

# PALM GREENS PULSE

DECEMBER 2022

DELRAY BEACH, FLORIDA

## THE OPENING OF THE NEW SPATULLA CAFE AT PALM GREENS



The Palm Greens Rec Association  
Announces the Grand Opening  
of the Cafe under new management!

The New & Improved Cafe will be re-opening this Saturday, Oct. 29

Join us for a **GRAND OPENING Special**  
**Breakfast Buffet this Saturday, Oct 29**  
**9 - 11 am**

Eggs, bacon, sausage, hashbrowns, bagel, coffee or tea  
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Come meet chef Jonnie, and see our new menu  
including take-home dinners and other extras.

**The cafe will be open until 4 pm this Saturday**

Cafe Hours : 9:00 - 3:00 PM Mon - Sat.  
Early Bird Breakfast Specials: 9:00am - 11:00am  
(Extended hours starting Dec 1)



**SAVE THE DATE: Thursday, Nov 4 from 4-7 pm**



You're Invited to the  
grand opening of our tiki bar  
behind the cafe.  
Join us for happy hour!



**Palm Greens Pulse**

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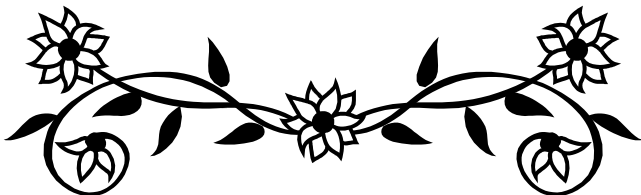
Gloria Kostrzecha    Beth Villanova    Rachel Rodgers

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

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

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

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Grand Opening of the Spatulla Cafe

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## CONDO 2

by Anthony DiGennaro

I first want to welcome the snowbirds back for the winter and wish everyone a happy holiday. This is my first year on the board and what an eye opener it has been for me. I got to see firsthand the work that goes into putting a budget together. As an owner for the last 18 years, I always had questions regarding how we spent our money. Now I know. All spending is reviewed by the property manager and approved by the treasurer. The board carefully reviews the monthly financial report in detail. We review any major potential spending in detail to look for every savings possible. My fellow board members did an awesome job the last couple of years to get us in great financial shape. I also want to thank our property manager, Paul Franzese, for the work he is doing to get this property back in the condition that it should be and for his negotiating skills in saving us money with all the vendors. We have not completed 2022 and with the savings Paul has made, we anticipate a surplus and that helped us with our fees for 2023. Because of his hard work our landscaping and buildings are starting to look great. At one point last year we had over 100 work orders in the pipeline and now we have none. And a special shout out to our maintenance staff for the great job they have done all year long.

Please remember to put your trash in the approved container provided by the trash company. Some unit owners are just putting their trash bags to the curb and the animals are getting to them before they are picked up. Your containers are on wheels so please use them.

Also, I would like for everyone to remember that the speed limit on Palm Greens Way is 20 MPH. Our neighbors are out walking so please drive carefully.

## RECREATION BOARD

by Andrea Wagner



As this is my last month on the Recreation Board, so I'd like to thank everyone for allowing me the opportunity to serve for the past 2 years and make important decisions on your behalf.

The first year, we were saddled with Covid-19 rules. Open, close, or modify; it was always a heated discussion. Then we were tasked with many repairs needed in and around the facility in addition to renegotiating new management and a contract for the café.

As many of you are aware, our most recent task was reviewing the joint resolution that condo I and Condo II have prepared to have the Recreation Board members sign to protect our money from Lennar (13th Floor and Delray Trails). For those that were not able to attend our recent meeting:

After careful consideration and legal advisement, we were told the resolution is premature and that Lennar will not have access to that money. The only entity who could have a claim on the money, would be Delray Trails. That could possibly occur only *after* the clubhouse has been built, which is at least 18 months away, and only after 90% of the units have been sold, (2-4 years from now, minimum) with the passing of the deeds/titles. At turnover, Delray Trails becomes a 1/3 partner in Palm Greens.

The reserve will remain secure in the Recreation Association account and we can use it for any necessary repairs and upgrades as needed until that time. Well before this occurrence, the resolution will be signed which clearly shows the monies will be used for the Residents of Palm Greens and will go into effect to keep your money away from Delray Trails. Your money will be safe!

As a board member and Vice President, I was also the tennis liaison, club liaison and tasked with making sure our website was up-to-date. Next year is proving to have a busy agenda as club activities are in full swing. We are in the midst of the new construction while preparing for our new clubhouse. Due to the time commitments, I have elected to not run again.

I am proud to have contributed to what we were able to accomplish thus far. I started the e-blasts to

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## FROM THE MANAGING EDITOR

by Mel Clapman



If you're an avid reader of The Pulse, you have heard me kvetch about writing this article. I think I'm justified because from month to month, especially from October to January, not much is happening here...especially with the endless Covid craziness and the reluctance of residents to attend indoor events. Lord knows the clubs are bending over backward to create events that are interesting and mostly outdoors.

Anyway, that's where I am. The ball is definitely in my court. First serve in.

Over the past few months, we have gone through some scary weather situations, but have come out clean, especially when you think of what happened on the west coast with the hurricane. We had some nominal damage at Kings Point and Home Depot, but no contest compared to Naples, Sanibel Island and surrounding areas.

It was nice seeing the cafe reopen and even nicer that over 100 of our residents attended the opening. Good food. Good service. Nice people taking care of us. We wish them well and much success as the new season kicks in.

It's also interesting to watch the progress being made on the old Condo One and Two golf course, as work on Delray Trails moves to completion. I have to share with you the rumors that I hear, especially at the pool, about Delray Trails. They will have their own swimming pool (not true), their own tennis and pickle ball courts (not true). Their own cafe (ditto). **Oy!** As we pointed out in past editions of The Pulse, check out the facts by reading about the updates as they happen, thanks to Susan Herman, and going online to [palmgreenscommunityassociation@gmail.com](mailto:palmgreenscommunityassociation@gmail.com).

By the time you get this edition, the tennis rotation program will have started and the Intercondo League will be gearing up for their January start. If you want more information on these two events, stop by the tennis office, Monday through Friday between 9am and noon.

Before I sign off, some words of advice. Please be patient with the Delray Trails project. When the dust finally settles, we will have a new clubhouse, new pools and tennis courts and eye-pleasing landscapes. Get involved with the Women's Club, Men's Club, Four

(continued on page 17)

## ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



Wishing all our Palm Greens family a very Happy Holiday Season. Celebrating with family and friends is the best. It is also wonderful to meet & greet our new neighbors as well as returning snowbirds.

As we did last month, due to so many new residents who are not aware of The Alliance of Delray, we would like to tell you about the Alliance of Delray Mission Statement.

Our Mission is to provide the neighborhood Associations of Delray Beach with a non-partisan, unified front and voice to federal, state and county elected officials for the betterment of its citizens. We also cooperate with these officials to build a community that will serve the best interests of all residents. Areas such as traffic control, road building, traffic lights healthcare, commercial and residential development, emergency medical services, are just a few of the important subjects that the Alliance pursues with government agencies and officials.

Each month from October to April, as your representative from Palm Greens, we will report on the meetings of the Alliance through the Pulse, our community newspaper and on the Palm Greens website. Hope that this is helpful, and you are welcome to attend any meeting at the South County Civic Center, first Wednesday of every month, 9AM. Meeting starts at 9:30AM. The community is always welcome.

Due to the hurricane, the November Alliance meeting was cancelled, but we do have a quick update from our PBCFR (Palm Beach County Fire Rescue) and PBSO (Palm Beach Sheriff's Office).

Dr. Lori Vinikoor, President of our Delray Alliance Center, did a zoom meet with PBCFR (Palm Beach County Fire Rescue) and PBSO (Palm Beach County Sheriff's Office). Lieutenant John Wink of the PBCFR warned of the latest holiday scam, especially near malls. A group of people are walking around in the parking lots with jewelry to "sell". They start putting it on you and before you are aware they have stolen what jewelry you are wearing. Please be alert! Also,

(continued on page 18)



## THE FOUR SEASONS CLUB

by Eleanor Horowitz

The Four Seasons Club is glad to welcome all our former members and new members back to Palm Greens. We hope everyone had a blessed and joyful Thanksgiving. The airplanes and cars are arriving daily from up North and the enthusiasm for happy activities and fun events is growing.

Our much-anticipated November Luau brought us together for great food and exciting entertainment.

Back by popular demand on Friday evening December 9th is our BINGO / PIZZA NIGHT of fun, food and prizes. Check the lobby for reservation forms.

Our special Brunch is scheduled for January with great food galore and entertainment. Watch for the date and reservation forms in the clubhouse lobby.

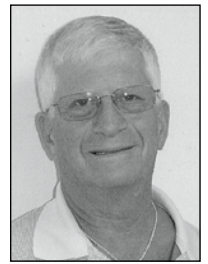
Please note that due to the increase in costs at this time there will be a change in the Four Seasons dues schedule. Effective January 1, 2023 the annual dues will be \$20 per person.

We wish everyone a Happy and Healthy Holiday Season and a Happy New Year!!!



## MEN'S CLUB

by Peter Dreifus

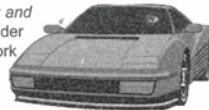


The Men's Club met on Sunday November 13th at the clubhouse. It was the usual group of guys and after a lox and bagel breakfast we had a pitch from a dealer who buys gold coins and jewelry and old watches. Some signed up for him to visit for estimates on buying items. We then were entertained by an excellent lady singer. She was very entertaining. Our next meeting is on Sunday, December 11th at 10:00 am in the clubhouse. Breakfast is \$5.00. Those who have not paid annual dues of \$15 will get the breakfast free after paying the dues. We plan to have our January 8th meeting include wives or lady friends. We will soon be sending email blasts for early registration for meetings. We are entering the wild world of computer communication. We look forward to seeing everyone at future meetings.



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## TENNIS COMMITTEE

by Mark Melnick

Hopefully everyone had a fun and hearty Thanksgiving.

This month we usually see an influx of residents returning to Florida. For those of you who are unfamiliar with our Tennis Program please stop down to the tennis courts any morning to check us out. While the Rotation program has been underway since early November and will continue until May, we always welcome new players to join us anytime during the season. You can also contact us by email at [tnnscenter@gmail.com](mailto:tnnscenter@gmail.com) or by phone at (561) 303-1101.

Our Rotation program is on Mondays, Wednesdays, and Fridays with 90-minute sessions beginning at 7:45am. Rotation players are placed into matches with players of similar ability on a rotating basis. It's a great way to meet new people as well as improve your skills. The games are casual and friendly. Please remember that the operative word here is *ROTATION*. Some days you will be the best player on the court and other days you may be the worst. We try our darndest to make all the matches perfect but on the "rare" occasion that you feel your grouping wasn't correct, take a deep breath and play on. If you find that you prefer a different grouping, mention it to me and I will try to adjust your playing group.

On Tuesdays and Sundays there is open play, but registered players can reserve courts by signing up in the tennis office. Thursday and Saturday mornings also have open play until team practices begin. Open play is available any time after rotation or team activities as well as when there are available courts. The courts are available for play by non-registered residents and their guests (when accompanied by a resident) anytime after rotation and team play unless the court has been reserved. The courts are locked in the afternoons and can be opened with your clubhouse key. If you are the last one on the courts in the afternoon or evening, please relock the gate when you leave.

Please note: our maintenance crew works very hard to keep our courts in great shape. When you arrive in the morning, please allow them to finish grooming the courts before you begin play. They are continually working on the courts throughout the day so one or more



## WOMEN'S CLUB

by Steffi Carmel  
and Roberta  
Minerva



Welcome back Snowbirds!!

By now, all of you should have received a Women's Club application packet in the mail. If you have not, please look in the box outside or inside the clubhouse. We are inviting everyone to join. Please check the schedule of events we have listed.

On Thursday, December 15, 2022, the Recreation Department is sponsoring a Welcome Mixer. All Palm Greens clubs will be represented. Please come and see us at our table for a Meet and Greet.

Our November tea was very successful with a full house. We had over 60 guests. Denise Arthur was our host, and Pauline Brandt was the caterer who shared her food and decorating talents. It was a beautiful setting with rave reviews by all.

On December 31, 2022, during the DAY, we will be hosting our, "Let's Get This Party Started" brunch. Please look for details on emails and flyers posted throughout the community. Be our guest, and start the New Year off with a bang!

We wish all Palm Greens residents a wonderful holiday and a Happy New Year.

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## TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)

### How to develop touch and why it's so important in doubles tennis.

There are many times when you must use touch to neutralize an opponent's advantage and gain an advantage for your team. First thing we need to do is learn how to develop touch through some practice drills. This is the best way to learn the sensation of what touch feels like. Here are some things you should try that I use in my clinics. In order to have touch you need to have soft hands when you are hitting.

Many players hold the racket for dear life and can't use their hands to control the speed and angle of the incoming ball. Keeping your hands soft allows you to adjust to the ball that comes to you and control the ball you send back. You also have to use your legs for whatever push you're putting into the ball. You're going to take what your opponents give you, soften your hands to put touch on the ball and use your legs to make the ball go over the net. The drill is a volley-to-volley drill between two players. The twist to the drill is that every time the ball comes to you, you are going to tap it gently to yourself before sending it back to your partner. When players first try this drill, they usually hit the ball so hard when trying to hit it to themselves that it goes flying away and they can't make the second hit. I always tell them they're trying to absorb the ball into their racket and keep it as close to the strings as they can. After a few minutes almost all players are a lot better at controlling the ball off their strings. There is also an added bonus hitting to yourself so are able to hit it again. It puts your racket at an optimal angle for volleying. You will stop hitting volleys into the net. Once you've done this drill this way just start hitting the volleys back and forth but keep the same fast feet and soft hitting going. You will notice a couple of things.

First you can control how fast your opponents hit the ball and thus how fast the point is played, by hitting the ball low and at a moderate to slow speed. Second, you will get better at moving fast and hitting slow and that's something only the best players are



## THE HEALTH ROOM

by Mel Clapman

More than ever before, many senior communities are embracing health and wellness programs. Some offer nutritious meal plans, others engaging social programs, plus a variety of physical activities that result in more seniors who can now live well in a safe environment.

There are hundreds of studies that highlight the long-term benefits associated with healthy living, and it becomes more important as we age. According to the World Health Organization (WHO), 80 percent of all cases related to heart disease, stroke, and Type 2 diabetes could be prevented if people ate healthier, were active, and stopped using tobacco.

Below, we take a closer look at how senior communities support health and wellness initiatives to improve the lives of their residents.

Although diet and exercise are key drivers behind wellness, there is so much more to learn about its philosophy. Research shows that seniors who incorporate health and wellness into their routine receive lasting benefits. Some senior living communities hold wellness group sessions to inform residents about the importance of healthy aging. Their workshops aim to provide educational resources about the eight dimensions of wellness, which include: Physical, Emotional, Social, Intellectual, Spiritual, Occupational, Environmental and Financial.

Have you thought about spiritual wellness? According to the National Wellness Institute, spiritual wellness involves finding a connection that is greater than yourself and having a set of values that guide your faith. Putting spiritual practices into retirement facilities ensures residents have spiritual support 24/7, helping them age well in a relaxed atmosphere. Community programs like pet therapy, meditation gatherings, and worship services allow a sense of emotional expression and promote greater happiness.

More seniors are choosing to live in retirement communities for a variety of programming, opportunities for exercise, and the close-knit community feeling. Connect with a Senior Lifestyle near you to find out more about the health & wellness programs that are available to you.

*(continued on page 18)*

## BOOK CLUB

by Joan Zimmer

The book we are reading for our December 7th meeting is *THE LATECOMER* by Jean Hanff Korelitz. By a fortunate coincidence, Hadassah, an organization, where I am a member is having a Book and Author Zoom talk at 7 PM that night with Jean Hanff Korelitz. There is no charge. If you are interested, I will send you the link. After the Hadassah book talk is over, we will have our own book discussion at 8 PM on December 7th. Please RSVP to me if you are interested and I will send you the link.



## NOBODY ASKED ME BUT...

by Mel Clapman

...Did you hear they arrested the devil? Yeah, they got him on possession.

...What did one DNA say to the other DNA? "Do these genes make me look fat?"

...What do you get when you cross a polar bear with a seal? A polar bear.

...What's the difference between an outlaw and an in-law? Outlaws are wanted.

...Scientists have recently discovered a food that reduces sex drive. It's called wedding cake.

...Before you marry a person, you should first make them use a computer with a slow Internet connection to see who they really are.

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



## THE BOCA BALLET THEATER FOR PARKINSON'S

by Ginny Riviezzo

As a resident of Palm Greens Condo II for over 40 years my mom has participated in many community programs in Palm Beach County. Mom has now reached a stage in her life where she is in need of social and physical activities. She was diagnosed with Parkinson's disease four years ago. She was active for the first few years but PD has taken over. She keeps busy with her Yankee games during the season and loves our outings when able to do so. She is in a wheelchair now but this does not stop her from going to the mall, happy hours at a few local restaurants and gambling at the Hard Rock Casino.

I wanted to share with the Palm Greens community a great program we were fortunate enough to find at the Boca Ballet Theatre studio called BBT4PD (Boca Ballet Theatre for Parkinson's). The program is designed for those living with PD and accompanying family members and caregivers.

The class consists of two teachers and several assistants. These fabulous teachers get participants moving, stretching, and laughing in the bi-weekly classes, which are open to anyone with Parkinson's, no matter their age, ability, or the advancement of their condition. The assistants bring their hearts and souls to each class with their service and support. Their care, compassion and concern is evident by the smiles and enthusiasm from all participants. We have formed a new family with this group.

The BBT4PD Celebrates its 10th Season this year. Cindy Surman is the Program Director and the only Certified Dance for PD® Instructor in the state of Florida, and has been teaching for 9 years. This year they have added a piano accompanist who brings the joy of live music to BBT4PD's classes, adapting the tempo and quality of music to fit each combination of movement. This gets everyone moving to the music and keep participants engaged and motivated as they enjoy many forms of dance including ballet, tap, jazz, Broadway style, improv, and more.

Boca Ballet Theatre is very proud of this outreach program and of the passionate artists and generous community members who support its mission. Classes are FREE and open to everyone. They also broadcast simultaneously on Zoom.

If you would like more information on this wonderful program, please contact Cindy Surman at 561-995-0709 (ext. 226) or [csurman@bocaballet.org](mailto:csurman@bocaballet.org).



## POINT OF INTEREST FOR PALM GREENERS

by Mel Clapman

I just realized I can send you back to a happy place in your childhood, when pinball machines ruled big time!

It's called the Pinball Retro Arcade and it's right here in Delray Beach. Looking for classic pinball and arcade games to play? How about some easy-to-eat food – burgers, franks, hot dogs, pizza and everything in between, a great six dollar menu, plus a happy hour from noon to 7pm, with drinks ranging from soft to beer and cocktails? There's also the "Asbury Park" stage where you can chill out to some foot-stomping jazz or rock or R&B, depending on who's performing.

As for the real reason to go, your brains will explode as you step up to Mini-Golf, World Series, Pleasure Isle, and that all-time favorite *Skee Ball!*

You're going to have so much fun at the Pinball Retro

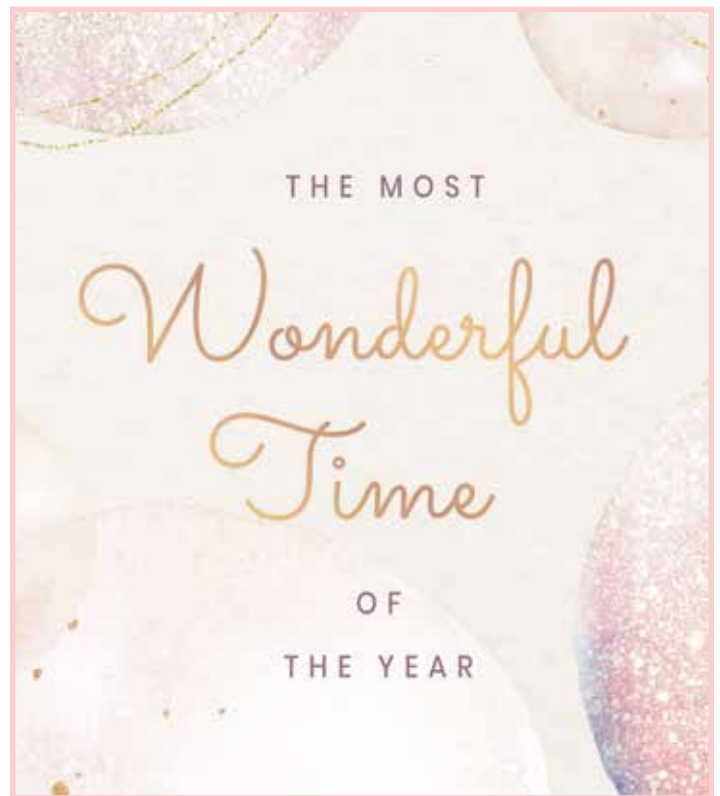
Arcade, you'll just have to leave with a gift certificate or baseball hat for someone you want to share with.

We found the staff friendly and helpful and the food/drink servers even more.

The Arcade is open Sunday through Thursday, noon to 12am, Friday and Saturday, noon to 2am. 19 NE 3rd Avenue, 561-266-3294.



right here in Delray Beach. Looking for classic pinball and arcade games to play? How about some easy-to-eat food – burgers, franks, hot dogs, pizza and everything in between, a great six dollar menu, plus



### WE CARE

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

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

To be able to do all that we have to do for our residents and their guests, we always are in need of volunteers. Without volunteers, any organization would have to hire people to do the job that is done now in Palm Greens.

Palm Greens is very fortunate that there are many volunteers that staff all our clubs, and staff our boards and they do so without any compensation. Otherwise if we have to pay for this kind of service that the volunteers do, our maintenance would be triple what it is today.

In case any residents are in need of our services, 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.

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## GRAND OPENING OF THE SPATULLA CAFE AT PALM GREENS DRAWS A FULL HOUSE

At exactly 9am on Saturday, October 29, the doors opened and in they came...the residents of Palm Greens. The event was the Grand Opening of the Spatulla Cafe, our poolside eatery. Greeting them was owner/chef Johnny Louis and his staff.

Chef Johnny hails from Barbados, has been here eighteen years, and runs another Spatulla restaurant (on Jog and Atlantic). He says that based on the quality and variety of the new café's food, he is expecting a "take-a-bow" response from our residents. "They will not be disappointed"!





As we enter the new season, the events keep coming. Below are photos from the Annual Women's Club Tea Party and the Holiday Boutique Auction Fund Raiser for Eat Better-Live Better, a non-profit organization focused on improving child care. Co-President Roberta Minerva says the tea party has been a long-time event at Palm Greens and always enjoys a good turnout. Kudos to Pauline Brandt for catering the food and pastries, the 66 attendees found them beyond delicious. The auction featured vendors selling a variety of products from handbags to ceramics. Unfortunately, this event was cut short due to rain.





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**RECREATION BOARD...** *(continued from page 3)*

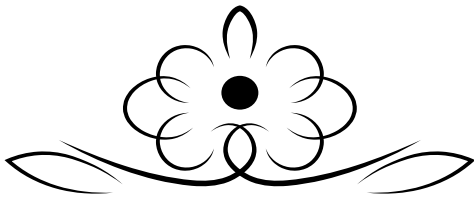
keep the community informed, and included the clubs for advertising through our e-blasts. I was instrumental in hiring our new chef, and getting approval on new tennis equipment, awnings, heat lamps, a new art room, and our new bar, all while staying under budget. My biggest contribution to the community was the decision to hire our office assistant, Phyllis, who is efficient, patient and friendly to all.

The following is my love letter to Palm Greens:

1. Thank you for giving me the opportunity to share in making decisions that affect our community.
2. Thank you for the friendships I have made by working with board members and clubs.
3. Thank you for keeping the tennis courts in great shape and supporting the players.
4. Thank you to all the clubs for putting together creative and fun events and working with the Rec Association to make sure accommodations were ready.
5. And finally, thank you to the rest of my board members (Art, Bob, Elisse, Al, and Carol) who, together, put in much of their time and efforts to make this a great place to live.

Happy Holidays and Best Wishes for a new exciting year ahead!

See you around!



**PLEASE  
PATRONIZE  
OUR  
ADVERTISERS**

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

Seasons, classes and events. Meet new people at the pool and cafe. Check out the library, and finally, keep busy! If you're new and have questions, call the condo offices, One or Two, depending on where you live. Stop in at the Unit Owners Association, in the clubhouse, near the old Crafts Room.

Get busy and occupy your time constructively. It will make your day go by quickly, and, who knows, you might even enjoy it!

**911 CALLS**

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

**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.

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

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

traffic accidents are up 13% with some really ugly crashes. Stay off your phones and take a moment when the light turns green to make sure that someone is not running the light. Stay safe.

Chief Stansbury from PBSO said that our Sheriff's Station at Jog and Linton received an award for best station of the year. They also handled the heaviest call volume of 45 station houses. Also, to prepare for the hurricane, the Sheriff's Office has high-water vehicles ready. The vehicles were used at Kings Point to rescue people during the last storm.

Our next meeting will be on Wednesday, December 7, 2022. The guest speaker will be Joshua Gerstin, Esq. and the Topic will be 2022 Legislative and Case Law Update for Florida's Community Associations. There will also be updates from PBSO, PBCFR, and Government and Elected Officials.

The meeting will be held in the South County Civic Center, 16700 Jog Road, Delray Beach, across from Morikami Gardens. 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.

**TENNIS COMMITTEE...** *(continued from page 6)*

courts could be unavailable in the afternoon while they are working. When you see them around our recreation area give them a wave and let them know you appreciate their hard work.

Jim's clinics will begin this month on Tuesdays and Fridays at 11:30am. New or beginner players are invited on Tuesdays and intermediate players are welcome on Fridays. There is no charge for these clinics. For those who would like additional instruction, speak to Jim about taking a series of lessons. Individual lessons cost \$35/half hour or \$179 for a series of 6 lessons. He also does group lessons and many different strategy lessons. This is a great way to improve your game.

The Tennis Committee's December meeting is scheduled for Friday, 12/9 at 11am between courts 3 and 4. This meeting is open to all residents so come down if you have any questions or suggestions about the tennis program.

See you on the courts!!

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

good at. Most players only hit at the speed they're moving at. If they move quickly, they can't hit with touch, but you will be able to. Here are some ways you will use the same technique you've just learned in very different ways to learning to develop touch. You will be adding so much to your game and once you've mastered it you will know how and when to use all these shots. First situation: Use touch in drills and games when one or both of your opponents are back. They are vulnerable to angles and drop volleys. Most players keep hitting the ball hard and deep which plays right into their hands. If we are in our Hunter Helper positions and the Helper hits their overhead in front of the Hunter eventually the Hunter may get a volley instead of a lob. When they do, they are going to try to hit a touch volley instead of a hard volley. If you execute the shot (and if you've done my drill, you will), you can easily hit a winning volley. The other situation here is when the Helper (positioned somewhere around the service line) gets a short, low ball coming in their direction. If they close in and keep the ball deep, they will certainly get lobbed. But if they close quickly, soften the hands and hit a short angle they make their opponents pay for staying back. The other side of the coin is the team (our players) that is on the baseline and trying to return an overhead. This shot is like a volley too but with the racket face open so that the ball goes high and neutralizes the opponent while making sure they cannot hit short shots. You use your hands to absorb the pace of the overhead and your legs to push the ball past the service line on their side. Once again, this applies for touch and underpin using the same basic technique. You also use this technique when lobbing back a strong serve or when hitting an offensive lob off a second serve. Lastly a huge application for touch in doubles is when all players are closing in on the net. In all my years playing and coaching I only know a few players who do this correctly. If you're at midcourt after a serve or return, it's very difficult to hit a winner on your volley when the other team is closing. You should be trying to set up your team (especially since they're closer to the net) and limit your opponents' options on their returns. Whether it's a volley or half volley slow the ball down a bit and make sure it's below the

*(continued on page 19)*



**TIPS FROM OUR PRO...** *(continued from page 18)*

net when it reaches your opponents. You still have to move quickly to the ball because if you let the ball come to you the opposing net player may cut it off. It's a move fast hit slow situation. You now have time to position your team to cut off all the opponents' shots and you've limited those shots by controlling the speed and height of your shot. They won't have enough time to lob it or hit fast. They are hitting up so it will be a defensive shot. You have them right where you want them, and you can do it all the time once you have mastered touch and stop going for too much on your initial volley. You will control play in the midcourt area. Hopefully you know now how to develop touch as well as several practice applications where you will use it when it comes up in your game. I always tell my players about recognition and execution. If I get you to recognize when to use a specific shot through drills and games, you will get better at executing the shot through repetition. You will become an instinctive player with a wide array of weapons and a systematic rather than random approach on when and how to use them. I'd be happy to have you for my partner.

It's better to ask the coach a lot of questions, than to have all the answers.

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It's hard to believe that our Palm Greens Library is open and ready for business. Our library is unique for its variety of reading material and its hours, it's open 24/7. Just walk right in. From Anthropology to Zoology and everything in between, the library has what you're looking for. And that includes fiction, non-fiction, mysteries and sci-fi, just to mention a few. Our library runs on the honor system. You take a book (or two), read it and return it. No sign-outs, no library cards, you are on your own. All Palm Greens residents are asked to contribute their personal books after they are finished reading them; three years old or less would be appreciated. So the next time you're in the clubhouse, stop by the library and avail yourself of some good reading. You'll be glad you did.



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

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



# Happy Holidays To AU!

## December 2022

November '22							January '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30				29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 Woman's Club Fundraiser 1 p.m. Clubhouse Ballroom	2	3 Private Party 6 - Mid
4	5	6	7 REC BOARD Town Hall 1:00 p.m. BALLROOM	8 4 Seasons Card Party 11:30 a.m. Location, TBD	9	10 Private Party 4 - 11:30 p.m.
11 Men's Club Ballroom 10:00 AM	12	13 Tennis Club Dinner 6 p.m. - 9 p.m. Ballroom	14	15 REC BOARD RESIDENT MIXER 6:30 p.m. BALLROOM	16	17 Private Party 6 - 10:00 p.m.
18	19	20	21	22	23 Rec Office Closed Christmas Holiday	24
25	26 Rec Office Closed Christmas Holiday	27	28	29	30	31 NEW YEARS EVE BRUNCH WOMAN'S CLUB 11:30 AM - 2:3 P.M. pool/tent
1	2	Notes				

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