



Our newsletter for members and friends

September 12 - 18



NEWS



Your Feedback Wanted !

We are in the process of developing a formal policy for playing music while enjoying your favorite game :). As part of that, we value your feedback before we formally implement any new rules.

Friday & Saturday nights are Music Nights, where Pictona provides music throughout the entire facility, and this will not change.

The policy proposal is as follows:

Music devices will be permitted at Pictona based on the following guidelines:

- Music may **only** be played on courts of the West and South Pods, currently 9-14 and 21-24.
- Music volume must be kept at a respectable level and should not interfere and/or distract other players who prefer not to hear music while playing Pickleball.

- The owner of the device will turn down the music if requested by another member or guest. They may even be asked to turn off the music. In either case we expect that our members and guests quickly abide by these requests in a positive manner.

We want to make Pictona a welcoming environment for everyone and we believe that with these guidelines we can meet the needs of all of our members and guests. **Please provide any feedback to PictonaFeedback@gmail.com by Friday, September 16th.**



Closing Manager

We are looking for a Closing Manager (CM). The Closing Manager will be the Manager on Duty and will oversee the facility during the days and hours assigned. The CM's primary responsibility is to monitor all activities during the hours Pictona is open and secondarily to close Pictona at the end of the day.

The Closing Manager helps members enjoy their experience at Pictona and ensures that the rules and procedures are followed. While on duty, the Closing Manager will perform light custodial work as time permits.

This is a half-time position. The Closing Manager will receive a free individual membership to Pictona and the opportunity to grow with our expanding facility.

Please contact Angie at Angieg@pictona.org if interested.



Have you Singed up to Volunteer Yet?

Free ! Exclusive Dry Fit Shirts!

The Volunteer sign-up is now open for the October 20-23 Human Pictona Open.

Help us show off the new, expanded Pictona to a record crowd of players (1000+ anticipated).

Tournaments are essential to keep our member rates low and Volunteers are essential to a fun, organized tournament. We'll need parking attendants, court monitors, registration, scoreboard operators and more. It's a fun way to meet new people and see great pickleball.

This time around, on top of free food from the Kitchen and my sincere thanks, volunteers can get a special edition Humana Open dry fit shirt. To qualify for the shirt, just work any 2 time slots (typically 3 or 4 hours each). Because of the lead time to order custom shirts in your size, you also need to sign up for the slots by 9/25. When you go to the Sign-up link it will ask you to select either Mens or Womens and a Size from XS to 3XL.

Keith Howell
Pictona Tournament Director

[**SIGN UP TO VOLUNTEER HERE!**](#)



EVENTS

WOMEN'S SELF DEFENSE WORKSHOPS

FREE!



In this one-hour class you'll learn avoidance, striking, and escape skills.

**Tuesdays 9/13 & 9/20
3:00 PM - 4:00 PM**

**Call (386) 310.7067
to Register**



Women's Self Defense Workshops

In this one-hour class you'll learn avoidance, striking and escape skills.

- **Tuesdays, September 13th & 20th**
- 3:00 pm - 4:00 pm
- Limited to 8 participants for each class
- **FREE !**

About the instructor:

Rick Meyer is a Palm Coast resident that has a passion for fitness and feeding kids. At 74 years old, Rick's weekly training includes weight lifting, yoga, and martial arts. He is also a volunteer for Provision Packs "Feed the kids". Provision Packs is a 501 (c) (3) that provides well-balanced nutritional food for children on the weekends and extended breaks during the school year.

Sign up for the September 13th class [here](#).

Sign up for the September 20th class [here](#).



FOODS TO BOOST YOUR BRAIN POWER

Can certain foods help boost your memory and help keep your mind sharp?

Learn how your diet impacts brain health and which foods to focus on.

Join us for this informative **FREE** Seminar

Monday, September 19 1:00 PM
Senior Activity Center

PICTONA at HOLLY HILL **Humana.**

Foods to Boost your Brain Power - Seminar

Can certain foods help boost your memory and help keep them sharp? Learn how your diet impacts brain health, and which foods to focus on, in this informative seminar presented by [Humana](#).

- **Monday, September 19**
- 1:00 pm
- Pictona Senior Activity Center
- Register below or call the Welcome Desk at (386) 310.7067
- **FREE !**
-

[Register for the Boost Your Brain Power Seminar Here](#)

What is Pickleball Elbow?



Dr. Jacob Barr, Physical Therapist and Susan Hrycyk, Occupational Therapist, will be discussing various hand, wrist and elbow injuries, including "Pickleball Elbow". An overview will be provided concerning anatomy, causes of injury, treatment considerations and preventative measures.

**Tuesday, September 20
11:30 AM**



Barr & Associates
Physical Therapy
SPECIALIZING IN SPORTS RELATED INJURIES

1425 Hand Ave., Suite H
Ormond Beach, FL 32174

Phone: 386-673-3535
barrpt@bellsouth.net


Avoiding Pickleball Injuries Lunch & Learn

Dr. Jacob Barr, Physical Therapist, and Susan Hrycyk, Occupational Therapist, will discuss various hand, wrist, and elbow injuries, including "Pickleball Elbow." An overview will be provided concerning anatomy, causes of injury, treatment considerations, and preventative measures.

Register online below or call the Welcome Desk at (386) 310.7067.

All registrants will receive a free lunch from The Kitchen - courtesy of [Dr. Barr & Associates](#) !

[Register for the Avoiding PB Injuries Lunch & Learn Here](#)



**MIND DIET
FOODS TO FIGHT
DEMENTIA**

Can what you eat help
stave off memory loss and
Alzheimer's?

Learn how a new diet
may help you fight
dementia with food.

Join us for this informative FREE Seminar !

Monday, September 26 11:30 AM
Senior Activity Center

Humana **PICTONA**
at HOLLY HILL



Mind Diet - Foods to fight Dementia - Seminar

Can what you eat help stave off memory loss and Alzheimer's? Learn how a new diet may help you fight dementia with food in this informative seminar presented by [Humana](#).

- **Monday, September 26**
- 11:30 am
- Pictona Senior Activity Center
- Register below or call the Welcome Desk at (386) 310.7067
- **FREE !**
-

[Register for the Mind Diet Seminar Here](#)

Vision Correction
Procedures for Pickleballers
*Live Life Without
Glasses or Contacts!*



Lunch & Learn
Question & Answering Session
with Orest Krajnyk, MD
and Board-Certified Ophthalmologist
Tuesday, September 27 - 11:30 AM

PRECISION EYE INSTITUTE

- Cataract Surgery
 - Refractive Lens Exchange
 - Lasik
- ** Register at the Welcome Desk ****

- 11:30 am - Check-In and Pre-order Lunch
 - 11:45 am - Presentation Begins
 - 12:30 pm - Lunch Delivered
- ** You can order ANY meal
from the Kitchen Menu ***



**Lunch
Included!**

Life without Eye Glasses or Contact Lenses? Lunch & Learn

Do you or someone you know want to live life without glasses or contacts?

Then register to join Dr Orest Krajnyk, MD and Board-Certified Ophthalmologist from the Precision Eye Institute, on **Tuesday, September 27 at 11:30 A.M.**

Register online below or call the Welcome Desk at (386) 310.7067.

All registrants will receive a free lunch from The Kitchen - courtesy of [Precision Eye Institute](#) !

[Register for the Precision Eye Lunch and Learn here](#)



TOURNAMENTS



October 20-23, 2022

We broke 700! We have 730 people currently signed up for this exciting event! *Make sure you sign up by October 9th if you want to receive a commemorative tournament shirt.*

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](#)

**Sponsor the Humana Pictona Open
Box Seats in the Championship Stadium
Excellent Banner Visibility!**

\$300

- 3' x 6 Banner space on the front of box seating
- 4 Tickets for the 4 seats for the entire tournament
- One reserved parking space

\$100

- 3' x 6 Banner space only

Humana Pictona Open Sponsorship Registration

Sponsorships include Suites, Box Seating, Exhibit Space by the Championship Court, and banner visibility for up to a year on Pictona's campus.

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 click this [LINK](#).



PICTONA 2



More Pictona 2 Progress!

- The Championship Stadium bleachers are getting assembled.
- The offices are getting a fresh coat of paint.
- Landscapers have begun to lay sod around the new building.

Look for more information about our Open House in the next few weeks.

Save the Date! - Sunday, October 16th.



THE KITCHEN AT PICTONA



**FRESH GARDEN SALAD WITH
GRILLED OR FRIED CHICKEN**

Celebrate the End of Summer in The Kitchen!

Saturday, we'll have a lot of action on the courts at Pictona.

We have the Summer Survivor Series in the morning, followed by PB 101 class at 1 pm, and the Women's Advanced Round Robin at 3 pm - And don't forget Music Night from 4 - 7 pm!

This Saturday only, enjoy Happy Hour ALL Day! (Saturday, Sept. 10th)
25 % Off pitchers of beer, 10% off fried pickles, mozzarella sticks or chicken wings (10 piece).

What's New in The Kitchen?

- Next week's special is a fresh **Chicken Salad** - You choose - delicious grilled or crispy fried chicken - topped on lettuce grown right here in our own Humana Community Gardens. Topped with shredded cheese, tomatoes, crumbled bacon, chopped eggs, and homemade bbq ranch dressing, or your choice of dressing.
- It is almost Fall, right? Try our **Mini pumpkin cheesecake - topped with whipped cream!** - *Come check out our fun Fall decorations!*
- Don't forget our weekly specials - **Meatloaf Monday, Taco Tuesday, \$8 Burger Thursday, and Friday Fish Fry !**



First Annual
2022 PICTONA
REC GAMES OPEN

MONDAYS -
OCTOBER 3, 10, 17, 31



REC Games Open - October 3, 10, 17 & 31

Join us for the **2022 REC Games Open!**

- **Opening Night - October 3rd at 5:30 pm - Bocce Courts.** We'll celebrate the kickoff with music and refreshments provided by S.R. Perrott
- **October 10th - 5:30 pm - Croquet Courts**
- **October 17th - 5:30 pm - Shuffleboard Courts**
- **October 31st - 5:30 pm - Halloween Party & Cornhole** in the Pavilion. Prizes awarded to best costume and winner of the Rec Games! The Halloween Party will have music and refreshments provided by S.R. Perrott.
- **FREE and open to the public!**



Bocce Ball is Back!

Join Bocce ambassador, Dave McCurdy every Friday morning for a rollicking game of bocce ball. Friday mornings at 9 a.m.

We have three state-of-the art courts available - Stop on by, make some new friends and enjoy a fun game or two of Bocce ball at the same time!

This is a FREE activity!

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



PICKLEBALL PLAY

Call (386) 310-7067
to register!

MEN'S
WEEKLY ROUND ROBIN 3.0 - 3.5
SATURDAYS FROM 2:00 - 4:00 PM

**BEGINS
9/24!**

New Saturday Round Robin for Men 3.0-3.5

Register for the Saturday Men's Round Robin Event to be held on Saturdays from 2pm to 4pm! This is a chance for men's players in the 3.0-3.5 level to get together for some fun competitive games! No need to sign up with a partner, teams will be formed on game day.

The first Men's Round Robin event is scheduled for Saturday, September 24th.

[Register for the Men's Round Robin 3.0-3.5 Here](#)

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

S₁ C₃ R₁ A₁ M₃ B₃ L₁ E₁



Ask the Welcome
Desk for Details !



Fall Scramble Season Is Up and Running!

Join us in our exciting Scramble Games.

- Mondays 9am-11am Women's Scramble 3.5+ Skill Level
- Tuesdays 9am-11am Women's Scramble 3.0 Skill Level
- Wednesdays 9am - 11am Mixed Scramble 3.5+ Skill Level

You can find more information about Scramble Play [here](#).

[Register for Pictona Scrambles Here](#)

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

Humana



COMMUNITY GARDENS

New gardening season began 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.



INSTRUCTIONAL PROGRAMS

You can find next week's class schedule [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.!



SPONSOR HIGHLIGHT

Beat Cold & Flu Season with IV Therapy



Recover Quickly this Cold & Flu Season with Prime IV

The flu or common cold can be extremely disruptive and debilitating, as most can attest. Read more [here](#) to find out how receiving IV treatment can be beneficial to help relieve symptoms.

[Prime Hydration](#)

26 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](#)