

# PALM GREENS PULSE

JANUARY 2021

DELRAY BEACH, FLORIDA

**WISHING EVERYONE AT PALM GREENS  
THE MOST HAPPY AND HEALTHY NEW YEAR EVER!!**



**Palm Greens Pulse**

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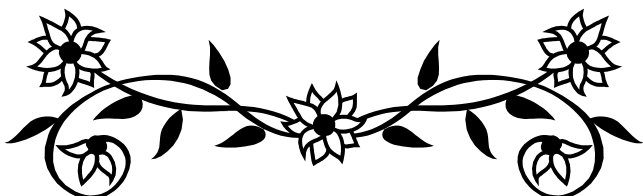
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The Unit Owners Association of Palm Greens (UOAPG) and its publication, The Palm Greens Pulse, are not responsible for the services, products and/or claims made by our advertisers.

We welcome articles of interest pertaining to Palm Greens as well as black and white photos. All submissions are subject to approval by the editor.

**Please address all correspondence to: The Palm Greens Pulse – 5801 Via Delray – Delray Beach FL 33484. We request all articles be sent to The Pulse via email – unitowners5801@gmail.com.**

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**AFTER PAGE 10**

Tennis Social

Service Animal

We Care

**CORRECTION**

Our thanks to Lynn and Rocco Romano for pointing out that our POI article for December should have said “the drive from Delray Beach to Apalachicola is about 7-1/2 hours”, not 2-1/2 hours.



## RECREATION BOARD

by Merle Neulight



Happy New Year! By the time you are reading this, the Christmas and Hanukah Holidays are behind us. We are celebrating a new year, 2021, with optimism and hope for a better year. As we all know, COVID-19 numbers are higher in the US than around the world and are climbing in Florida. We are all optimistic that a vaccine will be readily available during the year to combat this dreaded disease. Your Recreation Association members are in daily contact via email, phone and ZOOM and are aware of many of your concerns and feedback regarding the clubhouse, tennis, and pool.

We always consider the “numbers”, and this plays a major role in our decisions for all outdoor facilities and the clubhouse. Even though the clubhouse is not in use, it is an aging facility and necessary repairs need to be handled. Plus, we have taken precautions to ensure that the entire clubhouse and the condo offices’ surfaces are sanitized.

All who have been using the pool, tennis courts and shuffleboard courts also are aware that all residents have temperature checks, health questions, sanitizing lotion, and between sessions, all touch points are sanitized in hopes of maintaining as COVID-free a facility as possible. The diligent efforts among staff in maintaining the established COVID-19 protocols and support by everyone in abiding by them while using facilities seem to be working and the Recreation Association members are grateful that residents seemingly are remaining safe. We are all looking for better days ahead.

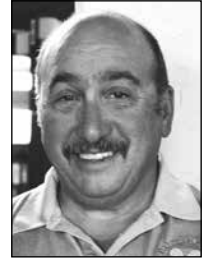
February is Heart month, and as in the past, I again have arranged our annual demonstration of CPR, AED, and Heimlich Maneuver from Charbel Khadij from Palm Beach County Fire Rescue Community Education to be held on Thursday, February 18th, 2021 at 2:00pm through WEBEX. WEBEX is like ZOOM and those who sign up will be invited to watch, and after, ask questions. This demonstration should last for about an hour. Unfortunately, because of COVID-19, this will not be able to be demonstrated in the clubhouse as was done previously, but this presentation will be the next best thing. As before, please contact me at 215-530-5888 or neulightm@yahoo.com to sign up.

Please remember...wear masks, wash hands for 20 seconds, and socially distance.



## TENNIS COMMITTEE

by Steffi Carmel  
and Mark Melnick,  
Co-Chairs



The Tennis

Committee would like to wish everyone Happy Holidays and a Happy and Healthy New Year!!

As of December 14th, our Rotation program began. There are 2 sessions scheduled each morning with 6 courts available for play during each time. The tennis committee is scheduling rotation matches for Monday, Tuesday, Thursday, and Friday. On Wednesdays, Saturdays, and Sundays there is open play by reservation only. Singles play is allowed on the non-rotation days.

There are 2 forms required to play tennis. The first is the Palm Greens Resident Acknowledgement, Use and Waiver Form for the Recreation Board. This is available outside the clubhouse. The second form is the Palm Greens Tennis Registration Form for selection of playing preferences. This form is available at the check-in table for tennis as well as in the tennis office. There is a \$20 registration fee payable to Palm Greens Tennis. Please note that even if you are not part of the Tennis Rotation Program, you will still need to register with the tennis committee in order to reserve a court. At this time there is no walk-on play allowed.

On Monday mornings a sign-up sheet will be available outside the Tennis Office for the Wed., Sat., and Sun. courts. You will need to reserve a court and make your own playing partners for those days. Currently there are no courts available for playing without a reservation. The Monday, Tuesday, Thursday, and Friday rotation court assignments will be posted in the morning.

Please note that due to concern for our safety and COVID-19, rules and times may be changing during the season. Current rules and notices will be posted on the bulletin board outside court #7 as well as on the bulletin board outside the tennis office. We will be sending informative emails throughout the season. If you haven't been receiving our emails and would like to be added to our list please send a request via email to [ttnscenter@gmail.com](mailto:ttnscenter@gmail.com).

As the inter-condo tennis league has been suspended for this season, we are hoping to have intra-condo competition as well as some fun events for our players.

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## ALLIANCE OF DELRAY RESIDENT ASSOCIATIONS

by Judy Goldberg



Wishing everyone a Happy, Healthy and safe 2021! Good riddance to 2020! It is amazing how we have adapted to this new and very isolating existence. The Pulse & website has been a great way to keep up to date and feel connected to our amazing community, while at home. Hopefully, vaccines will be ready early this year...in the meantime, mask up as it shows consideration to others as well as protecting ourselves. See you in Publix, Famous, Josephs, and all the other food-oriented stores...Hope that we have an upbeat 2021!

The theme of our December meeting of the Delray Alliance was:

### **POWER & WATER; 2 Essentials**

**FPL: Delivering America's Best Energy Value**

**PBCWUD: (Palm Beach County Water Utilities District) Our Safe Water**

Sophia Eccleston, Sr. External Affairs Manager started off the program with an interesting slide show of the many ways that Florida Power & Light serves our community. FPL stays hurricane vigilant as we have had occasional storms in December. While there are 3 energy companies in Florida, FPL is the largest and under their leadership, our electricity is the cleanest, most reliable and affordable in the state. Also, our bills are lower than in recent years. FPL is the largest supplier in Florida with over 5.1 million customers and covers 35 counties. Over 55% of lines are underground or hardened against storms. 96% of transmission poles are steel or concrete. The goal is to predict and prevent outages. Sustainability is a main focus and the company is community oriented. Not only is FPL innovative but they are the most cost-efficient energy provider in the US 4 out of 5 yrs. FPL believes in community and provides many services, such as assisting COVID-19 afflicted customers with financial help and supporting children, education and working with small businesses. Solar power is growing and their goal is a carbon free world!

Our next speaker was Shawn Reed for the PBC Water Utilities District. He assured everyone that there is NO threat to our drinking tap water. EPA & WHO approved that it is good quality and poses no threat from COVID-19. He also showed a chart to dissuade our fears over recent issues with the City of Delray Beach Water District. We are west of Military and therefore, under PBC Water District not City

## FROM THE MANAGING EDITOR

by Mel Clapman



So, here we are 2021. The UOAPG wishes all Palm Greeners and their families a Happy and Super-Healthy New Year. I feel that we are doing so well handling the Coronavirus because we adhered to the rules established by the Palm Greens Rec Board. They really had our best interests at heart. So, as we enter the New Year, let's keep playing by the rules and hope we all come out of this in good shape.

I would like to take this moment for some updates where you could be a big help. We are looking for two people to join the Unit Owners Association. A few months ago, we lost Ceil Fagan. What a special person she was. 90+ years old. On dialysis 3 times a week. Volunteered for two jobs...one of which was working our telephones here on Fridays. So, we need a replacement for Ceil. One day a week. 9 to 11am. We will train you.

Another opening is for an assistant advertising manager. Our Ad Manager, Rhoda Misikoff, could use someone who enjoys challenges, likes to work with a variety of retailers, medical people and a host of others. The job entails selling advertising space for The Pulse, our community newspaper. Last year, Rhoda sold \$10,000 worth of ad space!! That amount (a record here) allowed us to pay for the printing of our seven issues, plus color, plus a completely new layout. If you are looking to make a major contribution to our community, we invite you to give us call, set up a meeting and let Rhoda tell you what this job is all about. Being a full-time resident is a big plus. The phone number is 347-645-7671.

Now a word about traveling. So, we decided to spend Thanksgiving with our family, which required a trip to New York. We planned to stay in Pelham Manor, Westchester, and would be there from November 21 to the 28th. We fly JetBlue and purchased tickets for our dates. Here's where it gets interesting. If you are planning to fly to New York, we suggest getting in touch with your airline so you can speak to a live person. Yes...you will wait to get connected. Yes...you might have to hold for as long as 45 minutes. So, have all your information handy along with the questions you will definitely have. The reason I'm emphasizing a live call as against on line, text or tweet, is the airline person could have the most

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## CONDO 2

by Rob Thom

The Condo 2 Board members hope that everyone had a great and safe holiday season. We are sure that no one shed a tear to see 2020 pass. We wish you all a Happy New Year and all the best in 2021. And we look for better days ahead in light of the pandemic challenges.

The 2021 Board election will be on January 22, 2021. The election of three (3) strong individuals to our Condo 2 Board and two (2) Condo 2 representatives to the Recreation Board is important. Please review the candidate information sheets and vote for the candidates that you feel are most qualified to make fair and tough decisions on behalf of our community. Your vote is important. Ballots are due by noon, January 22nd.

We'd like to ask for some help from all residents. Our Association spent a significant amount of money the last few years on replacing drywall in units as a result of air conditioning drain lines clogging up and causing drywall damage in units. As a unit owner you can help by monthly pouring 3 or 4 ounces of bleach or vinegar down your A/C drain line. This will help keep the lines clear. Your support to do this would be greatly appreciated. In addition, First Service is establishing an annual schedule to have your unit A/C drain cleaned out by our maintenance team. This preventive maintenance schedule will replace the need for unit owners to request cleaning.

Another area that we'd like to ask for support is related to water. Our association costs for water continue to escalate. If you have a leaky faucet or you hear your toilet running, please repair it yourself or contact your service provider such as Pride to repair it. When leaks like this are not repaired, we all pay for it in increased monthly fees.

One last topic, where we need your support. Speeding on Palm Greens Way continues to be an issue. I have personally observed cars going so fast at the curve near Court E that the driver has had difficulty holding the vehicle in the lane and as a result they cross the yellow line or in the opposite direction go up on the grass. The posted speed is 20 MPH. Please Slow Down and the solid line means no passing.

Hopefully, everyone has noticed the long overdue Palm Greens Way sidewalk repairs that took place in December. Our new Property Manager insisted on

## CONDO 1

by Marge Kurinsky



I would like to wish everyone a very Happy and Healthy New Year and hope you had a great holiday season. I would also like to welcome back all the snowbirds that have recently returned. Please make sure to call the Condo 1 office (561-498-1330) so we know you are here and have your correct contact information.

Over the past six months or so we have had quite a few units sold and several year-round renters that have moved in, so I would like to take this opportunity to welcome all of you to our community.

As we go forward into the New Year, I know that we are all optimistic and looking for life to get back to normal. Hopefully, in the next few months, this transition will start to take place. In the meantime, Palm Greens has continued to be safe and we all appreciate everyone's efforts in following the guidelines.

As we mentioned in previous Pulse articles, the repairs and upgrades of our irrigation system are in the process of being worked on, but due to the COVID-19, some of the equipment is on back-order and hopefully this project will be completed during this month.

By the time you read this, you will have received the ballots for the upcoming elections on January 20th. This election is for the Condo 1 Board as well as Condo 1 representatives for the Recreation Board. There are two openings for the Recreation Board and we have three people running for those positions. Please don't forget to vote. Note that the election meeting will be virtual. Once again, if the office does not have your email on file, please get it to us ASAP. You will receive an email registration from us to participate in the meeting.

Just a little advanced notice that in the spring we are planning to resurface all the courts as well as all the private roads in Condo 1. If you leave a car here during the off-season, it is very important that you leave a key with your house sitter or the office. (These cars will have to be moved while the work is being done.)

There are 4 positions open for the Condo 1 Board and we have received all resumes. Two of the positions are current Board members who will continue to serve. Two new residents will be on the Board for a 2-year term. So no vote is necessary.

## WOMEN'S CLUB

by Edie Reich  
Adele Reinstein President



HEY YOU! YES, YOU if you are reading this article then you must be eating your favorite meal. I would love for you to send me your favorite recipe. Just email the recipe to me [ediemae.r@gmail.com](mailto:ediemae.r@gmail.com). Thank you.

The Holiday Drive was a big success; we collected over \$1,000.00. *On behalf of the Milagro Center, I'd like to sincerely thank all of you for your generous donations towards the children at the Center. You have all brought needed smiles to their faces and warm food to their table. This could not have been done without you and I am proud to be a part of this community. Wishing all a bright healthy happy New Year. Fondly, Marcia Davis.*

December 8th will go down as a very special day-the first 90-year-old woman was injected with a COVID virus vaccine. Hopefully, the vaccine will arrive in the United States soon. But the scientists say we won't be safe until next spring or summer.

Women's Club is very respectful of these findings, but we are looking into trips that can be done outdoors or virtual entertaining. Any suggestions, please let me know [ediemae.r@gmail.com](mailto:ediemae.r@gmail.com).

Lynn Romano is our corresponding secretary and is in charge of sending out cards to Board and Membership for the following: sympathy or get-well cards. If you know of anyone that we should send a card to let Women's Club know. Email me and I will send it on to Lynn.

### RECIPES

**Keep them coming. I have received delicious recipes but only from the Board, very few from membership:**

#### BEV'S CHICKEN

1 chicken cut into 8pcs. (with or without skin)

Small bottle Wishbone Italian Dressing

1 large cup Kellogg's Corn Flake Crumbs

2 ridged broiler pans or 2 racks placed on sheet pans

Place chicken in plastic bag and pour in enough dressing to cover all pieces. Marinate for 3 hours or overnight.

Pour cup of Corn Flake Crumbs into a plastic or paper bag. Put one piece of chicken into bag, shake and coat till covered and repeat with all the pieces.

Place on broiler pan or rack and bake in 350-degree oven for one hour or till crispy and juices run clear.

Your kitchen will smell delicious while this is baking. A favorite rice dish goes well with this. Enjoy!!

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## FOUR SEASONS

by Sherry Stein



From all of us on the Board of the Four Seasons Club, we would like to wish you a happy, peaceful and healthy New Year! We welcome 2021, with anticipation for a year filled with vaccines and reduced COVID cases, and a light at the end of this tunnel through which we've all been travelling. I do hope that the Holidays found you well and in the company of loved ones, either with those that share your 'bubble', or on ZOOM for those beloved family members who unfortunately must remain at a distance.

Sadly, our dear friend and our Four Season Board's Recording Secretary, Bobby Brath, has passed away recently from a non-COVID related illness. Bobby, a longtime member of the Board was known for her sassy comebacks and outgoing personality. In addition, she had a very big heart and was always there to lend a hand when needed. With Bobby's passing, Palm Greens has lost some of its glitz, glamour and sparkle. She will be dearly missed. We send our most sincere condolences to her family.

For some of us, it seems like every day is the same and we are trapped in the movie, "Groundhog Day". Upon arising we think that maybe this day we will be able to expand on or shake up the events of the previous day. By now, we have all cleaned the closets and drawers, rearranged the pantry, and alphabetized the spices. Junk mail and old files on the computer have been deleted and our phone contacts have been brought up to date with recent photos.

Some of us have been brave enough to throw caution to the wind and explore new apps like Twitter, Instagram, and Tik Tok. It's a revelation to see the world posting beautiful photos and entertaining us with song, dance, and creative elaborate routines.

Me, I have been out walking during this pandemic pondering "sidewalk etiquette". With social distancing it is no longer politically correct to pass a person coming towards you shoulder to shoulder. This indicates that one of the walkers should defer to the road or to higher ground.

But who? Do women take precedence over men? Do two people strolling together stay on their path while the single approaching person opts to move? What about

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## MEN'S CLUB

by Morty Teisch



Thank God we are finished with the Year 2020. Most of us would like to put it behind us. Now we can all look forward to entering the year 2021 with Hope and Aspiration. My wish for 2021 is that our clubhouse could open. We could once again use our Gym, and Palm Greens residents could be seen swimming and chatting with friends & neighbors at the swimming pool.

November 11, we missed our Veteran's Day celebration in the clubhouse.

We recall Eleanor Horowitz for always obtaining well-spoken and interesting Guest Speakers. She obtained Flag Bearers from the Palm Beach Sheriff's Dept., and Honor Color Guards. All her programming was wonderful. Our PG men from the Army, Navy, Marine Corps, Air Force and Coast Guard were always recognized and applauded for the wonderful job that they did. Their photographs in uniform were displayed in the lobby.

The Palm Green's Chorus led by myself, sang the "Star Spangled Banner" and charmed the audience. Afterwards we always had lunch & light refreshments set up by Christopher Sadej.

December, we missed our Christmas & Holiday Celebrations organized by Peter Nero.

The Music Room in the clubhouse was always full. The beautiful voices of the Palm Greens Choral once again displayed their singing abilities with Morty Teisch, as Director and Louise Hallan, Piano Player. Before that it was our one and only, Peter Wild, who we miss greatly.

Of course, afterwards the day could not be complete without delicious pastries from Chris whose expertise is in the Culinary Arts.

## ENTERTAINMENT COMMITTEE

by Walter Jacobson



It is January 2021, and the COVID-19 pandemic has killed over 260,000 fellow Americans and infected over 13 million of us. To help curb the spread of this deadly virus, please stay home as much as possible, wear a mask when going out and try to keep at least 6 feet away from others. Don't rely on 'herd immunity', which is mostly a function of 'herd mentality', and would kill too many of us before it would help.

As mentioned in the October, November & December 2020 articles we will have no **monthly shows this entire season** (Nov 2020 to Apr 2021) in the Palm Greens clubhouse (or anywhere else for that matter.) Some venues may open, but we will not. We can, however, find entertainment in many ways from home. We can make use of the various TV channels available to us with our HOA fees, which includes HBO. There are also other streaming services, which cost different amounts of money and bring various other movies and TV series that we might want to watch.

Free streaming services include Peacock from NBC, IMDB TV, Pluto TV (with 250 channels), Crackle and Tubi. These free services include both movies and TV shows. Some paid streaming services include Hulu, Google TV, YouTube TV, Apple TV, Disney +, etc. Most companies want to earn money on your interest in entertainment.

Here are some other ideas to consider. With the money we save on shows and movies we no longer attend, we can easily spend money on various streaming services.

One paid streaming service for movies, TV shows, etc. is Netflix; about \$9 monthly for Basic, \$13 monthly for Standard and \$16 monthly for Premium (These differences permit different numbers of viewers at the same time. One online suggestion is for 4 friends to split the Premium service, so each of the 4 can watch at the same time for \$4 a month.) Remember that Netflix does delete some shows to replace them with newer shows. Amazon Prime moves some shows from free to 'rent or buy'.

Another paid service is of course Amazon Prime, also \$9 monthly or \$119 annually. Here is a way to

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## BLUE SCREEN OF DEATH (BSOD)

by Murji Rabadia – AUM Computers  
Located in the Oriole Plaza, Delray Beach  
561-8805678

When you see a blue screen on your computer and it becomes unresponsive, this is by far the most notorious error. Here are some reasons why you are seeing this.

- You have a hardware that is failing
- Software is corrupted
- You have missing DLL files
- Overheated components
- Faulty drivers, power supply or memory

### WHAT CAN YOU DO?

1) If your device does not shut down by itself, hold the power button for at least 10 seconds to switch it off and press it again to switch it on. If you don't see the blue screen anymore, it could have been due to a temporary isolated error.

2) If this issue occurred after you connected a new device, make sure the new device is connected properly and its updated drivers are installed. Disconnect the new device if the issue doesn't resolve.

3) A malware can corrupt files by changing them in the system. Run a security scan to remove the infection.

4) Make sure your operating system is up to date.

5) If the issue is hardware related, like your RAM is dislodged from the motherboard, your hard drive is faulty due to age or worn out or due to overheated components, please consult your IT technician.

### NEWS UPDATE: XFINITY / COMCAST IS ENDING ITS FREE NORTON ANTIVIRUS BY 01/01/2021

If you currently have the free Norton antivirus by Xfinity / Comcast, please be sure to install another antivirus to keep your device secured. Please feel free to call us for recommendations.



## TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)

Here are quick solutions presented in key phrases to help you refocus your tennis energy.

**Breathe to relieve.** If nervousness prevents you from performing well, take a few deep breathes before points. Usually, players react two ways to nerves, either playing real fast, or being really slow and having that tired and lazy feeling. Deep breathing can help.

**Jump to pump.** If you feel tired or lifeless jump in place or bounce to get blood flowing, heart beat up, and to energize yourself.

**Big points- big spots.** Whenever you are returning serve in a big point situation, first pick a spot on the opposite side of the court for your target. Focus on seeing your return going there, not on the outcome of the point.

**Spin is in.** A good way to get your timing and confidence back is to put more topspin on your groundstrokes. Don't ignore the follow-through.

**Do two.** One way to gain momentum is to try to win two points in a row. After you win a point, don't let down, do two.

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## POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

Let's start the New Year off by going back to Fort Lauderdale. Most Greater Fort Lauderdale attractions, retail establishments, museums and restaurants are open with social distancing considerations in place and you will find plenty of wide open spaces to enjoy, including outdoor activities at the many parks and nature attractions, and of course, there are 23 miles of beautiful beaches in eight distinct beach communities.

Amidst the exotic Everglades and the Atlantic Ocean's endless waves are tons of things to do in Greater Fort Lauderdale. From Blue Wave Beaches to big city entertainment, Greater Fort Lauderdale has all the relaxation and recreation you've been looking for. From art walks to airboats, fill your trip with a vibrant selection of things to do. Try something new, or simply take in the view. Greater Fort Lauderdale has all you're looking for -- and more.

### Places to Go and Sights to See

Nothing says vacation like indulging in shopping and taking time for spas and wellness. Greater Fort Lauderdale offers an astonishing array of spas and wellness centers where you can allow yourself to be pampered and leave, ready to check out world-class shopping centers like Sawgrass Mills, The Galleria, and Las Olas Boulevard. When you're finished soaking up the shops and spas, it's time to visit the many attractions that make Broward County famous, including airboat tours of the Everglades, dive adventures right off the shore, and helicopter rides along the most beautiful beaches the eastern seaboard has to offer. Cruise the Intracoastal Waterway in style with Greater Fort Lauderdale's tours and sightseeing cruises that provide a fun day on the water in the Venice of America.

### Outdoor Entertainment for All

By land, sea, or air, there are infinite ways to appreciate what Greater Fort Lauderdale has to offer, including chances to appreciate parks and nature. You can get up close and personal with giant alligators and Florida panthers, or meet slightly more friendly fauna by visiting nature centers such as Butterfly World and Flamingo Gardens. Many of Greater Fort Lauderdale's best outdoor adventures are also pet-friendly and ready to welcome your four-legged friends. For kid-friendly outings in Greater Fort Lauderdale there are lots of fun choices. Stay tuned for news on the reopening of the Museum of Discovery & Science with exhibits and

## THE HEALTH ROOM

by Mel Clapman

Are there any seniors in the house?? If you answered "yes", we have a few (14) exercises that will help keep you fit and a bit more energetic than you might be right now. Ready?

**Exercise 1: Single Limb Stance** - It's best to start off with a simple balance exercise for seniors. Here's how you do this one: stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet. The goal should be to stand on one foot without holding onto the chair and hold that pose for up to a minute.

**Exercise 2: Walking Heel to Toe** - You might read this and wonder, "How is walking an exercise to improve balance?" This exercise makes your legs stronger, which enables you to walk without falling. Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Move your left foot in front of your right, putting your weight on your heel. Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for 20 steps.

**Exercise 3: Rock the Boat** - Stand with your feet apart, so that the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (but no more than 30 seconds).

Slowly put your foot back onto the ground, then transfer your weight to that foot. Slowly lift your opposite leg. Start by doing this exercise for balance five times per side, then work your way up to more repetitions.

**Exercise 4: Clock Reach** - You'll need a chair for this exercise. Imagine that you are standing in the center of a clock. The number 12 is directly in front of you and the number 6 is directly behind you. Hold the chair with your left hand. Lift your right leg and extend your right arm so it's pointing to the number 12. Next, point your arm towards the number three, and finally, point it behind you at the number 6. Bring your arm back to the number three, and then to the number 12. Look straight ahead the whole time. Repeat this exercise twice per side.

**Exercise 5: Back Leg Raises** - This strength training exercise for seniors makes your bottom and your lower

## NOBODY ASKED ME BUT...

by Mel Clapman

...When it comes to chocolate, resistance is futile.  
 ...Make peace with your past so it won't screw up the present.  
 ...When going after what you love in life, don't take no for an answer.  
 ...Burn the candles, use the nice sheets, and wear the fancy lingerie. Don't save it for a special occasion. Today is special.  
 ...The most important sex organ is the brain.  
 ...No one is in charge of your happiness but you.  
 ...Don't take yourself so seriously. No one else does.  
 ...Believe in miracles.  
 ...Don't audit life. Show up and make the most of it now.  
 ...All that truly matters in the end is that you loved.  
 ...Get outside every day. Miracles are waiting everywhere.  
 ...If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.  
 ...The best is yet to come...  
 ...No matter how you feel, get up, dress up and show up.  
 ...Life isn't tied with a bow, but it's still a gift."

## TENNIS SOCIAL CLUB

by Sharon Dorfman

We wish to extend our very best wishes to everyone for a healthy and happy new year.



While this is being written in the midst of the COVID Pandemic, we want to make you aware of what we have planned, should we finally see the end to this horrendous virus.

We will welcome the New Year with our popular Sports Night. This event will take place at the Westchester Country Club on January 19. Please dress in attire expressing your favorite sports team

March 15th is the date for our annual dinner dance at Benvenuto which is a very special event you will not want to miss!

**Again, please note that the above-mentioned events will only take place if we have an "all clear" to start our activities again.**

And remember the Tennis Social Club is not just for tennis players. Anyone who loves to eat, drink, and be merry is invited to join.

For further information contact BeBe Herman at 495-5937.

## HE SAID – SHE SAID

by Joan Engleman

Anne-Marie (Ammirati) Markowitz - Michael Markowitz

Married April 15, 1984 – one son and one daughter

**She said (SS)** - I was born in Brooklyn, N.Y. July 11, 1957. When I was 5 years old my family moved to Howard Beach (Queens). I attended John Adams High School. Then Queensboro Community College, then Katherine Gibbs Business School.

**He said (HS)** - I was born on March 26, 1957 in Brooklyn. I also attended John Adams High School. We never knew each other in school. At SUNY New Paltz, I took a double major in speech communications and psychology.

**SS** – In sophomore year, I sat next to a guy I didn't know. Never knowing that one day he would be best man at my wedding.

**HS** - I've worked in TV advertising for the last 40 years.

**SS** - I worked on Wall Street for 13 years. In the summer of 1981, a group of about 8 friends rented a house in the Hamptons for the season.

**HS** - About 5 or 6 of my friends also rented a house.

**SS** - We all went to a dance/club. I saw Michael talking to some people, and I was attracted to him, so I went over and asked him to dance.

**HS** - YES! Because she was a very attractive young lady.

**SS** - I gave him my phone number. There definitely was a connection.

**HS** - We went out shortly after that.

**SS** - We dated for 3 years.

**HS** - Religion was not a problem. Anne-Marie, Italian, me, Jewish. Our parents got along very well. I had a job in Chicago, but I missed her very much.

**SS** - We went for a car ride in our neighborhood. On one side of the road there was a church, on the other side there was a synagogue.

**HS** - Now that we are on neutral territory. Will you marry me?

**SS** – YES!

**HS** - The wedding took place in East Meadow, Long Island at Salisbury on the Green in Eisenhower Park.

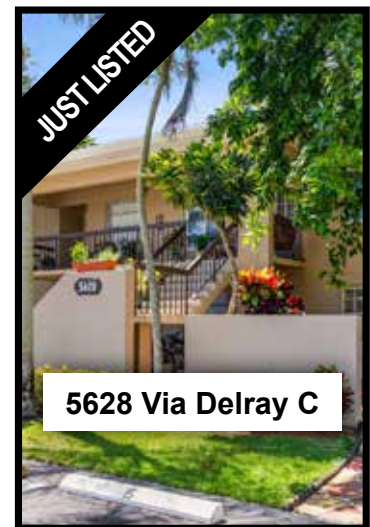
**SS** - We had a Rabbi and a Priest perform the ceremony. We had a Chupa. My parents loved that they

(continued on page 25)



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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 resident 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 volunteer 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.

In case any residents are in need of our servicers, please call 495-0878 which is monitored by one of our volunteers who gives the information to another volunteer.

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

## FROM THE MANAGING EDITOR... (continued from page 4)

up-to-date information available. For example, we were made aware that you needed to fill out a form 24 hours before flying into NY, print out the approval and have it ready to present when you arrive. We did it. And when we arrived in NY we were passed through without any checks. But we were prepared just in case.

Last story. On the second day of our visit, we were made aware that one of us might be infected. So, we were taken to a drive-through testing site on the old Glen Island Casino grounds. (Do you older New Yorkers remember Glen Island Casino?) Literally hundreds of cars being moved along by volunteers in 40+ degree weather and a 45-minute wait. On our 3rd day we found out it was a "false alarm." But it was interesting to observe how an operation of this magnitude was handled so efficiently. A happy ending to a stressful story.

Finally, a "hat's off" to all of our board members for doing a good job keeping our community on a safe path. Ultimately, this situation will get better and we will get back to a normal life style. But until then, please follow the protocols as they apply to our tennis and shuffleboard courts and swimming pools. We are all in this together and at the end we will all get out of it...together.

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# THE

Everyone calls it “The Boys”, but it’s really “The Boys Farmers Market” **First tip:** Don’t be shocked by the parking lot...you will be taken care of before you leave your car by the staff people assigned to make sure you get into the store safe and sound.

Once in, you’ll encounter what seems like endless aisles with infinite products, all looking for your attention. As you meander about, you will see a variety of departments, offering seafood, meats, wines and prepared foods.

The driving force of The Boys is summed up in their slogan, “We love our customers” And this motto is reinforced every day by the employees and management of the store. “Big Mike” Palermo (middle photo), one of the owners, says it’s a “key component of who we are”.

It all started out when Joseph Palermo got into produce products with a pushcart in New York’s Hell’s Kitchen. He continued the business for four decades with his son and six grandchildren. When Grandpa Joe decided that he had enough of NY winters, he moved his family – and the business – to Deerfield Beach.

Because Momma Palermo called her grandsons “The Boys”, after setting up a tomato stand in Kings Point, where customers came to buy products and see “the boys”, they decided to call the business....well, you know. Ultimately, they relocated to their current location and transformed their business into an enclosed, full-service grocery store.

As you wander around the store, check out the domestic and international cheese selection, and keep an eye out for regional specialty packaged foods. Fresh-squeezed orange and grapefruit juices are also available. If you need a time-out from cooking (and today, who doesn’t?), there is a variety of prepared meals ready and waiting for you. Don’t forget a nice bottle of wine...maybe “a fine Chianti”.

**The Boys - 4378 S Military Trail (561) 496-0810**





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**Each wool ball car diffuser is \$15, which includes free shipping within the Continental U.S. To order, send an e-mail to [sheri@sherisilver.com](mailto:sheri@sherisilver.com).**



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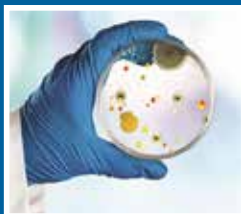
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**WOMEN'S CLUB...** (continued from page 6)**CORN SALAD**

5 ears corn, shucked

½ C small-dice red onion (1 sm. Onion)

3T cider vinegar

3 T EVOO

½ tsp kosher salt

½ tsp. fresh ground pepper

Add cherry tomatoes, cuke chunks, or whatever

Boil corn ears in salted water for 3 mins or microwave

Individually for a minute or two. Put in cold water bath to preserve the color.

Cut kernels off cob.

Toss kernels in large bowl with the other ingredients already mixed

Let flavors blend...can serve cold, warm, room temp, a few basil strips on top for garnish if desired. By Sharon Fradkin.

**SERVICE ANIMALS**

Since our Pet population is growing, it is helpful to understand the difference between SERVICE ANIMALS vs SUPPORT/COMFORT ANIMALS.

Under the American Disabilities Act (ADA) and Florida Law, if your dog is a Service Animal (AN ANIMAL THAT HAS BEEN TRAINED TO PROVIDE CERTAIN TASKS FOR SOMEONE WITH A Mental, Physical, Sensory, Psychiatric and Intellectual Disability, such as assisting people who are blind, deaf, pulling a wheelchair or alerting to an impending seizure among other duties – then a CONDO MUST ALLOW THE DOG TO REMAIN WITH YOU. A SERVICE ANIMAL MUST HAVE RECEIVED SPECIALIZED TRAINING TO RESPOND TO YOUR PARTICULAR DISABILITY. SERVICE ANIMALS are allowed in places open to the Public, according to the AMERICANS WITH DISABILITIES ACT. THEY MUST HAVE A HARNESS OR LEASH.

SUPPORT/COMFORT ANIMALS are prescribed by Mental Health Professionals to provide therapeutic support and security for people with PSYCHOLOGICAL LIMITATIONS. Therapy animals offer affection and comfort, typically in facilities such as HOSPITALS & RETIREMENT HOMES.

**\*\*People with Emotional-Support animals *don't* have the same public-access rights as those with Service Dogs.**

**\*\*THESE RULES VARY FROM STATE TO STATE.**

This information has been approved by Dr. Steve, DVM

(All About Town Pet House Calls- Lantana)

**CONDO 2...** (continued from page 5)

addressing the situation, as damaged sidewalks present a safety issue. This work gets rid of the orange cones marking bad spots several of which had been there for at least 4 years. Then following the repairs, the sidewalks are to be power washed, removing film that can be slippery when wet and is more aesthetically pleasing.

I want to close by saying as my first year on the Board ticks by, it has been challenging with the pandemic, our finances and other association issues. I am very proud of this Board and how we worked together to face the challenges head on. My hope is we can keep the positive momentum going and get our community into shape in every aspect.

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Dr. Melissa Bowers

**TENNIS COMMITTEE...** *(continued from page 3)*

Please stop into the Tennis Office to schedule your lessons with Jim Boardman, our tennis pro. In addition to one-on-one lessons, he also offers other types of valuable lessons such as “3@the Pro doubles strategy”, “Doubles Strategy 4 in a group”, a hitting lesson with the pro, as well as Beginning Tennis 101 with a minimum of 3 people. He can also restring your rackets when necessary. Times and dates for Jim’s free tennis clinics will be posted on our bulletin boards. If you are new to the Palm Greens community and would like to play tennis, stop down and speak to Jim, one of the Tennis Committee members, or send us an email. Palm Greens offers some of the best courts and tennis programs in our area.

The Tennis Committee appreciates your cooperation and understanding during these trying times. Our goal is to play tennis, have fun, and to be safe.

With that in mind please remember these basic rules for safely playing tennis which are published by the CDC, USTA, and PGTC:

- 1) wash your hands with soap and water before leaving home
- 2) maintain 6 ft. social distancing at all times
- 3) wear a mask correctly when not on the court
- 4) Use provided hand sanitizer when entering the court area and again when exiting
- 5) leave the courts and tennis area as soon as you finish play
- 6) clean and wipe down your rackets and equipment, including water bottles before storing them at home

This month we feature some tennis limericks written by Sleeper, a Palm Greens Poet:

**Many Happy Returns**

“Ball on court!” somebody calls,  
Or hollers, “Is this Penn One y’all’s?”  
Don’t toss it back; whack it!  
Yes, just use your racquet  
And keep your hands off my balls.

**Play Date**

There are some new rules to obey  
And limited court time each day  
Please don’t raise your voice  
If it’s not your first choice  
Just rejoice that we all get to play

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

of Delray. You can go onto PBCWater.com website and in lower left you will see the water quality report number for the year. Right now it will show 2019. By May, new numbers are compiled for next year. No violations for our district last year or this year. Our water district is working hard to keep our water pure and safe for all of us!

Capt. Rob Sandt of the PBC Sheriff’s Office says, crime is down in double digits, however, with the holiday season, stay vigilant while out shopping, try to shop in pairs and be alert...if you are feeling threatened go back to the store, and ask an employee to go with you to your car. Our PBC Sheriff’s Office is ramping up with extra police patrols and you may hear more helicopters overhead as Christmas approaches. Also, the police are continuing a crackdown on unlicensed Commercial Trucks. Vehicle burglaries are high and the Sun Pass shows that they are stealing them and going back to Broward County. Please, **LOCK YOUR CARS** and do not leave anything of value in the car! Be alert!

Fire Chief Tony Tozzi gave 10 safety tips for the holidays. They are

- 1) Inspect all electrical decorations.
- 2) Do not overload outlets.
- 3) No daisy chains...plug in separately, not one strip attached to another one
- 4) Water all trees daily. Biggest cause of fires, dried trees.
- 5) Try to use battery operated candles if possible.
- 6) Keep candles away from combustibles.
- 7) Watch your electrical cords for kinking or wear.
- 8) All decorations should be UL certified.
- 9) Stay in the kitchen while cooking. If you have an oven fire, Keep The Door Closed and power off to stove. Call the Fire Dept.
- 10) Turn off all decorations before retiring for the night.

State Senator Lori Berman is getting bills ready to be considered by Senate. She also urged people to wear masks and stay safe as 10% of Palm Beach County has COVID-19. State Senator, Tina Polsky thanked the Alliance for their support, PBC Commissioner Vice Mayor Robert Weinroth greeted us and urged everyone to follow the rules for keeping COVID-19 free; Get tested, wear a mask, and get your Flu shot. Commissioner Mack Bernard greeted us and also urged compliance with the precautions. Commissioner Maria Sachs wished everyone a good, healthy and safe holiday.

If anyone needs or knows of someone who needs

*(continued on page 21)*



**ALLIANCE OF DELRAY...** (continued from page 20)

assistance with food or rent, check out PBC.org for help.

The next meeting of the Delray Alliance will be on Wednesday, January 6, 2021. Alliance attorney, Jonathan Gerstin will present information on opening of clubhouses and Associations handling issues in the unprecedented time of COVID-19.

We ZOOM our meetings for now but when COVID is tamed, our Meetings will take place at the South County Civic Center Civic Center, 16700 Jog Road, Delray Beach, across from Morikami. Doors open at 9AM when refreshments are served. The meeting begins at 9:30 and always concludes by 11:30. All are welcome.

**FOUR SEASONS...** (continued from page 6)

the dog walkers? Do the owners and their dog remain on the sidewalk while the approaching walkers move into the street or visa versa? Like the Riddle of the Sphinx, these queries will forever remain unanswered.

Let's continue to be safe – keeping our distance, wearing masks, and washing our hands, and hoping that the new year of 2021 brings health and a well-deserved return to normal for us all.

**POI...** (continued from page 9)

activities that kids of all ages will enjoy. Adventurous families seeking a break from indoor remote learning will love to explore our Top 8 Greater Fort Lauderdale Experiences for Remote Working Families.

**Learn, Play, Game**

Greater Fort Lauderdale's other museums, arts, and entertainment spots are must-visit venues as well, from films at Savor Cinema and fine arts at the Coral Springs Museum of Art, to live music, dance, and theater at venues like the BB&T Center, Hard Rock Live, and the Broward Center for the Performing Arts.

The energy of South Florida is evident at Greater Fort Lauderdale's sports and recreation offerings as well, providing visitors with the chance to watch NFL and Division I football at the Hard Rock Stadium, play top-notch golf courses, or fish the same waters pro anglers ply. And long after the sun goes down, the party keeps right on going. From blackjack and poker to thoroughbred racetracks and jai-alai courts, Broward County offers high-stakes, high-energy casinos.

**Culture and Recreation**

As the country's most diverse and welcoming region, multicultural travel and LGBT+ travel are two areas where Greater Fort Lauderdale particularly excels. Its culture and abundance of attractions ensure that there's something for everyone. The only trouble will be narrowing down your choices and deciding what to save for your next visit.

If you're overwhelmed by the options, check out Greater Fort Lauderdale's Top 10 Things to Do and the list of Free Things to Do. For opportunities unavailable anywhere else, be sure to see the list of Unique Things to Do in Broward County and ensure that you return home with an experience you couldn't have had anywhere else.

**Dining, Delivery, Takeout, and Curbside Service You Can Get Now**

Restaurants and bars throughout Greater Fort Lauderdale (Broward County and its 31 cities) are open for on-premise dining and drinks until midnight, with strict cleaning and service protocols in place.

And many restaurants are still offering delivery and takeout orders as well.

Please consider purchasing gift cards for future visits to the restaurants, bars, breweries and other food businesses you enjoyed visiting. It's a great way to help them and their workers at this time.

Because things are in such a state of flux – hours, menus and services may change, so please call ahead of time for details.

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**THE HEALTH ROOM...** *(continued from page 9)*

back stronger. Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat these ten to 15 times per leg.

**Exercise 6: Single Limb Stance with Arm** - This balance exercise for seniors improves your physical coordination. Stand with your feet together and arms at your side next to a chair. Lift your left hand over your head. Then, slowly raise your left foot off the floor. Hold that position for ten seconds. Repeat the same action on the right side.

**Exercise 7: Side Leg Raise** - You'll need a chair for this exercise to improve balance.

Stand behind the chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower your right leg slowly. Repeat this exercise ten to 15 times per leg.

**Exercise 8: Balancing Wand** - This balance exercise for seniors can be performed while seated. You'll need a cane or some kind of stick. A broomstick works well for this – just remove the broom's head before you start. Hold the bottom of the stick so that it's flat on the palm of your hand. The goal of this exercise is to keep the stick upright for as long as possible. Change hands so that you work on your balance skills on both sides of your body.

**Exercise 9: Wall Pushups** - As long as you've got a wall, you can do this strength training exercise for seniors. Stand an arm's length in front of a wall that doesn't have any paintings, decorations, windows or doors. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight. Do twenty of these.

**Exercise 10: Marching in Place** - Marching is a great balance exercise for seniors. If you need to hold onto something, do this exercise in front of a counter. Standing straight, lift your right knee as high as you can. Lower it, and then lift the left leg. Lift and lower your legs 20 times.

**Exercise 11: Toe Lifts** - This strength training exercise for seniors also improves balance. You'll need a chair or a counter. Stand straight and put your arms in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Lift and lower yourself 20 times.

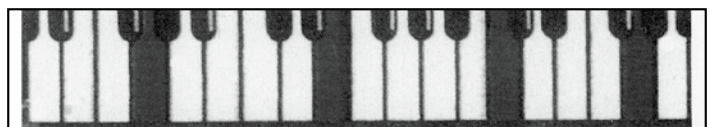
**Exercise 12: Shoulder Rolls** - This is a simple exercise for seniors, and you can do it seated or standing. Rotate your shoulders gently up to the ceiling, then back and down. Next, do the same thing, but roll them forwards and then down.

**Exercise 13: Hand and Finger Exercises** - The following are exercises to improve flexibility. You don't need to stand for these. In the first exercise, pretend there's a wall in front of you. Your fingers will climb the wall until they're above your head. While holding your arms above your head, wiggle your fingers for ten seconds. Then, walk them back down.

During the second exercise, touch your hands while they're behind your back. Reach for your left hand while your right hand is behind your back. Hold that position for ten seconds, then try with your other arm.

**Exercise 14: Calf Stretches** - These strength training exercises for seniors can be performed sitting or standing. To do calf stretches while standing, find a wall with nothing on it. Stand facing the wall with your hands at eye level. Place your left leg behind your right leg. Keep your left heel on the floor and bend your right knee. Hold the stretch for 15 to 30 seconds. Repeat two to four times per leg. If you want to stretch your calves while sitting, you'll need a towel. Sit on the floor with your legs straight. Put the towel around the soles of your right foot and hold both ends. Pull the towel towards you while keeping your knee straight and hold it for 15 to 30 seconds. Repeat the exercise two to four times per leg.

**PLEASE** remember that before embarking on an exercise regimen, consult your doctor. Falls don't have to be a fact of life – exercising can make you stronger and more fit. You don't need fancy equipment, either – just pull up a chair!



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**ENTERTAINMENT COMMITTEE...** *(continued from page 7)*

save money even on these 2. If you have children or grandchildren on either or both of these services, they may be able to add you for free. There are limitations: 1 additional adult for Amazon Prime, supposedly in the same household. Netflix permits others on the Standard or Premium plans and they don't have to be in the same household.

Evaluate the pros and cons and read reviews before taking the plunge to spend money. Of course, if one of your children or grandchildren offers to include you, that is a bonus. If you do include someone from outside your household, it's highly unlikely you'll face any repercussions if you do so, and you're hardly alone: A 2014 article by Consumer Reports found that 46% of streaming users shared an account with someone outside their household.

Another way to save money is by eliminating your regular phone service, also known as a landline. Our kids and grandkids only use cell phones and they have been encouraging us to do the same. When I canceled our phone service, we started saving over \$40 a month, nearly \$500 a year. And we get less robocalls.

Another interesting development in the theater is that current plays are being made into movies for streaming now, usually for a fee. This process was not practiced when tickets to currently running plays could still be sold, as it would cut into that profit. Now it makes good sense to do this and it also widens the possible audience from the theater location to pretty much anyplace in the world. Some plays being filmed now include *The Prom*, *Ma Rainey's Black Bottom*, *Wild Mountain Thyme*, *West Side Story*, *In the Heights*, *Diana the Musical*, *13*, *Dear Evan Hansen* and *Wicked*. Already released among others have been *Hamilton* and *Newsies*.

Another way to get entertainment is to attend virtual or online functions. Back in November 2020, from 11/15/20 to 11/23/20 there was the famous Miami Book Fair. Over the past 15 years my wife and I had attended this Book Fair, held in downtown Miami. This year it was held, but held only online (for the first time in 35 years). Streaming their talks each day, mostly for free were the following (among the 300 authors) Dean Koontz, Natalie Portman, Kevin Kwan, Bill Nye, Natan Sharansky, Ann Patchett, Colin Jost, Joyce Carol Oates, Sunny Hostin, PJ O'Rourke, Dave Barry, Soledad O'Brien, Erin Brokovich, Michael Imperioli, Colin Quinn, Lenny Kravitz and Margaret Atwood.

You may be aware of other festivals, fairs, locations

(e.g. Tanglewood in Massachusetts, Chautauqua in NYS, etc.) They also may be online only, which makes it easy for you to 'attend'.

On Netflix now or in the next few months you will find: *The Life Ahead* (with Sophia Loren), *Hillbilly Elegy*, *the Prom*, *the White Tiger*, *Pieces of a Woman*, *Midnight Sky* and *Ma Rainey's Black Bottom* (with Chadwick Boseman in his last film made shortly before he died.) The most expensive video streaming service now is said to be college.

So, find something interesting to watch and enjoy. Stay at home where possible. We isolate now so that when we gather again no one is missing. Seen online: my high school bully still takes my lunch money. He makes great Subway sandwiches.

And wear a mask when you go out. Let's everyone do our part to stop spreading this deadly pandemic, it is a critical health matter. Actually, as tired as we may be from this coronavirus lockdown, if we take the necessary steps together, we may 'flatten the curve' and reduce the number of fellow Americans who die.

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**HE SAID SHE SAID...** *(continued from page 10)*

both walked me down the aisle.

**HS** - All of the men on both sides of the families wore yarmulkes.

**SS** - When my parents walked me down the aisle, my father said "Do I have to wear a yamakah"?

**HS** - We honeymooned in Hawaii for 10 days. It probably cost about \$3,000.

**SS** - First we lived in Chicago for 10 months. Because I got homesick, we moved back to New York.

**SS** - We lived in my parents finished basement for 9 months.

**HS** - We then bought a condo in Hewlett, N.Y. (Long Island) 5 Towns.

**SS** - In 1987 we bought a house in N. Woodmere, New York. It had 3 bedrooms. We had our children there. We lived there for 8 years. We moved to St. Louis for 3 years, and then moved to Connecticut.

**HS** - In 1997 we bought a house in Simsbury Ct. Each house kept getting bigger. My parents lived in Palm Greens for 21 years. My Dad passed away first, and then my Mom, 4 years ago. She left me the property.

**SS** - Michael wanted to live in Florida for the last 30 years.

**HS** - We gutted the whole place. I love living in

Palm Greens. I love the people. It's quiet enough and yet busy enough. We're at the lower age range. We love our neighbors.

**SS** - The people in the community are wonderful. I wouldn't want to live anywhere else.



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