

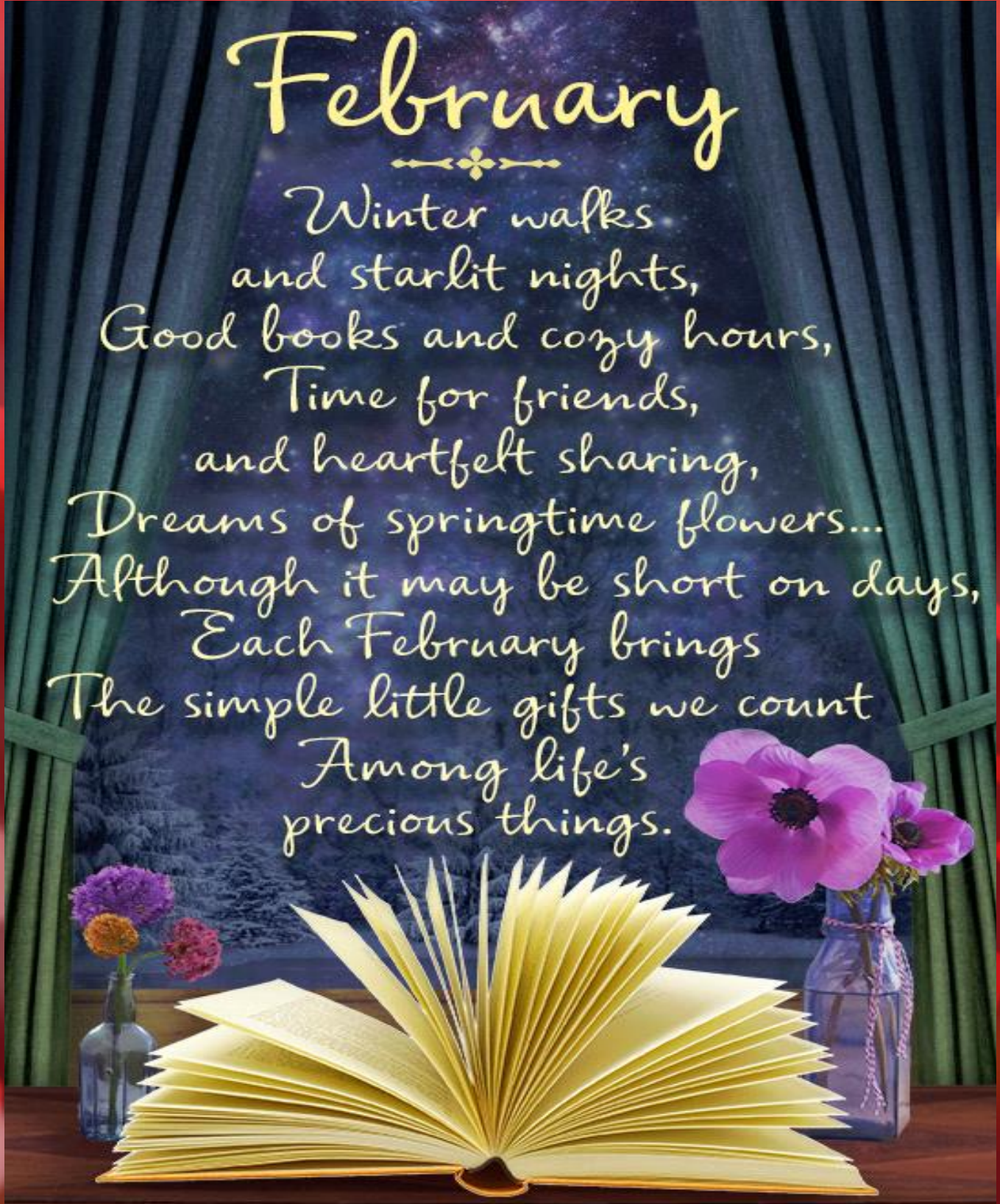
PALM GREENS PULSE

FEBRUARY 2024

DELRAY BEACH, FLORIDA

February

—❖—
Winter walks
and starlit nights,
Good books and cozy hours,
Time for friends,
and heartfelt sharing,
Dreams of springtime flowers...
Although it may be short on days,
Each February brings
The simple little gifts we count
Among life's
precious things.



Palm Greens Pulse

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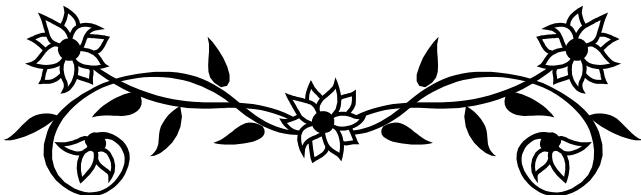
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The Unit Owners Association of Palm Greens (UOAPG) and its publication, The Palm Greens Pulse, are not responsible for the services, products and/or claims made by our advertisers.

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.

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

- | | |
|---|--|
| 3 | Condo 1 & Condo 2 |
| 4 | Rec Board & Delray Alliance |
| 5 | Four Seasons & Car Care |
| 6 | Tennis Committee & Women's Club |
| 7 | Tips from Our Tennis Pro & Entertainment Committee |
| 8 | From The Editor & Men's Club |
| 9 | Improve Your Performance & Computer Corner |

AFTER PAGE 9

- Points of Interest
 Nobody Asked Me But...
 We Care
 February Calendar of Events



CONDO 1

by Linda Brier



Condo 1 continues to move forward with improvements and upgrades as our budget permits, while improving and protecting the interests of our residents and our community.

January began a new contract for our landscaping. We'll continue to evaluate that change. We're also working on roofing contracts with a new vendor, who will provide us with higher quality shingles and lengthier warranties on replacements.

Exciting news was underway in early January, when Breezeline began installation of our outside individual home boxes, as well as underground fiber optic cable. Throughout this process, which will take several months, you'll see the Breezeline workers on the property wearing their bright orange/red shirts and company identification.

Madeline Welsing has been appointed by the Board to fill the one-year vacancy created with the resignation of Paul Milowe. Per our official document requirements, four open 2-year Board positions are on the ballot for the 2024 election. Ballot information is planned to be mailed and electronically transmitted the week of January 15. Electronic voting helps to ensure accuracy and accountability for our residents, and we appreciate those who take advantage of it. We have retained the firm of GetQuorum once again to provide oversight and assistance with the voting process.

Our election culminates on Friday, February 9, when final votes will be tabulated and new board members announced at the Condo 1 annual meeting.

We appreciate the participation of residents who've signed up for electronic/ACH payments for maintenance fees. It's a cost savings for us and offers the advantage of easy access to records and information.

Condo 1 resident committees also are shaping up, to assist and advise the Board regarding issues such as landscaping, pets, and fines. We've already seen improvements implemented by the Landscaping Committee; the second Pet Committee meeting is scheduled for later in January; and the Fining Committee which provided recommendations that the Board adopted at the December meeting.

It's been especially rewarding to be here at Palm Greens this season, as many places outside Florida

(continued on page 17)

CONDO 2

by Sandra Klimas



We have some updates to share with everyone.

The second phase of painting will begin on January 22nd. Our Vendor, Dolman, will notify all owners beforehand with a description of the power washing, painting, and how to secure your personal items so they won't be affected by the painting process.

Our new landscaper will be working with Dolman to remove all foliage close to our buildings before the painting begins.

Rob Thom, our Vice President for the past 4 years, will not be running for re-election. On behalf of the Board, we thank him for the many hours he has spent working on all aspects of Board business. He has worked on numerous committees, attended workshops to keep updated on new laws and statutes, completed all paperwork for estoppels, managed the webinars, answered all questions to the PG2 Board email, and other duties way too numerous to list. We wish him the best and good health in his future endeavors.

As all of you are aware by now, our Board is dealing with 2 lawsuits. Our insurance agent presented to owners at a Board meeting and a town hall meeting on the concept that lawsuits such as these are in essence, suing ourselves. Most likely our Directors and Officers insurance will be cancelled next year and the initial projection, according to our agent, could be 100%-200% higher than we currently pay with deductibles of \$25K - \$50K. The current deductible is \$10,000.

In summary, our legal costs will be substantially higher than budgeted. This is not pro-bono for owners in Condo 2.

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



RECREATION BOARD

by Madeline Welsing



Happy New Year...again. Let's make 2024 bigger, better, healthier, happier and more interactive. February is when we get back to work and continue the season of events where we all enjoy the fruits of the labor of all the leaders who create the wonderful events over the next few months and beyond, The Four Seasons, Women's Club, Men's Club, and every one of the teachers and supporters of the Meet Ups and Classes. Thank you all.

As it is a new year, and we have a healthy number of new, younger residents who are enjoying what's current as well as looking for more and other activities like a Zumba class! We will be asking new residents to share some of what they would like to see at PG as it is important that we understand what activities they would enjoy.

A big thank you to the Women's Club who kicked off the new year with a party on January 1 and the Four Seasons Club (their very successful Greek Night in December) and for their monthly events throughout the year.

Sign up early as tickets have been selling out quickly as an example of their next event with Musical Bingo (January) that sold out after only ten days. Speaking of January, the clubhouse was filled with music by Enio, and refreshments, all while enjoying the glorious South Florida weather. This year we have planned more fun-filled activities for you to enjoy. If you have questions about an event, we urge you to go to the Palm Greens website calendar – palmgreens.org/calendar... to find all the information you need regarding our upcoming events and trips. We now have handouts for all our classes and group activities which contain detailed information on dates and times and can be found in the clubhouse lobby.

We look forward to seeing you at the next event. We hope the New Year brings you joy, peace and happiness.

911 CALLS

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

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 a 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 front 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 the 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

(continued on page 19)

THE FOUR SEASONS CLUB

by Eleanor Horowitz



The Four Seasons Club is very pleased to welcome so many new members to our ranks this year. We look forward to all of you joining us for the fun activities we have planned for this season. We thank Ellen Euse, our membership chairperson, for organizing our membership drive this year.

Our upcoming calendar of events includes:

MARDI GRAS CELEBRATION Thursday night- February 15th, featuring delectable treats and Musical entertainment by **"HOT SAUCE MOON"**. Hot Sauce Moon brings us the eclectic beat of some good ole Louisiana Cajun music mixed with Classic Rock, Blues and more. Hot Stuff!

This looks to be a sellout so please get your reservations in on time!!!!

Thursday Afternoon – Card and Game Party March 14th watch for fliers with details.

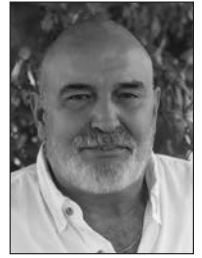
Our board members, under the leadership of Marcia Davis and Judy Goldberg, have worked hard to present fun times for all at Palm Greens. We are always looking for members to join us in planning these activities. If you have ideas and want to be part of one of Palm Greens great clubs contact Marcia Davis for more information.

As this is the height of cold and flu season, we ask that you do not attend events if you are feeling ill. Thank you.

Wishing all a healthy and fun winter season.

CAR CARE

by Jorge Goyanes



Tires being my favorite subject I will pass on some observations, suggestions and advice.

First of all, when I walk thru a parking lot I look at tires on cars and you would be surprised at how many cars have low tread on their tires if not outright bald.

When they get down to the tread wear bars that all tires have built into them, it's time to have a professional look at them. This is to warn you that the tires are at the lowest point before they do not have much traction capability left on them. Another way to do it yourself is to take a penny, point Abe Lincoln's head down into the tire groove and if you can see the top of his head, it's time to buy tires,

Here is a current bulletin from AAA:

Driving during heavy rains can be just as dangerous as driving on ice covered roads. New research from AAA reveals that driving on relatively worn tires at highway speeds in wet conditions can increase average stopping distances by a staggering 43 percent, more than the length of a semi-trailer truck, causing nearly 800,000 crashes occurring on wet roads each year.

Sobering numbers indeed. Have your regular shop use a tread depth gauge to determine what depth is safe or not, usually it is 4/32 of tread depth left when you should consider purchasing new tires. After all, we are in rainy season down here in South Florida and of course you snowbirds have your snow to deal with.

This day and age there is no need to change to winter tires unless you live in Alaska. Most tires today have an M+S designation on the sidewall which means they are rated for mud and snow.

As far as buying used tires remember that those tires were traded in for a reason so buyer beware, all used tire shops have a sign in their office which states: **"No guarantee on used tires."**

As always, be well, take care and check that air.



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TENNIS COMMITTEE

by Mark Melnick



It's February and our tennis season is in full swing. This year we have 8 teams participating in the Palm Beach Senior Tennis League ranging from level 2 to level 8. Women's matches are played on Monday mornings beginning at 10:30am and the Men play on Thursdays at 10am and noon. The season culminates in late March with the playoff matches. Remember that the Monday morning 1st rotation goes from 7:30am-9:00am and the 2nd session is from 9:00am - 10:15am to allow the Women's matches to start at 10:30am.

Our Rotation program has been very active again this year. If you like to play tennis, please stop by the tennis office any morning between 7:30am and noon and introduce yourself. Friendly but competitive matches are set up for you in our rotation program which allows you to play with similar level players and is a great way to make new friends. You select the days and times and we schedule your matches. All residents are invited to join our programs. There is a \$30 registration fee which covers the cost of balls and allows you to participate in our other programs. If you want to be on our email list or have any questions, send an email to ttnscenter@gmail.com.

Our annual 4-pro event will be held on February 11th. It is always well attended and lots of fun. Our pro, Jim Boardman, along with Arnie, Danny and our very own Elliott provide tips on improving strokes and your tennis game. This is followed by refreshments and a social gathering for our participants. As always, thanks goes to Beth Villanova for spearheading the morning of fun. Many thanks to the rest of the Tennis Committee as well as the other volunteers that help to make our programs so much fun. Our tennis program is "the best" because of all of you.

Jim's Tuesday and Friday free clinics begin at 11:00am and have been ongoing since December. Whether you are new to tennis or would simply like to improve your game, call (561)303-1101, email (ttnscenter@gmail.com), or just stop down to the Tennis Office for information on which clinic day would be best for you. Jim provides many services to our tennis community including private lessons and racquet

(continued on page 20)

WOMEN'S CLUB

by Steffi Carmel
and
Roberta Minerva



If you attended our New Year's Day brunch then you know what a great day it was! Everyone agreed it was one of the best New Year's Day events in a long time. "Hope you can do it again and again every year". they told us!

We are looking forward to our annual Tea Party on February 11th. We hope that everyone can attend. There are fliers in the clubhouse if you are interested. RSVPs are filling up. If you are joining us, please drop your check into the Women's Club box in the clubhouse.

The trip to the Flagler Museum flier is now on schedule. We have limited reservations so please put your checks in the Women's Club box in the clubhouse as soon as possible. The trip to the Boca Museum was difficult to navigate within the time frame and has been canceled. We are looking forward to our Flamingo Gardens trip this May. The Women's Club and the Four Seasons Club are sponsoring the Cinco de Mayo fiesta this year. All of us are looking forward to a spectacular fun night. As the population of our community grows with all our snowbird friends returning, it has been wonderful to see all the happy faces enjoying life at Palm Greens.

Happy Valentine's Day to all.



TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



Is the split step frustrating you? A split step is when a player takes a slight jump on their toes when their opponent is about to hit the ball. This is done to stabilize their balance and to help players quickly move in whatever direction the ball is hit. If you watch pros play they are constantly bouncing with a split step every time their opponents hits a ball poised to spring in any direction. Should you do the same? Yes and no! The split step is a technique that should not be forced on a player. Over time my students begin split stepping on their own. The other day one of my students was occasionally split stepping, I asked if she was aware that she was doing this? Her answer was no, I don't want to know about it. Good answer. Since split stepping was new she did not want to consciously think about performing the technique. Playing tennis consciously can be the kiss of death. If you would like to practice the split step in a drill situation or a lesson, that's fine, just do not over think this mechanic. If you have yet to master the split step it's not a problem. This means you haven't hit enough tennis balls to know when to do what. There is a secret performing a split step which is not mechanic, it is a feel or a sense. Once you have a feel the mechanic will work automatically. But feel what? A feel is a sense given to you by your sensory system that says NOW is the moment to split step. At that point you perform an instinctive split step and then move in the direction of the ball. It is about feeling or sensing the moment. Here is an example of this concept that will help you to understand how feel works and what you can do to improve that feel. Let's suppose you are learning to drive and you have to drive around a car that is parked a little too far out. You are instructed to watch the car. You focus like a laser beam on the parked car, but you slightly brush the car anyway. You think, I kept my eye on the car and gave myself plenty of room but still scraped the car. What was missing in this scenario? If you have not figured it yet the answer is judgement! You can watch the car all day long but if your judgement is poor, you could still hit the car. Why? Because you have not developed a feel or good judgement for the distance between the parked car and yours. Seeing the

(continued on page 20)

ENTERTAINMENT COMMITTEE

by Walter Jacobson



The February 17, 2024 show will be the Two of Hearts. They perform the hits of the 50's and 60's, singing and playing music we might have grown up on. These are the hits of Elvis, Buddy Holly, Jerry Lee Lewis, Del Shannon, Danny and the Juniors, the Beatles and many more.

Tickets will be \$20 apiece and shows will be held in the clubhouse auditorium at Palm Greens. Tickets go on sale in the clubhouse February 12, 2024 from 10 AM to noon in the clubhouse.

If you cannot buy tickets 2/12/24, you can call Joan Rozen-Jacobson @ 561-445-9796 to arrange to buy tickets.

Looking ahead: We have tentatively scheduled our last month's show to include Ken Block and Julia Langley:

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.



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



FROM THE MANAGING EDITOR

by Mel Clapman

So, from time to time, especially when I'm hanging out at the pool, I catch some of the conversations going on. One of the most talked about subjects is, believe it or not, the lack of activities here.

Just for the record, here's what's going on at Palm Greens...and I'm not even going to mention the tennis (rotation, 3 days a week, and the inter-condo teams who play in a seasonal league). Ready?

Water Aerobics – daily from Monday through Saturday – 8:35am.

Crochet Class -weekly on Monday – 2pm in the crafts room.

Ballroom Dancing – weekly on Tuesday -7pm in the clubhouse ballroom.

Yoga -weekly on Tuesday – 10am in the clubhouse TV room.

Stretch and Strengthen – weekly on Thursday – 10am in the TV room.

Clay Workshop – weekly on Monday and Friday – 1pm in the crafts room.

Meditation – weekly on Monday – 4pm in the TV room.

Singles Group - 1st Tuesday of the month – 4pm in the TV room.

Shuffleboard – Monday and Saturday -9am at the shuffleboard courts.

Men's Nine Ball -weekly on Monday -7pm in the billiards room (lower level, clubhouse).

Ladies Eight Ball – weekly on Wednesday -7pm in the billiards room.

Tai Chi Qi Gong & Meditation Class - weekly on Tuesday 11:30am in the TV room.

Scrapbooking – weekly on Friday – 4pm in the TV room.

Travel Club – weekly on Thursday – 4pm in the TV room.

Financial Investing - Once a month at 2pm in the TV room. NOTE: This is NOT an investment club; it is a discussion group only.

English for Speakers of Other Languages – weekly on Friday – 1:30pm in the TV room.

NOTE: a \$10 donation per class is suggested.



MEN'S CLUB

by Peter Dreifus

We are having a good year and are encouraging new members to join. We are still looking for other activities such as golf and fishing and other new ideas. We are already looking toward a baseball game in the Spring.

Our February meeting is on Sunday the 4th at 10:00 in the clubhouse. We look forward to seeing everyone there. Please email Herman Rosenbaum at hrosenbaum42@gmail.com if you are planning to come to the meeting. Thank you and enjoy the New Year.



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(continued on page 20)

IMPROVE YOUR PERFORMANCE

by Terryl Jones



Proper breathing improves performance.

We may not be varsity athletes but we can use deep breathing to reduce stress, lower heart rate and blood pressure, improve concentration, warm hands and feet, increase energy, strengthen the immune system, and help manage symptoms of PTSD! Those of us who are still active will find that improving our breathing will enhance coordination, make core exercises more effective, and return our heart rate to a relaxed state more quickly.

Remember that famous line from Young Frankenstein that hits a little too close to home for many of us: "What hump?" Kyphosis is an outward curvature of the upper back. According to the Mayo Clinic: in addition to causing back pain, Kyphosis is associated with weakened back muscles, and difficulty doing tasks such as walking, getting out of chairs, and driving. Worse, it can cause difficulty looking upward, digestive problems, poor venous return to the heart, and compromised lung capacity. While some rounding of the back may come from osteoporosis, for the majority of us it is the result of poor posture. You may have spent years sitting at a desk, driving, or using handheld objects, such as tools, instruments, or phones. Beyond the vanity issues of poor posture, it negatively affects our health.

Our diaphragm is a dome-shaped muscle under our lungs that needs space to move. It is a major muscle of respiration separating our lungs and abdomen. When we are slouched, there is no space for the diaphragm to move, thus preventing full lung capacity and decreasing the amount of oxygen available to our bodies and brains. Also, when we don't use the diaphragm, we have to use muscles in the neck and shoulders to lift the ribcage, this causes tight, sore necks. I had been a professional dancer for decades before I realized I was not breathing correctly. I was surprised that something that seemed automatic was a skill that could be trained and improved. Start with improving your posture and then also work on training your breath.

First, we need to stretch the chest and strengthen the back. A nice chest stretch is using a doorway,

(continued on page 20)

COMPUTER CORNER

by Enio Cordoba



The Mighty Mouse of Computers.

With every new generation of computer, the goal is always to make a device smaller (or bigger in some cases) to better suit your needs. Why lug around a desktop computer when there are laptops? Why lug around a laptop when there are iPads? Why lug around a tablet, if an iPhone will do? Well, this smallest of devices has really changed the game. An Apple Watch is a marvelous device that you no longer have to carry. But oh- what wonders it can do!

When it was introduced nine years ago, I thought "What a useless device!" Boy was I wrong! I waited until the third release and I have fallen in love with it as I have discovered all the great time-saving chores it can do. For seniors, some of those tools can be life saving!

First, and most importantly, the Apple Watch has replaced the need for a "Life Alert". The watch can detect if you have fallen and will immediately ask you to respond verbally. If you don't answer, 911 is on the way!

Some of my favorite features:

I can answer calls when my phone is in another room. No more running!

I can pay at any store by touching my watch and confirming with a button press.

I can go through NYC Subways, TSA and board flights by waving my hand (great when your arms are occupied).

It has a built-in heart monitor!

It has built in Siri to make requests, ask questions, etc.

The face can be customized in dozens of ways with your favorite tools.

It recognizes when I'm working out and can record workouts.

It will buzz your wrist telling you when it is time to turn if you are using it for navigation.

It can buzz your wrist as a time reminder or a one-person alarm clock.

It can memorize all your credit cards yet is totally safe, even if stolen.

It can carry your favorite contacts' info.

It can find your other devices when you can't.

(continued on page 21)

POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

From here to Islamorada is about a 2-plus hour drive. But we think it's worth it.

This island is one of the links in the chain leading to Key West, and is only 20 miles long and, in some places, barely 150 feet wide.

Some stories say the area was named by Spanish explorers who, upon seeing the purple sky at sunset and the purple bougainvillea, called it "isla morado" or Purple Island.

Islamorada is known as the Sport-Fishing Capital of the World. And recently the island was named one of the 17 most romantic destinations in the U.S.

We planned a trip to the island in January with our family who were visiting from NY.

Of course, we did our research and here are some of the attractions we found interesting.

The 11-acre **Indian Key Historic State Park** features the remains of a shipwreck salvage community from the 1830s. There are also several hundred yards of well-maintained trails that line the interior as a quarry for construction of the Key West extension of the Florida East Coast Railway. An environmental center documents park and regional history, and self-guided nature trails wind through mangrove hammocks.

The Spanish named **Long Key State Park** "Cayo Vivora" or Rattlesnake Key because its shape resembles a snake with its jaws open. Explore this island by canoeing through a chain of lagoons or hiking two land-based trails. The Golden Orb Trail leads through five natural communities to an observation tower that provides a panoramic view of the island. And the fishing experts say some of the best bone fishing in the Keys is found here.

At **Robbie's of Islamorada**, you can buy a bucket of bait and feed the tarpon from the marina dock. Fishing and snorkeling excursions and state park tours can be booked as well, including trips out to **Lignumvitae Key Botanical State Park**. Accessible only by boat, the island features a virgin hardwood hammock, along with an early Florida Keys pioneer family home and a stone wall believed to have been built by Native Americans.

At **Theater of the Sea**, you can view dolphin and sea lion shows at the second oldest marine mammal facility in the world. Then hop in the water and swim

(continued on page 21)

ATTENTION ALL PALM GREENS RESIDENTS HAVE YOU BEEN GETTING THE EMAIL BLASTS FROM THE RECREATION BOARD?

If not, you have been missing out on the weekly Community E-Newsletter filled with up-coming events, and Special Campus News and Announcements. Whether you are a full-time or seasonal resident, stay up-to-date on all the news by providing your email address to the Recreation Board.

You can either send a brief email requesting to be placed on the email distribution list to Phyllis LaMorta, Recreation Board Office Assistant – phyllis@palmgreens.org. Please include your name(s), address, telephone, and email address.

Or, stop by the Recreation Board Office located in the Palm Greens Clubhouse next to the Ballroom.

NOBODY ASKED ME BUT...

by Mel Clapman

...I failed math so many times at school, I can't even count.

...I used to have a handle on life, but then it broke.

...I was wondering why the Frisbees keep getting bigger and bigger, but then it hit me.

...I heard there were a bunch of break-ins over at the car park. That is wrong on so many levels.

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From Meet and Greet to Greek Night Dancing to an Italian Tennis Dinner, Palm Greens activities featured a variety of activities designed to please all of our residents. Thank you to all the clubs who put them together.



HERE'S A LOOK AT WHAT WE DID LAST SEASON!





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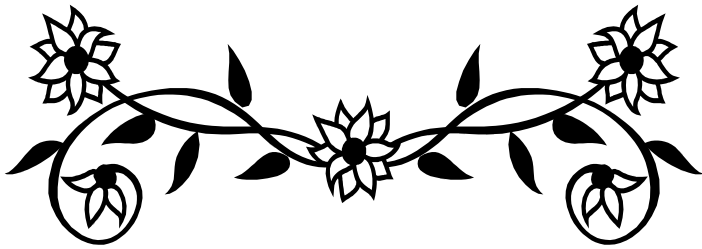
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CONDO 1.. (continued from page 3)

suffered with heavy snows and winter hardships. While the “season” rolls on, we’ve been really impressed with the activities and events provided by the many clubs, organizations and individuals contributing their talents to the community. From Art to Zumba, there’s something for everyone. Check out the information boards in the Rec building for the latest updates and announcements.

Here’s an important note to remember:

Condo 1 Board meetings are typically scheduled
at 6 p.m. in the clubhouse
 on the **second Wednesday of every month** except
 June, July, and August. The schedule is subject to
 change as needed. Times and agendas are posted
 outside the office and sent electronically to
 owners prior to meetings.



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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 a 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 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.

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

restringing, along with court supervision. When not busy giving lessons on Court 1, Jim is observing players in our rotation program as well as team practices, offering advice on skills as well as tennis strategy. He's always happy to talk about improving your game.

See you on the courts!

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

car and a sense of judgement of where the car is are two different skills. This is identical to watching the ball hit your opponent's strings. Seeing the ball hit and judgement of that moment are not the same. Just like seeing the car and judging the car distance are not the same. So what can you do to improve your judgement of that moment? The same exact process that helps you judge car distance. Time and lots of practice. One day your judgement of other cars improves, and once your judgement improves you automatically know what to do mechanically to avoid hitting other cars. OK, now stay with me! In tennis once your feel, sense or judgement improves of that exact moment your opponent is about to hit the ball, the split step will mechanically happen by itself. That's right, just like the car scenario, you will know what to do mechanically when the moment arrives. This is why I said you can practice the split step but do not over think the technique. When the time is right the technique will show up. No need to stress out about developing this mechanic. Just play and practice with your normal game and one day, voila!, you will be split stepping.

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

The Entertainment Committee will be hosting a series of monthly shows which will be posted in the Pulse and the clubhouse.

For more details, check out the fliers in the clubhouse.

So, there you have it, over one dozen activities designed to cover a variety of interests. If you have an idea about an activity not listed, please contact the Recreation Association office in the clubhouse.

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

with your arms reaching sideways at a 90° angle, lean through the doorway, and allow your muscles to relax. If this is too easy, raise your arms above 90°. A simple back strengthener is some sort of Push-up, there are MANY variations. You may do simple Shoulder Blade Squeezes, you may do a modified Push-up against a wall or counter, or you may do a traditional one on the floor. Remember to pair it with a chest stretch and be aware of your posture as you move.

Extended Exhale Belly Breath is a great place to start your breath training. Lie on your back, rest your hand on your belly. Feel your belly move first as you inhale and be the last to finish on your exhale. After you can feel that, begin to give a count to each breath. Count to 4 as you inhale, and to 8 as you exhale. If 8 is too difficult, start with 5 and work up. Once you are comfortable doing this lying down, try it while sitting and standing. Start with 2 minutes and work up from there. Some people prefer 1 session, while others prefer to break it up. Find what works for you to reach a reasonable goal of 10 minutes per day. The benefits will take several weeks to notice, but with consistency, you will Improve Your Performance!

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

Something your other watches don't do- It can call out the time.

BEST OF ALL- It can be used as a locator for confused elderly folks.

The newest model now responds to a simple finger gesture such as a finger snap! If you also have earbuds or **HEARING AIDS**, it can carry and play your favorite music or Audio books, connect to Amazon, and carry clear conversations if you are on a hike without your phone. Since the screen is pretty small, when you get a call or a message it only shows the sender's name and number or first line of a message and you can decide if you want to answer, read the rest or ignore.

It may never be confused with a Rolex, but it has hundreds of watch bands available from water use to very elegant formal wear.

Check it out at the apple.com store tab.

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

with bottlenose dolphins, stingrays and sea lions. Or head to the **ICE Amphitheater at Founders Park**. This outdoor performing arts amphitheater features concerts, dance and other live performances.

If you're a history buff, you can learn about the Florida Keys at the **Florida Keys History of Diving Museum**, featuring one of the world's largest collections of historic dive equipment and trace 3,000 years of diving, including artifacts and recovery tools used by pioneering treasure hunter Art McKee. The "Parade of Nations" features historic dive helmets from some 25 nations.

Located nearby, the **Florida Keys History and Discovery Center** is part of Islander Resort, a Guy Harvey Outpost. Also, a conference center for meetings and groups, the venue showcases the history, environmental and marine conservation efforts of the Florida Keys.

During your tour, you can take a picnic break at **Anne's Beach or Islamorada Library Beach**. You'll find Anne's Beach is a popular spot for sunning and swimming. A boardwalk through mangroves links two sandy areas and covered picnic structures can be found along the length of the boardwalk.

As always, we suggest doing your research before visiting so you get the latest information as well as updates on events and pricing.

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.

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

INTRODUCING A CONVERSATIONAL ENGLISH LANGUAGE CLASS!

We are offering an interactive conversational language class on Fridays from 1:30 to 2:30pm in the clubhouse. The class is being facilitated by Dr. Alyse Schoenfeldt, a Harvard graduate with 50 years of experience teaching foreign languages who is currently teaching at Palm Beach State College in Boca Raton.

The first class, with approximately 20 participants started Friday, January 12; classes will continue for as long as there is interest. The goal is to have fun while assisting any of our residents interested in improving their English language skills.

This communicative course is based on the needs and requests of the participants; **no textbooks are required.** The experience is intended to be engaging, lively and enjoyable for all. The suggested donation is \$10 per class per participant. If you have any questions or concerns, please contact Alyse at either 561-699-7008 or alysels@aol.com.

A SHOWCASE OF TALENT

If you are a painter, sculptor, crafts person, photographer, jewelry maker, writer, knitter, etc., we want to share your talent with our Palm Greens community. We will be hosting a Showcase, March 9th, featuring the many talents of our residents.

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 DeNiro, denirot@bellsouth.net, or Roberta Minerva, ram07726@aol.com.

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



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



HOROSCOPES & STAR SIGNS OF GREAT HALL OF FAMERS FOR THIS MONTH

Aquarius (January 20 - February 18)

You are the innovators of the Zodiac. The best way to understand your sign is to think about the progression through the earth signs of our celestial heavens. Taurus plants the seed, Virgo harvests the seed, and Capricorn represents the pinnacle of civilization.

Aquarius sees the world as it should be, could be or will be. Tuned into the beat of a different drummer, you do things in your way. There are, however, some Aquarians who act a lot more like Capricorns. Go back and read that section if you don't identify with the particular personality aspects discussed here.

Freedom is fundamental to you. You are destined to bring the world new ways of doing and looking at things and must have the space to manifest them. Your sense of style is unique and sometimes dazzling. You can relate to almost all others in a detached way, and you are dedicated to bringing humanity a step closer to fair and just. Injustice pushes your buttons like nothing else.

You have many friends, and you are conversant in an abundance of topics. You follow your intuition with a sense of purpose, and you listen to it even when it seems odd.

You want everyone to be happy. If there is a way that you can make it happen, you will do it. Like a mama duck, you sometimes have people following behind you and seeking your inspiration. You are very good at leading groups and can often be found teaching unusual topics. Friends know that they can look to you for upcoming trends.

In relationships, you do best with someone who understands your need for freedom.

Pisces (February 19–March 19)

Pisces is unique among the signs of the Zodiac. Where most of us have several identifiable attributes, those born under Pisces are actually a combination of all of them. Able to identify with anyone, their compassion leads the way.

You are acknowledged and admired. With a different set of friends, however, a new you emerges. This works just fine until others ask you to “define yourself.” Upset that you should pursue only one of your personalities, you learn to blend and withdraw with skill.

As you are always open to the influence of others,

you need regularly scheduled alone time. This is when you recharge your batteries, and you begin to understand your own true nature. As a child, you should have your own room. It is also preferable for you to take baths instead of showers. This allows you to steep in the still waters, which can facilitate and calm your emotions.

Able to easily dance with the Muses, you can channel their impulses in the most creative ways. You enjoy soft music and gentle colors. Nature truly soothes you.

Some Pisces, though, are overwhelmed by their environment. These souls should learn that they are actually in charge. By changing some of the externals in their lives, they can also shine.

Just remember that you are brimming with potential. Actions will activate it.

If you have a February birthday, you share a star sign with some of the legendary National Inventors Hall of Fame® Inductees below:

Aquarius

- **John Deere** - Born on Feb. 7, 1804, he developed the first successful self-scouring steel plow. In 1868, Deere's plow business was incorporated as Deere & Co., which is still an industry leader today.
- **An Wang** - Born Feb. 7, 1920, in Shanghai, China, An Wang made several contributions to the advancement of computer technology. He came to the U.S. in 1945 and in 1951, he founded Wang Laboratories, focusing on the development of specialty electronic devices.
- **Thomas Alva Edison** - Born Feb. 11, 1847, earned patents for over 1,000 inventions, but the one he is best known for is likely the incandescent electric lamp.

Pisces

- **Mary Anderson** - Born on Feb. 19, 1866, Mary Anderson invented the windshield wiper after observing that streetcar drivers often had to open their windows or get out of the car to clear their windows during inclement weather.
- **Steve Jobs** - Born on Feb. 24, 1955 and was co-founder of Apple alongside Steve Wozniak. Jobs influenced several industries, from personal computing to smartphones and even animated movies.

February 2024

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

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
28		29		30		31		1	Water Aerobics 8:35AM Chair Exercise 10AM Travel Club 4PM	2	Water Aerobics 8:35AM Craft Class 1PM English (ESOL) 2PM Travel Club 4PM	3	Water Aerobics 8:35AM
4	Men's Club 10AM	5	Water Aerobics 8:35AM Craft Class 1PM Crochet Class 2PM Meditation 4PM Men's Nine Ball 7PM	6	Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Womens Club 2:30PM	7	Water Aerobics 8:35AM Ladies 8-Ball 7PM	8	Water Aerobics 8:35AM Chair Exercise 10AM Travel Club 4PM	9	Water Aerobics 8:35AM Cond 1 Meeting 10AM Craft Class 1PM English (ESOL) 2PM Scrapbooking 4PM	10	Water Aerobics 8:35AM
11	WC Valentine's Tea 11:30AM	12	Water Aerobics 8:35AM Craft Class 1PM Crochet Class 2PM Meditation 4PM Men's Nine Ball 7PM	13	Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Ballroom Dancing 7PM	14	Water Aerobics 8:35AM Ladies 8-Ball 7PM	15	Water Aerobics 8:35AM Chair Exercise 10AM Travel Club 4PM 4 Seasons Mardi Gras 6:30PM	16	Water Aerobics 8:35AM Craft Class 1PM English (ESOL) 2PM Scrapbooking 4PM	17	Water Aerobics 8:35AM
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Notes:													

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