



Our newsletter for members and friends

September 4 - 10



NEWS



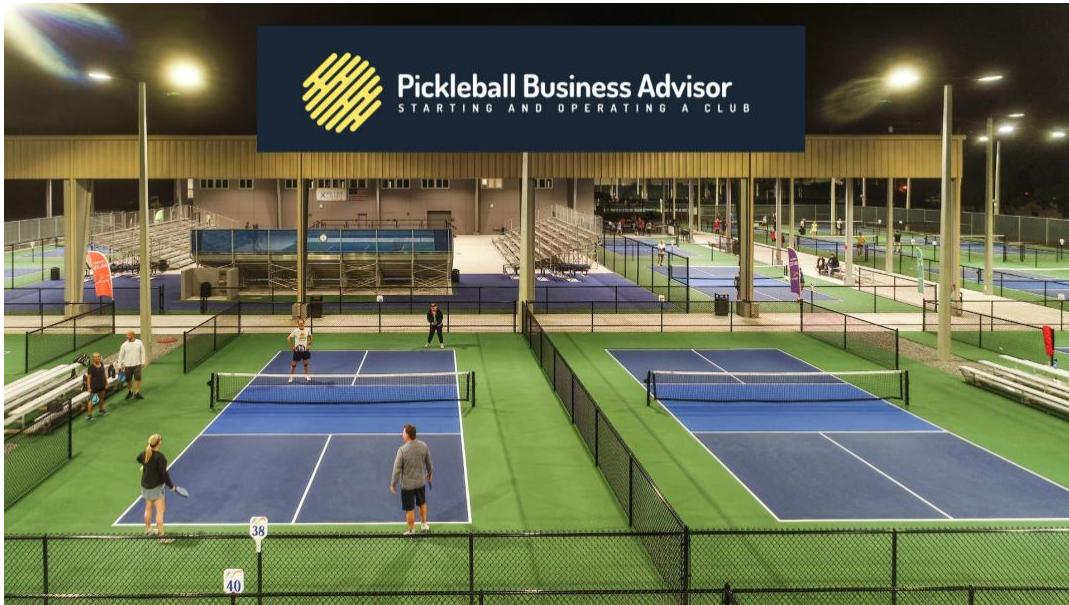
We are OPEN on Labor Day!

8:00 am - 9:00 pm.

Enjoy the Holiday!

Opening Time Adjustment:

As weather will begin to cool down a bit, we will revert to our normal opening time of 8:00 am beginning Monday, September 4th.



Phases of the Pickleball Journey: Which phase are you in?

Confusion, Enlightenment, Education, Obsession, & Lifestyle.

We see players in all of these phases at Pictona! We help clear up confusion by offering beginner level PB 101 classes 5 days a week, thanks to [Karen Dillard of Realty Pros](#)! Players can continue their journey by signing up for all levels of [instructional classes](#) in the Humana Education Center. In addition, we offer a fantastic array of organized activities we call [POP!](#), which stands for pictona organized pickleball - again, these activities are available for all levels of play, no matter where you are on your pickleball journey!

Read the full article from Pickleball Business Advisor [HERE](#).

PLAY WITH THE PROS!

James Ignatowich

Tuesday, November 14
11 am - 1 pm & 2 - 4 pm

Sign up for a clinic *Today!*

PPA Rankings:
#18 Men's Doubles
#4 Men's Mixed Doubles
#9 Singles

Play With the Pros! James Ignatowich Clinics Tuesday, November 14

James Ignatowich had a successful tennis career at Vanderbilt University before discovering pickleball in late 2021. James has made an immediate impact on the pro tour in his first year with several podium appearances.

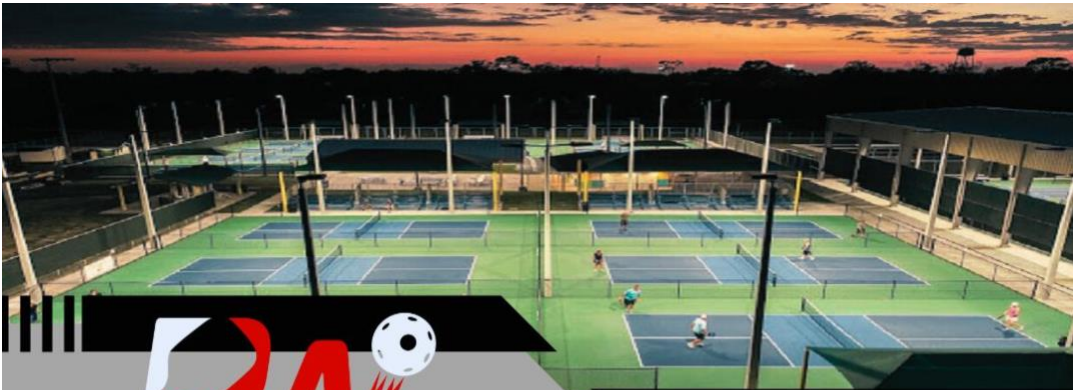
Clinics will include coaching on various topics, including dinks, resets, drops, and volley to volley. In addition, participants will get to participate in fun, interactive games designed to improve their game play!

- Tuesday, November 14
- Two clinics offered
- 11 am - 1 pm / 2 pm - 4 pm
- \$150 for Pictona Members, \$175 for Non-Members

Register [HERE](#).



TOURNAMENTS





PaddleWar.com

PADDLEWAR

Join us for an unique Pickleball Tournament that will test your skills, ignite your competitive spirit, and create unforgettable memories.

 **SEPTEMBER 8-10**

 **DAYTONA BEACH, FL
PICTONA**

 **PLAY IN UP TO 4
EVENTS**

 **MINIMUM OF 5 GAMES IN
EACH EVENT**  **INCREASE YOUR
RATING**

 **CONTACT US
888.300.3075**  **info@PaddleWar.com**

powered by  **DUPR**
INNOVATE THE GAME. UNIFY THE SPORT.

Paddle War - September 8 - 10 - **Sign Up NOW !**

The Paddle War Daytona Beach is less than two weeks away !
This is your chance to *improve* your DUPR rating, while playing at central Florida's premier pickleball facility!

- Try out this fun and unique tournament format
- Men's, Women's and Mixed Doubles
- Players can play with any partner.

- Brackets will be formed by combined ratings of both partners
- No age groups
- Guaranteed 5 matches
- Trophies and prizes awarded to the victors!

[Register for the Paddle War HERE](#)



October 19 - 22, 2023

Have you Signed Up Yet ??

Kick off the Fall Tournament Season by registering for the **Conviva Pictona Open** on October 19-22, 2023.

Last year 1030 players helped us open the completed Pictona campus that has 49 courts, 13 under cover, and a championship court in the MetroHealth Stadium. ***Help us top that number this year!*** The tournament is round robin format capped with a playoff. Earn your way to the championship finals which are played in the MetroHealth Stadium for a memorable experience.

Experience Pickleball Paradise at Pictona!

[Register for the Conviva Pictona Open HERE](#)



2023

TOURNAMENTS @ PICTONA
at HOLLY HILL

DAYTONA SUMMER SMASH JULY 28 (ELITE PICKLEBALL - JUNIOR TOURNAMENT)	MINOR LEAGUE PB #1 OCTOBER 28 (MLP & DUPR)
ORLANDO SQUEEZE SUNDOWN SHOWDOWN AUGUST 19 (PICTONA)	DAYTONA BEACH CLASSIC NOVEMBER 3-5 (NATIONAL PICKLEBALL)
PADDLE WAR - DAYTONA BEACH SEPTEMBER 8 - 10 (PADDLE WAR & DUPR)	PPA TOUR - HERTZ GOLD CUP NOVEMBER 16-19 (PPA)
ENDLESS SUMMER SERIES SEPTEMBER 29 - OCTOBER 1 (AMERICAN PICKLEBALL)	DIAMOND AMATEUR CHAMPIONSHIPS DECEMBER 3-10 (USA PICKLEBALL)
CONVIVA PICTONA OPEN OCTOBER 19-22 (PICTONA)	MINOR LEAGUE PB #2 DECEMBER 15 - 18 (MLP & DUPR)

8.21.23

Register for Tournaments at Pictona

You can view our full schedule of tournaments and find details, including how to register, at [this link](#).



PICKLEBALL PLAY



Tired of open play?
Sign up for a POP! activity

Experience 5-6 consecutive games with
players in designated skill levels
1.0 to 4.5+

Monday-Wednesdays
at 8:30am & 6:30pm,
Saturdays at 8am
Sundays at 9am

ONLY \$5 each!!!

POP! activities include:
Ladders, Mixers (youth & adult) Partnered Round Robins,
and Leagues

PICTONA ORGANIZED PICKLEBALL

PLAY AT
PICTONA
@ HOLLY HILL

September Schedule

PICTONA ORGANIZED PICKLEBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sept 3: 9am Novice Mixer 1.0-2.49 Skill Levels	8:30am 3.0-3.99 Open/Mixed Seeded Ladder 6:30pm 3.0-3.99 Women's Seeded Ladder 6:30pm 3.5-4.5+ Open Seeded Ladder	8:30am 3.0-3.99 Women Seeded Ladder 6:30pm 3.5-3.99 Women & Men Quad Squad League (FULL)	8:30am & 6:30pm 3.0 Men & Women Partner Round Robin	6:30pm 2.5-3.49 Open Seeded Ladder	NO POP!	8:30am 3.0-3.49 Women & Men Mixer
Sept 10: 9am Novice Mixer 1.0-2.49 Skill Levels	8:30am 3.0-3.99 Open/Mixed Seeded Ladder 6:30pm 3.0-3.99 Women's Seeded Ladder 6:30pm 3.5-4.5+ Open Seeded Ladder	8:30am 3.0-3.99 Women Seeded Ladder 6:30pm 3.5-3.99 Women & Men Quad Squad League (FULL)	8:30am & 6:30pm 3.5 Men & Women Partner Round Robin	6:30pm 2.5-3.49 Open Seeded Ladder	NO POP!	8:30am 3.5-3.99 Women & Men Mixer
Sept 17: 9am Novice Mixer 1.0-2.49 Skill Levels	8:30am 3.0-3.99 Open/Mixed Seeded Ladder 6:30pm 3.5-4.5+ Open Seeded Ladder	NO POP!	8:30am & 6:30pm 3.0 & 3.5 Mixed Partner Round Robin	NO POP!	NO POP!	8:30am 3.0-3.49 Women & Men Mixer
Sept 24: 9am Novice Mixer 1.0-2.49 Skill Levels	8:30am 3.0-3.99 Open/Mixed Seeded Ladder 6:30pm 3.5-4.5+ Open Seeded Ladder	NO POP!	6:30pm Family Adult/Youth (ages 8-17) Team Mixer Competition	6:30pm 2.5-3.49 Open Seeded Ladder	NO POP!	8:30am 3.5-3.99 Women & Men Mixer

Click [HERE](#) to SIGN UP to participate in any of our POP! Activities!



In pickleball, the team that serves the ball loses the point 70 percent of the time. This is because the receiving team is at the line

first. Check out this minute long video on the soft third shot and why it is important to learn.

Want to learn more about Pictona's instructional programs? Check out our education webpage [HERE](#).

Paddle UP!

September Instructional Calendar Available!

Our September Instructional Calendar is out!

We have a full slate of classes available for ALL levels of pickleball play.

View and download the calendar [HERE](#).

Reserve your spot by calling (386) 310.7067 or by registering [HERE](#).

See you on the courts!

SEPTEMBER - INSTRUCTIONAL CALENDAR

Prices indicated are for Pictona Members.
Non-Members: \$15 daily attendance fee.
Paid via cash, credit card or a Pic 10 Punch Card.

PB 101 For the beginner
Mondays - Sept. 11, 18, 25 4:00 - 5:30 pm
Tuesdays - Sept. 5, 12, 19 & 26 1:00 - 2:30 pm
Wednesdays - Sept. 6, 13, 20 & 27 6:00 - 7:30 pm
Thursdays - Sept. 7, 14, 21 & 28 5:00 - 6:30 pm
Saturdays - Sept. 9, 16, 23 & 30 1:00 - 2:30 pm
The course below is taught in sequential format that introduces new skills each week. Courses may be taken more than once in order to learn and master the skill presented. View clients needed for these courses at [www.pictona.org](#)

PB 102 (Course includes 2 classes - for a TOTAL cost of \$100)
Instructor: Lu
120 Min.
Course 1:
Tuesday, September 5 & Thursday, September 7 11:30 - 1:30 pm
Course 2:
Tuesday, September 26 & Thursday, September 28 11:30 - 1:30 pm
Min 3 / Max 8

PB 201 (Course includes 2 classes - for a TOTAL cost of \$100)
Instructor: Lu
120 Min.
Tuesday, Sept. 12 & Thursday, Sept. 14 11:30 - 1:30 pm
Min 3 / Max 8

PB 301 (Course includes 4 90 min classes - for a TOTAL cost of \$100)
Instructor: Sylvia
60 Min.
Thursdays, September 7, 14, 21 & 28 5:30 - 7:00 pm
Mondays, September 11, 18 & 25 3:00 - 5:00 pm
Min 3 / Max 6

Next Steps
Instructor: Paul
60 Min.
Mondays, September 11, 18 & 25 6:30 - 8:00 pm
Min 3 / Max 8
This class consists of fun drills, basic strategies, and of course... Games!

SPECIALTY CLASSES

Partnership Strategies
Instructor: Sylvia
Levels 10 - 19 90 Min.
Tuesday, September 26 5:30 - 7:00 pm
Min 2 / Max 6

Learn While You Play **
Instructor: Lu
90 Min.
Tuesday, September 5 2:00 - 3:30 pm
Tuesday, September 26 2:00 - 3:30 pm
Min 3 / Max 6
** You can schedule this class at a time convenient to you and your friends. Email Lu at [Lu@pictona.org](#) for more information.

Keeping the Ball Low and Slow
Instructors: Sylvia
115 classes 90 Min.
Monday, September 25 5:00 - 6:30 pm
Max 4

Backhand, Backhand, Backhand
Instructor: Lu
60 Min.
Thursday, September 7 2:00 - 3:00 pm
After 3 / Max 6

Learn How NOT to Hit Out Balls
Instructor: Sylvia
90 Min.
Monday, September 18 5:00 - 6:30 pm
Min 3 / Max 6

Block and Counterattack
Instructor: Sylvia
90 Min.
Tuesday, September 19 5:30 - 7:00 pm
Min 3 / Max 8

Drill With Dave
Instructor: Dave
90 Min.
Thursdays, September 7, 14 & 21 12:30 - 2:00 pm
After 3 / Max 6
Working hard on your weak side? Unique drills designed to help you gain the advantage. Block back on improving your game. Experienced coach through advanced players.

Drill Extravaganza
Instructor: Lu
120 Min.
Thursday, September 14
Max 28
2:00 - 4:00 pm
• Four skills (TBD) will be drilled during the class
• All Skill Levels

Reset! Reset! Reset!
Instructor: Dave
90 Min.
Tuesday, September 5 12:30 - 2:00 pm
Min 2 / Max 6
In this class students will learn and practice the shots needed for resetting a game.

One Stroke, 3 Shots:
Drive, Drop, Lob
Instructor: Sylvia
90 Min.
Tuesday, September 12 5:30 - 7:00 pm
Min 3 / Max 6

Shot of the Month:
Mastering Block Shots
Instructor: Sylvia
90 Min.
Wednesday, September 6 5:00 - 6:30 pm
Min 3 / Max 8

Round Robin
\$10
*Instruction provided during Round Robin play format
Wednesday, September 28 2:00 - 3:30 pm
Still Level: New to Pickleball (less than one year), Advanced Beginner & Intermediate level players.

Mastering the 3rd Shot Drop
Instructor: Sylvia
90 Min.
Monday, September 11 5:00 - 6:30 pm
Min 3 / Max 6

Reducing Unforced Errors
Instructor: Dave
90 Min.
Tuesday, September 12 12:30 - 2:00 pm
Min 3 / Max 6
This class explores the player's habits and looks at ways to reduce unforced errors.

Set Up For the Shot
Instructor: Dave
90 Min.
Tuesday, September 19 12:30 - 2:00 pm
Min 3 / Max 6
This class explores how to anticipate the next shot.

Drop and Stop!
Instructor: Lu
60 Min.
Tuesday, September 12 2:00 - 3:00 pm
Min 4 / Max 8

MEET OUR INSTRUCTORS!

Dave Heinz Lu Kandt Paul Lambers Sylvia Whitehouse

POP!
Tired of open play?
Sign up for a POP! activity to experience 5-6 consecutive games with players in designated skill levels.
ONLY \$5 each!!!

Pick Up Your Copy at the Welcome Desk

Did you know?
We have family memberships!
(386) 310-7067 for more info

Pictona Pickleball

(386) 310.7067
[www.pictona.org](#)

VOLUNTEERS NEEDED



Join the Pictona Success Team

With hurricane season upon us and an exciting tournament schedule around the corner, Hali has updated our year-round Volunteer needs. Click [HERE](#) for Volunteer positions and “sign up” for as many as you wish. Once there is a specific day/time that we need help, you will be notified via email. Volunteer shifts are filled on a first come, first serve basis.

Incentives for our volunteers:

- Earn POP! Credits to play organized activities for FREE
- Free Meal Vouchers to use in The Kitchen and The Depot
- Eligible for FREE One Month Pictona membership: monthly drawings during tournament season, courtesy of Karen/Jeff Dillard of Realty Pros
- Invitation to annual volunteer appreciation BBQ
- Free stadium seating to watch top professional matches.
- Volunteer of the Month Parking spot.



THE KITCHEN AT PICTONA



Next Week we're featuring Turkey Club Sandwich!

Sandwich comes with lettuce, tomato, bacon, American cheese and mayo. Served with a side of your choice - crispy french fries, homemade potato chips, delicious cole slaw, or a fresh side salad.



SENIOR ACTIVITY CENTER



The FHCP Senior Activity Center offers a great variety of activities to help you maintain an active, healthy lifestyle

Click [HERE](#) to view next weeks schedule of classes and activities.





LUNCH & LEARN

Learn about the latest advances in medical research, which may improve your health and others!

**NEW
DATE!**

Wednesday, September 6

Noon (After Line Dancing)

**Call 386-304-7070 to register
FHCP's Senior Activity Center at**

**FREE
Lunch!**



Future Solutions Now

5111 S Ridgewood Avenue
Suite 301
Port Orange FL 32127
(386) 304-7070



THE METROHEALTH EXPERIENCE AT PICTONA



PRESENTED BY

& Humana

FREE MONTHLY SCREENINGS AND HEALTH TALKS

FIRST THURSDAY OF EVERY MONTH

IN THE HUMANA EDUCATION CENTER AT
(INSIDE HERON ROOM)



LACKING ENERGY ON TOURNAMENT DAY?

**TOPIC: PRE DIABETES/DIABETES
SEPTEMBER 7TH AT 11AM
TOP 5 WAYS TO CONTROL YOUR GLUCOSE**

MARK YOUR CALENDAR FOR UPCOMING SCREENINGS
OCTOBER 5TH | NOVEMBER 2ND | DECEMBER 7TH

**BEGINNING SEPTEMBER 7TH
JOIN US FOR YOGA WITH INSTRUCTOR ED
EVERY THURSDAY AT 10 AM IN THE HUMANA
EDUCATION CENTER HERON ROOM**

**ATTEND TALKS TO EARN REWARDS TO RECEIVE
1 MONTH FREE PICTONA MEMBERSHIP
OR A \$35 PICTONA GIFTCARD**

**FOR QUESTIONS OR TO RSVP BY PHONE
CALL: (386) 463-0522**



Metro Health and Humana Present Free Monthly Screenings and Health Talks

Series Kicks off:

- September 7
- 11:00 am

- Pre-Diabetes/Diabetes
- Top 5 ways to control your glucose

For Questions or to RSVP: 386-463-0522

All About Alzheimer's Disease

An education program series presented by the Alzheimer's Association in partnership with Halifax Health Continuing Care and the Florida Health Care Plans Senior Activity Center

FHCP Senior Activity Center
1060 Ridgewood Ave., Holly Hill, FL 32117

PICTONA
at HOLLY HILL

★ **Understanding Alzheimer's and Dementia**
Thursday, September 14, 2023 | 1 p.m.
Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, the stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources.




First of a three part series on Alzheimer's Disease

Sponsored by Florida Health Care Plans:

- September 14 at 1pm - Understanding Alzheimer's and Dementia
- October 12 at 1pm - 10 Warning Signs of Alzheimer's and Dementia -
- November 9 at 1pm - Understanding and Responding to Dementia Related Behaviors

For registration or information call 800-272-3900



EVENTS



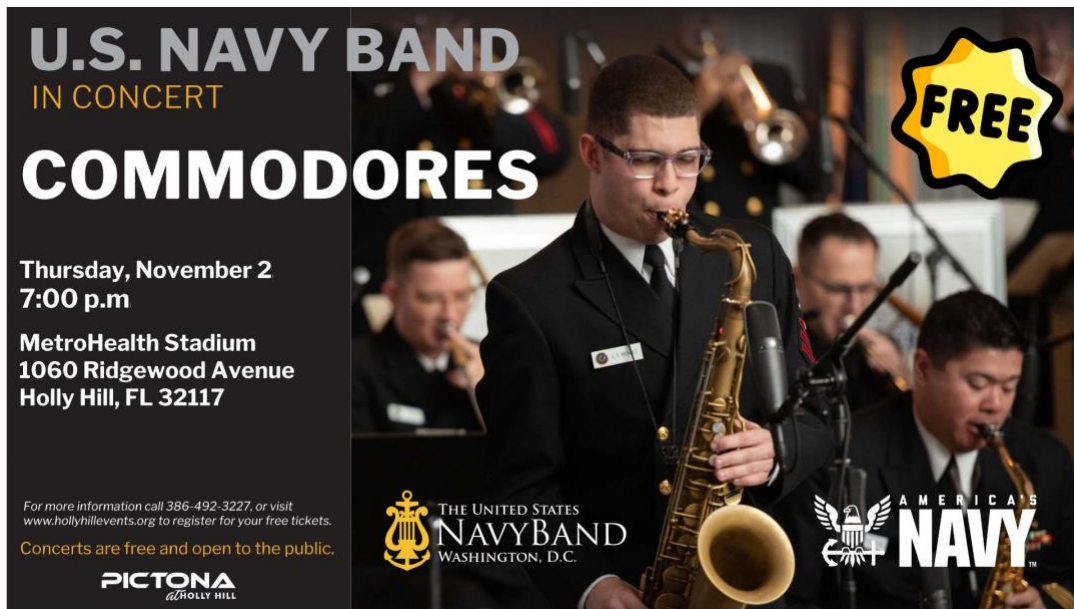
NEW DATE!

Save the date!
NY NY DUELING PIANOS
MetroHealth Stadium at Pictana
1060 Ridgewood Ave., Holly Hill, FL
SEPTEMBER 21
Showtime: 7:30 pm
\$20 BLEACHER SEATS
\$25 FLOOR SEATS
BOX SEATS AVAILABLE
A reserved section with four (4) seats and a cocktail table.
Get tickets and more information at hollyhillevent.com or call 386.492.3227

Dueling Pianos Rescheduled to September 21

- **NEW DATE:** Thursday, September 21
- 7:30 PM
- \$20 Bleacher Seats
- \$25 Floor Seats
- Box Seats available - ***The best seats in the house!***
Box seats include 4 reserved seats and a cocktail table. (\$120 - \$30 per seat).

[Click here to Purchase Dueling Piano Tickets](#)



U.S. Navy Band "The Commodores"

Although this is a FREE concert, please register at the button below so there is a record of how many will be attending.

- Thursday, November 2
- 7:00 PM
- FREE!

[Click here to register for your FREE Tickets !](#)



EVENTS



Pickleball Singles Mingles - THREE!

Is the third time the charm?

Singles Mingles is returning to Pictona November 10 - 12.

In just two weeks, already 130+ singles have signed up to participate in this fun weekend long event! Participation is capped at 200, so sign up before it's too late!

Are you single (*not-married or partnered*) and looking to meet other single pickleball players from all over the U.S.?

Join us for this fun weekend event! Register and details at [this link](#).

LOOKING FOR HEALTHCARE THAT **ACTUALLY CARES?
FULL RISK AND VALUE BASED CARE**



FREE SEMINAR

9/14/2023

Two times to choose from:
11:30 AM AND AT 5:00 PM

Meals Provided at each seminar



Stephen Quaning, MD
Geriatrician

PRESENTED BY



**Learn How Primary Care Service is changing
for the better with Metro Health.**

Free Educational event held at the Humana Education Center in
the Heron Room at Pictona.

ATTENTION DJ'S...

**INTERESTED IN HOSTING A FUN
EVENT AT PICTONA?**

**MORE INFO :
EVENTS@PICTONA.ORG**

PICTONA
at HOLLY HILL



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Our mailing address is:

1060 Ridgewood Ave. Holly Hill, FL 32117

[Unsubscribe](#) here