

PALM GREENS PULSE

APRIL 2024

DELRAY BEACH, FLORIDA



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

Palm Greens Pulse

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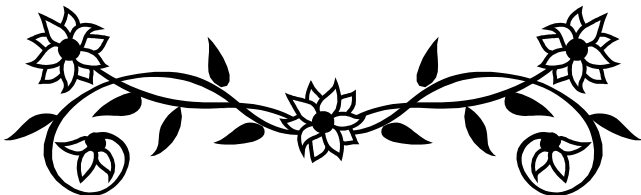
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We welcome articles of interest pertaining to Palm Greens as well as black and white photos. All submissions are subject to approval by the editor.

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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WELCOME TO APRIL

By April, spring has finally sprung, and if we're lucky, the weather will reflect that! We hope that your sky is bright and clear and your grass is growing green.

The month of April gets its name from the Latin word aperio, meaning "to open (bud)," because plants really begin to grow now.

So here is what's happening in April:

April 1 is All Fools' Day – otherwise known as "April Fools' Day." (Where did this silly day come from?)

April 22 is the start of Passover, which begins at sundown.

April 22 is the birthday of Robert B. Thomas, the founder of The Old Farmer's Almanac!

April 28 is a National Arbor Day.

And finally, a poem by none other than Ralph Waldo Emerson.

*April cold with dripping rain,
Willows and lilacs brings again,
The whistle of returning birds,
And trumpet-lowing of the herds.*

CONDO 1

by Madeline Welsing



CHANGE. What would we do without it? Condo 1 experienced and accepted the resignation of newly elected President, Peter Nero on March 4, 2024. Thus, the necessary reorganization meeting took place on March 7, 2024 and the results were as follows: PETER LOPEZ (President, two years), MARILYN DIEKMANN, (Vice President, two years), MADELINE WELSING (Treasurer, one year), LISA DiFABRITIIS, (Secretary, one year) JOHN PASCARELLA, (Director, one year), and Mark Sokol who will decide if he will resign from the Board when he returns from vacation. Also in attendance was Denise Alvarez, Castle Property Manager, and Nico Radovanovic, Assistant Property Manager.

Peter Lopez is a fan of Committees, and he is not alone. A major focus for the Condo 1 Board is the development of Committees as a way of engaging and working with residents who are interested in working with the Board and growing various aspects of the community. Landscaping is an example. This has been a work in progress resulting in the development of the Committee whose members will soon be announced once components and process are completed. Director, John Pascarella was asked to take the lead on this project and continues to work to fine tune the group. Other Committees such as Long-Term Planning, Finance, Communications and other initiatives will also be developed to help us grow; the community working together is always a good plan for the future.

I had the opportunity and the privilege of observing the Landscaping committee meeting the other day and I was impressed as well as excited. The atmosphere was professional yet respectful, interesting yet easy... like a team who were quite comfortable together.

If any of this is of interest to any of you, let us know. Contact any one of us and tell us if and how you might want to get involved in the development of some of the upcoming Condo 1 Board Committees. We look forward to hearing from you.

Thank you.

CONDO 2

by Sandra Klimas



April is the last publication of the Pulse and we are happy to close the season with the new clubhouse taking shape. The walls are almost all up and by the time snowbirds return in the fall, we expect to see significant progress on the inside of the building.

We are continuing to work on the process and funding for replacing roofs that were replaced almost 20 years ago. Information from our new Treasurer will be shared as he continues to look at options and works with our current budget and projections for the future. We will keep everyone updated through First Service emails during the summer months.

As of this writing, the Florida Senate voted in favor of a House Bill, which if signed into law, will provide for matching grants so that condominiums can be inspected and retrofitted with wind mitigation measures. This legislation would require a unanimous vote by condo owners to apply for the grants so once again, it is important to read all of your emails and respond to surveys and votes to move forward with this funding if it becomes available. Unfortunately, there has been no movement to get any relief for condominium insurance which continues to significantly impact our budget.

ATTENTION SNOWBIRDS - If your condo has not been painted before you leave for the season, it must be "Paint Ready" when you leave. All outside patio furniture must be moved indoors and any wall decor must be removed. Your house sitter should be on the lookout for the notice posted on your condo door as well.

We are committed to making decisions in the best interest of all residents and to stay positive throughout these challenging times.

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

We recently hosted a special acrylic painting class led by our resident artist Karen Wenzell. Over 10 people attended the class and learned how to create a beautiful sundown among marsh and weeds using acrylic paints. The class was a huge success, and everyone had a wonderful time creating their own unique masterpieces. We are thrilled to continue hosting these fun and educational events in the future, so stay tuned for more exciting opportunities to unleash your inner artist!

Speaking of special events, we had the Palm Greens' Showcase of Talent event, held on Saturday March 9th, and it was a tremendous success! Over 22 exhibitors came together to display their incredible talents, and our community of residents was proud to support their talent and exhibits. We want to extend a special thank you to all the residents that made it possible, including the maintenance staff, whose hard work and dedication made this event possible. Additionally, the Recreation Board provided snacks and drinks that were enjoyed by all. Thank you everyone who participated in our special event and we look forward to next year's Showcase of Talent event!

We also started a new class called "Yoga Laughter" with Jeffrey Rich, a leading Yoga Instructor with the Laughter Buddha. This class is designed to be a fun and uplifting experience, where you can let go of stress and tension and just laugh. The class is held every Thursday at 4 pm, and you do not need any prior experience with yoga or laughter. All you need is a willingness to laugh and have fun. So come join us for a unique and joyful experience!

In March we organized a lecture on "Heart Health" with Dr. John Conde who delivered an informative talk on the commonalities between heart diseases and dementia, and shared practices to boost memory function to reduce blood pressure. He also spoke about the role of diet, nutrition, and supplements in maintaining heart and brain health. The lecture was well attended, and our residents found it to be highly informative and engaging. We would like to extend our sincere thanks to Dr. John Conde for sharing his expertise with us.

See you all next season.

ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



Welcome to April. Sending safe travels to our snowbirds as they head north. You will be missed. Of course, Happy Easter and Happy Passover to all who celebrate. I want to personally thank our wonderful Alliance representatives; Jerry Carlin and Bonnie Sanger, who filled in for me as I recover from knee surgery and contributed to the writing of this article. The meeting, which took place at Morikami Gardens, was called to order by the President of the Alliance, Dr Lori Vinikoor.

Announcements were made regarding upcoming events. Delray's own Mayor Sachs will be the keynote speaker at the April 3rd meeting which will be held back at the Delray Civic Center. She will report on the state of the city.

June 21st will be the Alliance breakfast for all paid up members at the Glen Eagles Country Club. July 3rd will be an in-person meeting also at the Civic Center, as opposed to the usual summer Zoom meeting. This will be an opportunity to meet the candidates who will be running for District Attorney and Judge.

The Elance Luxury Assisted Living Community of Boynton Beach was thanked for providing the refreshments. It was announced that they have lifelong learning classes that are FREE to the public. Contact them if interested.

Captain Rob Sandt, of the Sheriff's Department gave the monthly crime report. He reported that year to date, the trends are moving in the right direction: DOWN. However, they are seeing an increase in juveniles being recruited from Broward and Miami/Dade counties to break into vehicles, especially Hondas, that are either unlocked or valuables are left in clear viewing sight. Unfortunately, these juveniles cannot be chased if they are on the move, as it becomes a hazard to the community. Citizens must remain vigilant!! The trend is also headed down as far as traffic stops are concerned. Only 300 have been made so far this year. According to the data, automobile crashes are down by 7% even though they are seeing an increase of traffic on Atlantic Ave.

(continued on page 18)

THE FOUR SEASONS CLUB

by Eleanor Horowitz



The Winter season is slowly coming to an end, but the Four Seasons Club remains strong and active all year long. And what a year it has been so far!!! We started with Halloween, Greek night, Musical Bingo and the festive Mardi Gras celebration. Our Card, Mah Jong and Game luncheon brought all the Palm Greens players together for a lovely afternoon! Our share of the 50/50 raffle on Musical Bingo night was donated to a local charity.

For the Four Seasons Club the beat still goes on!! Fun and entertainment continue into the Spring and Summer. If you have ideas for new events, please let us know.

On **Thursday April 18**, we will celebrate **AMERICAN BANDSTAND ACROSS THE DECADES**, featuring the **Fabulous Suzy Cruz**. This will surely be a sellout so make reservations early.

The **Four Seasons Club and the Women's Club** are jointly sponsoring and presenting "**LATIN NIGHT**" on **Saturday May 11**. What a fun night we will share together.

More Four Seasons events will continue throughout the summer:

June 14th – BINGO

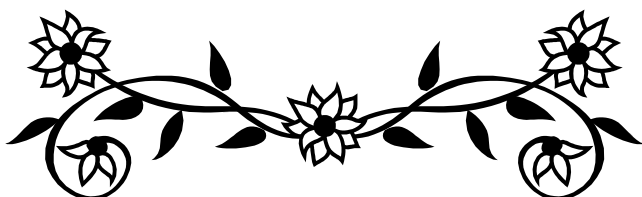
July 4th – the ANNUAL 4th of JULY Celebration

Watch for the flyers and join in the fun!! Thank you to the Four Seasons Board members who have worked so hard to plan and present these events for us.

Remember that your dues are paid annually and help to subsidize these events. Members receive special rates at all events. If you wish to join, contact Ellen Euse, membership chairperson.

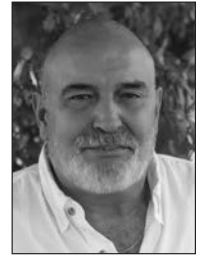
If you are new to Palm Greens, please let us know so that our Welcome Committee can properly meet and welcome you.

To those heading north for the summer, have a safe trip. The Four Seasons Club wishes all a safe and healthy summer!!



CAR CARE

by Jorge Goyanes



Just a couple of insider facts if you are thinking of buying a used vehicle. The **Volkswagen Routan** is really a **Dodge Caravan** with VW labels, badges and a different nose on it. The **Hyundai Entourage** van is really a **Kia Sedona**. So, I had a customer ask me why Dodge delivered parts for his VW van, I had to explain it to him that his car had a Dodge 3.6-Liter V6 engine and he was crestfallen he had paid more for the VW than the Caravan.

FYI: 34% of **Kia** is owned by **Hyundai** so a lot of their cars share the same technology and engines. That is why the **Kia Sorrento** and the **Hyundai Santa Fe** are very similar.

Toyota owns a small percentage (5.05%) of **Mazda**, they interchange technology. **Ford** has a 50/50 joint venture in Thailand with **Mazda**.

Volvo and **Lotus** are owned by **Geely**, a Chinese multinational corporation.

Jaguar and **Land Rover** were sold to **Tata Motors**, India's largest auto manufacturer.

Saab was owned at one point by **General Motors**, then **Spyker Automobiles** now owned by **National Electric Vehicle Sweden (NEVS)**.

Rolls Royce was owned by **Volkswagen** but the **Rolls Royce grille shape** and **Spirit of Ecstasy logo** were sold to **BMW** which has allowed **BMW** to produce the **Rolls**.

Here is a heart breaker for you, **Bentley** is owned by **Volkswagen**, so is **Porsche**, **Audi**, **Lamborghini** and **Ducati**.

The **Honda Pilot** and the **Honda Odyssey** are built on the same platform. Take your pick, an SUV or van, same chassis, same engine.

So do your research, as you can see the globalization of auto manufacturing is upon us and the "foreign" car you might consider buying might be more foreign than you think and it might be made in the good ol' USA.

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

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TENNIS COMMITTEE

by Mark Melnick



It's April and our tennis rotation season will be completed at the end of the month. The last scheduled rotation will be April 29th. Of course, our year-round players will continue to enjoy the courts all summer long.

The weather was unusually cool for much of this season and we had some wet spells but we were able to play on most days.

We had lots of new players in our rotation program this year and we hope to include even more next year so if you are interested in playing tennis stop down to the tennis office any morning and introduce yourself or send an email to ttnscenter@gmail.com to ask questions. Next season we are also hoping to include new players from our "Condo 3", Delray Trails.

Our 4-Pro Event was held on February 11th and was well attended as always. Our Pro, Jim, organized clinics run by fellow pros Arnie, Danny, and our own Elliott. Volleying techniques were taught by Elliott, serving tips were given by Arnie, Jim focused on overhead techniques, and Danny worked on our forehand and backhand strokes. Following the clinics, the tennis committee sponsored a courtside brunch.

The final event of the season was our Spring Gala. Over 100 attendees enjoyed an evening of dinner, dancing, and music at the South County Civic Center. Many thanks to Beth, Sara Silverman, Lynn Romano and others, who spent hours planning and running this event.

Eight teams from Palm Greens participated in the Palm Beach Senior Tennis League this season. During the 10-week season our women's teams played on Monday mornings and the men's teams played on Thursdays. The away matches give our players a chance to visit other communities and see how our tennis facilities compare to those in the surrounding area. At the time of this writing, 2 of our men's teams are in first place in their respective divisions, competing for a place in the playoffs. Final results will be published in the next Pulse issue (October).

Our season wouldn't happen without the help and hard work of many people. Our Rec Board, as

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WOMEN'S CLUB

by Steffi Carmel
and
Roberta Minerva



Sadly, this is our last Pulse until October. What a season we had. We must thank the Recreation Department, Art, Charles, Phyllis, and the maintenance staff for helping us throughout the season.

Thank you to the Women's Club members and their guests helping to make all our events so successful.

This month we are looking forward to our trip to the Flagler Museum. Our May event has been changed to a Latin Night hosted by the Women's Club, and Four Seasons club. This should be a super night under the stars. Look for E-blasts and flyers. The Women's Club will be taking another bus trip in May to Flamingo Gardens. Join us for another fun day trip. There will be E-blast and flyers for this event.

We are so grateful to have wonderful friends and family in Palm Greens. May the summer bring us beautiful sunshine and much less heat. Stay cool.

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TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



Volleying on the move. When hitting a transition volley while moving to the net, do not stop and set up to hit your volley, instead learn to move through your volley. That's right, move into the volley rather than standing still and balanced waiting for the ball come to you. I know you have been taught differently, but that is not what good pros are doing. The pros move forward to the ball and lunge into it as they hit and keep moving. They do not set up and wait for the volley to come to them as is commonly taught. I'm not sure where this notion came from about stopping, setting up then hitting before moving again, but I would forget it and let your body go for it. I guess staying still and balanced as you hit appears to make sense, but how about being on the move and balanced? What is wrong with that? You are moving and balanced all the time when you walk or run! The same is true for transition volley to the net. With practice you can move and also stay balanced, identical to walking and running. The benefits of learning to do this are enormous. First you will close on the ball by getting to it sooner. As a result, the ball will move back to your opponent quicker, giving them less time to hit their shot. When a player has less time to make their shot they will make more errors. And second, you will have more natural fluency in your movement rather than coming to a screeching halt to hit your volley. More fluency is compatible with automatic, spontaneous and instinctive play. You know I like that part! The next time you are advancing to a volley do NOT stop and set up, keep moving! You will be surprised how much better this feels and how your feet will automatically move into the correct position. How do I know this will occur? Simply, I have taught this technique to thousands of players. *A coach is someone who tells you what you don't want to hear, who has you see what you don't want to see, so you can be who you have always known you could be.*

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FROM THE MANAGING EDITOR

by Mel Clapman



Whenever we get to the last issue of the season, I always go through what I call "Editorial Anxiety", a variety of editorial emotions.

So, I'm putting aside all of the kudos and compliments to the Rec Board, the Rec Office and the service and maintenance people who, by my observation, are always there and never acknowledged.

This last-for-the-season article is a shout-out to the very special people who made the past seven issues of the Pulse come to life...in the face of overwhelming odds. **THE WRITERS!!**

From the bottom of my heart, my deepest thank you goes out to: The writers. The Condo One and Two and Rec Board writers, all there, every month with the latest and most interesting news about the happenings at Palm Greens. The Alliance of Delray Residential Association by Judy Goldberg. The Entertainment Committee by Water Jacobson. The Four Seasons by Eleanor Horowitz. The Women's Club by Roberta Minerva and Steffi Carmel. The Men's Club by Peter Dreifus. The Tennis Committee by Mark Melnick. Tennis Tips by Jim Boardman. And where would we be without the "behind-the-scenes- help" from Beth Villanova, our production manager, and Lisa Defabritiis, who handles our advertising and a host of other projects. Hats off to Charles and Phyllis in the Rec office. They are always there when you need them. I want to share with you that some of the people mentioned here came through this season in the face of having to deal with problems and issues that crop up day to day. But they did it...and we produced seven issues that were graphically attractive and interesting to read. Again, **THANK YOU!**

Oh, let's not forget our advertisers. Simply put, without them, there would be no Pulse! Please try to support them, by using their services, or the products they sell.

So what's next? Who knows? We seem to have the pandemic behind us and are finally back to normal... whatever normal is.

On a brighter note, we have some upbeat subjects to look forward to. Toward the end of this season, we added a movie and restaurant review which we got some positive calls on. And we added three new articles: Auto Care, Computer and Physical Fitness which got good reviews.

So on that note, have a great summer and we'll see you all next Fall.

DRINK SOME MAGIC

by Terryl Jones



There is no magic pill for our health, but maybe a magic potion exists. Would you be interested if I told you that there is something you can drink that would improve your memory, improve physical function, decrease pain, increase energy, and help you lose weight? That this magic potion is legal, easily available, and actually works! ‘Hogwash’ would be most people’s first reaction, but it is the truth. What is this magic potion? Water.

While we are unique individuals, we tend to share common concerns as we age: memory, fatigue, painful joints, digestion, and urinary issues. We’ve all heard jokes about memory lapses and have seen ads for various pills, but how many people know that being properly hydrated can help maintain brain function? Even mild dehydration can alter your concentration, alertness, and short-term memory. Water improves our metabolic processes which reduces our mental and physical fatigue. With less fatigue, we live our lives more fully and are more active. Yes, more activity can stress our joints, but adequate hydration helps the body produce the synovial fluid that lubricates and cushions our hips, knees, elbows, and spine. This extra activity helps us keep our weight under control, but that is not the only way water helps with weight loss: studies have shown that drinking a glass of water before each meal lowers the number of calories eaten at that meal. Proper hydration improves our digestion. Starting with saliva when we chew, water helps keep things moving through the entire intestinal tract. This increased fluid intake also increases the volume of urine through the kidneys. While some folks may complain that the increased volume only makes them need to visit the bathroom more frequently, this increased volume dilutes the concentration of minerals that could lead to kidney stones and it flushes bacteria from the bladder that could lead to Urinary Tract Infections. I think that not having UTIs or kidney stones is worth a few extra bathroom trips.

About 75 % of Americans are chronically dehydrated, with adults 60 and older at a greater risk. Medications and health conditions may also increase hydration needs. Adding to our risk is our wonderful Florida weather. Humidity increases the risk of dehydration because

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COMPUTER CORNER

by Enio Cordoba



The Road Map to Computer Competency: With this last article for the summer, I want to tie together the ideas from the previous 5 articles I wrote. **Idea 1** - That you don’t need to know everything about a computer to use it for the one or two tasks that would make your life easier. **Idea 2** - That there is usually a YouTube video to teach you any skill you need to learn. **Idea 3** - Just learning a few basic words allows you to ask for help from more technical people. **Idea 4** - Some devices can simplify your daily life and protect your health and wallet. **Idea 5** - More and more appliances and devices will be coming in the future and learning their skill sets will eliminate lots of frustration. I know that to some folks, computers are a scary thing, but I think everyone can learn if they simply approach each device as a tool that can do one simple chore for you. As you get more comfortable, add one more skill. Look up your device on YouTube and watch dozens of videos on how to master your device.

Accept that dealing with medical groups, booking appointments, government agencies, banking, and more will require you to create accounts, change passwords, verify your identity, and upgrade your apps. At the same time bad people will be doing everything they can to trick you into giving them access to your life! So, if I can give you a roadmap for joining the 21st Century and embracing everything with a “chip.”

1. Go down to the Apple Store. Have a salesperson show you how the various components integrate, ask about the features that are important to you. Don’t be afraid to ask, “Why would I need that feature?” Whether you choose Apple or Android stick to one platform. Mixing devices from different platforms is sure to cause frustration.

2. Set up a password “system” that uses at least 2 parts- a base that you always remember and a part that is relative to each business. Never give it to anyone over the phone.

3. Force yourself to never hold a phone while you are driving. Learn to use Siri to navigate, or call people if you must. Most cars are equipped with Bluetooth, there is no excuse for risking life and limb to check e-mails or dialing a phone while driving.

(continued on page 21)



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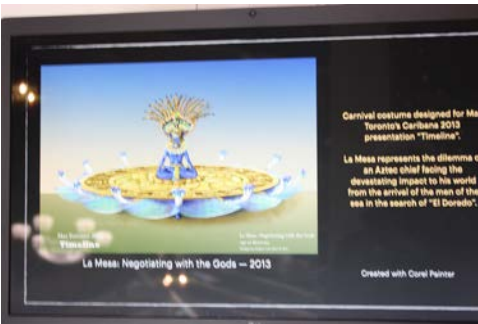
CAPPING OFF ANOTHER GREAT PALM GREENS THE FIRST

With all the activities and events that took place at Palm Greens during the season, it was only benefitting to close it out with what was the First Annual Talent Showcase. There were exhibits ranging from an array of vintage model airplanes to a variety of artwork to eye-popping ceramics. Who knew our community was blessed with such a group of talented people?

The event was managed by Roberta Minerva, Marsha Davis and Tony Deniro. Special kudos go to Charles Medina and Phyllis LaMorta from the Rec Office and our always-there-when-you-need-them service team. At the end of the day, the Showcase was deemed a winner and there's even talk about making it an annual event!



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MEN'S CLUB

by Peter Dreifus



Our meeting on March 10th had as our entertainment a very funny and clever magician, Mr.A. He kept us listening and laughing during his entire performance. We still have one more meeting this season on Sunday, April 14th at 10:00 am. It is a breakfast meeting and all men are invited to join the club and enjoy the camaraderie, breakfast and our good entertainment. No need to apply beforehand. Just come to the clubhouse that day and we will get you signed up in a matter of minutes. Call me at 561-498-9586 if you want more information.

NOBODY ASKED ME BUT...

by Mel Clapman

...If you think you are too small to be effective, you have never been in the dark with a mosquito.

...Taking naps sounds so childish. I prefer to call them horizontal life pauses.

...I walk around like everything's fine, but deep down, inside my shoe, my sock is sliding off.

...If we're not meant to have midnight snacks, why is there a light in the fridge?

...So it turns out that being an adult is really just Googling how to do stuff.

...Always remember that you are unique – just like everybody else.

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POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

Since this is the last POI article for the season, we thought we would give you some choices instead of just one. So here are three places you might enjoy.

Florida Keys. If you have already been to, and enjoyed this amazing location, you still might not be aware there are hidden gems here, too, that the tourists may not be scrambling after! They are:

Dry Tortugas National Park. Appointed a national park by President Franklin Roosevelt and accessible only by plane or boat, you don't get a more 'hidden gem' than this remote haven. Located on the Gulf of Mexico, it's made up of seven of the most isolated islands in the Florida Keys and is filled with an abundance of diverse sea life, colorful coral reefs and tropical birds. Snorkel, scuba dive, fish or kayak your way through the emerald water that surrounds this deserted island, famed for its legends of shipwrecks and sunken treasures.

Molasses Reef. Part of the Florida Keys National Marine Sanctuary, this – filled with remnants of ships and artifacts – is the perfect spot for scuba diving.

Research Centre. A unique place to interact with a variety of friendly, mischievous and full-of-fun animals.

Crystal River State Park. Boasting islands, forests and sub-tropical climate zones, this 20-mile stretch of preserve is the perfect place to explore Florida's rural side! Filled with aquariums, snake exhibits and wild birds, you also can't leave here without going for a swim with the manatees (the only place in the world you can do this legally!) Bike, hike or canoe – no matter your mode of preference, you must spend some time in this ecotourism hot spot. 3266 N. Sailboat Ave. 352-795-3817.

Please do your research if you decide to visit any of these attractions so you have up to date prices and latest activities.

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MOVIE REVIEW

by Mel Clapman

"The Purple Heart" is a dramatization of the "show trial" of a number of US airmen by the Japanese government during World War II. It is loosely based on the trial of eight US airmen who took part in the April 18, 1942, Doolittle Raid on Japan. Three of the eight were subsequently executed and one later died as a POW. This film was the first to deal directly with the Japanese treatment of POW's and ran into opposition from the US War Department, which felt that such films would provoke reprisals from the Japanese government.

The movie stars Dana Andrews, Sam Levene, Richard Conte and Farley Granger.

The focal point of the movie is the Japanese attempt to get the airmen to reveal the location of their aircraft carrier.

The systematic torture and abuse the airmen endured while in captivity, and the final injustice of being tried, convicted and executed as war criminals is unveiled to the world

Released during the war, The Purple Heart inspired theater patrons to purchase thousands of dollars of War Bonds and opened to good reviews.

While there are scenes in the movie that could cause discomfort, the acting is way above average, and the plot will command your attention.



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ALLIANCE OF DELRAY.. (continued from page 4)

The next speaker was Chief Bill Stansbury of the Fire & Rescue team. He announced that station 49, which is north of Atlantic Ave at Lyons Rd, has improved response time by 4 minutes. There is also a new station being built in the N. Boynton Beach area, which will also help with the over 3700 calls received.

Ms. Jennifer Cirillo, the new Director of Palm Beach Parks and Recreation, was then introduced as the keynote speaker. She informed the audience that the county has 110 parks which encompass 8668 acres throughout the county. She had exciting news regarding Morikami Gardens, which is part of the parks department. Who knew? The head of the Morikami complex reported that they are looking at designs to enlarge the gardens, build an artisan village, enlarge the bonsai area, and have instructional classes and much more. The building of a Japanese inspired inn where people can stay on premises, a new land bridge and an expansion of the museum are also in the planning stages. Other current upcoming projects which include but are not limited to; are increasing the size of the Green Cay Nature Preserve, entering a partnership with the rowing community on Lake Ida, and building 10 new pickleball courts and dog park at Windsor Park. A county wide opinion poll was taken to get input from the public regarding their concerns and priorities. Ms. Cirello also talked about the idea of the building of a 10 acre, 120 spot RV Resort-style Park in front of the West Delray Regional Park. This idea first needs to be approved by the planning committee which is concerned about the sewer and water system that would be installed. After receiving a grant, 1000 trees are being planted in the Glades area for natural shade. Further information can be found online at the PBC parks and recreation website.

Meeting was adjourned at 10:20am and free entrance to the gardens was enjoyed by the attendees.

Our PBC Mayor, Maria Sachs, will deliver our State of the Union Report with her usual flare! Megan Houston, Director of the Office of Resilience will have a presentation on Climate Resilience in Palm Beach County. The meeting will be held at the South County Civic Center, 16700 Jog Road, Delray Beach, across from The Morikami Gardens. Doors will open at 9AM where refreshments will be served. The meeting begins at 9:30AM and concludes by 11:30. All are invited to attend. See you there.

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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.

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

TENNIS COMMITTEE... (continued from page 6)

always, was very supportive of the tennis program. Charles Medina, the recreation property manager is always around to make sure the facilities are running smoothly. Our maintenance crew (Aubrey, Luis, Renel, and Jermaine) keep our courts in great shape for both rotation and team matches. Our pro, Jim Boardman, is on the courts daily, monitoring court conditions and giving encouragement to the players. However, the most thanks go to the volunteers who give their time to making our tennis program both unique and fun. Our members are always willing to help out. From setup to cleanup of our events and even grooming the courts before matches, it is truly a group effort that makes for the success of our season. Thank you to Bernard and Christiane Rondeau for providing us with lots of team and event photos and videos during the season, as well as Bernard's special drone videos. A round of applause to our team Captains and Co-Captains: Lee, Phyliss, Susan, Ginny, Silvy, Serge, Raymond, Jerry, both Bobs and Richard. Special thanks to our Tennis Committee members: Jo Krokus for "ball control" during the summer, Sara Silverman, Terri Barry, and Jo for handling the 9:15 check-in, Jacques Rinfret for assisting with the ball machine, team coordinator Norm Wasserstein for his guidance and advice, Elliott Yezer for helping players with their stroke techniques as well as assisting with clinics when Jim wasn't available, Raymond Vincent for showing up at 7:00 am every day to handle the 1st session check in and for his inventions that helped to improve our programs, and of course Beth Villanova, our fantastic event coordinator, who makes our events creative and fun.

As always, a huge thank you to Sharon for putting up with my ignoring everything at home while making the schedules, answering calls and emails from our community, and dealing with the PB County Tennis League.

We look forward to returning in the fall and seeing progress being made on our new clubhouse and recreation facilities. The existing tennis courts are scheduled to be renovated sometime this summer. The new courts will not be constructed until the new clubhouse is completed. If you are traveling North, have a safe and enjoyable summer. For those remaining at Palm Greens year-round, have a great summer as well. See you back on the courts in October!!

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DRINK SOME MAGIC... (continued from page 8)

the air is saturated with water vapor, this slows the evaporation rate so the body has to work harder to cool down. As the humidity goes up, so should your water intake. How much water should we drink? The old maxim was 8 glasses, but that didn't take into account our different sizes or activity levels. Now the suggested intake is 50% body weight in ounces if you're not exercising. Add more if you are exercising, it is hot, or humid. (Example: A 100 lb. person would start with 50 oz.) I have a large bottle that I fill every morning and carry with me through the day. You might like to flavor your water or eat more high-water content fruits and veggies such as melons, cucumbers, and tomatoes. The good news is that you can see the benefits of water pretty quickly, unlike an exercise regime that may take weeks or months to see results. How will you know you are properly hydrated? You'll have more mental focus, more energy, urinate more, be less hungry, maybe lose weight, have better digestion, more regular bowel movements, healthier teeth and gums, and improved skin. Wow, water helps every part of our body work better - it definitely IS a Magic Potion! Now go drink some Magic.

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

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

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

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

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

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

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

Please give us 24-hours 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.

COMPUTER CORNER... (continued from page 8)

4. Use your Phone or Watch to pay for purchases, board airlines, take memos and exchange contacts.

5. Learn to use Zelle, or Venmo to send payments or pay service people. Stop sending checks.

6. The best thing to do if you ever get a popup in your browser saying you have been infected: NEVER, EVER, RESPOND! Quit the browser, run a program called Malware Bytes that will tell you if you truly have malware. But never respond to any company through the number they are showing. You will probably be connected to India or Russia. Finally, learn how to spot scams. They only require you to give them the information they require for them to win.

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March '24							May '24						
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3	4	5	6	7	8	9	5	6	7	8	9	10	11
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24	25	26	27	28	29	30	26	27	28	29	30	31	
						31							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Water Aerobics 8:35AM Craft Class 1PM Meditation 4PM	2 Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Singles Club 4PM Ballroom Dancing 7PM	3 Water Aerobics 8:35AM ALZ Lecture 2PM Condo 1 Meeting 6PM Ladies 8-Ball 7PM	4 Water Aerobics 8:35AM Chair Exercise 10AM Tentative Class 2PM Laughter Yoga 4PM	5 Water Aerobics 8:35AM Craft Class 1PM	6 Water Aerobics 8:35AM
7	8 Water Aerobics 8:35AM Craft Class 1PM Meditation 4PM	9 Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Ballroom Dancing 7PM	10 Water Aerobics 8:35AM Ladies 8-Ball 7PM	11 Water Aerobics 8:35AM Chair Exercise 10AM WC Flagler Museum 11AM Laughter Yoga 4PM	12 Water Aerobics 8:35AM Craft Class 1PM	13 Water Aerobics 8:35AM
14 Prive Event 3PM	15 Water Aerobics 8:35AM Craft Class 1PM Meditation 4PM	16 Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Ballroom Dancing 7PM	17 Water Aerobics 8:35AM Financial Learning 4PM Ladies 8-Ball 7PM	18 Water Aerobics 8:35AM Chair Exercise 10AM Laughter Yoga 4PM S. Amer. Bandstand 7PM	19 Water Aerobics 8:35AM Craft Class 1PM	20 Water Aerobics 8:35AM
21	22 Water Aerobics 8:35AM Craft Class 1PM Meditation 4PM	23 Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Ballroom Dancing 7PM	24 Water Aerobics 8:35AM BUNCO 6PM Ladies 8-Ball 7PM	25 Water Aerobics 8:35AM Chair Exercise 10AM Laughter Yoga 4PM Trivia Night 6PM	26 Water Aerobics 8:35AM Craft Class 1PM	27 Water Aerobics 8:35AM
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