

PALM GREENS PULSE

NOVEMBER 2024

DELRAY BEACH, FLORIDA

HAPPY THANKSGIVING TO ALL PALM GREENERS!
Here is how the holiday is celebrated in other countries:

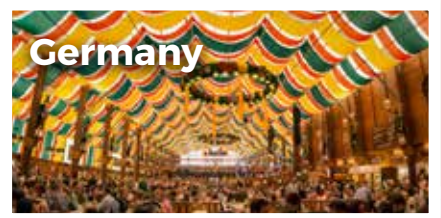
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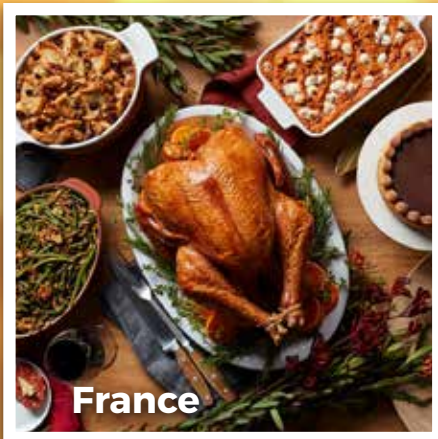
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Palm Greens Pulse

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V.P./Managing Editor
Mel Clapman



Production Manager
Beth Villanova

Officer

Mel Clapman, Vice-President

Directors

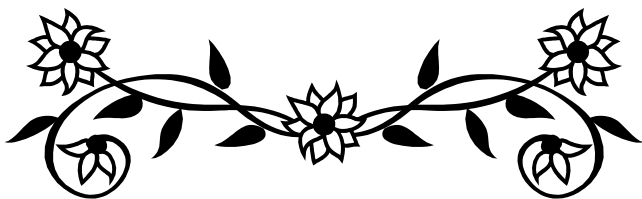
Beth Villanova

DISCLAIMER

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

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

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



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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Delray Trails

Movie Review

Nobody Asked Me But...

We Care

November Calendar of Events

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CONDO 1

by Madeline Welsing



A **Long-Term Planning** initiative was introduced by the Condo One Board of Directors at the September meeting. As we move into the development of a committee who can propose, assist and track all new targets the board plans for community development and/or upgrades, this LTP committee will provide the financials, timelines and updates to the community at each board meeting. The board has identified the following for the LTP committee to assist with:

A WELL that will replace using water from the canal to irrigate our landscaping.

LANDSCAPING - where the plan is for a moderate reconstruction throughout the property over a three-year period.

PAINTING of our buildings and **ROOF** replacement and repair.

This is just the beginning of the initiatives for Long Term Planning. Every project, big and/or small, regardless of the financials or timelines, should be contained in this plan for so many reasons...history being one! It is our hope that it will be embraced and utilized as many more ideas continue to be added to the list that can only enhance and grow our community. If you are interested in serving on the LTP committee, please email your resume to Board@palmgreenscondo1.com

Another initiative we want to address is **Working Together** with other board members (from Recreation to Condo 2) for creative, tactical and financial benefits that will serve all of us in Palm Greens.

Communication is a key factor in the success of any organization and this board and hopefully the boards to follow will embrace this very important aspect of community.

This is a perfect time for me to thank each and every member of this current board for their commitment, communication and support of all that each of us individually and collectively bring to one another. Let us all continue this process always.

VETERANS DAY EVENT

Once again, you are invited to honor our heroes this Veterans Day! Please mark your calendars for Monday, November 11, at 10 am in our Ballroom. This event is a chance for us to come together as a community to recognize and celebrate the sacrifices made by our veterans.

This year Eleanor Horowitz has been instrumental in securing a speaker for us. We will have the privilege to welcome Bill Pallan, a Vietnam Army Veteran, as our guest speaker. Mr. Pallan will share his personal experiences from the Vietnam war, providing us with a profound insight into the life of a veteran.

Eleanor has also been instrumental in finding a Color Guard for us this year. The Color Guard are high school students from Atlantic Community High School, Jr. ROTC. The students will be present to lead us in the Pledge of Allegiance, adding a special touch to our ceremony. We would like to extend our gratitude to Lt. Col. James Rodriguez for facilitating the participation of the students.

Let us now take a moment to express our heartfelt gratitude to Eleanor Horowitz for her unwavering dedication to our Palm Greens Veterans. Her tireless efforts on a "yearly basis" celebrating our heroes are indeed commendable. Eleanor's commitment has created a vibrant community spirit, making sure that our Veterans feel valued and appreciated. It's her passion that brings us together each year by reminding us of the importance of recognizing our very own Palm Greens heroes. We look forward to seeing you on Veterans Day!

Refreshments will be provided by the Recreation Association.



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ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



Welcome to November, and hopefully the end to this crazy hurricane season! Wishing all our Palm Greens family a happy, healthy and loving Thanksgiving. As we did last month, due to so many new Palm Greeners who may not be aware of the Alliance, this is **The Alliance of Delray Mission Statement** and it's designed 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. Refreshments are served. The meeting starts at 9:30am and ends by 11am.

Our president, Dr. Lori Vinikoor, started the meeting promptly at 9:30 and introduced our speakers.

Ms. Cabrera is on the Board of the Florida Housing Coalition both local and regional. The "Live Local Act" speaks about funding for mixed used housing, middle market, property tax exemptions, affordable housing, homeless funding, structure for aging in place, housing for adults with disabilities, using publicly owned land for affordable housing, housing for our Hometown Heroes, firemen, policemen, teachers. Another major situation is

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THE FOUR SEASONS CLUB

by Eleanor Horowitz



The Palm Greens season has officially started.

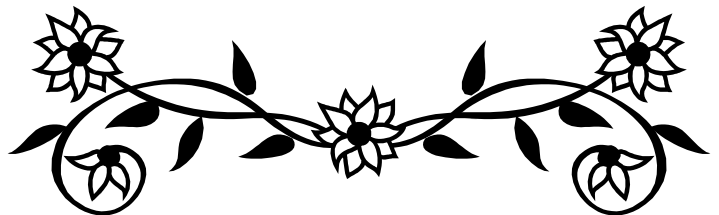
Our friends and neighbors are arriving, and the Four Seasons activities have already begun. We have just now had a repeat of our beautiful, scary and fun Halloween party. The costumes were both beautiful and clever!! The decorations were a delight, the centerpieces by Pauline Brandt were outstanding and the music by DJ John Jay was enjoyed by all!

November 20th will be our **MUSICAL BINGO**. Lots of fun remembering all the songs we enjoyed while growing up. There definitely will be singing at the tables and there might even be some dancing in the aisles. Prizes will be given to the winners. Will you be a winner?

December 13th will be **LATIN NIGHT**. This festive evening will be brought to you jointly by The Four Seasons Club and The Women's Club. The special entertainment will be by Catabella and the event will be catered by La Paella Chef.

More special events will be presented after the New Year. Remember dues are \$20 per person and are due by January 1st. If you pay your dues now, they will go through to 2025.

Interested in participating with the Four Seasons Club? Then join our committee and help to plan more of our special programs.



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FROM THE MANAGING EDITOR

by Mel Clapman



By the time this November issue is out, we should be starting up our new season. That means keeping an eye out for the start of the tennis rotation. Stop by the tennis office and sign up. We think you will enjoy it. And don't forget to take advantage of our tennis pro, Jim Boardman, who will be here for lessons and racquet stringing.

It's nice to see Delray Trails up and running and we want the residents to feel welcome to contact us if you are interested in joining our staff. **I am looking for someone who would like to eventually become the managing editor of The Pulse.** You should be a fluent writer, have experience in publishing a newspaper, or brochure, or flyer, and understand what it takes to publish this publication for the seven months from October to April, as well as work with our printer. I can be reached at 347-645-7671.

How lucky were we during the hurricane that decimated the west coast in September? Yes, we caught heavy rain and winds, but escaped the kind of damage we saw on Sanibel Island, Fort Meyers, Naples and other towns in that area.

Do you know that Palm Greens has Pickle Ball courts? There are two and they are located right alongside the satellite pool in Condo 2. Check it out, about 9am, during the week and weekends.

As we go through the season, the Women's Club and the Four Seasons will be hosting events from November through May. More details will be available in each month's Pulse and will be featured in the weekly E-Blasts as well as in the Pulse's Monthly Events Calendar.

For those of us who were here during the summer, there were a variety of events and activities offered, among which was a Podiatry Lecture and a Long-Term Care Educational Workshop.

With the start of the new season, here are some updates.

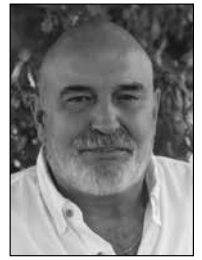
Men's 9 Ball League - starting November 4, Every Monday Night at 7pm. If you're a good player and are interested in joining the league, please contact Bill Arthur (516-375-4638) and let him know (cut-off is 9/30/24) if you want to join the league.

Men's 9 Ball - (Open to Non-League Players) -

(continued on page 20)

CAR CARE

by Jorge Goyanes



ROAD TRIP/ROADCHECK

Some things to check on your vehicle if you are taking a trip.

TIRES: Really the most important part of the car and one of the most neglected. If the treadwear bars that are built into the tires are showing, it's time to replace them. You can use a penny to check the tread depth. Stick Abe's head down into the tread and if you can see the top of his head, you need new tires. Do not forget to shop around and get at least two quotes.

BRAKES: The second most important part of your car. Also neglected. You would be surprised at how many people bring in the car for a brake check and are shocked when they need to replace the rotors or drums because they waited too long to bring it in. The most common refrain I hear is "but it just started grinding yesterday" by then sister you are metal on metal and are causing damage beyond a regular brake job.

BELTS AND HOSES: Both made out of rubber, so a visual and tactile inspection is recommended. Any of those go bad on the road and you are stuck right there and then.

FLUIDS: Make sure the following are topped off with clean, radiator coolant/antifreeze, brake fluid, power steering fluid, windshield washer fluid and transmission fluid.

WIPER BLADES: Easy to check, most shops and auto part stores do not charge labor to replace them.

POWER OUTLETS: Something you would not think of fifteen years ago but with today's electronic gizmos, toys and cell phones make sure you check them before you leave by plugging in your cell phone and making sure the outlet has power. That way the grandkids can plug in their toys on the trip and not drive you insane.

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TENNIS COMMITTEE

by Mark Melnick

As our snowbirds migrate south to Palm Greens, the recreation campus is beginning to become more active. We are looking forward to another busy and *fun* winter season.

The Tennis Rotation program began at the end of October. All of our previously registered players should have received an email with a new registration form, along with a copy of the Tennis Committee 2024/25 rules. Please return your registration forms to the tennis office when you arrive back to Palm Greens so that you can be included into the Rotation Program. The registration fee is the same as the last several years. Your \$30 fee registers you for the rotation program as well as making you eligible to participate in our events, tournaments, and competitive teams. If you haven't received an email or if you wish to be added to our email list, please send an email with your contact info to us at ttnscenter@gmail.com. You can also come down to the tennis office most mornings for information and to register.

For those residents who are unfamiliar with Palm Greens tennis, our rotation program runs from November until May. On Mondays, Wednesdays, and Fridays you will be assigned to play on a court with players of similar abilities. We will try to honor your time preferences as well as days of play based on court availability. Please place your 1st and 2nd choices for rotation times on your registration forms. You can make changes in playing days or times whenever necessary by filling out the change rotation sheet in the office. Our tennis players are friendly and helpful. You will have the opportunity to meet lots of new friends.

The Tennis Committee will be meeting in early November to discuss events for the season. Of course, our famous pizza/tennis events will continue as well as our "4 Pro Event" and we will be scheduling additional programs as well. Last season's return of our Spring Gala was a huge success and more information about the Spring '25 Gala will be sent out to all registered players.

Once again, the Palm Beach Senior League has organized early. Our teams are already signed up and rosters will be set up in the next few weeks. All team players must also be registered with the tennis committee



WOMEN'S CLUB

by Steffi Carmel
and
Roberta Minerva



We made it through the October weather and cannot believe it's November. Just looking forward to girls having fun.

We have events planned for the season at the clubhouse and off the premises. Our membership drive has started and everyone should be receiving a membership form in the mail. The calendar will be enclosed with your membership form. You will also be able to pick up these forms at the clubhouse. Look for the E blast email every week for information on our events.

There are quite a few events already planned. The Meet and Greet Wine and Cheese party, our fabulous New Year's Brunch will return and we have a "Breakfast at Tiffany's" Tea on Valentine's Day. There will also be a Fab Fashion Show luncheon. We will be doing a Latin Night event with the Four Seasons Club. At this time, we are looking into other events for you.

We can't wait to have all the women together and enjoy the 2024-25 season. Here's hoping that next year we have a new clubhouse that will bring our communities together, adding new friends to our Palm Greens family. Hope to see you soon.



911 CALLS

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

(continued on page 20)

TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



Exchange and change in doubles. Most of tennis is about Exchange. What is this? Anytime you are warming up or just rallying the ball back and forth you are exchanging. Exchanging is very important in a match where you have never played your opponents before. Balls are exchanged just to see how your opponent's handle them, testing their strengths and weaknesses. Usually when you are on the baseline, you are in *the exchange*. What is the greatest mistake made in *the exchange* in doubles? The #1 mistake is trying to win the point and #2 mistake is making an unforced error. What you are waiting for in *the exchange* is an unforced error from your opponents. Next, you are looking for *the change*. This is typically the short ball. Either you hit short on purpose or by accident or your opponent does. *The change* is when you typically go for it or win the point. When you see your partner in *the change* you are also in the change. You can apply this information to volleys. When you are being attacked or receive a difficult shot at the net, see this as an exchange. Just try to get the ball back and restart the point. However, if you are at the net and receive an easy high easy ball. This is *the change*. Be aggressive and go for the point. You cannot serve continuous aces or hit constant winners off your serve returns. Group these shots as *exchanges*. It is very difficult to win a match when your partner constantly tries to hit winners from the baseline or makes unforced errors. Remember, every time you are warming up or practicing you are exchanging. When the match starts don't forget this. Quit overhitting and overtrying in a match.

The toughest game is the mind game; it's you against you. Good luck.

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

COMPUTER CORNER

by Enio Cordoba



Zoomin' Around On Your Computer

After Helene & Milton I re-wrote the article to introduce a topic that might bring a sense of calm and relief to those affected. A free cross platform program known as Zoom allows people to communicate like we once imagined in the Jetsons. Though phone apps such as Face-time, Whats App, Facebook Messenger can do many of the features, Zoom does them all in one. It also works on your iPad or phone. In a nutshell, after you install Zoom, you adjust your audio and camera settings. I do recommend using headphones and camera for best audio. What is different is you schedule or create a "meeting" which will give you a code to invite friends. You can send that code via message, or e-mail to as many people as you wish. Once you commence your meeting, your invites knock upon arrival and you let them in. The one thing that newbies struggle with is understanding that when you first enter a room you are muted until you click on your microphone in the app. At first appearance, you could have done this quicker on a phone but hang on. The ability to talk with the kids, multiple adults, is the simplest feature but here is where Zoom shines. Through its "whiteboard" feature, Zoom allows you to present documents, draw a map and even play Pictionary or Charades with a group. Imagine mom and dad are 3000 miles away, super busy and they need a babysitter for half an hour. You can read the grandkids a story, share family pictures, or even watch a movie with them. The kids can draw you pictures on their whiteboard, demonstrate their new dance move, or sing you a song. (BTW you can mute them without them knowing as long as you keep smiling). Let's say you have a family decision to make regarding a repair to your house. Bring in the contractor, view his proposals, review his contract, have him show you damage he may have discovered. You can then mute him and discuss pros and cons without him hearing your conversation. Don't like the idea of getting up and having to purty up for a Yoga class, my wife uses Zoom to teach her class to folks all over the USA. Some keep their camera off, others turn it on for teacher feedback. Having trouble with a recipe and need advice from Aunt Tilly? Have her watch you and tell you about her secret way of

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GET A GRIP

by Terryl Jones



Grip strength is not just about a firm handshake or the ability to open jars, it is a reflection of our overall health and fitness and can be an indicator of how well we are aging. Research suggests that those with a better grip live longer. The Long Life Study followed over 500 women for about five years and found that those with the stronger grip had the lowest mortality risk by any cause. Our grip strength is associated with our total body strength. Beginning around age 50 our muscle mass begins to decline and our grip is a good marker of our overall body strength. Maintaining our muscle mass (including grip strength) is important for mobility and longevity. In addition, due to the connection between physical fitness and cognition, improved hand grip strength has been linked to improved cognitive abilities in older adults.

A sudden loss of hand grip can be a sign of more serious problems like diabetes, heart disease, or high blood pressure and should be brought up to a doctor. A grip that gradually weakens over time is more about muscle loss and is something that we can address. It is important to note that handgrip is not just about strength. The strength of a handshake can indicate heart health and can also predict the likelihood of post-surgical complications and recovery time. Hand grip strength is associated with enhanced bone mineral density, the ability to fight off infection, and the ability to bounce back from diseases. A weak grip can indicate a weaker immune system, whereas improving grip strength can slow the decline in our immune system and make us more likely to survive disease. Our hands are extensions of our neck, shoulders, and spine and can be connected to overall posture, so improving our grip can improve our posture. It can also reduce our risk of falls and fractures by minimizing the impact or catching ourselves by grasping nearby support.

Here are a couple of simple exercises that you can try:

***Ball Squeeze** - Get a ball, a tennis ball is fine. Squeeze it as hard as you can 10 to 15 times. Rest for a minute and repeat two more times.

***Horizontal Towel Twist** - Get a small towel and fold it so it is just a bit wider than your two hands. Hold the towel in front of you, horizontal to the floor, hands side

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POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

Over the five-plus years we've been sending you to points of interests, we have heard from a good number of residents who were very complimentary about the trips they took, based on the information we gave them. Thank you.

One of the reasons for our success was we tried very hard to keep the locations as local as possible and the cost down.

Now, my challenge is sending you to places that require more driving and cost a bit more...BUT I promise you it will be worth the time and expense. So, here we go.

The Everglades Holiday Park Airboat Tours and Rides. Located in Fort Lauderdale, this world-famous airboat ride and alligator park is a top attraction for locals and visitors alike. It's perfect for kids and adults of all ages. The tour offers viewings of wild alligators and Native birds as well as a live alligator show featuring the Gator Boys Alligator Rescue team in their world-famous Gator Pit. You'll even get an opportunity to hold a baby alligator! With miles of wetlands and mangrove tunnels, you'll journey deep into the Florida Everglades, zipping across the "River of Grass" at top speeds with an expert airboat tour guide. Their fleet of custom airboats is spacious, safe, offers comfort, and covered protection from all weather conditions. You will have a front-row view of this incredible world, locking eyes with an American alligator and snapping amazing pictures.

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(continued on page 21)



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LET'S GO FOR A STROLL: WAYS TO ENHANCE YOUR WALK!

We see lots of our residents out walking from early morning until the end of the day.

So we thought it would be a good idea if we threw in some helpful hints that could help you add energy and power to your walk, while helping you get to where you're going with ease.

YOUR HEAD – If you tilt your head down, it causes your shoulders to roll forward, preventing you from breathing deeply. So, look straight ahead – about 10 feet – with your chin lifted. Try to keep your ears lined up with your shoulders to prevent you from leaning to forward or backward.

YOUR SHOULDERS – Gently roll your shoulders upward, then back, then down, and keep them there. You

want your shoulder blades to nearly touch each other at the middle of your back, which will prevent slouching and reduce tension on the upper back and neck.

ARMS – Keep your arms bent at 30-40 degree angles, close to your rib cage. Swing them forward and backward in a motion that's in line with your body. This will keep your energy high and affect your steadiness in a positive way.

FEET – Your heels are designed to absorb the shock of each step as you stride forward. With every step, land on your heel, roll forward onto the ball of your foot, then push off with your toes. This movement will leave your legs and feet less tired and help minimize blisters.



DOING THE HOME LAUNDRY: A WHOLE NEW BALLGAME!!

While we don't usually get into cooking and home cleaning articles, here are some ideas you might benefit from. *Five update concepts to think about:*

DON'T OVERLOAD – Because washers have become wider, deeper and taller, you don't have to stuff your entire wardrobe into the drum. Check the washer's operating manual...the recommended load size might be smaller than you think.

SKIP THE SOFTENER – Some experts say liquid fabric softener or dryer sheets could do more harm than good. While most people like soft clothes, they can leave a layer of residue. Try using dryer balls, which are typically made of wool, and can prevent laundry from "clumping" together.

THINK ABOUT COLD WATER – Hot water doesn't have super cleaning power and can cause stains to set in. Consumer Reports tested stain removal at various temperatures and found cooler water to be more effective.

HEADS UP ON ATHLETIC WEAR – If you're a workout person, try adding oxygen bleach to loads containing athletic wear. Also known as sodium percarbonate, these products help remove sweat stains.

CAREFUL WITH THE DETERGENT – The newer washers can accept high-efficiency detergents. So you don't need more than two tablespoons on a full load. If you use too much, the excess may not fully drain in the rinse cycle, so it resettles in your clothes...along with the dirt.





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DELRAY TRAILS

by Mark Melnick

Delray Trails residents are looking forward to becoming part of the Palm Greens Community. Hopefully this season will bring a happy merging of the communities. Completion of the clubhouse and new amenities are possibly a year away but residents of both DT and PG have begun to meet and form friendships. There are over 200 new homes and villas already sold, just over half. The walking trail that was built offers scenic lakefront views that wander throughout both communities. The entrance to the path is opposite court B1 at the end of Noble Drive. The path goes all the way around the new homes and exits behind the old clubhouse onto Delray Trails Way. If you cross DT Way, you can head under the old golf cart tunnel that goes under Via Delray and the path then continues through the new villas. Residents of both Palm Greens and Delray Trails have access to this great path. Condo 2 residents can enter the path anywhere along the way and have an easy walk or bike ride to the old clubhouse, pool, tennis or shuffleboard courts thereby avoiding the limited parking during the construction.

MOVIE REVIEW

by Mel Clapman

If there are any Nick Nolte fans in the community, you are going to love this movie. It's called "Mulholland Falls" and Nolte is supported by a group of world-class actors, featuring Melanie Griffith, Chazz Palminteri, Treat Williams, Jennifer Connelly and John Malkovich.



Mulholland Falls is a 1996 crime drama about a four-man squad of LAPD detectives, frustrated with the rules and weaknesses of the legal system stopping them from more aggressively battling crime. Led by their squad leader, Lieutenant Maxwell Hoover (Nolte), and his partners, the detectives are brought in to investigate the suspicious death of a young woman whose body was found at a construction site. An examination reveals that every bone in her body is broken and the coroner comments that she looks as though she "jumped off a cliff" even though there are no cliffs nearby. The woman turns out to be someone Hoover knew very well: a prostitute named Allison Pond.

The movie then develops into a story of infidelity, intrigue and betrayal. And the ending will have you thinking about life's twists and turns long after you have finished watching it.

Jeffrey M. Scricca, MD

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NOBODY ASKED ME BUT...

by Mel Clapman

...I'm not lazy. I'm just very relaxed.

...When people tell me, "You're going to regret that in the morning," I sleep until noon.

...I never make the same mistake twice. I make it six or seven times, just to be sure.

...If money doesn't grow on trees, why do banks have branches?

...I'm not lazy. I'm just highly motivated to do nothing.

...When I was a kid my parents moved a lot, but I always found them.

...A lot of people are afraid of heights. Not me, I'm afraid of widths.

ALLIANCE OF DELRAY.. (continued from page 4)

the unhoused population. Public camping and sleeping interferes with businesses but they cannot sue the local communities. We need more conversation and finances to help these people. Many, many people have to sleep in their cars as they have no home. More than we know. A suggestion is to choose a “safe” parking area with security people so that these unfortunate people will have some peace at night as we do. We learned of the very complex housing challenges that Floridians are facing and this group continues to fight for better living conditions for all.

To examine the full Live Local Act, log onto <https://www.flhousing.org/>.

For more Specific information...:<https://www.flhousing.org/wp-content/uoloads/2024/08FHC-Live-Local-Act-Overview-2024.pdf>

Lieutenant John Wink, Palm Beach County Sheriff's Office (PBCS) stressed the importance of NOT leaving anything visible in your car when it is parked. This includes laptops, phones, packages and GUNS. 6 guns were stolen this week alone. Windows will be smashed if anything of value is seen! Also, a new scam. A person in a parking lot approaches you and says that you dropped a \$20 bill which is handed to you. You go to open your bag to check and BOOM! Bag and personals are stolen as there is another person waiting nearby. DO NOT engage or check your bag...just leave quickly! Aldis and Publix parking lots seem to be prime choices for this scam. Police are upping patrols.

Chief Bill Stansbury, of the Palm Beach County Fire Rescue (PBCFR) reminded us to keep food and water handy during this strange hurricane season. Also, flashlights, batteries, battery operated fans, and medical supplies and extra meds. His last comments were that our district had over 3000 emergency calls this month alone. Very active area.

Lori Berman, our State Representative spoke next. Her message is to Get Your Votes In! Very important to vote. This is our voice in decision making! She then spoke about our Housing Crisis. Fraud has been uncovered, run by some insurance agencies. An adjuster will come out, check your damaged property and assess it at \$30,000, however, the estimate comes back to the Insurance company and they adjust it down to \$15,000 sighting various reasons. This is being seriously addressed and investigated. Our government representatives are also requesting a special session to discuss all the condo special assessments. Before filing

a claim, you can check with a public claims adjuster as they could have a more open approach to your insurance claim. Pre-existing damage is the biggest reason for denial of claims.

We posted this last month but worth reposting.

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 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 or call 561-355-2204.

Our next meeting of the Alliance of Delray will be on Wednesday, November 6, 2024. Joe Abruzzo Clerk of the Circuit Court & Comptroller of Palm Beach County will be the moderator. Mr. Abruzzo does a very timely and interesting insight into the workings of this very important agency.

On Wednesday, December 4, 2024 we will have an Insurance panel. The panel will consist of our Insurance Attorneys, Elected Officials including Lori Berman, and Media. The Housing crisis will also be discussed. Join us for both exciting meetings!

The meetings 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!

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



WE CARE

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

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

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

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

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

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

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

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

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FROM THE EDITOR.. *(continued from page 5)*

Starting soon, Thursdays and Saturdays at 1 pm.

Men's Shuffleboard - (Open to Non-League Players)

- Every Monday - Saturday at 9 am

Please contact Bill Arthur (516- 375-4638) and let him know you are interested.

Sports Medicine Lecture - Rescheduled - New Date - November 13, 2pm

Chair Exercise - Year-round (weekly) Thursdays at 10am TV room – Instructor, Terryl Jones. (Standing & chair use, NO floor work. Suggested donation \$8).

Combines Pilates, calisthenics, and yoga to improve strength, flexibility, and balance. The chair is a prop, not a crutch; all movements can be modified to become more or less challenging.

For more information call Terryl Jones at 626-319-9744 (Yoga4Longlife.com).

Upcoming Class Schedule:

Thu, Sep 26, 10am

Thu, Oct 3, - No Class

Thu, Oct 10, 10am

Thu, Oct. 17, 10am

Thu, Oct. 24, 10am

Thu, Oct. 31, 10am

Thu, Nov. 7, 10 am

Thu, Nov. 14, 10 am

Yoga - Year-round (weekly) Tuesdays at 10am TV room - Instructor, Terryl Jones.

(Must be able to get up and down from floor. Suggested donation \$8).

Reduce stress, build resiliency and strength, and improve balance. 60-minute class. Call Terryl Jones at 626-319-9744 and let her know you are interested in coming to the class.

Upcoming Class Schedule:

Tue, Oct 1, 10am

Tues, Oct. 8, No Class

Tue, Oct 15, 10am

Tue, Oct 22, 10am

Tue, Oct 29, 10am

Tue, Nov 5, 10am

Tue, Nov 12, 10am

So, there you have it. And when you think about it, this is what makes Palm Greens the super community we live in. Enjoy!

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

program and are encouraged but not required to play in rotation.

Also note that residents and their guests that aren't part of our rotation program are welcome to use the courts when they are not in use by the rotation program or teams. There are open courts on a first come-first serve basis most afternoons as well as evenings. Guests must be accompanied by a resident. Come down to the tennis courts to check us out and get further information.

Appropriate clay court tennis sneakers must be worn by all players. They must not have deep grooves and should preferably have a herringbone pattern. This is for your safety as well as to prevent damage to our court surfaces. If you aren't sure what is appropriate, stop down to the office and check with our pro Jim, myself, or any of the tennis committee members.

While you are in the office, don't forget to sign up for lessons with our pro, Jim. His reasonably priced lessons and skills clinics are just what we need to get a jump start on the tennis season. When not giving lessons, you'll see him on the courts during rotation play as well as team practice giving support and offering tips for improving your play.

See you on the courts!!

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

making that fabulous entree. Want to make a family wide announcement? Daughter is expecting, engagements, show off a new skill you learned. Though these are just a few ideas, the more you use Zoom, the more you think of new useful ways that Zoom will work for you. One cool feature to note is that your background can be super messy, but Zoom has AI generated backgrounds like a beach or the Golden Gate bridge and nobody will ever know. The only limitation Zoom has is that the free version limits you to 40 minutes per call while the paid version will allow unlimited connection time.



GET A GRIP.. *(continued from page 8)*

by side, palms facing down, then twist as if you were wringing it out, once in each direction counts as one. Do this 10-15 times, rest for a minute, and repeat twice.

*Vertical Towel Twist - Same as the Horizontal version except the towel is placed vertically with one hand above the other.

A lifetime of physical activity contributes to preserved grip strength, but it is not too late if you have found yours diminishing. Strength can be built at any age, even those with diseases such as arthritis can benefit from improving hand strength. If your grip is on the weaker side, focus on getting stronger overall, and your grip will increase. Remember that a strong grip is an indicator of longevity and future independence. Get A Grip and slow down your aging.

POINTS OF INTEREST.. *(continued from page 8)*

well-stocked general store, so you can buy gifts and souvenirs to take your experience home with you.

Don't forget to check in before you go so you have the latest information.



SAFETY TIPS FOR NIGHT DRIVING

Aim your headlights. And make sure they are not blinding oncoming traffic. Wear the right glasses. Use prescription glasses that have an anti-reflective coating, which keeps light from bouncing around inside your lenses.

CONDO 2

by Anthony Digennaro

Welcome back for another season! Here are a few important reminders to ensure everyone enjoys our community:

1. Rules & Regulations: Please adhere to the guidelines set for Palm Greens 2 Condo.

2. Pool Area: No motorized vehicles or bicycles are allowed in the pool area, except for those with mobility challenges. For your safety, diving is not permitted.

3. Speed Limits: Remember that the speed limit on Palm Greens Way is 20 mph. With many residents walking, please drive carefully.

A big thank you to our maintenance staff for their diligent work, especially after the recent hurricanes. Our team has been dedicated to keeping our community looking great.

The office is open five days a week, from 8:00 AM to 4:00 PM, and you can also reach the FirstService Residential hotline at 866-378-1099 for assistance at any time.

Exciting news: our new Clubhouse and Recreation Center is progressing, and we hope to enjoy it by this time next year!

I also want to extend heartfelt thanks to Sandra Klimas for her hard work and dedication as President of the Board of Directors. We wish her well following her resignation due to health reasons.

For our new residents, please visit the office to obtain your parking passes and IDs for the Recreation Center. If you haven't had an orientation yet, feel free to schedule one with the office.

Once again, welcome back! We look forward to a wonderful season ahead.

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November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 Water Aerobics 8:35AM Craft Class 1PM	2 Water Aerobics 8:35AM
3	4 Craft Class 1PM Meditation 4PM	5 PRESIDENTIAL ELECTION Yoga 10AM Tai Chi 11:30AM Canasta 12:30PM Singles Club 4PM	6 Craft Class 1PM Rummikub 4PM Ladies 8-Ball 6:30PM	7 Chair Exercise 10AM Laughter Yoga 4PM Condo 1 Res Mtg 6:30PM	8 Craft Class 1PM	9 Water Aerobics 8:35AM
10 Men's Club 10AM	11 Veterans Day 10AM Craft Class 1PM Meditation 4PM	12 Yoga 10AM Tai Chi 11:30AM Canasta 12:30PM	13 Craft Class 1PM Sports Medicine 2PM Rummikub 4PM Ladies 8-Ball 6:30PM	14 Condo 1 Budget 10AM Chair Exercise 10AM Laughter Yoga 4PM	15 Craft Class 1PM	16
17	18 Craft Class 1PM Meditation 4PM	19 Yoga 10AM Tai Chi 11:30AM Canasta 12:30PM	20 Craft Class 1PM Rummikub 4PM Ladies 8-Ball 6:30PM	21 Chair Exercise 10AM Laughter Yoga 4PM	22 Craft Class 1PM	23
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