

PALM GREENS PULSE

APRIL 2022

DELRAY BEACH, FLORIDA



HELLO
APRIL

Palm Greens Pulse

561-495-0878



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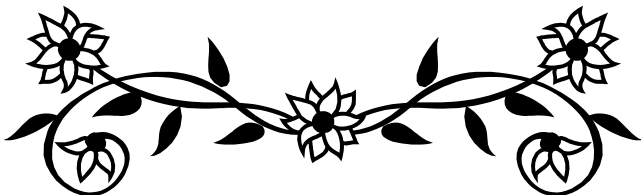
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We welcome articles of interest pertaining to Palm Greens as well as black and white photos. All submissions are subject to approval by the editor.

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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Café Corner

We Care



CONDO 1

by Paul Milowe



Your Condo 1 Board hopes all residents have a safe and healthy season! The pandemic caused a lot of stress for us all. There's room for optimism now, as the number of cases are dropping in the US and Florida. It is still very important to social distance, wear a mask, and wash your hands often.

For all new residents, here's a reminder that maintenance of our beautiful property is on a regular schedule. Lawn mowing, shrub trimming, painting, replacement of roofs, etc. all happen according to this schedule. Of course, it may be delayed from time to time due to rain; please be patient. Contact the Condo Office if you have questions about this schedule; please pass them on to Property Manager Doug Husen. He works hard to maintain our community and is also now in the process of installing new plantings for your enjoyment.

Work on land development of our golf course by Lennar Homes is on schedule to start soon. Immediately after that, work on the new clubhouse should commence.

A new, revised book of Palm Greens Condo 1 Rules and Regulations has been delivered. You may pick one up from the office in person, and you'll be asked to sign for it. All unit owners should make every effort to obtain a copy. If you are not in residence, please have your renter or house sitter pick one up and sign for you. If you do not get a copy, please contact the Condo1 Office.

Beginning Monday, March 14, a Condo 1 Board Director will be available in the Condo 1 office from 9 am to 12 pm to address questions or concerns; **the office is closed on official holidays.**

Our website – palmgreenscondo1.com -- has information you can view at your leisure. Channel 63 is our community channel listing all events. If you have any questions, don't hesitate to call the Condo 1 office, 561-498-1330 and we'll get back to you with answers.

Again – Have a really great and enjoyable season!

CONDO 2

by Sandra Klimas



We Would like to share some good news with everyone.

Budget update

Our "unofficial" initial review of fiscal year 2021 indicates it ended with a positive fund balance! The next step in the process will be an outside auditor providing a thorough review of our finances and submitting a final report to our Board and community. We should have this report available and posted on our website in April of this year. We have worked very hard to project a realistic budget, stick to it and continue to improve our community. Kudos to our Property Manager, our Maintenance Team and our office staff for working hard to keep our expenses down.

Palm Trees and Bush replacement

Over the past many years, the palm trees that circled our community along Palm Greens Way and Via Delray became infested with disease and needed to be removed one by one. The palms that were removed were never replaced. In our ongoing commitment to improve the appearance of our community, we are replacing 40 palm trees in the next couple of weeks. We still need to purchase almost another 20 trees to complete the total replacement and will budget for the rest of this project in the 2023 fiscal year.

Additionally, groups of bushes on a stretch of Palm Greens Way are being overtaken by white fly disease. Despite the attempts by our pest control services to stop the spread of white fly, many of these bushes have died and need to be replaced. We are in the process of replacing them with a different type of bush that is more resistant to disease. We wish we could replace the entire stretch of bushes as other neighboring communities have done but again, we are committed to stay within our budget and will replace the ficus as needed. We hope you notice the improvements and enjoy the new additions to our landscaping.

Mailboxes

Our office staff has negotiated a great price to replace the remaining antiquated mailboxes in our community. We anticipate the delivery of our new mailboxes within the next month and will be notifying all owners of the replacement schedule and process to secure your new keys.



RECREATION BOARD

by Carol Hager



As this is our last edition of the Pulse for a few months, we can reflect on this past year as a better one than the year before. Many of our facilities are now open and in full use for our residents. We have started many new classes thanks to the Women's Club; yoga, (both chair and mat), line dancing, water aerobics, bunco, and that's just to name a few. As people request more classes, we will add them on.

The Board is committed to lighting up the shuffleboard area so residents and their guests can enjoy the activity in the evenings.

We are looking into offering a music jam session. An email blast was sent to all our residents, and we welcome everyone's input. And in order to make ourselves more available to our residents, we ask that you read all the email blasts which are sent out regularly. We also have placed several suggestion boxes around the property. One has been set up by the pool area, and one inside and outside the club house. We welcome all suggestions and will discuss them at our planning workshops.

It has come to our attention that many cars in the pool parking lot do not have a sticker stating that the car belongs to a resident of Palm Greens. PLEASE, if you do not have a car sticker and you are a resident or a seasonal renter you need to get one. You can get one at your Condo Association Office. Cars that do not have a sticker will get a first-time warning. The license plate will be recorded and the second time a sticker violation will be placed on the driver's side window. Please make sure if your guest(s) are visiting the pool and recreation areas to get guest passes at the Recreation Center.

For all those that celebrate Easter, have a blessed one, those who are celebrating Passover, have a happy one. Be safe when traveling up north for the summer. Above all have a Healthy and Happy season. Until we see you back again in the fall, we wish you well.

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FROM THE MANAGING EDITOR

by Mel Clapman



As our season draws to a close, I think you'll agree it was an interesting one. We have completed seven issues of The Pulse...again...two years in a row! We have had events, including rib dinners and dancing, a tennis-pizza and wine party, an "Age of Aquarius" happening, a "4-Pro Tennis Clinic and an on-going exercise program in the brand-new poolside tent. For the folks who put these activities together, we can only say "thank you and well-done". This work is not for the weak-hearted and appreciated by all.

We are planning some changes that involve Channel 63 and The Pulse that we hope will stimulate viewership and result in more participation. We're planning to make 63 timelier. We know there have been posts that have long outlived their usefulness. We are working hard to keep the community updated on Club and Board activities and delete them after they are no longer applicable.

We have also received positive input on the puzzles we ran in The Pulse and have some ideas on how to make them a regular part of each issue. For example, we are thinking about a column that we will call **"Poignant Moments in the Movies"**. Try this: What was the poignant moment in the movie, "Jaws". Most people think it was when the girl gets killed by the shark in the opening. Actually, it was when Robert Shaw (playing Capt. Quint) tells the story of the SS Indianapolis, and why he will "never wear a life jacket again". You may not agree with our choices, but it encourages discussion. So be on the lookout for "Poignant Moments in the Movies" ...you might enjoy it. **PS:** If you would like to hear a great "back story" about that scene, stop by the clubhouse and catch me in the Unit Owner's office. It'll knock your socks off.

Also, we are looking for someone to be a part of our Unit Owners telephone team. We usually have five women who handled our calls, Monday through Friday, and have lost one due to medical issues. While we are currently open only on Thursdays due to the Coronavirus situation, we know that very soon, we will be back to five days and would like to have this position filled by then. Give us a call at 561-495-0878 any Thursday between 9 and 11am and we'll have you come in for

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ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



April is a joyous time for many of us! Passover & Easter are family times and a chance to reacquaint with each other while enjoying our religious holidays. Wishing you a very good holiday no matter what you celebrate. For everyone headed north, safe travels and you will be missed.

Our guest speaker, Eric Call, Director of Parks and Recreation of Palm Beach County, announced that there has been a 30-40% increase in attendance in county parks during the Covid pandemic. The first park in our county was built in the 1940s. The Parks and Recreation Department was formed in 1972. The Palm Beach County Park System is the 2nd largest in Florida and the 11th largest in the United States. It was noted that proximity to parks increases property values as well as producing environmental benefits and physical and mental well-being. Mr. Call presented a video that gave an overview the PBC parks, beaches, pools, trails, fishing, golf courses, and more. All of these fall under the purview of the Department of Parks and Recreation. We discussed that a mile walk adds 21 minutes to your life. Our parks have 350 acres of walkways. There is kayaking, boating, etc. Some of our parks are: West Delray Regional Park, Morikami, Canyon District Park, Green Cay among others. Join us with walks, cycling, boating or bird watching. PBC has so much to offer in our beautiful Florida environment.

Bonnie LeMay, Administrator of the Morikami Museum and Gardens, related how the Morikami was donated to PBC in 1974. It is a part of the Parks and Recreation Department. A master plan for the area was created. The museums, the expanded gardens, the artisan village, classes and so many more additions and improvements attract many visitors all year round. Plans for the future envision controlled growth and a retreat style experience found in a Japanese Inn.

Dr Lori Vinikoor, our president, welcomed the group of delegates and alternates. She showed a video of the Boca Delray area around 441 that is a part of the Ag Reserve. GL Homes is proposing a land swap that would increase the density for the area with 1250-unit

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THE FOUR SEASONS CLUB

by Eleanor Horowitz



Guess what is happening??? WE ARE BACK!!!

The Four Seasons Club is excited to announce that we are planning many activities for your entertainment pleasure!! Hopefully, when you are reading this, we will have just celebrated outdoors, "The Age of Aquarius", an evening of music by "Cruzin" and great food on March 31st.

Soon it will be Thursday May 5th and Four Seasons Club will be celebrating "Cinco de Mayo". Watch the lobby notices, e-mails and Channel 63 for information regarding reservations.

Many more programs are being worked on for your pleasure and entertainment. Our programs will go throughout the summer and all year long. We appreciate the faith you have had in us and your continuing loyalty. Again, watch for our notices about upcoming events such as celebrating at our July 4th BBQ, the Luau night at the Pool, our Bingo/Pizza night, and our Game Night. We are looking forward to seeing all of you at our upcoming events. A fun-filled time will be had by all!!!

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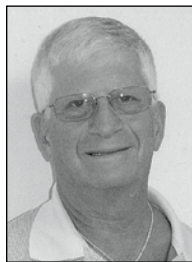
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MEN'S CLUB

by Peter Dreifus

We are still in existence and will be meeting on the following Sunday mornings, each at 10:00. Oct 9, 2022, Nov 13, Dec 11, Jan 8, 2023, Feb 12, Mar 12 and Apr 9. New members are always welcome and can join at our first meeting. We have good entertainment and food. Looking forward to seeing you all in October. Have a great summer.



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



TENNIS COMMITTEE

by Mark Melnick

IT'S A WRAP!!

What a great season for tennis. We had mostly good weather and lots of players.



Our 7 inter-condo teams had a fun season. In the women's league the team captained by Lee Feinberg and Phyllis Feldmesser steam-rolled through their competition to take 1st place in their division. The other two women's teams one co-captained by Sue Wasserstein and Ginny Gandolfo and the other co-captained by Jo Krokus and Sue Siravo led their team to 2nd place finishes in their respective divisions. In the men's league, Serge Lacharite and Elliott Yezer captained their team to a 1st place finish while the other 3 men's teams led by Harvey Jackelow & Lew King, Bob Horowitz & Norm Wasserstein, and Dennis Lish & Tim Zurvitz battled their way into the lower halves of their divisions. Players have asked about expanding the number of teams for next year so if you haven't played on a team in the past send an email to ttnscenter@gmail.com to let us know of your interest for next year.

Our rotation program will continue into May this year. It's never too late to come down to play and meet new people. All levels of players are welcome. Information regarding summer play will be emailed in early May.

The final evening of tennis/pizza with a shuffleboard twist was held on March 22nd. Over 60 people attended the event and we are eagerly looking forward to seeing what Beth Villanova, our Tennis Event Coordinator, comes up with for next year.

Please remember that the tennis courts are for playing tennis only. Pickleball is not allowed on the courts. Proper footwear is required for the courts as well. Clay court tennis sneakers (no deep grooves, shallow herringbone pattern preferred) are important as other types of shoes are harmful to our Har-Tru surfaces. Please remind your guests of this requirement as well.

A big thank you to all of those who helped to make our season spectacular. Our Rec Board has been extremely supportive of all our activities. Led by Art Robbins, the Board has continuously strived to improve our facilities. Three board members are also regular tennis players;

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Same Time, Next Year
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RESPECT: A MUSICAL JOURNEY OF WOMEN	JAN. 28 - FEB. 13, 2022
DEATHTRAP: A THRILLER BY IRA LEVIN	MAR. 18 - APR. 3, 2022
SAME TIME, NEXT YEAR: A ROMANTIC COMEDY BY BERNARD SLADE	APR. 29 - MAY 15, 2022

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WOMEN'S CLUB

by Steffi Carmel
and Roberta
Minerva



Spring is here. The Women's Club was able to start doing functions again thanks to the Rec Board. The beautiful tent at the pool was a real gift to the community. We could not host as many events or classes as we hoped. We were able to start some classes such as Chair Yoga, Line dancing, Water Aerobics and Mat Pilates. The arts are in demand! We are planning Pottery classes, Arts & Crafts Classes and sprucing up the Arts and Crafts room in the clubhouse. We are working on our calendar to include more classes, trips and special events.

Any member that paid their dues for the 2021-22 season will be credited for the 2022-23 season. Also, we have seen a growth of year-round residents. We plan to extend Women's Club activities to 12 months a year. Please stop by the entrance of the Clubhouse and see the Women's Club Box. We will have event flyers and class schedules there to keep you up to date. Please check the box for a new date for the "Murder Mystery Night" event. Don't forget there is BUNCO the 2nd & 4th Wednesday at 4:00 in the poolside tent. Don't worry if you don't know how to play, we will teach you. It's a game of fun and laughs. Our "Shop til You Drop" on March 14th was held poolside. We had great vendors that enticed us all to buy. It was nice to have both resident and nonresident vendors to sell such beautiful items.

Judy Goldberg heads our welcoming committee. She will be making the rounds to welcome all new residents to Palm Greens. If you have recently moved here, she will be calling and leaving you a welcome gift from the Women's Club. Residents, if you know of a new resident, please let us know. You can call the Rec Office or drop a note in the Women's Club Box in the Condo office.

All residents if you have any news that you would like us to acknowledge in the community, maybe a speedy recovery, get well, or condolences please contact Beth Saffer. She is the corresponding secretary for the Women's Club. Please text her the information at 585-718-6567.

Thank you for your support of the Women's Club in this confusing time. We are truly looking forward to seeing all your happy and smiling faces and enjoying our events through the year.

TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



Communication, verbal or nonverbal is extremely important in doubles as it is in all relationships.

You know there are people who can get under your skin or undermine your confidence with a simple phrase tone or even a look. It's the same in doubles and it's absolutely avoidable if you remember to use one of two types of statements. What I'm about to tell you will change your life (with regards to doubles) and will make you a desirable partner that everyone will want to play with. Here it is. The two types of statements are, I need you and support you. It sounds simple but very few players have mastered the art of communication and what most players don't realize is that inability to communicate properly hurts their game as well as their partners game. Let me explain. The ideal state for playing your best tennis is one when you are not thinking about technique (the worst thing you can ever do). Tactics and shot selection have been practiced so many times in drills, games and matches, everything is happening instinctively. You are the game, and the game is you. I am talking about you as an individual player, but you don't play alone, and everyone needs to be supportive in every important part of the success of the team (especially if you are the strong player). They will be happy, relaxed and comfortable. Whatever they have, you're going to get it because they don't want to let you down. If you miss a return of serve and you say to your partner "pick me up" or "give us another chance" you're telling them that you need them and you're telling them you trust them to cover for you when you make a mistake. You're inspiring them. There are many examples of I need you statements. They always center around the fact that you're struggling and you need them and trust them to play better to compensate. You will be amazed at the things your partner can accomplish when you show confidence in them and give them the credit when your team is successful. They will play better with you. They will enjoy playing with you and they will tell everyone what a great partner you are. The same goes when your partner makes a mistake. They need to know you're not flustered and you're not going to turn against them if you are losing or ultimately lose. If your

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ENTERTAINMENT COMMITTEE

by Walter Jacobson



It is April 2022, and the Covid19 pandemic has killed almost 1,000,000 fellow Americans (almost 6 million worldwide) and infected about 56 million of us (or almost 500 million infected worldwide). People in the US are dying at the rate of over 1,000 daily (mostly unvaccinated.) To help curb the spread of this deadly virus, wear a mask when going out especially when going to indoor venues and try to keep at least 6 feet away from others. More importantly, please get vaccinated, if you have not already done so. This is a civic responsibility.

We also have not booked entertainers for the 2022-2023 season, so there will be **no shows next season** either. The Covid19 pandemic makes for too much uncertainty.



A Prius tried to race me from a red light earlier. I totally had it for the first 10 yards, but I can only walk so fast.

Why are there no casinos in China? Because the Chinese hate Tibet.

Rats are under rated. Just check your dictionary.

Why do fat chance and slim chance mean the same thing?

I accidentally locked my coat hanger in my car today. Luckily for me, I had my keys.

I'm so happy—I think I've found the one. It's right beside the two on my keyboard.

How come Mario can smash through bricks, yet he dies when he touches a turtle?

I'll act my age when I'm sixty-nine.

What's the height of laziness? Sleeping and then dreaming about sleeping.

My wife kissed me this morning, so I kissed her back. No way I was kissing her face.

Gold: worth its weight in gold.

My fear of insomnia keeps me awake at night.

I used to be quite good at wordplay. Once a pun a time.

Did you know 'emas eht yltxae' is exactly the same spelled backwards?

Hey kids, why don't you try a new social networking

THE HEALTH ROOM

by Mel Clapman

Getting older can seem daunting—greying hair, wrinkles, forgetting where you parked the car. All jokes aside, aging can bring about unique health issues. With seniors accounting for 12 percent of the world's population and rapidly increasing to over 22 percent by 2050 – it's important to understand the challenges faced by people as they age, and recognize that there are preventive measures that can place yourself (or a loved one) on a path to healthy aging.

CHRONIC HEALTH CONDITIONS - According to the National Council on Aging, about 92 percent of seniors have at least one chronic disease and 77 percent have at least two. Heart disease, stroke, cancer, and diabetes are among the most common and costly chronic health conditions causing two-thirds of deaths each year. The National Center for Chronic Disease Prevention and Health Promotion recommends meeting with a physician for an annual checkup, maintaining a healthy diet and keeping an exercise routine to help manage or prevent chronic diseases. Obesity is a growing problem among older adults and engaging in these lifestyle behaviors can help reduce obesity and associated chronic conditions.

DEMENTIA - Cognitive health is focused on a person's ability to think, learn and remember. The most common cognitive health issue facing the elderly is dementia. Approximately 47.5 million people worldwide have dementia. The most common form of dementia is Alzheimer's disease with as many as five million people over the age of 65 suffering from the disease in the United States. According to the National Institute on Aging, other chronic health conditions and diseases increase the risk of developing dementia, such as substance abuse, diabetes, hypertension, depression, HIV and smoking. While there are no cures for dementia, physicians can prescribe a treatment plan and medications to manage the disease.

MENTAL HEALTH - According to the World Health Organization, over 15 percent of adults over the age of 60 suffer from a mental disorder. A common mental disorder among seniors is depression. Unfortunately, this mental disorder is often underdiagnosed and undertreated. Older adults account for over 18 percent of suicides deaths in the United States. Because depression can be a side effect of chronic health conditions, managing those conditions

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NOBODY ASKED ME BUT...

by Mel Clapman

...The most positive sports fans are those who see the event on television.

...Roasting chestnuts smell better than they taste.

...People who wear sunglasses usually walk on the shady side of the street.

...Why do people dining out sit down and immediately open their I-Phones?

...Do we know enough people who can't wait for Election Day to be over?

...Why do we use the kitchen table to open new packages?

...When will Florida stop renewing 6-year drivers licenses to people who are 99 years old?

...Only lions should be asked to eat hamburgers that aren't well done.

... If you're looking to make new friends, just sit by the pool and open a book.

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POINT OF INTEREST FOR PALM GREENERS

by Mel Clapman

So, we are going to end the POI season with an over-nighter, and we are talking about Siesta Key in Sarasota. This is a 3-hour drive, but we think you will enjoy it. And after the grueling winter you had to put up with, this might do the trick.

Siesta Key - Siesta Key sits adjacent to the glittering Gulf of Mexico and its Siesta Public Beach has been named the nation's best -- twice. This quaint yet quirky 8-mile-long island offers shopping, resorts, dining and nightlife. Known for its brilliant quartz sand, turquoise waters and many beachside amenities, Siesta Key is a must-visit island paradise. Siesta Key offers something for everyone. It's a romantic getaway for lovers, a family vacation destination and a playground for active sports.

Siesta Beach - It's simple to understand why TripAdvisor named Siesta Beach the best beach in country. And don't forget: wherever you stay, the beach and bay are always nearby.

Anyone who digs his or her toes into the cool, powder-white sand can agree: it's paradise. Extensive renovations to this beach include a new playground and family picnic area, plus the upscale "Siesta Sun Deck" pavilion concession area overlooking the beachfront.

DESOTO KAYAK TOURS OFFERS THE BEST REAL FLORIDA FAMILY-FRIENDLY OUTDOOR ACTIVITY - Desoto Kayak Tours, Manatee Kayak Tours and Desoto Dolphin Kayak Tours are led by professional local guides native to Anna Maria Island. Desoto Kayak Tours is a small family-owned company with an emphasis on kayaking in small groups and guiding kayak tour guests on relaxing secluded waterways. Desoto Kayak Tours launches tours convenient for visitors staying in the Sarasota, Siesta Key, Anna Maria Island, Longboat Key, and the Tampa, St. Petersburg, and Clearwater areas. Desoto Kayak Tours launches by online booking only and does not rent kayaks or offer self-guided tours.

Desoto Kayak Tours offers a real Florida kayak tour experience that is fun for all ages and no experience is required. Desoto Kayak Tours launches from Emerson Point in Palmetto Florida. Emerson Point is a small piece of land sitting between the area's best natural resources. The south side of the kayak tour area is the Manatee River in which lots of the area's manatees call home.

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FROM THE EDITOR... *(continued from page 4)*

an interview. Along with handling the phones, you will also be responsible for helping residents get signed up for discounts with Pride and Nozzle Nolen. We are a pleasant group and the coffee is free.

Before I sign off, let me mention – again – the people who help keep Palm Greens the community in which we all enjoy living. The Rec Board, the Condo 1 and 2 Boards, First Service and the maintenance staff. All doing the best they can, under strenuous conditions. The Café where you can take a break, grab a snack or drink, and continue your day. The pool and the water aerobics activities to help keep you stimulated. None of these clubs and boards “just happen”. They come together as a group of volunteers to contribute their skills and talents so we may get through our day and enjoy our lives here.

All that said, the staff of The Pulse and the Unit Owners Association wish all of our residents, the “birds” going north for the summer, and the full timers who stay with us throughout the year, a happy and healthy summer season. We hope to see you all when we start up The Pulse in October. Who knows...it might turn out to be better than we thought. Be well. Stay safe.

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SAFETY TIPS FOR NIGHT DRIVING

Aim your headlights.
And make sure they are not
blinding oncoming traffic.

Wear the right glasses.
Use prescription glasses that have
an anti-reflective coating, which
keeps light from bouncing around
inside your lenses.

ALLIANCE OF DELRAY... *(continued from page 5)*

development. This area has horse farms, and farmland and is too dense for more building of homes.

Captain Rob Sandt of the PBC Sheriff's Office, told of the traffic problems with the cars in our area. Many citations have been written, trying to combat the speeders, reckless driving and/or inattentive driving. He once again asked drivers to always remove any valuables from their cars and to lock the doors when leaving the vehicle.

Chief Pete Hund of the PBC Fire informed the group that Chief Duran will leave Fire Rescue to become Assistant to Verdenia Baker. The opening that he leaves will be filled by Patrick Kennedy.

Maria Sachs, PBC of Transportation reports that many people are moving to our area and are bringing 2 or 3 cars with them. To accommodate all the cars, work is scheduled to begin to widen 441, Lyons Road and West Atlantic Avenue.

Our next meeting will be on Wednesday, April 6, 2022. Our guest speaker will be Joseph Abruzzo, The Clerk of The Court. He will speak about what he can do for us. The meeting will be in the South County Civic Center, 16700 Jog Road, Delray Beach, across from Morikami.

Doors will open at 9AM when refreshments are served. The meeting begins at 9:30 and always concludes by 11:30. All are invited to attend.

See you there.



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FROM MAT WORKOUTS TO TENNIS LESSONS!



CAFÉ CORNER

by George Fitzgerald

Now that hot Florida days are back at Palm Greens, it's a great time to sit back and enjoy a bit of schadenfreude thinking about our friends up North who are still bundling up and waiting for a hint of Spring.

Lucky us, we can savor the sunshine along with the ultimate poolside refreshment – one of the new iced fruit smoothies from the Skinny Cheff Café. Smoothie choices include Banana Nut, Mango Blast, Super Green, Very Very Berry, Chocolate Dream, PB&J and Strawberry Banana. They are all thick, rich, gluten and dairy-free, ice-cold and filled with flavor.

New entrees have been added to the take-home dinner menu. Choices now include Beef Stroganoff, Traditional Irish Stew, Stuffed Cabbage Rolls, and Vegetarian and Meat Lasagna. Plus, the Skinny Cheff has good news for you Sunday brunchers – his café will now be open every day, 10 to 5, seven days per week. Cheers!



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Crab Cakes
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Fried Scallop
Fried Shrimp

The New England
(light mayo, light celery)
The Connecticut
(served warm w/ drawn butter)
The Maryland
(Old Bay, light mayo & light celery)
The California
(BLT w/ avocado spread)
The Bisque
(served warm w/ our bisque)
La Garlic
(served warm w/ our garlic sauce)

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Fried Clam Roll (full belly)
Fried Scallop Roll
Crab Cake Sandwich
(w/ house made remoulade sauce)
Fried Fish Sandwich
(w/ house made tartar sauce)

Fish N' Chips
Clam Platter (full belly)
Scallop Platter
Shrimp Platter
Combo Platter
(Clams, Scallops)
Fisherman's Platter
(Fish, Clams, Scallops, Shrimp)

All sandwiches served with cole slaw or your choice
of potato, cucumber or macaroni salad.
Substitute French fries \$1.00
Onion rings \$1.00 or
Sweet Potato Fries \$1.49

All platters served with French fries and cole slaw
or your choice of potato, cucumber or macaroni salad.
Substitute Onion rings for French fries \$1.25
Substitute Sweet Potato Fries \$1.75

Clam Cakes n' Chowdah

Crab Cakes n' Chowdah

BRIGHTON'S SEAFOOD NIGHTS 14587 S. MILITARY TR. DELRAY BEACH (561) 270-1771

TENNIS COMMITTEE... (continued from page 6)

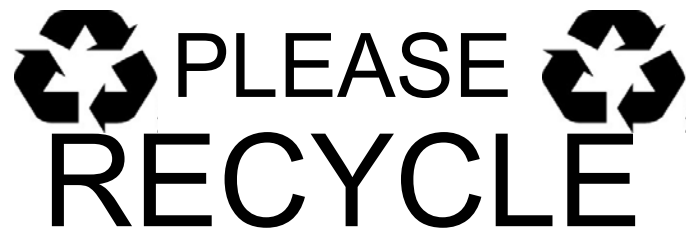
Andrea Wagner, our tennis liaison to the Board, Bob Heckman, and Al Musaffi all play on inter-condo teams. Charles Medina, the new Property Manager, is always responsive to our needs. Our maintenance crew (Aubrey, Lewis, Renel, and Germaine) tirelessly keep our courts and tennis areas in great shape. Jim Boardman, our pro, is always around to help us to improve our games, in addition to providing his professional guidance to our tennis program. Many thanks to our "well-seasoned" advisors Norm Wasserstein and Elliott Yezer. Their experience helps make the tennis program run smoothly. No match would be complete without advice from Elliott. As we all know, he is always there to help players improve their games as well as getting the courts ready for inter-condo play. Norm always provides me with an historical perspective to any issues that come up. He also serves as our inter-condo team coordinator. Thanks also goes to the entire Tennis Committee for always being ready to help out as well as the many others that have helped with all of the events. Lastly, we all need to thank Beth Villanova for her work and energy this year. Not only did she organize our events (along with running them, shopping for them, designing flyers, and

playing in them), she is always happy and energetic on the courts which is infectious to those around her. All I've needed to say is "Hey Beth, what do you think about this", and **BAM**, it's done.

Of course, my biggest thanks goes to Sharon who constantly puts up with me being at the courts from early morning until the afternoon as well as the all day and evening calls, texts, and emails from players and board members.

I hope those of you who are heading North for the summer have a safe trip and we look forward to seeing you in the fall. For those of you who are here year-round, let's hope for a cool summer where it only rains in the evening.

We hope to see everyone again in the Fall for the start of our 2022-23 season.



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TIPS FROM OUR TENNIS PRO... *(continued from page 7)*

partner misses a return tell them "Don't worry, I'll get you another chance". If they go for a poach and miss tell them to "keep being aggressive, it will help us to win." No one is perfect. If your partner is experiencing a crisis of confidence don't hesitate to ask, "what can I do to help." As far as I am concerned this is the essence of good doubles. You will see people who struggle with interpersonal relationships in their life tend to be bad doubles partners and people who are self-confident and really like people are the best doubles partners. The key is to make people feel valued and safe. When they feel valued and safe, they relax and play their best that day, whatever that might be. Some people are going to say that that you have to talk about tactics, and I agree, but if you follow your principles, are in proper position and choose the correct shots you will be amazed how little tactics you need to talk about. Signal on serves so you are always formulating and adapting your game plan based on what is happening during the points. You will be making small adjustments of a tactical nature, but you won't need to over communicate or over complicate things. In essence you need to put your own insecurities aside and stop worrying about what others are going to think if you lose, what is going to happen with your rating etc. All these things that make you tense and insecure, that's the single most common reason that people are poor doubles players. Their fear and insecurities are tangible and everyone on the court can feel it. It fuels your opponents and destroys your partnership. Just like learning a new stroke or grip, this will take time and repetition. But unlike physical errors, which can never be completely removed from your game, mental and emotional mistakes can eventually be obliterated for good.



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ENTERTAINMENT COMMITTEE... *(continued from page 8)*

tool? It's called 'outside.'

As my late father always said, get a decent watch.

If you stand by the sea, it sounds like putting a shell to your ear.

How can it be considered stealing when the Wi-Fi signal is trespassing in my house?

My older brother just called me a moron. I'm going to kick his butt when I'm older than him.

Kids can be so irresponsible. In fact, that applies to all goats.

An angry cop came up to me and said 'Give me your name.' I said, 'why, what's wrong with yours?'

On a list of '100 things to do before you die' I'm surprised 'yell for help' wasn't one of them.

One of the most difficult things in the world is to convince a woman that even a bargain costs money.

Maybe it's Maybeline...or maybe it's Photoshop.

My wife just said she left me four weeks ago because of how unobservant I am.

My doctor told me I had to give up drinking. It's been 3 days now and I feel really dehydrated.

Regular naps prevent aging. Especially if you take them while driving.

The supermarket has stopped selling tropical fruit. It's enough to make a mango crazy.

How long a minute is depends on what side of the bathroom door you're on.

I saved a lot of money on the new iPhone yesterday. I didn't buy one.

If you quit Rehab, does it mean it worked?

Hey Timex, if I end up 660 ft under water, I'm pretty sure I won't need a watch.

My girlfriend said I was awful in bed, so, as a treat for her, some very nice women have been helping me train to get better.

Note to vegetarians: plants are living things too, they're just easier to catch.

I'm so good at sleep, I can do it with my eyes closed.

My wife said I'm full of my own self-importance. Anyway that's enough about her...

I was arrested today over a slight misunderstanding at work. Apparently taking your work home is classed as theft when you work in a bank.

The problem with the gene pool is that there's no life guard.

Why oh why don't people proof read stuff before posting?

(continued on page 21)

ENTERTAINMENT COMMITTEE... (continued from page 20)

I gave my sister away at her wedding. I stood up and shouted, 'She used to be a man.'

After several karate lessons, I can now break a 5 inch board with my cast.

Congratulations to the company selling Viagra. Keep it up guys!

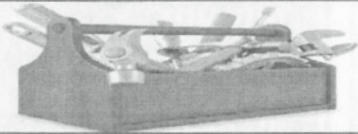
I love my GPS. I don't know where I'd be without it.



Please wear a mask when you go out and plan to be indoors somewhere. Lets everyone do his or her part to stop spreading this deadly virus during the pandemic; it is a critical health matter. The only way to truly reduce the potential spread is for most people to get vaccinated, so that the virus is not kept alive and mutating by unvaccinated people.

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THE HEALTH ROOM... (continued from page 8)

help. Additionally, promoting a lifestyle of healthy living such as betterment of living conditions and social support from family, friends or support groups can help treat depression.

PHYSICAL INJURY - Every 15 seconds, an older adult is admitted to the emergency room for a fall. A senior dies from falling every 29 minutes, making it the leading cause of injury among the elderly. Because aging causes bones to shrink and muscle to lose strength and flexibility, seniors are more susceptible to losing their balance, bruising and fracturing a bone. Two diseases that contribute to frailty are osteoporosis and osteoarthritis. However, falls are not inevitable. In many cases, they can be prevented through education, increased physical activity and practical modifications within the home.

SENSORY IMPAIRMENTS - Sensory impairments, such as vision and hearing, are extremely common for older Americans over the age of 70. According to the CDC, one out of six older adults has a visual impairment and one out of four has a hearing impairment. Luckily, both of these issues are easily treatable by aids such as glasses or hearing aids. New technologies are enhancing assessment of hearing loss and wearability of hearing aids.

ORAL HEALTH - Often overlooked, oral health is one of the most important issues for the elderly. The CDC's Division of Oral Health found that about 25 percent of adults over the age of 65 no longer have their natural teeth. Problems such as cavities and tooth decay can lead to difficulty maintaining a healthy diet, low self-esteem, and other health conditions. Oral health issues associated with older adults are dry mouth, gum disease and mouth cancer. These conditions could be managed or prevented by making regular dental check-ups. Dental care, however, can be difficult for seniors to access due to loss of dental insurance after retirement or economical disadvantages.

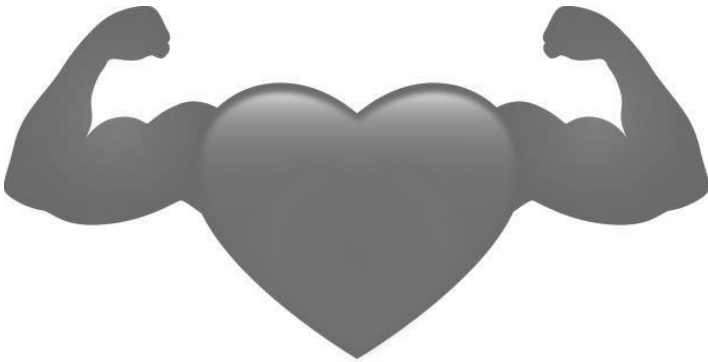
SUBSTANCE ABUSE - Substance abuse, typically alcohol or drug-related, is more prevalent among seniors than realized. Because many don't associate substance abuse with the elderly, it's often overlooked and missed in medical check-ups. Additionally, older adults are often prescribed multiple prescriptions to be used long-term. The National Institute on Drugs finds that substance abuse typically results from someone suffering mental deficits or taking another patient's medication due to their inability to pay for their own. Incontinence and constipation are

(continued on page 22)

THE HEALTH ROOM... *(continued from page 21)*

both common with aging and can impact older adults' quality of life. In addition to age-related changes, these may be a side effect of previous issues mentioned above, such as not eating a well-balanced diet and suffering from chronic health conditions. The Mayo Clinic suggests maintaining a healthy weight, eating a healthy diet and exercising regularly to avoid these elderly health issues. There are often effective medical treatments, and older adults should not be embarrassed to discuss with their physicians.

WHAT YOU NEED TO DO – Becoming a senior citizen is not for the weak-hearted. Whether you are in good health or require on-going medical attention, you should have a good doctor, one who is up to speed in his field and – equally important – one with whom you have a good relationship.



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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POINTS OF INTEREST... *(continued from page 9)*

West of the kayaking area is Tampa Bay, with views of Anna Maria Island and the Sunshine Skyway Bridge. On clear days Fort Desoto Park can be seen from your kayak. The Northeastern side of the estuary is the famous Terra Ceia Bay. Desoto Kayak Tours will guide you through the beautiful and vast mangrove tunnels and out to the protected seagrass estuaries to search for dolphins and manatees from your kayak. Sea birds, shore birds, and wading birds are a common sight on Desoto Kayak Tours guided adventures. **Contact** - 941-720-9428

Before you start your day, you might want to grab some breakfast.

Breakfast: Another Broken Egg - From beignets to adventurous omelets, **Another Broken Egg** puts a unique culinary twist on regionally inspired dishes for any breakfast appetite, sweet or savory. We recommend their signature irresistible Cinnamon Roll French Toast.

Fun in the sun and surf on the shores of Siesta Beach will work up a mighty appetite, so shake the sand from your toes and head to the **Siesta Key Oyster Bar** (S.K.O.B.) for a satisfying lunch. From high-quality bar bites to the restaurant's signature raw oysters and crawfish, S.K.O.B.'s casual, classic menu has the variety to please any palate.

Dinner: Miguel's - Treat yourself to fine dining at Miguel's, a restaurant on Siesta Key that specializes in French and Continental cuisine. Miguel's features an extensive wine selection and full bar and is known for its award-winning French entrées and delectable desserts, including homemade sorbet and bananas Foster. Since this is not a day trip, we strongly advise calling ahead to get the latest information on hotels, restaurants, and current activities.



BIRD WATCHING OR ZIP LINING OR BOTH!

Dry Tortugas National Park

This 100-square-mile park about 70 miles off Key West is primarily open water but includes seven small islands and a 19th-century fort. Spring bird migration picks up in March and peaks in April, bringing glimpses of sooty terns, brown noddies and, if you're lucky, a white-tailed tropicbird.



J.N. "Ding" Darling National Wildlife Refuge

More than 245 species of birds can be found at this 6,400-acre refuge on Sanibel Island. Visitors can drive, hike or bike the popular Wildlife Drive, a 4-mile stretch that offers incredible views and opportunities to see roseate spoonbills, great blue herons, bald eagles and brown pelicans.

Anastasia State Park

Almost 200 identified bird species can be found at this St. Augustine Park – on the beach, in the dunes, and in the coastal scrub and salt marshes. An important area for nesting birds along the beaches of Florida's east coast, it also hosts imperiled species such as least terns.



The Big To-Do

Reach New Heights

Zip lines and ropes courses combine high-flying

thrills with amazing views. Here are some places around the state to find your next aerial adventure.

Cocoa Beach Aerial Adventures, Cape Canaveral:

Located between the Banana River and the Atlantic Ocean, this zip line park features 100-year-old live oak trees. Dozens of intricate courses await, and zip line enthusiasts – no matter their experience level – are sure to find the perfect adventure. www.cocoabeachadventurepark.com



St. Augustine Alligator Farm Zoological Park,

St. Augustine: Soar among the treetops with live alligators and crocodiles under your feet, red-ruffed lemurs almost at arm's length, and tropical birds at eye level. The Crocodile Crossing zip line offers two challenging courses with more than 50 obstacles and thrilling views. www.alligatorfarm.com

TreeHopper, Dade City: This forested playground offers 10 different zip lines featuring more than 100 unique elements and obstacles. You can even zip through the trees after the sun goes down during the park's popular Cosmic Night Climbs. www.treehoppers.com



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Sure, you have home insurance, car insurance and life insurance. But what about insuring possessions that may be unique, such as your coin collection or an antique chair that has been passed down through the family? How do you get coverage for items like those?

What can you insure?

You might not insure your lefs for \$1 million like movie star Betty Grable did, but you likely have acquired some unusual items that may be valuable. Think jewelry, art, record collections, electronics, sports memorabilia, firearms and so on. All of these can be insured.

Know where to start.

Begin by reviewing your homeowners policy to see what it covers and what the coverage limits are. (They may be different for damage or theft.) This assessment will help you determine whether you need additional coverage and, if so, how much.

Inventory the things you want to insure.

You can create a list, take photos, shoot a video or even use an app to document your items. For objects of value, include receipts or appraisals to help establish their worth.

Get an appraisal.

Having jewelry, art or antiques appraised is a great way to see how much coverage you need. Your appraiser might suggest how often the item should be reappraised. Because of professional jewelry appraisal can cost \$50 to \$150 an hour, your first task is to decide whether the item is even worth the cost of appraisal.

Find the right coverage.

Talk to your insurance provider about your coverage. For example, do you want coverage for actual cash value or replacement cost value? Actual cash value includes depreciation, which might make the coverage more affordable but could result in a lower payout.





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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.

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