

PALM GREENS PULSE

JANUARY 2023

DELRAY BEACH, FLORIDA



2023

HAPPY NEW YEAR

Palm Greens Pulse

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Beth Villanova



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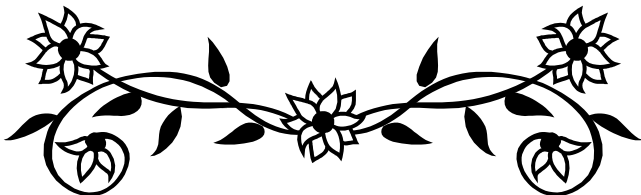
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The Unit Owners Association of Palm Greens (UOAPG) and its publication, The Palm Greens Pulse, are not responsible for the services, products and/or claims made by our advertisers.

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

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

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AFTER PAGE 9

Palm Greens Activities

The Boca Ballet Theater for Parkinson's



CONDO 1

by Bill Bozza

The Condo 1 Board wishes all residents a happy and healthy holiday season.

The end of 2022 we were busy working on our 2023 budget. Thank you, the owners, for your participation in the budget process. Remember our HOA fees will be \$430 starting in January 2023. If you are on autopayment the new payment will automatically be drawn from your bank account.

By the time you read this the planting of flowers at the entrances to Palm Greens Condo 1 will have begun.

Additionally, you will have received the ballots either paper in mail or electronically by email for The Annual Elections of the Board on January 25, 2023.

Our Condo1 Representative to the PGCA Board is Marge Kurinsky. She will keep us informed on construction updates. Any questions that you may have can be sent to our Condo 1 Office where the Board will research them and reply.

The Paving of our Parking Areas and Roads is now complete. We thank you for your patience.

Our website – palmgreenscondo1.com - has information that you can view at your leisure.

Again, Have a Great New Year!

**CONDO 2**

by Sandra Klimas

On behalf of the Palm Greens Condo 2 Board and Staff, we wish everyone a healthy and happy New Year. These past couple years have been challenging for all of us with Covid, inflation, politics and for many in our community, being alone. So, I decided to gather some New Year's quotes to help us look forward to each and every day in 2023.

• "Just one small positive thought in the morning can change your whole day."

• "Opportunities don't happen, you create them."

• "Whatever you are, be a good one."

• "Positive anything is better than negative nothing."

• "Three word quotes; I'll be there, I love you, Maybe you're right, I trust you, Go for it and Got your back."

And last but not least, one of my personal goals is to continually find ways to do something nice for someone, just because. When they offer to return the favor, I ask them to please just "Pay it Forward."

A special New Year's shout out to those who put in so much effort behind the scenes to publish the Pulse. It's a great deal of work but it helps us to stay connected. Keep up the much-appreciated good work.



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RECREATION BOARD

by Bob Heckman



Congratulations, 2023 is here! A new year hopefully rekindling new hope. The holidays can have something to do with it. Some may also reflect back on our simpler “life gifts” – family, good health, friends, pets, books, our memories. It’s healthy to be forever looking forward. It’s humankind.

2022 had us awaiting Delray Trails groundbreaking but it’s here with the project moving along. We have our Café under new management with a Tiki Bar along with steady improvements in other facilities.

The Rec Association has been using its reserves wisely by improving facilities and upgrading communications with informative e-blasts and “Town Hall” forums.

A Mixer was recently held for all residents to learn about the community, associations, clubs and amenities.

The Rec Association further looks forward to upgrading its website for updated content, ease of use and visual appeal. We are also in negotiation with Condos 1 and 2 to create and resolve the 3-way Joint Resolution and solidify foundations already in place since last January for meeting its intentions. The new resolution will remain in place through the development for any contingencies that may arise (e.g., remember hurricane Ian’s devastation to our neighboring community) and until an appropriate time before turnover. It is hoped it can maintain the \$59/month assessment that it operated under for at least the past five (5) years despite increasing costs elsewhere. And, the current Board endeavors to continue protecting those funds through the development until it can see when those reserves will no longer be needed and conclude measures can be taken for the benefit of Condo 1 and 2 residents.

Regarding the recent elections, if you pride yourself as an “advocate for change”, we sincerely hope you became a candidate for one of the Boards. Of course, it’s always easier to complain. But doing something about it takes resolve. We also implore you to measure each candidate’s qualifications before voting for “feel good” expressions of intentions, earnestness, fiscal accountability or just being a “people person” by the candidate’s proven life and career experiences. Ask yourself, what someone has already done or is doing presently to deserve your vote. Personally, having now

(continued on page 19)

FROM THE MANAGING EDITOR

by Mel Clapman



Happy New Year to you all.

Along with this wish comes the proverbial hope that 2023 will bring us good health, happiness and a return to what we once considered a “normal” life.

It’s so interesting how we got through “22”. Saw lots of movies (thanks, Netflix), ate out a bit more, and, against all odds, participated in a variety of community activities sponsored by our clubs, including the Women’s Club, Four Seasons, Tennis Committee, the Men’s Club and Tennis Social Club.

So, we are starting the new year, and what could be harder than keeping a new year’s resolution like giving up smoking or starting a diet? How about being a solid citizen of Palm Greens!

When I was growing up, a mentor taught me that if you’re not part of the solution, you’re part of the problem. Being a contributing resident at Palm Greens is not for the weak-hearted. It requires you to see something that you’re unhappy about, and instead of complaining to your friends or at a Board meeting, you actually set out to resolve the problem. I can hear the voices in my head: “How do I do that, Mel”? Good question.

Depending on the problem, you can run for a position on one of our Boards, Condo I, Condo II, or Rec. If you’re elected, you are then in a position to make right all those wrongs you see. And I promise you, you will quickly find out that it’s easier said than done!

Another option is to be a “good citizen” on your own. You know the rules so it should be easy: no food or drinks at the pool. Lock the gate after you enter or leave. Pick up that dropped tissue (or whatever) and place it in the waste basket. Shower before swimming. And my all-time favorite, when asked to show your ID at the pool... DO IT! Oh, and did I mention the parking lot? It’s not rocket science. One way in and out. No parking in the handicapped spots (unless you’re handicapped) and display your handicapped tag on your front rear-view mirror. Parking permits properly displayed. So many rules. And so much time to follow them! The best news is no one is asking you to be a policeman. All you have to do is let your conscience be your guide. Maybe, just maybe, if enough people see you doing the right thing,

(continued on page 19)

ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



As we read this article, January 2023 has arrived. Hoping that everyone had a joyous, healthy, fun holiday season with family and friends. Now, onto a new beginning and a much better, friendlier and kinder year! I also want to thank Bonnie Sanger for being my co-reporter.

Dr Lori Vinikoor, President of our Delray Alliance Center, started our meeting by speaking about a meeting that she attended concerning the Agricultural Reserve. While we cannot stop the building completely, we continue to work toward slowing, controlling and managing the growth of the area.

Our main speaker was Attorney Joshua Gerstin of Gerstin & Associates. Topic was the 2022 Legislative and Case Law Update for Florida's Community Associations. He covered, safety laws and updates since the Surfside Collapse in Miami. Discussed were community reserves and many new laws including inflation and assessments. Since Florida has not been on a Covid standard for about a year, board meetings MUST be held in person with the residing board. People are permitted to zoom these meetings but they must be held in public or they are not legal by law. Another new ruling is that Pool Contractors and those contracted to do repairs must have at least one licensed person on site. All others can be unlicensed workers. Also, a tree must be deemed to be dying or would cause damage to property to be removed and only with the approval of an accredited arborist. He cautioned that communities need to prepare for future fiscal increases. Associations need to transition away from not "buying green bananas" to a cost-of-living mentality.

Dr Lori Vinikoor touched on another topic, the expansion of the roads between Jog Road and the Florida Turnpike. This is at a bit of a standstill as the Department of Transportation (DOT) has an underground pipe situation. The pipes run under the Atlantic Ave. and it is to be determined who is responsible for the repair and upkeep. DOT installed them but it is not their job to maintain them. Other agencies feel the same. So it will be a matter of discussion at meetings to determine who has ownership and what department will be responsible

(continued on page 20)

THE FOUR SEASONS CLUB

by Eleanor Horowitz



The Four Seasons Club is glad to welcome all of 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!!!

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TENNIS COMMITTEE

by Mark Melnick

Happy Holidays and a Healthy New Year to all from the Tennis Committee!!

As always, our tennis courts have been full of activity since early November. Our rotation program is held on Monday, Wednesday, and Friday mornings with 3 sessions beginning at 7:45am. Competition begins in the Palm Beach County Senior Tennis League on January 9th and continues into March with Women's matches held on Mondays and Men's matches on Thursdays. This year we are fielding 5 men's teams and 3 women's teams at different levels.

If you haven't already registered for our programs, stop down to the Tennis Office and fill out a registration form. Your \$30 fee includes access to all of our programs. All rotation and team players are required to register.

All residents are invited to join our tennis program. It's a great way to meet new friends with similar interests. Whether you are a new or an experienced player we have levels to match your abilities. Our pro, Jim Boardman, offers free clinics on Tuesday and Friday mornings for new and intermediate players. Jim's team clinics are held on Saturday mornings. The schedule for those clinics is posted outside the tennis office.

Our 1st event was held on 11/28. We played 2 sessions of tennis, had pizza and some fabulous home-made delicacies, followed by night tennis "under the lights". As usual, Beth Villanova knocked it out of the park planning this event in which 70 people participated. Stay tuned for information on our additional events.

Now that the season is in full swing, we have lots of guests visiting. Your guests are welcome to play tennis anytime the courts are not being used by the rotation or teams and they must be accompanied by a resident. Residents and guests must make sure that you are playing in proper footwear. Clay court sneakers usually have a herringbone pattern and they cannot have any deep grooves. This is for the health of both the players and the courts.

Also please remember that Covid and the flu season are still upon us. We want to remain healthy so we can enjoy our activities. Social distancing and hand washing are still the best ways to prevent illness. Keep other players at arm's length and continue to use the hand sanitizers located throughout the recreation area.

See you on the courts!!



WOMEN'S CLUB

by Steffi Carmel
and Roberta
Minerva



Happy New Year!

The Palm Green's Women's Club would like to wish all health, joy and peace. It is now time to look forward to gathering with old and new friends in order to enjoy the community's clubs.

We hope you have now received your membership packet and will join us for the 2023 year. If you have not received a membership packet, packets are available in the clubhouse. Thanks to our Membership Chair, Jo Krokus, for providing these to everyone interested.

Unfortunately, our New Year's Eve (day) Brunch was cancelled. We will be having our rained out fundraiser for Eat Better Live Better at the Clubhouse on January 6, 2023, at 1 p.m. Baskets will be raffled for those who have already purchased tickets. Tickets for the 50/50 and basket raffle will also be available for purchase the day of the event. The same vendors will be back with a few more added.

We are working on a girls' night out cruise in January, as well as our fashion show to follow on February 3, 2023. Please check for e-blasts and flyers posted in the clubhouse.

We would like for any of our women's club members to host an upcoming event. If interested, please contact Denise Arthur. Her phone number is posted on the women's club board in the clubhouse.

Let's look forward to enjoying all the club events in 2023!



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TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



Raise your average to guarantee doubles success.

In my many years of playing competitive tennis and as a teaching professional, I have gained a lot of insight into what makes most players tick, and the way that they undermine their own success. I would like to share some ideas today that if implemented, will guarantee you more success as a match player. Most players think that the best they have ever played is how good they are. They spend their entire tennis career trying to reproduce that one day when everything went right. When they play poorly many of these same people fear that this is how bad they are. The truth lies somewhere in the middle. You are the average of all the time you've played. If the best you have ever played is equivalent of a 4.0 but the worst you have played is a 3.5 then you are around a 3.75. This is an oversimplification, but I think you follow my meaning. Stop spending your entire time being disappointed that you're not playing well enough and stop making excuses as to why you're playing the way you are. It reminds me of something one of my coaches said to me. "You don't have to play great to win, you just have to play a little bit better than your opponents." If we can't count on hitting the best shots every day then how can we improve our average so we can win more matches? Let's make sure we do the things we can count on every day, that won't waiver. Here they are: Always have the right mindset, the right mindset is process oriented and stay in the present. If you keep hitting setups, the points will take care of themselves. Always make the first two shots of every point! Those who follow this strategy know that the average point in doubles lasts 3.2 shots. So, if you make the first two shots (serve+1 and return+1) you will be in every match you play. Don't be in a rush to end the point. The team that ends most points always loses. Once you have mastered shot selection and good decision making there is no reason to make bad decisions. Stay with what you've learned, trust the process. Your position, like your shot selection is something you can count on every day. Make sure to disrupt your opponent's game and exploit their lack of mastery in certain areas. For

(continued on page 21)

THE HEALTH ROOM

by Mel Clapman

OK, if anyone reading this has never experienced back pain, raise your hand. Hmm, I don't see lots of hands. And that's because at this stage of our lives, most of us have experienced back pain, ranging from low to OMG! So, if an aching back is starting to feel more like a regular thing — and less like something you randomly pulled at the gym — well, you're not alone. About 6 million older adults in the U.S. live with chronic lower back pain. In a 2019 survey by the National Center for Health Statistics, almost 46 percent of adults 65 and older said they experienced back pain in the past three months.

As we get older, we start to lose fluid in our discs, and as we lose fluid, the discs tend to collapse. We get stiffer, and the risk of injury becomes greater. From there, plenty of lifestyle habits raise your risk. Some of these — hoisting your grandkid or overdoing the gardening — are obvious, but some aren't. Check out some of the reasons your back may be acting up.

How much milk are you drinking - It's not the milk per se, but the vitamin D it comes with; some studies have found that those with the most severe back pain had the lowest levels of vitamin D.

The vitamin's effect on bone health could help explain the connection. Research in the *Journal Menopause* found that among postmenopausal women considering spine surgery, those with severe vitamin D deficiency had more severe disc degeneration and back pain. Stronger bones can help protect against back pain and other disabling issues. You should consult your physician about your vitamin D levels.

Have you checked your core lately - The muscles in your midsection make up the "core, and a weak core can mean chronic back pain. To help build strength, sit or stand straight, imagining that there's a string attached to the top of your head, pulling you upward. Now tighten your abdominal muscles, trying not to move your pelvis, ribs or shoulders. Hold that position for as long as you're comfortable. If you routinely exercise, this should be included.

AHH, the grandkids - They're delightful — and heavier than they look. If it's been a while since you lowered an infant into a crib or picked up a toddler in mid-tantrum off the floor, you might be feeling it

(continued on page 22)

POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

OK, we start the New Year off with a real trip to a really interesting place for you and your family. The South Florida Science Museum (SFSM) has been in business since 1959 and opened in 1961 as a learning environment specific to natural science and natural history in.

In 1971, after adding a third phase of the facility to its current size, including an exhibit space, classrooms, an auditorium and organizational support areas, the institution eventually became known as the Science Museum and Planetarium of Palm Beach County and in the 1980s, was renamed the South Florida Science Museum, reflecting the organization's increasingly

broad subject matter, educational purpose and geographic appeal. In 2008, the planetarium and theater were completely renovated and renamed through the support of the



Dekelboum Family Foundation. The rapid growth of the Science Museum is a testament to the significant role that it assumed and continues to fulfill, within the community, serving as an educational and cultural resource for visitors of all ages and backgrounds.

An unusual feature – for a museum – is an 18-hole miniature golf Conservation Course designed by local legends Gary Nicklaus and Jim Fazio. It was developed as a green space to provide recreational and environmental benefits to visitors while educating people about Florida's native habitats and was named one of the "Top Thirteen Miniature Golf Courses in the Nation" by Travel Magazine.

In October of 2018, another unique feature was completed, the second half of what the Museum calls "Our Backyard", the quarter-mile-long Fisher Family Science Trail which connects 15 new exhibits, including a Physics Forest, FPL SolarScape, interactive splash pad, gem panning station and dinosaur walk.

(continued on page 23)

MEN'S CLUB

by Peter Dreifus



Since our December meeting will be after the deadline for articles, we most surely had the meeting and it was enjoyable and fun, as usual. We tried a new way to get more men to attend by asking Phyllis in the Rec office to put out an email blast to all unit owners and asking anyone who will attend to reply to me so that we can prepare more accurately for the meetings. We've had great entertainment so far this year and it will continue. For the January meeting we are asking attendees to bring their wives or lady friends. Please let us know each month if you are attending. We certainly accept new members. We hope that everyone had a great holiday season and we welcome you in the new year.

TENNIS SOCIAL CLUB

Cheers to 2023!!! Mark your calendars for our upcoming events.

January 17th join us at Westchester Country Club. Details can be found on our flyers in the clubhouse. Keep March 21st open!! That is the day for our Gala at Benvenuto's.

Hope to see you there.

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BOOK CLUB

by Joan Zimmer

Start your New Year off with a suspenseful read. Our PG Book Club will meet on January 25, 2023 to discuss LOOK CLOSER by David Elliot. This is a real page turner and you will not want to put it down. It is a wickedly clever and fast-paced novel of greed, revenge, obsession- and quite possibly the perfect murder. Our meeting will be at 7 PM on Zoom. Email me, if you want to be added to our link. jpzimmer60@msn.com



NOBODY ASKED ME BUT...

by Mel Clapman

...How does NASA organize a company party? They planet.

...A scarecrow said, "I'm outstanding in my field. But hay, it's in my jeans".

...Teamwork is important; it helps to put the blame on someone else.

...I cannot believe my friend got fired from the calendar factory. All he did was take one day off.

...Another friend was a bookkeeper for 10 years. The local library wasn't too happy about it.

...A conference call is the best way for a dozen people to say "bye" 300 times.

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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Wear the right glasses.

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

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January 2023

January 2023

December '22

February '23

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Office Closed	3	4	5	6 Women's Club Basket Raffle	7
8 Men's Club Ballroom 10:00 AM	9	10	11	12	13	14
15	16	17 Tennis Social Club Westchester Country Club Dinner Time: TBD	18 Bunco 6:30 TV Room	19	20	21
22	23	24	25	26 Condo 2 Annual Condo Meeting 10:00 AM Ballroom	27 Women's Club Cruise	28 Four Seasons Brunch 11:30 AM Ballroom
29 Four Seasons Winter Brunch	30	31				

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La Garlic
(served warm w/ our garlic sauce)

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Crab Cake Sandwich
(w/ house made remoulade sauce)
Fried Fish Sandwich
(w/ house made tartar sauce)

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Onion rings \$1.00 or
Sweet Potato Fries \$1.49

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Fisherman's Platter
(Fish, Clams, Scallops, Shrimp)

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PALM GREENS ACTIVITIES

As the new season began, activities at Palm Greens are shifting into high gear.

We had our Veteran's Day memorial. A day-into-evening Tennis and Pizza Party. And a Luau that had everybody shimmying and shaking as they went home. Our Tennis Social Club Dinner featured foot-tapping music from a very talented DJ and ribs from Lucille's (who could beat that). Please stay in touch with the Pulse Activities Calendar and the email blasts to stay current with Palm Greens activities.. you will not be disappointed.



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RECREATION BOARD... *(continued from page 4)*

served on the Rec Board for three years I can honestly tell you that it requires a practical and open mind, boatloads of time, sacrifice, research, standing up for one's convictions and ability to compromise. The only takeaway one may expect is knowing that you did your best for which you were elected (sometimes appointed) for ALL and not just the outspoken minority.

On the development property, Delray Trails, we'll hopefully see continued infrastructure and vertical work activity on roads, drainage, landscaping, lakes, our new clubhouse and pools, and, hopefully, model houses. The PGCA will keep us all informed. (The project is not under the Rec Association's bailiwick.) Further, the best evidence of renewed vigor at Palm Greens is how active all clubs have become with new events and venues. Their officers deserve everyone's continued support and kudos. They create the fun and the Rec Association provides the facilities and amenities. With new and improved facilities coming and a better maintained community, that my friends is money in your pocketbook.

Continue to enjoy good health and more fun times ahead with us. Cheers! 2023.

911 CALLS

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

PLEASE
PATRONIZE
OUR
ADVERTISERS

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

they will follow suit.

I think most of us would agree that overall, Palm Greens is a nice place to live. We make new friends, are offered a variety of activities (like pottery to tennis) that we can pick and choose from and the clubs and organizations we have at our disposal. Then there's the wonderful town of Delray Beach. With its variety of beaches, restaurants, theaters and playhouses, it offers us an endless opportunity to have a better-than-good time. And, finally, there is Palm Greens. Two swimming pools, nine tennis courts with a rotation program that is one of the best in this area, plus a whole new community going up, Delray Trails. A brand new clubhouse and a campus that's easy on the eye...coming soon.

I would be remiss if I didn't mention the Pulse...it is the apple of my eye. We are blessed with the informative articles submitted monthly by our smart, easy-to-read writers. If you're a resident of **Condo 1** or **Condo 2**, you can get caught up with information written by a board member who is the designated writer of the month. And the same goes for the **Recreation Condo Association** news. Next, we have our **Men's Club** and **Women's Club**, both of whom cover their respective activities and events. The **Entertainment Committee**, currently inactive because of the pandemic, will return with their usual to-die-for shows, who the entertainers are and what they will be doing to entertain you. **The Health Room** covers a variety of well-documented information, about personal and general health issues and advances in medical treatments. The **Association Alliance of Delray Residential** is about highlights of their meetings and features upcoming guest speakers and their subjects. Speakers usually include people from the academic and civil service communities. The **Four Seasons** article tells you everything you need to know about their activities and events, including luncheons and entertainment. We continue our **Points of Interest** column and have had a very nice response from some of our resident who "took the trip" and saw the sights. And our **monthly calendar** which gives you a summary of what is happening at Palm Greens during the specific month. Plus, a support group that includes our advertising manager, production manager and a team of women who answer the phones.

And there you have it, folks, almost two dozen articles, written monthly by our group of gifted, dedicated writers, all designed to keep you informed about a variety of interesting subjects and what is going

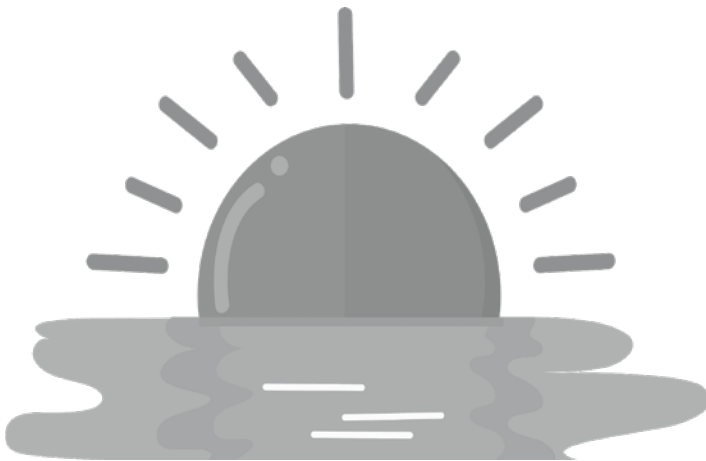
(continued on page 20)

FROM THE EDITOR.. (continued from page 19)

on in your community.

At the end of the day, it's all about Palm Greens. That's where we live. That's where we work. And that's where we play. We treat Palm Greens as our comfort zone. Nice folks. Nice activities. Nice vibe. We hope you feel that way, too. May we suggest you all take a figurative step back, look around you, and enjoy the life you're living in such a very, very nice venue. We think you will be glad you did.

So I propose a toast: Let 2023 be "The Year Without Kvetching". A year where everyone plays by the rules. A year where we all benefit from living in a clean, orderly and do-the-right-thing community. It could be a great start to a very happy new year.



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

for timely repairs when needed

At the next Alliance of Delray meeting to be held on January 4th, you will have an opportunity to meet with the new PBC Mayor, Greg Weiss and the City of Delray Mayor, Sherry Petrolia. Please join us for this special Alliance meeting on 1/19 at 6pm, there will be an HOA/COA Zoom certification course. If interested please contact Dr Lori Vinikoor.

Captain Sandt of the Sheriff's Office, greeted us and gave a brief update about "Hot Wheels". These are the hotrod cars that create a traffic nightmare by insane driving and weaving on our roads. The Sheriff's Office is using social media to track the action and when these people start to chat about events and locations, the police are now waiting for them instead of being called and getting there too late. Stolen cars in many communities continue to be an issue. LOCK, LOCK, LOCK your cars. Even after the holidays, do not leave valuables, packages etc in plain sight. Thieves, roam around checking doors and will smash and grab if they see something on the seat! Also, drive carefully. Be observant as the crashes in our area are still up at 13%. Wait a second at the green light to make sure that someone is NOT speeding through or if you make a right turn...watch for the lane that is turning toward you, and please, when merging, do not cut across three lanes of traffic.

Our EMT Chief, Bill Stansbury said that our area call volume was 3200 calls last month. Station 45 at Linton and Jog, our area, is very busy. When the tornado hit Kings Point, this station was there in 4 minutes. Their building is being enlarged with more sleeping quarters and exercise area so that the new recruits are ready, strong and rested when needed. Brave people! A new Station 49 is in the works for western Atlantic to accommodate all the new developments to our west!

Our new Vice Mayor, Maria Sachs, introduced herself and invited us to join her for the Veterans Benefit Fair at South County Civic Center on 2/3/2023, 11:30am to 2:30pm. This is a new date as Covid cancelled the last event. You will meet our own Executive Director of the Florida Department of Veteran Affairs from Tallahassee, Major General James S. "the Hammer" Hartsell, USMC and he will be our keynote speaker. He will also be available to meet personally with veterans. If you are active, reserve, or retired military, this is the place to be. All veterans will be acknowledged! Representatives from all the service organizations plus

(continued on page 21)

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

private organizations that cater to veterans and their families will be present. It is FREE, open to the public and promises to showcase the benefits our vets have earned with their service. Come join us and share in the camaraderie that our Veterans deserve! For more information call 561-355-2205.

Our next meeting will be on Wednesday, January 4, 2023. At this meeting you will meet our new PBC Mayor, Greg Weiss, and Sherry Petrolia, Mayor of the City of Delray. A lot to look forward to in 2023! Join us.

The January 4th 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.

SAFETY TIPS FOR DRIVING AT NIGHT

Aim Your Headlights

It's worth the effort to aim them correctly. If you do it yourself, use the instructions in your owner's manual. And be patient. It may take a few tries before you have them pointed perfectly. Just make sure those newly-aimed lights are not blinding oncoming traffic.

Wear the Right Glasses

Have you seen ads proclaiming that yellow-tint sunglasses will help you see better at night? Don't believe them. The thought behind these glasses is that they might enhance contrast, helping you to distinguish objects in the dark. In reality, they actually cut down on the amount of light you can see. The smart choice is to use prescription glasses that have an anti-reflective coating, which keeps light from bouncing around inside your lenses. And as a bonus, these glasses have been shown to allow more light in.

Wipe Your Windshield with Newspaper

Windshields that appear clean during the day may reveal streaks that can cause glare at night. A detailer's trick is to polish glass with newspaper to remove residue. Try not to touch the inside surfaces of your windshield, side windows, or mirrors with your hands, even if it's to wipe off mist. The oil from your skin will smear, and light will glare when it shines through any place where you touched the glass. Instead, keep a cotton or microfiber cloth in your door pocket.

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

example, no one practices what to do against lob returns nor do they have a plan if it happens. You need to attack their weaknesses rather than playing into their strengths. Work with your partner at all times so you will be able to trust each other and anticipate each other's moves and shots. No random tennis, no Hero ball. There are only two statements you need to make to your partner; I need you and I'm here for you. Relax and enjoy the match. If you are doing all the things I've listed then you just let it fly and have a blast. Every match is new and different and you want to be able to handle everything that comes to you. Good times and tough times. Remember no one becomes a great sailor by only being on calm waters. What you're probably noticing is that the things that make you a consistent reliable winning player and team are the things you can't see. How many times have you heard someone say what great strokes an opponent has or how hard they hit it? You hear it all the time. We tend to discount the intangibles, the things we can rely on a daily basis. Another interesting thing about playing in a systematic way is that consistently putting opponents in difficult situations you will make it harder for them to play at or above their average! As you help them play their worst you won't have to play as well to win. You will have much more consistent results because your game won't be going down like a roller coaster. Your opponents will know before you even start that they are in for a tough time. Many if not most matches are lost before they even start. To sum up, in order to play above our average, we need to:

- Limit unnecessary mistakes
- Make good choices
- Work with your partner tactically and let them know you're there for them no matter what
- Be disruptive
- Relax and enjoy the process

The difference between ordinary and extraordinary is a little extra.



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

THE HEALTH ROOM...*(continued from page 7)*

in your lower back. When lifting a baby, widen your base of support by spreading your feet a little apart and bringing your center closer to the ground. Be sure to hold small children close to you when you move them from the floor to crib or from the ground to a car seat; imagine there's a circle around your feet and stay within that zone.

Check those bedroom lights - Even during sleep, your body can recognize when there's too much light in your bedroom. Your heart rate increases, and your quality of sleep suffers. And there's a clear association between poor sleep and back pain. Sleep helps our muscles to relax and get rid of lactic acid buildup, while sleep deprivation heightens your sensitivity to pain.

Don't spend lots of time sitting - You've probably heard by now that lots of sitting can take a toll on your health. It's also a lesser-known cause of back pain. If you're sitting for a period of time, your joints aren't being used and immobility in that nerve-dense location can jump-start what's known as the pain-spasm-pain cycle, in which a skeletal muscle spasm causes pain in your spine, which, in some cases, can extend to your hips and sacroiliac joints. Instead of sitting down for four hours straight, cut that time in half. After two hours, get up for five minutes of stretching, then go back to what you were doing. To keep stiffness at bay, observe the 30-minute rule: Don't let yourself idle in the same position for more than half an hour. You can even set an alert on your phone to remind you to get up and move around, walk or stretch a bit. Set a schedule where you dedicate time focused on stretching and core strengthening, totaling half an hour to an hour, six times a week. And, as always, we strongly recommend checking with your doctor to assure you getting the proper advice.

Are you really still smoking - Smoking damages the spine, according to a Swedish study published in **The Spine Journal**. Not only does nicotine damage spinal tissue, it can also weaken bones and make back pain worse. The number one reason people who have had spinal fusion surgery — back surgery to connect two or more vertebrae in the spine — don't heal is because of smoking, and research suggests that smoking affects the way the brain responds to back pain and makes people less resilient to it.

Don't underestimate your mattress - That cushy

mattress that makes it seem like you're floating on a giant marshmallow may feel good when you slip into bed each night, but it's not doing your back any favors. Back experts note that if you use a plush mattress or an old mattress, the body tends to sink down, so there's less support for the spine, and feel that the best type of mattress for preventing back pain is one that's at least medium-firm. A review of studies published in 2021 in *The Journal of Orthopaedics and Traumatology* suggests that sleeping on a medium-firm mattress not only improves sleep quality, it also reduces the risk of developing low back pain.

These are just a few of the conditions that could lead to back pain. Logically, if you are experience symptoms that are either new or ongoing, consult your doctor immediately.

Give Your Family a Memorable Tour Of Delray Beach

Family coming down for a winter break up north? Get them off the couch and out of the pool with these stimulating, attention-grabbing tours.

Morikami Museum & Japanese Gardens

**4000 Morikami Park Rd, Delray Beach, FL
33446-2305**

Spend a relaxing day wandering through the trails of this beautiful, Japanese-themed garden and museum. There is also a restaurant to enjoy between walks.

Atlantic Avenue

Considered the main street of Delray Beach, this busy thoroughfare offers a mélange of antique shops, galleries, clothing boutiques, jewelry and gift selections, in addition to a number of fine restaurants and clubs.

Silverball Museum

19 NE 3rd Ave., Delray Beach

Featuring more than 150 video games and pinball machines dating as far back as the 1930s, this museum brings a bit of nostalgia to visitors; evoking childhood memories for adults while creating new memories for newer generations. The 9,000-square-foot museum offers classic video games such as Ms. Pac-Man, two floors of pinball machines, arcade games and even the original skeeball alleys from New York's Coney Island — Eldorado Arcade. The best part about it is that all the games are set for free plays, which means unlimited plays are included in your admission.

POINT OF INTEREST...*(continued from page 8)*

In March of 2019 a \$2.5 million-dollar permanent exhibit “Journey Through the Human Brain” was introduced in partnership with the FAU Brain Institute, which has since been dubbed the most advanced exhibit on the human brain in the world. And in spring of 2020, the Cox Amphitheater was added to the Museum’s backyard Science Trail, which features daily live science shows, trivia sessions and concerts. Guests bring picnic blankets and socially-distance themselves in the grass field while being educated and entertained.

Here are some of the events and exhibits you should consider:

Dinosaur Explorer - On Display September 15th, 2022 through April 30th, 2023. Travel back and discover what modern paleontology knows about the Triassic, Jurassic and Cretaceous period by exploring a series of dynamic displays featuring animatronic dinosaurs.

Journey Through the Human Brain - features the latest research and innovations, with high-tech displays, immersive experiences, and state-of-the-art equipment. It takes a bottom-up approach to telling the story of the human brain, from the molecular level to the integrated circuitry that reveals how the brain informs our senses, creates our thoughts and emotions, and how it has evolved into the most complex structure in the universe. There is something for all ages in this new, permanent exhibit.

Fisher Family Science Trail - Enjoy the outdoors while continuing your science exploration! The upgraded quarter-mile trail connects 15 new exhibits, including a Physics Forest, FPL SolarScape, splash pad, gem panning station, shark tooth dig pit, a dinosaur walk, picnic areas and much more!

Aquariums of the Atlantic - The Science Center’s 10,000-gallon Aquariums of the Atlantic house some of Florida’s most beautiful native fish such as Queen Angels, Spadefish, Moray Eels, Stingrays and seahorses as well as a few fish that have invaded Florida’s coasts. The different habitats take visitors through the depths of our coral reefs and interpret Florida’s diverse ecosystems of the Everglades, Coral Reefs, Gulf Stream, and the Open Ocean.

The Conservation Course - The Conservation Course is an 18-hole miniature course designed by

Jim Fazio and Gary Nicklaus, located in the Science Center’s beautiful backyard. Surrounded by butterflies and babbling brooks. Guests of all ages can experience miniature golf like never before.

Marvin Dekelboun Planetarium - Home to the first and only public planetarium in Palm Beach County. The Dekelboun Planetarium presents daily shows utilizing a brand new state-of-the-art “Digital Sky Scan” full-dome digital video presentations on a variety of scientific topics.

Observatory - Features an F/11 refractor, one of the largest in the state, capable to scan the skies and give the viewer the opportunity to view thousands of objects that would not normally be seen with the naked eye.

The Hidden World of the Everglades – This interactive exhibition immerses the visitor in Florida’s wildlife, indigenous and invasive, and various Everglades ecosystems.

Florida Conservation Station - This learning laboratory includes hands-on experiments and research activities that transform visitors into real-world biologists. The station also gives visitors an idea of the immense variety of life in Florida and complex relationships among living things.

Science on a Sphere - Science on a Sphere (SOS) is a room-sized global display system that uses computers and video projectors to display planetary data onto a six-foot diameter sphere, analogous to a giant animated globe. Researchers at NOAA developed SOS as an educational tool to help illustrate Earth System science to people of all ages. Animated images of atmospheric storms, climate change, and ocean temperature can be shown on the sphere.

States of Matter - Explore the basic principles of science with hands-on displays representing the states of matter, including solid, liquid, gas and plasma displays. Continue through the gallery for more basic principles of electricity revealed through conversion machines and Jacob’s ladder.

Out of This World - See a collection of rare space artifacts and real rocks from space. Touch a 232-pound meteorite or spend a few minutes watching Apollo 14 highlights while you view a real moon rock brought back on an Apollo mission. This collection

(continued on page 24)

POINT OF INTEREST...*(continued from page 23)*

also features a Mars rock found in Nigeria in 1962.

Discovery Center and Early Childhood Playground Powered by PNC “Grow Up Great” – Kids 6 years old and younger can play and discover in their very own space! The Center’s features include a giant 16 x 5-foot water table, a wall-sized Lite Brite play area, lounge area for parents, storytime area with bookshelves, a dress-up area with photo booth, **BRAND NEW:** Outdoor playground and more.

Brain Teasers - Exercise your mind with puzzling challenges for all ages!

Now called the Cox Science Center and Aquarium, the museum is located at 4801 Dreher Trail North, West Palm Beach. Open Monday – Friday from 9am-5pm, and Saturday and Sunday from 10am-6pm. For more information, call 561-832-1988. We strongly suggest you call ahead for latest information on events, pricing, etc.

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 biweekly

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.



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