

PALM GREENS PULSE

MARCH 2025

DELRAY BEACH, FLORIDA



**TO ALL OF OUR RESIDENTS IN
PALM GREENS AND DELRAY
TRAILS, WE WISH YOU A
HEALTHY AND HAPPY MARCH
INTO A NEW SEASON!**

Palm Greens Pulse

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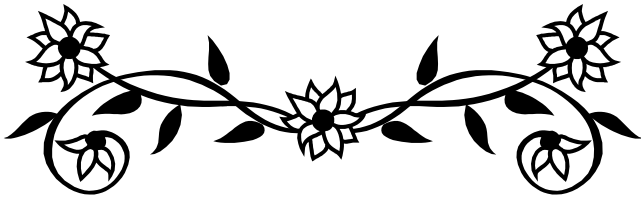
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Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.



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CONDO ONE

The Florida sun has finally returned after sub-optimal weather for a long stretch, and just in time as school vacations begin. There has been lots going on in Palm Greens and we encourage you to read all the various articles for updates in our community, particularly regarding the opening of the new Clubhouse which is expected to be by late 2025. We also see a lot of new faces walking throughout our community consisting of residents from both Delray Trails and Condo 1. It's so nice to see our community growing and we'd like to welcome everyone.

For those of you who missed the last Board meeting(s), we want to provide some highlights that include the following: 1) The digging for a well on the west side of Condo 1 will begin in mid to late March. The well is to replace the need to pump dirty contaminated water from the canal that has been causing problems to our irrigation system for decades due to the slime that builds up in the canal near our pump. 2) On the East side of Condo 1 we've had big issues with irrigation due to the wiring that goes to the timer for the pump. These wires are most likely from when initial installation occurred which is going back decades. The wiring needs to be replaced. By the time you're reading this we expect that the work will have already been started or completed. 3) Committees. We really need resident volunteers to serve on some important committees, such as the Compliance Committee, Condo Document Revision Committee, Long Term Planning Committee and Pet Committee. We need at least 3 committee members to form a committee. If you're interested in joining a committee, please email Board@palmgreenscondo1.com

Lastly, we'd like to remind people that if you see something that is concerning in our community, say something. Please email James Harwood jharwood@castlegroup.com and the Board at board@palmgreenscondo1.com.

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THE FOUR SEASONS CLUB

by Eleanor Horowitz



Last summer brought us daily rains... it poured and it poured. The Fall season brought us extreme heat... everything burned. We had two seasons with such bad weather that no one socialized at the pool or the Clubhouse. Everyone just stayed home!! But guess what has just happened? The switch was turned on and the beautiful weather has finally arrived. Long time residents are again outdoors and meeting Palm Greens and Delray Trails newer residents. And what are they all doing? They are joining the Four Seasons Club and enjoying all the festive events that are being offered.

Our last gala program was the **Roaring Twenties Dinner**. The ballroom came alive to the music of Hot Sauce Moon and the delicious meal was catered by Nino's restaurant. Some of the guests arrived in their beautiful 20's outfits. What a fun night it was!!

We will continue to plan events for your pleasure at Palm Greens throughout the rest of the year.

In March we will have a trip to the **Benzaiten Center for Creative Arts** for a tour and glass blowing demonstration. The date and information are in our flyer in the clubhouse. We hope to see you there.

On **April 6th** you are invited to our **Annual Brunch**. Great food, entertainment and good friends make for a great time.

In May will be our Ice Cream Social, June is BINGO and Pizza and July will be our gala July 4th BBQ.

For these upcoming events and dates, please check our website at palmgreens.org, e-blasts and flyers posted in the clubhouse lobby. To join in the fun, please also complete the Membership form that is available in clubhouse. Annual dues are \$20 per person. We welcome all to join: singles, couples, owners, renters and the residents of Delray Trails. Membership questions? Please contact Ellen Euse at 781-608-3323.

We hope to see you soon!

APOLOGY

Please note the "Managing Editor" article in the February issue of the Pulse should read, "This event was put together by Roberta Minerva and Steffi Carmell (of the Women's Club)." We apologize for the error in the original article.

ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



March is here! We have been so lucky with our weather compared to the rest of the U.S. Florida is the place to be in the winter. Our community is busy with snowbirds, family visits and so much to do. Enjoy it all and glad that we can share our beautiful Palm Greens together. Yet again, we also want to thank Jerry Carlin and Bonnie Sanger and Peter Dreifus for being our eyes and ears at this last meeting. They are an asset to all of us!

Dr Lori Vinikoor, our President of the Alliance, started the meeting at 9:30 with a few updates. Atlantic Avenue is being expanded west of the Turnpike. (between 441 and the Turnpike). This is due to the continued expansion of communities in that area. The Tax Collectors Office has had 4 letters written in opposition to the proposed new building. Nothing has happened yet.

Major Keene of Palm Beach County Sheriff's Office announced that Captain Rob Sandt, longtime Captain of the Delray Beach area, was promoted and is now overseeing more districts. Mike Morales is our new Police Captain of District 4. At our March meeting, he will provide details concerning traffic/speeding, tools used for crime mapping, distraction threat, threat assessment and other matters of concern to all of us.

Our Chief of Fire Rescue, Battalion 4, Chief Bill Stansbury said that we had 3500 calls last month, 1300 more than the next closest district. There was a groundbreaking ceremony for Station 49 at Flavor Pict and Lyons Road. This is a much-needed Station with all of the new building on Lyons Road!

Karen Brill, Chairperson of the School Board, said that in March, they will be honoring Sheriff Ric Bradshaw. So far our school district is status quo, not losing students to charter schools. There is extra mental health counseling as students are very anxious about their safety in school

Our keynote speaker was Amy Kemp, FPL External Affairs Manager, PBC. She spoke about 100 years of service: from delivering Ice to Delivering Energy. Kristin Berntsen, P.S.E., P.M.P., Deputy Director spoke about PBC. Water Utilities Dept. Bringing Pure Water from the Ground to the Tap. Amy presented an excellent

(continued on page 18)

FROM THE MANAGING EDITOR

by Mel Clapman



Hard to believe we are down to our last two issues. So far, it has been quite a season, with a variety of activities sponsored by The Women's Club and The Four Seasons, as well as the Tennis Committee with their Four Pros and Tennis/Pizza events. As we come down to our next-to-last issue of The Pulse for the season (can you believe it?), I'm looking back at past activities, projects and programs that have taken place at Palm Greens.

But first a preamble about our community. For our long-time residents, as well as our newcomers, you know Palm Greens is a beautiful condominium community for 55+ adults in Delray Beach, one of the most vibrant towns in South Florida. We have the good fortune to be close by to local shopping, a variety of restaurants, culture and entertainment. Palm Greens features a clubhouse with full amenities including a ballroom, card room, library, and workout room, giving our residents plenty of activities from which to choose. Our community is highlighted by a large swimming pool and hot tub where residents can relax and enjoy the Florida sunshine, and a poolside café. Where you grab a drink or a meal.

And how about our website. It's www.palmgreens.org, and it is virtually loaded with information about what's going on at Palm Greens, featuring Condo One, Condo Two and the Rec Board. You'll also find updates on Delray Trails as this project keeps moving to completion. The bonus of our website is it's as current as possible, 24/7, every day. You have The Pulse for seven months, and you have the website all year long. It's definitely a win-win. One more item before we close...have you considered being on one of our boards? I get a knot in my stomach when I'm at a community board meeting (Condo Two or Rec), and hear the complaints come pouring in. And when you ask these folks if they ever thought of running for a Board position, you get answers like, "I can't be bothered", "I don't have the time"... and worse (personally offensive).

This column was not designed to preach. We have all paid our dues and deserve a wonderful quality of life in our retirement. So, think about this: If you're not part of the solution, you could be part of the problem. Just look into it. It's challenging. It's thought-provoking. And, best of all, it's making a contribution to the community in which you live. What could be better?

TENNIS COMMITTEE

by Mark Melnick



It's hard to believe that it's March already. Our Tennis Rotation program has been ongoing since the beginning of November with rotation matches scheduled on Monday, Wednesday, and Friday. The courts are busy with league matches on Mondays and Thursdays. Tuesdays have men's team practices and Thursday the women practice. Our pro, Jim Boardman, has held team clinics on Saturday mornings since mid-December.

Jim also runs his "free" clinics on Tuesdays and Fridays at 11:00am. On Sundays the traditional mixed doubles matches have been very well attended. It's great to see the tennis courts utilized from 7:30 am until 5 or 6pm on most days.

In February we had several successful events. Our annual 4 Pro event was well attended with close to 70 people. The pros put on technique clinics for us which was followed by a fun brunch. On the 18th we had a Cinderella Blind Draw Mixed Doubles event. Partners were selected the day of the event. The tournament was followed by a pizza party at the courts. As always, kudos to Beth Villanova and all of our volunteers for putting on these fun events for our tennis family. Our annual singles tournament began in February and should conclude in early March.

This month we are hosting our 2025 "Tennis Ball". This end of the season gala for tennis members (and their significant others) will again be held at the South County Civic Center on March 20th. Although it's hard for anyone that attended last year to imagine, this year's party will top the fun we had last year. Hopefully next year's big Gala will be held at our new clubhouse.

As always, if you want more information about our tennis program stop down to the tennis office, located next to the pool entrance, or email us at tnnscenter@gmail.com. New players of all abilities are always welcome!!

Once again, please remember that our maintenance crew works very hard to keep our courts in fantastic shape. They appreciate and deserve a friendly "Thank you" when you see them around the courts.

See you on the courts!!

CAR CARE

by Jorge Goyanes



The noive!

I recently helped an acquaintance with a used car purchase done remotely. He was in Miami and while I could not physically inspect the vehicle in person I had him do a video call while he was there so I visually inspected the vehicle.

I had him go on a road-test while we were doing the video call, I did not hear anything unusual, the transmission shifted gears when it was supposed to and the engine sounded good. The vin number search I did showed no accidents and the mileage was in-line with the vehicle's history.

He went into the sales office, I was still on the phone with him listening to the sales pitch. I posed as his cousin who was looking out for him since he had just been here in the states for only six months.

After some hemming and hawing I had the salesman take off some extraneous charges like the \$900 for tag, title and electronic "fees". I told them I could go to the tag agency and have the same thing done for under three hundred dollars.

Here is where it gets interesting: My client called two days later saying that the salesman called him and was offering an extended warranty to him as courtesy since he bought the car from them.

I asked him what the numbers were and he said they wanted \$288.00 down and it would be \$185.00 a month for full coverage which would fix anything that went wrong with his car.

I knew right off the bat that this was outrageous and I did a quick survey online as to a comparable extended insurance plan would cost. One hundred dollars down, \$133.00 a month and included road service and tire coverage.

I told him to pass on it and I would send him the info on the company I thought would be best.

He called me the next day to say that the auto dealer had tried to charge the \$288.00 down payment without his authorization. He noticed because his payroll had not been deposited in his bank (thank gawd) and his bank called him about the possible overdraft. The Noive!

He said he had used that credit card as part of the down payment on the vehicle and that is how it was on file. I told him to have his bank issue him another card with a different number and to tell his bank to cancel that charge The nerve some unscrupulous dealers have!

You can reach me at www.jorgegoyanesauthor.com



WOMEN'S CLUB

by Steffi Carmel and Roberta Minerva



Where does the time go? We just celebrated New Years and poof, here it is March.

Our Breakfast at Tiffany's was super successful; we had 99 Women who enjoyed a chatty morning with great food and a variety of jewelry to buy.

Our Fab Fashion show luncheon is on March 28. Make sure you join us again. Look for the flyer and menu for your luncheon choices.

Remember Bunco is the third Tuesday of every month. We had a full house last month and are looking forward to seeing you in the clubhouse TV room March 18, 6:30 pm.

We are looking to do a bus trip in April. Check the E-blast for time and destination.

We are happy the Women's Club is keeping our community together and are enjoying our new friends from Delray Trails. The camaraderie, from throwing dice to chatting at our events, has brought a smile to the Women's Club.

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TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



You are at the net and your partner is serving. The return of serve goes...

Low down your alley putting you in the defensive. Response: Send it back to the receiver down the line. Your partner can advance to the net on your shot gaining an offensive position. If you hit it cross-court you leave the center open.

High down your alley putting you in the offensive. Response: Send it back between the two opponents at the feet of the closet player to you. Once you hit the shot, immediately cover the center of the court in case they get it back.

Down the center allowing you to attack it. Response: (this is a poach) Go after it to win the point. Usually down the lane imagining a point halfway between the two opponents. This is a very offensive position.

High over your head when you cannot hit it. Response: Cross over and get behind the service line. This will allow you not to get killed if your partner throws up a weak return.

Cross court and you cannot poach it. Response: Slide back to watch the service line and protect the middle of the court. If your partner makes a weak return, you will be glad you are there. If your partner makes an offensive return, you can easily go back to the attack position nearer the net.

Down the center but it places you in the defensive. (A very aggressive shot from the receiver) Do not poach here, you are in the defense. Do not poach to the center when you are on the defensive. Allow your partner to protect you in this situation.

High over your head and you can cover it. Response: This is an offensive shot, attack the short player (closest player to you) or go down the line.

Confidence is the most powerful weapon. Make sure it's your best friend ever.

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COMPUTER CORNER

by Enio Cordoba



Embracing Technology: How ChatGPT Can Help Seniors

In an age where technology is a fundamental part of daily life, artificial intelligence tools like ChatGPT are emerging as valuable resources for seniors. As older adults navigate the challenges of aging, ChatGPT can enhance their quality of life through improved communication, information access, and mental health support.

Enhancing Communication

One of the most significant hurdles seniors face is maintaining social connections, especially for those who may be physically isolated or have mobility challenges. ChatGPT can serve as a conversational partner, allowing seniors to engage in text-based chats where they can discuss their day, share memories, or explore their interests. For example, if a senior feels lonely, they can interact with ChatGPT to talk about hobbies or reminisce about past experiences, providing a sense of companionship that is crucial for emotional well-being.

Moreover, ChatGPT can assist seniors in composing messages to family and friends. Many older adults struggle with technology, particularly when texting or emailing. By dictating their thoughts to ChatGPT, seniors can receive help in structuring and formatting their messages. For instance, if a senior wishes to send a heartfelt thank-you note to a grandchild, they can describe their feelings, and ChatGPT can craft a polished message. This capability empowers seniors to stay connected without the frustration often associated with technology.

Accessing Information and Problem Solving

Seniors frequently have questions about various topics, from health information to local services. ChatGPT can provide quick and accurate responses, acting as a reliable source of information. For example, if a senior wants to know about the side effects of a new medication, they can ask ChatGPT for general information. While it's important to consult healthcare professionals for specific advice, ChatGPT can offer a helpful overview to ease concerns.

Additionally, seniors can turn to ChatGPT for assistance with everyday challenges, such as using

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POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

A round of applause to *Lynn and Rocco Romano* for their contribution to this article.

This month, we are going to visit the Wiener Museum of Decorative Arts, located at 3250 N 29 Street, Hollywood -- 954-376-6690.

WMODA is a non-profit museum founded in 2014 by Arthur Wiener and his family to inspire appreciation and understanding of ceramics and glass as art forms. This remarkable legacy enables us to celebrate an important aspect of our cultural heritage in an exciting and enjoyable environment.

The museum celebrates the fired arts of ceramics and glass, and visitors can see beautiful pottery and porcelain art from the 18th century to the present day. The Wiener Museum introduces the work of British pottery pioneers, such as Josiah Wedgwood and Sir Henry Doulton, as well as European designers from Art Nouveau and Art Deco eras.

The glass galleries at the Wiener Museum showcase the art of French designer Renée Lalique and Venetian maestros from Murano, as well as local glass artists working in South Florida. The highlight of the Hot Glass gallery is a spectacular collection of Chihuly. Contemporary ceramic art from the Ardmore studio in South Africa is one of the favorite exhibits at the Wiener Museum, which hosts a varied program of exhibitions and cultural events.



The museum is currently celebrating the city of Hollywood's 100th anniversary this year, as does the city of Stoke-on-Trent in England, where the museum's ceramic works of art were made.

The museum is also participating in an interactive scavenger hunt adventure throughout some of Broward

(continued on page 19)

LET'S GET CHEEKY

by Terryl Jones



Let's get a little cheeky and talk about Dead Butt Syndrome. It doesn't mean that your butt is actually dead, but that the muscles have forgotten their job. Gluteus medius tendinopathy is its technical name, but it is commonly known as gluteal amnesia or dead butt syndrome (DBS). Your glutes are muscles in your rear end that stabilize the hips and support the spine. DBS happens when the glute muscles 'forget' to function properly: they either are slow to activate or won't turn on at all. Remember that muscles work in opposition: one muscle contracts and the opposing muscle relaxes. When you spend significant time sitting, the hip flexors contract, and the glutes rest. Over time, this leads to muscle imbalance, the hip flexors are overworked, and the glutes lose strength or forget how to engage properly. This is different from a leg falling asleep; there isn't a compressed nerve, and there won't be any pins and needles.

So, what will you feel? The overworked hip flexors can cause pain in your hips, back, thighs, calves, or knees. Some people experience a shooting pain in their leg that is similar to sciatica. Others may get inflammation in the hip bursa. Others may feel tightness in the thighs. The weak glutes can cause knee and foot pain and can negatively affect your balance. You might have a hard time climbing stairs. Even people who exercise regularly are at risk. Runners, tennis players, and golfers frequently experience this type of muscle imbalance. Tiger Woods suffered from it and had to withdraw from at least one competition. For an athlete, glutes that are not working properly can lead to injuries such as shin splints, hamstring tears, or arthritis in the knees. You might think your butt is strong because you can do squats, but maybe your quads and lower back are doing all the work. If your butt never feels tired, it is probably letting other muscles do the job. You probably have it if you are sitting more than 2 hours at a stretch. A doctor or physical therapist can test for more pronounced DBS.

The best strategy for DBS is to get up more frequently, at least every hour. Set a timer to remind you to walk around or, better yet, climb some stairs (great glute work!). Learn to engage the glutes, it doesn't come naturally, even people with strong butts have to train the

(continued on page 19)

PALM GREENS MEN'S CLUB

by Peter Dreifus



The Men's Club meeting for this month will be on March 9th at 10am in our Clubhouse. Join with your friends and neighbors for a morning of bagels, lox, coffee and pastries, topped off with entertainment for your listening pleasure. And if that isn't enough to entice you to join us, then how about an opportunity to win a cash prize from our lottery?

Mark your calendar for April 13, which will be our next meeting.

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MOVIE REVIEW

by Mel Clapman

Ah, Burt Lancaster...who doesn't love Burt Lancaster? So here is a movie that goes back a bit, featuring Lancaster, supported by elite actors like Sam Levine, Charles Bickford and Hume Cronyn, called, "Brute Force". The movie also features Yvonne De Carlo, Ann Blyth and Ella Raines in what would be called today, "walk-on" roles

The movie takes place in Westgate Penitentiary, where violence and fear are the norm. This is where Joe Collins (Lancaster) plans to break out. His wife is refusing to have an operation for cancer without Joe being there, so he must escape. Joe uses a successful strategy of WW 2, trying to escape, attacking the tower of the penitentiary from the outside with his men, and from inside with the team led by fellow convict, Gallagher (Bickford).



While the escape plan is taking shape, each of the inmates in cell R17 tell their story, and in every case, their love for a woman is what landed them in trouble with the law.

Munsey (Cronyn) learns the details of the escape plan from an informer, one of the men in cell R17, and the break goes badly.

The normally subdued prison yard turns into a violent and bloody riot, killing Munsey, Gallagher, and the remainder of the inmates in cell R17, including Joe.

The movie ends with the prison doctor commenting on the pain, futility and impossibility of escaping the system that imprisons all of them.

"Brute Force" harkens back to the movies of the 40's, featuring a good plot, incredible photography and over-the-top acting.

We think you will enjoy it.

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ENTERTAINMENT COMMITTEE

by Walter Jacobson



The last show of this season will be March 22, 2025 at 8PM in the Palm Greens Clubhouse. It features 2 entertainers, Jose and Patti, who have performed on various cruise ships and at various locations in the US.

Tickets are still \$20 apiece and go on sale at the Palm Greens Clubhouse Monday 3/17/25 from 10AM to noon.

There will be complimentary coffee and ice cream after the show.

NOBODY ASKED ME BUT...

by Mel Clapman

...I always take life with a grain of salt. Plus, a slice of lemon. And a shot of tequila.

...Dreams don't work unless you do.

...Arguing with a fool proves there are two.

...Better a witty fool than a foolish wit.

...Go to Heaven for the climate, Hell for the company.

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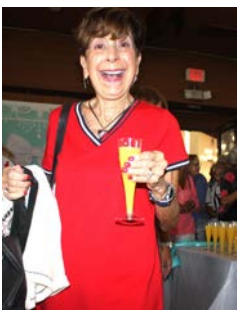
AT PALM GREENS, THE ACTIVITIES NEVER STOP!

Case in point: The 4-Pros event held on February 2nd. The turnout was impressive as over sixty Palm Greens tennis aficionados took to the courts for lessons offered by our Pro, Jim Boardman, along with his three associates. After two hours of lessons, including the serve, volley, overhead and ground strokes, the venue then focused on a delightful brunch of bagels, lox and trimmings. Check out the photos.



Once again, the Women's Club came through!

What better way to spend Valentine's Day than at the "Breakfast at Tiffany's" breakfast. Nearly one hundred women lined up in the clubhouse and were treated to a variety of breakfast specials including quiches, yogurt and pastries galore. Check out the photos and give a round of applause to the members of the Women's Club under the watchful eye of Roberta Minerva for putting together this event.





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SINGLES CLUB

by Carol Erez

I'm glad to say the Singles Club is gaining new members monthly. Our walk at Morikami Gardens was a hit.

We are enjoying the shows we bought tickets for at Kings Point and planning events for the next few months.

Please come to our next meeting on Tuesday, March 4 at 4 PM in TV room at the clubhouse.

Bring your ideas about events you would like to have.

Contact Carol Erez at carolerez@comcast.net with any questions.



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.

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ALLIANCE OF DELRAY.. (continued from page 4)

overview of that department. In 1925, FPL was one of many companies. Now they are our state's largest provider with 12 million customers and services forty-three Florida Counties. They have helped to build the infrastructure for reliable power and growth as well as maintaining the current structure. FPL has over 9000 employees, from arborists to linemen. They are prepared year-round for all weather-related incidents, hurricanes, tornadoes, and even SNOW! They have awards for reliable poles, wood changed to concrete has helped to avoid over 1.5 million outages. Some lines are being put underground, and smart technology is helping to figure out ways to avoid outages. Drone inspections, visual inspections, tree trimming, all are important elements. Flickers or brief disruptions are less than 60 seconds in most cases. Longer outages, extended interruptions require analysis.

The 2024 Hurricane season had 3 major players, 13 days apart. Hurricane Helene - essentially restored power in 3 days. October 9 was Milton. Spawned tornadoes and took 5 days to restore power. Remarkable! Amy then spoke about multiple ways to generate electricity by diversifying energy sources and updating equipment. We could use less fuel by having natural gas plants, solar energy and storage, hydrogen and nuclear energy. Most are self-efficient and low cost. The goal by 2030 is to be 30% Solar, most efficient to support our growing population. Safe and No Coal. Protecting the environment and education is important. Wind farm placement. FPL partners with local businesses and helps with startups and gives Grants advice. Their rates are not regulated by the state but regulated by Florida Public Services. The Commission must submit a new agreement every four years. There will be a 2.9% annual increase (fuel supply issues.) We are still below the national average.

Krystin Berntsen, Deputy Director of PBC Water Utilities Dept. was our next speaker. Topic was Bringing Pure Water from the Ground to the Tap! The cycle is basically water from the Biscayne aquifer and is treated, cleaned, disinfected, stored and tested for purity. Then it is distributed for drinking, bathing etc., and back to utility where it is reclaimed, treated for sprinklers etc. PBC Water Utilities is the 3rd largest in the state with 600 employees. There are 5 water treatment plants, 60-million-gallon capacity/storage (It can support future growth as well) Over 110 million gallons of water are used daily. They own and maintain all pipes outside of

the home. And manage 2300 miles of water distribution pipeline. There are independent labs for constant water analysis(quality) ISO certified. Enterprise funded. Revenue from customers. AAA rated. Both speakers took questions from the audience.

Our next meeting will be on Wednesday, March 5, 2025. We will **have a Safety & Security Seminar.** Speakers & Topics include: Sergeant Scott Yoder: **Traffic**, Tim Eramo, Criminal Analyst: **Scams & Crime Mapping**, Detective Philip Eckes: **Distraction Thefts**, Investigator Scott Poritz: **Threat Assessment**. Plus, updates from PBCFR & Government Officials.

The meeting will be held in the South County Civic Center, 16700 Jog Rd, across from Morikami Gardens. Doors 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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COMPUTER CORNER.. (continued from page 7)

a new device or finding community resources. If an older adult encounters difficulties setting up a video call with family, they can ask ChatGPT for step-by-step instructions. This support not only alleviates frustration but also boosts confidence in using technology.

Supporting Mental Health

Maintaining mental health is vital for seniors, and ChatGPT can contribute positively in this area. Engaging in conversation with an AI can stimulate cognitive function and keep the mind active. Seniors can explore new topics, learn about current events, or even engage in creative writing exercises with ChatGPT. This mental engagement can help delay cognitive decline and promote overall well-being.

Furthermore, if a senior is feeling anxious or down, they can ask ChatGPT for coping strategies, mindfulness exercises, or local support group recommendations. While it is not a substitute for professional mental health care, it can serve as a valuable resource during difficult times.

Sounds Difficult? Scary?

Think Alexa or Siri on steroids. Where Alexa can give you useful bits of information ChatGPT goes out and searches the world of knowledge and returns a basic set of information. Want it understandable for a 12-year-old or more in depth? Just ask ChatGPT to tell you more or make it simpler. Alexa and Siri can't do that. How can you get started? Just download the free app and PLAY with it. Like it? Upgrade to the Pro version and be amazed. As technology continues to evolve, it is essential to ensure that seniors are not left behind. By integrating AI tools like ChatGPT into their daily routines, you can enjoy greater independence, maintain social connections, and engage in lifelong learning. With the right approach, AI can be a powerful ally in enriching the lives of seniors, helping them navigate the complexities of modern life with ease and confidence.

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

County's popular cultural institutions inspired by *Xavier Riddle and the Secret Museum: The Exhibit* at the Museum of Discovery and Science (MODS) from now through May 11.

Please note that many GPS apps are directing visitors to the back of the WMODA building. The main entrance to the museum is located on the west side of North 29th Avenue between Sheridan Street and Stirling Road.

Because of the variety of exhibits and special events, we highly recommend calling ahead for schedules and pricing information.

LET'S GET CHEEKY.. (continued from page 8)

muscles to fire at the right time. While sitting, do some glute squeezes. (Think of squeezing a coin in the tushie.) This will help you learn to connect to the muscles and also bring some blood flow to that area. There are a lot of exercises that can be done; pick 2 or three to do every day. Do them slowly to focus on gluteal engagement, repeat until you feel a slight burn in the butt. For those who are more athletically inclined, try squats, side lunges, side planks, and box step-ups. Here are some suggestions for those who may prefer something a bit less intense. 1) Glute Bridges: Lie on your back, knees bent, with your feet on the floor. Lift your hips upwards, pressing through the heels. Lower with control. 2) Grasshoppers: Lie on your stomach, knees slightly apart, and feet together. Squeeze your tush and lift your knees about an inch. Lower with control. Remember, you are trying to eliminate the amnesia in the tushie so make sure to focus on squeezing the cheeks at the beginning of each movement. So - Get a Little Cheeky!

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DAVE

KEVIN

SOMETHING TO THINK ABOUT

So, my personal theory is if you take care of yourself in your 50s and 60s, you stand a good chance of keeping your health as you approach your 70s and 80s. No matter what your condition, there is a lot you can do to improve your health, prevent illnesses and keep your brain sharp. Here is a list of longevity to-dos that will have you feeling better and living longer. Pick one or two a month and make some progress.

LIVE WITH PURPOSE - One of the things in common about the world's longest-lived people is that they have a strong sense of purpose as they grow older. Much of this is because of the role of elders in traditional culture. Unlike in the United States, older people are respected and looked up to for wisdom and advice. We have a challenge in this regard. Your job is to find a way to feel a strong sense of purpose in your life, despite the messages our culture sends about aging.

MAINTAIN HEALTHY SLEEP HABITS - There is a myth that older people need less sleep. This is simply not true. Older people need the same amount of sleep as young adults; the general recommendation is seven to nine hours per night. The challenge is that health conditions, medications, and poor habits make it difficult for older people to get the sleep they need. Take the time to make your sleep habits a priority. Avoid strange hours, long naps and watching TV in bed. Be sure to get out in the daylight every day, and exercise to get your body moving. With good sleep habits, you should be able to get enough sleep and have plenty of energy throughout your day.

AVOID FALLS - Falls are a common source of injuries and disabilities as we age. Be sure to be on top of fall prevention. Make a habit of using handrails and start a program to keep your balance skills sharp. Take time to assess the potential fall risks in your house. Be sure that all your stairs are clearly visible, all your railings are firmly attached and that you avoid any risky behavior (especially getting in and out of the bathtub!!).

ENGAGE YOUR BRAIN - Your brain needs exercise. You can start with puzzles (crosswords and Sudoku) and then move to even more challenging things (like learning a new language or reading about a science topic). Once something becomes routine and the sense of discovery wears off, you should move to something new.

EXERCISE TO FEEL GREAT AND LIVE LONGER - Exercise doesn't only help keep the weight

off and build muscle-it can also help you feel great and live longer. Your body is built to be active. Be sure that it gets moving every day. Going for walks, joining group exercise classes and other activities can keep you healthy, energized and even help you sleep better. Give your body what it wants: exercise!

EMBRACE AGING - Your attitude toward aging could help you live longer. Researchers studied over 600 people and found that people with a positive attitude toward aging lived up to 7.5 years longer than the negative agers. What did these people find good about aging? Control of time, relaxation, wisdom, spiritual growth and more. What do you find good about aging? Answering that question could help you live a longer and healthier life.

EAT FRUITS AND VEGETABLES - It's simple: the more fruits and vegetables you eat, the healthier you are. Focus on that for your eating plans: more fruits and vegetables. Study after study shows the cholesterol-reducing, cancer-fighting benefits of eating plants. Add two servings of fruits and vegetables to your day (add an apple and double your portions at dinner).



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February '25							April '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1 Water Aerobic 8:30AM
2	3 Water Aerobic 8:30AM Meditation 4PM	4 Water Aerobic 8:30AM Aquaerobics 9:30AM Yoga 10AM Craft Class 1PM	5 Water Aerobic 8:30AM Water Pilates 9:30AM Dance Fitness 10AM Craft Class 1PM	6 Water Aerobic 8:30AM Aquaerobics 9:30AM Chair Exercise 10:30AM Craft Class 1PM	7 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM ESOL English 1:30PM	8 Water Aerobic 8:30AM
9 Men's Club 10AM	10 Water Aerobic 8:30AM Meditation 4PM	11 Water Aerobic 8:30AM Aquaerobics 9:30AM Yoga 10AM Craft Class 1PM	12 Water Aerobic 8:30AM Water Pilates 9:30AM Dance Fitness 10AM Craft Class 1PM	13 Water Aerobic 8:30AM Aquaerobics 9:30AM Chair Exercise 10:30AM Craft Class 1PM	14 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM ESOL English 1:30PM	15 Water Aerobic 8:30AM
16	17 Water Aerobic 8:30AM Meditation 4PM	18 Water Aerobic 8:30AM Aquaerobics 9:30AM Yoga 10AM Craft Class 1PM	19 Water Aerobic 8:30AM Water Pilates 9:30AM Dance Fitness 10AM Craft Class 1PM	20 Water Aerobic 8:30AM Aquaerobics 9:30AM Chair Exercise 10:30AM Craft Class 1PM	21 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM ESOL English 1:30PM	22 Water Aerobic 8:30AM Entertainment Show 7PM
23	24 Water Aerobic 8:30AM Meditation 4PM	25 Water Aerobic 8:30AM Aquaerobics 9:30AM Yoga 10AM Craft Class 1PM	26 Water Aerobic 8:30AM Water Pilates 9:30AM Dance Fitness 10AM Craft Class 1PM	27 Water Aerobic 8:30AM Aquaerobics 9:30AM Chair Exercise 10:30AM Craft Class 1PM	28 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM WC Fashion Luch 12PM ESOL English 1:30PM	29 Water Aerobic 8:30AM
30	31 Water Aerobic 8:30AM Meditation 4PM	Notes:				

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