

PALM GREENS PULSE

APRIL 2023

DELRAY BEACH, FLORIDA

**GOOD-BYE TO OUR SNOWBIRDS FOR ANOTHER SEASON,
SAFE TRAVELS AND A HAPPY, HAPPY SUMMER!**



Palm Greens Pulse

561-495-0878



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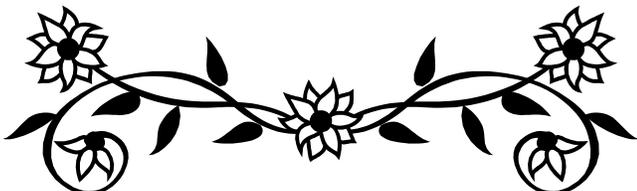
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The Unit Owners Association of Palm Greens (UOAPG) and its publication, The Palm Greens Pulse, are not responsible for the services, products and/or claims made by our advertisers.

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 8

April Calendar of Events

We Care

Nobody Asked Me...

April Foolies



CONDO 1

by Paul Milowe



Hello new home owners and renters! The Board welcomes you to our community. I hope all of the Condo 1 residents have gotten their “food card” from the Recreation Center office in the lobby at the Clubhouse. This card is used for purchases at the new remodeled Cafe.

New plants have been installed at the Condo 1 entrances and the sprinkler system has been adjusted to accommodate them. The pump for our irrigation system should be repaired as this PULSE is published.

The construction on Delray Trails is continuing. Marge Kurinsky is the Condo 1 representative to the PGCA Board who you can contact for any updates. At this writing, Lennar has sold 4 units and has said that occupancy of these units is projected for late September or early October.

Your PG1 Board has initiated discussions and vendor solicitations in hopes of alleviating the high cost of our current Comcast TV/internet contract. We’ve met with one vendor, Converged Services, and are continuing to look for and compare other options. If you have questions about this, please contact us by email using - board@palmgreenscondo1.com.

Allen Tirone is our contact for the Landscaping Committee. Any unit owners that are interested in any other committee can apply by visiting the Condo 1 Office and adding their name to the list for that committee.

Madeline Welsing was appointed to be our Recreation Board representative for Condo 1. Congratulations Madeline. Please keep the Condo 1 Board informed on any news.

Please bring your thoughts, concerns, and any complaints to the Board meetings. Board members cannot answer any questions without the consent of the Board as we act as a democracy.

We are one of the best communities in Delray and we look forward to any help and suggestions that all residents can give us to keep Palm Greens a great place to live. Enjoy all the amenities we have here and have a Healthy and Safe New Year.



CONDO 2

by Sandra Klimas



This is our last article for the 2023 winter season.

Our Board, working with our staff, has moved ahead with so many accomplishments and challenges this past season. We thought it would be a good time to summarize some of those items.

Joint Resolution-We are committed to settling this in a mutually agreeable document. Our newly elected Condo 2 Recreation Board representatives have run on the platform to support the excess reserves from the Recreation Association budget being retained by Condo 1 and Condo 2. We are recommending that our monthly payments from Condo 2 to the Recreation Association be waived for a period of time to bring down their large reserve balance. We have been working tirelessly behind the scenes to come to an agreement. Condo 1 and 2 stand together in these negotiations and want to avoid a public showdown.

Lighting/Increased Police Cooperation and Security - Our property manager, Paul, continues to find ways to make our community safer through new lighting outside our buildings and around our community. We have joined with our local sheriff’s department to provide easy access to our community in emergency situations and we are working jointly to find ways to catch thieves who are trespassing and attempting to steal and break into our cars.

Committees - There are 2 volunteer committees that are continuing to work on their goals from last year-The Electric Vehicle Charging committee and the Painting Committee. They will meet and work until they are able to make a recommendation to the Board. There will be some new committees this year which will be announced soon and volunteers will be recruited.

Budget - Our challenges will continue with the 2024 Budget. Insurance rates continue to rise at an alarming rate. Our irrigation has been one step forward and two steps backwards with our lines and pipes crisscrossing on Lennar property. We are also working to maintain our staff as they are being recruited for more money by other companies. Our landscaping is an area where we have ongoing concerns. Rest assured; we will continue to strive to maintain affordable services while remaining fiscally healthy.

RECREATION BOARD

by Carol Hager



As I write this article, the transporters are already picking up cars. The season for renters and Seasonal Residents is coming to an end. It's hard to believe that this is the final edition of The Pulse for another year! I would very much like to thank everyone on the Pulse staff for doing an excellent job. I don't think we all realize how much work goes into producing this publication.

The Recreation Board continues to work on keeping Palm Greens as beautiful as possible given the new construction limitations. With this in mind, I'd like to remind all our residents of a few important rules:

- NO food allowed at the pool at any time except within the Café marked area. The other morning, I arrived at Water Aerobics and had to pick up someone else's orange peels! This is your home so please don't attract bugs and vermin – keep it clean.

- NO stacking chairs on top of one another and sitting on them. This is absolutely NOT permitted. It is a safety and liability issue that could cost us money and seriously hurt residents.

- DO NOT leave the pool entrance door near the Tennis Office locked in the open position as it damages the door.

- PLEASE be certain when you park, that you are only taking up ONE spot. We are aware parking is limited due to the construction so The Rec Board has painted additional parking spots on the west end, past the tennis courts. They are freshly painted and easy to see. Please use them.

- PLEASE MAKE SURE your car has a current Palm Greens sticker, green for owners, yellow for renters and for visitors, please get a separate temporary parking tag at the office, even for just a day or two. The community is serious about monitoring parking and you will be booted or towed after 3 warnings placed on your windshield. We sincerely hope we are not forced to tow or boot anyone's car!

On the plus side, if you have not yet seen our new shuffleboard courts, newly redone in the finest surfacing materials, go take a look. Our regular shuffleboard players have shared their enjoyment

(continued on page 20)

FROM THE MANAGING EDITOR

by Mel Clapman



Looks like we did it again. Seven issues, all published on time, all containing the articles covering the news, activities and events that took place in Palm Greens during the season. Before I get going...a round of applause to the writers who covered their subjects in a timely fashion. Thank you.

So, let's talk. We hope you like the idea of having a “**Concierge Service**” for Pride. If you are having service problems, your first step is to call Pride. If they can't accommodate you, just call our office, The Unit Owners Association, at **561-495-0878**, Monday through Friday, 9 to 11am and we will try to resolve the problem. To be on the Concierge list, just come to our office and make a one-time deposit of \$10...cash or check only.

Personally speaking, I miss Channel 63. But the email blasts seem to be working, thanks to Charles and Phyllis in the Rec office. If you're not receiving them, stop in and get registered.

I find it interesting that there are new clubs forming. **Singles, Travel, Scrapbooking, Health and Wellness for Seniors, Stretch and Strengthen, LGBTQ and Allies, and Ballroom Dancing.** It's interesting because it reflects the changing demographics taking place here. For more information, check those emails or stop in at the Rec Board office. On that note, please consider joining one of the current clubs: **Men's, Women's, Four Seasons, Tennis Committee and Tennis Social.** And if you really want to be involved in making and keeping Palm Greens the viable community it is, consider running on one of our three Boards, **Condo One, Condo Two and the Rec Board.** All I can tell you is being on one of these Boards is not for the weak-hearted!! It requires responsibility, dedication and, dare I say, **patience.**

Right now, with the Delray Trails project in full swing, be prepared for new swimming pools, and more shuffleboard courts, pickle-ball and tennis courts. They're coming soon...be patient.

You know that not only does Palm Greens have one of the finest tennis courts around, we also have a solidly put-together rotation and teaching program. Visit our Tennis office near the pool, meet our Pro and the Chairman and get more details.

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ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



April is holiday time for many. For those that celebrate Easter and/or Passover, we wish you a very special time with family and friends. Also, safe travels to our snowbird families. See you next year. Due to my surgery, which went well, a big thank you to Peter Dreifus and Sharon Fradkin for covering the meeting so well and being amazing note takers and a great support system.

Dr Lori Vinikoor, our President, opened the meeting by introducing our sponsors for the day, Senior Helpers. If you need home care, supervision, private duty, tax help, and any home care related services, just call 561-969-9990 or website, www.seniorhelpers.com.

Our main speaker was Dan Kelley, Executive Director of the Solid Waste Authority (SWA) of Palm Beach County. He stated that December through April is pre-hurricane season maintenance time. Our association does take care of the preparations of tree trimming, etc., but interesting to note that once a storm is named, no cutting of trees, no major yard work or construction projects that produce debris should be started. He then spoke regarding the state-of-the-art waste collection of unincorporated of Palm Beach County. The legislature created SWA in 1974. Their purpose is to recycle and collect trash, debris, etc. We have a strong, dual stream collection in Palm Beach County. We encourage the separation of items for best results and to ensure that no contamination exists. The myth of no-one buys the recycled material from the towns is NOT accurate. Dan reported that there are new markets in Central and South America. Recycling is alive and well at SWA. 800,000 tons of construction and demolish debris, 300,000 tons of vegetation (trees, fronds etc) and 460,680 tons of rubber, bio solids and other recycle materials are collected annually. What goes into our garbage disposals, ends up as fertilizer, so don't be afraid to grind fruit skins, watermelon rinds, etc. All good! You can also drop off items like fertilizer, paint, electronics, home pesticides at the SWA two facilities, all free to residents. Contact SWA customer information services, 561-697-2700 or visit SWA.org for addresses of the collection facilities. Lithium-ion batteries, which can be found in old TVs,

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THE FOUR SEASONS CLUB

by Marcia Davis

On March 5th, "Diamonds and Denim" lit up our ballroom with dazzling lights, diamond centerpieces and enticing desserts. All danced to the sensational music by Suzi Cruz and Steve Cruz, as well as enjoyed delectable desserts prepared by our most esteemed Pauline Brandt. Special thanks to all that helped! A great time was had by all.

We are planning a Game Day, with a boxed lunch, on April 14th in the clubhouse. Pick your favorite game: canasta, mahjong, bridge, poker, rummikub, scrabble, etc.

Get ready for an ice cream social, poolside on May 19th.

Back, by popular demand, bingo June 9th

On July 4th we will have our annual barbeque

Please stay tuned for further information on all upcoming events. There will be flyers posted as well as e-blasted. Information will be posted on our website, www.palmgreens.org/four-seasons.

The Four Seasons have a no refund policy unless given sufficient notice (5-7 days deadline) or extenuating circumstances occur. Please bear in mind that when we have an event, we must give a head count as well as a deposit to the venue and caterer. We appreciate your cooperation.

We look forward to seeing you at our upcoming events!

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and make sure you are driving in the
right direction.***

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TENNIS COMMITTEE

by Mark Melnick



It's April and our tennis rotation season will be completed at the end of the month. The last scheduled rotation will be April 26th. Of course, our year-round players will continue to enjoy the courts all summer long. The weather was cool early in the season and we had some wet days but since the beginning of the year it's been mostly hot and dry.

We had lots of new players in our rotation program this year and we hope to include even more next year so if you are interested in playing tennis stop down to the tennis office any morning and introduce yourself or send an email to tnnscenter@gmail.com to ask questions.

Our 4-Pro event was held at the end of February and was well attended. Our Pro, Jim, organized clinics run by fellow pros Arnie, Danny, and our own Elliott. Volleying techniques were taught by Elliott, serving tips were given by Arnie, Jim focused on overhead techniques, and Danny worked on our forehand and backhand strokes. Following the clinics, the tennis committee sponsored a brunch on the pool deck which was catered by Chef Johnny of our Spatula Cafe.

This year our annual singles tennis tournament also included a women's bracket. Sixteen men and eight women competed during two weekends and the finals were held on March 19th. Results are posted in the tennis office and will be published in the next edition of the Pulse as well. Watch for information about next year's singles and doubles tournaments coming this fall.

The final event of the season was scheduled on March 21st. Over 100 attendees were scheduled to play a round of tennis as well as shuffleboard, bocce, and cornhole followed by a BBQ dinner. Hot dogs, hamburgers, salads, and all the fixings were on the menu. As always guests were encouraged to bring their own appetizers, desserts, and refreshments to share with their tables, supplementing what we supplied. As with most of our events the evening culminates in exciting games on the lit courts with lots of cheering spectators.

Eight teams from Palm Greens participated in the Palm Beach Senior Tennis League this season. During the 10 week season our women's teams played on Monday mornings and the men's teams played on Thursdays. The

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WOMEN'S CLUB

by Steffi Carmel
and Roberta
Minerva



Welcome April! We would like to wish everyone a Happy Passover and Happy Easter!

We are looking forward to our upcoming events which include the Installation Luncheon, Culinary Trip for members only, and our Mother's Day Tea in May. Please look on the activity board for flyers with all the details.

While we appreciate that you want to sit with your friends at events; we ask that you write an individual check for each person in your party. Please make sure that your phone number is notated on each check.

This summer, the Women's Club will be hosting a number of events for our full-time residents.

For those who are leaving us for the summer, we hope to see you next season and will be working hard to have a full schedule of events ready for you.

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



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POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

Last trip for the season and what could be better than Saint Augustine. This, for sure, is an overnighter. A 3-hour drive up I95 to what is the longest continually inhabited European-founded city in the United States – more commonly called the “Nation’s Oldest City.”

Here, you will do classic sightseeing with much to see and many options on how to see them. You can see historic St. Augustine on a guided hop-on hop-off trolley tour. Listen as your conductors narrate the tour with a fascinating and fun mix of trivia and stories. Find out about the oldest continuously inhabited settlement in the country at the St. Augustine History Museum. Enjoy a full 90-minute tour on the trolley or have the freedom



to hop-on and hop-off at any of the 22 stops. Avoid getting through traffic or having to find and pay for parking.

Let your conductor take care of navigating for you. Relive the story of the first settlement in North America as you see Castillo de San Marcos, the Spanish fort built in the 17th century. See the famous spring that Ponce de Leon deemed the Fountain of Youth, where you can actually sample the water. (Please do not expect to come home ten years younger!) Here is a sampling of some of the attractions...please note most of them are FREE.

St. George Street - The heart of St. Augustine, lined with quaint shops, cozy bistros, art galleries, and gift shops. This pedestrians-only street gives you a feel for what life was like when the Old City was first settled, but it’s only the beginning. Explore what’s off the main drag of St. George Street when visiting St. Augustine.

Beaches - More than 42 miles of white sandy shores line St. Augustine and its surrounding areas. A favorite is St. Augustine Beach, thanks to its laid-back feel, impressive fishing pier, and nearby beachside restaurants.

Fort Matanzas - Take the free ferry to Rattlesnake Island and explore Fort Matanzas, a fortified watchtower built by the Spanish in 1740 to guard the southern entrance to St. Augustine. **Admission to the park at**

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TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



Tennis practice versus match play.

It seems most players misunderstand what is happening when they play an important tennis match and they do not play in the same way they have practiced. They become completely despondent. Without a doubt, the number one question I’ve been asked is why can’t I play tennis like I practice? The short answer to why you can’t play match tennis like you play tennis practice is you are not supposed to! You may be thinking ok, then how am I supposed to play? The short answer to the question would be, the way you played the match. Making any sense yet? Let me explain. The most important mindset you can develop to help increase your victories in match play is to accept the way you are playing tennis on any given day. Then you do the best you can, using what you have to work with to win the match. If you ever hope to someday close the gap between your tennis practice play and your match play, you first must learn to adopt this attitude. What happens, happens! This is not fatalism. It is orientation to reality! Learn to deal with the adversity, adapt and keep fighting! This also includes choking on a point. Forget it and play the next point. Train your mind to keep moving forward and play the hand you have been dealt on that day. The next shot is more important than the last mistake. The good news is that this mental strategy really works. All the best tennis pros in the world have mastered this thought process. The bad news is most amateur players refuse to accept their shortcomings, stay positive and vigorously play their match. Whining about their mistakes, their problems and their adversities leads only to the quagmire of self-pity and distraction from the champion’s mental attitude. Here is a scenario where most players minds short circuit the correct mental attitude. Picture this: They are in an important match and not playing well, even choking on some of their shots. Confused, their mind begins to wonder and think only about the way they play in practice. They muse, why can’t I play in matches the way I play in practice? I know I can play better than this. Just last week in practice I was really hitting the ball well. You should never compare your important match play with your practice play. They are two separate events that do influence each other but

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THE HEALTH ROOM

by Mel Clapman

It's getting harder to believe but many of our snowbirds who used to drive home for the summer are now using the auto-train or flying. But for the hale and hearty few who just love tooling up I95, here are 4 tips for staying healthy and fit on those long trips.

Make sure you have all your shots - If you're traveling to a location where you know there's a higher risk of contracting diseases such as Covid, be sure to protect yourself before you set off. It's important to have a one-to-one consultation with your doctor a few weeks before your trip, as some vaccines will have a longer incubation period than others. You want to make sure that you are fully immune before you go!

Get Plenty of Sleep - The most important thing that you can do when traveling is get enough sleep. This is especially true because if you're spending long days behind the wheel, you're going to be worn out, and as tempting as that late dinner might sound, your body will definitely thank you more for letting it have a solid eight hours' of shut-eye. Traveling can be harsh on your body – after all, you've been dragging your luggage to and from destinations, and it can take a toll. Make the most of that travel time, and spend as much of it as you can resting.

Walk as Much as You Can – It beats spending time in the hotel workout facility and you don't want to waste precious hours on a stationary bike. Just try to make the most of where you are and what you're doing. If that walk into town for dinner is doable, just do it.

Remember to Eat Breakfast - If you're staying at a hotel that offers a free breakfast option, it's well worth skipping the "sleep-in" to get up and take advantage of it. But even if you don't have the breakfast plan in your stay, don't skip the most important meal of the day just because you're going to eat out for lunch and dinner. It's easy enough to make your own breakfasts in a hotel room if you're trying to save money on food. Take some instant oatmeal packets with you – all you need is some hot water to make them up or buy cereal and fruit at a local supermarket. If you've got a room with a mini-fridge, don't fill it to the brim with drinks; keep some breakfast essentials like yogurt in there, too.

Bottom Line - Long trips can be lots of fun, but they can be hard on your body. So, look after yourself when you travel, get back to where you're going in one piece, and have a great summer!

MEN'S CLUB

by Peter Dreifus



We had our meeting on the 12th of March and it was a good time for all. The last meeting of the season will be on April 16th instead of the 9th (Easter Sunday). We open the next season in October. The dates will be in a future Pulse. Please respond to emails about your attendance at meetings so we can prepare. We hope you have enjoyed our meetings. We are looking into some other activities to go along with the monthly meetings. One possibility is pre-season baseball games. The Board will be discussing some of your ideas. Please have a happy and safe summer and you will hear from us in the near future.

SINGLES GROUP

We're happy to report our Singles Group is officially up and running. We have had an increase in membership since our first meeting and we are busy planning events for the next few months.

We meet on the first Tuesday of the month in the clubhouse to discuss upcoming events. Contact Ben Selig with questions (seliglaw@aol.com or 845-667-0124. See you for our next meeting on Tuesday, April 4th.

LGBT CLUB

by Harvey Steinberg and Barbara Lerner

New LGBT Club launched at Palm Greens! In the past month, this new club has met informally on 2 occasions and to date has 15 members.

If you are interested in learning more about this club and/or joining the club, please contact either Barbara Lerner at barbaralerner33484@gmail.com or Harvey Steinberg at harvey@harveysteinberg.com.

The next gathering for the LGBTQ and Allies is set for April 2, 11am at the Spatula cafe. We are most enthusiastic and excited to be launching this group and invite all who are interested to join us.

April 2023

March '23							May '23						
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26	27	28	29	30	31		28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Water Aerobics 8:45AM
2	3 Water Aerobics 8:45AM Meditation 4PM Craft Class 6:30PM	4 Water Aerobics 8:45AM Singles Meeting 4PM	5 Water Aerobics 8:45AM Sculpting 10AM Craft Class 1PM	6 Water Aerobics 8:45AM Stretch Class 10AM Tap Dancing Class 10AM	7 Water Aerobics 8:45AM Craft Class 1PM	8 Water Aerobics 8:45AM
9	10 Water Aerobics 8:45AM Meditation 4PM Craft Class 6:30PM	11 Water Aerobics 8:45AM Yoga Class 10AM	12 Water Aerobics 8:45AM Sculpting 10AM Craft Class 1PM Travel Group 5PM	13 Water Aerobics 8:45AM Stretch Class 10AM Tap Dancing Class 10AM Ballroom Dancing 7PM	14 Water Aerobics 8:45AM Craft Class 1PM	15 Water Aerobics 8:45AM
16 Men's Club 10AM	17 Water Aerobics 8:45AM Meditation 4PM Craft Class 6:30PM	18 Water Aerobics 8:45AM	19 Water Aerobics 8:45AM Sculpting 10AM Craft Class 1PM Ballroom Dancing 7PM	20 Water Aerobics 8:45AM Tap Dancing Class 10AM	21 Water Aerobics 8:45AM Craft Class 1PM	22 Water Aerobics 8:45AM
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30	Notes:					

HELPFUL GUIDELINES FOR YOUR TRIP BACK UP NORTH

So we have a bunch of residents who are getting ready to pack up and head to their warm weather residences up north (or elsewhere), and we thought we'd give you some helpful guidelines to help make your trip a smooth one.



IF YOU'RE FLYING, TAKE A NON-STOP FLIGHT INSTEAD OF A CONNECTING ONE – if possible. You'll get to your destination faster, and there's less hassle when you're on one plane.



IF YOU'RE DRIVING – bring a reusable water bottle. Not only will you prevent a lot of plastic from ending up in landfills, you'll probably save some money along the way, too.



IF YOU'RE TAKEING A GAS/FOOD/BATHROOM BREAK – take a brief walk. It does

wonders for your circulation and gives your mind a chance to relax.

FIND AN ECO-FRIENDLY HOTEL – it means that the hotel is reducing emissions that contribute to climate change...and you'll feel better, too.

SHOP AND EAT LOCALLY – the bottom line here is you'll be supporting the local economy and helping the local vendors keep their heads above water.

AND IF YOU'RE DRIVING...

There's a study that shows that many drivers are taking medication – over-the-counter and prescription – that could possibly impair their skills behind the wheel.

Side effects, including sleepiness and impaired vision, could come into play, causing a variety of accidents, some of them fatal.

You should make sure that your primary care-giver has a complete list of your prescription meds and both he/she and you have a complete understanding of what the side effects, if any, are.

THE REST OF YOU ALREADY KNOW – keep all valuables out of sight. Leave nothing of value in the trunk overnight. Make sure the car is locked and auto-alarmed (if you have one). Full tank of gas and no more than 3 hours behind the wheel before switching over (also a good time to refuel, grab a quick bite and use the "loo"). **YOUR SPARE TIRE HAS FULL AIR AND IS ROAD WORTHY!** Use those directionals... especially when you're on the highway. Trust the truck drivers, but **BE WARY**, the "knights of the road" aren't all what they used to be.

Other than that, have a safe and enjoyable trip and know we will be here waiting to see you and hear all about your time away from Palm Greens.





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- ✓ LEAKS
- ✓ THERMOSTAT
- ✓ RUNNING
- ✓ FILTER

PLUMBING

- ✓ LEAKS
- ✓ FILL ALL TRAPS
- ✓ FLUSH TOILETS AND SEAL
- ✓ WATER HEATER

STRUCTURE

- ✓ DOORS
- ✓ WINDOWS
- ✓ CEILINGS AND LEAKS

ADDITIONAL SERVICES

- ✓ SPRAY FOR BUGS (OWNER SUPPLIES SPRAY)
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- Manhattan Clam Chowdah
- Boston Fish Chowdah
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- Clam Cakes
- Crab Cakes
- Fried Clams (full belly)
- Fried Scallop
- Fried Shrimp

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

SANDWICHES



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

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 Substitute French fries \$1.00
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- Scallop Platter
- Shrimp Platter
- Combo Platter
(Clams, Scallops)
- Fisherman's Platter
(Fish, Clams, Scallops, Shrimp)

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

Clam Cakes n' Chowdah

Crab Cakes n' Chowdah

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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.

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RECREATION BOARD.. (continued from page 4)

of the new surfaces. We are also in the process of repainting all recreation areas that need it.

We welcome your concerns or suggestions. Please feel free to drop by the Rec Office inside the Clubhouse, 10 am – 4 pm, 5 days a week and say hello to Charles and Phyllis. The goal of the Rec Board is to keep our residents happy and enjoying our facilities.

We wish you all a healthy and happy summer... until the Fall!

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FROM THE EDITOR.. (continued from page 4)

Think About This – If you cannot get on the email blast list, or our community web site, check the activities calendar in the Pulse. The caveat is we only do seven issues, so you’re left with the Rec office or an up-to-date friend or neighbor.

Please read this carefully – Right now, we are staffed almost 100%. Four telephone people, a new advertising manager, a production manager and an editor. I am grateful for the many nice comments we have received about the Pulse from residents who tell us it has come a long way in design, articles and photos. We even had someone tell us she uses the POI column to set up trips and visits for out-of-town friends...and they loved it! **Now, get ready for this.** I think there must be someone out there who reads the Pulse and thinks, *“I would love to get involved with this”*. If you are that person, I extend to you an invitation to stop by our office for a chat about working here directly for the Pulse. Before you come in, here is what we need from you.

- **Above average writing skills, preferably news releases, PR articles and brochures.**
- **An understanding of creating a publication directed to residents of Palm Greens.**
- **Being able to see, along with current needs, a vision of future ideas.**
- **The ability to work with printers and designers, who produce the Pulse.**
- **The desire to make the Pulse an even better publication than it already is.**

If you feel that this is you, call us for a chat...I promise it will be pleasant...have a cup of coffee, FREE, and let’s see where this goes. **561-495-0878, Monday through Friday, 9 to 11am.**

Finally, we will be thinking about next season, when we hope to bring you an even-better Pulse. New subjects. New articles. More photos.

In the meantime, we wish all of our snowbirds a safe trip to their summer destinations and we look forward to seeing you back next season.



ALLIANCE OF DELRAY.. (continued from page 5)

computers, cars, should never be put into trash as they could cause a fire. Fully staffed facility in Boynton Beach, will remove anything from your vehicle that you bring to them. Free to residents. Palm Beach County proudly handles its own waste materials by using them as ash in road construction. Also, work with The University of Florida to evaluate the safety of materials.

A few interesting questions from the attendees were: Do we need to wash the take-out containers before recycling? Answer is NO. SWA washes all recyclables. Important, small recyclables like pharmacy pill bottles are actually too small to recycle. Dispose as trash. (Remove the label w/your personal information.) No styrofoam, no plastic bags, no neck holders from soda, water. Please cut them apart so birds and other creatures won't choke or strangle on them.

Our First Responders reported that traffic is getting heavy and hot spots to be careful of when driving are Atlantic/Jog, Linton/Military, Atlantic/Lyons. Also, Honda Civics and Accords are being targeted by criminals as it has become easy for them to break in. LOCK CARS and do not leave valuables in plain sight.

The Fire Rescue Representative reported that a temporary center is in use so that calls can be spread out more evenly. Also, Woolbright/Military intersection is one of the busiest for Fire/Rescue needs.

Our State Representative, Kelly Skidmore, updated and encouraged the associations to be in touch with her if needed. Legislative session is starting Tuesday, March 7, and meet 60 consecutive days with the only requirement to pass the budget. Our budget is \$115 billion to be divided up by legislators. Other bills that may come up are permit-less carry and universal vouchers for public education. These are of great concern to legislations and battles are expected. Also, discussion may happen on abortion, immigration, among other concerns.

Did you know that if hygiene products are not provided for students in middle and high school, the students are permitted to miss up to 5 days of school. So, now, middle and high schools will be providing hygiene products in school bathrooms.

Our next meeting will be on Wednesday, April 5, 2023, and the guest speaker will be Isami Ayala-Collazo, Director of PBC Facilities and Operations. Topic will be: Overview of the Department, especially explaining how "Art in Public Places" fits in, timeline for some of the local projects, i.e., fire stations, how PBC

acquires property and disposes of excess property, and administration of leases, especially the West Delray Park. A Morikami/Ryokan update will be included.

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.

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.

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



TENNIS COMMITTEE.. (continued from page 6)

away matches give our players a chance to visit other communities and see how our tennis facilities compare to those in the surrounding area. Since the season is still underway as this article is written, results from the season will be published when the Pulse returns in the fall.

Our season wouldn't happen without the help and hard work of many people. Our Rec Board, as always, was very supportive of the tennis program. Charles Medina, the Recreation Property manager is always around to make sure the facilities are running smoothly. Our maintenance crew (Aubrey, Luis, Renel, and Jermaine) keep our courts in great shape for both rotation and team matches. Our pro, Jim Boardman, is on the courts daily giving encouragement to the players and supervising the courts. However, the most thanks goes to the volunteers who give their time to making our season so much fun. At every event our members have been there to help set up and clean up as well as run the programs. It is truly a group effort that makes for the success of our season. Thank you to Bernard and Christiane Rondeau for providing us with lots of team and event photos and videos during the season. Our volunteers also include the team captains as well as the Tennis Committee. Special thanks to our Tennis Committee members: Sara Silverman and Terri Barry for handling the 9:15 check-in, Jo Krokus for "holding down the fort" all summer as well as doing the 9:15 check-in, Mike Fallon for dealing with the ball machine, team coordinator Norm Wasserstein for his unlimited guidance and calming advice, Elliott Yezer for helping players with their stroke techniques as well as assisting with clinics when Jim wasn't available, Raymond Vincent for showing up at 7:15 every day to handle the 1st session check in and for his many suggestions that helped to improve our programs, and of course Beth Villanova, our Event Coordinator extraordinaire, who we all know makes our events fun and successful.

As always, my biggest thank you is to Sharon for no longer wondering where in the world I am from 7am until lunchtime every day and for putting up with my answering calls and emails not only from our community but also this season from the PB Tennis League as well.

We look forward to returning in the fall and seeing progress being made on our new clubhouse and recreation facilities. Hopefully the tennis courts will be leveled and new lines placed in the near future. For those traveling North, have a safe and enjoyable summer. For those remaining at Palm Greens year-round, have a great summer as well. See you back on the courts in October!!

POINTS OF INTERESTS.. (continued from page 7)

Fort Matanzas National Monument and the ferry ride are free. Please check their website for hours of operation or updates on the ferry to Fort Matanzas.



Fort Mose Historic State Park - The first free African settlement in North America. The original fort is no longer there, but the site and visitor center memorialize slaves who fled the American colonies. Open 9am to 5 p.m. daily, park admission is free and **museum admission is only \$2.**

Governor's House Cultural Center and Museum - As the residence of Florida's Spanish and English colonial governors, the Governor's House Cultural Center and Museum has hosted many visitors, including two Kings of Spain. A lobby exhibit explains the rich history of St. Augustine –the oldest, continuously-occupied European settlement in the United States. This free attraction is open to the public daily from 10am to 5pm.



And when it comes to restaurants, the ball is in your court. Seafood, romantic, waterfront, pizza, you name it...you got it!

Look at it this way: You're going to be out at least one night, why not make the most of it.

Enjoy!



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

are definitely not the same. Never compare them as a means of determining how you should play in important matches. As the great golfer Bobby Jones said 80 years ago, you may take it from me, there are two types of golf. There is golf and tournament golf, and they are not at all the same thing. Improvement in tennis practice will influence your improvement in matches but will rarely be the same. Your previous practices have allowed you to play at your current match play level. As your tennis practice improves so will your level of improvement in match play, but they will not be the same. If you would like to compare how you are playing in an important match, compare it to other important matches, not your practice play. Then see if you can improve on that level. For instance, you may have played a tennis match a week ago where you felt really nervous the entire time and you never hit one comfortable shot. Recently you had an important match and you hit three or four comfortable shots, even though you were still nervous. That's improvement! Look for simple, subtle successes, then build upon these successes in each match. You still did not play like you practiced, but that is totally irrelevant. You must not make that an issue you are not practicing, you are playing a match! Again, as Bobby Jones says, they are different. Treating them as different events that are not the same is the key to eventual match play improvement.

The way you do anything is the way you do everything.

**APRIL FOOLIES**

(If you believe this, it's your own fault!!)

Starting April 5, the swimming pool will be frozen over for ice skating.

The canals around Palm Greens have overflowed due to an excessive amount of turtle eggs.

All tennis courts have had their nets and lines removed for easier play.

Condo 2 has unanimously approved two tennis courts for dog parks.

The café is now open from 10pm to midnight for disco dancing and cocktails.

The hot tub has been deepened to 15 feet for scuba diving classes.

The clubhouse elevator has been converted to an escalator.

All the blue and white canopies and lounge chairs at the pool have been changed to green

A huge air conditioning tent has been placed over all of the tennis courts.

Condo 1 and Condo 2 have merged and are now called the Super condo.





Golden Hands Studio



We are happy to announce a new club or class being formed.

It's a very special sculpture club or class being taught by **Allen Peter Nudelman**, an artist of great knowledge of art itself. He is considered a master artist.

Three types of sculptures will be included in this club or class.

1. **Wet clay air dried (Terra Cotta)**
2. **Clay that doesn't dry called Plasterlina and come in many colors**
3. **Wax form for casting in bronze.**

The hope of this artist is that most of the people have (supposedly) no art background and think they could never sculpt.

His teaching is simplistic and will bring the new artist out. All the insecurities in their minds about doing something like this will be taken away in a few short classes.

The teacher will give a FREE LECTURE for all. Explanations will be revealed and questions will be answered then. **The cost for a 2-hour lesson is only \$20.00 per lesson (\$10.00 per hour).**

P.S. Please help me restore the class that Covid stole!

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