -Blend- I-Carnitine -Magnesium -B-5, B-6 -
extra dose L-Carnitine -Vitamin C



The Importance of Recovery

Recovery is one of the most ignored components of any training program, and IV hydration promotes workout recovery as well as overall strength gain. Your body requires time to recover from the previous workout's damage.

Find more about the importance of a healthy recovery [here](#).

Whether you need more energy, better recovery, mental clarity, or a metabolism boost, Prime IV Hydration & Wellness has you covered! Schedule a free consultation with one of our nurses, where we can find the right IV for you and your needs. Book an appointment today by calling, texting or booking online.

Prime Hydration

426 Canal Street
New Smyrna Beach, Fl 32168
(386) 428-4848

28 W. Granada Blvd.
Ormond Beach, Fl 32174
(386) 872-4840

NEW CLUB!

We're starting a croquet club! Join your friends (and make NEW friends!). Our first play is scheduled for Thursday, May 24th at 8:30 a.m. See you on the REC Courts!



CROQUET
Club 

We're starting a Croquet Club!

Join Us!
Club Kickoff & Game Play
Tuesday, May 24
8:30 am

Contact Yvonne Milton @ yvonnem@pictona.org
(386) 238.9276



NEW CLASS!

Tai Chi comes back to Pictona Tai Chi & Qigong with Andrew Townsend beginning 5/13 @ 9 a.m., The cost is \$6.00 per person.




1060 RIDGEWOOD AVE.
HOLLY HILL

Tai Chi & Qigong

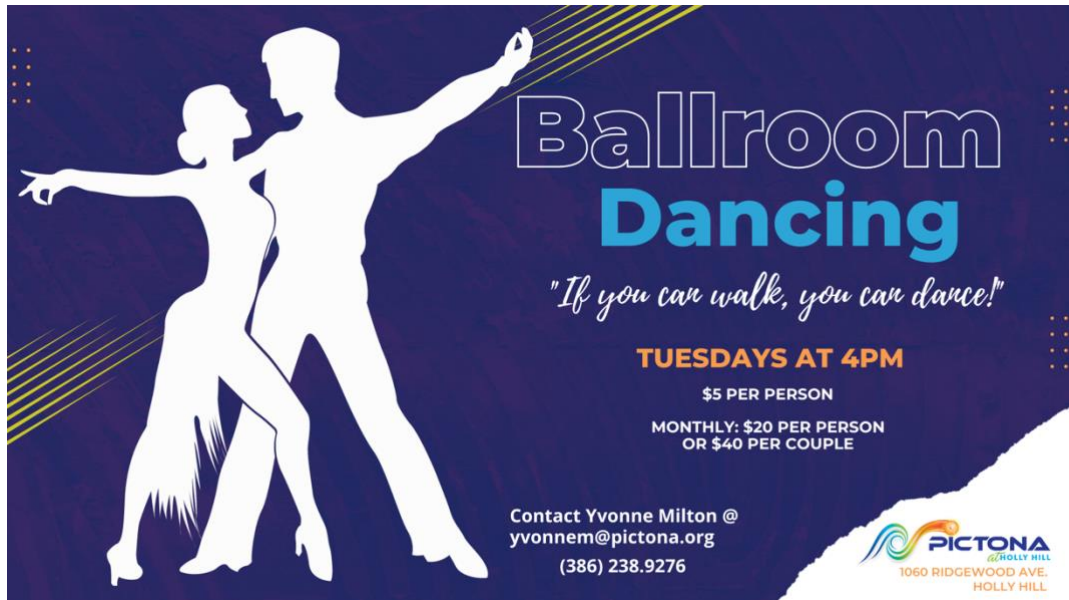


FRIDAYS AT 9AM
\$6 PER PERSON

Contact Yvonne Milton @
yvonnem@pictona.org
(386) 238.9276



And don't forget about our new Ballroom Dancing class on Tuesdays at 4 pm!

A promotional graphic for a ballroom dancing class. It features a dark blue background with a white silhouette of a man and a woman dancing. The man is in a lead position, and the woman is in a classic ballroom dance pose. The text is in white and blue. The title 'Ballroom Dancing' is in a large, outlined font, with 'Dancing' in a solid blue font. Below the title is the quote 'If you can walk, you can dance!' in a cursive font. The class schedule is 'TUESDAYS AT 4PM' in orange. Pricing is listed as '\$5 PER PERSON', 'MONTHLY: \$20 PER PERSON OR \$40 PER COUPLE'. Contact information for Yvonne Milton is provided: 'yvonnem@pictona.org' and '(386) 238.9276'. The Pictona logo is in the bottom right corner, featuring a colorful wave and the text 'PICTONA HOLLY HILL 1060 RIDGEWOOD AVE. HOLLY HILL'.

You can find next week's schedule for the Senior Activity Center [here](#).



We have a few open plots in the Humana Community Gardens at Pictona. If you're interested in renting a plot, contact Yvonne at yvonnem@pictona.org. The cost is \$20 / season, and our Spring season lasts from now until the end of August.



EVENTS



Pro Tips to Stay in the Game at Pictona

Learn how to stay healthy and whole while enjoying the activities you love!

Register for this event at StayInTheGamePictona.com.

Friday, May 13 from 11 am – 1 pm



Register for this event at StayInTheGamePictona.com or scan the QR code below.

Participants who complete the activity course and watch the video will be entered for a chance to win a new pickleball paddle!

Stay healthy while enjoying the activities you love!

On **Friday, May 13** from 11 am – 1 pm AdventHealth will be on-site with an interactive activity / fitness course, massages, sports injury evaluations and a sneak peek video premiere of our Feel Whole Wellness Series featuring Disney, NASCAR and more!

Boxed lunches will be provided and this event is open to members and non-members. Participants who complete the activity course and watch the video will be entered for a chance to win a new pickleball paddle!

Register for this event [here!](#)



Donate Blood and Help Save Lives!

The Big Red Bus will be at Pictona **Saturday, May 21st** from 9 am - 2 pm. Donors will receive FREE: \$20 E-Gift Card, OneBlood T-Shirt and a Wellness Checkup. Donate blood at Pictona to save lives here in Holly Hill and Volusia County!



INSTRUCTIONAL PROGRAMS

- **Monday**

- Noon [Unforced Errors](#) (Dave)

- **Tuesday**

- 1 pm: [PB 101](#) (Lu/Dan)
- 3 pm: [PB 301](#) (Sylvia)

- **Wednesday**

- 1 pm: [Trouble Shots](#) (Dave)
- 3 pm: [PB401](#) (Dave)

- **Thursday**

- 1:30 pm: [Round Round](#) "Not Ready for PrimeTime" (Lu)
- 5 pm: [PB 101](#) (Dan)

- **Friday**

- 1 pm: Speedball! (Dave)

- **Saturday**

- 1 pm: [PB 101](#) (Edward)

Upcoming Classes

- **Monday, May 16**

- 3:30 pm - Low and Slow
- 4 pm - PB 101

- **Tuesday, May 17**

- 1 pm - PB 101

- **Wednesday, May 18**

- 1 pm - Speedball !

- **Thursday, May 19**

- Noon - Learn While You Play
- 1:30 pm - "Might Be Ready for PrimeTime" Round Robin
- 3:30 pm - The 3 D's: Drink, Drop & Drink
- 5 pm - PB 101

- **Friday, May 13**

- 1 pm - Speedball!

- **Saturday, May 14**

- 1 pm - PB 101



VOLUNTEERS



If you'd like to volunteer to join the Pictona Success Team of Volunteers, click [here](#) and explore the many opportunities to help us continue to make Pictona the best pickleball facility in the United States!



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Our mailing address is:

1060 Ridgewood Ave. Holly Hill, FL 32117

[Unsubscribe here](#)