

PALM GREENS PULSE

DECEMBER 2023

DELRAY BEACH, FLORIDA



*Wishing You All A Joyful Holiday
And A Healthy New Year!*

Palm Greens Pulse

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V.P./Managing Editor
Mel Clapman



Production Manager
Beth Villanova



Advertising
Lisa DeFabritiis

Officer
Mel Clapman,
Vice-President

Directors
Beth Villanova

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CONDO 1

by Lisa DeFabritiis



With the holiday season at our doorstep, I'd like to ask that we, as a community, not allow the fear of the horrible things happening in the world to change who we are. Let this time of the year remind us of the importance of goodwill and peace to all. Although we may not be able to change the world, we can make a difference in our community.

Palm Greens Condo 1 was established in 1973. Yes, 50 years ago! It has been and continues to be a home for all of us in our golden years. Our community has been one of peace and serenity, but sadly recently it's been interrupted by some angry residents, and most likely caused by the many changes in our community: The noise, mess, and dirt from the construction site on Delray Trails; the addition of Castle Management; Breezeline as our new cable provider starting Jan. 2025; and more changes to follow as the Board reviews new contracts for our landscaping and roofing.

Change is not something many of us like, but change is often needed to better our community and to ensure that we are planning accordingly for the future. This is why our election for 5 new Board positions is so important. We NEED people who have experience and/or knowledge with either finance, law, property management, administration, or construction. Serving on the Board is no different than serving on the board for a big company, which is why I ask you to consider running for our Board if you have any of the above-mentioned experience.

Applications for the Board were mailed out to you. If interested, drop it off to the office or mail your application. For residents voting, please read every candidate's resume to ensure they have the qualifications you feel are important to make the right decisions for Palm Greens Condo 1 because this is our home and we need to ensure it is kept sound. We need to work together, listen to one another (not yell), and most importantly, respect one another. We're not young any longer, but the years we have left should be spent in peace and harmony.

I'd like to ask that when you see your neighbors, whether out for a walk, at the mailbox, at the pool, etc., to say "hello" with a smile. I guarantee you it will make you and others feel good, and hopefully remind you that the craziness going on in the world is *not in our home...*

Palm Greens Condo 1!

Have a safe, healthy and blessed holiday season!

CONDO 2

by Bob Stern



The Board and Paul have been working with Sherwin Williams to negotiate prices on paint for our owners who would like to repaint or touch up their rear metal enclosures that may have faded over the years.

If you go to the Sherwin Williams paint store on 5869 Atlantic Avenue and identify yourself as a Palm Greens 2 homeowner, they will give you a price that we have negotiated on your behalf.

The dark color used on railings and doors is called Iron Ore and is a semi-gloss, water based, alkyd urethane paint. It is only sold in gallons and is very expensive. Retail price is \$146.00 but through our negotiations, they will sell a gallon to our owners for \$58.98. A gallon could be used for multiple units so owners may want to share the cost of a gallon with more than one neighbor to do multiple rear enclosures.

If only a quart is needed, the Sherwin Williams manager is recommending a Satin or high gloss all surface enamel in Iron Ore. A quart of the semi-gloss or satin would cost \$28.19 and would cover 80-100 sq feet.

If only a very small amount is needed, our painter will leave any leftover paint with our maintenance staff when they are done with the first phase of the painting. Requests for very small amounts can be made with the office once the first phase is completed.

We recommend an arc mod be submitted before an owner begins painting a rear enclosure.

As a reminder, your Palm Greens 2 sticker should be visible on the left side of the rear window of your vehicle. Routine checks for stickers will be on-going.

Thank you always for your support as we continue to move forward with updating our buildings and ensuring the safety of our homeowners.

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RECREATION BOARD

by Shelly Cohen

We are thrilled to see many of our Palm Greens residents returning after being away for the summer. We'd like to extend a warm welcome to our new residents and those who have chosen to join us for the winter season. We encourage everyone to visit the Recreation Campus where you can experience our many exciting activities.

Lots of activities have resumed and new ones created, just to mention a few (well maybe more than a few) of the many interesting things we have to offer. There are clay crafting classes, Yoga and stretching sessions, ballroom dance lessons; presently we have crochet lessons for those last-minute holiday gifts. For your relaxation we have meditation sessions, Tai Chi and Qi Gong (I have no idea what that is so come out and discover something new.) There are daily morning water aerobics sessions during which time part of the pool is reserved for participants. (Don't mess with this group; they are serious about their aerobics). For our sports enthusiasts we have our fabulous Har-Tru clay tennis courts with rotations and tournaments with outside communities. There's our Ladies 8-Ball league and Men's 9-Ball league in our billiards room on the ground floor. Shuffleboard has resumed for your enjoyment or join the league. If that's not enough we encourage you to offer your talents or suggestions by volunteering via the contact page on our website Palmgreens.org or stop into the recreation office in the lobby of the clubhouse.

I don't want to forget about our amazing hard-working clubs who bring us great social events. While these clubs require membership there is always room for new members or their guests. We have the Women's Club, The Four Seasons Club, The Men's Club and of course the Entertainment Committee. I encourage everyone to provide us with your current email address (private) so you can keep up with all the opportunities via our weekly Eblasts or check out our website or the postings in the lobby of the clubhouse (you can't say you weren't informed.)

Meanwhile behind the scenes our maintenance team has been busy keeping all areas up and running. Some new lounge chairs have been added to the pool area. Please remember to cover your chairs to keep them clean



ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg

We are entering our big holiday season with many different celebrations. Wishing our Palm Greens family a very Happy Chanukah, Merry Christmas, and whatever holiday that you observe. Also, Happy 2024! Be safe and kind to each other.

Our president, Dr. Lori Vinikoor was not able to attend our meeting so John Gentithes, our director, called the meeting to order at 9:30AM.

Captain Rob Sandt of the Palm Beach County Sheriff's Office stated that there has been a 5% rise in automobile crashes since the previous month. Also, please remember to LOCK YOUR CARS, remove all valuables from sight (iPads, key fobs, guns, packages). These thieves come from Broward and Dade counties and are organized experts at stealing! Help yourself to stop them!

Our snowbirds are starting to return, so please take a slower pace when driving. Many visitors do not know their way around. When the light turns green, pause before moving as many accidents are caused by people running the red light. Also, when making a left turn use extreme caution!

Our guest speaker was Joseph Abruzzo, Palm Beach County Clerk of the Circuit County & Comptroller. He stated that he is personally responsible both financially and criminally for any problems in the over one thousand departments in PBC. Our taxes go toward a wide range of county services, from funding sheriff and fire rescue operations to public libraries and local parks. The money is used to help provide a high quality of life for everyone in Palm Beach County. Since Mr. Abruzzo took office in 2021, PBC investments have grown considerably. The office's in-house finance team positioned the County's portfolio to be flexible and diverse to protect it from inflation and maximize the return on investments. The portfolio last year brought in more than \$32 million of investment income, a 16.8% increase from Fiscal Year 2021. This is a Gold Standard amount! Mr Abruzzo spoke of Property Fraud, a very big issue in PBC. Criminals prey on seniors, in PBC and Broward. The scammers file fake deeds to make it appear as if they



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THE FOUR SEASONS CLUB

by Eleanor Horowitz



Our season started with a gala Halloween extravaganza. Eerily lit up centerpieces greeted all as they entered the ballroom which was transformed into a Halloween house. It was complete with ghosts, bats, spider webs and more. The costumes were fantastic. There was dancing, a Halloween parade and prizes for those wonderful costumes!

On November 17th we joined together to celebrate our snowbirds and full-time residents. Our longtime members gathered with Palm Greens' newer residents to share an evening of refreshments and entertainment by Warren Hill. We were able to welcome many newer residents who have now become members of the Four Seasons Club.

All Palm Greens residents- couples, singles, owners, renters, seasonal or year rounders are welcome to join our club. Applications are in the Clubhouse lobby and on our website. The annual dues of \$20 per person will cover the year 2024. Please remember that we subsidize all of our events. If you are not a member you will pay more to attend each event. Contact Ellen Euse for additional information.

The following events are coming up for your enjoyment. Watch the lobby bulletin boards and activity television for details. Please get your reservations in as early as possible as many events sell out early during season.

On Saturday December 16 we will be celebrating Greek Night with music by the Internationally renowned Greek musician Gyorgy Lakatos who will be accompanied by Greek dancers. The scrumptious meal will be catered by Chris Taverna restaurant. Don't be left out for this wonderful evening. Submit your table reservations as soon as possible.

Coming soon:

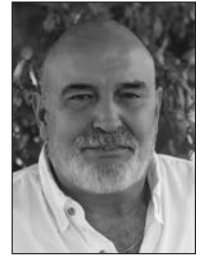
January 18 - Musical Bingo

February 15 - Mardi Gras

We wish all of our members and neighbors happy holidays and a very Happy and Healthy New Year!!

CAR CARE

by Jorge Goyanes



Here are some suggestions regarding your car and how to get any necessary repairs done on it with minimal or no hassle.

Arrive on time for your appointment. If you arrive late, Service Advisors will do everything possible to get to you as soon as they are done with those folks who showed up on time; And no, they will not put you in front because you stayed up late streaming the latest six episodes of your favorite show on Netflix.

Please inform the service advisor if your hood supports are worn or don't work properly so the technician working on your vehicle does not get a concussion when the hood falls on his head. If we see a broom-handle in the engine compartment, we know what holds your hood up.

Let the service advisor know about any windows that do not come back up if they are lowered, as they don't know this and usually have to lower the driver's side window to see if they are going on the lift properly, as well as letting the heat out if the car has been in the sun for hours.

If your car has quirks on starting, please let us know what they are. If you have to jiggle the keys, turn off the radio and touch St Christopher on the dash in order to start the car, we need to know this, it saves time.

If your driver's seat motor does not work and the seat does not move and you are a small person, let us know so we don't blow an ACL joint trying to get in the car.

If you had someone work on your car and you don't tell us, we will know. I had a case of a customer asking us to install her radio and when we took it out of the console the wiring was like spaghetti and butchered. She said her neighbor tried to but couldn't. This was after I pointed the mess out to her and that it would take us longer than we anticipated because we had to fix that mess first and it would cost more than what we quoted her over the phone.

Don't try to diagnose a vibration problem yourself. Nine out of ten times when a mechanic is asked by a customer to do an alignment due to a vibration, the problem is either bad tires or severely worn front end parts. A good Service Manager will ask the proper questions to diagnose your problem before arbitrarily doing an alignment first.

If you bring cookies and donuts to us, you will be in good stead with the staff, if you bring Grand Marnier you will be my favorite customer.

And of course, do not bring your own parts, shops hate that. You wouldn't take ham, eggs and a English muffin to McDonald's and ask them to cook it for you, would you?



TENNIS COMMITTEE

by Mark Melnick

Hopefully everyone had a fun and hearty Thanksgiving.

We are certainly thankful to be back in the “swing” of tennis and happy to see all the residents returning to Florida. For those of you who are unfamiliar with our Tennis Program please stop down to the tennis courts any morning to check us out. While the Rotation program has been underway since October and will continue until May, we always welcome new players to join us anytime during the season. You can also contact us by email at ttnscenter@gmail.com or by phone at (561) 303-1101 for further information or come down to the tennis office.

By registering with the Tennis Committee, you can participate in one of the best programs in South Florida. You will be able to participate in the unique rotation program and teams, as well as our events. Our Rotation program is on Mondays, Wednesdays, and Fridays with 90-minute sessions beginning at 7:30am. Rotation players are placed into matches with players of similar ability on a rotating basis. It's a great way to meet new people as well as improve your skills. The games are casual and friendly.

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

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

Jim's clinics will begin this month on Tuesdays and



WOMEN'S CLUB

by Steffi Carmel
and
Roberta Minerva



We are so happy to see that our friends are returning to Palm Greens, snowflakes, snowbirds, and Florida newbees. The Women's Club membership is blooming. We have close to 100 new members since our membership drive started this fall. You can always find applications in the clubhouse.

We want to thank John Alexander, the hypnotist, for a great evening on November 10th. And definitely a shout out to Francee Black who contributed by being hypnotized for a wonderful show.

On December 1st we will be having the Women's Club MEET & GREET. This is for everyone, including past members, present members or anyone interested in just seeing what the Women's Club does and becoming an addition to the Women's Club family. A very social evening just to enjoy each other's company. Music is by Ed Slater, a wonderful musician of all genres. Refreshments and goodies will be served. You can even put on your dancing shoes. Check flyers in the lobby and eblast for time.

At the time of print we still do not have the exact time and information posted for the Delray Lights cruise. Please check the eblasts and flyers in the lobby.

We will be celebrating the New Year 2024 at our New Year's Day brunch on January 1st. This will be open to the entire Palm Greens community. We are working on getting a TV for all those diehard football fans to watch in the TV room in the clubhouse.

May this upcoming year bring much needed peace to us all. Pray for our families and friends in Israel and for our loved ones at home.

Wishing everyone a very Happy & Healthy 2024.

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

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TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



In this article I will cover a scenario that occurs often in doubles. When you lob over your opponents' heads and they're running it down you should advance to the net. Why? Well, remember if they are running down the lob, they are in trouble! You should run up to the net and create extra pressure on them to make a good shot. Most players are so mesmerized by the good lob they hit they just stand there and watch it, never closing in on the net. Most players will not run up after a good lob because they are afraid their opponents will lob over their heads. Do not be guilty of either one of these infractions. First, move into the correct position after hitting the lob over your opponent's head. Stop standing there watching the magnificence of your last shot. You can still watch where your ball is going as you're advancing to the net. You can move and see at the same time. You do this all the time when you are driving a car. It might take a little practice, but it will pay huge dividends in the long run. Practice moving into position as you're watching your shot go over your opponent's head. Second, do not think that because you advance to the net behind a good lob that your opponents will lob back over your head. Instead, think they're going to hit a short lob. Thinking this way is offensive positive minded. Some of the return lobs may go over your head but if you stick with it, you will get your share of high short lobs to put away. With this mindset you are making your opponent hit good shots in order to beat you. Always challenge your opponents to make those difficult shots under pressure. Now if you are going to attempt to run to the net once you lob over your opponent's head, here is one piece of advice you should remember: make sure the lob you hit, first bounces behind your opponent before you begin running to the net. Too many players begin running up when they think they've hit the ball over their opponent's head only to find out they were wrong and end up running into a powerful overhead right at them. Remember, you have plenty of time, so make sure the ball bounces behind your opponent before you run forward.

The language of the mind is words. The language of the body is feeling.

ENTERTAINMENT COMMITTEE

by Walter Jacobson



We have decided to start our monthly shows this season, with 3 shows (instead of our previous five shows).

Kicking off our shows will be the comedian, Stu Moss, and singer, Iris Revson.

Both have appeared before on our stage and have been well received. (Note: we have not had shows for the past 3 years since Covid19 closed everything down.) Stu Moss has appeared in Las Vegas, Atlantic City, Lake Tahoe, and has been the comedian on cruise ships. He has appeared with Air Supply, the Beach Boys, the Bee Gees, Chicago, Patti La Belle, Johnny Mathis, and Dolly Parton and for 4 years with Engelbert Humperdinck. He has also been on various TV shows on Showtime, Comedy Central, Chicago Hope and NYPD Blue.

Iris Revson has performed on many Broadway shows including Merlin and The Pirates of Penzance. She toured nationally with the Shangri-La's. She recently has been singing at various locations in the South Florida entertainment circuit. She can really belt out a song.

Tickets will be \$20 apiece and shows will be held in the auditorium at Palm Greens. The first show will be Saturday 8 PM 1/20/24. Tickets go on sale January 15, 2024 from 10 AM to noon in the clubhouse.

If you cannot buy tickets 1/15/24, you can call Joan Rozen-Jacobson @ 561-445-9796 to arrange to buy tickets.

Looking ahead, we have tentatively scheduled the next 2 months to include:

2/17/24 - Two of Hearts, a tribute band focused on hit songs of the 50's & 60's.

3/16/24 - Ken Block and Julia Langley

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FROM THE MANAGING EDITOR

by Mel Clapman



So here we are, end of the year, and I want to bring you up to date as to what's going on at Palm Greens. I'll get to the Delray Trails project and the new clubs and associations in a minute, but I want to give you some news about the Unit Owners Association. For over a year, we have been stagnant. No calls, no services, no activities. We had our telephone people, sitting around, reading, doing crossword puzzles, and waiting for calls that never came in.

The defining moment came when at the last "Meet and Greet" affair, people got up after we were introduced and said they never knew we existed. WOW!! So, after many discussions, it became obvious that our services were no longer needed. We all came to the conclusion that it was time to phase out the UOAPG. And that is what we are doing. Right now, we are open part time, which means we are in the office checking mail, returning calls and, most important, managing The Pulse, on a part time basis, mostly Mondays, Wednesdays and Fridays, from 9 to 11am. When we're not in, we have voice mail and call forwarding.

In the meantime, we still have our club activities, which are posted in the clubhouse as you walk in, and on the bulletin board on the left side of the big pool gate. Also, be sure you are signed up for the community email blast.

COMPLAINT DEPARTMENT – It's amazing that our great community, with all of its wonderful residents, still has some people who just ignore the rules. Examples: Driving in the wrong direction in the parking lot...and backing in instead of pulling straight in. Parking in the "Handicapped" spots when you don't have a tag, sticker or proper license plate. And now we have a new one: Please DO NOT put your "junk" mail in the mail boxes used for large packages!! They are there for mail that can't fit into your personal box and makes it terribly inconvenient for the mailman to accomplish his duties.

ODDS AND ENDS – If you missed the Halloween Night and the Hypnotist Night, you missed two doozies! Managed by the Four Seasons and Women's Club, respectively, these two events made the evening for all

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MEN'S CLUB

by Peter Dreifus



Our first meeting was successful with a good singer. Attendance was low as usual for October because a lot of men are not back yet from the summer. Mel Clapman came up with an idea that we schedule a baseball game next spring in Miami. We will begin to make arrangements soon. The next meeting is on Sunday, December 17th at 10 am at the clubhouse. We look forward to seeing everyone. If you are coming to the meeting, please send an email to President Herman Rosenbaum at hrosenbaum42@gmail.com.

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IMPROVE YOUR SUSPENSION

by Terryl Jones



Smooth shock absorption isn't just for cars. You want a smooth ride in both your car and in your body. Your feet and ankles affect balance, support the body's weight, are the body's shock absorbers, and yet few people think to improve them. There are many small bones and muscles in the foot. Weakness in this area can cause injury to the knees, hips, and spine, and lead to increased falls. These can all be alleviated by strengthening the muscles in the feet and ankles.

Orthotics are helpful in the short term but do not address the underlying issue of weakness. A dedicated strengthening program ensures that the feet can support the body in all circumstances. And no, running and walking is not enough. Most runners think that they have very strong feet, and they do – but only for one motion. Running works the muscles involved in pushing off but neglects the other small muscles in the foot and ankle. The result is an increased risk of running injuries like plantar fasciitis, shin splints, Achilles tendon problems, and ankle sprains. We want the foot muscles to not only help us move forward and backward, but also move side-to-side, rotate directions, and stabilize us. While some sports such as dance, martial arts, cycling, and yoga, can strengthen feet, a specific strength and flexibility program is best.

Here are some easy suggestions to get you started:

1) Using a tennis ball, roll your foot over it putting enough force to get a good massage on the bottom of your foot. Don't skip the painful areas, remember to work the heel and toes. Do this for a few minutes on each foot.

2) Place several small objects on the floor. Using your toes, pick them up one at a time.

3) Put a towel on the floor. Pull it toward you by scrunching up your toes while keeping your heel on the ground; add resistance by putting a book on the towel. Runners - this strengthens the muscles on the front of the shin and is great for rehabbing from shin splints.

4) Stand feet hip-width apart and rise onto your tiptoes. Lower heels slowly and with control. Lowering is the most important part, think of an elevator, crash landing is bad. As you get stronger, try it on one leg.

5) Stand on a step and lower your heel below the

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COMPUTER CORNER

by Enio Cordoba



How To Find Your Way Around

The first skill we will approach will be our most useful. How to find HOW to do something. Though the immediate thought is Google, most people don't realize that when you search on Google, Google tries to refine your search with better wording. Scrolling down, the very first few choices are PAID ads with the goal of diverting you to their services. Scroll down some more and finally, you see what you are searching for. But look down and you'll see that there are also many more PAGES of choices. Click on one and you go to that page. Not the right one? Now you have to restart your search, right? No! Simply by setting your browser preferences to open selections in tabs, every click opens a new page and if it's wrong you close it but your original page is still there. If the last sentence just made your eyes spin, this section is for you.

You see there are thousands of people like me with nothing to do who like making videos of how to do anything. Even the most common, obscure, or useless tasks. On the Google search page, just under where you type your question, you will see half a dozen buttons with options like video, image, all, shopping or tools. For the newbie, the VIDEO button takes you to YOUTUBE where someone has filmed themselves doing exactly what you are trying to do. Though there will be different levels of quality (better camera quality, folks with bad English, etc.) 1 or 2 tries gets you a step-by-step demonstration of how to do said task. YouTube has folks who have created learning channels on how to do anything on any computer device. The minute a new iPhone comes out, they race to see who can get the videos out the fastest.

Let's say you would like to try video communicating with grandkids in another country or state. Searching "best video chat app for (insert your device platform (Mac/ Windows; & mobile or desktop) will give you hundreds of choices. While most computers already come with these apps built in, you have no clue which one or how to use it. Once you word your search correctly, you can watch some expert easily do any task. When you think of YouTube and Google as the world's biggest Encyclopedia Britannica, you realize you have the knowledge of the world at your fingertips.

POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

So virtually everyone, Floridians or not, knows about the Everglades. But...hold on...how many of us know about Everglades City?

There's something quite delightful about smaller cities and whether you decide to visit this very interesting small town for a weekend or more, we think you just might fall in love with this place.

It's about a 2-hour drive from here, so you might want to plan your visit as an overnighiter or perhaps a bit longer. We are recommending some activities you might enjoy and are focusing on economically priced venues.

Miami: Everglades Safari Park Airboat Tour – tel 1-844-326-5840 - About \$39 per person.

- Explore the Everglades Safari Park with a guided tour by Airboat

- See alligators, flora and fauna up close

- Experience the Wildlife Nature Show and explore the jungle trails

Big Cypress National Preserve Self-Guided Driving Audio Tour - 3100 Tamiami Trl E, Ochopee,

Take the road less traveled with this self-guided driving tour through the lush wetlands of Big Cypress National Preserve. Stroll along scenic boardwalks through the preserve's diverse habitats, dig into the fraught history of this fragile ecosystem, and of course, keep your eyes peeled for alligators!

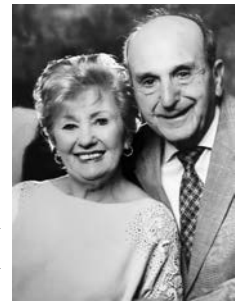
Restaurants – While we steer clear of recommendations, you might want to give this one a try.

Triad Seafood Market and Cafe - 401 W School Dr. 239-695-2662 – Stone crabs (seasonal), ribs, wraps, burgers and more. Do the research before you go. Not only will it give you the latest prices, etc., you'll also get the latest activities and more, all which will make your trip a winner.

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MY ALASKAN DREAM TRIP

by Joan Engleman



On July 30, 2023 my partner, Matty Feldman and I went on a land and sea trip to Alaska in celebration of Matty's 90th birthday.

Day 1 – We met our driver at 5:45am to take us to the airport (Alaskan Airlines). Unfortunately, we had two transfers before we arrived in Anchorage Alaska. A quick dinner then early to bed at a nice motel.

Day 2 – Early wake up so that we could meet our train to Denali. It was a lovely seven-hour ride. We saw a lot of wildlife along the way. We arrived at our Chateau and went out to eat at a dinner theatre. Our waiter asked if anyone was celebrating a birthday, anniversary or divorce. I of course mentioned that it was Matty's 90th birthday. We saw a cute typical Alaskan show. At the finale they asked Matty up on the stage where they put on a wig and a long beard. He was so embarrassed. The lady next to me said, I think he's going to kill you.

Day 3 – Once again, an early wake up, lovely breakfast and a long bus ride up to Denali (used to be called Mount McKinley). Unfortunately, it was very cloudy so that we never did see the mountain. We did see a wolf walk by our bus and various wildlife up in the mountains.

Day 4 – After an early wake up, we boarded yet another bus that took us to meet our ship, Holland America's Rotterdam. Our suite was magnificent. The bathroom had two sinks, a shower and a tub with jets. I was so excited to take a bath. I put on the faucets and squeezed some liquid soap into the tub. I just kept squeezing the soap until finally the tub filled up with bubbles. The bubbles kept overflowing onto the floor, but I couldn't find the stopper. It looked like a scene from an I Love Lucy episode. That night at dinner we requested a table for 8. They sat us with 6 other ladies. They called our table Matty and his harem.

Day 5 – We were at sea. That evening we went to dinner with a couple our age and then a young couple (32 years old) joined us. I whispered to Matty, "Those poor kids have to sit with us old folks." Well, it turned out they loved us. They followed us all over the ship and land trips.

Day 6 – At sea. That night after dinner and a show

(continued on page 23)



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PALM GREENS PARTIES...

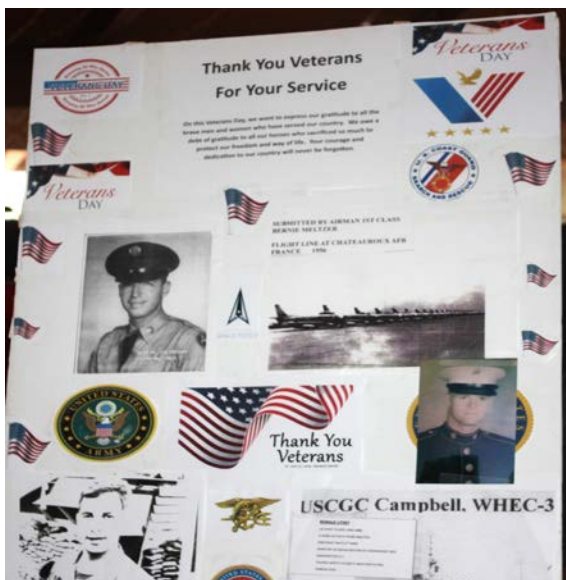
It doesn't matter what season we're in or the time of the year, Palm Greens activities are a never-ending venue of games, dancing, dinners and anything else that our residents find interesting.

We have had a Halloween costume party, a hypnotist, and a Veteran's Day ceremony, to name a few. And as we go through this season there will be more events to keep you busy.

These programs don't just happen. So when you see the people who plan, manage and execute them, please don't forget to say "Thank You".



ROCK!



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Presents Veterans
Day Observance
Friday
Nov. 10, 2023





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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!

VETERAN'S DAY WITH A TWIST

When we talk about Veteran's Day at Palm Greens, we talk about Eleanor Horowitz. She has made this event a tradition here, and this year she did it again.

The event took place in the clubhouse ballroom on November 10, and was attended by about fifty people.

The program led off with President of the Rec Board, Art Robins, leading The Pledge of Allegiance, after which we all sang the Star-Spangled Banner.

Eleanor then asked for volunteers, all veterans, to share their tales while in the service. The speakers came up and spoke to us about the various experiences they encountered while in the service.

What was most interesting was as each speaker told his tale, he seemed to drift into the past, as though it was happening again.

The event closed with the singing of God Bless America, and light refreshments were served.

We thank the Rec Board and Eleanor for putting together a very memorable Veteran's Day.

NOBODY ASKED ME BUT...

by Mel Clapman

...Do you think horses would say, "stop peopling around"?

...Say what you will about humans, we did invent ice cream.

...I get enough exercise pushing my luck.

...The older you get, the better you get...unless you're a banana.

...Familiarity breeds contempt – and children.

MEET OUR CHEF

by Mel Clapman

His real name is Johnny Jean-Louis, but we all know him as Chef Johnny.

The Chef is owner of the Spatulla Restaurant and Cafe on Jog Road, and manages our Poolside restaurant, also known as the Spatulla Cafe.

Chef Johnny hails from Barbados and has been here for over 15 years. When he's not planning meals or cooking, Chef also manages two insurance agencies, one in Port St. Lucie and one in Delray Beach. But his heart is in the kitchen, and we Palm Green residents are better off for it.

We can all appreciate that running a restaurant is not for the weak-hearted. Buying cafe food, cooking the food, serving the food, all with the goal being a satisfying dining experience. And that is what we hear from most of our residents.

Each week, the cafe offers a special, which can be found on our E-Blast site each Friday. The menu varies so there's lots of variety. For example, a corned beef Reuben, with fries and a pickle for \$12.50. Hard to beat.

Johnny says that while the summer was on the light side, he is expecting an upswing in business once our snowbirds are back and the season starts once again.

So next time you're at the pool, stop in, grab a bite or a drink. The staff is friendly and the food is good.



DISCLAIMER

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

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

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

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

from suntan lotion. They maintain the tennis courts daily so that we can brag about our facility when other teams come to play. They set up the community rooms whenever there is a function going on. etc.

A reminder to get guest passes at the recreation office for anyone visiting you as it is necessary for us to know who is on the campus at all times. Guest parking is on the west end of the parking lot as only residents are able to use the lot adjacent to the pool.

Have a wonderful season and Happy Holidays. I look forward to seeing you all out and about.

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

own homes that are not actually theirs. These scammers then trick people into giving them money to rent or buy those homes. To follow your property, log on to MyPalmBeach.com/pfa (pfa is property fraud alert). If you do not use a computer, we now have one in the clubhouse. Have someone help you. Also, classes will be held. Check with the Pulse. You choose the name or names you wish to monitor. When a document is recorded in Palm Beach County matching a name you are monitoring, you will receive an email alert. This is a free service that monitors documents recorded in the Official Records of Palm Beach County. Another important site is Guardianship Fraud. We must protect our most vulnerable citizens. If you suspect anyone of misusing the finances or assets of a person under guardianship, report it! This might be missing money or property, suspicious loans, funds transfer, opened or closed accounts, significant family discord or isolation of the person under guardianship, caregivers or family members living a lavish lifestyle, beyond their means. Contact GUARDIANSHIP INTEGRITY ASSURANCE HOTLINE, 561-355-3728 or www.my.palmbeachclerk.com/fraud. Soon the Office of the County Clerk and Comptroller will be completely online. You will be able to self-navigate the courts, access the passport office, and reach all the departments of the County Clerk/Comptroller. However, you will still be able to make an appointment to receive services in person! The website for the office is: mypalmbeachclerk.com

Two Reminders:

For a free Wind Mitigation Inspection email mysafeflhome.com.

From our last meeting, Kelly Jackson, PH.D. and FAU Professor, is heading up two very interesting

Volunteer Projects for seniors at Florida State University. These studies include Driving Project and Microbiome/Gut/Brain Project. There is some compensation involved. For further information on how to be a part of the solution, call 561-235- 4467, or email curdor@health.fair.edu.

Next month's meeting will be on Wednesday December 6, 2023 and will feature Palm Beach County Fire Rescue, Newer Strategies for Saving Lives with Battle Tested Protocol & Use of the LUCAS Device plus Reports from PBSO, PBCFR, & Local Elected and Government Officials. The meeting will be held in the South County Civic Center, 16700 Jog Road, Delray Beach, across from Morikami Gardens. Doors will open at 9AM when refreshments are served. The meeting begins at 9:30 and always concludes by 11:30. All are invited to attend. See you there.

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

Fridays at 11:30am. New or beginner players are invited on Tuesdays and intermediate players are welcome on Fridays. Please note that these times are subject to change and will be posted at the tennis office. There is no charge for these clinics. For those who would like additional instruction, speak to Jim about taking a series of lessons. Individual lessons cost \$35/half hour or \$179 for a series of 6 lessons. He also does group lessons as well as different strategy clinics. This is a great way to improve your game.

See you on the courts!!

**911 CALLS**

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

FROM THE EDITOR.. *(continued from page 8)*

who attended. Check out the centerfold for photos. The new clubhouse has not been started yet due to permit issues which, we've been told, are being resolved. We hope you know that all off-season activities were sponsored and managed by the Women's Club, the Four Seasons Club and the Tennis Committee, all of whom should receive a standing ovation. Tough work under trying conditions. Did you know we have a karaoke machine that's available for use at your next party or whatever? Contact the Rec Office for more details. We have started a "Movie Night", Friday, but that could change to another evening. Finally, we are going to "tweak" The Pulse. We're planning to include a puzzle, some trivia, and, for the first time ever, restaurant reviews. We think you will enjoy the changes. Have a great holiday, a happy and healthy New Year and a fun season!

IMPROVE YOUR SUSPENSION.. *(continued from page 9)*

step getting a stretch in the Achilles and calf. This can be done on one or two feet.

6) Circle the ankle, focusing on the full range of motion. Do this in both directions.

Everyone's needs and bodies are different, so the amount required to maintain strength in the feet varies from person to person. Some people will do this three times per day, others will do it once a week, so results will vary. Remember Incremental progress: Doing something for 1-2 minutes several times a day will add up to significant gains by the end of a month. You can expect to start to see an improvement after about a month of consistent work. Look for more stability and better cushioning for the bigger joints in the body. Enjoy the ride!

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

**WE CARE**

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

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

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

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

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

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

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

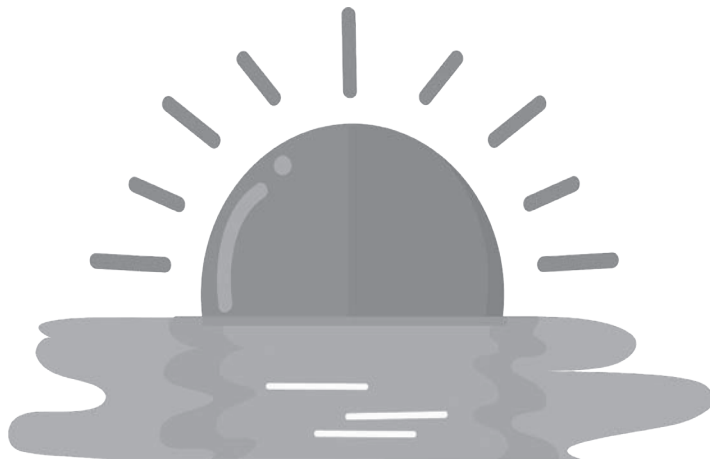
Please give us 24-hours notice and leave your name and a telephone number where we can reach you.

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MY ALASKAN DREAM TRIP.. *(continued from page 10)*

we went to the casino. I tried the slots. I brought with me \$200. I played the dollar machine and I won \$250. Matty said "Put that money away," but a gambler doesn't think like that. My theory is that I was playing with their money. I did bring home my original \$200.

Day 7 – After touring off the ship, we came back and took a nap. I was awakened by the captain's voice over the loudspeaker. He informed us that we were approaching a huge glacier. I quickly woke Matty, and we ran to our balcony. What a magnificent sight. I said to Matty "This is why we are here." It was the highlight of our trip. The next day we get off the ship and made reservations to see a log rolling competition. We divided into two teams. We encourage our men to climb a tree, cut down a tree and then got on the trees in the water. Very exciting. Two more days at sea. Most of the time the temperature was 80 degrees. So, we stayed by the pool and sipped pina colodas. We met wonderful people from all over the States and Canada. Great trip.



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December 2023

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 Water Aerobics 8:35AM Craft Class 1PM WC Meet & Greet 7PM	2 Water Aerobics 8:35AM Computer 2PM
3	4 Water Aerobics 8:35AM Crochet Class 2PM Meditation 4PM Men's Nine Ball 7PM	5 Water Aerobics 8:35AM Yoga 10AM Singles Club 4PM Ballroom Dancing 7PM	6 Water Aerobics 8:35AM Craft Class 1PM Ladies 8-Ball 7PM	7 Water Aerobics 8:35AM Stretching Class 10AM	8 Water Aerobics 8:35AM Craft Class 1PM	9 Water Aerobics 8:35AM
10 Recreation 4PM	11 Water Aerobics 8:35AM Crochet Class 2PM Meditation 4PM Men's Nine Ball 7PM	12 Water Aerobics 8:35AM Yoga 10AM Ballroom Dancing 7PM	13 Water Aerobics 8:35AM Craft Class 1PM Ladies 8-Ball 7PM	14 Water Aerobics 8:35AM Stretching Class 10AM	15 Water Aerobics 8:35AM Craft Class 1PM	16 Water Aerobics 8:35AM 4 Seasons Greek Night
17 Men's Club 10AM	18 Water Aerobics 8:35AM Crochet Class 2PM Meditation 4PM Men's Nine Ball 7PM	19 Water Aerobics 8:35AM Yoga 10AM Ballroom Dancing 7PM	20 Water Aerobics 8:35AM Craft Class 1PM Ladies 8-Ball 7PM	21 Water Aerobics 8:35AM Stretching Class 10AM	22 Water Aerobics 8:35AM Craft Class 1PM	23 Water Aerobics 8:35AM
24	25 Water Aerobics 8:35AM Crochet Class 2PM Meditation 4PM Men's Nine Ball 7PM	26 Water Aerobics 8:35AM Yoga 10AM Ballroom Dancing 7PM	27 Water Aerobics 8:35AM Craft Class 1PM Ladies 8-Ball 7PM	28 Water Aerobics 8:35AM Stretching Class 10AM	29 Water Aerobics 8:35AM Craft Class 1PM	30 Water Aerobics 8:35AM
31	1	Notes:				

****Our Holiday cover this year is to recognize and acknowledge the work and services we get – on a daily basis – from the people you see here. Whether you know them or not, you do see them, keeping our campus clean and functional. They are (top) Jermaine Baker, Phyllis LaMorta, (middle) Luis Rentas, Charles Medina, Renel St. Fleur, (bottom) Aubrey Guillaume, Miala St. Fleur. Next time you see them, say “hello” and “thank you” for helping make Palm Greens the wonderful community it is.****

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- ✓ (R) Washer & Dryer
(excluding replacement on one piece W/D)
- ✓ (R) Water Heater up to 40 gal.
- ✓ (R) Garbage Disposal (up to 1/2 hp)
- ✓ Plumbing & Electric 3 Bath Max
- ✓ Drain Rooter Interior (up to 10 ft.)
- ✓ Angle Stops, Major Plumbing, GFI Outlets, Gaskets on Appliances

(R) = REPLACEMENT COVERAGE

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