



## IN THIS ISSUE

COMMUNITY CONTACT LIST

BOARD MEETING

COMMUNITY INTEREST GROUPS

SENIOR COFFEE

ACCESS CARDS

JOHNS CREEK CONNECTIONS

CALENDAR

FUNCTIONAL TRAINING

BABYSITTING CLASS

COMING SOON

FOOD TRUCK FRIDAYS

SCREEN ON THE GREEN-TROLLS

GARDENING PRESENTATION

SNAKE SAFETY PRESENTATION

GARAGE SALE

RECIPE CORNER

TENNIS

POOL SCHEDULE

GYM RULES

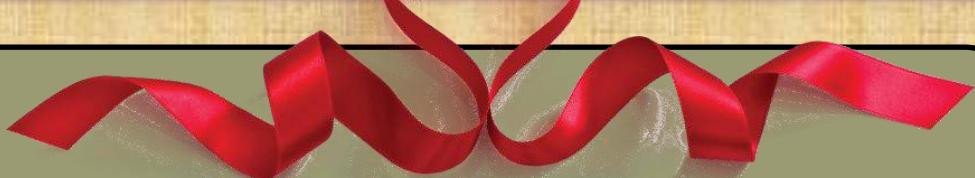
ZUMBA

YOGA

PERSONAL TRAINING

# JOHNS CREEK CONNECTION

February 2017  
Newsletter



**BABYSITTING CLASS**



# Johns Creek

## Community Contact List

**Amenity Staff**  
**904.230.4208**

**Field Operations Manager**  
Dave Krabill  
dave.krabill@vestaforyou.com

**Program Director / Admin**  
Kathy Sargent  
kathy.sargent@vestaforyou.com

**HOA Property Manager**

Interlaced Property Solutions  
Sherry McNees  
clientservices@interlacedjax.net  
904.619.9190  
5991 Chester Ave  
Suite 203,  
Jacksonville, FL 32217

**CDD District Manager**

Governmental Management Services  
Jim Oliver  
joliver@gmsnf.com  
904.940.5850  
475 W. Town Place  
Suite 114  
St. Augustine, Florida 32092

**CDD Board of Supervisors**  
Gary Williams - Chairman

Dianne Drinkwater - Vice Chair  
Barbara Little - Assistant Secretary

Chuck Dicey - Assistant Secretary  
Meredith Payne - Assistant Secretary



# *Get* **INVOLVED**

---

*The next scheduled meeting of the  
CDD Board of Supervisors will be*

*Wednesday, March 8th, 2017*

*at 6:30 p.m. at Phase 2*



JOHNS CREEK



# JOHNS CREEK

## INTEREST GROUPS

### Book Club

The book club meets once a month either at a member's home or at the amenity center. All the details are posted on our Facebook page. Feel free to join us even if you haven't read the book.

For more information, contact Cindy Dicey at [cmdicey@gmail.com](mailto:cmdicey@gmail.com)

### Running Club

Interested in joining a running club in Johns Creek? Contact Jennifer Stoner or the Facebook page: Johns Creek Running Club

### Bible Study

Johns Creek Bible Study - All are invited. You can begin attending at any time. Every Monday from 7:30-8:30 Call or Text Brandon 904-962-7600

### Johns Creek Outreach

Interested in joining a group of neighbors working with local charities to serve the local community? Please "Like" our Facebook page (Johns Creek Outreach) and get involved!

### Senior Coffee

Senior Coffee meets every Friday at the Phase 2 Room at 10am. Ages 55 and older

### Aqua Zumba

Aqua Zumba meets every Tuesday and Thursday at the Phase 1 pool from 9-10AM. The cost is only \$5 per class for residents

### Zumba

Zumba meets every Monday and Thursday at Phase 2 at 6:30pm. The cost of each class is ONLY \$5.00. or 4 classes for \$18.

### Yoga

Yoga meets every Monday evening at 7:40PM at Phase 2. All skill levels are welcome. The cost is \$5 per class residents and \$7 for resident guests

### Aqua Zumba

Aqua Zumba is finished for the season. Join us in the spring for more Aqua Fitness FUN!!

### Johns Creek Playgroup

Please contact Lindsay Neuner for more information on upcoming events and schedules: [cinderellaloveshersailor](mailto:cinderellaloveshersailor)

OR  
Check the Johns Creek Community Facebook page for locations and times.

### Mom's Club of St. Augustine N

We're looking for stay-at-home moms or part time working moms to join our club. We also have associate memberships for working moms. The club has events almost daily that include in home playdates, parks, community events, tours, and more. Make new friends for mommy and the kids! This chapter is limited to zip codes 32092 and 32095. Go to [www.sanmomsclub.weebly.com](http://www.sanmomsclub.weebly.com)

*\*\*If you are interested in starting an interest group, please email the Amenity Staff at [brandycreekmanager.com](mailto:brandycreekmanager.com). We look forward to hearing from you. This list is for informational purposes only and in no way construes an endorsement of any meeting or club.*



JOHNS CREEK



*Coffee  
and  
Friends*

*Make the  
Perfect Blend*

# Senior Coffee

Every Friday

10 am

Phase 2

Ages 55 and up

We provide the coffee and the snacks,  
you bring the fun!

## Attention Johns Creek Residents:

**ACCESS CARDS ARE REQUIRED!**

When coming to either Amenity Center or the Fitness Room, you must have an access card for entry.

For access card information please see the website at

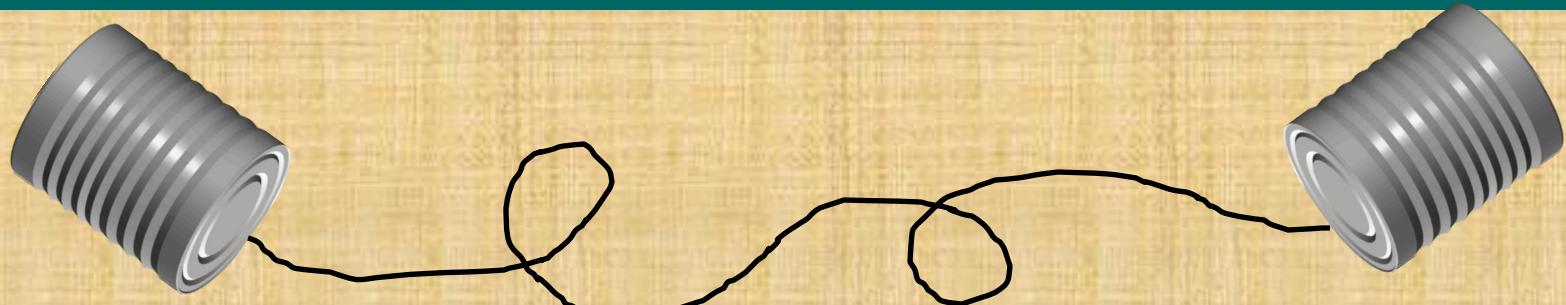
[www.johscreekfl.com](http://www.johscreekfl.com)

Or call the office at

**904.230.4208**



JOHNS CREEK



## Johns Creek Connections

Make sure you stay tuned to all of our resources for the LATEST JOHNS CREEK INFORMATION!

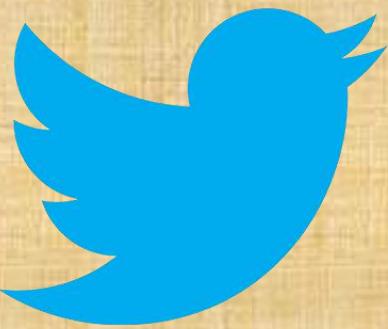
### Website

Please visit our website at

[Johnscreekfl.com](http://Johnscreekfl.com)



\*\* Also, while on the website's homepage make sure to register your email address to receive our email blasts and our monthly newsletters. Please note, you might have to check your spam file and allow our special deliveries.



Lastly, we are now on Twitter! Follow us @JohnsCreek2.

We will post important event and pool information so you will know if the current weather conditions have temporarily closed the pools, postponed an event or other important news etc.

This account is for outgoing posts only.

If you have questions or concerns, please call us at 904.230.4208 during business hours and we will be glad to assist you.



# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1			1		2	3
	Zumba 6:30 PM at Phase 2 Yoga 7:40PM at Phase 2			Functional Training 6PM at Phase 1	Senior Coffee 10AM at Phase 2	
5		6	7	8	9	10
	Zumba 6:30 PM at Phase 2 Yoga 7:40PM at Phase 2			Functional Training 6PM at Phase 1	Senior Coffee 10AM at Phase 2	11
12		13	14	15	16	17
	Zumba 6:30 PM at Phase 2 Yoga 7:40PM at Phase 2			Functional Training 6PM at Phase 1	Senior Coffee 10AM at Phase 2	18
19		20	21	22	23	24
	Zumba 6:30 PM at Phase 2 Yoga 7:40PM at Phase 2			Functional Training 6PM at Phase 1	Senior Coffee 10AM at Phase 2	 Babysitting Class 9:30am Ph 2 Registration Required
26		27	28			
	Zumba 6:30 PM at Phase 2 Yoga 7:40PM at Phase 2					



JOHNS CREEK



## FUNCTIONAL TRAINING

Formerly boot camp. In response to your survey results, we have modified our fitness classes and are now offering a Functional Training class here at Johns Creek!

Thursdays at 6PM  
Phase 1

\$6 per class (or if you purchase in advance for the month, \$5 each class)

### What is Functional Training?

Before I explain what functional training is, lets discuss what it is NOT:

It is NOT a one size fits all workout

It is NOT designed to be so difficult that you injure yourself.

Functional training is a time based workout, designed, supervised, and lead by an ACE Certified Personal Trainer. Each exercise can be modified to each participant's ability level. It is conducted in a supportive, encouraging atmosphere. Not only are the workouts FUN, they produce results! And because it is all based on timed circuits, it doesn't matter how many of a workout you can perform, as long as you work hard.

**\*\* Bring a mat and plenty of water. This class will be held rain or shine. If it is too dark or rainy, we will hold the class under the cover at Phase 1.**

Please feel free to contact me through my Facebook page if you have further questions or concerns. I'm looking forward to seeing you in class!

<https://www.facebook.com/templecarejax/>



**Saturday, February 25th  
9:30am - 2:30pm at Phase 2  
\$45**

**This course is great for those who already  
babysit, are about to start babysitting or those  
who simply want to stay home alone or with  
your younger siblings safely.**

**Participants earn an official certification from  
the  
American Safety & Health Institute  
valid for 2 years.**

**To register, go to:**

**[www.stjohnsbabysitting.eventbrite.com](http://www.stjohnsbabysitting.eventbrite.com)**





JOHNS CREEK



COMING  
SOON!

to Johns Creek!  
to Johns Creek!

*Watch for the following great events  
(and **MORE**) coming soon!*

*Watch for more information in your  
Johns Creek Living Magazine, the website  
and your e-blasts.*



## FOOD TRUCK FRIDAYS ARE BACK!

Beginning March 10th and Thru September, we will have food trucks at Phase 2 on the Second Friday of each month..

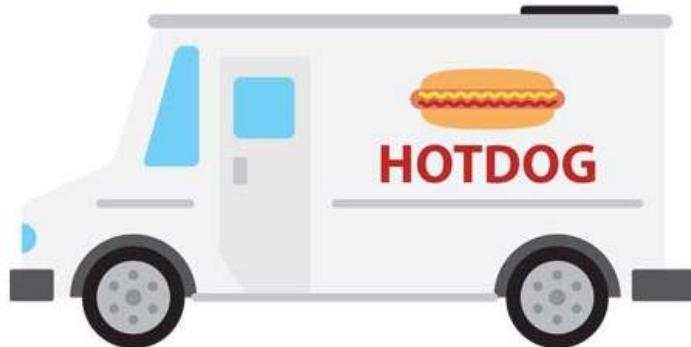
Are you driving all over town trying to find a restaurant to satisfy the whole family?

Or worse, are you *cooking*!?

Join us for a selection of local food trucks lined up at Phase 2 just waiting to serve you. Sample from each of them and let the kids play while you picnic. We will always have something going on with the food trucks.

Or, bring it home. Take out is always available.

Visit soon and enjoy the variety of great trucks in our area!





JOHNS CREEK



## Screen on the Green

Friday, March 10th  
6:45 PM at Phase 2  
Bring your lawn  
chairs and picnic  
blankets.

After the Bergens invade Troll Village, Poppy (Anna Kendrick), the happiest Troll ever born, and the overly-cautious, curmudgeonly Branch (Justin Timberlake) set off on a journey to rescue her friends. Their mission is full of adventure and mishaps, as this mismatched duo try to tolerate each other long enough to get the job done. (PG)

*Food  
Trucks Too!*

*Troll  
dress-up  
contest and  
trivia!*



# **Florida Friendly Gardening Presentation**

**Wednesday, March 22nd 1-2PM**

**Phase 2**

**FREE!**

Join us on  
Wednesday,  
March 22nd from

1-2PM at

Phase 2 for a special  
Florida Friendly Gardening  
presentation. Get Great tips  
from a University of Florida

Master Gardener. Learn what to plant,  
when to plant and where to plant for best  
results. Sign ups are not necessary, but  
are appreciated...





JOHNS CREEK

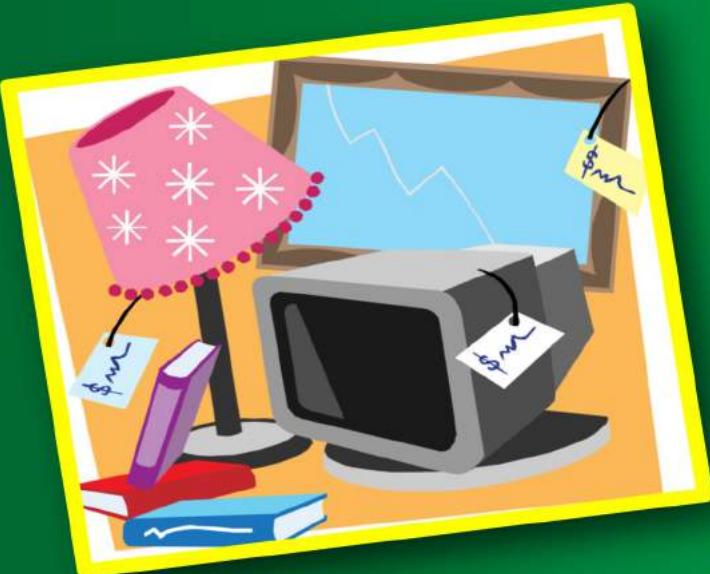


## Snake Safety and Wildlife Presentation

**Tuesday, March 21st  
6Pm at Phase 2**

While most wildlife encounters are exciting and interesting, they may also be dangerous. Learn to stay safe around wildlife in our area with this informative presentation by a local licensed wildlife and snake trapper.

*\*\*Question and answer session will follow.*



**Johns Creek Spring Community Garage Sale**  
***Clean out those closets and empty those attics, it is time for our Spring Garage Sale!***  
***Saturday. March 25th 8am - Noon***



JOHNS CREEK



# Johns Creek

## RECIPE CORNER



### SLOW COOKER CHOCOLATE FONDUE

Great for the whole family on Valentine's Day - Or just that special someone.

Total Time: 1 hr. 25 min (Prep: 10 min | Cook: 1 hr. 15 min)

Yield: about 3 cups fondue, enough for 12 to 16 servings | Level: Easy

#### Ingredients

12 ounces semisweet chocolate, coarsely chopped

4 ounces bittersweet chocolate, coarsely chopped

1 cup heavy cream

1/2 cup milk

1 teaspoon vanilla extract

Pinch kosher salt

\*\*2 tablespoons bourbon or orange, coffee or hazelnut liqueur, optional

Dippers like pretzels, pound cake, potato chips, strawberries, waffles, marshmallows and cookies for dipping

#### Directions

Put the semisweet chocolate, bittersweet chocolate, cream, milk, vanilla and salt in a 6-cup heatproof glass bowl that will fit completely inside a 3- to 4-quart slow cooker. Cover and cook on low for 45 minutes.

Uncover and stir the chocolate mixture until smooth. Stir in the bourbon or liqueur if using. Continue to cook, covered, until the chocolate is completely melted and warm, 15 to 30 minutes. Whisk the mixture until smooth. Switch the slow cooker to the warm setting and either spoon the chocolate mixture into small serving bowls or serve it right out of the slow cooker with assorted dippers on the side.

Tip: While keeping the fondue warm, water will collect on the inside of the lid of the slow cooker; when you remove the lid to stir the fondue, wipe the excess water off as too much water dripping into the chocolate will eventually cause it to seize or separate.

**Cook's Note:** The fondue can be kept for several hours on the warm setting. If the chocolate seems to be getting too warm or starts to simmer around the edges, remove the lid and stir well to cool the chocolate slightly.

*\*Recipe courtesy of Food Network Kitchens*



JOHNS CREEK



# JOHNS CREEK TENNIS

## Tennis Lessons

All ages and skill levels welcome!

USTA certified tennis instructor, Estela De Paula.

New group lessons will be forming soon.

For more information or to schedule a lesson,  
contact Estela at

**904.718.2480**

Or

**Tennis.yoga2all@gmail.com**

Private and small group lessons are available.



# February Pool Hour Listing

**Phase 1 Pool CLOSED  
on Mondays**

As per the Florida Department of Health  
Rule# 64E-9.008  
Saint Augustine, Florida, USA | 122012 Lat:  
29.9583 Lon: -81.3383 Time zone: GMT-5

**Phase 2 Pool CLOSED  
on Tuesdays**

We are not permitted for night swimming. There is NO swimming allowed outside of the posted times.

Day	Date	Sunrise AM	Pools Open	Sunset PM	Pools Close
<b>Wednesday</b>	1-Feb-17	<b>7:15 AM</b>	<b>7:45 AM</b>	<b>6:02 PM</b>	<b>5:32 PM</b>
<b>Thursday</b>	2-Feb-17	<b>7:15 AM</b>	<b>7:45 AM</b>	<b>6:03 PM</b>	<b>5:33 PM</b>
<b>Friday</b>	3-Feb-17	<b>7:14 AM</b>	<b>7:44 AM</b>	<b>6:04 PM</b>	<b>5:34 PM</b>
<b>Saturday</b>	4-Feb-17	<b>7:14 AM</b>	<b>7:44 AM</b>	<b>6:05 PM</b>	<b>5:35 PM</b>
<b>Sunday</b>	5-Feb-17	<b>7:13 AM</b>	<b>7:43 AM</b>	<b>6:05 PM</b>	<b>5:35 PM</b>
<b>Monday</b>	6-Feb-17	<b>7:12 AM</b>	<b>7:42 AM</b>	<b>6:06 PM</b>	<b>5:36 PM</b>
<b>Tuesday</b>	7-Feb-17	<b>7:12 AM</b>	<b>7:42 AM</b>	<b>6:07 PM</b>	<b>5:37 PM</b>
<b>Wednesday</b>	8-Feb-17	<b>7:11 AM</b>	<b>7:41 AM</b>	<b>6:08 PM</b>	<b>5:38 PM</b>
<b>Thursday</b>	9-Feb-17	<b>7:10 AM</b>	<b>7:40 AM</b>	<b>6:09 PM</b>	<b>5:39 PM</b>
<b>Friday</b>	10-Feb-17	<b>7:09 AM</b>	<b>7:39 AM</b>	<b>6:10 PM</b>	<b>5:40 PM</b>
<b>Saturday</b>	11-Feb-17	<b>7:08 AM</b>	<b>7:38 AM</b>	<b>6:10 PM</b>	<b>5:40 PM</b>
<b>Sunday</b>	12-Feb-17	<b>7:08 AM</b>	<b>7:38 AM</b>	<b>6:11 PM</b>	<b>5:41 PM</b>
<b>Monday</b>	13-Feb-17	<b>7:07 AM</b>	<b>7:37 AM</b>	<b>6:12 PM</b>	<b>5:42 PM</b>
<b>Tuesday</b>	14-Feb-17	<b>7:06 AM</b>	<b>7:36 AM</b>	<b>6:13 PM</b>	<b>5:43 PM</b>
<b>Wednesday</b>	15-Feb-17	<b>7:05 AM</b>	<b>7:35 AM</b>	<b>6:14 PM</b>	<b>5:44 PM</b>
<b>Thursday</b>	16-Feb-17	<b>7:04 AM</b>	<b>7:34 AM</b>	<b>6:14 PM</b>	<b>5:44 PM</b>
<b>Friday</b>	17-Feb-17	<b>7:03 AM</b>	<b>7:33 AM</b>	<b>6:15 PM</b>	<b>5:45 PM</b>
<b>Saturday</b>	18-Feb-17	<b>7:02 AM</b>	<b>7:32 AM</b>	<b>6:16 PM</b>	<b>5:46 PM</b>
<b>Sunday</b>	19-Feb-17	<b>7:01 AM</b>	<b>7:31 AM</b>	<b>6:17 PM</b>	<b>5:47 PM</b>
<b>Monday</b>	20-Feb-17	<b>7:01 AM</b>	<b>7:31 AM</b>	<b>6:17 PM</b>	<b>5:47 PM</b>
<b>Tuesday</b>	21-Feb-17	<b>7:00 AM</b>	<b>7:30 AM</b>	<b>6:18 PM</b>	<b>5:48 PM</b>
<b>Wednesday</b>	22-Feb-17	<b>6:59 AM</b>	<b>7:29 AM</b>	<b>6:19 PM</b>	<b>5:49 PM</b>
<b>Thursday</b>	23-Feb-17	<b>6:58 AM</b>	<b>7:28 AM</b>	<b>6:20 PM</b>	<b>5:50 PM</b>
<b>Friday</b>	24-Feb-17	<b>6:57 AM</b>	<b>7:27 AM</b>	<b>6:20 PM</b>	<b>5:50 PM</b>
<b>Saturday</b>	25-Feb-17	<b>6:56 AM</b>	<b>7:26 AM</b>	<b>6:21 PM</b>	<b>5:51 PM</b>
<b>Sunday</b>	26-Feb-17	<b>6:55 AM</b>	<b>7:25 AM</b>	<b>6:22 PM</b>	<b>5:52 PM</b>
<b>Monday</b>	27-Feb-17	<b>6:53 AM</b>	<b>7:23 AM</b>	<b>6:23 PM</b>	<b>5:53 PM</b>
<b>Tuesday</b>	28-Feb-17	<b>6:52 AM</b>	<b>7:22 AM</b>	<b>6:23 PM</b>	<b>5:53 PM</b>



## **GENERAL FITNESS CENTER POLICIES:**

**Fitness Room hours are 4:00 am to Midnight, or as posted at the Facility.**

1. Usage of the Fitness Facility is restricted to Patrons 14 years of age and older.
2. Children under 14 years of age are prohibited from the fitness facility entirely.
3. You may have a maximum (2) guests per household at all times. All guests must be accompanied by a Patron at all times.
4. Patrons and Guests exercise at their own risk. Each individual is responsible for his or her own safety.
5. Appropriate clothing is required at all times (shirts, shorts, leotards, and/or sweat suits – no denim). For the comfort of others, shirts and bottoms must be kept on at all times.
6. Athletic footwear covering the entire foot is required to be worn at all times.
7. Loud, profane, and/or abusive language will not be tolerated.
8. Disorderly conduct and horseplay will not be tolerated.
9. Food and chewing gum is prohibited in the fitness center.
10. Beverages are permitted but must be in a covered and sealed container.
11. Glass and other breakable items are prohibited in the fitness center.
12. Smoking (including e/vapor cigarettes) and tobacco products are prohibited in the fitness center.
13. Audio devices are prohibited unless they are personal units equipped with headphones.
14. Every individual is responsible for spraying and wiping down the equipment after use.
15. Weights or equipment may not be removed from the fitness center for any reason.
16. Hand chalk is not permitted.
17. Weights and dumbbells must be placed down gently, not dropped.
18. Benches and machines may not be stepped on or climbed over.
19. Use of the cardio equipment must be limited to 30 minutes if others are waiting. Patrons are expected to share equipment.
20. Personal Training or solicitation of training for fees is prohibited unless approved by Facility Manager.
21. All emergencies, injuries, and / or broken equipment must be reported to the Facility Manager.
22. The Facility Manager reserves the rights to discontinue any such programs and / or activities due to safety concerns or other conflicts with the operation of the facility.
23. Fitness Center may be closed due to maintenance needs.

**Disregard for any fitness center rule or policy may result in expulsion from the Amenity Center and suspension of Amenity Center privileges.**



# ZUMBA®

*Evening Classes with Nancy  
Monday and Thursday @ 6:30PM  
Phase 2 Community Room  
\$5 per class Or \$18 for 4 classes*

**Thursday  
classes will  
resume in  
March.**

Call 687-5270 or E-Mail Nancy at [ZumbaForce@Yahoo.com](mailto:ZumbaForce@Yahoo.com)  
for Registration Times (for evening classes)

ZUMBA FITNESS is a fusion of Latin and International music - dance themes that create a dynamic, exciting, and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.



# **JOHNS CREEK YOGA**

Life is all about BALANCE!

**Monday 7:40-8:40PM**

**Location: Phase 2 Room**

**Residents \$5 | Resident guests \$7**

Yoga practice for all levels where the focus is on safe alignment, breath awareness, muscle lengthening and stress relief.

**Beginners and all levels are welcome.**

This class is great for all ages and skill levels. There will be modifications to suit all ability and fitness levels.

Dress comfortably & bring a yoga mat, water and a towel.

---

**Certified Yoga Instructor**

**Marcia Sarpi**

**e-mail: [marciasarpi@hotmail.com](mailto:marciasarpi@hotmail.com)**





**One on One.  
Personal Training.  
Refocus your training.**

**Individual Training**

**Buddy Training**

**Small Groups**

**Certified Personal Trainer: Lindsay Severance**

**Focusing on form, fitness, strength,  
health & safety.**

**Lindsay will tailor a fitness program  
to fit your individual needs.**

**Lindsay Severance**

**904-629-4972**

**templecarejax@yahoo.com**

