

PALM GREENS PULSE

MARCH 2023

DELRAY BEACH, FLORIDA

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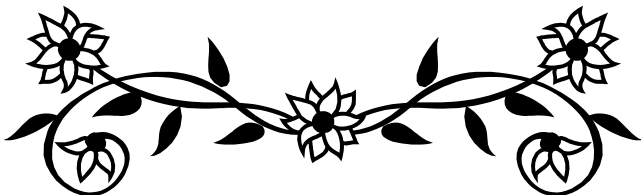
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The Unit Owners Association of Palm Greens (UOAPG) and its publication, The Palm Greens Pulse, are not responsible for the services, products and/or claims made by our advertisers.

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

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

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

- | | |
|---|---|
| 3 | Condo 1 & Condo 2 |
| 4 | Rec Board & Managing Editor |
| 5 | Delray Alliance & Four Seasons |
| 6 | Tennis Committee & Women's Club |
| 7 | Points of Interest & Tips from Our Tennis Pro |
| 8 | The Health Room, Men's Club & Singles Group |

AFTER PAGE 8

The Four Seasons, Women's, Club, and Tennis Committee Activities Pictures

Nobody Asked Me...

We Care

March Calendar of Events



CONDO 1

by Linda Brier



Hello, neighbors!

... and Condo 1 welcomes back our “birds”, sharing another beautiful South Florida season!

We hope you’ve noticed all the obvious improvements and upgrades at PG1. We’ve got smoother, clean-looking roads, and clearly marked parking bumpers, and much improved entrances to our community, on Via Delray at Via Flora, and at El Clair Ranch Road and Via Delray.

Condo I has a new Board of Directors following the January elections: Paul Milowe, president; Linda Brier, vice president; Lisa DiFabritiis, secretary; Bill Bozza, treasurer, and Allen Tirone and John Pascarella, directors.

Here’s an important note to remember:

Condo 1 Board meetings are held regularly on the **second Wednesday of every month** (except June, July, August) **in the clubhouse**. Times and agendas will be posted outside the office and emailed to owners prior to meetings.

These reminders – and many other important notes, will come to you via email **if your email is on file at the Condo 1 office**. If you’d like to make sure we have yours, or if you’d like to sign up now for updates from the Board, see Debbie in the Condo 1 office.

Outside of Board meetings, It’s most efficient if you submit requests for maintenance and other owner issues **in writing, via email to board@palmgreenscondo1.com or dropped off at the office**. *If you haven’t provided your email to the board, please do that as soon as possible. It’s the most efficient and timely way to pass information to and from the Board.*

The cost of city water (which is also connected to outside hose lines) is extremely costly. PLEASE CONSERVE WATER by checking for toilet running, leaking taps, etc. Pride services will cover these repairs.

At the Feb. 8 meeting, the Condo 1 Board invited unit owners to suggest committees to support the board. If you’ve got an idea about a new committee, submit the idea and the names of other interested neighbors in writing to the Condo 1 office.

Condo 1 Board currently has an opening for a representative to the Rec Board. If you’re interested

CONDO 2

by Rob Thom

I’m going to cover a couple of topics that come up over and over to the Board; **gates at our entrances and patios**.

Gates at our entrances – Gated communities have a wall, fencing or in the case of Delray Trails, lakes all around the perimeter of the property. Most gated communities have one main entrance with a guard house and in some cases a second entrance for owners only.

Palm Greens 2 has 5 entrances to our community, 3 off of Via Delray and 2 off of El Claire Ranch Road. There is no wall or fence. In some areas we have our ficus hedges but they were not intended to secure our perimeter. Along Via Delray there is no barrier for entry into the rear of units on Court A or the front of units on Court O or P.

A few years ago, our Association did investigate installing gates but the security companies advised against it because the perimeter is not secure and it would be a misuse of the Association’s money.

Since we are not gated, this is why it is so important that we ensure that all owners, residents and renters have a Palm Greens 2 Parking sticker/tag for their vehicles and that all overnight visitors obtain a parking pass from the office.

This is our community. If you **SEE** a vehicle without a Parking sticker/tag, **SAY SOMETHING** by contacting the office to investigate. **This helps keep our community safe and secure.**

Patios- Up until 2009, the Palm Greens 2 Boards approved patios to be installed on common ground. Common ground is land outside the buildings and each and every one of our 717 owners owns a piece of every square foot. In 2009 the Association’s attorney advised the Board there had been arbitration cases regarding violations of Florida Statute 718.110(4); patios on common ground. That section of the statute basically says that 100% of unit owners must vote to approve installing patios and the Board approval had exceeded its authority. As a result, a resolution was passed to amend our documents to prohibit the installation of patios on common ground and a letter from the attorney, was sent to all owners in December 2009 regarding the change in our documents. The letter indicated that existing patios could remain but they could not be improved or replaced.

RECREATION BOARD

by Al Musaffi

Greetings! Hope you're all doing well on this 3rd anniversary of Covid 19; hard to believe.

On January 30, the Rec Board held its Annual Meeting in the clubhouse with over 40 residents in attendance. It was an informative meeting followed by a spirited Q & A session. Prior to the meeting, the new board voted on the officers for 2023: Art Robbins (President), Carol Hager (Vice President), Shelly Cohen (Treasurer), Al Musaffi (Secretary), Tom Aldrich (Officer), and the remaining seat will be selected by the Condo 1 Board. Many thanks to Andrea Wagner, Bob Heckman and Elisse Gaines for their dedication and service to the Rec Board; we wish them well.

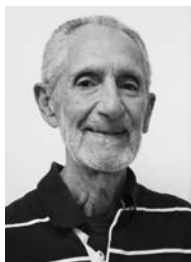
Kudos to Mark and Beth and all the others on the Tennis Committee for organizing the Tennis / Pizza Night; as a fellow participant, I can definitely say, it was a fun event.

For those of you who did not attend our Annual Meeting, I pointed out a "pet peeve" of mine; namely those who carelessly park their cars without regard to others, thereby encroaching on an adjacent spot; the most egregious being the person who blocked a "handicapped spot!" Talk about selfish and inconsiderate!

Please be sure to leave your email address at the Recreation Office or simply go to: www.palmgreens.org website, so that you can receive our eblasts which we send to keep you apprised of notices and upcoming events.

On February 3rd our poolside cafe, Spatulla, hosted its first Happy Hour at the Tiki Bar. Happy Hour will be held on Wed, Thurs and Fridays from 4pm to 6pm with assorted appetizers for 5 dollars.

In the meanwhile, stay well, stay safe, and Happy St Patrick's Day to all. As a matter of fact, Jonny, the chef at Spatulla, is planning to feature a traditional Irish dinner as well as some special appetizers at



FROM THE MANAGING EDITOR

by Mel Clapman



As we come down to our next-to-last issue of The Pulse for the season (can you believe it?), I'm looking back at past activities, projects and programs that have taken place at Palm Greens. But first a preamble about our community.

For our long-time residents, as well as our newcomers, you know Palm Greens is a beautiful condominium community for 55+ adults in Delray Beach, one of the most vibrant towns in South Florida. We have the good fortune to be close by to local shopping, a variety of restaurants, culture and entertainment.

Palm Greens features a clubhouse with full amenities including a ballroom, card room, library, and workout room giving our residents plenty of activities from which to choose. Before the pandemic, we were treated to a variety of shows such as comedians, singers and performers, and club-sponsored activities, including square dancing and Halloween-themed costume events. Our community is highlighted by a large swimming pool and hot tub where residents can relax and enjoy the Florida sunshine, and a poolside café, with a new "Tiki Bar" which offers beer and wine after 4pm (see their schedule).

Along with the aforementioned activities, we also have shuffle board, bocce and Kornhole for those looking for a less active lifestyle. And finally, there's an exercise room on the first floor of the clubhouse for those Palm Greeners looking to "Pump it Up".

So, let's get down to a little business.

Last month, we mentioned how so many residents were unaware of the Unit Owners Association and what they do.

Now, we would like to make you aware of our website. It's www.palmgreens.org, and it is virtually loaded with information about what's going on at Palm Greens, featuring Condo One, Condo Two and the Rec Board. You'll also find updates on Delray Trails as this project keeps moving to completion. The bonus of our website is it's as current as possible, 24/7, every day. You have The Pulse for seven months, and you have the website all year long. It's definitely a win-win.

One more item before we close...have you considered being on one of our boards? I get a knot in my stomach



(continued on page 19)

(continued on page 19)

ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



“Marching along!” Welcome to a wonderfully busy time in Palm Greens and Delray Beach Florida. Our local and larger communities are busy with many activities. Please read on and try to enjoy it all!

The Alliance sponsored the February meeting at the South County Civic Center and was a tribute to our local government and its employees. It was Get To Know Palm Beach Expo and we were able to meet and speak to the People that provide our County Services. Our Sheriffs’ Department was there with examples of their policing equipment with handouts and of course, their beautiful, well-behaved horses. We were able to get up close and friendly or watch from afar. The Fire Rescue Group, our heroes too, had many support and therapy dogs who brightened the day for everyone in attendance. There were many exhibitors and handouts as well as great info on FEMA, homesteading, water district management, tax collector, 911 and 211. Over 49 vendors attended and the popcorn was delicious. (Yes, I was the popcorn person!) Treats were provided by the Alliance of Delray in our signature style!

On March 16th, Palm Beach Sheriffs Office will hold a Scam Workshop from 1 to 3pm at the South County Civic Center. Learn how to protect yourself against scammers.

Another fun event is on March 17, 18, 19 is the West Boca Family Festival at the Burt Aaronson South County Regional Park. For more information, the website is: West Boca Family Festivals (eventtitans.com).

Our next meeting will be on Wednesday, March 1, 2023, and the topic will be “Talking Trash & Recycling”. The Solid Waste RECYCLING and how to dispose of bulk items, electronics, hazardous materials. See the NEW COLLECTION bins with rollers! Learn about the Regeneration Facility that leaders from all over the world come to see. Plus, updates from PBSO, PBCFR, Elected and Government Officials.

Our meeting will be held at the South County Civic Center, 16700 Jog Road, Delray Beach, across from Morikami Gardens. Doors will open at 9AM when refreshments will be served. The meeting begins at 9:30 and always concludes by 11:30. All are invited to attend. See you there.

THE FOUR SEASONS CLUB

by Marcia Davis



We are excited to say that our 2023 season is in full swing. We have already had two exceptional events.

January 29th featured an excellent delicious Winter Brunch catered by Catering Solutions, and entertainment provided by the amazing ventriloquist, Gary Willner. It was a sold-out event!

On February 16th we will have gone to the Wellington Equestrian Center for a guided tour of the facilities, a fabulous lunch and a day relaxing and enjoying the horses in training and competition.

Plan on attending our “Diamonds and Denim” event scheduled for March 5th, 7-10 pm in our ballroom. Dance to the sensational music of Suzy Cruz and enjoy delectable desserts. Bring out your bling and denims! Tiaras, if you have one? It’s going to be a great night. Flyers will be posted with further information.

Our membership drive is in full swing. Membership is \$20 per person. Membership forms are available in the clubhouse lobby as well as information about the Four Seasons and upcoming events.

Visit our website for additional information at PalmGreens.org | Four Seasons Club. Any membership questions please email Ellen Euse at elsiefay@aol.com. Anyone interested in joining the Four Seasons or offering new ideas for events that you would like to have? Contact Marcia Davis at cityofgold.msd@gmail.com.

We look forward to seeing you!



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TENNIS COMMITTEE

by Mark Melnick

It's hard to believe that it's March already. Our Tennis Rotation program has been ongoing since the beginning of November with matches scheduled on Monday, Wednesday, and Friday. The courts are busy with league matches on Mondays and Thursdays. Tuesdays have team practices as well as Bev Clapman's famous ladies "card" matches. For the past 2 ½ months, Jim has held team clinics on Saturday mornings when the weather cooperated. For some reason it seems to rain on Saturdays this year. Jim also runs his "free" clinics on Tuesdays and Fridays at 11:30am. On Sundays the traditional mixed doubles matches have been very well attended and even included an impromptu mixed doubles tournament organized by Serge Lacharite. It's great to see the tennis courts packed from 7:30am until after noon each day as well as additional players on the courts most afternoons until 5 or 6 pm.

The Palm Beach County Senior Tennis League schedule will conclude this month and a couple of our teams are in contention for the playoffs.

We've had several successful events including our well attended Pizza/Tennis mixed doubles, our Round-Robin tournament, and our annual 4 Pro event.

This month we are planning a BBQ and Tennis afternoon/evening as well as the "back by popular demand" singles tournament. Watch for details for both of these late season events.

If you like to play singles and are interested in playing in the singles tournament stop down to the tennis center for more information and to sign up.

Once again, please remember that our maintenance crew works very hard to keep our courts in fantastic shape. Please be courteous to them. Allow them to finish grooming courts in the morning before attempting to play on the courts. You may have also noticed some improvements to the courts. The canopies between the courts have been replaced, helping to keep us dry during sudden downpours.

Speaking of tennis etiquette, here are a few reminders about tennis and our courts. Do not enter a court while a game is underway. If a ball goes onto an adjacent court, wait until play has stopped to retrieve your ball.



WOMEN'S CLUB

by Steffi Carmel
and Roberta
Minerva



It is March; however, February sure seemed to bring in the March wind and cooler weather!

Unfortunately, we had to postpone the "Girls Night Out Cruise" until Friday, March 3, 2023. This was unavoidable due to the inclement weather and the Captain's decision. We apologize for the inconvenience, and hope everyone can still join us on the new date. Tickets are presently sold out.

The drawing for the gift and 50/50 raffle will take place poolside on Sunday, March 5, 2023. Please check your email notification for the time. Please bring your tickets purchased at the original fundraiser event.

The fashion show was a huge success. Our ladies from the community expertly adorned themselves in Anthony's clothing and strutted just like runway models. A special thanks to Denise Arthur, and all our special volunteers.

Our next event in April will be a culinary tour in Miami. This event is strictly limited to Women's Club members only. Please be on the lookout for upcoming flyers with all the details.

The Women's Club will be hosting a Mother's Day Tea on May 6, 2023. Please be on the lookout for an upcoming flyer with all the details. We have had a request to also host another tea during the Winter season for our snowbirds. We certainly appreciate all requests, and will do our best to accommodate them.

We are looking forward to seeing all our friends and neighbors!

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KEVIN

(continued on page 19)

POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

I think we have done the city of Fort Lauderdale in a past issue. But here's a pleasant surprise. This time I'm sending you to Fort Lauderdale By The Sea!

About 40 miles from Delray Beach, this small beachfront town, with beautiful white sand beaches, low-rise, family-owned hotels, shopping and many dining options, makes for a wonderful day trip where you just might recall fond memories of your childhood.



FLBTS (Fort Lauderdale by the Sea) is designated a "Blue Wave Beach," a distinction given to clean and environmentally-responsible beach communities. You can kayak, paddle board, skim and kiteboard right off their beaches. For more leisurely activities, picnic in a variety of seaside parks, or soak up the sun on the beach.

And when it comes to strolling around town, you've got options galore. There are bike rentals, a free "around Town" Pelican Hopper bus, and the Sun Trolley, which can take you to Fort Lauderdale beach, popular shopping spots, and connects you with other things to do in Fort Lauderdale and nearby.

If you're into scuba or snorkeling, FLBTS is recognized as "South Florida's Beach Diving Capital." The town's shoreline is a mecca for scuba divers; there are coral reefs teeming with marine life less than 100 yards off the beach. It's super easy to snorkel or dive right from a sandy beach and go nose to nose with fish, turtles, and lobsters. And a big bonus is fishing from the historic pier over the ocean.

One of the must-see attractions is Anglins Square. This area has been designed with relaxing in mind: public plazas where you sit in Adirondack chairs and chat with your friends or people watch, take pleasure in kids (and grownups!) playing the outdoor games, enjoy live music at various restaurants all year long, as well as free seasonal dance lessons outside.

**FROM THE OCEAN TO THE INTRACOASTAL,
IT'S ALL HERE!**

(continued on page 19)

TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



I would like to focus this article on return of serve. The three areas I will be covering are: returning serve when your opponents stay back, when your opponents charge the net, and the mindset you should adopt when returning serve. Since the mindset is so important let's begin there. Whether your opponent serves and stays back or serves and runs to the net the mindset is the same in both cases. Do not try to play in what I call the hit winners mindset. You know, everything you hit has to win the point. Instead adopt a consistent mindset. Think in terms of getting the ball back and neutralizing your opponents serve. Most players do TOO much with the ball and make TOO many unforced errors. This is due to faulty thinking. They are putting TOO much pressure on themselves to win the point off the return of serve. Do not fall prey to this temptation. Here's what you can do to make it more difficult on the server. If your opponent serves and stays back, you must master a deep crosscourt return of serve. The key here is depth. You must keep your opponents from coming up to the net by hitting deep crosscourt return of serve. Depth makes your opponent stay back and at the same time gives you more time to react to the next shot. Hitting deep tilts the percentage in your favor. You are attempting to create pressure, not to win the point outright. Now if your opponent is serving and running to the net you must also hit the ball crosscourt but this time you should keep the ball low at their feet. This will make your opponents hit up at the ball and possibly give you a pop-up, which you then can put away. Remember, you are trying to create pressure not a winner.

Be ready, so you don't have to get ready, because you're already ready.

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THE HEALTH ROOM

by Mel Clapman

There are no hard and fast rules about how often seniors should see their health care providers. For most older adults, though, it's a good idea to have at least one medical checkup a year. At that visit, your provider can review medications, check on health concerns, talk about lifestyle topics and go over recommended tests.

Regular health care visits are the perfect opportunity to go over the medications an older adult takes — a key step in maintaining good health. It's important for a health care provider to know about all of a senior's medications, including prescription and non-prescription drugs, dietary supplements, and herbal medications. That way, the provider can identify any that could be interacting with one another, possibly causing health problems, and confirm that the medications are managing chronic illnesses effectively.

Going over any health concerns — even if they seem small — is also an essential part of a senior checkup. Symptoms such as memory loss, sleep problems, constipation, fatigue or weight loss, for example, could point to underlying health problems that need to be evaluated. Or they might be side effects from medication that could be eliminated with a change in prescription.

Health care providers who see seniors also review lifestyle issues that affect how a person functions day to day. For example, it's important that seniors are able to navigate their environment in a way that allows them to do what they want, interact with others, perform daily tasks without trouble, and stay healthy.

To help get a sense of that, a provider may ask questions about topics such as dressing and bathing. He or she will want to know if a senior has fallen at any point. A discussion of grocery shopping, cooking and eating, as well as ease of movement, driving, typical routines and social interaction can also help the provider better understand how well a senior is managing daily life.

Your health provider might want to discuss is bone density test, which is used to screen for osteoporosis. This test is recommended at 65 for women who have never broken a bone and who don't have other osteoporosis risk factors. For men, this test usually is recommended around 70 for those who have broken a bone at some point in their lives.

Other tests usually are based on an individual's

(continued on page 20)

MEN'S CLUB

by Peter Dreifus



We hope that all of those who attended the February meeting had a good time. The wives and significant others were there, and we had a good entertainer. Several new members attended and we got some good suggestions for future new activities. We all then went home to get ready to watch the Superbowl. The next meeting is on March 12th and it's back to men only.

SINGLES GROUP

We are trying to restart the Singles Group here in Palm Greens. Our first meeting was on Tuesday, February 7th. At the meeting we discussed things we could do as a group: going to shows and museums, having dinner together and visiting historical areas nearby. We will be meeting the first Tuesday of each month at the clubhouse at 4 PM. Please join us to help get the group started. Contact Ben Selig with questions (seliglaw@aol.com or 845-667-0124). Hope to see you there on March 7th.

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by Mel Clapman

...I know I'm a handful but that's why you got two hands.

...If you think you are too small to be effective, you have never been in the dark with a mosquito.

...Taking naps sounds so childish.

...I walk around like everything's fine, but deep down, inside my shoe, my sock is sliding off.

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WE CARE

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

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

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

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

If you have handicap items (walkers, wheelchairs, canes, etc.) to donate, please contact the Rec Office at **561-498-5316**. No port a-pottys please due to hygiene issues.

All items must be brought to the Rec Office as we cannot pick them up.

If you need assistance, drive up to the front of the clubhouse and we will help you bring them in. We thank you for your help.

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

PHONE 498-5226
FAX 637-9261

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SUNDAY: 2:00pm-10pm



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www.delraybeachchinagardens.com

CONDO 1.. (continued from page 3)

in that position, please drop off a resume and letter, in a sealed envelope, to the Condo 1 office.

Update: It's clear that work on Lennar's Delray Trails development is moving along quickly ... a real boost to our property values. Remember to check the clubhouse frequently for current postings from the many clubs and organizations throughout Palm Greens, all designed to entertain you, help you meet new neighbors, and share the joys of life throughout this fine and friendly community.

We hope you take advantage of your PG1 neighborhood!

911 CALLS

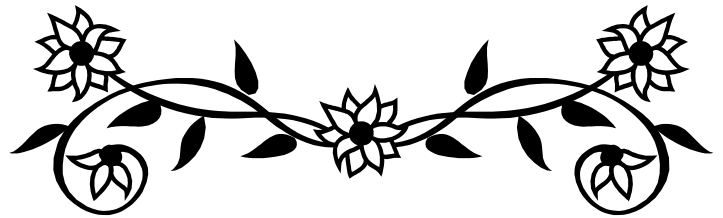
Give your Court number/letter in addition to your address. Valuable response time will be saved with this information.

CONDO 2.. (continued from page 3)

If an owner would like a copy of the 2009 letter, please access it on the Palm Greens website under Association Documents. The URL is <https://number2-palmsgreens.connectresident.com>.

One of the most important responsibilities of a Board is to comply to what is stated in Florida Statute 718, our Bylaws, Declarations, Rules and Regulations. Until the language in Statute 718 changes or 100% of the owners vote to change our documents, this Board will not approve patios and if a new patio is reported or discovered, the owner will be instructed to remove it.

The Board could put this topic out for a vote to the community but to give you an idea of how many people participate in voting, about 37% of our owners cast ballots in the recent election. Realistically, we would never be able to get 100% of our owners to agree on changing our documents.



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RECREATION BOARD.. (continued from page 4)

Happy Hour, so stop by and enjoy!

P.S. For all of you who are not aware of this, The Delray Marketplace holds free outdoor concerts every Wednesday evening from 6pm to 8pm at the bandshell located between Burt & Max and Pagoda Kitchen. My wife Debbie and I have been attending since 2014. This season began October 5 and concludes April 26. If you Google "Delray Marketplace Outdoor Concerts;" you will see the name of the band and the type of music being performed; ranging from Classic Rock, Jazz, Motown, Disco, R & B, and Country. So just bring your folding chair and a picnic cooler and enjoy a lovely evening under the stars. Hope to see you!

FROM THE EDITOR.. (continued from page 4)

when I'm at a community board meeting (Condo Two or Rec), and hear the complaints come pouring in. Some are valid. Most just are not. And when you ask these folks if they ever thought of running for a Board position, you get answers like, "I can't be bothered", "I don't have the time"... and worse (personally offensive).

This column was not designed to preach. We have all paid our dues, and deserve a wonderful quality of life in our retirement. So, think about this: *"If you're not part of the solution, you could be part of the problem"*. Just look into it. It's challenging. It's thought-provoking. And best of all, it's making a contribution to the community in which you live. What could be better?

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

Palm Greens is unique in our area in that we have a large amount of spectators that watch our matches. Visiting team players aren't used to playing in front of spectators and are easily distracted. Please stay quiet during matches and hold your polite applause until a point is completed. It's ok to applaud a visiting player's good shot as well.

Lastly, note that Covid is still making the rounds in our community. Frequent hand washing and social distancing are still great ways to prevent infection. If you test positive, please follow the current CDC guidelines for 5-day isolation followed by mask wearing. The CDC still advises a 10-day isolation if your case was more than mild. Remember that day 1 is the day after a positive test or symptoms began. Visit the CDC website for further updated information. Since many of us in our community are in the high risk group we must be extra vigilant.

See you on the courts!!

POINTS OF INTEREST.. (continued from page 7)

Lauderdale-By-The-Sea stretches from the Atlantic Ocean west to the picturesque Intracoastal Waterway, with beautiful marine sculptures along Commercial Boulevard. Here you will also find locally-owned and operated shops with artisan jewelry, clothing, and gift items, as well as bistro-style eateries, ice cream shops, and bakeries along the way.

You know we don't recommend restaurants, but this one caught our eye. So for whatever it's worth...

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As always, we ask you to do your homework before heading out. Call ahead to get the latest on activities and special events. Have a great trip!

THE HEALTH ROOM.. (continued from page 8)

specific health concerns and medications. For example, tests to check blood sugar; cholesterol; and minerals, such as sodium and potassium, may be appropriate. Some people also may need regular tests to gauge kidney and liver function.

Before you see your health care provider, try to write down questions or concerns you would like to discuss. To help the visit go smoothly, it also would be useful to note any significant health concerns or conditions she's had in the past, as well as any health problems or symptoms you are experiencing now. Always bring along a list of all of your medications, including over-the-counter medications, and their dosages, too.

Based on that information and a physical exam, your health care provider can offer guidance on the tests and screenings that may be appropriate, as well as the best schedule for future checkups. He or she also can discuss lifestyle recommendations regarding exercise, nutrition and social interaction, along with other topics, that can make a big difference in an older adult's quality of life.

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February '23							April '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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5	6	7	8	9	10	11		2	3	4	5	6	7
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26	27	28						23	24	25	26	27	28
								30					29

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
26		27	Water Aerobics 8:45AM Meditation 4PM Craft Class 6:30PM	28	Water Aerobics 8:45AM	1	Water Aerobics 8:45AM Sculpting 10AM Craft Class 1PM	2	Water Aerobics 8:45AM	3	Water Aerobics 8:45AM Craft Class 1PM Women's Club Cruise Girls Night Out 5:30PM	4	Water Aerobics 8:45AM
5	4 Seasons Club Diamonds & Denim 7PM Ballroom	6	Water Aerobics 8:45AM Meditation 4PM Craft Class 6:30PM	7	Water Aerobics 8:45AM	8	Water Aerobics 8:45AM Sculpting 10AM Craft Class 1PM	9	Water Aerobics 8:45AM Travel Group 4PM	10	Water Aerobics 8:45AM Craft Class 1PM	11	Water Aerobics 8:45AM
12		13	Water Aerobics 8:45AM Meditation 4PM Craft Class 6:30PM	14	Water Aerobics 8:45AM	15	Water Aerobics 8:45AM Sculpting 10AM Craft Class 1PM Bunco 6:30PM	16	Water Aerobics 8:45AM	17	Water Aerobics 8:45AM Craft Class 1PM	18	Water Aerobics 8:45AM
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26		27	Water Aerobics 8:45AM Meditation 4PM Craft Class 6:30PM	28	Water Aerobics 8:45AM	29		30		31			
						Notes:							

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