

# PALM GREENS PULSE

JANUARY 2025

DELRAY BEACH, FLORIDA



HAPPY  
**2025**

NEW YEAR!

**A HAPPY AND HEALTHY  
NEW YEAR TO ALL THE RESIDENTS OF  
PALM GREENS AND DELRAY TRAILS.**

**Palm Greens Pulse**  
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Mel Clapman



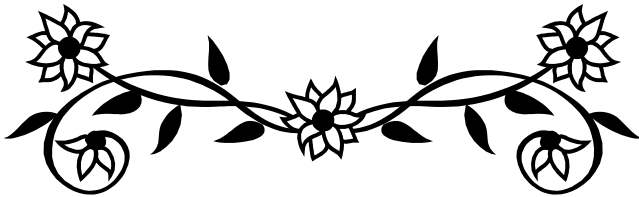
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Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.



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## CONDO ONE

by Linda Brier

It's a brand new year! We're passing on best wishes and a sincere hope that 2025 brings peace, comfort, good health and enjoyment to you and your families!

We welcome our snowbirds back, too! You're enjoying some of the most glorious Florida weather we've had in years! It's been good enough to hit the pool on many days!

We have a reconstructed board on hand monitoring the health and welfare of our neighborhoods. Board members rotate in the Condo 1 office to meet residents. Scheduled hours are Tuesday and Thursday, 9 to 11 a.m.

There's great news already in the landscaping arena for Condo 1. Our fountains have been spruced up, and the new landscaping company has just begin making their frequent visits to our community to assess the property. It shouldn't take long to see improvements in that area.

Condo 1 Board is continuing to call for residents to join some important committees. We need two more members immediately to complete our Fining Committee. If you're interested, email the board ([Board@Palmgreenscondo1.com](mailto:Board@Palmgreenscondo1.com)). Include a brief bio and your contact information.

Condo 1 board has scheduled board meetings through the rest of the year, to allow residents to plan to attend. Meetings will be as follows:

Wednesday, February 12, 6:00 p.m.

Wednesday, March 12, 6:00 p.m.

Wednesday, April 9, 6:00 p.m.

Wednesday, May 14, 6:00 p.m.

**Wednesday, June 11 (closed)**

**Wednesday, July 9 (closed)**

**Wednesday, Aug. 13 (closed)**

Wednesday, Sept. 10, 6:00 p.m.

Wednesday, Oct. 8, 6:00 p.m.

Wednesday, Nov. 12, 6:00 p.m. Budget meeting

Wednesday, Dec. 10, 6:00 p.m.

**Updates on ongoing projects:** Actual site work on our well is expected soon; permit approvals were very time-consuming, as was the bidding process. *Breezeline* cable home installations have been successfully completed, and residents are enjoying the benefits of more and new channel offerings. No more "pixilations" during the NFL games!

PG1 has reinstated resident orientations. We've found this is a great way to make new homeowners and renters aware of the community's rules and regulations, as well as learn about all the amenities and lifestyle choices available to homeowners here. Enjoy your all days in PG Condo 1!

## THE FOUR SEASONS CLUB

by Marcia Davis

A new year is upon us, new beginnings and continuation of great events at Palm Greens. May this year bring joy and health to all.

2024 ended with Latin Night, which we co-hosted with the Women's Club, a fabulous evening with entertainment by Catabella Music and a delicious dinner catered by La Paella Chef. A great time was had by all.

**January 23, 2025** we will be having our **Card Party**. Bring your game and enjoy lunch while playing with your friends! **February 21** is the date for our gala **Roaring Twenties** celebration with entertainment by **Hot Sauce Moon**, back by popular demand. **March 2025** we are planning a trip to the **Benzaiten** Center for Creative Arts. Tour and witness unique glass art. **April 2025** we will host our annual Four Seasons **Brunch**.

More details will follow as the year goes on as well as more special events. Watch for the flyers, e-mails and visit our website. Membership dues are \$20 per person. We welcome all to join; singles, couples, owners, renters and our new residents of Delray Trails. For membership questions please contact Ellen Euse at 781-608-3323. Interested in participating with the Four Seasons committees? Contact Marcia Davis at [cityofgold.msd@gmail.com](mailto:cityofgold.msd@gmail.com). We look forward to seeing you soon!

### WE CARE

As the name of our organization implies, we care for our friends and neighbors in Palm Greens to make sure that all their needs for being healthy are being taken care of.

We transport our residents and their guests to medical facilities, and we provide walkers, canes, and wheelchairs when they are in need.

To be able to do all that we have to do for our residents and their guests, we always are in need of volunteers. Without volunteers, any organization would have to hire people to do the job that is done now in Palm Greens.

Palm Greens is very fortunate that there are many volunteers that staff all our clubs, and staff our boards and they do so without any compensation. Otherwise, if we have to pay for this kind of service that the volunteers do, our maintenance would be triple what it is today.

If you have handicap items (walkers, wheelchairs, canes, etc.) to donate, please contact the Rec Office at 561-498-5316. No port a-pottys please, due to hygiene issues.

All items must be brought to the Rec Office as we cannot pick them up.

If you need assistance, drive up to the front of the clubhouse and we will help you bring them in. We thank you for your help.

Please give us 24 hours and leave your name and a telephone number where we can reach you.



## ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



Happy & Healthy 2025 to all of our Palm Greens/Delray Trails family! New beginnings, new friendships. Looking forward to a great new year with hopefully, lots of positive experiences.

Again, we also want to thank Jerry Carlin and Bonnie Sanger for being our eyes and ears at this last meeting. They are an asset to all of us! Thank you again!

Dr Lori Vinikoor, our President of the Alliance, started the meeting at 9:30 with a few announcements, Mature Drive Courses, for information contact Lori Vinikoor. The Alliance is saying NO to the proposed new Tax Office as it will further stress the infrastructure and is not necessary as more people go on line instead of in person visits. Lori Vinikoor introduced our guests for the special topic of the day. 2024 Insurance Panel/addressing all aspects of property insurance in South Florida. The panelists were **Lori Berman**, Senator for District 26, **Connor Lynch**, Plastridge Insurance, **Jason Rodgers-Da Cruz** of Siegfried-Rivera, and **Caesar Mendez** of C.A.R.E. Construction. Senator Lori Berman, first speaker of the four person panel to discuss property insurance problems, offered a solution in the form of a yet to be developed 'task force' to deal with problems the condominiums and homeowners associations' homes have to deal with. The task force would seek to lower premiums without lowering coverage. She noted the Citizens Insurance was created to be the last resort but has developed into the first resort instead. \$1.2 million policies written, down to \$1million. Senator Berman proposes that the task force would spread the risks of both flood and wind damage among the insurance companies. Property Insurance will be a priority in the next Legislative session beginning March 2025. Real Estate Trial Lawyer, Jason Rodgers Da Cruz, discussed the need for flood maps to be updated. They are badly out of date. Additionally, he suggested that attorney fees shift to the winner of any suit brought. You would win and get prevailing attorney fees back. He sees a lot of people that are underinsured. Read policies very carefully, work with a broker on interpretation. All damages are not necessarily covered. Also, evaluate 3rd party insurance. ie, roofs, make sure that there are no exclusions, e.g. (condo roofs). Next speaker Caesar Menendez. Construction Rep.

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## DELRAY TRAILS

by Mark Melnick



Beginning in November, a limited number of Delray Trails residents were permitted to purchase memberships to utilize the Palm Greens amenities. The number was limited so that the Rec Board could evaluate the usage during the holidays to make sure that the pool is not over capacity. Based on prior usage this should not be an issue and hopefully the board will open up additional slots for memberships right after the new year. Be sure to say hello to the newly hired security force that is now present to keep the rowdy senior citizens from causing too much trouble. Keep your ID with you when you are using the amenities. Don't be annoyed with the security guards as they are only doing the job that they are directed to do by the Rec Board.

The clubs of Palm Greens have been very welcoming to the new Delray Trails residents and looking to have residents of Condo 1, Condo 2, and Delray Trails get to know each other.

The new clubhouse construction is still estimated to be a year away from completion. DT residents are in touch with Lennar regarding issues with construction and the neighborhood in general. We are waiting for the entrance gates to be operational. The plantings at the main entrance of the Woods that were in pots are supposed to be corrected by Dixie soon. Please put in work orders for any items that you are concerned about. If you haven't already joined, check out the residents only FB page for additional information.

Any residents interested in writing for the Pulse or helping in general please contact the editor, Mel Clapman.

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## FROM THE MANAGING EDITOR

by Mel Clapman



Happy and Healthy New Year to all Palm Greeners and their families. And along with our New Year comes our new season, and our seasoned residents are, once again, getting ready to get involved with the activities offered by the Palm Greens clubs.

Our new residents are invited to join the variety of classes and events that are available by the Women's Club, Four Seasons, Men's Club, Crafts and the Tennis Group which includes our 3-day-a-week Rotation Program and lots of fun social events.

There will be new people to meet at the pool and around the shuffle board area, as well as the reopened café, and plenty of reading material in our library. In other words, many venues to keep you busy, and all you have to do is show up. If you have questions, call the Condo offices, One or Two, depending on where you live. Most of the activities and events are posted in The Pulse and on the bulletin board in the clubhouse as well as the community E-Blast (which you have to sign up for). So get busy and occupy your time constructively. It will make your day go by quickly, and, who knows, you might acquire some new friends and have a more active social life.

It was nice seeing the cafe reopen. Good food. Good service. Nice people taking care of us. We wish them well and much success as the new season kicks in. It's also interesting to watch the progress being made on Delray Trails and the new clubhouse, as both move to completion.

Before I sign off, some words of advice. Please be patient with the Delray Trails project. When the dust finally settles, we will have a new clubhouse, new pools and tennis courts and eye-pleasing landscapes. Get involved with the activities and events in the community. If you have any ideas for new activities or clubs, let the appropriate manager know about it.

Happy 2025!

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## TENNIS COMMITTEE

by Mark Melnick

Happy Holidays and a Healthy New Year to everyone from the Tennis Committee!!

Our tennis courts have been full of activity since mid-October. Our rotation program is held on Monday, Wednesday, and Friday mornings with sessions at 7:30am, 9:15am, and 10:45am. Competition begins in the Palm Beach County Senior Tennis League on January 6th and continues into March with Women's matches held on Mondays and Men's matches on Thursdays. This season we are again fielding 5 men's teams and have added a 4th women's team.

If you haven't already registered for our programs, stop down to the Tennis Office and fill out a registration form. Your \$30 fee includes access to all of our programs. All rotation and team players are required to register. All residents are invited to join our tennis program. It's a great way to meet new friends with similar interests. Whether you are a new or an experienced player we have levels to match your abilities. Our pro, Jim Boardman, has clinics for beginners on Tuesdays at 11am and on Friday mornings also at 11am for intermediate players. There is no charge for these clinics as they are sponsored by the Rec Board. Jim's team clinics are held on Saturday mornings. The schedule for those clinics is posted outside the tennis office.

Our first tennis/pizza party of the season was held on 11/14. We played 2 sessions of tennis, ate some pizza and nosh, before playing again under the lights. Our second event of the season, on December 16th, a mixed doubles round robin tennis session, followed by pizza and the usual assortment of goodies. A surprise wedding ceremony was held on the courts for two of our newly married players. Congrats to Andrea and Steve. As usual, Beth Villanova and her volunteer tennis crew decorated, set-up, and left the tennis area spotless after the party. Our volunteers are what make our program so much fun.

January will be the inaugural Palm Greens Billy Jean King Cup and Davis Cup to be held on January 10th and 11th. This event will pit our American (and other world) players against the Canadian players. Be sure to bring your country's swag and cheer your favorite players on. Further info will be posted.

Now that the season is in full swing, we have lots of

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### WOMEN'S CLUB

by Steffi Carmel and Roberta Minerva



Happy New Year to all.

The holidays are behind us and we are looking forward to more activities and events in the New Year. Our New Year's Day brunch was a great success with a fun time had by all.

Our calendar is filled with many new activities, and can be found at the clubhouse along with all the E-Blast's from the Recreational Office. Come and join us at all the events we have planned. There will be additional events added to our calendar throughout the year. Remember to check the E-Blast's and the activity board weekly. One additional event added is Bunco. It is on the third Tuesday of every month. Very easy to learn and there is always a teacher there. It's a good time to meet new people and see old faces.

Thank you, all our friends in Palm Greens, for welcoming Delray Trails to the community. With the transition to the new clubhouse in the near future, it gives us the opportunity to see new faces and make new friends.

Peace on Earth and Good Will to men and women.

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 561-613-8203

### TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



#### No Man's Gender Land

I refer to NO MAN GENDER LAND to my students as NASTY LAND. The two toughest shots in doubles are the low volley and half volley. Of course, when you see the pros play, they make them look so easy. However, if you are a normal human being, you will find these very difficult. Even if you can make these shots, they are difficult to win with. So, when you keep coming forward and your opponents keep giving you low volleys and half volleys and you are not making these shots, or you are popping them up and getting killed, stop coming in right away. Stay back after you serve and stay back after your service return until one of these 4 things happen.

1: The ball is hit to your partner at the net. Remember, at this time your opponents are paying attention to your partner not you. Take the time to bypass hitting a low volley or half volley in NASTY LAND and move forward a couple of steps inside your service line. You will be glad you did. It will place you on the OFFENSE.

2: You receive a short ball which allows you to hit an approach shot in NASTY LAND, which is better than hitting a low volley or half volley there. A waist high approach shot will be a higher percentage shot than another low volley or half volley.

3: Any time your opponent hits a high lob to you on the baseline, take it in the air. This separates the men from the boys. By moving forward, you can use your positive forward position to hit a high volley in NASTY LAND and go to the net rather than letting it bounce and move backwards. This is usually a big mistake. You will find both of your opponents at the net looking for a weak lob which they will target your partner with.

4: If you hit a high deep ball and your opponent move backward allowing the ball to bounce, take this opportunity to move forward (moving through nasty land) and take the OFFENSE. You will usually receive a weak return which you can attack.

Avoid NASTY LAND. This does not mean stop going to the net, it means go to the net with a chance to win the point.

*It's OK to be nervous, just don't ever, ever, be afraid.*

## COMPUTER CORNER

### A Little Phone Magic

#### QR Codes

by Enio Cordoba



If you are like most who use their phone mainly to call people and take pictures, you are missing out on some really great features. This month we look at exchanging contact information.

Imagine meeting someone and you really need to give or get their information to connect later. The problem is that you are in a very noisy restaurant or dark club. Enough that you are having to shout and not sure if they are hearing you, Then days later to have your e-mail to them bounce back as incorrect address. Apple phones and Android phones have a very nifty app that allows you to trade your entire contact card or just a simple phone and or e-mail. Apple calls theirs Air Drop while Android calls theirs Quick Share.

With Air Drop turned on in the settings, you simply open your contact card and select which fields you want to share. Your friend must also have their Air Drop turned on. Scroll down to the bottom of your contact card and you will see Share. Tap on that and your choices are AirDrop or Messages and more. Your friend will immediately appear in your phone, Tap on them and the magic happens. Though Apple and Android don't like each other, you can use an app called Share It which will make them play nicely.

Now though AirDrop has been available since 2012, the cool new way and even simpler way to make a statement is to create your own QR code. QR codes are those funny squares of black dots that you see all over the place now. If you have your own website, an app called Gravatar allows you to generate your own QR code. Simply take a picture of your QR code and save it as a picture. You choose what information is shared beforehand so when someone wants to exchange info, open your phone and show them the saved picture of your QR code. Voila, perfect exchange of your information. No more business cards to enter or keep track of.



When you want to save information from a person

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## POINTS OF INTEREST FOR

### PALM GREENERS

by Mel Clapman

Let's start the New Year off with a trip to Fort Lauderdale. It's close, about 30 miles. And it literally has something for the whole family. Here are a few examples.

**Fort Lauderdale Riverfront Sightseeing Cruise** - 940 NE 20th Avenue - 1-800-987-9852. A relaxing 90-minute narrated tour of Fort Lauderdale's Intracoastal Waterway with Riverfront Cruises Venice of America Tour. As you glide through the waterway, you'll discover why Fort Lauderdale is known as the "Venice of America." Features include the city's opulent mansions and magnificent yachts. The peaceful waters are also home to an array of wildlife like playful dolphins and gentle manatees. The tour provides a unique and memorable way to explore the city and appreciate its natural beauty.

**Fort Lauderdale Historical Tour** - 231 SW 2nd Ave - 800-987-9852. Embark on a journey through time with the Fort Lauderdale Historical Tour, a captivating experience located in the heart of Fort Lauderdale, FL. This immersive tour not only takes you through some of the city's most iconic landmarks but also delves deep into its rich and vibrant history. As you stroll through the streets, you'll encounter historic buildings, scenic waterways, and stories that paint a vivid picture of Fort Lauderdale's evolution from a small settlement to a bustling metropolis. Highlights of the tour include the Stranahan House, the city's oldest surviving structure, beautiful examples of early 20th-century architecture, and stunning views of the New River. In addition to its historical significance, the Fort Lauderdale Historical Tour offers a chance to appreciate the city's architectural beauty. You'll see a variety of styles, from early 20th-century vernacular to Mid-Century Modern, all set against the lush, tropical backdrop for which Fort Lauderdale is famous. Whether you're a history buff, an architecture enthusiast, or simply a curious traveler, this tour provides a comprehensive look at a city rich in culture and history.

**Craft Food Tour in Fort Lauderdale Beach** - 321 N Fort Lauderdale Beach Blvd, The Westin Fort Lauderdale Beach Resort lobby 1-800-987-9852. This is a four-hour food tour that leads through the picturesque

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## BLUE HIPPOS VS RESOLUTIONS

by Terryl Jones



Each year, many of us make resolutions only to break them before February. Often, these resolutions are for what we KNOW we should be doing, such as eating right and working out. So why do we need to set resolutions? Because we are not doing the things we know we should be doing. If we KNOW we should be doing these things, but we aren't, why not? Usually, the reason is that Life got in the way. Something took our time, attention, or motivation away. Stress has a way of eating away our resolve.

So, how do we train ourselves to do what we know we should be doing? These behaviors fall into two categories: things we should not be doing and things we should be doing. It is easier to add a habit than to end a habit. As a teacher, I learned to tell the students what TO do instead of what NOT to do. If I told you, "Don't think about a Pink Elephant", all you can think about is the Pink Elephant. If I want you to stop thinking about the Pink Elephant, I bring your focus to the Blue Hippo. By putting your focus on the Blue Hippo, the Pink Elephant will eventually fade away. When my husband was coaching at the Olympic Training Center, he was taught this skill by a top sports psychologist. If it works for Olympians, it will work for us. So, what is your Blue Hippo?

Having spent years as a professional dancer, I skipped many meals to keep my weight down. I've reached a point in my life where I'm no longer fond of deprivation. Many of us sacrificed for work or family and now want to enjoy the positives. Let's add positives to our lives rather than giving things up. The easiest way to add simple, easy-to-maintain habits is to apply the power of tiny gains. While we may think that a big result only comes from big changes, big results actually come from CONSISTENT changes. Studies on marginal gains have shown that if you get one percent better each day for one year, you'll end up thirty-seven times better by the end of that year. The Grand Canyon was carved one grain of sand at a time. Think small; it's easier to be consistent.

You have at least ten idle minutes a day: 30 seconds at the toaster, 1 minute at the microwave, 2 minutes

(continued on page 19)

## PALM GREENS MEN'S CLUB

by Peter Dreifus

The next meeting will be on Sunday, January 12, 2025 at 10:00 AM for breakfast at the Clubhouse, as usual. We all seemed to enjoy the singer at the December meeting. There will be more entertainment in January. We also are inviting residents of Delray Trails and several attended the last meeting. Green shirts are available to order, which can be done at the meeting. Anyone can sign up for golf and/or fishing. We are looking to start up those activities if enough members are interested and sign up. To attend each meeting please email President Herman Rosenbaum at [hrosenbaum42@gmail.com](mailto:hrosenbaum42@gmail.com) at least a week prior to the meeting. We look forward to seeing everyone next year. Happy Holidays to all.

## NOBODY ASKED ME BUT...

by Mel Clapman

...The only thing that separates us from the animals is our ability to accessorize.

...I'm at a place in my life when errands are starting to count as going out.

...When it comes to plastic surgery and sushi, never be attracted by a bargain.

...How come you never see a headline like "Psychic Wins Lottery?"

...A day without sunshine is like, you know, night.

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## MOVIE REVIEW

by Mel Clapman

*Who doesn't know Matt Damon? And I'd wager most of us relate him to the "Jason Bourne" movies and "Good Will Hunting". But, I have a Matt Damon movie that I think you will like very much. It's called "The Martian", and features Damon, Jessica Chastain, Jeff Daniels and Donald Glover.*

The movie opens in the year 2035, when the crew of the Ares III manned mission to Mars is confronted by a severe dust storm, forcing them to abort the mission and return to their orbiting vessel, Hermes. During the evacuation, astronaut/botanist Mark Watney (Matt Damon) is lost in the storm; the last telemetry from his suit indicates that there are no life signs. With their launch vehicle on the verge of tipping over in the wind, and the remaining crew's lives in peril, mission commander Melissa Lewis (Jessica Chastain) gives the order to launch without retrieving him; they subsequently leave Mars aboard the Hermes, and heads back to Earth.



As the storm dissipates, Watney later awakes and quickly concludes that his only chance of rescue will be the arrival of the Ares IV crew in four years. Calculating that he has enough food to last only 300 Martian solar days, he improvises a farm, using whole potatoes sent along for a Thanksgiving meal. He also begins to modify the one functional rover to make it capable of long journeys across Mars's vast terrains.

The movie then focuses on what happens in order to bring Watney home. The special effects are impressive and the acting is over the top.

If you're a Matt Damon fan, you will love him in this role.

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# Starting The New Year F

We are starting the New Year with a host of activities shown below. They include the Halloween party, the Mixer, Latin Night, the Tennis-Pizza party, the Veteran's Day event, the Downtown Delray Beach event, and other activities that are designed to give you that good feeling about living in Palm Greens.



**HAPPY NEW YEAR**

The Women's Club Presents  
(Back By Popular Demand)

**New Year's Day Brunch**  
Wednesday January 1, 11:30 am - 2:00 pm

Bagels, Salads and Desserts

Collectively Known As  
Music by: John Jay  
(All Are Welcome)

Members \$25 Non-Members \$30 (Men & Guests)

Reservations must be in by Monday, December 23, 2024  
(Dropoff checks in the Women's Club Box in Clubhouse Lobby)

Attr: Football Fans, watch the Rise Bowl in the TV Room

Your Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Who will you be sitting with: \_\_\_\_\_

Tables near 10 people. Questions email Rebecca: rebecca72@outlook.com



Plan Greens  
Recreation Board  
Presents Veterans  
Day Observance  
Monday  
Nov. 11, 2024  
@10 am

NOV 11  
**VETERANS DAY**  
HONORING ALL WHO SERVED

Thank You Veterans



**LATIN NIGHT**

Presented by the Four Seasons Club & Women's Club  
Friday December 13 2024 6:00 pm to 9:00 pm  
Clubhouse Ballroom

Entertainment provided by Catalina Music Productions, a Miami based band bringing Latin soul and rhythm for your enjoyment. Dance to the beat!

Dinner catered on site by La Paella Chef (seafood paella, chicken paella, vegetable paella and salad). BYOB

MEMBERS \$25 PP NON-MEMBERS \$40 PP  
RSVP with checks must be received no later than December 3, 2024

Enclose checks payable to the Women's Club and deposit in Women's Club mailbox located in the clubhouse lobby. Include a list of people at your table (limit \$5 per table). Space will be limited!

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Members (\$25) \_\_\_\_\_ Non (\$40) \_\_\_\_\_  
Sitting with: \_\_\_\_\_

Questions contact Marice 954-204-4764



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**ALLIANCE OF DELRAY..** (continued from page 4)

decried the practice of insurers refusing to renew insurance for buildings that need only a repair, instead insisting on full reroofing. Boards must make sure that they have the correct insurance for the project being done. Insurance Companies may not renew policies if they find a loop hole with construction so take time to evaluate the policy. The final speaker was Connor Lynch, (Plastridge Insurance) discussed the liabilities, mitigation, and reinsurance that come into play when selecting an insurance company to insure the condo or homeowners community property. Insurance companies could not renew the policy if they find a loophole with the construction. Roof age plays a big role in mitigating features. Also, trying to regulate (frivolous) litigation which costs all of us money. Finally, remapping and redirecting water flow would help with determining insurance rates. Eight new Insurance companies have come into Florida. Most took over Citizens Policies. Bottom Line is to find an agent/broker that you can trust to see every quote. Do not let agent pick for you! Unfortunately, in March of 2023, the legislature gave insurance companies what they asked for. Many new guidelines. 20-year roofs are now required to be replaced at 17 years.

Senator Berman summed up the “My Safe Fla Home” program. For every \$2 spent, the State gives \$1 up to \$10,000. Goes toward hurricane shutters, impact windows, and is based on Seniors income \$80,000 or less for My Safe program.

Very informative meeting, and many questions from the audience were addressed by the panel.

Captain Rob Sandt of the PBC Sheriff’s Office, said that crime levels in West Palm Beach have declined 40 to 50% and violent crime, little to none. Traffic crashes are down, 7 to 8%. He did say to always stay vigilant, especially at holiday time. Look around and be aware of your personal items. Holiday Action Plan is to monitor the malls and parking lots. Please lock up your valuables and always LOCK YOUR CAR! Finally he requested a moment of silence to honor the memory of the three fallen officers that were recently killed in the line of duty.

Chief Bill Stansbury of the Fire Rescue, said that with hurricane season over, take down your shutters. With all the growth of our western area of Delray Beach, will elevate taking some resources to cover these new areas of development. He wished us all Happy Holidays. Lois Frankel’s Office was represented by Felicia Goldstein. She reminded us that medicare enrollment ends on 12/7. Also thanked us for voting for Lois. If we have any problems with any Federal Agency we should call her office. She

is ALWAYS on Your Side!

Our first meeting of the new year will be on Wednesday, January 8, 2025. Our topic will be “**Staying Fit in 2025!**” **Is Your Association Ready to Retrofit Pickleball?**

*Find Out What Associations Can Do to Meet the Demands of Residents. Speaker: Attorney Joshua Gerstin PLUS...Moving for Better Balance and Avoiding Falls in Your Association.*

**Tai Ji Yuan:** *What is Available to Your Community.*

The meeting will be held in the South County Civic Center, 16700 Jog Rd, across from Morikami Gardens. Doors will open at 9AM when refreshments are served. The meeting starts at 9:30AM and always concludes by 11AM. All invited to attend. See you there!

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**TENNIS COMMITTEE..** (continued from page 5)

guests visiting. Your guests are welcome to play tennis anytime the courts are not being used by the rotation or teams and they must be accompanied by a resident. Residents and guests must make sure that you are playing in proper footwear. Clay court sneakers usually have a herringbone pattern and they cannot have any deep grooves. This is for the health of both the players and the courts.

We are finally able to welcome a limited number of Delray Trails residents to the tennis courts and hopefully our numbers will continue to grow.

See you on the courts!!

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Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.



**COMPUTER CORNER..** (continued from page 7)

or friend just aim your camera at their QR code. Just last night, walking through downtown Delray, my son would aim his camera at the QR code of most of the restaurants and immediately had their website and menus available on his phone. The restaurants are quickly starting to post their QR codes on the front of their locations so that you can see their information even when they are closed. One of the advantages of this method is that you can look at the information later on your computer monitor or on your 84" monster, super duper high def tv.

Look for clothing stores, and every type of business to incorporate QR Codes into their marketing. Government IDs, medical cards, won't be far behind.

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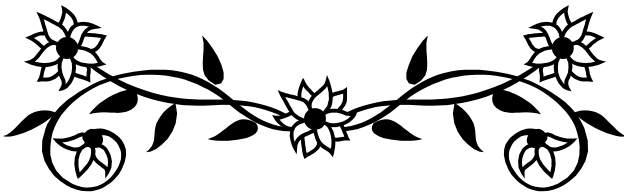
DAVE KEVIN

**POINTS OF INTEREST..** (continued from page 7)

streets of Fort Lauderdale Beach. Starting from the bustling Las Olas Boulevard, you'll make your way to several renowned eateries and hidden gems. Expect to walk about one to two miles, so comfortable clothing and shoes are recommended. You will have a chance to savor a rich variety of cuisines—from fresh seafood to artisanal desserts. The tour includes stops at five to seven different locations, each one offering an exceptional tasting experience. Guides who are knowledgeable about Fort Lauderdale's food scene will lead the way, sharing anecdotes and insights that deepen your appreciation for the locale.

This is just a sample of what Fort Lauderdale has to offer. As always, we recommend doing additional research, and always call ahead for latest prices, time schedules and program changes.

We know you will love this city, so treat yourself to a super day off.

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**BLUE HIPPOS..** (continued from page 8)

brushing your teeth, 1 minute at the store checkout, etc. Ten minutes a day equals 70 minutes a week and 4 hours and 40 minutes a month! If you had spent those 4 hours balancing on one foot, would you have better balance? Yes!

As seniors, we should address four areas to maintain our independence: balance, endurance, flexibility, and strength. Link one movement to a habit that you do every day. While waiting for the toast, do a couple of squats. While at the microwave, do a couple of pushups against the counter. Do a stretch every morning in bed before you get up. I stand on one leg while I brush my teeth. These micro habits are your Blue Hippos. These small movements, done every day, week after week, become routine.

With a consistent focus on finding space to add these micro-movements, you'll increase their frequency in your day, slowly replacing your less positive habits. This positive reinforcement of good habits brings about more good habits. Instead of facing the failure of another unkept resolution, have fun imagining that you are creating a herd of Blue Hippos. Happy New Year!



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## HEADACHE-FREE SHOPPING ADVICE

With all of the holiday shopping behind us, here are six helpful suggestions that will help you shop smarter and better the rest of the year.

**Use more digital coupons** – The easiest option is coupons.com for printable coupons. You can also sign up for store newsletters and check your email in box on Fridays when retailers release the most coupons.

**Try to kick the “sales habit”** - Think carefully before giving in to the coupons or sales signs that you find on line. That will result in your over-buying or buying products that were not discounted or, worse yet, you didn't even need.

**Think about buying used.** - Just be sure you read the product descriptions, reviews and, most important, the return policies. If you're buying electronics, look for refurbished items.

**Slow down** – Do your research on the variety of price trackers available on line. It will give you product price histories to help you see whether the price is high or low. Check the Honey browsers extension's Droplist feature on Amazon and other websites such as Target Walmart and Macy's.

**Do your homework** – Be very wary about deals offered by no-name sellers. Researching the offer will help you avoid buying and inferior product or dealing with a less-than-quality seller.

**Thumbs down on store cards** – You'll be tempted by the discounts, rewards and special coupons, but they can also mess up your credit score and hit you with huge interest payments.

Bottom line: common sense and diligent research will make you a better shopper and, in the long run, save you your hard-earner money.

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## ENTERTAINMENT COMMITTEE

by Walter Jacobson



**Saturday Jan 11, 2025** The Entertainment Committee will present a wonderful show featuring Marilyn Sanchez and Peter Fogel.

Marilyn Sanchez is a singer who has starred in West Side Story, Phantom of the Opera, Guys and Dolls, etc. She has also appeared on TV.

Peter Fogel is a comedian who has shared the stage with Robert Klein, and worked on over 22 TV shows, including Married with Children, etc.

On Monday January 6, 2025, tickets for the first show of the season will be sold in the Palm Greens clubhouse from 10 AM to 12 Noon. Tickets are only \$20, and after the show we will serve complimentary ice cream and coffee/tea. We will be thrilled to see our new neighbors at Delray Trails attending.

**Friday, 2/7/25** James Stephens III, So funny, and only available on this one Friday. Tickets will be sold February 3 at the Clubhouse from 10AM to Noon.

**Saturday 3/22/25** Jose and Patti, having performed all over the world, including on shipboard.

Tickets continue to be \$20 apiece and are sold in the clubhouse the Monday before the show.

For the 3/22 show tickets will be on sale 3/17/25 from 10AM to noon.

If you are unable to buy tickets on the Monday before the show you can call Joan Rozen-Jacobson @ 561-445-9796 to arrange another time to buy them.

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Siobhan Acosta,  
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# January 2025

December '24							February '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	23	24	25	26	27	28	
8	9	10	11	12	13	14	29	30	31				
15	16	17	18	19	20	21							
22	23	24	25	26	27	28							
29	30	31											

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Craft Class 1PM Rummikub 4PM Ladies 8-Ball 6:30PM	2 Chair Exercise 10:30AM Craft Class 1PM Laughter Yoga 4PM	3	4
5	6 Meditation 4PM	7 Yoga 10AM Craft Class 1PM Singles Club 4PM	8 Craft Class 1PM Rummikub 4PM Ladies 8-Ball 6:30PM Condo One 7PM	9 Chair Exercise 10:30AM Craft Class 1PM Laughter Yoga 4PM	10 ESOL English 1:30PM	11 Entertainment Show 8PM
12 Men's Club 10AM	13 Meditation 4PM	14 Yoga 10AM Craft Class 1PM	15 Craft Class 1PM Sports Medicine 2PM Rummikub 4PM Ladies 8-Ball 6:30PM	16 Chair Exercise 10:30AM Craft Class 1PM Laughter Yoga 4PM	17 ESOL English 1:30PM	18
19	20 Meditation 4PM	21 Yoga 10AM Craft Class 1PM	22 Craft Class 1PM Rummikub 4PM Ladies 8-Ball 6:30PM	23 Chair Exercise 10:30AM Craft Class 1PM Laughter Yoga 4PM Card Party 6PM	24 ESOL English 1:30PM	25
26 Private Party 1PM	27 Meditation 4PM	28 Yoga 10AM Craft Class 1PM	29 Craft Class 1PM Rummikub 4PM Ladies 8-Ball 6:30PM	30 Chair Exercise 10:30AM Craft Class 1PM Laughter Yoga 4PM	31 ESOL English 1:30PM	
<b>Notes:</b>						

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