



Our newsletter for members and friends

July 18-24



NEWS



"The health benefits you experience from playing pickleball are incredible - Coming to Pictona is very cathartic."

"We were looking for a community and found the people at Pictona are really welcoming."



Happy Anniversary to Us!

Well, here we are. 2 Years ago we officially opened our doors at Pictona - and it's been quite an adventure! Pictona continues to grow as the sport of pickleball continues to grow! Pictona 2 will be open in just a few months and will add 24 courts, a stadium for championship play, and a training center.

For many of you, it will be time to renew your membership. And many of you are still deciding whether or not to become a member. See what Pictona members **Nick Thomas & Sammy Singer** say about being a member.

Nick and Sammy are both med students and are happy to have found Pictona. Playing pickleball relieves stress from their busy lives, and they've found that when playing at Pictona, no matter what level of player people are, they are friendly and willing to help out.

Watch Nick & Sammy's video at [this link](#).

Join today and you'll see the benefits of being a Pictona member. You can view all of our membership options [here](#), or simply call the Welcome Desk at (386) 310-7067 and renew today!

We're hosting a Summer Survivor Series of Tournaments!

Pictona's Summer Survivor Series is comprised of three Saturday morning events - with two divisions for each event.

The July 23rd tournament is sponsored by Metro Health, Inc., dedicated primary care for seniors, in partnership with Humana and CarePlus Health Plans.

Metro Health is coming to Holly Hill in Fall 2022 - *and they are supplying all team members with a free PB Pro Pickleball Bag with Summer Survivor Series Bag Tags!*



Who will succeed in surviving the sizzling summer spectacular?

Limited to 8 teams in each division (for an even Round Robin).

\$40 for Members / \$52 for Non-Members.

Medals awarded to gold, silver, & bronze teams.

- July 23 will be mixed doubles 3.0 and 3.5. ***(The 3.5 group is FULL)***
- August 13 will be men's and women's doubles 3.5
- September 10 will be men's and women's doubles 4.0+

Round robin format with playoffs held for top four teams, starting at 8 AM sharp.

Playoffs will be held under the covered courts to avoid the sun & heat - There will be plenty of room on the bleachers and the skybox above for spectators!

[Sign up for the Summer Survivor Series Here](#)



Less Winners, More Winning

Hitting an outright 'Winner' shot, usually at a hard angle and/or high speed, where an opponent can't even make a decent attempt on the ball at all, is one of the most satisfying things in pickleball. It is exhilarating and guarantees your opponent can't extend the rally. You might even get an impressed "Great shot!" from anyone watching.

Does that mean we should all try to hit more winners? No.

Read more of Keith's thoughts on winning at [this link](#).

Keith Howell, Pictona Tournament Director



It's Court Cleaning Time !

We'll be cleaning the covered courts (1-8) and are looking for volunteers to help! Refreshments and snacks will be provided :)

Friday, July 22nd from 6-9 am

- Due to the courts surface, we cannot pressure wash
- Hose down the courts
- Move the bleachers
- Scrub the courts with brushes
- Rinse the courts
- Use the VAPTR's and Wet Vac to dry the courts
- Put bleachers back

Interested? Please reach out to Angie at Angieg@pictona.org.



October 20-23, 2022

Registration has only been open for two weeks and we already have almost **150 people signed up!**

Join us for our signature Fall tournament, **The Humana Pictona Open**, at one of the finest pickleball facilities in the world! The tournament runs 4 days to accommodate 8 age divisions and 5 skill levels, in the popular double-elimination format.

- **Dates:** October 20-23, 2022
- **Divisions:** Men's, Women's, Mixed Doubles, Men's & Women's Singles
- **Age categories:** 19+, 35+, 50+, 55+, 60+, 65+, 70+, and 75+
- **Skill levels:** 3.0, 3.5, 4.0, 4.5 & 5.0
- **Format:** Double Elimination. Winner brackets are 2/3 games to 11; Consolation Brackets, 1 game to 15; All games win by 2.
- **Tournament fee:** \$60, plus \$15 per event entered.

[Register for the Humana Pictona Open Here](#)



JUNIORS



Brown & Brown



 **Brown & Brown**

JULY 18-20 MONDAY - WEDNESDAY
9 AM - 1 PM

AGES 6-15

CAMP INCLUDES PICKLEBALL INSTRUCTION, ALONG WITH OTHER RECREATIONAL GAMES. THERE WILL ALSO BE SWIM TIME AT THE YMCA AND LUNCH IS INCLUDED!



\$150

Pictona at Holly Hill
1060 Ridgewood Avenue, Holly Hill, FL 32117
Call (386) 310.7067 to register



Youth Camp - Next Week!

Mary Burns is partnering with Octavia Jones to instruct this 3 day camp for kids ages 6-15.

Each day starts at 9 am with private instruction, where we'll teach basic skills that will provide your child with great exercise - and at the same time, they'll have a blast! We'll throw in some recreational games, as well, and swim time at the YMCA (across the street from Pictona). Lunch is included.

- July 18, 19, 20 (Monday thru Wednesday)
- 9 am - 1 pm
- \$150 for all three days, includes swim time at the YMCA and Lunch!

Call the Welcome Desk at (386) 310-7067 or you can sign up at the link below.

[Sign up for the Youth Camp Here](#)



SENIOR ACTIVITY CENTER

join us for Pilates for Pickleball!

Monday, July 25th at 5pm and Saturday, July 30th at 11am.
(No registration required - just stop on by - but be sure to bring your mat and a bottle of water!)

Join Jocelyn Daley, certified Instructor, for this exciting workshop! Pilates will strengthen the deep abdominal muscles needed for a stable base from which to hit that winning shot. No matter what kind of athlete you are, you can simultaneously increase your strength and minimize your risk of injury with Pilates training.

Both workshops will be held in the Senior Activities Center - \$7.00 per workshop.

JOIN JOCELYN DALEY CERTIFIED INSTRUCTOR AND PERSONAL TRAINER FOR A PILATES FOR PICKLEBALL WORKSHOP:

PILATES FOR PICKLEBALL

Jocelyn has been developing and teaching pilates for the active adult community for over 20 years.

MONDAY, JULY 25 @ 5 PM &
SATURDAY JULY 30 @ 11 AM

SENIOR ACTIVITY CENTER
PICTONA AT HOLLY HILL

\$7

REGISTRATION IS NOT REQUIRED.

PLEASE BRING A BOTTLE OF WATER AND A MAT!

Pilates can simultaneously increase your strength and minimize your risk of injury.



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



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



"NEWS" in The Kitchen

- Next week we'll be featuring a **Patty Melt** hamburger, hot off the grill and topped with grilled onions on rye bread and served with a side of your choice!
- Our featured soup will be **homemade tomato bisque** - It'll go perfect with a grilled cheese!
- Next time your playing on the outdoor courts, check out our new **QR codes** - order at your leisure inside or outside!
- Be sure to try one of our Daily Specials - featuring Meatloaf Mondays, Taco Tuesdays, Hamburger Thursdays, and Friday Fish Fry!



Music Bingo Night! August 10th at 6 pm

[The Blake at LPGA](#) is sponsoring a Music Bingo Night at Pictona. Tickets are **FREE!** - But you do have to sign up and there are **only 9 spots remaining**. There will be a scrumptious buffet provided by The Kitchen and fabulous prizes will be awarded.

Sign Up [here](#).

The Blake is also holding a **School Supply Drive**. All items will be donated to Volusia County Schools and given to children in need. Please drop off any donated school supplies at the Pictona Welcome Desk by August 9th.



THE BLAKE
AT LPGA



BACK TO SCHOOL SUPPLY DRIVE



DONATE SCHOOL SUPPLIES

Composition Notebooks, Backpacks,
Pencils, Pens, Markers, Erasers, etc.

by August 9, 2022

All items will be donated to Volusia County schools,
all donations will be given to children in need.



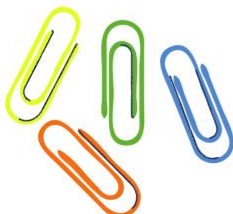
DROP SUPPLIES AT

THE BLAKE: 126 INTEGRA BREEZE LANE, SUITE 3A | DAYTONA BEACH, FL
PICTONA: 1060 RIDGEWOOD AVE HOLLY HILL, FL

sponsored by:



DOS.TBALPGA@BLAKESENIORLIVING.COM





INSTRUCTIONAL PROGRAMS

- **Monday**

- 9:00 am: [Youth Camp](#) (Ages 6-15)
- 3:30 pm: [Low and Slow](#) (Sylvia)
- 4 pm: [PB 101](#) (Alex)

- **Tuesday**

- 9 am: [Youth Camp](#) (Ages 6-15)
- 1 pm: [PB 101](#) (Dan)

- **Wednesday**

- 9 am: [Youth Camp](#) (Ages 6-15)
- Noon: [PB 3.5 +](#) (Dave)
- 1 pm: [Trouble? Reset!](#) (Dave)
- 3:30 pm: [PB 301](#) (Sylvia)

- **Thursday**

- 5 pm: [PB 101](#) (Dan)

- **Friday**

- Noon: [PB 3.5 +](#) (Dave)
- 1 pm: [Set Up The Shot](#) (Dave)

- **Saturday**

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

Upcoming Classes

- **Monday, July 25**

- 3:30 pm - Percentage Pickleball

- **Tuesday, July 26**

- Noon - PB 102
- 1 pm - PB 101
- 1:30 pm - Primed and Ready Round Robin
- 3 pm - PB 201

- **Wednesday, July 27**

- Noon - PB 3.5+
- 1 pm - Trouble? Reset!
- 3:30 pm - PB 301

- **Thursday, July 28**

- Noon - PB 102
- 1:30 pm - Not Ready for PrimeTime Round Robin
- 3 pm - PB 201
- 5 pm - PB 101

- **Friday, July 29**

- Noon - PB 3.5+
- 1 pm - Speedball !

- **Saturday, July 30**

- 1 pm - PB 101

Humana COMMUNITY GARDENS

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.



Join the Pictona Success Team!

If you'd like to volunteer, please consider joining 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 U.S.!



SPONSOR HIGHLIGHT

THE WYNN FINANCIAL GROUP



Galina Wynn Crist, CFP®
Financial Advisor
CERTIFIED FINANCIAL PLANNER™
Practitioner



Erin Wynn Masters, CFP®, CDFA®
Private Wealth Advisor
Managing Director



Kirstin Wynn Moore
Client Service Associate

Creating an Investment Portfolio

How do you actually go about creating an investment portfolio? What specific investments are right for you? What resources are out there to help you with investment decisions? Do you need a financial professional to help you get started?

Wynn Financial Group offers these great tips on Creating an Investment Portfolio. Read more [here](#) to learn about:

- A good investment portfolio will spread your risk
- Asset Allocation: How many eggs in which baskets?
- More on Diversification
- Choose investments that match your tolerance for risk
- Investment professionals and advisors
- Financial planners

[Wynn Financial Group](#)

One Daytona Blvd., Suite 270
Daytona Beach, FL 32114
(386) 677-9464



How Dehydration Affects Athletic Performance

Whether you play high school sports, are a weekend warrior, or professional athlete, you have one common need in order to perform to the best of your abilities. The need for proper hydration. Hydration levels should always be monitored, especially when exercising. To stay on top of your game, it is crucial to know the warning symptoms of dehydration, the advantages of hydration, and how to properly hydrate.

Read more [here](#) about the importance of staying hydrated, especially during this hot Florida summer!

[Prime Hydration](#)

426 Canal Street
New Smyrna Beach, FL 32168

(386) 428-4848

28 W. Granada Blvd.
Ormond Beach, FL 32174

(386) 872-4840



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Our mailing address is:

1060 Ridgewood Ave. Holly Hill, FL 32117

[Unsubscribe here](#)