



Our newsletter for members and friends

August 15 - 21



NEWS



Senior athletes have found the secret--and so can you!

Here's a talk about Active Aging that will reinforce to our seniors the value of living the active life. Our members have discovered that through pickleball. Others find it in a variety of sports.

If you are looking for a sensational week or two of sports activities, check out the [Huntsman World Senior Games](#) held every October in St. George, Utah.

Julie and I have been fortunate to participate in these Games for more than 10 years.

Rainer Martens, Director



Can You Sew?

We have a small, easy project for someone with a sewing machine and a willingness to help out. With the completion of the new courts we will be identifying each pod of courts (both at Pictona 1 and Pictona 2) with a different color flag and we need someone to cut the lightweight material and put a seam all the way around each piece. **We need 2 small flags for each pod... 20 total.**

An easy job if a) you have a sewing machine and b) you can sew in a straight line!

Please email Julie Martens (juliem@pictona.org) if you can help us.



Creativity Abounds on Concession Stand Naming!

We didn't know that we had so many creative people affiliated with Pictona until we asked for your help in naming our new concession stand! We have laughed until tears ran down our faces....with "Tickle My Pickle" responsible for the biggest laugh!

We thank every one of you who took the time to come up with some very cute and funny names. Having said that, we had to look carefully at the nearly 200 submissions to select those names that most appropriately describe our new eating venue that will serve not only pickleball players, but those attending entertainment events at Pictona.

Thus, we eliminated all references to pickleball-related submissions. We also felt it was critical that we didn't have to "explain" to people what the name means...that it would be understandable, easily remembered, and related to "food".

Please click the link below to vote for your favorite name!

You may vote for only one of the names and all votes must be submitted no later than 11:59 pm, THIS Monday, August 15th! Please vote only once!

[Vote for Your Favorite Name Here!](#)



Have you seen my..... ?

You name it... We've found it!

We've been saving all the items we've collected from throughout the facility these past few months. Please have a look and reclaim your missing: Towels, Paddles, Water Bottles, Sun Glasses, Bags, Balls, and even SHOES!

Found items will be out on display between the Welcome Desk and the Covered Courts.



Please Obey the Parking Signs

A friendly reminder that the parking spots designated for the public are to be left open for members of the public who wish to enjoy a meal in the Kitchen.

Also, the Volunteer of the Month parking spot near the main entrance is reserved for the volunteer of the month. Please leave this open for that individual.

Pickle on!

Exciting things are happening at Pictona - And we want YOU to be part of it!

Below you can see the rendering and the actual photo of the new Championship Stadium - in progress. The stadium will seat up to 1200 people for tournaments and up to 1500 people for concerts and similar events. The Championship court is just one of an additional 25 more courts we're adding! That's right. We'll have 49 courts total for you to get all the pickleball play in you want!

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





October 20-23, 2022

We currently have **432** 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:** 2.5, 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**](#)

Humana Pictona Open Sponsorship and Exhibitor Registration Now Open

We invite you to become a sponsor or an exhibitor with us for the 2022 Humana Pictona Open.

- We are anticipating 1000+ participants, and this will be our inaugural tournament showcasing the new stadium, training center, and championship court seating 1200!
- Lasting brand building with one of the finest Pickleball facilities in the world with the fastest growing sport in the nation.
- Join a partner significantly improving the area's health, wellness, and quality of life while riding the trending wave of Pickleball's explosive popularity.

For more information on sponsorships and becoming an exhibitor, click this [LINK](#).



"NEWS" in The Kitchen

- Next week we will be featuring our always popular **Indiana Pork Sandwich, topped with homemade coleslaw & barbecue sauce** - Served with your choice of side.
- We've added a new featured dessert - **Mini mud-pies with oreo crusts!** - *The perfect after game treat!*
- We always have a homemade soup in the kitchen. **Try our Pic 2 special** - a bowl of soup and ANY side for \$10!



Challenge Court ****UPDATE****

The Challenge Court (Court 5) has been a big hit, so much so that it can be “challenging” to get an opportunity to play, especially when one team is dominant. Thus, we are instituting a new policy effective immediately.

Winning team can stay on the challenge court for up to three consecutive wins.

After which all 4 players must exit the challenge court and let the next group of 4 on to play. Exiting teams may place their paddles back in the paddle rack.

This should help reduce the long waits during the busy times that are happening at the challenge court.

Pickle on...

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



SPONSOR HIGHLIGHT



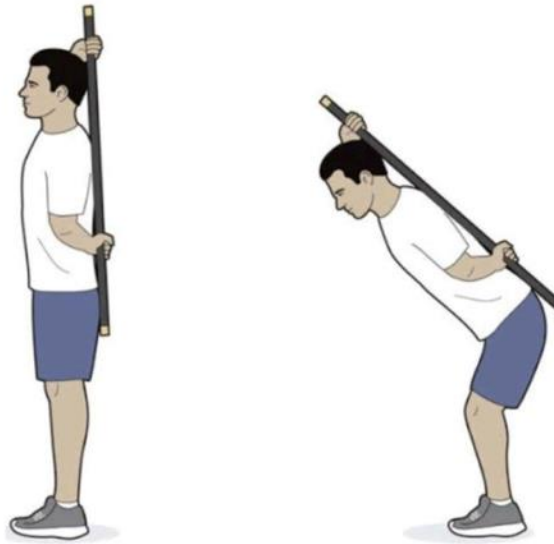
Pickle Back

I recently had a patient present at my clinic with low back pain. One of the activities she related to experiencing increased pain with was repetitively bending over to pick up a pickleball. This led me to develop a new diagnosis “Pickle Back” :)

Upon analyzing her motion, I noticed she was not using proper body mechanics when bending down resulting in repetitive stress/strain to her low back.

Proper body mechanics involve “hip hinging” when bending forward. With hip hinging, the idea is to bend or “hinge” from your hips while keeping your back straight and stabilized.

An example of how to practice this is shown below using a dowel rod.



By hip hinging, bending your knees and keeping your back straight when you bend forward to retrieve the ball you will possibly avoid experiencing “Pickle Back”.

[Barr & Associates Physical Therapy](#)

1425 Hand Ave., Suite H
Ormond Beach, FL 32174
(386) 673-3535



INSTRUCTIONAL PROGRAMS

You can find next week's schedule of Instructional Classes [here](#).



New gardening season begins September 1st

We have a few available plots for the new Fall Gardening Season. If you're interested in renting a plot, contact Yvonne at yvonnem@pictona.org.

The cost is \$20/season, and our Fall season lasts from September until the end of February.



PICTONA
HOLLY HILL

Eisler Therapeutics.com
MIND, BODY, SPIRIT SOLUTIONS & THERAPIES

YOGA PLUS

Aug. 24
1st Class!

FOR BEGINNER-ADVANCED STUDENTS
STANDING, SITTING, FLOOR YOGA (OPTIONAL)

Wednesdays @ 9:30 AM

Coming Soon - Yoga Plus!

We're adding a Yoga Plus class beginning **August 24th at 9:30 a.m.**

- Please join Ed Eisler, certified yoga instructor for Yoga Plus
- All levels are Welcome
- You will have the option of chair yoga, standing, or floor.

PICTONA
HOLLY HILL
1060 RIDGEWOOD AVE.
HOLLY HILL

Starts 8/25

Tai Chi Fusion Fitness

THURSDAYS AT 10 AM
Donations Accepted
\$ 3 - 6 PER PERSON

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

Fusion Fitness now called "Tai Chi Fusion Fitness"

Tai Chi Fusion Fitness incorporates elements of Quigong, martial arts, meditation and Tai Chi. Participants will do a combination of balance exercises, moving meditation, breathing practices for increased lung capacity, functional aerobics and a variety of therapeutic applications.

Thursdays at 10 a.m. in The Senior Activity Center

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



VOLUNTEERS



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.!



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Our mailing address is:

1060 Ridgewood Ave. Holly Hill, FL
32117

[Unsubscribe here](#)

