

# PALM GREENS PULSE

OCTOBER 2024

DELRAY BEACH, FLORIDA

IF YOU WERE AWAY FROM PALM GREENS  
THIS SUMMER, THIS IS WHAT YOU MISSED!



**Palm Greens Pulse**

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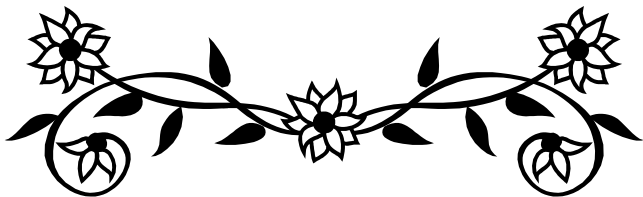
Beth Villanova

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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.**



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

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## CONDO 2

by Sandra Klimas



Welcome back to all the owners who spend the summers in a place where the temperatures are more moderate, and the rain doesn't occur daily. It's been quite the summer for rainfall and a test to the strength of our roofs to hold up against the elements.

The Pulse is up and running again and we thank all the volunteers who make this publication happen for our community. It is full of useful information not only about our community but the surrounding areas and what they have to offer.

We are so pleased to see the progress of our new clubhouse and look forward to a state-of-the-art facility that will offer all owners not only a beautiful large, modern area for meetings and events but also the extra amenities that will be built for all of us to enjoy. Lennar is still on target to complete the clubhouse by the end of 2025. Four (4) new tennis courts and four (4) new official regulation pickle ball courts construction will begin after the new clubhouse is opened and the old clubhouse and current recreation pool is demolished.

We also look forward to meeting our new Delray Trails neighbors and forging new friendships with them. We know they will bring added competition to the tennis leagues, new Mahjong and card players, and different hobbies and interests to share with all.

Stay well everyone.

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## RECREATION BOARD

**Veteran's Day Event.** We would like to invite you to come and honor our veterans this Veterans Day, November 11, starting at 10 am in our Clubhouse ballroom. This event is not just a gathering; it's a heartfelt tribute to the brave men and women in our community who have served our country so honorably. As in the past, Eleanor Horowitz and the Recreation Association are excited to host this special celebration, ensuring that our veterans feel the love and appreciation they truly deserve. Eleanor has been extremely dedicated to hosting this yearly event and is on a mission to ensure we all have a meaningful experience. Unwavering commitment to our veterans is a testament to her dedication to those who have given so much for our freedom, and her tireless work inspires us all. We look forward to seeing you at the event!

### **Election Day**

This year, as in the past the Recreation Association will be hosting the upcoming Elections in our Clubhouse ballroom on Tuesday, November 5. This election is not only crucial in deciding who will lead our country as president for the next four years, but it also presents a significant opportunity for each of you to make your voice heard and play an active role in shaping our country's future. We encourage you to come out and cast your vote on November 5.

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## ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



Hello to all of our year-round residents as well as returning friends and neighbors. And of course, a big welcome to all new residents of Delray Trails to our great Palm Greens community!

We had a busy and extremely hot summer, but our pool and summer events made the time go by so quickly. Since so many new residents have joined Palm Greens and may not be aware of this wonderful organization, for the next 2 issues we will share **The Alliance of Delray Mission Statement** to help you better understand what our organization does to keep all of our Delray Communities strong and successful.

Our Mission is to provide the neighborhood Associations of Delray Beach with a non-partisan, unified front and voice to federal, state and county elected officials for the betterment of its citizens. We also cooperate with these officials to build a community that will serve the best interests of all of us. Areas such as traffic control, road building, traffic lights, healthcare, commercial and residential development, emergency medical services are just a few of the important subjects that the Alliance pursues with government agencies and officials.

Each month from October to April, as your representative from Palm Greens, we will report on the meetings of the Delray Alliance through the Pulse, our community newspaper, and on the Palm Greens website. Hope that this is helpful and you are all invited to attend all meetings at the South County Civic Center, Jog Road across from Morikami Park first Wednesday of every month. Great opportunity to meet and hear from your Sheriffs' Dept. leaders, Fire and Rescue Chief, Commissioners and other Representatives. Doors open at 9AM. Refreshment are served. The meeting starts at 9:30AM, and ends by 11AM.

Our president, Dr. Lori Vinikoor, started the meeting, and created an interesting scenario. She asked the audience to raise their hands if they wanted trash pick-up decreased to once a week. No one raised their hands. The audience was then asked if they would like to keep trash pickup to twice a week. Unanimous yes by hand raises. Then Dr. Lori Vinikoor urged everyone to answer any survey that might come in the mail by stating our trash pick-up at twice a week. She then introduced our guest

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## THE FOUR SEASONS CLUB

by Eleanor Horowitz



Our snowbirds left in the Spring. All summer it was hot- very hot! It rained- it rained very hard! But we had promised our year-round members that we would continue to have fun activities throughout the Spring and Summer. And yes, we did!! We had an American Bandstand night with Suzy Cruz, we played BINGO using new and modern Bingo equipment, we had a great 4th of July BBQ to celebrate our wonderful country.

And now our Northern neighbors are starting to return to Palm Greens. Your Four Seasons Board members have worked hard to get the new season off to a great start.

Last year we had a fantastic Halloween party with costumes, decorations, music and great food. We hope to start the new Fall season with another great celebration of Halloween on October 31st.

Musical Bingo was a game where everyone was singing along to the Bingo music. Prizes were awarded as well! Watch for Musical Bingo on November 20th. E-mails will be sent and fliers will be in the clubhouse lobby advertising these events.

Your membership dues are paid annually and dues for 2025 are due by January 1, 2025. Membership paid now will be carried through to the new season of 2025. Dues help to subsidize many events and members receive discounted rates at almost all events. Questions regarding dues can be sent to Ellen Euse, membership chairperson, at [elsiefay@aol.com](mailto:elsiefay@aol.com).

To those heading back to Palm Greens, we wish you a safe trip and hope to see you real soon!

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## FROM THE MANAGING EDITOR

by Mel Clapman



To those of you who were away for the summer, welcome back! Take a look at what went on here while you were gone. We had activities galore and the photos speak for themselves.

For me, it was a summer to forget. Fractured hip surgery, plus all the rehab that follows. Happy to report I'm off the walker and using a cane on a limited basis.

All I can tell you is if GF something like this happens to you, make sure you're in a good hospital and a very good physical therapy facility...it pays off at the end. As for home-care, be lucky enough to have someone by your side who can speed along your recovery.

**Other goings-on.** A quick walk around our community will give you a pretty good idea of how much progress has been made on Delray Trails. It's a real community with real residents, and the work keeps moving along. No update on the clubhouse but it, too, is a work in progress.

The Women's Club trip to the Flagler Museum was a highlight and we have a POI article that we think you'll find interesting.

Starting with this issue, we are going to have a Movie Review column. For better or worse, it will only cover the movies available on Netflix and other channels. We will try to find movies you haven't seen, or ones that you might like to re-watch. We are also going to try a Restaurant Review column, and hope for the best.

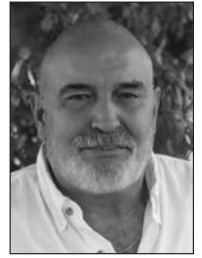
We received good comments on the July 4th pool party. The Labor Day party, sponsored by the Women's Club and Four Seasons, was cancelled due to inclement weather.

As the new season begins, we will have a variety of club activities to keep you interested, but please meet us half-way and stay tuned to the E-Blasts on Wednesdays and Fridays. If you would like to get involved with a club activity, contact the person in charge of that club for more information.

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## CAR CARE

by Jorge Goyanes



ADAS is Advanced Driver Assistance Systems, it does exactly what the name implies, it senses through your vehicles' on-board computer to control FCW (forward collision warning) LDW (lane departure warning) AEB (automatic emergency braking) and your rear camera, plus all cameras with the vehicles that have the 360-degree option and also blind spot assist.

If you think this only comes in top-of-the-line vehicles, you would be mistaken. I rented a 2024 Toyota Corolla recently and it had all of these features. On my drive up from Miami I used the LDW and cruise control and let go of the wheel on I-95 and the car stayed in the lane for miles and with the cruise on (yes, I was eating a taco) it slowed down when a car got within six car lengths in front of me from another lane and picked up to the set speed once the car in front sped up.

While this stuff was considered science fiction twenty years ago, it's the future and it is here now.

One catch, this system uses sensors all throughout the vehicle which are considered "targets" and if the calibration is slightly off due to catching either a bumper on a parking block or pole the system must be re-calibrated even if it is off by a fraction of an inch. Obviously, the slightest fender bender or collision will require the re-calibration procedure.

As of this writing there are just a few independent shops between South Florida and Orlando that have the equipment to handle this procedure. The dealerships that do have it are getting a healthy fee for this job. I have heard anywhere from \$600 to upwards of \$1000 for this. I will keep you posted as more independent shops make the investment to stay ahead of the curve.

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

## TENNIS COMMITTEE

by Mark Melnick

The Tennis Committee hopes that everyone had an enjoyable summer. We're looking forward to another exciting season.

Since our April Pulse edition went to print prior to the completion of last season's playoffs we didn't get to acknowledge one of our teams. **Congratulations to our Men's Level 7 Team** captained by Bob Horowitz. They won their division during the season and proceeded to blaze through the playoffs to win the 2024 Palm Beach County Senior Tennis league championship. This is the 2nd straight season that one of our Level 7 teams has won the league championship.

We continue to have many new residents move into our community. If you like to play tennis or if you want to learn more about our program, contact the Tennis Committee by email at: [tncscenter@gmail.com](mailto:tncscenter@gmail.com). Starting the last week in October, the tennis office will be open most mornings so stop in to say hello and get more information. All residents are welcome. We encourage players of all abilities to get involved in our unique tennis program. For a \$30 registration fee, Palm Greens residents get to participate in one of the best programs in South Florida. We have a structured rotation program whereby players are matched with others of similar abilities. All you need to do is sign up for the days you wish to play and matches will be scheduled for you. Rotation matches are scheduled Monday, Wednesday, and Friday mornings from November until May. Balls are provided during rotation play as well. The Tennis Committee also puts on fun social events throughout the season. It's a great way to meet people and make good friends.

For those who want more competition, our registered players can participate on one of our teams that play in the Palm Beach County Senior Tennis League. Last season we had 5 men's and 3 women's teams making Palm Greens one of the most active communities in the County. Team play begins in January and continues into mid-March. Men practice on Saturdays and some Tuesdays and play matches on Thursdays. Women practice on Saturdays and some Thursdays and matches are on Mondays. New players to rotation as well as teams will be evaluated and placed at the appropriate level. If you don't wish to play in



## WOMEN'S CLUB

by Steffi Carmel  
and  
Roberta Minerva



It's fall, pumpkins, mums and, hopefully, cooler weather. We had a very hot long summer and we are looking forward to the weatherman, saying "Cold Front - 80 degrees and sunny".

The Women's Club will be starting our membership drive in early November.

We will be having educational programs, entertaining speakers, service to the community, fun field trips, luncheons with entertainment as well as seasonal classes. Come out and join the fun! Mailers, and membership packages will be in the clubhouse along with our calendar of events shortly. If anybody thinks that they would like to work with the Women's Club board, we would love to talk to you.

Four Seasons and the Women's Club will be hosting a Latin Nite this year. There will be fliers around the campus and in the clubhouse.

Looking forward to new faces, and of course, all our returning friends. We want to thank Charles, the Recreation staff and all those behind the scenes that keep our facilities in great shape until the new clubhouse opens.

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## TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



The lost art of learning. With the advent of the quick fix, feelgood, learn to be an A player in a weekend mentality, learning is slowly losing out. By the way, there is a book titled Learn to be an A Player in a Weekend. I can hear the wheels turning, I know what you're thinking...where can I buy the book?

There are two aspects of learning I would like to focus on. #1, learning takes time, it's long term and #2, learn to do simple things consistently. It's amazing how many of us cannot get #1 right (learning takes time, it's long term). Most of us will say, I know that, then proceed to take a lesson and become frustrated because you cannot do what you are learning immediately. You say I've been practicing for 10 minutes isn't that long enough?

When learning you must develop a long-term focus. Here's a great tip. When you are learning a new stroke, you're really not trying to make the shot, instead you are thinking to start the process in the right direction, so eventually it will happen by itself. I'm constantly telling my students to take themselves out of the equation. Follow the correct principles and let the correct principles work for them. This is difficult because we want to make it happen now? Here's some cold-hearted truths... whether you like it or not, no matter what you do it's going to take time, so you might as well relax and enjoy the process. #2 while learning takes time, during that time you must do simple things consistently. Find simple things to work on, then do them consistently. This concept of doing something consistently is mind boggling to people. They think because they have been working on a shot for 3 weeks, they have been constant. It's a beginning, but you have to work on it week after week for months before you can claim some kind of consistency. Consistency is not doing something 100 times. It's doing it 100 times  $\times$  100 times. I tell you what, if you can get these two concepts clear in your mind, you'll actually find yourself learning faster!! Isn't that what you wanted in the first place.

I'll be arriving October 20th, and ready to teach and string rackets starting October 21st. Looking forward to seeing you on the courts.

*Tennis is a game of inches from one ear to the other.*

## COMPUTER CORNER

by Enio Cordoba



Since Halloween is upon us, I want to scare you into rethinking about your technology security. Many of you might think '*I don't have anything they might want in my phone/tablet/laptop*'. If this is you, realize that once they get access to your INFORMATION, they can take out credit card loans, take over your property, take expensive vacations, order merchandise, lock you out of your own accounts, get access to your medical records, and scam your friends, just to name a few. Since most phones share your information and passwords with ALL of your other devices, losing or misplacing one means they are- metaphorically speaking- inside your house. Your Internet browsers store all of your passwords and log-ins which is why you don't have to re-enter passwords when you log into your bank, Facebook, health portals, or investment portfolios. I'm sure by now you have received letters from some corporate giant that they have been hacked and somebody out there has access to millions of Social Security Numbers, names, birth dates, and more. So, if you are smart you will, after reading this article, go sit down on your computer, log in to each account, and change the passwords.

But here is the rub, A 12-character password containing only numbers takes just ONE SECOND for a hacker to crack. A 14-character password using numbers, symbols, upper and lower case can take millions of YEARS to crack. Also, through your Facebook type accounts it doesn't take much for hackers to find out: your mother's maiden name, your favorite teacher, your first pet, etc. How is that possible, you ask? Because you filled out a fun-looking quiz that was really created by hackers. So here is my suggestion for best security practices. Passwords- you only need three for ALL your accounts. Separate your accounts by the importance of the website. Tier 1- Banking, Investments, High Value, Government Agencies Tier 2- Travel, Medical, Online Shopping Tier 3- Social Media Sites, Restaurant Apps (McDonalds, Subway, Starbucks) Entertainment, etc. Here is one trick to make easy-to-remember case-hardened passwords. Tier 1: Two words + two letters of the individual business. The words can be absolutely random or two names, places, movies, songs, etc. For example, Wells Fargo: BogartCasablancaWF, but

(continued on page 19)

## FLORIDA FLAMINGOS

by Terryl Jones



Ah, Florida - beaches, sun, and flamingos. When was the last time you stood like a flamingo? Did you know that standing on one leg can predict your future health and how long you will live? The body and brain have to work together to maintain your balance, failure to balance leads to falls. Behind car crashes, the biggest cause of worldwide accidental deaths is falls. According to the British Journal of Sports Medicine, the inability to stand on one leg for 10 seconds in mid to later life is linked to a near doubling in the risk of death from any cause within the next 10 years. Standing on one foot is a foundational movement, we do it when we walk, play sports, climb stairs, put on pants, or step into a tub. It is normal for our balance to decline as we age due to loss of muscle strength, coordination, vision, and inner ear function. Signals from our eyes are key in maintaining our balance, which is why dancers work on their 'spot'. This is also why balancing is much harder with our eyes closed.

### Balancing on one foot improves brain function.

The little wobbles we feel are our body sending signals to our brain, helping it to recalibrate, form new connections, and strengthen our balance throughout our lives. Regularly challenging our balance can help keep neural connections strong, potentially improving cognitive function, and slowing decline. Balancing enhances proprioception, the ability to feel where our body parts are in relationship to each other, which helps with sports and fall prevention. It is also a full-body exercise. You will feel it in your feet, ankles, calves, knees, thighs, hips, glutes, core, and upper body. Remember that the core includes the pelvic floor, so balancing helps that too!

**How to Do the Flamingo Challenge:** Start in a safe place with plenty of room. Put a timer where you can see it. You can be barefoot or wear shoes. Stand straight with your hands on your hips. Lift one foot slightly off the ground, don't use any other support. See how long you can maintain this position. Time starts when your foot leaves the ground and stops when you put your foot back down (or take your hands off your hips). If you are feeling strong, maybe perform the same test with your eyes closed.

Here are some guidelines:

(continued on page 20)

## NOBODY ASKED ME BUT...

by Mel Clapman

...Why don't pirates take a shower before they walk the plank? They just wash up on shore.

...One of the oddities of Wall Street is that it is the dealer and not the customer who is called a Broker.

...Why did the bicycle fall over? Because it was two-tired.

...Why did the scarecrow win an award? Because he was outstanding in his field!

...If you like to see something with a mouth open that's not complaining - get a goldfish!

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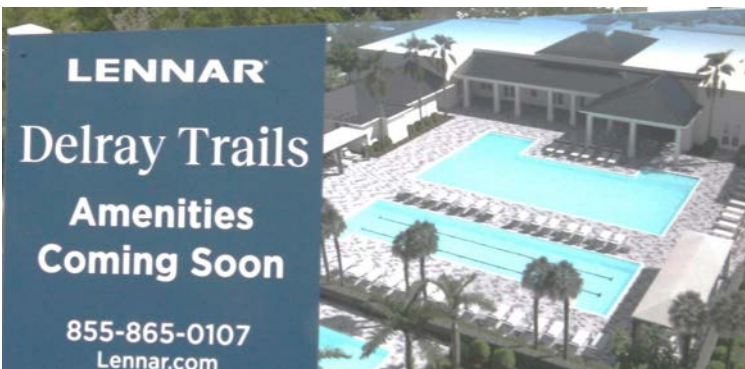
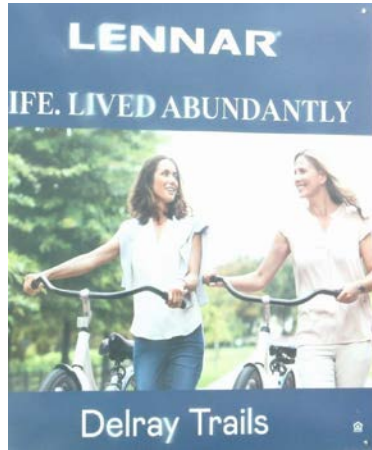
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## POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

Last season we covered quite a bit of ground, and we hope that those of you who did take a trip or two enjoyed your experience.

So, we start the new season with a visit to the Flagler Museum located in Palm Beach, about a twentyone mile drive. You'll find some photos of the Museum in the centerfold. They were taken during a trip in April, sponsored by the Women's Club, and will give you an idea of the scope of this amazing 75-room, 100,000 square foot National Historic landmark.

Completed in 1902, it is a major example of neoclassical Beaux Arts architecture designed by Carrère and Hastings for Henry Flagler, a leading captain of industry in the late 19th century, and a leading developer of Florida as a tourist



(continued on page 20)

## GUEST ARTICLE

by George Fitzgerald

Have you noticed that the US Open displays an on-court slogan promoting tennis as "The World's Healthiest Sport?"

It's true. The studies cited by the US Open show that tennis players gain 9.7 years of healthy life compared to sedentary folks, a better result than jogging, swimming, cycling, calisthenics, gym or soccer.

Tennis players lower their risk of heart disease by 50 percent. Added benefits include improved muscle tone, increased bone density, elevated metabolic function, enhanced mental acuity and lower body fat. Researchers also cite the socialization of tennis as a longevity factor.

With all this going for it, you'll be glad to know there are many ways to take advantage of tennis at Palm Greens. Beginners can get started in free biweekly clinics led by our expert coach, Jim Boardman. And A players and Intermediates can join in regular competitive matches arranged by our player volunteers.

Just saying, our first-class tennis program is one more reason life is better at Palm Greens.

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## MOVIE REVIEW

*We're starting our series of movie reviews with one that we think you will enjoy, "The Horse Whisperer". It features Robert Redford, Kristin Scott Thomas, Chris Cooper, Sam Neil, Scarlett Johansson and a host of wonderful actors.*

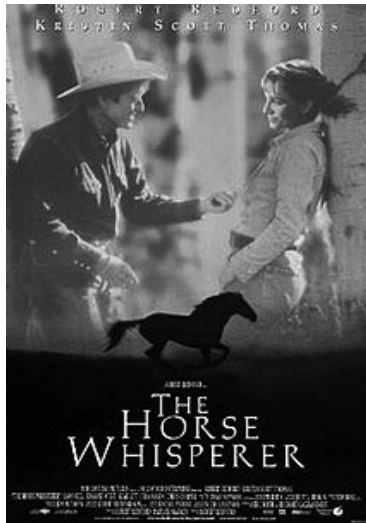
The movie focuses on a young woman, Grace, and her horse, Pilgrim, who are both injured in a riding accident. Grace winds up with a partially amputated leg and Pilgrim is traumatized.

Desperate for a way to heal both Grace and Pilgrim, Grace's mother, Annie, tracks down a "horse whisperer", Tom Booker, in the remote Montana mountains. Tom agrees to help, but only if Grace also takes part in the process. Grace reluctantly agrees, and she and Annie go to stay at the Booker ranch where Tom lives with his brother and his brother's family.

As Pilgrim and Grace slowly overcome their trauma, Annie and Tom begin to develop a mutual attraction. However, they are both reluctant to act on these feelings – Annie is married and Tom had his heart broken before (his wife left him because she felt she belonged in the city). Tom also asks Grace to tell him what happened with her and Pilgrim to understand what Pilgrim is feeling. At first, Grace is reluctant, but eventually gathers up her courage, and tearfully describes the accident.

Although Annie wishes she could stay with Tom on the ranch, she also knows that she belongs to the city, just like Tom's wife.

What makes this movie special is not only the acting, but the photography, featuring Montana in a way that will certainly impress you.



## GUEST ARTICLE

by Peter Dreifus

Most of us living in Florida came from other states, mostly up North.

Many of us drove up there but some did not. They lived in congested cities with good public transportation systems. But when they came down here, they found very little in the way of systems that operate 24 hours a day seven days a week. Guess what? They had to buy or rent or lease cars and drive them. There are quite a few things that a driver must do and many choose not to do the right way of driving, the safe way of driving.

Here are some things that everyone should be aware of and rules that must be followed to avoid tickets from Police and worst of all, accidents.

Turn signals are not hands out the window indicating which direction you are turning but a small lever on the left side of the steering wheel. It must be used (press down for left and push up for right) whenever a turn is about to be made. This is not only a safety measure but a courtesy to drivers around you so that they can adjust their driving to not have to swerve to avoid hitting you. This little lever should be used for a full right and left turns, changing lanes in multiple lane roads, pulling into a parking lot and when parking the car or truck. This is a must as well as common courtesy to other drivers and walkers trying to cross the street.

Another area that you should be aware of is speed limits. The city or county or state puts up these signs which indicate the maximum speed allowed on just about every road. These are not suggestions, they are laws which, if broken, can be very expensive to the driver and dangerous if disobeyed to other drivers and walkers. Speeders can cause serious accidents and serious injuries to other drivers and pedestrians.

Just these two laws, if obeyed, can cut the number of accidents and injuries to other drivers and their passengers and walkers crossing streets. Please stay aware of conditions around you when driving and keep to speed limits and use turn signals wherever you are changing where you are headed. One other thing, red light means STOP and yellow lights mean caution, the light is about to turn red. If you always obey these laws, this will be a safer place to drive and live.

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

speakers. Our main speaker was Joshua Gerstin, Esq. of Gerstin & Associates. Homeowner and Condominium Associations Attorney. He presented a guide to navigating, and understanding the biggest major legislative changes to Community Associations in decades. It was a visual presentation and underscored the many new laws coming to COA (Condominium Owners Associations-*Us*) and HOA (Homeowners Associations... *Not us!*) It does get confusing. In 2025, All bids over \$2500 would need 3 bids. SERS (Structural Education Reporting) will go into effect. According to Joshua Gerstin, the law requires associations to meet four times a year. New Directors for condo boards would have to continue to take training courses to better understand the Condo laws and how to handle different situations. Nationally, the U.S. Congress requires each association to file a report about each Director and Officer by January 1, 2025. He did allow questions at the end of his presentation.

To read the entire presentation, go to <https://allianceofdelray.com/wp-content/uploads/2024/09/2024-Alliance-Legislative-Update.pdf>.

Captain Rob Sandt, Palm Beach Sheriffs' Office (PBSO) reported that due to Operation Heatwave the crime rate is down in our area and auto burglaries over 9 weeks dropped 70%. Good news. Then Lieutenant Wink, said that street level crimes are down 49%, car crashes down 10%. He then shared a video about the biggest issue to seniors, video and phone scams. Always question the **Grandchild in Trouble Scam Call!** Suggestion to stop this in its tracks is to set up a code word with your family. If you receive a distress call asking for GIFT CARD Payments-**RED FLAG**. Ask the "grandchild" in trouble for your code word! Police and Detectives never ask for gift cards as a payment to get people out of trouble! Link to the video is <https://www.youtube.com/watch?v=COgJL1kdhtg>.

Captain Tony Keeler of the PBC Fire and Rescue Dept. said that their latest drive raised \$104,000 over the Labor Day Weekend. Station 49 (west and north) is up and running. We are station 42 and held ready. Kings Point is its own station 45. The calls there were up 24.2%. Very busy area.

Dave Aronberg, our State Attorney, will be leaving office in 3 months. He wished his successor the best, and said that drug incidents are down. He also wished only the best for Delray Beach Residents.

State Representative of Boynton Beach, Joe Casello spoke and his message to all is to VOTE!

Marci Woodward, Palm Beach County District 4

Commissioner had some very serious information for all of us. FEMA Flood Zone Maps have been changed and with "a broad stroke". People who have not been in flood zones are in them now. Go to [pbcgov.org](https://pbcgov.org) to see the maps and put in your address. The new maps take effect December 20, 2024 and she suggested getting FEMA flood insurance NOW, as it takes 30 days to take effect and once you have it, can only be raised 2 or 3% each year. When 2025 arrives the insurance will be mandated and cost more and can be raised more each year. Immediate Attention Required. Buy early, pay less. You may contact Commissioner Marci Woodward's office with questions. [Mwoodward@pbcgov.org](mailto:Mwoodward@pbcgov.org) or call 561-355-2204.

Our next meeting of the Alliance of Delray will be on Wednesday, October 2, 2024 and Suzanne Cabrera, President and CEO of the PBC Housing Leadership Counsel will provide an overview of PBC Housing Challenges and an understanding of the Live Local Act. **Also, at this meeting, if you would like to find out if your home is now in a flood zone, the Alliance will have a computer and Board Members available to look up the information for you.**

The meeting will be held in the South County Civic Center, 16700 Jog Rd, across from Morikami Gardens. Doors will open at 9AM when refreshments are served. The meeting starts at 9:30AM and always concludes by 11AM. All invited to attend. See you there!

## 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 and leave your name and a telephone number where we can reach you.

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

our program, the courts are available for residents and their guests (when accompanied by a resident) most afternoons on a first come-first serve basis. Please be sure to follow our rules for play including proper footwear for clay courts.

Our pro, Jim Boardman will be returning again this season. Jim assists with our Tennis Program, offering guidance to all of our players. He is responsible for supervising our courts to make sure they are well kept and safe to play on. He is available for lessons from November until May. He offers group as well as individual lessons involving all aspects of play. Lessons cost \$35/half hour or \$60/hour and a package of 6 half hour lessons is available for \$179. Beginners, as well as experienced players, all benefit from lessons with Jim. He can be reached by calling the Tennis Office at (561)303-1101. Beginning in late December, Jim runs "free" weekly tennis clinics for beginners as well as intermediate players sponsored by the Recreation Association. Times and dates will be posted during the season.

Our new clubhouse construction is still underway. This summer the west parking lot was torn up to allow for utilities to be installed. The remaining parking lot is now 2-way with less spaces to park. Both the entrance and exit are at the top of the lot by the old clubhouse. Please be extra careful when entering and leaving the lot. The traffic pattern may change again during the season. For those living close to the courts, I would suggest walking or biking to the courts to free up spaces for those that need to drive.

Looking forward to seeing you on the courts this season!!

**COMPUTER CORNER...** (continued from page 7)

no that's too easy. So, we replaced the vowels with characters. a becomes @, e becomes 3, o becomes O, etc. Now we have C@s@bl@ncAB0g@rtWF. Now you use your enhanced "CasablancaBogart for all your top tier words but change the last two letters to CB for Chase Bank, IRS for Internal Revenue and so on. For Tier 2: use just the 2nd word Casablanca plus the business ending: AA for American Airlines, BC Blue Cross etc. For Tier 3: you now use the first word Bogart, also scrambled and the business 2 letters.

There are infinite variations but using the same two words plus a variable means you don't get the frustration of wrong password and if a company gets hacked your other passwords are safe.

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**FLORIDA FLAMINGOS..** (continued from page 8)

- Under 49: Aim for 40-45 seconds with eyes open, 13-15 seconds with eyes closed.
- Aged 50-59: Strive for 37-41 seconds open, 8 seconds closed.
- Aged 60-69: Aim for 30-32 seconds open, 4 seconds closed.
- Aged 70-79: Try for 18-22 seconds open, 3 seconds closed.
- Over 80: Try to get over 5 seconds.

Remember, these are just suggested times. Everyone has different abilities. Multiple factors such as health, general fitness, and mental state affect balance. Fortunately, it's never too late to start working on your balance. I've taught dance for decades, and I encouraged my students of all ages to practice standing on one foot. I told them that not only would it improve their dancing, but that it was building a valuable skill that would serve them in the later years of their lives. So next time you stand at the sink maybe take one minute to improve your health and find your inner flamingo.



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**POINTS OF INTEREST..** (continued from page 15)

destination.

In 1959, the site was saved from demolition by one of Henry Flagler's granddaughters, Jean Flagler Matthews. She established the Henry Morrison Flagler Museum non-profit corporation, which purchased the building in 1959, opening it as a museum in 1960.

Today, Whitehall is a National Historic Landmark and is open to the public as the Henry Morrison Flagler Museum, featuring guided tours, exhibits, and special programs. The museum offers several programs, many of which are seasonal, lasting only from October to January. In addition to an annual chamber music series, the Flagler hosts the Whitehall lecture series, which brings experts and best-selling authors to discuss Gilded Age topics, events, and local history. The Flagler also holds a special exhibition each year, often showcasing Gilded Age paintings, sculptures, glamour photography, or material culture, such as board games, jewelry, cartoons, Tiffany & Co. silver pieces (including ones displayed at the 1893 Chicago World's Columbian Exposition), and women's fashion. It also hosts a variety of local galas and balls throughout the year.

Henry Flagler purchased the site for \$50,000 in 1893 (as of 2010 that would be \$1,197,562.39). It was later surveyed for construction in July 1900 and completed in time for Flagler and his wife to move in on February 6, 1902. The architects were John Carrère and Thomas Hastings, who had earlier designed the Ponce de Leon Hotel and several other buildings in St. Augustine for Flagler. Whitehall, as it was known, was to be a winter residence, and Henry gave it to Mary Lily as a wedding present. They would travel to Palm Beach each year in one of their own private railcars, one of which was No. 91.

Flagler died of injuries sustained in falling down a flight of marble stairs at Whitehall in 1913, at the age of 83. Mary Lily died four years later, and the home was bequeathed to her niece Louise Clisby Wise Lewis, who sold the property to investors. They constructed a 300-room, ten-story addition to the west side of the building, obliterating Mr. Flagler's offices and the housekeeper's apartment, and altering the original kitchen and pantry area.

The visitor experience includes the first and second floors of Whitehall, its grounds, and the Flagler Kenan Pavilion, which houses Flagler's Railcar No. 91. The H. M. Flagler & Co. Museum Store is located on the first

(continued on page 21)

**POINTS OF INTEREST..** *(continued from page 20)*

floor of Whitehall and is open during General Admission hours. Visitors will find unique gifts, jewelry, home decor, food items, and Museum mementos as well as an excellent selection of books that focus on Gilded Age topics and Florida history.

**Museum Hours:**

Tuesday through Saturday, 10 am to 5 pm.

Sunday, 12 to 5 pm.

The Museum is closed Mondays, Thanksgiving Day, Christmas Day, and New Year's Day.

**Admission Prices:**

Admission is free for Flagler Museum Members

\$26 for Adults (ages 13+)

\$13 for Children (ages 6 - 12)

Children ages 5 and under are free

**Visitors under 18 years old must be accompanied by an adult**

Walk-up tickets are available for purchase during regular Museum hours.

**Visitor Experience:**

Visitors will enjoy the following free tour options with the purchase of Museum Admission:

- Docent-led tours of the first floor are offered Tuesday through Saturday at 11 am, 12:30 pm, and 2 pm, and Sundays at 1 pm. (limit of 35 participants per tour)

- Audio tour wands are available to listen to a narrated tour (available in English, Spanish, French, German, and Portuguese)

- Self-guide brochures are available in English, Spanish, German, French, and Portuguese.

- For children, the Museum offers a printed "Tour and Activity Guide for Kids"

*The H. M. Flagler & Co. Museum Store* is located on the first floor of Whitehall and is open during General Admission hours. Visitors will find unique gifts, jewelry, home decor, food items, and Museum mementos as well as an excellent selection of books that focus on Gilded Age topics and Florida history. A Children's Corner also offers diverse, award-winning titles for all ages. Museum store staff are available to assist shoppers with questions and purchases. The Flagler Museum's **Railcar 91 Tea Room** offers two refreshment options to visitors: a seasonal Gilded Age-style Tea Service and a casual option called PICNIC. Click here to learn more about refreshments.

**Visitor Guidelines:**

- Please refrain from eating and drinking while touring the Museum.

- Large bags/purses and backpacks are not permitted.
- Strollers and car seat-style baby carriers are not permitted.

- Storage of personal items is not available at the Museum. It is recommended personal items be stowed in your locked vehicle before entering the Museum.

- Photography and videography: Visitors are permitted to snap photos as personal keepsakes everywhere except for some special exhibitions. Flash photography, tripods, or any camera support equipment are not permitted. Formal or informal photography for personal projects or to mark personal occasions is not permitted (this includes portrait sessions, engagement, birthday and graduation photography).

**Accessibility:**

The Henry Morrison Flagler Museum welcomes all visitors. Accessible parking is located near the Museum entrance, and visitors using mobility devices and aids may gain access to Whitehall through the Museum's accessible entrance located on the south side of the property. In an effort to make the entire property accessible, permanent ramps and an elevator have been installed. Wheelchair-accessible restrooms are located on the first floor of Whitehall and in the Flagler Kenan Pavilion. Additional accessibility considerations include self-directed audio guides, written brochures in multiple languages, Docent-led tours that utilize a group guide system for amplification, and a smartphone app (Bluetooth enabled). In addition, a closed caption video is playing outside of Railcar No. 91, as an option for visitors who cannot safely board Railcar No. 91.

Service animals are always welcomed; depending on the visitor's needs, service animals may be carried or outfitted with a harness or leash.

Free parking is available in the Museum's parking lot during Museum Hours only. Entrances are located on Coconut Row as well as on Whitehall Way.

As always, we suggest you go online or call to get the latest information on activities and pricing. You will love the time you spend at the Flagler Museum.



# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Canasta 12:30PM Singles Club 4PM	<b>2</b> Water Aerobics 8:35AM Craft Class 1PM Ladies 8-Ball 6:30PM	<b>3</b> Water Aerobics 8:35AM Chair Exercise 10AM	<b>4</b> Water Aerobics 8:35AM Craft Class 1PM	<b>5</b> Water Aerobics 8:35AM
<b>6</b>	<b>7</b> Water Aerobics 8:35AM Craft Class 1PM Meditation 4PM	<b>8</b> Water Aerobics 8:35AM Tai Chi 11:30AM Canasta 12:30PM	<b>9</b> Water Aerobics 8:35AM Condo 1 Breezeline 9AM Craft Class 1PM Condo 1 Breezeline 2PM Ladies 8-Ball 6:30PM	<b>10</b> Water Aerobics 8:35AM Condo 1 Breezeline 9AM Chair Exercise 10AM Condo 1 Breezeline 2PM Laughter Yoga 4PM	<b>11</b> Water Aerobics 8:35AM Condo 1 Breezeline 9AM Craft Class 1PM Condo 1 Breezeline 2PM	<b>12</b> Water Aerobics 8:35AM
<b>13</b>	<b>14</b> Water Aerobics 8:35AM Craft Class 1PM Meditation 4PM	<b>15</b> Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Canasta 12:30PM	<b>16</b> Water Aerobics 8:35AM Craft Class 1PM Longterm Care 2PM Ladies 8-Ball 6:30PM	<b>17</b> Water Aerobics 8:35AM Chair Exercise 10AM Laughter Yoga 4PM	<b>18</b> Water Aerobics 8:35AM Healthy Expo 10AM Craft Class 1PM	<b>19</b> Water Aerobics 8:35AM
<b>20</b>	<b>21</b> Water Aerobics 8:35AM Craft Class 1PM Meditation 4PM	<b>22</b> Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Canasta 12:30PM	<b>23</b> Water Aerobics 8:35AM Craft Class 1PM Ladies 8-Ball 6:30PM	<b>24</b> Water Aerobics 8:35AM Chair Exercise 10AM Laughter Yoga 4PM	<b>25</b> Water Aerobics 8:35AM Craft Class 1PM	<b>26</b> Water Aerobics 8:35AM
<b>27</b>	<b>28</b> Water Aerobics 8:35AM Craft Class 1PM Meditation 4PM	<b>29</b> Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Canasta 12:30PM	<b>30</b> Water Aerobics 8:35AM Craft Class 1PM Medicare 101 2PM Ladies 8-Ball 6:30PM	<b>31</b> Water Aerobics 8:35AM Chair Exercise 10AM Laughter Yoga 4PM		
		<b>Notes:</b>				

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