

PALM GREENS PULSE

JANUARY 2024

DELRAY BEACH, FLORIDA

PALM GREENS WELCOMES OUR NEW RESIDENTS OF DELRAY TRAILS!



HAVE A HAPPY NEW YEAR AND A HEALTHY LIFE.

Palm Greens Pulse

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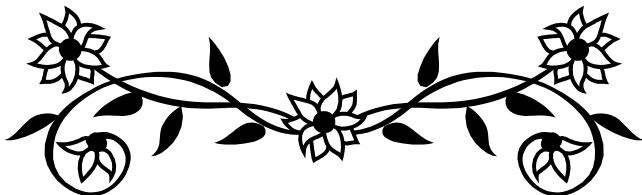
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The Unit Owners Association of Palm Greens (UOAPG) and its publication, The Palm Greens Pulse, are not responsible for the services, products and/or claims made by our advertisers.

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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CONDO 1

by Bill Bozza



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

The end of 2023 we were busy working on our 2024 budget. Thank you, the owners, for your participation in the budget process. Remember our HOA fees will be \$530 starting January 1, 2024. If you have not signed up for automatic payments, please do so. Payments are due on the 1st of each month. Any payment received by the bank after the 10th of the month will be considered late and charged a fee.

You will have or should receive the ballots to vote for the candidates running for the Condo 1 Board and/or the Recreation Association either by paper in the mail or electronically by email, for the Annual Meeting/Elections of the Board on February 9, 2024, at 10:00 AM.

Power Washing is scheduled to start again in January for a \$50 fee. Stop by the office to submit your request. Power washing for stairs and walkways will be put on a schedule by court. Once the schedule is confirmed it will be posted in the office and our website.

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

Happy New Year!



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CONDO 2

by Rob Thom



Welcome to 2024, we wish you a Healthy and Happy New Year

As a new year begins, one always seems to look back and see how things are different now versus previously. Here are a few of our accomplishments of this Board over the last 4 years.

Returned the Association to financial stability

- 3 years (2020 thru 2022) in a row of budget surplus (first time to have consecutive years of surplus in more than a decade). We were on track for a surplus for 2023 but Association insurance rates and unexpected legal fees will likely push us into the RED.

- Increased application fees in accordance with Statute maximums increasing income

- Perform in house estoppels and questionnaires which is an income stream

- In 2021 had a 3rd party Reserve Study performed (a first for Condo 2)

- Monthly Financial Statements available online for all residents

- **As of December 6, 2023, approved Breezeline as new TV/Internet provider starting in 2025 with a savings to all owners on their Comcast bill, basically eliminating that bill.**

- Satellite pool refurbished and well as new tables
- Updated the over 40-year-old irrigation system
- Repaired 150 of 192 buildings identified in the 2019 Structural Engineering Study. Repairs accomplished at 40% of the original estimated cost.

- Refreshing our buildings with new paint colors as well as removing the 1970's accent wood, giving the buildings an updated appearance

- Replaced all the wood sign posts throughout the community with PVC that requires no ongoing maintenance

- Replaced the 40+ year old lighting on 2 story buildings with a modern much brighter LED lights and new up to date lighting on villas

- Introduced Electronic Voting

- Introduced Zoom Webinars

- Revised the New Owner orientation meeting format

- Updated the Architectural Modification form to clarify requirements

- Mid 2022 established an Electric Vehicle Charging

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RECREATION BOARD

by Art Robins

Happy New Year! As we enter the first month of 2024, we leave behind all the memories of December and look forward to new opportunities and experiences. With each passing day, we'll enjoy longer hours of sunlight and a fresh start to the year. And we should acknowledge that at this time, "cabin fever" sets in as well.

The past 11 months have caused our lives to change in dramatic ways, even simple pleasures like eating out, taking a walk, or getting together with friends became challenges, with Covid-19. Many have expressed their dissatisfaction for being unable to enjoy PG amenities. As a full-time resident for several years now and a long-time visitor, since my parents first bought in Palm Greens in 1979, I have witnessed the changes through the years and am still proud to call Palm Greens my home.

As in life, we had some unforeseen challenges in 2023 with our fifty-year-old recreation campus, especially with our pool. We had to temporarily close the pool down a few times. Our pool company stayed busy making the necessary repairs to the pool pump and they had to fix a water leak that needed immediate attention. We, unfortunately, encountered further challenges with our spa jets. We had to add a blower motor to add pressure to the spa jets and we had to replace the spa heater to correct the temperature. Additionally, we had challenges with Lennar construction. The irrigation and water lines were affected by them digging near the clubhouse which led to a few days of us not having water and on another occasion, we had no electricity.

As you can imagine fifty years ago, Palm Greens was a very new and different community. It was well known as a "Winter Getaway" from the cold temperatures up north and it had a golf course plus all the accoutrements we have now. I recall sitting in our Café when a couple who lived at one of the Valencia's commented that our Café was so much nicer because it reminded them of the Catskills in upstate New York.

I think we might all agree that history should not be forgotten, thus we continue to do our best to maintain what we have and, dare I say, "Grow" Palm Greens to the next level. This year could be a turning point for the world we live in, from a worldwide perspective and for Palm Greens. Although we are a mere speck on the world stage, it should be a very serious issue for those

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ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



By the time you read this, we will have celebrated the New Year 2024! Holidays behind us and hopefully happy, healthy, safe and positive time ahead! Enjoy our wonderful community of Palm Greens and please be kind to each other. We are all worth it!!!

Our president, Dr. Lori Vinikoor, started the meeting at 9:30am, wishing us all a very good holiday season.

Chief Bill Stansbury, head of our First Responders, spoke first and gave us very sound advice for this Holiday Season. Be aware of your surroundings at all times. Check for exits, be aware of your personal belongings, especially handbags and or wallets. Today's thieves are very professional. Put your purchases in the trunk of your car. LOCK your car at all times. Fobs should be kept in aluminum foil or metal box, away from doors and windows. Thieves will break car windows if they see something inside that they want! Remember too, that when leaving an ATM machine, look around, and do not leave the money in the car. Some thieves watch the activity at these withdrawal sites. Enjoy and stay safe.

Fire Rescue Chief, Charles Coyle, discussed the need for whole blood for trauma victims. In critical injuries there is only thirty minutes to stabilize the victim and stop the hemorrhaging. It is critical to put blood back into the body. In Palm Beach County, the only two trauma centers are Delray Medical Center and St. Marys Medical Center. Universal blood (O positive) must be kept in a cooler at all times. With trauma cases, there is only a 57% survivability rate so speed in care is essential! In cases of heart failure, the LUCAS device (Luna University Cardiopulmonary Assist System) is now being used for Cardiac Arrest Enhancement. This device automatically activates the appropriate steps based on the patient's body size and weight. This is an easy-to-use mechanical chest compression device that helps lifesaving teams to receive high quality consistent chest compressions. These steps are:

- 1) Chest compression
- 2) Activates emergency response
- 3) Administers high quality CPR
- 4) Applies defibrillation

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THE FOUR SEASONS CLUB

by Eleanor Horowitz



The Four Seasons Club welcomes everyone into the New Year with wishes for good health, good cheer, prosperity and opportunities for lots of fun.

Our Greek Night was a sold-out success. It showed that, especially during season, we must make reservations for events in a timely manner. The delicious food was catered by Chris Taverna Greek restaurant and the entertainment by Gyorgy Lakatos and the Greek dancers set the mood for the evening.

Coming up in the near future will be MUSICAL BINGO on January 18th. The last time we played this we had people dancing in the aisles. Make sure to come and join us. See the fliers in the lobby and on our website for information. Don't get left out of the fun!!

February 15th will be the Four Seasons Club salute to MARDI GRAS. Details will follow soon..don't get left out of this one. Mardi Gras is a great celebration so make sure to join us!!

Our \$20 per person membership dues covers the entire year 2024. Thanks to all of you our membership is blooming and our older and newer members are sharing the good times together. If anyone wishes to assist on our Board please let us know as all hands are welcome.

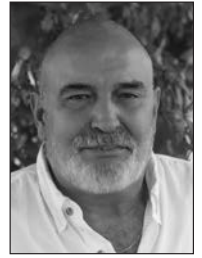
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911 CALLS

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

CAR CARE

by Jorge Goyanes



Okay, everybody, time and space permitting, I will give just a handful of the many reasons your "Check Engine" light can come on. Some people tell me that someone told them it was nothing to worry about, just a "glitch" in the system, a fuse problem or a faulty bulb. Those answers could not be further from the truth.

To refresh: that CE light coming on is your car telling you that there is something *starting* to go wrong. Isn't that wonderful? Today's cars are so sophisticated that they tell you *ahead of time* that a component of your car is not working properly.

Let's take a case: 2003 Cadillac, had the CE light on for months, the owner would come in for oil changes and tire rotations but would not want us to scan the vehicle for codes for two reasons: her neighbor told her that it was nothing to worry about and the car was running fine. She called to make an appointment because "all of a sudden" her car started shutting off while driving. Well blow me down and call me Shorty! I told her that I would scan her car and find out what was causing that and see whatever other damage has occurred since obviously some part is getting ready to go.

There are some benign reasons why your CE light can come on such as a loose gas cap, a cracked or broken vacuum hose, or even that you ran your car too low on gas. For example, my daughter's car which is a 2007 Ford has a tendency to light up that CE light when it gets extremely low on gas and believe me she stretches the gas as much as she can; running on fumes is normal for her.

Here are some samples of some of the codes that are covered by the CE or Service Engine Soon light:

- Ignition: spark plugs, coil, module, rotor, cap, wires
- Fuel: pump, solenoid, pressure regulator, sensor
- Brakes: master cylinder, wheel sensors, proportioning valve, abs pump.
- Transmission: solenoid, speed sensor, converter.
- Emission: vacuum hoses, EGR valve, EGR sensor, EGR solenoid, air pump, air charge sensor.

There are a hundred or more codes that can come out of your car, but I don't want to list them all, would take a lot of space here and put you to sleep in the process.

If your Check Engine light goes on and you have

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TENNIS COMMITTEE

by Mark Melnick

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

Our tennis courts have been full of activity since early November. Our rotation program is held on Monday, Wednesday, and Friday mornings with sessions at 7:30am, 9:15am, and 10:45am. Competition begins in the Palm Beach County Senior Tennis League on January 8th and continues into March with Women's matches held on Mondays and Men's matches on Thursdays. This season we are again fielding 5 men's teams and 3 women's teams at various levels.

A new rotation program for singles play is being held on Tuesday afternoons. If you'd like to play singles tennis let us know and we will add you to the schedule.

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

All residents are invited to join our tennis program. It's a great way to meet new friends with similar interests. Whether you are a new or an experienced player we have levels to match your abilities. Our pro, Jim Boardman, has clinics for beginners on Tuesdays at 11am and on Friday mornings also at 11am for intermediate players. There is no charge for these clinics. Jim's team clinics are held on Saturday mornings. The schedule for those clinics is posted outside the tennis office.

Our tennis/pizza party was held on 11/27. We played 2 sessions of tennis, followed by pizza and the usual assortment of goodies. Our second event of the season, on December 21st, was a tennis/Italian night. A round-robin of tennis was followed by a delicious Italian dinner. As usual, Beth Villanova and her merry band of tennis elves knocked it out of the park, planning and carrying out this well attended event. Stay tuned for information regarding our additional events.

New this season is our first Palm Greens "Color Wars". Registered members receive a keychain with either a green or a yellow sticker designating your team color. Scores from events and activities are tallied during the season and a winner will be announced in April.

Now that the season is in full swing, we have lots of



WOMEN'S CLUB

by Steffi Carmel
and
Roberta Minerva



Happy New Year to all. The Women's Club is thrilled that we are seeing all our friendly faces enjoying good times together.

Our Meet and Greet was very successful. We had many new members sign up for membership in the women's club. New Year's Day brunch was a yummy day and enjoyed by all who attended.

Our annual Valentine's Day Tea event will be February 11th. Thank you to the community for being so supportive of our Club.

The Women's Club is planning a number of off-premises trips. Look for flyers after January 1st. We will be going to local places such as The Flagler Museum, the Boca Museum and Flamingo Gardens and possibly a trip to the casino.

Please look in the clubhouse for these travel trip flyers. Sign up early as there is limited space on these trips. We are also planning some fun events here in our community by the pool and in the clubhouse.

May this year bring us peace, joy and a united community.



*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)



The warm up is to WARM UP!

When planning to play tennis WARM UP YOUR STROKES SLOWLY! Sounds simple, doesn't it? Yet, most club players warm up too fast and attempt to consistently hit winners. All good athletes, ballet dancers, and even racehorses warm up slowly, but club players go out and beat up on the ball in the warm up! Here is a simple plan that you can execute within 10 minutes to warm up properly.

1. For a few minutes warm up your eyes. Do not worry if the balls you hit go in and out, just keep your eyes on the ball and WARM UP YOUR EYE TRACKING SYSTEM.

2. For more controlled ball placement in a match try to consistently aim the ball at your opponents with increased accuracy. WARM UP YOUR BALL PLACEMENT.

3. Then begin moving a little faster to run down a few more balls. WARM UP YOUR MUSCLES.

Too many players run fast immediately, hit the ball much too hard, and attempt to hit winners consistently in the warm up. When I confront them about hitting hard and hitting winners, they usually tell me "Well that is the way I am going to play." I quickly tell them they are not playing a match; they are WARMING UP! The truth is, they have trouble slowing down their strokes because it throws off their timing. Can you slow down your strokes and still maintain your timing? It will be great practice to try. In a match you must learn to play at different speeds, depending on the circumstances. The warm up is a perfect opportunity to see if you can control the ball at slower speeds. The next time you play, WARM UP SLOWLY and give your eyes, mind and body a chance to work itself into improved timing and rhythm. You will be surprised at the difference it will make in your match play.

The WARM UP is to WARM UP! I am not quite sure why many players cannot get that, but it seems to be a universal malady. Do not be guilty of attempting to win the warm up, save it for match play.

If you practice on your day off, you won't have an off day.

ENTERTAINMENT COMMITTEE

by Walter Jacobson



The January 20, 2024 show will feature Stu Moss, comedian and Iris Revson, singer. 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, 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 clubhouse 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, let's take care of some serious business, which starts off with the best to all of you for a happy and healthy New Year.

And that includes the incoming residents to Delray Trails, now growing by leaps and bounds!

This is being written on the weekend of December 9th...I'm waiting for the Mixer to finish before submitting it. Ahh, the parties, the events, all put together and managed by the Women's Club and Four Seasons. You have no idea the planning and work that go into these events, THANK YOU!

Delray Trails...bet you thought you'd never see it finished. Well, hang around a little while longer and POOF, it will be finished. And the clubhouse...yes, I said the clubhouse. It's starting to happen and you will absolutely kvell over it when it's done.

As for activities, there are more activities now than ever before. **Water Aerobics, Crochet Class, Meditation & Wellness, Tai Chi Qi Gong & Meditation, Ladies 8-Ball.** Can't list them all here, not enough space. But you can see them on the weekly e-blast (if you're signed on) and the Palm Greens web site, palmgreens.org.

Condo 2 residents are deep into their paint jobs and we are anxious to see the bright and shiny results.

Very soon, the Inter-Condo Tennis season will be starting up (early January). Check out the team schedules and scootch on over to root for these women and men who are putting it out for Palm Greens.

Before I run, a sincere Thank You from the more than 20 calls I got – at home – on the December cover of the Pulse. Among the comments, some residents said they enjoyed seeing the people behind the scenes who are a major part of what keeps our community spic and span.

So, no more lectures about the parking lot, or trying out the activities and clubs. Maybe you'll find something you will want to be part of. Just open the door marked **2024**, step in and have a very, very rewarding New Year.

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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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MIND YOUR MIDDLE

by Terryl Jones



‘Watching my waist’, words that many of us have spoken at one time in our lives. Many people mistakenly believe that their abdominals and their core are the same thing. The abs are part of our core. Our abs consist of external muscles that when trained look good at the beach. Our core muscles include not only the external abs, but also the deeper internal abdominals, certain back muscles, the diaphragm, and the pelvic floor. This 360° stability looks similar to a paint bucket, with a solid top, and a solid bottom.

Without core stability, we look like one of those floppy inflatable car dealership men, have painful lower backs, are more vulnerable to falls, and are more prone to injury in our athletic pursuits. Some signs that you may have a weak core are that you use your arms to get out of bed or a chair, you sway when you walk, your lower back is arched, you hold your breath when you challenge your core, you have a bulge below your navel, or you have low back pain.

The good news is that since abs and core are different, we train them differently. Abs require endless crunches to attain ego-level muscularity. Whereas working the core means training differently because we are training different muscles. The two muscles I will address today are the Multifidus which is a spine stabilizer and the Transverse Abdominis which runs horizontally around the waist like a big wide belt. Ladies will be pleased to note that this may help strengthen the pelvic floor since all these muscles work together.

In each of these exercises think of drawing the navel towards the spine. Planks are an easy go-to, they can be done on the floor, against a kitchen counter, or a wall. Remember, the lower you go = the harder it becomes. Think about sneaking one in while you are waiting for your toast to pop, having darker toast will make for a stronger core. Bird Dogs are great, and like Plank have the option to be done on the floor, a wall, or something in between. A basic Bird Dog is done on the hands and knees. Point one hand straight out in front and extend the opposite leg out behind you, try to make a straight line from your hand to your foot. To do it standing, stand on one foot, and lean against a wall with the opposite hand holding you up. Reach

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COMPUTER CORNER

by Enio Cordoba



Words

If you are a foodie the terms *en croute*, *bouquet garni*, *cocotte*, *sweating*, *barding*, are words that you learned, used, or discarded as necessary. When it comes to computers, many of the words have the same meaning to you that the cooking words above would have to a teenager who lives on Cheese Its.

When we ask for help, others speak in these words and our eyes glaze over. Mastering a computer is simply understanding some of these words.

Platform: which brand of software operates your computer (Apple Mac or Windows) or mobile device (Mac IOS, Windows, Android) **Analogy:** Diesel, Gas or Hybrid engine for a car)

App: Short for application. Every app does one task (e-mail, photography, music, taxes, etc.) some Apps do dozens of tasks (Word, Pages,) Apps in Mac are named differently than Windows but do the same tasks.

Browser: Two meanings- 1) The app that connects you to the internet (Chrome, Safari, Duck Duck Go, Explorer). 2) The left side that may appear in certain application windows that represents a directory of other files. Also called a browser pane.

Menu Bar or Task Bar: The Menu bar is the very top of your computer screen. It contains the controllers for everything that app can do. **Analogy:** the dashboard screen of your car controlling the wipers, radio, A/C, etc. On Windows only, the Task bar is at the bottom of the screen giving you short cuts to common actions.

Settings or Preferences: The way to customize how you want the computer or individual app to appear or how you want it to work. **Analogy:** the way you want the driver's seat to be for different drivers. Important to remember - BOTH the computer and the App have settings that can be customized. In the computer you can have the print large or small, the background of the screen adjustable for the light of the day. In the App settings, you can change fonts, passwords, memorize where you want documents stored, etc.

Bots: Any time you see a Chat or Help option on an Internet Browser, realize you are “talking to artificial intelligence- a roBOT”. They initially appear very human-like but are designed to ask certain questions to

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POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

How about we start the New Year off with a quick 60-mile trip to Key Biscayne.

Key Biscayne is an island located in Miami-Dade County, Florida, between the Atlantic Ocean and Biscayne Bay. It is the southernmost of the barrier islands along the Atlantic coast of Florida, and lies south of Miami Beach and southeast of Miami. The Key is connected to Miami via the Rickenbacker Causeway, originally built in 1947.

Key Biscayne has great beaches plus it is in the middle of two major parks, Crandon Park and Bill Baggs Cape Florida State Park. It also offers a nearby coastal barrier reef as well as the only federally recognized underwater archaeological trail in the United States.

So here are our recommendations to some of the places you will find interesting. If you decide to go, do your research to find additional options.

The **Bill Baggs Cape Florida State Park** has a lot of exciting things to do. There is cycling, hiking, swimming, camping, fishing, paddling, or running with your kids or friends.

The park consists of a 1.5-mile-long paved bike path and unpaved service roads for cycling and natural trails for hiking. The trails are on the west side and the north of the park. Some passages in the park will lead you beneath the tall green trees, while other paths feature the pristine view of Biscayne Bay. When you visit the park, ask a tour guide for the park's rules before embarking on any activity. Also, make sure you tour the Lighthouse Cape Florida State Park. It is one of the top attractions in Key Biscayne.

A must-see attraction is the stilt houses. Stiltsville is among the top attractions in Key Biscayne. The houses at Stiltsville are made of stilt woods. The history of Stiltsville goes as far back as 1930 when Crawfish Eddie Walker built the first shack on stilts above the water.

The houses stand on wood or concrete pilings, usually ten feet above the shallow water; this could differ, considering the current tide of the water. Prepare for a boat ride, as the stilt houses are only accessible via boat. You're sure to like these beautiful historical buildings that appear to float above Biscayne Bay's shallow waters.

Have you ever been to a mangrove wetland forest-

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SINGLES CLUB

by Carol Erez



We're glad to say our Single Club is alive and well and gaining new members. We have several shows at Kings Club lined up for January. We're always open to new ideas so please join us and help plan future events. We meet on the first Tuesday of each month at 4 PM in the clubhouse. Hope to see you there.

NOBODY ASKED ME BUT...

by Mel Clapman

...If you tell the truth, you don't have to remember anything.

...Always forgive your enemies; nothing annoys them so much.

...I am so clever that sometimes I don't understand a single word I said.

...Life is what happens to us while we are making other plans.

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Hi Neighbor!

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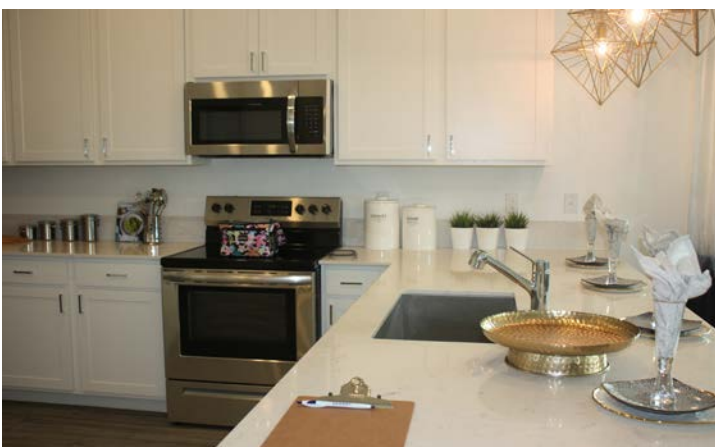
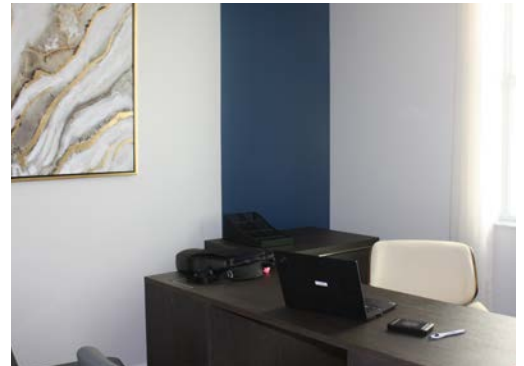
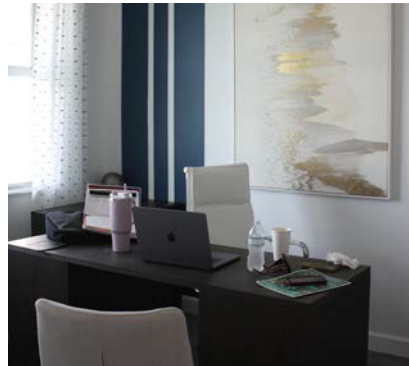
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A NEW COMMUNITY AND LOTS OF A

Just take a glance at what we accomplished last year. Delray Trails, new articles, movie and restaurant reviews, and more activities than ever. And the best thing of all is it's just the beginning. We look forward to keeping you posted as Palm Greens takes a giant step toward what will be one heck of a 2024.



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WE THINK YOU MIGHT LIKE THIS RESTAURANT

When I became the managing editor, I was told to stay away from articles on politics, religion and you-know-what...but most of all, no restaurant reviews, EVER! Well, for the New Year, I'm gonna take a chance.

MUSSEL BEACH – 501 E. Atlantic Avenue – 561-921-6464

Mussel Beach is a local seafood restaurant and grill located in the heart of Delray Beach. They feature the freshest shellfish around with mussels imported daily from Prince Edward Island.

If you're not into fish, there are a variety of non-seafood items to satisfy you, along with a bar that will make sure your drink order is the best on Atlantic Avenue.!

The Mussel Beach menu offers a wide variety of delicious eats including fresh seafood, appetizers, salads, burgers, pastas, steaks, and desserts.

It's to be noted that while their New England clam chowder and French Onion Soup are extra delicious, we found the Lobster Bisque had a special flavor you might not find elsewhere. We highly recommend it.

You'll surely perk up as you go through the salad selections. Yes, there are the conventional Iceberg Wedge, Cobb and Caesar offerings, but you just may want to try the Mandarin or Sweet Bar-B-Que Salmon.

Of all the dishes we've tried, my all-time favorite is the Pretzel-Crusted Salmon. We think you'll find it a change-of-pace treat.

We don't claim to have eaten the whole menu, but people we have brought to Mussel Beach have thanked us for their experience, based on the food choices they made.

The table service is excellent, the wait staff not pushy. They will offer options and suggestions, but only if they feel you're looking for it.

All in all, Mussel Beach

is a truly full-service restaurant. Along with dine-in, they offer take out, and delivery. We hope you enjoy your experience there. We're sure you will.



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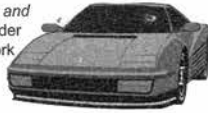
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Golden Hands Studio



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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!

CONDO 2.. *(continued from page 3)*

committee, analysis still in process

- 2022 established a Paint Committee that recommended the new color scheme that was adopted by the Board

- In 2022 established Candidates Night via zoom for all owners to see the owners running for the Board

The nucleus of this current Board and our Property Manager have worked extremely hard to make our community better.

As an example of the amount of work involved, since I joined the Board in mid-January 2020, I have received 16,126 Board related emails and I've sent 6,803. So, as you look over the list of Board candidates and watch the candidate's night, look for candidates with the **intelligence** (Degrees earned, not just identify schools attended), **professionalism** and **work ethic** to represent your community. Personally, I always look for candidates that are offering their services to help the community and not running with an agenda.

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

of us who call it home whether it be a place where we spend the winter months or are here full time.

As we usher in the new year 2024, a year of change undoubtedly and necessary, the question is: How are we planning on continuing to support, maintain and grow our Palm Greens community, by making it a place we can all be proud to live in. The answer is probably working together like we have never done before. It will take a community and one in which everyone is thoroughly involved in this work to make it a success and the best of celebration.

The Recreation Board is on a path, and we ask all who can join us in discussion groups on various topics that concern Palm Greens in the coming months and years join in.

Which brings me to yet another topic, the fourth board which will be Delray Trials. This is our future, and we must be prepared to manage and grow as a team.

Let's embrace this new beginning and make the most of every moment. Here's to a great January and an even better year ahead. Let's make it a great one. Together!

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

5) Advanced resuscitation

6) Post cardiac arrest care

In cases where the cardiac arrest leads to the patient being pronounced clinically dead, the Lucas Device can reverse that determination. Chief Coyle presented demonstration of CPR with this Device. The Lucas is about the size of a briefcase and is carried on the back of First Responders. The audience had an opportunity to ask questions after this presentation.

Dave Aronberg, State Attorney, addressed the audience about the prevalence of anger and frustration in our communities right now. He assured the audience that instances of community threats of any kind will result in the perpetrators being prosecuted and jailed.

Our new Mayor, Maria Sachs, shared holiday greetings with the Alliance and Michael Bennet, new District 3 Representative also sent their Holiday greetings to all.

Karen Brill, Board Chair for the PBC School Board said that enrollment is up by 600, and that NO BOOKS have been banned in our district!

At our meetings, there are many tables with representatives from Homesteading, Property Appraisers Office, County Clerks Office, all available to answer your questions. Please join us. A special thank you to members of our "Alliance Team" for helping to get this month's article together. Thank you, Peter Dreifus and Jerry Carlin. As a board member, it is helpful to have extra eyes and ears in my absence.

Next month's meeting will be on January 3, 2024 and **the Topic will be HOMEOWNERS INSURANCE!** 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 concludes by 11:30. All are invited to attend. See you there.



CAR CARE.. *(continued from page 5)*

checked your gas cap and it's still tight and you do not want to pay a shop \$50-\$100 for a scan, you can go to a big box auto parts place such as Auto Zone and they will scan it for free, they will tell you what the code is and either recommend a parts replacement or tell you to take it to a repair shop depending on the severity of the code.

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

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

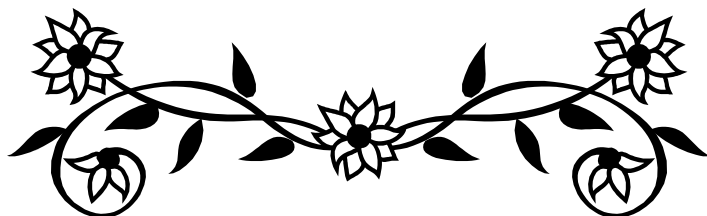
Sometime this season we hope to be welcoming the new residents of Delray Trails to our tennis program. Many homes are already built and residents have been moving into this newest section of our community. We look forward to adding many new players to our programs.

See you on the courts!!

MIND YOUR MIDDLE.. *(continued from page 9)*

the free hand upwards and free foot backward. Lastly, do a couple of squats focusing on drawing the navel to the spine for core stability.

Core stability is important for everyday function, if trained 2-3 times a week, you should expect to see an improvement in 6-8 weeks. Look for improved strength and balance when bending, reaching, and lifting. Maybe notice improved posture or a little less back pain. If you desire the thrill of washboard abs, by all means, train them too. But to be clear there is a difference between training the core and training the abs. Be aware of core stability in all your movements, or in other words: Mind Your Middle!

**COMPUTER CORNER..** *(continued from page 9)*

get you to the right department. They have no feelings and are programmed to only do a few things.

Username & Passwords: Often a big source of frustration. Start by realizing that bad "actors" all over the world have nothing to do except figure out your password and then try it on your bank accounts or Amazon. To protect you, companies create different requirements to make it difficult (though never impossible). When an app offers to create a 15-character letter salad of Rf%\$&GY29£çç, you don't have to memorize it. Your browser will memorize it for you and instantly have it in your other devices. Best of all it will be more secure than any you can memorize.

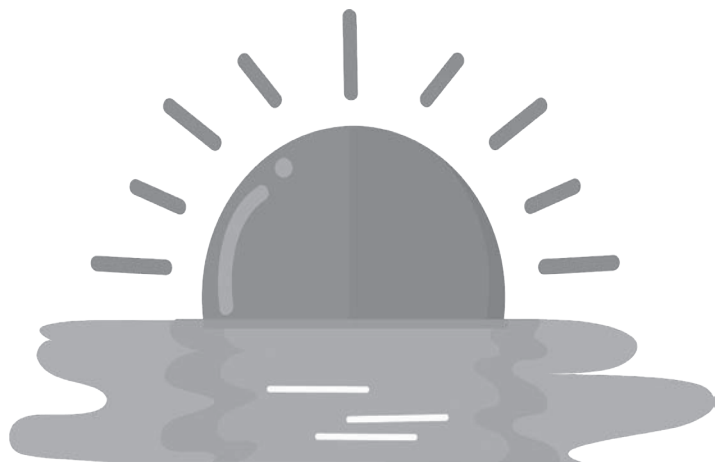
POINTS OF INTEREST.. *(continued from page 10)*

beach park? If not, then you should visit Cape Florida Park. The park is home to so many unique places in Key Biscayne.

As you tour Cape Florida Park, your guide will entertain you with stories of the history of Florida and Key Biscayne. At the park, there are lots of family fun activities everyone can do, such as Kiteboarding, picnicking, and sightseeing.

We always seem to focus on restaurants, so for a change of pace we offer **La Boulangerie**. Though Miami might forever be known for its Cuban bakeries, in Key Biscayne, it's all about La Boulangerie, offering classic French café cuisine—croques, fresh salads and baguette sandwiches. Grab a café au lait and drool over the pastry cabinet while you decide on something sweet. **328 Crandon Rd. Ste 125 – (305) 325-5260.**

Don't forget to do your research before you leave, it's a smart way to upgrade your trip.



A FIRST-TIME MOVIE REVIEW IN THE PULSE

I know in my heart that our community has a ton of Paul Newman fans, right? And I know that if asked, you could name at least a half-dozen Paul Newman movies.

BUT...I also know that this one is probably one of the least known Paul Newman movies, one I strongly recommend you watch...it's called "Hombre".

Newman plays John Russell, a white man raised by Apaches on an Indian reservation and later by a white man in town. When a business deal causes him to travel to another town, he decides to go by stagecoach, and is joined by six other people. During the journey they are robbed, and that's when the movie kicks in.

Supporting Newman are Frederick March, Barbara Rush, Diane Ciento, Martin Balsam and Richard Boone.

As the plot unfolds, each passenger reveals their true character in this life-threatening situation.

To watch Paul Newman in this role is to see an iconic actor live up to his amazing reputation. He is definitely not Cool Hand Luke, or Harper or the alcoholic lawyer in "The Verdict". The plot is a grabber, the supporting cast does not let down, and Newman shows you a character, I promise you, that you have never seen him play.

So, grab your remote and say "Hombre" and watch Paul Newman deliver the goods. You will not be disappointed.



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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BILLIARDS AT PALM GREENS

There has been a Billiards team at Palm Greens for as long as our community has been here. So says Bill Arthur, Captain of the Men's Billiards team since 2020, AND there is now the beginnings of a Women's Billiards team!

But right now, let's talk about the Men's team, who they are, how they're doing, what does the future hold and will there ever be a combination tournament someday ... Men's team vs Women's team OR playing together? Perhaps?!! We shall see.

Bill is in the process of rebuilding the team for both community play and league play. Because of Covid, the team lost many original players, which resulted in high turnover and consequently a bad season was the result. However, he is confident that the future looks bright, particularly when the new clubhouse opens and there might be renewed interest in the sport.

Currently, community play is on Thursdays and Saturdays from 1pm to 3pm in the pool room downstairs in the clubhouse.

A SHOWCASE OF TALENT

If you are a painter, sculptor, crafts person, photographer, jewelry maker, writer, etc., we want to share your talent with Palm Greens. We will be hosting a showcase in early March, featuring the talents of our residents (date to be determined).

While this event is a Showcase, your business card can be used for potential purchases.

If you wish to participate, place your card in the "Showcase" box for this event in the clubhouse. We will contact you.

For more information, contact: Marcia Davis, cityofgold.msd@gmail.com, Tony Dinero, denirot@bellcell.net, or Roberta Minerva, ram07726@aol.com. We look forward to having you

"Showcase" your talent at this event. It looks to be a special day.

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

ODDS AND ENDS

We're trying out a new column that we hope you find interesting.

How Do I Get Rid Of This?

Batteries: Call call2recycle. They work with Home Depot, Lowe's and local hardware stores.

Car Seats: Twice a year – usually Earth Day and in the fall, Target accepts kids' car seats for recycling.

Computer Equipment: Computers with Causes (computerswithcauses.org) will try to repair or refurbish your computer to give to needy individuals. The Word Computer Exchange (worldcomputerexchange.org) will accept your computer. NOTE: In most cases your computer has to be in working order; you're just looking to dispose of it.

Power Tools: Contact Habitat for Humanity Restore, Vietnam Veterans of America or The Salvation Army.

Update on Hearing Aids.

Over-the-counter versions are finally here. Some examples:

In-The-Ear and "Invisible" In-The-Ear Canal Models – Difficult to see (a cosmetic advantage). The Canal models are best for mild hearing issues, but usually have less power and features.

Behind-the Ear Models – Tucks in behind the ear. Sound is delivered via a thin, hollow tube or wire and speakers bud that tucks into your ear canal.

Make sure you do a complete research and have a talk with your hearing professional before purchasing this product.

Severe Weather Tips-What to Watch For After A Storm.

Stay Informed-Use a weather app or watch the local news to be sure the storm has cleared your area.

Examine Your Home For Damages-Document any damage and contact your insurance company immediately. Take photos and videos (if possible) for your claim and personal records.



January 2024

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 WC New Year's Brunch Water Aerobics 8:35AM Crochet Class 2PM Meditation 4PM Men's Nine Ball 7PM	2 Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Singles Club 4PM Ballroom Dancing 7PM	3 Water Aerobics 8:35AM Craft Class 1PM Ladies 8-Ball 7PM	4 Water Aerobics 8:35AM Chair Exercise 10AM	5 Water Aerobics 8:35AM Craft Class 1PM	6 Water Aerobics 8:35AM
7	8 Water Aerobics 8:35AM Crochet Class 2PM Meditation 4PM Men's Nine Ball 7PM	9 Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Ballroom Dancing 7PM	10 Water Aerobics 8:35AM Craft Class 1PM Ladies 8-Ball 7PM	11 Water Aerobics 8:35AM Chair Exercise 10AM	12 Water Aerobics 8:35AM Craft Class 1PM	13 Water Aerobics 8:35AM Food Trucks 12PM Private Party 7PM
14	15 Men's Club 10AM Water Aerobics 8:35AM Crochet Class 2PM Meditation 4PM Men's Nine Ball 7PM	16 Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Ballroom Dancing 7PM	17 Water Aerobics 8:35AM Craft Class 1PM Ladies 8-Ball 7PM	18 4 Seasons Musical Bingo Water Aerobics 8:35AM Chair Exercise 10AM	19 Water Aerobics 8:35AM Craft Class 1PM	20 Water Aerobics 8:35AM Comedy Show 8PM
21	22 Water Aerobics 8:35AM Crochet Class 2PM Meditation 4PM Men's Nine Ball 7PM	23 Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Ballroom Dancing 7PM	24 Water Aerobics 8:35AM Craft Class 1PM Ladies 8-Ball 7PM	25 Water Aerobics 8:35AM Chair Exercise 10AM	26 Water Aerobics 8:35AM Craft Class 1PM	27 Water Aerobics 8:35AM
28	29 Water Aerobics 8:35AM Crochet Class 2PM Meditation 4PM Men's Nine Ball 7PM	30 Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Ballroom Dancing 7PM	31 Water Aerobics 8:35AM Condo 2 Meeting 10AM Craft Class 1PM Condo 1 Meeting 6PM Ladies 8-Ball 7PM			

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- ✓ Drain Rooter Interior (up to 10 ft.)
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(R) = REPLACEMENT COVERAGE

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