

PALM GREENS PULSE

MARCH 2022

DELRAY BEACH, FLORIDA

***WELCOME TO MARCH...
TIME TO APPRECIATE THE MUCH
NEEDED WARM WEATHER***



Palm Greens Pulse

561-499-5444



V.P./Managing Editor
Mel Clapman



Production Manager
Beth Villanova



Advertising Manager/Secretary
Rhoda Misikoff

Officers

Mel Clapman, Vice-President
Rhoda Misikoff, Vice-President

Directors

Gloria Kostrzecha Beth Villanova Rhoda Bermon
Sharon Mossovit Rachel Rodgers

Channel 63

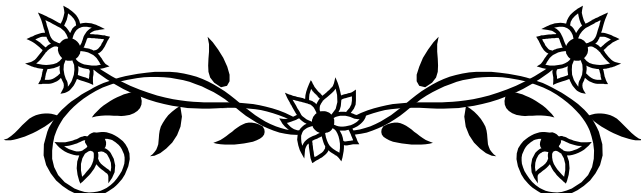
Mel Clapman

DISCLAIMER

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.

**IN THIS ISSUE****PAGE NO. ARTICLES**

- | | |
|----|---|
| 3 | Condo 1 & Condo 2 |
| 4 | Rec Board & Managing Editor |
| 5 | Delray Alliance & Four Seasons |
| 6 | Men's Club & Tennis Committee |
| 7 | Women's Club & Tips from Tennis Pro |
| 8 | Entertainment Committee & The Health Room |
| 9 | Nobody Asked Me, Book Club, Election Results & Observation Quiz |
| 10 | Café Corner |

AFTER PAGE 10

Points Of Interest

We Care



CONDO 1

by Marge Kurinsky

New Board for 2022:

Paul Milowe-President

Peter Wentzler-Vice President

Bill Bozza-Treasure

Linda Brier-Secretary

Marge Kurinsky, Allen Tirone, Glenn Weiss- Board of Directors



Greetings to our residents and friends! A healthy and happy March and spring to all. We all need to take time to stop and smell the roses before summer comes and our snowbirds are heading back up north.

We are trying to be vigilant in protecting our community. We ask everyone to keep an eye out for all of us. That means making sure our cars and homes are locked. If you see something that just isn't right, call the office. If it's after hours and you think it is serious enough, call the police to report it. Our Board will be looking into a variety of things that will help deter break ins. Suggestions are also welcome.

The Condo 1 Board is also working at improving communications between the residents and board. To assure this, we ask that your concerns be put in writing. Let us know who you are and where you live, and what your concern is. Your Board has committed to discuss each of these issues and will get back to you in a timely fashion. Without you we would not be a board. You are important to us! The entire board heard your concerns at the February 4, 2022 meeting. Whatever you wish to change, alter, or improve on the exterior of your home needs board approval. Fill out a form at the office and the board will act accordingly.

We are on schedule to finish all building exterior painting. We will also be starting our pavement project. Each courtyard will be alerted in plenty of time regarding when to expect their courtyard to be done.

The landscaping of our entrances is on track to start end of March/ beginning of April. We've had several weeks of cold and could not do planting then.

Please stay safe and enjoy life!

CONDO 2

by Rob Thom

We've received a few inquiries as to why we are spending over \$200,000 of Reserves money updating our sprinkler system. As the Board reviewed the topic, there were two alternatives; continue with the 25-year-old semi-automatic system that was breaking down constantly requiring a dedicated maintenance person for sprinklers or bring the system up to date with a state-of-the-art wired system. If we stayed with the old system there was discussion that we would need to rename the community to "Palm Browns" due to the lack of proper irrigation. We elected to bring the system up to date.

Our sprinkler system, community-wide, has 110 sprinkler control boxes. The 25-year-old semi-automatic system used battery operated Rainbird controllers. Those controllers originally cost approximately \$150 per unit, but in the last few years the controllers have become extremely difficult to find as they are no longer manufactured and when we can find them, we were paying up to \$300 or more per unit. When the old controllers would stop working, the only way to determine they had malfunctioned would be when a unit owner contacted the office or one of our staff noticed grass turning brown or bushes were dying.

The new wired system is connected to a control panel at one of our 4 pump locations and will identify that a particular controller is not operating properly. Also, if there is a pipe break, the system will shut down, preventing large holes being created that then leads to work for our maintenance staff. There is capability going forward to enhance the system so that it can be monitored and controlled via the internet. All the approximately 15-year-old pumps have been refurbished and an improved system installed to prevent the intake valves from getting clogged with debris from the canals or pond.

These specific system updates will make a vast improvement in irrigating our community. Even though the controllers are updated and the pumps refurbished, we still have the challenge of a piping system that in some areas is 48 years old.

This board is committed to continually improving both the outward appearance of our community as well as the structural needs to keep things running smoothly.



RECREATION BOARD

by Al Musaffi

Greetings!

Hope you're all doing well on this 2nd anniversary of Covid-19. In 2020, all activities (tennis, pool, bocce, shuffleboard, and clubs) were completely shut down. While we have made much progress since then, we're still a long way from "normalcy" as we once knew. We must remain diligent in observing CDC recommendations: wearing masks when indoors, social distancing, sanitizing, etc. We are hopeful that conditions will improve in the not-too-distant future.

We are in the process of scheduling classes and events by the pool; residents will be notified. As an active member of our tennis community, kudos to Mark and the entire tennis committee for their fine work; I am currently awaiting the "4-Pro Clinic" (followed by refreshments) this coming weekend, February 13.

On January 31, the Rec Association held its Annual Meeting in the Clubhouse with over 40 residents in attendance. It was an informative presentation followed by a "spirited" Q and A during Public Recognition.

At our special meeting on February 7, we elected officers to the Rec Board for 2022: Art Robins (President), Andrea Wagner (Vice President and liaison to the Women's Clubs and Tennis Committee), Elisse Gaines (Treasurer), Al Musaffi (Secretary), Bob Heckman (Officer) and newcomer Carol Hager (Officer).

Once again, thanks to David LeVine for his selfless dedication these past four years (three of which were as President of the Board); he will be sorely missed.

We keep our website updated, so please be sure to check palmgreens.org for information. We send timely e-blasts, so please be sure to register your email with us at www.palmgreens.org/palm-green-contact. Lastly, channel 63 remains a good resource for information.

Our new 20' x 40' Events Tent, when not being used for an event, will have tables set up for residents to play cards, mahjong or other games. We are adding two suggestion boxes; one by the pool and one by the clubhouse, and we will collect your suggestions weekly.

Please remind your neighbors to pick up their café cards, which should include an extra \$30 by the time you read this. Keep in mind, your café card expires on May 31, 2022, so "use it or lose it!"

In the meanwhile, stay well and Happy St. Patrick's Day to all. Trevor at The Skinny Cheff will be featuring a traditional Irish dinner: corned beef and cabbage with boiled potatoes plus extras...and you don't have to be Irish!



FROM THE MANAGING EDITOR

by Mel Clapman



I've got to share with you. After seven years of doing The Pulse, this year has been the toughest one. With our writers strapped for article content and most activities shut down, it is truly impressive that we have, with this issue, turned out six out of seven publications.

HATS OFF to our writers...they came through in the clutch.

For those of you who frequent the big pool by the cafe, there is a new poolside tent for our residents' use. Residents are welcome to use the tent without a reservation for card games, mah jongg, etc., unless the tent has been reserved for a special event. Any resident wishing to reserve the tent may do so by filling out an application, which can be picked up at the Rec Center office. There will be a sign posted by the tent soon to alert residents of the availability of this space.

On February 13, our 4 Pro Clinic was to have taken place. Participants were told to bring their racquets and their appetites. Unfortunately, the event was rained out – big time. Keep an eye out for the new date and time, which will include refreshments in the big tent.

There will be additional activities coming up, including Bunco, and a "Tennis, Wine and Pizza" event – back by popular demand.

Before I sign off, please try to watch Channel 63, at least once a day. I know, I know the "hardships"...too long, repetitious and obsolete. I promise we are working on this and will probably have it resolved before the end of the season. Remember, you can stop the post you're reading by clicking the "pause" button on your remote. After you are finished, you can return to the "Dr Oz Show".

Learn
Piano
Standard or
Popular
Keyboard
or Organ

Take classes in music studio
your home or my home.

Adults, Children
and Special Needs

Call Louise
561.733.0334
Cell 561-236-7758

References Available upon Request!

ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



Here we are, starting March and Covid is still with us! With spring on the horizon, and our visitors joining us for the holidays, things should be looking up. Enjoy your time with family and friends and please wear your masks! Emphasis is on Enjoyment!

Our February meeting featured our Property Appraiser, Dorothy Jacks and the topics were: How Market Increases Have Impacted Property Values, plus Senior Renewal Process and Other Exemptions. Our presenter said that her job is not to set rates but rather to put value to the property. Homesteading, is a very popular addition that saves us money on our taxes. As a new homeowner, it is important for you to contact the Property Appraisers office and file your name and information so that you may take the special deduction on your home at tax time. Also know that the exemption caps year over year at 3%. This amount is based on the value of our homes. If you and your neighbor have the same home or condo and they have a lower tax base it is because they are here longer and that is the difference in the taxes. There are also additional exemptions called Low Income Exemptions (benefits). The gross income is \$32,000 or lower. Other exemptions are for 1st responders and their spouses, domiciled partners, disabled veterans, permanently disabled people. Once established, these exemptions automatically renew year after year. Again, if this applies to you, contact the Property Appraisers office for information. The new exemption card will be yellow. This was a banner year, especially for affordable housing. Increases are 10% to 15% up in home pricing. With portability, homeowners have the benefit to move within Florida to a new property and not lose the homesteading benefits. Generally, the Real Estate market hasn't been this active since the run up to 2007/2008. We are the 3rd most valuable county in Florida, neck and neck with Broward County, and will probably surpass them as they are really built up and we have a lot of land still available for building. Dade County is the other county that is very popular and very built up. A fun fact. At the end of 2020 there were over 67,000 transactions

(continued on page 16)

THE FOUR SEASONS CLUB

by Eleanor Horowitz



It snowed up North. Then it snowed again up North. Then it snowed even more up North!!!!

But this year our Winter snowbirds were ready to come South for the warm, balmy Florida sunshine. Covid was rampant in Florida but this year they came down in droves to join their friends. They were ready for Winter Camp among the palm trees. We were all in for a surprise. January brought some of the coldest Florida weather in ten years. Temperatures went down into the 30's and 40's. It rained and it rained!! The heat was turned on to warm our houses and our bones.

The saddest part of all this was that the events planned by the Four Seasons Club could not be held outdoors or indoors due to Covid. At this time it looks like our 2021-2022 season is on hold until the Covid numbers decrease and our residents feel comfortable attending events. We look forward to future events and for us all to enjoy being with our friends. Wishing good health to all.

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



PHONE 498-5226
FAX 637-9261

HOURS: Mon-Sat: 11:00am-10pm
SUNDAY: 2:00pm-10pm



China Gardens

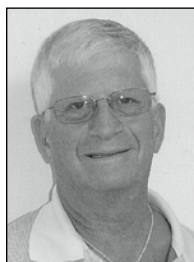
RESTAURANT
Steven & Kitty

We accept 4 or more for reservations Shoppes of Delray
Takeout, Dine-In & Delivery 14402 South Military Trail
Parties Accepted Also Delray Beach, FL 33484

www.delraybeachchinagardens.com

MEN'S CLUB

by Peter Dreifus



Since we will not be having any meetings until October, there is very little to write about. Once the Covid-19 is gone we'll return to our once-a-month Sunday morning breakfasts. We also hope to return to golf outings and fishing trips and maybe even some trips in the future. We cannot top the trip to Nashville, but we will try to come up with something else we can do as a group. If you have any ideas that we can look at, please call me or Herman Rosenbaum and we can discuss them. Please don't forget our fine club and look forward to a pleasant future. All of you please stay well and enjoy life.

**PLEASE PATRONIZE
OUR ADVERTISERS**

**DELRAY
BEACH
PLAYHOUSE**
YOUR HIDDEN GEM ON LAKE IDA

75TH
ANNIVERSARY

We Need You Now More Than Ever

#SaveTheArts

2021-2022 SEASON SNEAK PEEK!

A SPIDER'S WEB: AN AGATHA CHRISTIE PLAY	DEC. 3-19, 2021
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 BY BERNARD SLAD	APR. 29 - MAY 15, 2022

DELRAY BEACH PLAYHOUSE

Box Office: 561-272-1281 Ext. 5 | delraybeachplayhouse.com

TENNIS COMMITTEE

by Mark Melnick



Wow, it's March already!!

Things have been busy on the Tennis Courts.

Monday, Wednesday, and Friday rotation games have been well attended. Team practices keep us busy on Tuesday, Thursday, and Saturdays. Jim's Saturday morning team clinics have helped the players step up their games.

Our Monday and Thursday team matches have been well attended and have featured some exciting games.

The 4-Pro Clinic and brunch event on February 13th needed to be rescheduled due to heavy rain and thunderstorms. Fortunately, Trevor, the Skinny Cheff was kind enough to allow us to reschedule the brunch he was preparing that morning as well. By the time you read this issue, the event will have been successfully held. Thanks to Beth V. for coordinating the event, Bev Clapman for helping with the centerpieces, Bev Yezer for setting up (twice) and all of her help, as well as Bob Heckman and Mike Fallon, our event "ball-boys". A special thanks to Pros Jim, Arnie, and Danny, as well as our own Elliott for sharing their tennis expertise.

Our third Tennis & Pizza evening is scheduled for March 15th. For this event, in order to accommodate more people, we have added fun additional competition. Bill Arthur, from the shuffleboard group, has offered to assist us with the non-tennis activities.

Palm Greens 2nd Annual Singles Tournament will be held in the latter part of the month. Please watch your emails for further information. If you are interested in playing and haven't registered with the Tennis Committee this year, stop down to the tennis office and let us know or send an email to: ttnscenter@gmail.com. Make sure to come down to watch Richard Rivest defend his singles title.

As always, please remember that Covid is still present. Continue to use the hand sanitizers available courtside, practice social distancing, and consider mask wearing when unable to be socially distant.

See you on the courts!!

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



WOMEN'S CLUB

by Steffi Carmel
and Roberta
Minerva



It is March and spring is just around the corner. We are planning to mark dates on our calendar for some new events. A new tent has been built in the pool area. If you haven't seen it stop by and look. BUNCO is back! The first and third Wednesday of the month poolside at 4:00 pm. Come join us for fast paced fun. Denise Arthur is planning some classes to hold outside by the pool. Some of the classes are Chair Yoga, Zumba, Country Line Dancing & Art classes. We will have more information posted in March. Please check clubhouse board and Channel 63.

Our next event is the Shop-Till-You-Drop Boutique. It will take place poolside on Sunday March 13th 3pm to 5:30pm under the tent. You will have the opportunity to shop for jewelry, handbags, crafts, and other specialty items. Credit cards and cash are accepted. Love to see you there.

Knowing that we have had trying times and everyone wants to get back to our sunny days being active and enjoying their time here. We are hoping to extend the season and planning some activities. Looking forward to seeing everyone's smiling faces. This is a little something we thought you would enjoy.

The first Jewish President calls his mother in Florida: "Ma -- I'm having the first Passover at White House -- You're coming of course"

Ma: "I've got dietary issues -- I have a special diet"

Son: "Ma you know I have a chef at the White house -- you can have whatever you want."

Ma: "Well, but you know I don't fly, I don't like all the germs and all those kids, and the seats are too small."

Son: "Ma, you know I have Air Force One -- I'll come pick you up, you'll have your own airplane."

Ma: "Oh that's nice -- But I really don't like hotels, all the bedbugs these days -- I like a good clean bed and hard mattress."

Son: "Well Ma, you can sleep in the Lincoln Room"

Ma: "Well Ok then, I'll come." (she hangs up the phone)

Next her friend Edith calls and says, "So, what are you doing for Passover?"

Ma: "I'm going to my son's"

Edith: "Oh the Doctor?"

Ma: "No the other one."

TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



Mastering the meat and potatoes of a doubles point:

One thing I've always noticed when playing as well as coaching is that most doubles points are won early in the point. The team that can navigate the first few, in most cases 2 shots, will ultimately control play and win the match. I'm talking about serve and first volley for the serving team and return and second shot, volley, passing shot, lob, for the receiving team. If you ever played a team that consistently makes those shots, you already know that they are very tough to beat and they tend to be just as tough in points that go longer than a few shots. What makes those teams so tough and what you can do to be as tough as those doubles teams are?

1. They serve smart rather than hard: Good doubles players understand that the most important statistic on your serve is first serve percentage. If you consistently get a high percentage in it allows to set up your point more easily because you're not on the defensive like you often are on a second serve. From a psychological standpoint, the receiver usually misses more first serve returns because they are expecting a better serve and they are concerned about what the server's partner is doing at the net. Also, a well placed first serve can get the receiver to hit the return where it is manageable for you and your partner, allowing you to hit a set up volley and back them into a corner.

2. They volley with the proper amount of aggression on their first volley: One of my coaches use to say, "first serve, first volley". That meant get your first serve in and make your first volley all the time. One of the reasons many players don't do this very well is that they are too aggressive on the first volley. They try to win, instead of a setting up a point. They try to hit a lot of winners and amazing shots instead of a consistent, solid set up. Many players don't understand when they need to neutralize a very good return. If someone rips a return at your feet, you need to soften your hands and volley (or half volley as the case may be) the ball back. You are just trying to get a ball back to the receiver and make them make another shot right away. You and your partner will be in a better position than you were on the return, and they

(continued on page 20)

ENTERTAINMENT COMMITTEE

by Walter Jacobson



It is March 2022, and the Covid-19 pandemic has killed almost 900,000 fellow Americans (over 5 million worldwide) and infected about 65 million of us (or over 370 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. And the Omicron virus variant is very transmissible.

As mentioned in each of the previous articles last season we will have **no monthly shows this entire season** (Nov 2021 to Apr 2022). We also have not booked entertainers for the 2022-2023 season, so there will be no shows next season either. The Covid-19 pandemic makes for too much uncertainty. Our Committee decided that we could not sign contracts to pay entertainers without knowing that we would be able to have enough people attending to cover costs. (In March 2020 we had to cancel the show one day before it was scheduled. We returned the money to those who had bought tickets.)

How about some humor?



I'm not a big fan of shopping centers. Once you've seen one, you've seen the mall.

Everybody has an ego. Mine's just bigger...and better.

An elephant says to a naked man, 'You poor creature—how can you possibly drink through that tiny little thing.'

At what age is it appropriate to tell my dogs that they're adopted?

I thought I'd forgotten how to play Tetris, but once I started all the pieces seemed to fall into place.

Eskimos eat whale meat and blubber. I'd blubber too if I had to eat whale meat.

I dispute the claim that people often die from smoking. My uncle smoked, and he only died once.

What is the biggest lie ever? 'I have read and agreed to the terms of use.'

(continued on page 21)

THE HEALTH ROOM

by Mel Clapman

Let's face it. You're only human. And while one of your priorities is to stay healthy, you find yourself losing interest in exercising and eating a healthy diet. Maybe you were gung-ho for a few weeks and then your get-in-shape determination quickly faded -- and you went back to your old, bad health habits.

What if instead of making mega-changes with the all-or-nothing approach to weight loss and good health, you resolve to tackle a few simple changes at a time? Studies show that the health and weight loss habits that have the best chance of lasting are the ones that call for minor, doable changes. So here's a checklist to help you get back in the groove.

1. Feel Good About Yourself Today

Be sure the people around you make you feel good about you -- no matter what your size or health condition. In addition, if close friends encourage you to smoke, overeat, or drink too much, you might just think about finding some new friends who have good health habits and also want a healthier you.

2. Make Simple Daily Changes

Who said health-related lifestyle changes had to be all or nothing? Start small and make a few simple weight loss and exercise changes each day. These small changes can add up over time to give you a big health boost. Here are some suggestions:

- Add 5 more grams of fiber to your daily meal plan
- Cut out refined carbohydrates, such as white bread, white rice, and sweets
- Avoid foods with trans-fats
- Add two more servings of veggies at lunch and dinner
- Drink three more glasses of water each day
- Add 10 minutes of walking to your daily exercise regimen
- Take a break every hour and walk 500 steps in place (2,000 steps burns 100 calories)

3. Find a Cheering Section

We all need a cheering section -- having to account to someone else gives you a reason to hang in there when you can't muster determination from within. It doesn't matter where the support comes from -- a spouse, friend, co-worker, or online "buddy," or others.

Think of five people who might be in your cheering

(continued on page 22)

NOBODY ASKED ME BUT...

by Mel Clapman

...How many people do you know who have ever been to the Dakotas?

...I have never met anybody from Sandusky, Ohio.

...Don't you think that people in bus terminals always look tired before they start the trip?

...Did you ever see a laundry-truck driver with a clean shirt?

ELECTION RESULTS

For those of you who might have missed the results of last month's election here they are.

Palm Greens Condo 2 Board of Directors:

Rob Thom 174, Anthony DiGennaro 105, Digi Daoust 83 and Bill Arthur 75.

Recreation Board:

Art Robins 84, Marge Fattori 75, Anthony DiGennaro 30, Bill Arthur 23 and Barry Turner 8.

BOOK CLUB

by Joan Zimmer

The season went so fast. Our last PG Book Club for the season will meet on Wednesday, March 30th at 7 PM on Zoom. We'll be reading THE NIGHT OLIVIA FELL by Christina McDonald. It's a mystery, as well as a coming-of-age story. You won't be able to put the book down. Please join us by sending your email address to jpzimmer60@msn.com.



OBSERVATION QUIZ

We think that you'll enjoy this quiz and are thinking about having one in each issue

Good luck.

1. Is the top stripe on the American flag
(a) Red (b) White
2. In which hand is the Statue of Liberty's torch?
(a) Left (b) Right
3. Where is the green signal on a traffic light?
(a) Top (b) Middle (c) Bottom
4. How many sides are there on a standard pencil?
(a) 5 (b) 6 (c) 7
5. Which way does Abraham Lincoln face on the penny?
(a) Right (b) Front (c) Left
6. Which letter is to the left of the "S" on a keyboard?
(a) A (b) B (c) C (d) D
7. Do books have even-numbered pages on the
(a) Right Side (b) Left Side

*ANSWERS ARE ON PAGE 10

Phone: (561) 276-3087
Fax: (561) 276-5994

Body and
Fender
Work



ECONO[®] AUTO PAINTING
& body WORKS

65 N.W. 18th Avenue • Delray Beach, Florida 33444

DAVE

REG #MV-06314

KEVIN

BUSINESS & RESIDENTIAL
IT SERVICES

AUM
COMPUTERS

Murji

help@aumcomputers.net // www.aumcomputers.net
7431 W. Atlantic Ave., #44, Delray Beach, FL 33446 (Village of Oriole Plaza)

CRITICAL ERROR!
YOUR COMPUTER MAY BE AT RISK

RECOMMENDED

1

**DO NOT
PANIC!**

2

**FORGET THE NERDS
& THE GEEKS**

3

**CALL THE
MASTERS!**

(561) 880-5678

CAFÉ CORNER

by George Fitzgerald

Did you know we have a semi-celebrity working among us? That would be the Skinny Cheff himself, Trevor McGrath. Before opening his new café at Palm Greens, McGrath made a name for himself as a competitor on national cooking shows – most notably, Gordon Ramsay’s *Hell’s Kitchen*.



McGrath was working as a sous chef in New York when the show’s producers recruited him to be on air. His cooking talents impressed the host; he finished as a close finalist and was asked to come back on the show to compete in the All-Star round, which took place in different destinations in Europe. “It was a fabulous experience,” he says.

McGrath’s a world traveler. His earlier experience includes working as Executive Chef for the *Hotel Alexandria*, a grand luxury tourist hotel in the tiny village of Loen, Norway, and managing a bar in Montana. In general, McGrath says he has spent most of his life in the kitchen, starting in childhood.

McGrath credits one aspect of his childhood experience as a major asset today, and that is the work ethic he gained by becoming an Eagle Scout. Significantly, McGrath has been singled out for a unique distinction, that of being named to *The Order of the Arrow*, which recognizes “Scouts and Scouters who best exemplify the Scout Oath and Law in their daily lives.”

The Skinny Cheff Café is the first full-service restaurant McGrath has opened as chef owner/operator since his TV experience. Word is getting out. The *Sun Sentinel* newspaper recently published an article that surveyed new restaurant openings in Palm Beach County, and the *Sun*’s writers naturally focused on the Ramsay connection. Here’s what they wrote: “Where does a two-time ‘Hell’s Kitchen’ contestant choose to hang their chef’s hat? If you’re Trevor McGrath, the answer is a café inside the Palm Greens 55-and-over condo community. McGrath

(Food Network’s “*Cutthroat Kitchen*,” CNBC’s “*Restaurant Startup*”) has transformed a hard-to-find caddy shack – behind a former golf course – into a breakfast-lunch spot that turns out three-day braised brisket and 24-hour corned beef and pastrami sandwiches from scratch, along with soups, salads and heat-and-eat takeaway meals.”

For visitors driving here, Google Maps and Microsoft Maps now highlight The Skinny Cheff Café as a Delray dining destination.

The Skinny Cheff Café is open every day 9 to 4 Monday through Saturday. You can pre-order take-out and take-home meals online at <https://the-skinny-cheff.business.site>.

Bon appetit!

****OBSERVATION QUIZ**** **ANSWERS**

1. Red
2. Right
3. Top
4. Seven
5. Right
6. “A”
7. Left Side

**PLEASE CARRY
YOUR PALM
GREENS ID CARD
AT ALL TIMES**



ELSA

Realtor, Regency Realty Services

Your PALM GREENS

Resident Specialist

(561) 859-3269

***“Looking to sell your home, call me for a free home evaluation”
“Are you interested in renting your place next season?”***



5603 Via Flora A



13737 Flora Place H



13984 Via Flora A

Thank you so much for your referrals



Where the needs of the clients comes first!

Call now for your free legal consultation.

**I specialize in estate planning, foreclosure defense, probate,
real estate title closings and other real estate matters.**

TITLE SETTLEMENT FEE OF

\$150*

ESTATE PLANNING STARTING AT

\$250*



ELS ERIN L. SANDMAN, PA

P: 954-509-3786 & 561-900-3633

Palm Beach and Broward Office Locations:

1451 W. Cypress Creek Rd. Ste. 300 | Fort Lauderdale, FL 33309

1615 S. Congress Ave., Suite 103 | Delray Beach, FL 33445

W: www.erinsandmanpa.com E: erinturnkeytitle@outlook.com

LOOKING FOR HIGH QUALITY HOME HEALTH CARE SERVICES?

"CALL MY GRANDSON!"
at



Florida First
SENIOR HOME CARE

561-266-3558

#1 Caregivers
#1 Customer Service

We Offer:

- Transferring/Bathing/Toileting/Cooking
- Alzheimer/Dementia Care
- Personal care/Housekeeping
- Errands & transportation
- Live-In/Hourly Care
- Post-rehab or hospital care
- Short term or long term • And much more!



*Brad Jaffe -
Owner of Florida First
Senior Home Care*

*Proudly Serving
Palm Greens
Residents*

OPEN 24-HOURS PER-DAY,
7-DAYS A WEEK.

*Accepting
ALL forms of
Long-term Care Insurance
& Private Pay!*



Florida First
SENIOR HOME CARE

561-266-3558

LICENSE #: 30211672

10 Hours Of FREE Care
for Palm Greens Residents
Mention this ad



POINTS OF INTEREST

by Mel C

I used to think that a visit to Lion Country Safari was for kids only...but I promise you a memorable experience if you decide to go. This amazing park is located at 2003 Lion Country Safari Road, Loxahatchee. Figure about 20-25 miles.

Get ready to explore a 4-mile safari, seeing a variety of animals roaming – wide open – in naturalistic habitats. You will have a chance to enjoy up to three rides, cool off at the water park and get closer than ever to the animal encounters. Most attractions are included complimentary (there is a parking fee). And some attractions or encounters require a small fee in addition to the admission price, noted in the descriptions. Please check below for any amenities that may be temporarily affected by COVID-19. Please follow rules and regulations posted at each individual ride or attraction.

Here are some of the features you can expect to see.

FLYING ELEPHANT RIDE - Go 'round and



'round and fly sky high on the flying elephant amusement ride. Rides are

complimentary. Open daily at 10:00AM.

Minimum height: 36" without adult supervision; riders under 36" must be accompanied and supervised by a responsible adult

Maximum weight: 220 lbs

Max capacity: 2 riders per car or 1 adult per car

Don't ride if you are an expectant mother or if you have a serious medical condition.

CAROUSEL

A wild take on the traditional merry-go-round. Riders can choose from one of thirty animals to ride on this safari-themed carousel. Rides are complimentary.



Open daily at 10:00AM.

Ride restrictions

Minimum height requirement: 36" to ride without adult supervision

Maximum weight on moving animals: 150 lbs

RIO GRANDE TRAIN



Set out on a short expedition on our toddler train, past goats, cattle, or other petting zoo animals. Rides are complimentary.

Open daily at 10:00AM.

Ride restrictions

Designed for toddlers ages 2-5

Minimum height requirement: 36" to ride without adult supervision

SAFARI SPLASH SPRAYGROUND

Enjoy the interactive water sprayground with 23 water different water features. For your convenience, changing areas



and restrooms are located inside the attraction area. Complimentary with admission.

Open daily at 10:00AM.

SAFARI WATER SLIDES



Experience the thrill of a plunge down our free fall and loop water slides.

Open WEEKENDS ONLY.

Ride restrictions

Minimum height

requirement on yellow loop slide: 42" without shoes

Minimum height requirement on green free fall slide: 48" without shoes

Maximum weight: 300 lbs

SAFARI FALLS

Cool off at the new Safari Falls interactive water play area and enjoy the slides, water sprayers, and dump buckets. Open daily, weather permitting, and included

FOR PALM GREENERS

Clapman

complimentary with park admission.

Open daily at 11:30AM.

Ride Restrictions

Minimum height requirement for enclosed flume slides: 42"

Maximum weight on flume slides: 300lbs

Maximum combined rider weight on dual racer kiddie slide: 300lbs

Maximum bathing load: 300

GIRAFFE FEEDING

Stand eye-to-eye and take spectacular safari selfies with a giraffe at the feeding platform.

Open daily at 11:30AM.

Feeding Experience: \$4.67 plus tax



In accordance with ADA guidelines, service animals are restricted from animal encounter areas where their presence may cause disruption to the displayed animals.

PETTING ZOO



Get to know the goats and other animals in the petting zoo! Purchase food to feed them or go into the habitat to hang out with and brush them.

Open daily at 10:30AM.

Feeding Experience: \$1.87 plus tax

In accordance with ADA guidelines, service animals are restricted from animal encounter areas where their presence may cause disruption to the displayed animals.

MINI GOLF

Test your golf skills on one of 16 holes in our miniature golf course. Complimentary with admission.



• Open Daily.

FUN SLIDE

Pick up a sack and then choose one of three lanes

to slide down on this 90-foot long slide. Rides are complimentary.

Open WEEKENDS ONLY at 11:30AM.

Ride Restrictions

Minimum height requirement: 42"

Maximum capacity: 3 riders or 750 lbs. A maximum of 6 adults or up to 12 children are permitted on stairs waiting to ride.



Persons with the following health conditions should not enter the slide: expectant moms, back or joint ailments, heart conditions, respiratory conditions, broken or mending bones, neck conditions.

SAFARI QUEEN PONTOON BOAT



Hop on board the Safari Queen for a tour of Lake Shannalee and get a closer view of some of the birds and primates. Rides are complimentary.

Open daily at 11:30AM.

Because of the ever-changing Covid conditions we currently face, we strongly suggest calling ahead for updates in the park, prices, etc. Phone (561) 793-1084.



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

and end of 2021 there were 85,000 transactions, a 26% increase in 1 year! We are a true destination state...traffic and all. This boom also happened in the commercial sector/office space, and warehousing. Even though working at home is popular, Investors are going after commercial property, looking to make large profits. Commercial building is on the rise in the new year. Concerning homesteading, if this applies to you, contact the Property Appraisers office for information. For more information call 561-276-1250. The office is 14925 Cumberland Ave, Delray Beach, Fl. There will be some pamphlets in the clubhouse on the bookcase where we get the Pulse.

President Lori Vinikoor told us that the Big Apple Flea Market closing is postponed for now. The Alliance got the developer and community together. The fueling station will not be a part of the plan but the storage and car wash will remain with an added restaurant. Also, with High Point right behind them, there is talk about adding a very high wall for privacy and quiet. We also had a presentation on the Agricultural Reserve and that trading land here in Delray/Boynton w/northern Florida is not equal. The temperature here is a 5% degree

warmer then the land to be swapped in north Fla. The crops could freeze in that colder area, so that is not an even swap for our farmers in the reserve.


Detective Rob Sandt spoke about the increase in auto burglaries. They are on the rise. We must LOCK OUR CARS and stop leaving important things like key fobs, iPads, guns in plain view! Thieves are coming over from Broward and Dade Counties, looking for quick steals. Also, please slow down. Speed limits are there for a reason and when light turns green, wait a moment to make sure that someone is not running the light in other directions! The car wrecks are getting pretty bad! The crash where the SUV rolled over many times could not have happened if the speed limit was obeyed! It takes a lot to roll an SUV. Please use your signals, and turning left from the center lane is deadly! Most accidents are a result of not paying attention. He also said that Speed Trailers have been deployed so that PBCSO can obtain data regarding the time of day when speeding is greatest and act accordingly.

Our next guest was Tony Keeler from PBC Fire & Rescue Dept. In 2021, they had 150,000 calls for help! The trucks are fully manned with additional personnel.


(continued on page 18)

Dr. Melissa Bowers


General Dentist




Invisalign




Denture



Dr. Melissa Bowers



Veneers




Fillers

9851 S Military Trail Ste I
Boynton Beach, FL 33436
(561) 736-0008
DrMelissaBowers.com

"Our goal is to make your visit as comfortable as possible by greeting you with a smile, listening to your concerns, and providing options for the personalized care you deserve."

DR. MELISSA BOWERS



BRIGHTON'S SEAFOOD DINNER MENU

Open Wednesday thru Saturday
(4:00 PM - 7:00 PM)

APPETIZERS



LOBSTAH ROLLS



New England Clam Chowdah
Rhode Island Clam Chowdah
Manhattan Clam Chowdah
Boston Fish Chowdah
Stuffed Quahog
Clam Cakes
Crab Cakes
Fried Clams (full belly)
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)

SANDWICHES



DEEP FRIED PLATTERS



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

ALLIANCE OF DELRAY... (continued from page 16)

He added that with the cold snaps, space heaters have become problem, so be careful and keep the space heater at least 3 feet from plants, furniture drapes, and watch out for your pets, too.

Our next meeting will be on Wednesday, March 2, 2022. Our guest will be Eric Call, Director of Parks & Recreation. He will present an overview of PBC Parks and Recreation, and an update of the Morikami Museum & Gardens Master Plan including the Ryokan (Japanese Inn). Our 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.



L a s e r & C o s m e t i c
D E N T I S T R Y O F D E L R A Y



Dr. Alain Pouleriguen, D.M.D.
Dr. Antonio Festa, D.M.D.
Dr. Juan Figueroa, D.D.S.

- General & Cosmetic Dentistry
- Partial and Dentures

- Implants
- Oral Surgery
- Crown

\$120

New Patient Exam
Full Mouth Xrays
and Cleaning

D0150, D0210, D1110

Regular \$235

Some restrictions may apply.

Most Insurances Accepted
HUMANA Provider

561-499-6664 • 15300 Jog Road, Suite 210, Delray Beach, FL 33446

www.getasmiletoday.com

FOOT & ANKLE SPECIALIST OF DELRAY



Dr. Richard J. Egerman

Podiatrists • Foot Specialist

**13489 Military Trail, Delray Beach, FL 33484
(561) 495-9700**

Medicare Assignment Accepted

Office Hours by Appointment

Keeping Your Feet Healthy is Our Goal!

RECORD BREAKING LISTING AND SOLD PRICES IN PALM GREENS

TAKE ADVANTAGE OF THIS UNPRECEDENTED MARKET NOW WITH AN

AGENT WHO'S QUALIFIED TO HANDLE **ALL OF THE VARIABLES**

- PROUD OWNER IN YOUR COMMUNITY FOR 17 YEARS
- 13 YEARS OF R.E. SALES EXPERTISE SPECIALIZING IN PALM GREENS
- SRES DESIGNEE - UNIQUELY QUALIFIED TO HELP THE 55+ CLIENT
- ACCREDITED BUYER REPRESENTATIVE - SERVICING BUYERS SELLERS WANT
- CNS DESIGNEE - ADVANCED FIELD NEGOTIATOR FOR SUPERIOR RESULTS
- PSA DESIGNEE - ENHANCED STRATEGY ADVICE ON PROPERTY PRICING
- EMPLOYED BY MOST GLOBALLY RECOGNIZED R.E. BRAND IN THE WORLD
- EXPERIENCE SELLING 100'S OF PROPERTIES IN YOUR LOCAL MARKET AREA
- INTERACTIVE PALM GREENS MARKET WATCH REPORTS TAB ON MY WEBSITE
- YOUR LISTING EMAILED TO MY EXTENSIVE PAST CLIENT DATABASE



LINDA KAGAN - REALTOR®, SRES, ABR, CNS, PSA

CELL: (561)914-0541 or HOME: (561)734-3031

EMAIL: linda.kagan@cbrealty.com

www.lindakagan.cbintouch.com



**COLDWELL
BANKER
REALTY**

"YOUR VISION, YOUR DREAM, MY PURSUIT"

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

will have to prove that they can now make another great shot right away (most of the time they can't).

3. They're not over aggressive when they are behind: One of the worst things you can do when you're down in your service game is for the net man to start poaching like a crazy person. This rarely works and allows your opponents to relax knowing you won't be playing smart tennis. If you're down on your serve, now is the time to hit some good first serves, make your volleys and be consistent. If you're down 0-40, you can't miss anything, be steady be smart. If they hit a winner, so be it. If the ball comes to the net man, then help the server out but for the most part you're going to have to dig yourself out of this one. Don't leave the alley open, don't take unnecessary risks and as my partner and I often say, grind it out.

4. They don't hit serves when they are down game point that can cost them the game: If you are down 30-40 or any other game point you need to be sure that you serve the ball so that one or both of your team will have to play on it. One of the worst things I see is when a team is down game point, and they serve the ball out wide. You are opening up so many angles for the receiver and stretching your defense apart to cover both alleys. If the net player is leaning to the alley since they can't afford to give away game point, they are leaving the middle open and won't be able to pick up a floater or weak return. The server has to cover the angle cross court return so a hard middle ball, an alley shot, a sharp angle cross court and a down the line lob will all be effective. You're making it too easy for the other team!! Serve at their body with a lot of spin and try to get them off balance don't give them easy angles.

5. They are flexible yet committed on their returns: You should have an idea of where you want to hit your returns before the server serves, but you need to be able to adjust to the ball once it's served. My coach used to say wait then decide. Read the serve, look for any movement by the opponents once you've locked in on what return you are going to hit, commit to it and hit it well. Don't be wishy-washy or indecisive, that will cause errors. No free points for them unless they hit a service winner. Get the ball in play.

6. They put pressure on the servers second serve: Here are four great returns to hit. #1 is Chip and Charge: Take a kick or spin serve on the rise and chip it cross court. Now your hunter can get up close and you can come in. You are taking away time and leaving them

with limited options. #2 is Drive and Charge: If the opponent doesn't have a second serve with a lot of spin, take it off the bounce and hit it flat and low. Again, you and your partner are closing fast. #3 is Offensive Lob Return: If the server is trying to get in quickly after their second serve, push a lob just over the net players head. #4 is Run around your back hand: You want the server to know that you are going to hit a forehand and that there is nothing he can do about it. We are daring him to hit down the middle and we often get double faults in crucial situations because they know what is coming and they are powerless to it. You'll notice that I refer to it as meat and potatoes of a point. It's all about the serve and return. If you are not working on them in every practice, you're missing an opportunity to be great at what matters - the first two shots of a point. You play with your skill, but you really win with your will.

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.

HOWARD A. BUELLER, M.D.
DERMATOLOGY AND DERMATOLOGICAL SURGERY

HOWARD A. BUELLER, M.D., F.A.A.D.
Diplomate, American Board of Dermatology
Fellow, American Academy of Dermatology

5258 Linton Blvd.
Suite 306
Delray Beach, FL 33484

Tel: 561-498-2911
Fax: 561-496-0282

www.bocaratonderm.com

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

Man to woman: 'Have you ever had sex?' Woman: 'That's my business!' Man: 'Ah, a professional.'

Self-service checkouts: making shoplifting 'a mistake' since 2009.

They say the early bird catches the worm. On the other hand, the early worm gets eaten.

I wanted to propose to my girlfriend over the phone. So I gave her a ring.

Do cross-eyed teachers have trouble controlling their pupils?

If it weren't for marriage, men would spend their lives thinking they had no faults at all.

The bank says this is my final notice. Isn't it great that they're not going to bother me anymore?

It must be really hard to judge a wet T-shirt contest: I saw one recently and all the T-shirts looked equally wet.

Police were called to a daycare center today. A two-year old boy was resisting a rest.

Past, present and future walked into a bar. It was tense.

My girlfriend has a stalker. That's terrible. I didn't even realize you had a girlfriend. I don't.

Can anyone tell me what concise means? Please be short, brief and to the point.

Sometimes life throws you a curve ball and you just don't know enough about baseball to finish the metaphor...

A golfer comes home in a bad mood. 'I only hit two good balls today,' he moaned, 'and that was when I stood on a rake.'

A reporter interviewed a millionaire and asked what he was before getting married. 'A billionaire.'

How did I get out of Iraq? Iran.

Last night I was so drunk that when I walked across the dance floor, I won the dance competition.

Had a serious row with my wife the other day. We usually never make jokes in the boat.

Two gypsy fortune-tellers meet on the street: 'You're fine, how am I?'

Me and the wife decided to make our own sex tape. She was pissed off when I started holding auditions for her part.

The car of the year, as voted by women is....a blue one.

Exercise bikes get you nowhere.

My wife said I'm a useless lazy slob. I said, 'You've woken me at 3PM just to tell me that?'

Junk: something you keep for years and throw away two weeks before you need it.

What do you call a Chinese man with a video camera. Phil Ming.

I have a fantastic memory. In fact, I can't remember the last time I forgot something.



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 Americans to get vaccinated, so that the virus is not kept alive and mutating by unvaccinated people.

**SUPPORT THE
ADVERTISERS
WHO SUPPORT US!**

P.S. THE HANDYMAN



We do the job you won't do!

Over 25 years Experience

- ♦ Grouting and Caulking
- ♦ Specialized in Safety Grab Bars
- ♦ Change Light Bulbs
- ♦ Smoke and CO Detector Replacement
- ♦ Interior and Garage Painting
- ♦ Picture and Mirror Hanging
- ♦ Furniture Assembly
- ♦ All Types of Handyman Jobs

Call Paul: 954.892.1876

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

section. Talk to these people about giving you support and holding you accountable as you work to reach your weight loss or health goals. Call upon your cheering section when you're having trouble sticking with good health habits. When you do reach small weight loss or exercise goals, invite your support group to celebrate with you.

4. Forgive Yourself

If you slip up on vacation and overeat, drink too much, or fail to exercise -- don't beat yourself up! Instead, say, "I really enjoyed my vacation," and let it go at that.

Allowing yourself time to enjoy a few indulgences occasionally is OK. If you start to feel guilty for having dessert on a special night out, forgive yourself and start back on your more disciplined program the next day.

5. Never Go Hungry

Some diet experts say the biggest cause of overeating is undereating. People go too long without eating, and then pig out when they are ravenously hungry. Rigid diets don't work for anyone. Include planned snacks in your daily diet to prevent binges. Make sure you allow for treats once a week without feeling guilty. Have a brownie every Friday and enjoy every bite.

6. Remember That Change Takes Time

It's easy to see thin people and think how lucky they are. But here's the truth: If a thin person is over 30 -- or even over 20 -- chances are they are working hard at being thin each day. Learn from them. Find out how they stay thin. Is it through more exercise? Eating fewer snacks?

According to Kathy Kater, an LSW and psychotherapist in St. Paul, Minn., the research on body diversity is conclusive. "Even if we all ate the same optimal, wholesome diet and exercised to the same high degree of physical fitness, we would still be very diverse in our shapes. Some quite thin and some quite big, but most in the middle."

7. Celebrate Each Day's Journey

In the midst of your exercise and weight loss goals, don't forget to enjoy each day's journey. Problems arise when the "goal" becomes the sole purpose of living and overshadows our daily lives. While having healthy weight loss/exercise goals are important, make sure to take time to celebrate each day's journey. Live for the moment and savor some of life's simple pleasures -- every day.

8. Finally, keep your doctor in the loop.

Regular checkups should always be part of your health regimen.

AN ANNOUNCEMENT FROM THE WOMEN'S CLUB

The Women's Club of Palm Greens announces that starting Monday, February 21, 2022 our exercise classes are back!

All classes (except the water aerobics) will be held in the poolside tent. We encourage you to come 15 minutes early to sign our waiver, pay the fee and get your spot!

Classes will be \$8 each, cash only. There will be a limited number of mats available. Either come early or bring your own mat. Open to all residents! (men and women). Residents must bring their Palm Greens ID card. We encourage you to bring a water bottle, a towel and be prepared to have fun!

Please scroll down to see the calendar for classes and times. In addition, it will be posted on the palmgreens.org website

An additional activities calendar will be sent at a later date which will include; acrylic painting, arts and crafts, mahjong, canasta, tap dancing, sculpting, water-color classes and more!

If you have any questions, please contact Denise Mascolo-Arthur at 631-704-8404.

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



PLEASE
PATRONIZE
OUR ADVERTISERS

ARTS AND CRAFTS ARE MAKING A COMEBACK!



We are lucky to live in a community that supports both sports and cultural/artistic activities.

While being physically active keeps our bodies and minds healthy, I am equally convinced that arts and crafts can set the heart and soul on fire.

Quick Question.....Have you met the artist that resides in you? You can do just that, right here in Palm Greens, by joining our arts and crafts community. If you already paint or work with clay, but want to do it away from home, you will find that the atmosphere in these classes is convivial and stimulating.

Diverse artistic activities can be done in the arts and crafts room, not to mention other areas that I am exploring with the Recreation Committee, since some residents prefer to do activities outdoors. I for one, will be giving free workshops on basic clay techniques, and hope that you will come and try this awesome activity.

Who knows, maybe someone who is reading this will feel like offering painting lessons, or drawing. I can already imagine our first resident art show! If you have engaged in any form of art in your youth, this is the perfect opportunity to rekindle with your inner artist.

Your voice matters, so whether you are a snowbird or a permanent resident, we want to hear from you. My preference is to receive an email, since this will make it easier create an art and crafts group in my computer. If you are not tech savvy, please feel free to call or text me. Knowing how many people are interested, will permit me to work with the Recreational Committee to express our needs, and find out how they can support us best. So, please include your full name, and what form of art you are interested in when you contact me.

Last but not least, please encourage your friends to read this article. The more people who are aware that art is making a comeback, the sooner we can get things going.

Your neighbor and fellow artist.

Jeannette Robichaud

754-367-0097, robbiecarson1951@yahoo.com





Tennis Word Search



ace
ball
baseline
bounce
deuce
doubles
fault
fifteen

forty
game
let
lob
love
match
net
player

racket
rally
serve
set
sideline
singles
smash
thirty

Locate the given words in the grid running in one of eight possible directions – horizontally, vertically or diagonally.



 **CRUISE PLANNERS**
Luxury TRAVEL SPECIALIST
Elisse Gaines
 (813) 725-3252
 elisse.gaines@cruiseplanners.com
 f Cruise Planners - Calm Seas Vacations
 YOUR LAND AND CRUISE EXPERT

Jeffrey M. Scricca, MD
 Board Certified Dermatologist
 Ivy League Educated and Trained

Medical Dermatology

Medical and Surgical Treatment
 of the Skin, Hair & Nails

Complete Skin Health

No Botox. No Fillers. No Laser.
Real Medicine.

498-8787

Linton Medical Park
 4800 Linton Blvd. Suite #314-E
 Delray Beach, FL 33445

Since 1996

MEDICARE ASSIGNMENT ACCEPTED

WE CARE

As the name of our organization implies we care for our friends and neighbors in Palm Greens to make sure that all their needs for being healthy are being taken care of.

We transport our residents and their guests to medical facilities, and we provide walkers, canes, and wheelchairs when they are in need.

To be able to do all that we have to do for our 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.

911 CALLS

Give your Court number/letter in addition to your address. Valuable response time will be saved with this information.

**SUPPORT THE
 ADVERTISERS
 WHO SUPPORT US!**

DO YOU WANT TO HEAR BETTER?

Thousands of Patients Successfully Fitted by Mark Forsyth, HAS-BCHIS

FINALLY...Better Service • Better Equipment • No Waiting
Get Hearing Aids For The Same Prices or Less Than The Wholesale Clubs

MEDX Hearing Center
No Phony Discounts or High Pressure
Just The Best Service & Selection

Same Location Since 1999
AARP Discount

SAME DAY services

Free Hearing Evaluation Nearly Invisible Hearing Aids
Free In-Office Cleaning Crystal Clear Sound Quality
Latest Digital Technology Works Directly From Your TV or Phone

signia Starkey
oticon PHONAK
SIEMENS ReSound

"I'll take the time to answer all your questions and assess your individual needs"

We Accept Most HMO's & Insurance Plans

FREE Trial Period **(561) 921-5962**
4665 W. Atlantic Ave., Delray Beach

L & M HOUSE SITTING

- * 9 years experience in Palm Greens
- * Dependable visits **EVERY** week
- * Immediate contact if any problems
- * 1 **FREE** month when refer new client
- * Clorox in toilets then sealed
- * Drawers & doors opened for air flow
- * Meet service providers-1st hour free
- * **FREE** bug spraying(owner supplies)
- * Unlimited openings & closings
- * Source for other needed vendors
- * Honest, reliable and trustworthy
- * Retired Army and Law enforcement
- * References available upon request

MANUEL NARVAEZ

NY CELL #: (516) 384-6569

HOME #: (561) 734-3031

EMAIL: armyguy43@gmail.com



RN Homecare Services

Holding Your Hand, Every Step of the Way.

Home Care Services

Providing Home Health Aides
Companions • RN's • Live In's • Hourly
All caregivers are screened,
insured & bonded



Risa Pollack Maisner, RN, BSN.

Call us for a complimentary RN evaluation

Risa Maisner RN, BSN

Robin Levine RN, BSN, MA

*Locally Owned & Operated Serving
Palm Beach County*



Robin Levine, RN, BSN, MA

"We accept most credit cards and bill most Long Term Insurance companies directly on your behalf"

**23123 State Road 7, Suite 240
Boca Raton, FL 33428
License #30211509**

**Phone 561.771.0050 • Fax 561.300.2377
www.RNHomeCareServices.com**

Experience...*Professionalism*



**Millicent Bergeron-Larsen,
Licensed Real Estate Broker**

100+ “and counting” Units SOLD

Work Directly With A Broker

- No Administration Fees • No Cancellation Fees
- No Transaction Fees

Millie Larsen

561.289.0900

Oui, je parle français

millielarsen@att.net

Yes, I live in Palm Greens!

Pride
AIR CONDITIONING

SINCE 1974

Air Conditioner breakdowns alone could cost \$4,000! Broken washer, dryer, refrigerator & virtually every appliance are covered...*even a Plumbing Disaster!*

PALM GREENS CONDO SPECIAL! LOWEST PRICES ON OUR BEST HOME WARRANTY PLANS FOR A LIMITED TIME ONLY!

- ✓ Air Conditioner (up to 3 tons max)
- ✓ Refrigerator w/ Compressor & Ice Maker / Ice or Water Dispenser
- ✓ Range & Self Cleaning Oven
- ✓ Microwave (built-in)
- ✓ Dishwasher
- ✓ Washer & Dryer
(excluding replacement on one piece W/D)
- ✓ (R) Water Heater up to 40 gal.
- ✓ (R) Garbage Disposal (up to 1/2 hp)
- ✓ Plumbing & Electric 3 Bath Max
- ✓ Drain Rooter Interior (up to 10 ft.)
- ✓ Angle Stops, Major Plumbing, GFI Outlets, Gaskets on Appliances

(R) = REPLACEMENT COVERAGE

**NO CO-PAYS!
NO DEDUCTIBLES!
UNLIMITED SERVICE CALLS!**

Complete plans as low as

\$245
per year
PLUS TAX



NEED A NEW A/C?
SAVE BIG ON A NEW RHEEM A/C SYSTEM
LOWEST PRICES GUARANTEED!

LIMITED TIME OFFER....

FREE AIR IONIZER

(A \$565 value)



The new degree of comfort.™

**INSTALLED RIGHT
BY OUR
CERTIFIED EXPERTS!**



GO WITH A
PRO
PARTNER

Google
4.7 STAR RATING



CALL 1.866.242.1226 FOR A FREE ESTIMATE WWW.PRIDEAC.COM

*All offers for a limited time only and may end or change without notice. Lowest price offer based upon homeowner providing a price quote on the equivalent system from a licensed AC dealer/contractor. Some restrictions apply with above offers. Subject to terms and conditions. Prices subject to change. Ask dealer for full details. For new customers only. See terms and conditions of home warranty contracts- see exclusions. License Numbers: AC CAC057227 Plumb.CFC057068 Elec. EC13005810 Warranty 80031