


# PALM GREENS PULSE

FEBRUARY 2025

DELRAY BEACH, FLORIDA



TO ALL RESIDENTS  
OF PALM GREENS AND  
DELRAY TRAILS...LET'S  
WELCOME FEBRUARY WITH  
A GREAT BIG HUG!

**Palm Greens Pulse**

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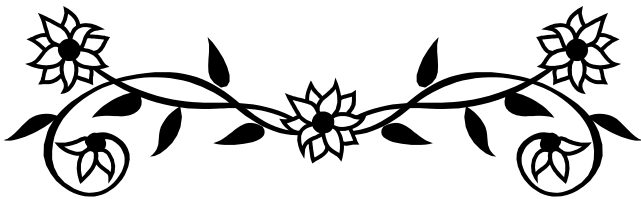
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Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.



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## CONDO ONE

The following candidates were voted to the Condo 1 Board for a **2-year term** (January 2025 - December 2026)

**John Pascarella**  
**Lynette Spencer**  
**David Zimmer**

The following candidate was voted to the Recreation Association as the Condo 1 representative for a 2-year term (January 2025 - December 2026)

**Al Musaffi**

Following the results of the election, the new Board conducted its organizational meeting for Board Officers.

**President: John Pascarella**  
**Vice President: Peter Wallack**  
**Treasurer: Elvira George**  
**Secretary: Linda Brier**  
**Director: Iris Bernstein**  
**Director: Lynette Spencer**  
**Director: David Zimmer**

We'd like to thank all of you for voting. Your vote is important. Our community is important, and we are committed on working together on behalf of Palm Greens Condo 1!

### 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.

## THE FOUR SEASONS CLUB

by Marcia Davis

The holidays are over, our friends and neighbors have returned, and our activities are in full swing.

We ended January with "Game On". Mahjong, canasta, rummikub, amongst other games, were played with box lunches provided by Bagel Twin. Everyone had a good time.

February 21 is the date for our gala **Roaring Twenties** celebration with entertainment by **Hot Sauce Moon**, back by popular demand.

March 2025 (date to be determined), we are planning a trip to the **Benzaiten** Center for Creative Arts. Tour and witness unique glass art.

April 6, 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-Blasts 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? Contact Judy Goldberg at highenergy111@gmail.com.

We look forward to see you soon!

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## ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



Happy Valentines Day to all of our Palm Greens family and again, we want to thank Jerry Carlin and Bonnie Sanger for being our eyes and ears at this last meeting. True Alliance Alternate Delegates and the best people! Thank you again.

Dr Lori Vinikoor, our President of the Alliance, started the meeting at 9:30. Dr. Lori announced that the western portion of Atlantic Avenue is “on the road” to expansion. Also, even though the tax collectors office ‘live’ (walk-in) traffic has decreased, their plan to expand in the Agriculture Reserve is still going forward. This appeared in the Palm Beach Post...Atlantic Avenue West will have realignment issue with the tax office purchases of properties. Many communities are upset. Why a New Office.?!? Online transactions are up while in-person transactions are down. Kiosks in public areas are available for vehicle registrations also.

The Alliance of Delray is looking for people that would be interested in joining our Board of Directors. Must have computer skills. A great chance to be a part of our Delray Beach Communities and learn first-hand about the projects, etc.

Our guest speaker was Attorney Joshua Gerstin, Esq. of Gerstin & Associates. He presented the Do’s and Don’ts of Retrofitting Community Associations for Pickleball. Several factors were emphasized, among them... 1. Environmental and space conditions. 2. Governing documents and regulatory compliance. 3. Insurance & liability 4. Funding 5. Community Division. Form a committee so that they can do research and see if there is a need or want and then the logistics.

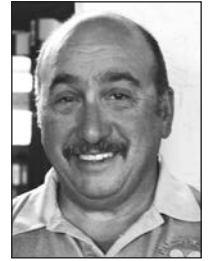
He also recommended that the Board Members be a minority on the Pickle Ball Committee. It is very important to have a professional assessment of noise level to avoid future complaints. The same process for any rec update, Paddle ball-combination of Racquetball and Pickle Ball (yes this is a sport too!), Bocce courts, etc. Rules should be made and enforced!

Lieutenant John Wink, PBC Sheriff’s Office, was happy to report that the crime rate in this area is down. He did say that the Costco on Congress in Boca Raton, has a No U-Turn sign posted by the golf and tennis

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## DELRAY TRAILS

by Mark Melnick



Lots of happenings in Delray Trails. Residents that purchased PG memberships have been happily participating in all of the Palm Greens activities and feedback has been positive. See Phyllis in the Rec office inside the clubhouse for info and to register. She is always helpful and can be reached by phone at (561)498-5316

The back entrance to Palm Greens at the end of Spacious Skies Way is now locked in the afternoon but can be unlocked with your clubhouse medco key. The cafe is open but the entrance on the tennis court side has been eliminated so you must enter from inside the pool area to get in.

Construction in the community is moving along. Most of the homes on the Condo 2 side of the community have been built and it’s been mentioned that this month Lennar plans to break ground on the final 3 houses where the parking lot for the models is located. All but 25 houses have been sold and more are occupied each week. Construction hasn’t begun on pod c but there’s lots of activity on the pod b villas.

Lennar claims that the entry gates will be operational by the time of this publication but they previously told us it would be operational at the beginning of December. Residents continue to add to their landscaping along with fences and enclosures being erected.

The new clubhouse construction seems to be moving at a snail’s pace but the acres of dirt in the front of the structure is finally beginning to look like a parking lot. We will try to have an update on the interior of the clubhouse for the next issue of the pulse.

The perimeter walking path continues to have more use as residents of Condo 1 and 2 as well as Delray Trails utilize this great community feature.

Lastly for those residents with dogs - please be considerate of your neighbors. Carry plastic bags and remember to pick up after your pet and dispose of the bags. We continue to see poop bags tossed in bushes on the walking path. Come-on people!!!! Additionally, if you have an extension leash, please don’t allow your dogs across other residents’ yards and shorten the leash when passing people on the walking path.

## FROM THE MANAGING EDITOR

by Mel Clapman



There are many things I like about living in Palm Greens, but I have to share with you the main thing is the activities and events that we, as residents, are treated to.

Take the last three as an example. First, we had the New Year's Day Luncheon, sponsored by the Women's Club and Four Seasons. This event was put together by Roberta Minerva and Steffie Carmel (Women's Club) and Marcia Davis (Four Seasons), and was a wonderful way to start off the New Year.

Then we had the show put on by the Entertainment Committee which we heard was a "home run". For that we thank Walter Jacobson and his staff who seem to come up with a star-studded consistently.

And for the first time, the Tennis Committee put together the Palm Greens Cup event which had the Canadian and American Palm Greens tennis players facing off across two days, defending the honor (and glory) of their respective countries. Under the watchful eyes of Mark Melnick and Beth Villanova, the event, which was played over two days, had all of excitement and drama of a professional venue. When the dust finally settled, the American team was declared winners by a score of 18-6.

This is just an example of what the residents of this wonderful community have for their pleasure and enjoyment.

And isn't it great that we have activities like lectures covering sports medicine, financial planning, audiology, English for those who speak other languages...the list goes on. Please check the E-Blasts and notices on the bulletin boards in the clubhouse.

Summing up, it's up to you to find what you want your life as a resident of Palm Greens to be. If you see anything that you feel should be added, check with the Rec Office.

Have a great February.

## TENNIS COMMITTEE

by Mark Melnick

It's February and our tennis season is in full swing. This year we have 9 teams participating in the Palm Beach Senior Tennis League ranging from level 2 to level 8. Women's matches are played on Monday mornings beginning at 10:30am and the Men play on Thursdays at 10:30am and 12:30pm. The season culminates in late March with the playoff matches. Remember that the Monday morning 1st rotation goes from 7:30am-9:00am and the 2nd session is from 9:00am - 10:15am to allow the courts to be prepped for the Women's matches.

Our Rotation program has been very active again this year with new players from both Palm Greens as well as Delray Trails. If you like to play tennis, please stop by the tennis office any morning between 7:30am and noon and introduce yourself. Friendly but competitive matches are set up for you in our rotation program which allows you to play with similar level players and is a great way to make new friends. You select the days and times and we schedule your matches. All residents are invited to join our programs. There is a \$30 registration fee which covers the cost of balls and allows you to participate in our other programs. If you want to be on our email list or have any questions, send an email to [tnnscenter@gmail.com](mailto:tnnscenter@gmail.com). The courts are available to all residents when not being used by the rotation program or teams. Check with the tennis office for availability, but there are courts most afternoons. Clay court sneakers are required to avoid damage to the courts as well as injury to the players. The courts are locked in the afternoons but can be opened with your clubhouse (medco) key.

The inaugural **Palm Greens Cup** was held on the weekend of January 11th and 12th. Sixty players from the USA and Canada competed against each other in a loud and fun competition. Bev Clapman & Mark Melnick captained the US team, while the Canadian team captains were Kathryn Ellyson and Jacques Rinfret. Twenty-four matches took place over the 2-day event and the US team took home the coveted trophy (hand made by Raymond Vincent) which is displayed in the tennis office. While there were lots of exciting moments during the matches, one of the highlights of the weekend was the final ladies match which pitted Andrea Wager & Amelia Gaza against Manon Heroux & Sylvie Murphy. Over 100 spectators watched them play to a tiebreaker which was



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### WOMEN'S CLUB

by Steffi Carmel and Roberta Minerva



It's February and the Women's Club will be having a "Breakfast at Tiffany's" on Valentine's Day. Mark your calendars for Friday, February 14th at 10AM.

BUNCO is returning this year. It will be the third Tuesday of every month. Everybody has a great time. You can win money, see all your friends and meet your neighbors.

On March 28th we are having our "Fabulous Fashion" show and luncheon. Come see our ladies model the latest fashions from Anthony's. Look for fliers in the clubhouse and read your e-blast for information.

The Women's Club has been a staple in this community for many years. We will continue to have more exciting events throughout the year. Please support us as we welcome the women from Delray Trails.

All our Palm Greens clubs have put in the time and effort to keep our community thriving with enjoyment. So anytime you see an event, please join all of us. Have a super sweet month. Looking forward to seeing all of you soon.

*Follow the arrows in the parking lot and make sure you are driving in the right direction.*



**james boardman**  
 uspta tennis pro  
 iptpa pickleball pro  
 .....  
 Jamesboardman16@gmail.com  
 561-613-8203

### TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



#### As you get older and play doubles "go to the imaginary spot."

As you get older as a doubles player you will get to a point where you think you are too old and too slow. Your greatest enemies are the short ball and the wide angled ball. How can you make an adjustment for these problems without going to the gym or going back in time. Try this! After you serve or return the serve, immediately move to an imaginary spot. Approximately 2 feet inside the baseline and intersecting the outside singles line. What will this do? Most players move a couple of feet behind the baseline after they serve or return serves. So by moving 2 feet inside the baseline you will be 4 to 6 feet closer to the wide angled balls. Remember how many times you almost got to the ball? This will be a great aid. The imaginary spot you go to is not a hitting position, it is a "get ready to go" position. If they return the ball deep you can move back, if they hit it short or wide you will be closer to it and if they lob it you can volley it. Remember to go to your "imaginary spot" "between shots if you are staying back near the baseline.

*If you ever want to play up to your ability let it happen.*

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## COMPUTER CORNER

### A Little Phone Magic QR Codes

by Enio Cordoba



Due to the horrible catastrophes in Los Angeles last month and the Southeast, I am going to cover two topics.

First if you are planning on upgrading your computer, there are thousands of folks who have lost everything and could really use one because while insurance may cover home losses, lots of families have kids who will no longer have any device to work on. Even if yours seems like it's an old clunker, open-source engineers have made it possible to install the most current operating systems on 12-year-old computers. In fact, this simple software patch is allowing me to write this article on a 12-year-old Mac desktop as well as video edit, build websites, and every other daily task. Best of all I can run old software without having to pay the subscriptions that are so prevalent. The software "patch" tricks Apple into allowing you to install any of the last 6 operating systems. It is open source which means it's free and a 45-minute YouTube gives you the step-by-step instructions on uploading the software. The patch is call OCLP and if you want you can contact me for more info. By the time this article is published, there will be more information readily available as to where you can donate old computers. While it's impractical to ship desktops, big printers, or monitors, you can easily ship laptops, iPads, old phones, chargers, cables, and even power strips. Your donations will go a long way to repair lives. Now for us here in Florida, February is the best month to remind you to back up your computer and devices. A simple \$100 investment can protect all of your treasure memories, documents and photos. A 2-4 Terabyte back up drive from any retailer should be enough to hold several backups. An SSD drive is generally encouraged as having a lower failure rate than spinning drives. The common wisdom is that you should have 3 copies in separate places. An online repository is great for pictures and documents, but often it is paid beyond a small free amount such as Apple's i Cloud or Google Drive. But trusting your pictures to a platform such as Facebook or You Tube is risky. Just as with MySpace, AOL, those platforms can go bankrupt or get closed or hacked and all your stuff ERASED! Besides, pictures or videos

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## POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

From here to Islamorada is about a 2-plus hour drive. But we think it's worth it.

This island is one of the links in the chain leading to Key West, and is only 20 miles long and, in some places, barely 150 feet wide.

Some stories say the area was named by Spanish explorers who, upon seeing the purple sky at sunset and the purple bougainvillea, called it "isla morado" or Purple Island.

Islamorada is known as the Sport-Fishing Capital of the World. And recently the island was named one of the 17 most romantic destinations in the U.S.

Of course, we did our research and here are some of the attractions we found interesting.

The 11-acre **Indian Key Historic State Park** features the remains of a shipwreck salvage community from the 1830s. There are also several hundred yards of well-maintained trails that line the interior of a quarry for construction of the Key West extension of the Florida East Coast Railway. An environmental center documents park and regional history, and self-guided nature trails wind through mangrove hammocks.

The Spanish named **Long Key State Park** "Cayo Vivora" or Rattlesnake Key because its shape resembles a snake with its jaws open. Explore this island by canoeing through a chain of lagoons or hiking two land-based trails. The Golden Orb Trail leads through five natural communities to an observation tower that provides a panoramic view of the island. And the fishing experts say some of the best bone fishing in the Keys is found here.

At **Robbie's of Islamorada**, you can buy a bucket of bait and feed the tarpon from the marina dock. Fishing and snorkeling excursions and state park tours can be booked as well, including trips out to Lignumvitae Key Botanical State Park. Accessible only by boat, the island features a virgin hardwood hammock, along with an early Florida Keys pioneer family home and a stone wall believed to have been built by Native Americans.

**Watch a dolphin show or listen to live music.** At **Theater of the Sea**, you can view dolphin and sea lion shows at the second oldest marine mammal facility in the world. Then hop in the water and swim with bottlenose dolphins, stingrays and sea lions. Or head to

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## DON'T KICK THE TIRES

by Terryl Jones



In all my years of training people in different sports, I have never heard the following words: ‘My feet look fat, I guess I need to work them out.’”

Some athletes specifically train feet: dancers, martial artists, gymnasts, and divers are examples. Yet every sport will be improved by stronger, more mobile feet and ankles. Strong feet and ankles allow for improved power to push off the ground, thus increasing speed and movement through the complete range of motion, which builds strength in the legs, hips, and back. Healthy feet and ankles are not just needed by athletes, anyone wanting to improve their quality of life would be wise to take a closer look at their feet.

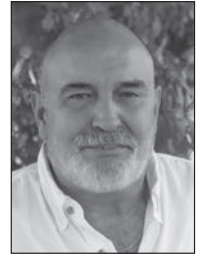
While many may describe your feet as your foundation, I prefer to think of them as the suspension for your body. Like your car, a poor suspension can lead to problems in other parts of the body. As we age, the joints and tissues in the feet become stiffer, lose range of motion, and become painful. Pain causes us to walk differently, putting undue stress on knees, hips, and lower back, leading to additional pain. The normal response is reduced physical activity, negatively impacting cardiovascular health, weight management, and bone density. This then often causes anxiety and depression. Our feet are underappreciated; we don't think about them until they hurt or give us problems, yet they are vital to our overall well-being. A flexible and strong ankle can adapt to different surfaces, reducing the risk of falls. A weak foot reduces your stability and balance, which increases your chance of falling. According to the CDC, unintentional falls are the leading cause of injury among adults over 65, and 95% of hip fractures are caused by falling. The good news is that, just like other parts of the body, stretching and strengthening can make positive changes. Exercising your feet and ankles will improve stability and flexibility, prevent falls, and reduce joint stress in other parts of the body.

How to test your ankle mobility: 1) Single Leg Stance: can you stand on one leg for at least 30 seconds? Don't worry, that little wiggle you feel is your body making the adjustments needed for stability. 2) Standing Knee-to-wall test: Stand and face a wall

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## CAR CARE

by Jorge Goyanes



*Caveat Emptor.*

My side gig is inspecting used vehicles that people want to purchase and if needed be the go-between the buyer and the dealer or seller since buying a car should not be a tension filled situation and should not be compared to root canal.

I am sure everyone has heard horror stories of people spending an entire day at a dealership in the process of buying a car. You shouldn't have to pack a lunch or bring a sleeping bag to get you thru the day.

I do the legwork, negotiate with the seller beforehand, get up front pricing so when my client is ready, we go, test drive the vehicle and if everything is as previously negotiated, we close the deal.

Most deals take about three hours to finalize once I get all the ducks in a row.

One of my customers that used to bring her car to be repaired at my shop before I retired contacted me to look into a deal for her grandson, she wanted me to inspect the vehicle and to look over the purchase agreement they sent her.

She sent me the VIN# of said vehicle, the purchase estimate and the dealer information so I could do a deep dive into the vehicle's history and the dealer reviews.

A few warning flags right away.

The purchase estimate had some dubious charges, \$1,999.00 reconditioning fee, never heard of that fee, \$399.00 for a Electronic Filing fee which is normal but then a \$450.00 first time tag fee which is absurd.

Not only was the dealer rated an “F” at the BBB but other websites had horror stories about the dealer's antics ripping people off.

So, I told her to run, not walk away from that dealer as quick as possible.

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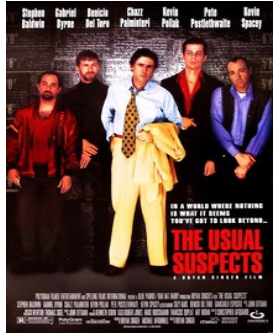


## MOVIE REVIEW

by Mel Clapman

So many movies...so little time. Here's one of my favorites, and for those of you who have seen it, it's worth a rewatch. For first timers, I promise you an enjoyable movie.

"The Usual Suspects" is a 1995 American crime thriller, starring Stephen Baldwin, Gabriel Byrne, Benicio del Toro, Kevin Pollak, Chazz Palminteri, Pete Postlethwaite and Kevin Spacey.



The plot follows the interrogation of Roger "Verbal" Kint, a small-time con man, who is one of only two survivors of a massacre and fire on a ship docked at the Port of Los Angeles.

Through flashback and narration, Kint tells an interrogator a convoluted story of events that led him and his criminal companions to the boat, and of a mysterious crime lord—known as Keyser Söze—who controlled them. The film began as a title taken from a column in Spy magazine called "The Usual Suspects", after one of Claude Rains' most memorable lines in the classic film, "Casablanca".

The plot will keep you focused, but you will have to really pay attention; and the ending will put it all together for you. Oh, yes, Kevin Spacey won a Best Supporting Actor Oscar for his role.

## PALM GREENS MEN'S CLUB

by Peter Dreifus



We continue to have our meetings on the second Sunday of each month through April. They are in the clubhouse on Sunday morning at 10am. We have rather good entertainers, and the food is always good. If you happen to know or find someone who would be interested in joining, bring them along to the next meeting, February 9th.

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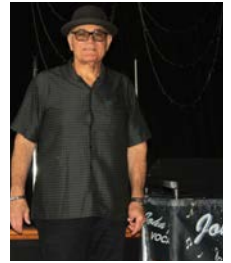
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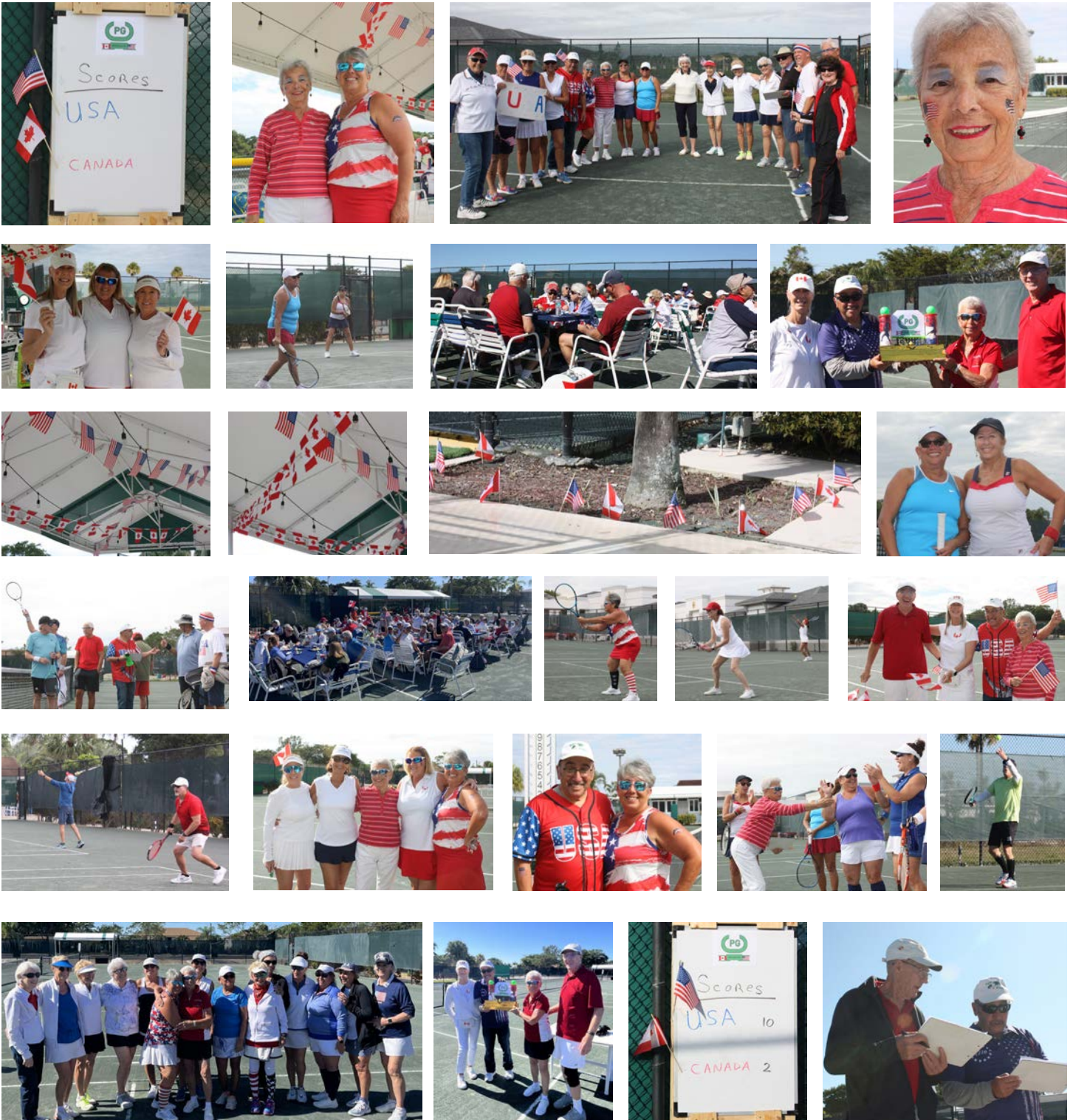
# WOMEN'S CLUB AND FOUR SEASONS PUT TOGETHER A GREAT NEW YEARS DAY LUNCHEON!

New Years Day at Palm Greens got off on the right foot with a soup-to-nuts luncheon sponsored by the Women's Club and Four Seasons. Here are some photos of the event.



# LA PREMIERE EDITION DE LA PALM GREENS CUP EST UN SUCCES *(The First Annual Palm Greens Cup Is A Success)*

The weather cooperated on January 11 and 12 as the Tennis Committee kicked off its first Annual Palm Greens Cup event. The details can be found in Mark Melnick's article, and the photos below will show you the fun time had by our French-Canadian and U.S. residents as they fought for their respective countries.





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## ENTERTAINMENT COMMITTEE

by Saul Spindel

Due to unforeseen circumstances, we are sadly forced to cancel our show on Friday, February 7. Next month's show will be on March 18 featuring Jose and Patti.

## SINGLES GROUP

by Carol Erez



Our Palm Greens Singles Group is going strong. In December we had a Holiday Games Night at the clubhouse. In January we have plans to visit the Morikami Gardens to walk and have lunch.

We meet on the first Tuesday of the month at 4 PM in the TV room at the clubhouse. Please join us and bring your ideas for future events.

For information call Gail Nachman at 561-638-8762.



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## NOBODY ASKED ME BUT...

by Mel Clapman

- ... Instant gratification takes too long.
- ... Accept who you are, unless you're a serial killer.
- ... Whoever said that money can't buy happiness, simply didn't know where to go shopping.
- ... I'm not great at advice — can I interest you in a sarcastic comment?
- ... So apparently RSVP'ing back to a wedding invite 'maybe next time' isn't the correct response.
- ... They used to time me with a stopwatch... now they use a calendar.

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

club. Go North to turnaround. This is an illegal U-turn otherwise.

Chief Bill Stansbury, Palm Beach County Fire Rescue, said that they serve 8 districts. Our District had 3200 calls which is 1000 more than next closest district. Fire Rescue is building more stations as speed to incidents is the key to saving lives! Valencia Lakes had 3 cardiac arrests from Pickleball. Make sure that there are AED units and be aware of where they are.

Mayor Maria Sachs will have a Traffic Summit in March 2025. She said that a Sportsplex is being proposed within the Alliance boundaries. More information to follow.

Lauren Dell' Aresiprete was our speaker for Pinecrest Rehabilitation and she presented tips on preventing falls. Our area is highest in falls! Suggestions are to keep moving to keep limber. Check that prescriptions will not cause dizziness, get an eye check-up, eliminate clutter, and install grab bars in bathrooms. Use motion detector lights in home. Use elevated toilet set and eliminate throw rugs. Keep floors dry. 78% of accidents occur in and around our homes. 65 and older folks are at highest risk leading cause of death is a simple hip fracture. Head injuries are a major complication of falls! Fear of falling can cause people not to want to move around much. This causes even more problems with our bodies and circulation. Go to [www.cdc.gov/steady](http://www.cdc.gov/steady) for different links about this topic. If you do feel yourself falling, use outstretched hands to slow yourself down. Will not prevent injury but will minimize it.

Last, but not least, a demonstration was offered in the art of Tai Ji Quan to help maintain balance.

The next meeting will be held on Wednesday, February 5, 2025 in the South County Civic Center, 16700 Jog Rd, across from Morikami Gardens. The topic for our meeting will be: **Florida Power & Light-100 Years of Service: from Delivering Ice to Delivering Energy.** Speaker: Amy Kemp, External Affairs Mgr. PBC. Also, **Palm Beach County Water Utilities Dept. Bringing Pure Water from the Ground to the Tap!** Speaker: Krystin Berntsen, P.E., PMP, Deputy Director plus Updates from our PBSO, PBCFR, & Government Officials.

Doors will open at 9AM when refreshments are served. The meeting starts at 9:30AM and always concludes by 11AM.

All are invited to attend. See you there!

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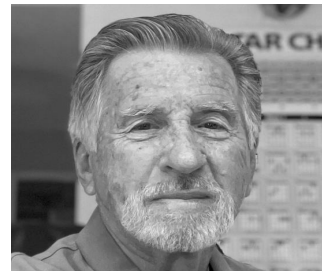
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**TENNIS COMMITTEE..** (continued from page 5)

finally won by the US team. All players competed hard followed by refreshments and camaraderie on Sunday. The courts were decorated with Canadian and US flags. There was music and plenty of cheering on the courts during and after the event.

Our annual 4-pro event will be held on February 2nd. It is always well attended and lots of fun. Our pro, Jim Boardman, along with several other pros provide tips on improving strokes and your tennis game. This is followed by refreshments and a social gathering for our participants. As always, thanks goes to Beth Villanova for spearheading the morning of fun. Many thanks to the rest of the Tennis Committee as well as the other volunteers that help to make our programs so much fun. Our tennis program is “the best” because of all of you.

Jim’s Tuesday and Friday free clinics begin at 11:00am and have been ongoing since December. Whether you are new to tennis or would simply like to improve your game, call (561)303-1101, email ([ttnscenter@gmail.com](mailto:ttnscenter@gmail.com)), or just stop down to the Tennis Office for information on which clinic day would be best for you. Jim provides many services to our tennis community including private lessons and racquet restringing, along with court supervision. When not busy giving lessons on Court 1, Jim is observing players in our rotation program as well as team practices, offering advice on skills as well as tennis strategy. He’s always happy to talk about improving your game.

See you on the courts!



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

uploaded are automatically compressed (read quality downgraded) so you never get back what you sent them.

The second choice is making a backup on a SSD hard drive, or if you don’t have much stuff to back up- DVD discs and asking a family member, use a bank deposit box to store your backup. The third is the onsite backup of your computer. A lightning storm, water damage, or any other calamity can ruin your year. A monthly auto backup that you keep on site and grab in case of hurricane or fire can be on a pocket size drive or even a flash drive.

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

the **ICE Amphitheater at Founders Park**. This outdoor performing arts amphitheater features concerts, dance and other live performances.

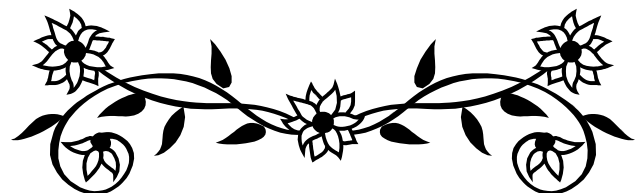
If you’re a history buff, you can learn about the Florida Keys at the **Florida Keys History of Diving Museum**, featuring one of the world’s largest collections of historic dive equipment and trace 3,000 years of diving, including artifacts and recovery tools used by pioneering treasure hunter Art McKee. The “Parade of Nations” features historic dive helmets from some 25 nations.

Located nearby, the **Florida Keys History and Discovery Center** is part of Islander Resort, a Guy Harvey Outpost. Also a conference center for meetings and groups, the venue showcases the history, environmental and marine conservation efforts of the Florida Keys.

During your tour, you can take a picnic break at **Anne’s Beach or Islamorada Library Beach**, or **Islamorada**.

Library Beach. You’ll find Anne’s Beach is a popular spot for sunning and swimming. A boardwalk through mangroves links two sandy areas and covered picnic structures can be found along the length of the boardwalk.

As always, we suggest doing your research before visiting so you get the latest information as well as updates on events and pricing.



**DON'T KICK THE TIRES..** (continued from page 8)

with your toe touching the wall, bend your knee forward while keeping your foot flat on the ground, and try to touch knee to wall without lifting your heel. (Keep your knee pointing past the second toe to protect your knee.) If you can touch your knee to the wall, move your foot back until you can barely touch your knee to the wall. Measure the distance from the wall to your toe; five inches is average. To get the best results, test while barefoot and remember to test both legs.

There are many exercises for your feet and ankles; be sure to work on both strength and flexibility. Here are a few easy suggestions: Rising onto your toes (Be sure to control the lowering!!), standing on one leg, walking on tiptoes, walking on heels, picking up objects with your toes, ankle circles, and calf stretches. You can also massage your feet, not only will it loosen them up, it just feels good. If you take fitness classes, a good instructor will always include exercises for this part of the body. When it comes to your car, you check the tires and maintain the suspension for safety and to have a smoother ride. Your feet carry your body through life; treat them well, and you will have a smoother ride through life.

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**GETTING A GOOD NIGHT'S SLEEP**

You hear it at the pool. You hear it at the clubhouse. It's talked about at card games, even over dinner. "I got up 5 times last night". (The numbers change but the complaint is consistent.). And while it's mostly about the men, women often have the same problem.

While we all know what the major problem is, often it's basic sleep deprivation. Contrary to popular opinion, older people don't need less sleep than the average person. In fact, adults require about the same amount of sleep from their 20s into old age, although the number of hours per night varies from person to person. But many older adults get much less sleep than they need, for a variety of reasons. So, putting that problem aside, here are some helpful hints for you to consider when you are looking to expand your comfort zone of better sleep.

**Get set.** Wake up at the same hour every day and eat meals at set times to help get sleep back on track.

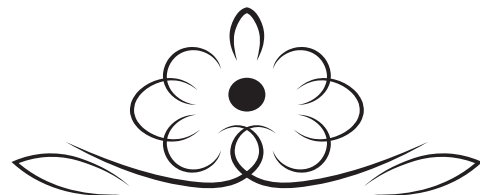
**Get Exercise.** Check with your doctor to see what type of activity is best for you, and then get out and do it. You might want to do it early in the day, though, so it doesn't keep you up at night. A little sunlight each day can make a big difference too.

**Get Cool.** **Keep your bedroom on the cool side.** **And turn off all those lights and electronics.** Keep the TV out of the bedroom.

**Get a Routine.** Anything that relaxes you—a warm shower, a few moments of meditation, a good book.

**Get Out of Bed.** That's right! If you are tossing and turning after about 10 or 15 minutes, get out of bed and do something relaxing. Just don't turn on that TV or computer. Get checked. Some medication or certain medical problems can interrupt sleep. If a medication is to blame, your doctor can recommend adjusting the timing or dose, or possibly switching to an alternative prescription. And if it's a medical problem that's stealing away your shut eye, he/she can address that, too. For all problems relating to sleep (and other ailments), make sure your doctor is up to date on your condition.

Otherwise, pleasant dreams.





Siobhan Acosta,  
Administrator



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Water Aerobic 8:30AM
2	3 Water Aerobic 8:30AM Meditation 4PM	4 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM Singles Club 4PM	5 Water Aerobic 8:30AM Dance Fitness 10AM Craft Class 1PM Rummikub 4PM Ladies 8-Ball 6:30PM	6 Water Aerobic 8:30AM Chair Exercise 10AM Craft Class 1PM Laughter Yoga 4PM	7 Water Aerobic 8:30AM ESOL English 1:30PM Entertainment 8PM	8 Water Aerobic 8:30AM
9 Men's Club 10AM	10 Water Aerobic 8:30AM Meditation 4PM	11 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM	12 Water Aerobic 8:30AM Dance Fitness 10AM Craft Class 1PM Rummikub 4PM Ladies 8-Ball 6:30PM	13 Water Aerobic 8:30AM Chair Exercise 10AM Craft Class 1PM Laughter Yoga 4PM	14 Water Aerobic 8:30AM WC Breakfast 10AM ESOL English 1:30PM	15 Water Aerobic 8:30AM WC Valentine's 3:30PM
16	17 Water Aerobic 8:30AM Meditation 4PM	18 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM	19 Water Aerobic 8:30AM Dance Fitness 10AM Craft Class 1PM Rummikub 4PM Ladies 8-Ball 6:30PM	20 Water Aerobic 8:30AM Chair Exercise 10AM Craft Class 1PM Laughter Yoga 4PM	21 Water Aerobic 8:30AM ESOL English 1:30PM Seasons Roaring 6PM	22 Water Aerobic 8:30AM
23	24 Water Aerobic 8:30AM Meditation 4PM	25 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM	26 Water Aerobic 8:30AM Dance Fitness 10AM Craft Class 1PM Rummikub 4PM Ladies 8-Ball 6:30PM	27 Water Aerobic 8:30AM Chair Exercise 10AM Craft Class 1PM Laughter Yoga 4PM	28 Water Aerobic 8:30AM ESOL English 1:30PM	
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