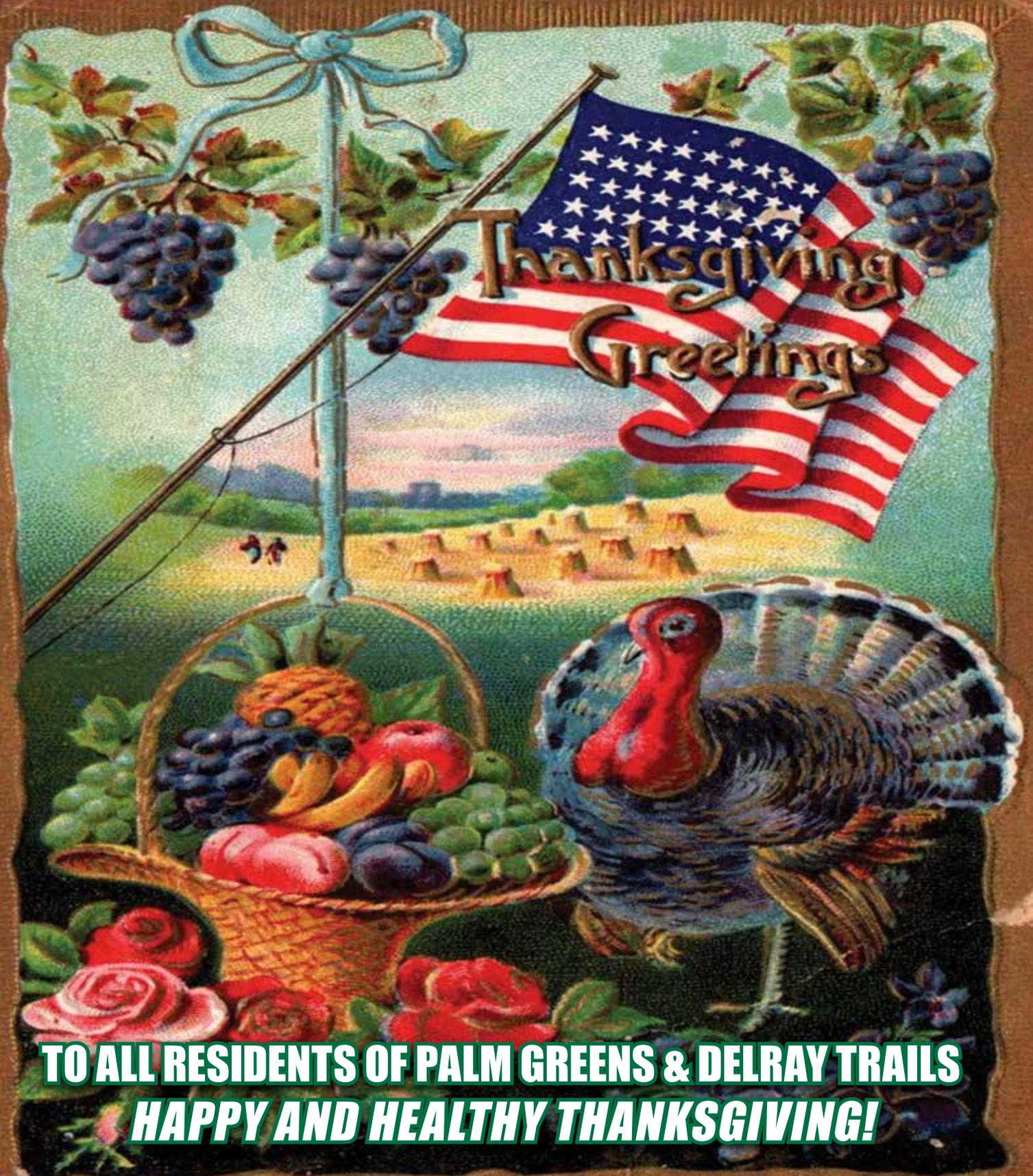


PALM GREENS PULSE

NOVEMBER 2025

DELRAY BEACH, FLORIDA



**TO ALL RESIDENTS OF PALM GREENS & DELRAY TRAILS
HAPPY AND HEALTHY THANKSGIVING!**

Palm Greens Pulse
561-495-0878



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Mel Clapman



Production Manager
Beth Villanova

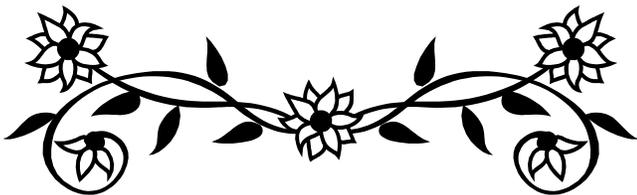
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Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.

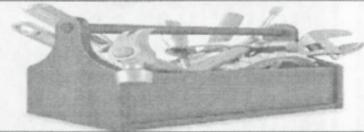


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November Events Calendar

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CONDO TWO

by Marge Fattori

Our roof replacement is well under way. So far 7 roofs have been completed and the permits are in for the next 7 to be done. The roofing project is being done by Empire.

Roofing under the supervision of Project Manager Oscar Collazos. Oscar is very hands on in making sure that Palm Greens is getting the best service for this project. If you see Oscar around your building say hello, he will be more than happy to chat with you.

Permits have also been pulled for the road resurfacing project.

Mark your calendars for November 6 for our next "how to Read Financials seminar. It will be held in the ballroom of the clubhouse at 6:30PM and will be conducted by our accountant. Light refreshments will be served.

Our next open board meeting will be November 20, 6:30PM in the ballroom of the clubhouse. A zoom link will also be sent out before the meeting. A legal update will be coming out from our legal team.

A reminder that Jerry Carlin is in the Condo 2 office every Wednesday from 10:30 to 12 to help residents with questions.

VETERANS DAY PROGRAM

All Palm Greens and Delray Trails residents are invited to the Annual Veterans Day Program on Tuesday November 11th at 10AM in the clubhouse. This is the day we honor all of our veterans and their families. Refreshments will be served.

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ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



Where is the time flying? As you read this, we will be preparing for Thanksgiving, Chanukah, Christmas, and all holidays that are on your horizon!!! Our snowbirds are returning. Hopefully, we will all be happy and well in the New Year of 2026! Welcome back to all of our Palm Greens Family.

Dr Lori Vinikoor, President of the Alliance, called the meeting to order at 9:30AM. We observed a moment of silence for our founder, Bob Schulbaum who had been our leader for over 25 years. Rest in Peace, Bob.

Lieutenant John Wink of the Palm Beach Sheriffs' Office gave us an update on the area. Chabad received permits to build a facility on Lyons Road. More to come on that. The tax collector office is still not decided, however, Lori said that with all the building over on Congress Ave, etc, it would make more sense to create a larger building there to accommodate the new people.

Captain Mike Morales of the Palm Beach County Sheriffs' Office spoke about the amazing support that our Delray Community gives to our Police force. We all work together and he says that you do not see that everywhere. He also spoke of VAST (Volunteers Against Scam and Frauds Team). We would like to schedule this program in communities that show concerns about this problem.

Senator Lori Berman, our State Representative said that the Federal Government is shut down at this point, however, the State is open and functioning. A big topic is workforce/state/ housing affordability. Over \$450 million was spent on Alligator Alcatraz! This money would have gone to house many of our people. We are now Open Carry in Florida. She said that people are carrying long guns in the Capitol and have entered her office with them. New World.

We also were introduced to Sarah Baxter, Vice Mayor of Palm Beach County.

Our main speaker was Joe Abruzzo, our new County Administrator. He said that he remembered his first meeting with the Delray Alliance, 27 years

(continued on page 17)

FROM THE MANAGING EDITOR

by Mel Clapman



First off, some business. We are losing articles. In October, there was nothing for Condo 1. We ask all of our valuable writers to dig deep as we believe that there must be something of importance to tell our readers. PLEASE...if you're having difficulty writing an article, let us know. Call me at 561-265-5139 and I promise to help you.

On the lighter side, it occurred to us that we are blessed with a variety of activities designed to inform and, in some cases, enlighten you.

So, listed below is just a sampling of what's available. And, most important, it's just a sampling!

LADY'S SHUFFLEBOARD - Fridays - 9:30AM, Shuffleboard Courts. Lady's shuffleboard begins again on November 8 at 9:30am with Eilene Gerofsky and will continue every Friday morning. All skill levels are welcome, and coffee follows each game. For questions or more information, contact Eilene or the Rec Office at 561-498-5316.

WATER AEROBICS - Monday - Saturday, 8:35AM, at the big pool. These classes suit all ages and fitness levels, helping you burn calories, build strength, and boost health. Their low-impact design is especially good for people with joint pain or injuries.

FITNESS CLASSES by Terryl Jones - Yoga - Every Tuesday, 10AM - 60 minutes - Donation \$10 - Classes run year-round. Location: TV room.

CLAY BUILDING CLASS by Jeannette Robichaud - Tuesdays 1PM - 3:45PM, Craft Room

RUMMIKUB - Wednesday - 4PM - TV Room

VETERAN'S DAY CELEBRATION - Tuesday, November 11, 10AM - Ballroom

BINGO & BRAINS NIGHT - Tuesday, November 11, 5:30PM (Sponsored by the "JEM" Research Institute) Alzheimer's Disease Prevention, Alzheimer's with Agitation, Multiple Sclerosis, Parkinson's, Dementia, Lewy Body Dementia, General Medicine, Vaccine & Treatment, Trails for Nephrology, Kidneys and TYPE 2 Diabetes.

SMARTPHONE LESSONS FOR SENIORS - Contact the Rec. Office if interested 561-498-5316 - A class is scheduled once 10 participants have enrolled.

(continued on page 17)

THE FOUR SEASONS CLUB

by Eleanor Horowitz



The Four Seasons Club of Palm Greens is now in full swing for the 2025-2026 Season. We welcome back our members from Palm Greens 1, 2 and Delray Trails.

At this time, we have just finished our **Halloween Gala** and our members outdid themselves with their wonderful costumes. The decorations filled the room with the holiday spirit and the music was great. We hope you all enjoyed yourselves.

On Friday November 14th at 11:30AM will be our **GAME ON** party featuring Maj Jong, Canasta, Rummikub, dominoes and poker games. Get your groups together and make sure you send in your reservations for this fun afternoon. A delicious box lunch will be served.

The night of December 9th will bring great music to our clubhouse as we play **Musical Bingo**. Everyone participates and the singing is fabulous. Prizes are given and a great deal of fun is had by all.

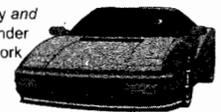
Membership letters for 2026 are in the mail. Dues remain \$20 per person for the calendar year. Non-members who attend our functions will be charged \$10 more per person. Join now and save!

We hope to see you all soon!!

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WOMEN'S CLUB

by Steffi Carmel
and
Roberta Minerva



Fall is here in full bloom. Shrubs and green grass are thriving from our September and October rains. Transports and cars are coming and our beloved friends are returning to our nest.

The Women's Club calendar is gearing up for a fun year. Right now, we are waiting to get our event schedules finalized.

In September we went to Morikami for an evening of culture and enjoyment.

We are currently trying to get a date to go to Bonnet House in Fort Lauderdale and hope to plan a few other bus trips.

This year we are teaming up with Four Seasons club for a few spectacular evening events.

And please note this year's Membership Drive will be different. We will now have the form both on an e-blast from the Recreation department site and on the Palm Greens website. The Calendar of TBD events and registration forms will soon be available in the clubhouse.

Our Palm Greens / Delray trails Women's Meet and Greet will take place on November 14th in the TV room of the clubhouse at 5PM. Please join us.

Delray Trails has received information about a January 2026 opening of the new clubhouse. As of now, we are waiting to get a status report. Unfortunately, our events are, basically, up in the air and we are on a "To Be Determined" hold.

As much as we want to do our traditional New Year's brunch celebration, that most likely will not happen as we transition. Our amazing Motown night on Jan 14th with Four Seasons Club hopefully will be in the new clubhouse. Our fingers are crossed. Please look at the e-blasts for updates.

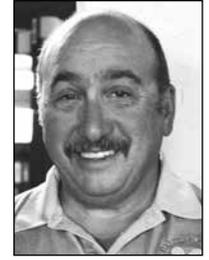
We would like to thank the Recreation Department for the food trucks by the pool on Labor Day weekend. What a success!

Let's acknowledge the bang-up job done by Art Robbins, Charles, Jermaine, and Andie Summer. We're hoping they can continue this again monthly.

Looking forward to seeing everyone soon.

TENNIS COMMITTEE

by Mark Melnick



Our part time residents have begun returning to Palm Greens from all of the northern locations. We are looking forward to a busy and fun winter season.

The Tennis rotation program has begun. All of our previously registered players, as well as those who have expressed an interest in playing with us should have received an email with the current registration form, along with a copy of the Tennis Committee 2025-2026 rules. Please return your registration forms when you arrive back to Palm Greens so that you can be included into the Rotation Program. The registration fee remains at \$30 for the season. Your fee registers you for the rotation program as well as making you eligible to participate in our events, tournaments, and competitive teams. If you haven't received an email or if you wish to be added to our email list please send an email with your contact info to us at tmscenter@gmail.com. You can also stop down to the tennis office most mornings for info and to register. If no one is in the office, please place your registration form along with your payment into our "party box". It's a small white box hanging on the wall just to the right of the closet in the office labeled PARTY.

For those residents who are unfamiliar with Palm Greens tennis, our rotation program runs from November until May. On Mondays, Wednesdays, and Fridays you will be assigned to play on a court with players of similar abilities. You pick the dates and session time preference. We do ask for a 1st and 2nd choice session time preference and will try to honor your 1st choice whenever possible. You can change your playing times and days at any point in the season. Our tennis players are friendly and helpful. You will have the opportunity to meet lots of new friends.

Our first event of the season was scheduled on October 31st. Aptly named "Nightmare at the Net" players were rewarded for playing in costume during the mixed doubles fun. Of course pizza was served after play ended along with lots of goodies brought by the players. Our next event is a round robin scheduled for the afternoon of November 18th. Watch for info in your email box.

Once again, we are participating in the Palm Beach Senior League this season. Our 9 teams are already signed up and rosters will be set up in the next few weeks. All team players must also be registered with the tennis

(continued on page 18)

TIPS FROM OUR TENNIS PRO

by Jim Boardman
(USTPA Pro and Pickleball Pro)



Your biggest enemies on the court...

Your opponent: See the match as a large puzzle. Try to figure out where all the pieces of your game go in an attempt to maximize your strengths and minimize your weaknesses. Know your opponent's strengths and weaknesses.

Yourself: Try to stay in a positive attitude. Think about the things you can do, not about the things that are not working. Be your own best friend. Don't see the net as an enemy. Do not think about hitting low to the net, rather hit deep into the court, under your opponent's feet or over their head. Keep these shots out of the net. How many times have you hit a ball then realized it was going out. Give your opponents a chance to play your out balls.

The lines: How many players aim at the line. Under pressure, these players tend to fail. Aim at your general area in the court.

Environment: Many players wake up saying it's too windy, it's too cold etc. Try to focus on how to deal with the elements. Remember it will be just as windy or cold for your opponent as it will be for you. I still remember my coach telling me the wind is your friend. Learn how to make it work for you so that when it is windy you will always have a plan to fall back on.

Let's realize everyone has the same enemies on the court. Be your own best friend. Spend your efforts trying to accentuate the positive. Use that energy to analyze your opponent's game, strengths and weaknesses. Devise a plan of attack and play smart. If something is not working, be able to let it go and try something else. The mental part of the game is just as important as the athletic ability. The quest to conquer these enemies is why so many people love the game of tennis. If you think someone is unbeatable, they have become even better.

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

POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

In past issues of The Pulse, I've sent you to a variety of trips covering venues such as boat tours, bike tours, fishing tours as well as art, music and a variety of entertainment venues.

So, this time I'm offering up a tour of some of the many museums we have been graced with in the Delray Beach area.

The Morikami Museum and Japanese Gardens is a center for Japanese arts and culture located west of Delray Beach in Palm Beach County. The campus includes two museum buildings, the Roji-en Japanese Gardens: Garden of the Drops of Dew, a bonsai garden, library, gift shop, and a Japanese restaurant, called the Cornell Cafe, which has been featured on the Food Network and Vizcaya Television. Rotating exhibits are displayed in both buildings, and demonstrations, including tea ceremonies and classes, are held in the main building. Traditional Japanese festivals are celebrated several times a year. **4000 Morikami Park Rd. (561) 495-0233**

Silverball Museum In 2017, this Delray Beach location had 88 pinball machines and 24 arcade games, ranging from the 1950s to 2000s. The space expanded in 2018 and by 2020 had over 150 video games, which range from the 1930s to the 2010s. Admission to the museum gives free play on the machines, and guests can pay by the hour or the day. In addition to housing games, the 9,000 square foot building serves food and hosts events. **19 NE 3rd Ave, (561) 266-3294**

The Schoolhouse Children's Museum enables visitors to experience South Florida's history through two floors of hands-on, interactive exhibits on art, music, the sciences and more. The Museum offers a reduced admission price of \$2 each for up to 4 family members upon presentation of an EBT card from any state and corresponding ID. Children under 12 months old are free. **129 E Ocean Ave, Boynton Beach (561) 742-6780**

The South Florida Railway System Museum provides the public with a historical outlook to the reasons America's railroads played such an important part to the region's development. The development of the South Florida area is predicated upon the railroad, both in population growth and industrial needs of raw materials.

(continued on page 18)

DELRAY TRAILS

by Mark Melnick

The big news for Delray Trails is that we will have a representative on our HOA board following the November 5th election and meeting. This marks an important milestone in giving our residents a stronger voice in decision making.

As of mid-October, when this issue of the Pulse went to print, Kelsey stated that Lennar has not yet approved a parking policy. Hopefully, our new HOA representative can help move the process forward. The last update indicated that we would have single side parking, alternating monthly.

The clubhouse is nearing completion. The pools are filled and furniture is in place. The gym equipment looks great!! Hopefully there will be some shade awnings installed as well. There have been many questions about the finishing touches of the project and we hope that many of those will be answered by the time you are reading this.

One ongoing issue for our community has been the entrance gates. Guests continue to “piggy-back” behind residents entering. This poses a safety concern and causes additional expenses for us when the gates need repair or replacement. They are designed to “break away” when hit by a vehicle, minimizing damage, but each incident still requires a vendor visit. Several solutions are being considered including one suggestion of the installation of an additional gate right after the call box that would prevent guests from attempting to enter behind a resident.

Remember to file for any modifications to your home or property thru the Lang portal: portal.langmgmt.com. This portal is also used to request repairs or report any HOA issues prior to attempting to contact the property manager.

Any builder/warranty issues should be addressed through our Lennar homeowner portal: lennar.com - click on owner resources and log in.

Until the new clubhouse is open Delray Trails residents are still invited to purchase a membership to use the existing Palm Greens amenities. Stop into the old clubhouse or contact Phyllis in the Recreation Office at (561) 498-5316 with questions. Once our new shared clubhouse opens, our HOA fee abatement will end and the recreation costs will be added to our monthly HOA payment.

(continued on page 19)

I'LL DRINK TO THAT!

by Terryl Jones



We all know we are supposed to drink more water, but did you know that the sense of thirst weakens with age? We trust that our brains will tell us to drink, but studies have found that when healthy older folks went without water, they didn't feel their thirst as much as younger folks. Older adults already have a lower percentage of water in their bodies due to medications and declines in kidney function and muscle mass. All this increases our risk of dehydration. In addition, we live in South Florida. The humidity limits the evaporation of sweat, increasing our need to drink water. I've been a caretaker for several seniors, and they ALL thought they drank enough water ... NONE of them did.

Your body gives you signals when it needs water. The first is thirst, which happens when you are about 2% dehydrated. But we now know we can't trust that. Sometimes our bodies lie: they tell us they want chocolate when they really want broccoli. Well, maybe you have dry mouth, or you have less urine, or dark colored urine. Are you constipated? Does your skin feel dry? Do you have cramps? Is your blood pressure particularly low? Are you retaining water in your feet or hands? Maybe you are just tired or have a headache. All these are signs of dehydration.

Drinking water is not the only option for staying hydrated; a percentage of our fluid intake can come from foods and beverages. You can cover 10-20% of your fluid needs by eating fruits and veggies with higher water content. Examples would include watermelon, spinach, cucumbers, and berries. Soup is another great option. Be careful with caffeinated beverages since caffeine is a diuretic.

Create healthy drinking habits. Keep water convenient. Those who know me know that I always have a water bottle with me, and I sip throughout the day. My bottle is next to the bed, so first thing in the morning, I get a sip. I never feel like I'm drinking a lot, yet I get about 70+ ounces by the end of the day. You may like to flavor your water: add fruit, mint, coconut water, or flavored ice. Some people will drink more water if they drink it through a straw. Find what works for you. Just get enough. Fifty percent of your body weight in ounces

(continued on page 19)

NOBODY ASKED ME BUT...

by Mel Clapman

...Life is short. Smile while you still have teeth
 ...Go to Heaven for the climate, Hell for the company
 ...Face your problems, don't Facebook them
 ...Relationships are like Algebra. Ever look at your
 X and wonder Y?"
 ...If Cinderella's shoe fit perfectly, how did it fall off?

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.

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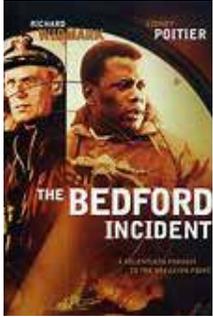
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MOVIE REVIEW

by Mel Clapman

Let's start the new season off with a relatively unsung movie, "THE BEDFORD INCIDENT". This is the story about a cat and mouse game going on between an iron-willed Navy Captain and an essentially unseen Soviet submarine. The movie features Richard Widmark, Sidney Poitier, Martin Balsam, Eric Portman and James MacArthur. Richard Widmark is outstanding as the ship's skipper who has his crew drilled, trained and poised for all-out war up to the breaking point. Sidney Poitier does



a superb job as the journalist aboard to do a story of a Navy deployment and gets more than what was expected. Martin Balsam and James MacArthur also put in super-professional performances with Balsam as a newly arrived unappreciated ship's doctor and MacArthur as an Ensign who is dogged endlessly by his commanding officer.

It is 1963, at the height of the Cold War. The United States Navy destroyer USS Bedford is steaming in the Denmark Strait between Greenland and Iceland. It is under the strict command of controversial Captain Eric Finlander, an imperious martinet and relentless taskmaster. A popular civilian photojournalist, Ben Munceford, (Portier) and the ship's new doctor, Lieutenant Commander Chester Potter, (Balsam) are dropped aboard by helicopter. Already there are Commodore Wolfgang Schrepke, (Portman), a top U-boat ace of World War II and current Bundesmarine NATO naval advisor, and Ensign Ralston, (MacArthur), an inexperienced young officer on edge from henpecking by Finlander for small errors. When the Bedford detects a Soviet submarine just off the coast of Greenland, Finlander mercilessly stalks his prey as it goes from international waters into Greenland's territorial waters, seeking safety under an ice shelf. Sonar contact is lost in a field of icebergs. Knowing the diesel-powered sub will have to surface within 24 hours to replenish its air and run its engines to recharge its batteries, he plays a waiting game. The crew never complains, but Potter is concerned that maintaining so high level of sustained vigilance is dangerous and suggests measures for easing it, all of which Finlander dismisses out of hand.

Munceford is ostensibly aboard to photograph life on a Navy destroyer, but his real interest is the outspoken

(continued on page 19)



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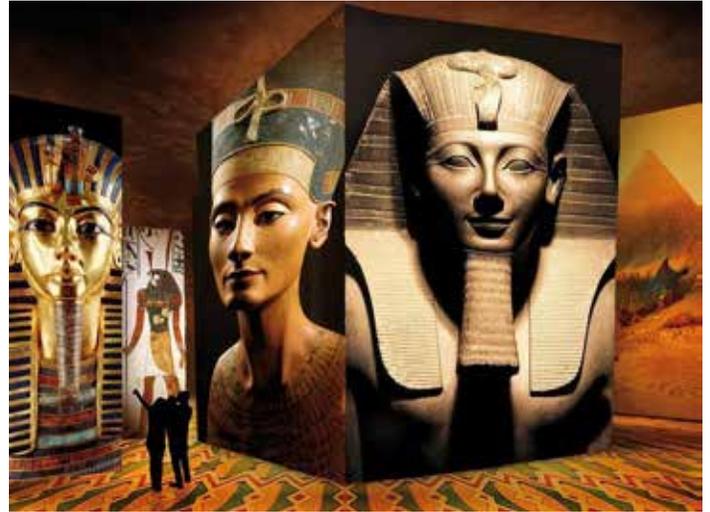
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November 2025

October '25							December '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
5	6	7	8	9	10	11	1	2	3	4	5	6	
12	13	14	15	16	17	18	7	8	9	10	11	12	13
19	20	21	22	23	24	25	14	15	16	17	18	19	20
26	27	28	29	30	31		21	22	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 Private Baby Shower 1PM
2	3 Water Aerobic 8:30AM	4 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM Singles Club 4PM	5 Water Aerobic 8:30AM Craft Class 1PM Canasta 1:30PM Rummikub 4PM	6 Water Aerobic 8:30AM Chair Exercise 10:30AM Laughter Yoga 4PM Condo 2 Meeting 6:30PM	7 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM	8 Water Aerobic 8:30AM
9 Men's Club 10AM	10 Water Aerobic 8:30AM	11 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM	12 Water Aerobic 8:30AM Craft Class 1PM Canasta 1:30PM	13 Water Aerobic 8:30AM Chair Exercise 10:30AM Laughter Yoga 4PM Condo 2 Meeting 6:30PM	14 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM 4 Seasons 11:30AM WC Meet N Greet 5PM	15 Water Aerobic 8:30AM Private Event 6PM
16	17 Water Aerobic 8:30AM	18 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM BUNCO 6:30PM	19 Water Aerobic 8:30AM Craft Class 1PM Canasta 1:30PM Rummikub 4PM	20 Water Aerobic 8:30AM Chair Exercise 10:30AM Laughter Yoga 4PM	21 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM	22 Water Aerobic 8:30AM
23	24 Water Aerobic 8:30AM	25 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM	26 Water Aerobic 8:30AM Craft Class 1PM Canasta 1:30PM Rummikub 4PM	27 Rec Office Closed 7:30AM Water Aerobic 8:30AM Chair Exercise 10:30AM Laughter Yoga 4PM	28 Rec Office Closed 7:30AM Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM	29 Water Aerobic 8:30AM
30	1	Notes:				

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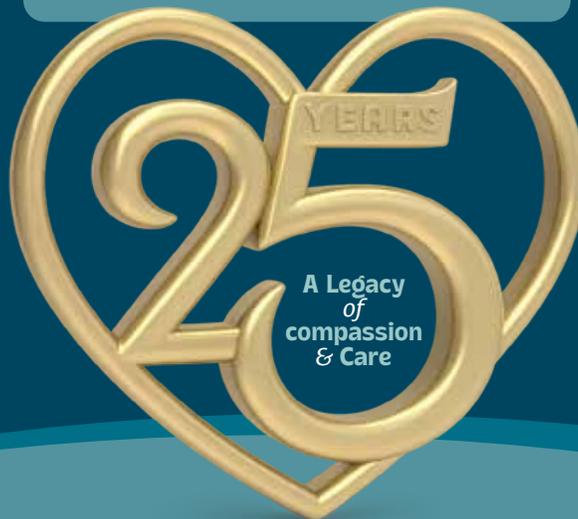
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ALLIANCE OF DELRAY.. (continued from page 3)

ago. Long history with our community. He was our County Comptroller and helped to build our finances from \$27 million when he started to over \$35 million in profits to date. Maria Sachs and Sarah Baxter (soon to be Mayor) give full support. When a road is built, Sarah Baxter is the “boss”. Joe follows through with details, example: Extension of Green Cay.

DOGE came to visit. Joe was our communicator and they were surprised at how well our County does and how much we save. We have a Triple A Bond Rating. Very important for loans, projects etc. Our reserves are strong and they saw that we do not waste money here in PBC.

The County Commissioner is also working on a Transportation Master Plan, includes traffic mobility, budgeting to build roads. The county is also getting involved with A.I (Artificial Intelligence) to coordinate traffic lights etc. AI can read the lights from here to Jupiter and adjust all lights accordingly! Knows schematics instantly. Beyond imagination. He spoke of Flavor Pict Road. It is a decade away, however, there will be a bridge built OVER the turnpike to connect us to Lyons Rd. etc. This will help with the traffic on Atlantic Ave and Boynton Beach Blvd. Again, 10 yrs. away! Also, Lyons Rd will become 4 lanes in the future. A lot to look forward to.

We are still in Hurricane Season so this is a last go round of Hurricane safety meeting suggestions.

A. Watch the Cone and where the eye is. Danger lies miles from the cone or center. One big example was Kings Point. They were hit with a tornado as part of the Hurricane on the west coast. Listen to the weather and when there is a tornado siren, take cover in an inside bathroom or closet, away from windows and doors! Being prepared relieves some of the stress so make a plan

B. Make a plan, make a kit, Prepare to contact family/friends out of area. The kit should be 1 gallon of water per person, for 5-7 days. Hygiene products, canned foods (look for BOGOs). Flashlight batteries, personal products (toilet paper), drugs, cash, as ATMs and Banks may not be available. Important documents/marriage certificates, etc., lists of meds, should all be in a waterproof bag.

To stay informed, we have a team to call...CERT (Community Emergency Response Team) They will help you to stay informed and the phone number is 561-712-6400. They are available 24-7. The website

is www.readypbc.com. Follow them for alerts. PBC has a “DART” app that flashes alerts direct to cellphones. Keep it on for updates in storm events. Very precise. These are important ways to stay ahead of a storm crisis.

The next meeting will be on Wednesday, November 5, 2025, 9:30AM. Our program speaker will be Valerie Neilson, Executive Director of Palm Beach County Transportation and Planning. Join us, learn and ask questions!

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!

FROM THE EDITOR.. (continued from page 4)

NUTRITION AWARENESS - (Three Nutrition Awareness Classes Proposed) -Contact the Rec. Office if interested 561-498-5316 - A class is scheduled once 10 participants have enrolled.

WOMEN’S WELLNESS UNLOCKED - Contact the Rec. Office if interested 561-498-5316 - A class is scheduled once 10 participants have enrolled.

VAST (Volunteers Against Scams Team) - Contact the Rec. Office if interested 561-498-5316 - A class is scheduled once 10 participants have enrolled.

Space limitations prevent us from listing more activities, but you can find them on the bulletin board in the clubhouse. The bottom line here is you have virtually limitless options to find an activity or event to keep you occupied. ENJOY!





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Jamesboardman16@gmail.com
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TENNIS COMMITTEE.. (continued from page 5)

committee program and are encouraged but not required to play in rotation.

Also note that residents and their guests that aren't part of our rotation program are welcome to use the courts when they're not in use by the rotation program or teams. There are open courts on a first come/first serve basis most afternoons as well as evenings. Please make sure your guests are wearing appropriate clay court sneakers. They must not have deep grooves and preferably have a herringbone pattern. This is for the players safety, as well as to prevent damage to our court surfaces. If you aren't sure what is appropriate stop down to the office and check with our pro Jim, myself, or any of the tennis committee members.

Please refrain from allowing your pets onto the tennis courts. The Har-Tru surface can be poisonous to your dog.

Don't forget to sign up for lessons with our pro, Jim. Lessons cost \$35/half hour or a block of 6 lessons for \$179. His reasonably priced lessons and skills clinics are just what we need to get a jump start on the tennis season. When not giving lessons, you'll see him on the courts during rotation play as well as team practice giving support and offering tips for improving your play.

See you on the courts!!

POINTS OF INTEREST.. (continued from page 6)

The Museum does its best to represent these points using artifacts and railroad displays. They have been in existence since 1994. They are extremely fortunate to be associated with the Deerfield Historical Society. They offer both history through their displays and explanations of the past and they offer model railroading in the form of two operating layouts.

They are active in other areas as well, including presenting swap meets of model railroad equipment and railroadians, and assisting in the sale of collections and estates. **1300 W Hillsboro Blvd, Deerfield Beach, FL 33442 (954) 698-6620**

We strongly recommend calling ahead of your trip to get the latest pricing and special event information.

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DELRAY TRAILS.. (continued from page 7)

Other news- Lang posted in September that our walking path has been evaluated for the much-needed repairs. We are awaiting updates on vendor selection and scheduling as of this writing.

Watch for postings from Jeanine Delgardio, our lifestyle director, regarding events. She can be reached at Delraytrailslifestyle@langmanagement.com.

Remember that Palm Greens clubs are welcoming us to participate in their activities. See the information regarding the clubs throughout this issue of the Pulse as well as on the Recreation Association website: www.palmgreens.org.

Wishing everyone a safe and Happy Thanksgiving!!

I'LL DRINK TO THAT!... (continued from page 7)

is a simple starting formula.

Our corneas are 80% water, the cartilage in our joints requires water to function properly, our immune system relies on water to flush body waste, toxins and fight disease. Drinking enough water can increase serotonin to improve our moods and melatonin to aid our sleep. Proper hydration can slow down bone loss and other age-related processes. A 25+ year study done by the NIH suggested a link between hydration and serum sodium. Those with higher serum sodium may be aging faster. Proper hydration can lower serum sodium and may slow down aging. More studies need to be done, but if drinking a glass of water can slow down aging, well then, I'll Drink To That!



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

**MOVIE REVIEW..** (continued from page 9)

Finlander, who stood out in the U.S. military for publicly insisting more force had been called for in the recent Cuban Missile Crisis. When Munceford asks Finlander if this is why, though he gets results and has a loyal crew, he was recently passed over for promotion to admiral, Finlander becomes hostile and accuses Munceford of misinterpreting the facts. When challenged how far he would go in waging his personal Cold War he responds that he would go "all the way" to save his country, though after calming down he insists "all the way" doesn't really mean "all the way", and that his current dogged and even aggressive pursuit is just a deterrent.

Munceford seeks permission to force the Soviet sub to surface and reveal itself in violation of international law. He is twice told to simply wait. During a round-the-clock general quarters, frustration gives way to fury, and obsession to mania.

Finally the Soviet submarine is spotted by the *Bedford's* lookouts when it pokes its snorkel above the surface, safe again in international waters. It had not been detected running its diesels by the single sonar man Finlander relies on, who became overcome by exhaustion-induced delusions. Schrepke reminds Finlander that his orders are just to escort the sub out of Greenland's waters, which he has already done, but Finlander sends a message ordering the sub to surface and identify itself. When the order is ignored, Finlander runs over its snorkel. Schrepke, who has the mindset of the fox and not the hunter, protests that Finlander has cornered the sub (that cannot effectively flee while surfaced, being slower than the destroyer and an easy target for its numerous weapons) and is forcing it to fight. Crazed, Finlander orders Ralston to arm the ASROC rocket-propelled anti-submarine torpedo system. He reassures the anxious Munceford and Schrepke that he will not fire first, but "if he fires one, I'll fire one" back. The fatigued Ralston just hears "fire one" and launches the rocket.

The ASROC warhead arches its way skyward then descends by parachute right upon the submarine, completely destroying it. Everyone is horrified. However, upon detecting the rocket ignition the sub had launched a spread of four nuclear torpedoes at the *Bedford*.

And that's all I'll tell you as the movie comes to a close.

I guarantee you that "The Bedford Incident" will keep you at the edge of your seat and discussing it with your friends. Enjoy!

Indoor Cycling's Rules of the Road

A few tips that will help set you up for a good cardio workout on a stationary bike.

As the days get shorter, a 7am jog or bike ride looks pretty dark and frigid. For many Americans, it's time to take the cardio indoors. Stationary bikes are a regular fixture in most gyms and offer a low impact, convenient way get a solid cardio workout, if you use them correctly.

But if you are new to stationary bikes, it can be hard to know how to get the most out of them. With just a few tips on body positioning and designing an effective workout, you can tailor indoor cycling to your preferences, time constraints and fitness level.

"The barrier for entry is virtually nonexistent," said Phillip Kesse, a spin instructor and vice president for athletics in El Segundo, California.

After that, you can keep challenging yourself by adding more resistance and experimenting with intervals. Here's how to get comfortable - and work hard - on a stationary bike.

Set Up Your Bike.

Before you start pedaling, make sure your stationary bike is set up correctly. The most important adjustment - to prevent injury and enhance performance - is seat height.

The best place to start is at a level where your knee is slightly bent- around 25 to 30 degrees - at the bottom of your pedal stroke, said Suzy McCulloch, a spin instructor from Columbia, Md. For most people, that means setting the saddle at about hip height when standing. If you get it wrong, your knees will either come up uncomfortably high or extend too far.

Next, consider how far your seat is from the handlebars. Proper positioning will help avoid straining your back. To find the right position, stand next to the bike with your elbow on the tip of the saddle, holding your forearm flat. Your fingertips should barely touch the handlebars, Mr. Kessel said. Once you're on the bike, keep your back straight and not arched. Rest your hands on the handlebars, and loosen your grip to help relax your upper body, Ms. McCulloch said. "You should be able to take your hands off the bike and keep riding."

Master the Basics.

Getting comfortable with the resistance knob - or lever, depending on the bike- is crucial for the

indoor cyclist Ms. McCulloch recommends spending a couple 20-minute sessions simply playing with the resistance settings, spinning your legs at varying speeds and practicing standing up out of the saddle.

Tailor the ride to your preferences, time limits and fitness level.

While still learning to bike, start with a lighter level of resistance, but make sure it doesn't feel effortless. You should feel challenged, but in control, Mr. Kessel said. "Your pedal stroke should always be smooth and deliberate to avoid stressing your joints."

You should also practice riding with your bottom out of the seat, which requires you to produce more power and works different muscles.

"When you stand up out of the saddle, you engage your glutes more than seated," Ms. Evans said.

If your body is bouncing up and down or swinging side to side, "that's a sign you've got the setting too light," said Rachel Evans, an exercise physiologist and spin instructor in Pike Creek, Delaware.

Most stationary bikes have a screen that displays your rotations per minute, or r.p.m., which measures your cadence. In general, an efficient, smooth pedal stroke on a flat section should stay around 80 rotations per minute, a bit lower than on an outdoor bike, to get the most benefit. If you want to simulate a hill, adjust the knob until your cadence drops to 50 or 60 r.p.m.

"Remember that what might feel easy at the beginning of the workout could feel hard at the end," Ms. McCulloch said.

Try to alternate between sitting and standing - one minute each, five times through, for example. Don't forget to turn up the resistance when you're out of the saddle, otherwise you'll find yourself bouncing, which can be hard on your joints.

Break Into a Sweat.

Once you feel comfortable, aim for at least a 30-minute workout. If you're not using a set course, begin with five minutes of easier spinning - at 80 to 90 r.p.m. - then start some interval work.

Start with five intervals with three-minute pushes at a slightly heavier resistance, followed by three-minutes easier spins, Ms. McCulloch said. This will combine aerobic conditioning with hill workouts to challenge your muscular endurance.

For a more serious hill workout, make the

(continued on page 21)

INDOOR CYCLING RULES.. (continued from page 20)

resistance harder - feeling like a seven or eight out of 10 difficulty - for four minutes, recover for four minutes at a lighter resistance, then repeat three more times. Progress your workout by adding 30 seconds or a minute to the harder sections or increasing the resistance.

Remember that cycling is primarily an aerobic activity. To build muscle, plan for separate, dedicated strength training sessions, instead of using the small hand-held weights that come with some bikes.

They aren't heavy enough to provide much benefit, Mr. Kessel said, and the bike is far from the ideal platform for lifting them.

Lastly, avoid long, high cadence sessions that don't really tax your cardio system. "If you're just sitting there for an hour cycling with no or very light resistance, you're not getting anything out of your time," Mr. Kessel said.

Breathe Better

WE TAKE BREATHING for granted, but many of us are doing it abnormally as we get older, creating health issues. It is best to breathe through your nose and engage your diaphragm, not your chest. "It is slow, steady and low," says Patrick McKeown, author of Mouth Breather. This helps calm the nervous system, improve oxygen exchange, filter the air and reduce the body's stress response. Here are simple steps to improve your breathing.

1. Breathe through your nose. During sleep and exercise, keep your mouth closed. Need help? Try a special "mouth tape" that surrounds your mouth (but doesn't block it) during sleep.

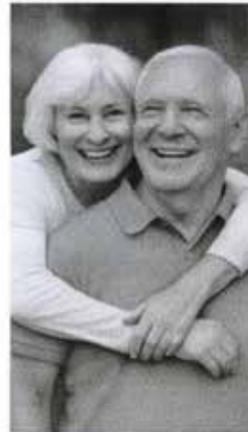


2. Breathe light. Take a light, silent breath in through your nose and exhale slowly.

3. Breathe slow. Reduce your respiratory rate to activate the relaxation response and bring balance to your body and mind.



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