



Poinciana Today

APRIL 2021

PRESIDENT'S LETTER

by **PAT SULLIVAN**

As the first order of business, I would like to thank Lou Rodino for his dedication and service to our community. I would also like to thank everyone for their good wishes on my recent election as President of the Poinciana Community Group. I promise to serve this community to the best of my ability.

The Executive Office has been relocated to the former Men's Club Office on the second floor. This move will make it much easier for people to find us.

This month we are preparing to open the Clubhouse. The new flooring has been installed in the gym, CSI office, storage/dressing room, hallway, and locker rooms. A new air conditioning unit that services this area has also been installed. Please read the guidelines for opening safely that appear in this edition.

There is also a survey in this issue that we would like everyone to complete. We hope that your responses will help us make the Clubhouse a place everyone will enjoy visiting.

We are still in the process of finalizing bids and getting the work done on the two walls at the Lake Worth Road entrance.

I have spoken to many people who have had their two vaccine shots or are waiting to get the second one. This is wonderful news.

Let's remember to continue to stay vigilant and follow the recommendations of the CDC. Wear a mask, keep your distance and continue to wash your hands often. Stay safe, everyone, and be well.

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Activities Office Volunteers Needed!

The Clubhouse Activities Office will be open beginning April 5th on Monday, Wednesday, and Friday from 10 am – 12 pm. At the present time we need additional volunteers to work in the office. If you are interested in volunteering, please contact Luanne Utter at 561-308-5466. Thank you for helping!



There have been ongoing complaints about the debris in the canals that run through Poinciana. The Lake Worth Drainage District is responsible for maintaining the canals. As you know, there is power in numbers! We urge everyone to call Michelle Sinclair and ask her when someone is coming out to inspect and clean the canals. She can be reached at 561-819-5560. Thank you!

FROM THE EDITOR

by Joyce Graham

Preparation

"The action or process of making something ready for use of service or of getting ready for some occasion, test, or duty." Merriam Webster

I was thinking about Texas's recent events and how unprepared they were for the freezing weather, the pipes freezing, living without water and heat for several weeks. Who would be? Probably not too many.

Living in Florida, we understand being prepared, especially during hurricane season. Most of us have a supply of candles, batteries, emergency lights, radios, and non-perishable food if we lose electricity. We also have hurricane windows or shutters. When we hear a storm is coming, we stock up on water and gas. We move patio furniture in and batten down the hatches. We're prepared – most of the time. But sometimes you aren't as prepared as you thought you were!

A year ago, on the last day of March, my mother passed away just two months shy of her 95th birthday. It wasn't a surprise – we knew it was coming, and I thought I was prepared. That turned out not to be accurate. I wasn't ready for the amount of paperwork I had to do, the number of boxes of photos, personal items, and records (that I was sure she had cleaned out before she moved to FL 4 years before) I had to go through. I'm still going through some of her things, and I'm not sure when I'll finish! And I thought I was prepared!

This month, many of you will be leaving for your summer homes. In this issue, you'll find an article by Ted Suss on all the things you need to do to prepare your unit for the months you'll be away. The PCG Executive board has begun preparations for opening the Clubhouse, and Pat Sullivan has written a list of guidelines for this month's opening. And finally, there's a Survey for you to fill out about how you use the Clubhouse, Golf Course, and Mel's Way. The returned Surveys will help us prepare for the fall season. Please return them to the Suggestion Box outside the Clubhouse Activities Office. Thank you for taking the time to do this!

FYI - We'll be publishing the Newsletter through June and start again in October.

Be safe. Be kind.

GUIDELINES FOR OPENING THE CLUBHOUSE

We realize that everyone is anxious to return to their "normal" routine. With that end in mind, we would like to begin the re-opening of the Poinciana Community Clubhouse. Below are the guidelines that will allow this to happen while keeping everyone safe.

CARD ROOMS

Card tables will be placed a minimum of 6 feet apart. **DO NOT MOVE THE TABLES.** There will be places between the card tables for you to place your belongings. Please wipe down tables and chairs when finished playing.*

PING PONG

One ping pong table will be set up for play. Please wipe the paddles when finished.*

BILLIARDS

Two people at each table for a total of 4 people in the room at one time. Please wipe cue sticks when finished.*

GYM

There will be yellow tape across some machines. **Please do not remove the tape.** The tape will remind people to keep their distance. There should be no more than **4** people in the gym at one time. Please be considerate of each other. If use becomes an issue, we will have a signup sheet. Please wipe down any machine you use.*

Sit and Stitch

The Terrace Room is reserved for this group on Wednesdays from 1 pm to 3 pm. Please maintain 6 feet of distance between each other. Please wipe the tables and chairs when finished.*

Talk Time

The Hospitality Room is reserved for this group on Tuesdays from 10:30 am -12:30 pm. Please maintain 6 feet of distance between each other. Please wipe the tables and chairs when finished.*

Any other groups interested in getting together, please contact the office, and we will see what accommodations can be made.

Masks must be worn when entering and leaving the Clubhouse. With everyone's cooperation, we can make this a safe opening for everyone.

***All cleaning materials will be provided.**

AMBASSADOR

by The Ladies of the Ambassador

The year is flying by despite Covid! Most of us have had our vaccines. On a sad note, we lost our neighbor Jim Melcher. Our condolences to Judy, Shelly, and the family.

For some of us, we have finally been able to see our family members again. Pat S. spent time with her family in New Jersey and enjoyed watching 10 inches of snowfall. Lynn and Joe had a visit from their daughter-in-law and their grandchildren and spent wonderful hours exploring South Florida with them. Pat E. went on a family vacation to Cancun. Annette has her sister-in-law visiting. Sandi had her son and daughter visit (sans spouses and children) with lots of outdoor eating.

We also took the time to remember our beloved Ronnie with a luncheon down at our pool.

We celebrated St. Patrick's Day with corn beef sandwiches and plenty of blarney!

Better late than never -- welcome back Marlene and Bill! Our snowbirds are slowly going back up north.

With spring coming fast, we want to wish everyone a glorious Easter and Passover. Our wish is that all of our families and friends stay safe and healthy and that Covid becomes a bad memory!

One last thing -Pat S. reminds us to check the newsletter for info on the clubhouse opening this month. Also, please fill out the survey and drop it off in the suggestion box in the lobby.



POINCIANA PLACE CONDOMINIUM 3 Inc. by Ira Beckoff

Welcome to April 2021!

Whoopee, not the April Fools News. If you received both Covid double shots or the single-shot version and 2 weeks have passed since the second shot, you are fully vaccinated and can be maskless around people with equal protection. In public enclosed spaces masks, social distancing, and hand washing are still required.

The A building roof leak into 601A has been repaired. The roofing company discovered more damage than expected on the rest of the roof. Water that seeped under the remaining roof covering has not leaked into the building at this time. Work has halted while the problem is analyzed, and we find the best and most economical way to repair the total roof.

The Lake Worth Water District has marked off the area along the canal that parallels Birdie Drive. They will be removing invasive trees and plants within their right of way that lines the canal and is a safety hazard to flood prevention. When they are finished, we will work on beautification solutions to the property line. If you've taken the time to walk along Birdie Drive (or you are a regular dog-walker), you can see the red-topped stakes that mark the line. The area in front of the stakes is our property. In those areas, there is room to do new landscaping and fill-in openings in the tree line.

Thank you for your help with proper recycling. A little more recycling nagging. Please only recycle items listed on the Yellow Gets, and Blue Gets posters in all recycles room. Used handbags, clothing, metal pots, shoes, slippers, flower vases, plastic drain racks, wire shelving, batteries, electronic equipment, paint cans, etc., go into the large metal dumpster or a charity dropbox. We get a large item bulk pick-up early every Thursday morning. Large items that will not fit into the dumpster should be left outside in an area in front of the elevator control room doors. All three buildings have a similar location. Items can be left outside late Wednesday afternoon or early Thursday morning.

Poinciana Condominium 3 continues top next column

Please follow these rules, so we don't have to look at other people's trash for many days. When in doubt, throw it out – into the dumpster.

Good news, rumor has it that the clubhouse is re-opening as you receive this newsletter. We are as excited as all of you to see the community group clubhouse's return of activities and events.

Our Poinciana 3 pool has been open during the pandemic. We thank everyone who cooperated and followed all the Covid 19 prevention rules. We hope to see our pool area used for parties and barbeques very soon.

Bye for now - Ira

The Patio Homes by Ruth Ruttkay

Wishing all a Happy Easter and Passover holiday!

I was surprised that nothing was mentioned last month regarding an incident that took place at the Town Homes. A man took his small dog out late at night in the yard to do his business. He didn't have it on a leash. He did have a flashlight and saw a coyote swoop in and take his dog. A search was made of the area, and the dog was not found, not even his collar. Our landscaper told me that there have been coyotes seen in and around the golf course, especially at night. Word of warning-keep your small animals on a leash and be watchful.

As you may know, we received a bid from an electrical contractor for our pool lighting submitted by one of our homeowners. While the bid did come in considerably lower than others, it did not include all the items required in our specifications. To date, we have not received a revised bid, but will forward it out to the community when we do.

Don't forget to check out the website www.poinciana.club. Updates regarding the re-opening of some of the Clubhouse activities will be posted. There are still many events at Mel's Way Bistro and be sure to visit the Golf Club.

Best wishes to all for good health and stay safe!



POINCIANA COMMUNITY GROUP SURVEY

To All Residents:

To better serve the community's needs, please complete the following survey and drop it off in the **Suggestion Box** in the Clubhouse's lobby. Your answers should reflect the time **before** the pandemic. No names are necessary.

Circle or fill in your response.

- 1) Are you a full-time resident? Yes or No
If No, how many months are you here at Poinciana? _____
- 2) Do you play golf? Yes or No
If Yes, do you belong to one of the Poinciana golf groups? Yes or No
- 3) Do you play tennis? Yes or No
If yes, do you belong to the Tennis Club? Yes or No
- 4) How many times a week do you visit the Clubhouse? _____
- 5) Have you ever gone to Mel's Way? Yes or No
If yes, how many times a month do you eat at Mel's? _____
- 6) Have you used the Billiard Room? Yes or No
If so, how often? _____
- 7) Have you played Ping Pong? Yes or No
If yes, how often? _____
- 8) Have you borrowed books from the Library? Yes or No
- 9) Do you use the gym? Yes or No
If yes, how often? _____

Thank you for taking the time to fill out this questionnaire. Results will be published in next month's Newsletter.

Please feel free to provide us with any additional information you think will help us make the Clubhouse more available to our residents.

THANK YOU!

Onyx NAILS

6295 Lake Worth Rd , # 12
(Same plaza as Taco Bell)
(561) 323 - 2396
Onyxnail.net
Onyxnails1@yahoo.com

- * Pedicure (disposable jet)
- * Dazzle dry
- * Dipping (Nexgen)
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- * Paraffin
- * Eyebrow tinting
- * Plexiglass
- * Retractable dividers between pedicure chairs.
- * Disinfected after each customer.

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- MAINTENANCE CHECK UP.....\$79

- Duct sanitize
(up to 7 vents)\$295
- Rotobrush duct clean with interior and viral
whole house treatment
(up to 6 vents) 1000 sq ft..... \$395

*Additional cost from larger units and added
vents will apply

*Emergency restoration service for water leaks

LIC: CAC1815439



BARCLAY BITS

by Ina Baron

We would like to wish those who celebrate Passover a Happy Passover and to those who celebrate Easter a Happy Easter.

Miracle of miracles, our Elevator has survived a refurbishment. It is loaded with bells and whistles and even announces floors. No more creaks, groans, grating noises, and bounces. It took a few days longer than the two weeks announced, but well worth the wait. It was a bit difficult for those who stayed here during the refurbishment. People were running out of food, milk, eggs, etc.

We were lucky. We bagged it to my daughter's condo in Delray for 17 days. We found some interesting restaurants while there. For those who like French Food, La Cigale is top-notch. The menu has wonderful choices, a nice ambience, and friendly, helpful staff. It is a bit pricey but well worth it. For those daring to try something a bit different – Korean Food [also Japanese] there is a wonderful place in Boynton Beach on Congress Avenue called Yami that has Korean BBQ tables and other traditional Korean foods and Sushi.

Poinciana Social Committee

By Russ Donnelly

The Poinciana Social Committee is looking to get up and running again! It's been a long year of silence at our Clubhouse. Presently there are plans to re-open parts of the Clubhouse that have been closed for the past year. We are also, at this time, trying to re-open the entertainment portion that we had in the past under the supervision of the Men's Club.

I am reaching out to the former members of the Men's Club and the Entertainment Committee to assist in getting things up and running.

I would like to hear from Bernie Bluestein, Artie Gordon, George Hoffman, Joe Silva, Frank McElroy, Frank Vozzo, Frank Cyr, Ina Baron, Paul Lipkin, Jim Mckeown, Sid Nelson, and Della Spadafora. Any resident that would like to participate in the planning and serving on various committees is welcome.

We will have Night at the Races this year along with Bingo. Hopefully, we will also have monthly entertainment during the winter season.

You can contact me at rdonn47@yahoo.com. Hope to hear from you!

CARLISLE CHATTER

by Lynn Sands

April is here with the promise of better weather for our friends and relatives up north. Most of our snowbirds have left us to celebrate an early Easter and Passover with their families.

At this time of New Beginnings, we should also be reflective of the past. Despite a difficult year of COVID-19, we have been fortunate to have our friends and neighbors as companions. We have not had to suffer harsh winter snows or the outages in heat and freezing temperatures as in Texas.

The season of New Beginnings will bring us more accessible COVID shots, a normalized lifestyle to include restaurant dining, movies, travel, concerts, lectures, and visitations with family and friends. It is still necessary to protect ourselves with face covering and keeping social distance until all restraints are lifted.

Note that our clubhouse will be reopening in April. All future events will be posted.

Carlisle Social Committee is already planning some fun events starting sometime in the Fall. All events will be posted as usual, near the east and west sides of the building, with signup sheets near the mailboxes.

Carlisle is having a poolside Board Election meeting on Monday, April 19th, at 4 PM. This important meeting requires all owner participation.

Carlisle residents have already received a notice of intent to run for the 2021-2022 board. We are grateful for those that choose to run as Board Members. This important job keeps Carlisle in state compliance. Our Board negotiates contracts, plans budgets, undertakes building and pool maintenance, oversees gardening, lighting, elevators, internet and TV, parking, and so many other necessary items in keeping Carlisle well maintained at a reasonable cost.

Kudos to our 2020-2021 Board for undertaking this necessary task.

Have a good Spring and Summer, everyone!

CONDO 1 & 2

**Jamison, Kendall, Lenox, Margate,
Norfolk, Oxford & Princeton.**

by Joy Finer, President

April is here, and we have Great News! WE'RE SO EXCITED our Tuesday Night BBQs have resumed, with a few restrictions. Join us on Tuesday nights at the pool starting at 5:00 pm. Stay as long as you would like, and let's try to get back and enjoy a sense of community. Get to see your neighbors that you haven't in awhile. Bring your own food, beverages, and table service (no BBQ for now). Masks are optional. Please keep CDC guidelines in mind, distancing will be observed.

In the coming weeks, many of our snowbirds will be leaving. We wish them a good trip north and look forward to their return next season. If you are leaving, please prepare your units while you are away:

- 1) Remove all movable objects from patios. Keep in mind a hurricane could turn them into dangerous projectiles that could damage your home or a neighbor's. With hurricane season approaching, close hurricane shutters. Close drapes and blinds. That helps keep strangers from peering in to see what you own and to discover signs you may be away.
- 2) Stop newspaper and mail deliveries. Stacked papers outside or a full the mailbox may attract unwanted attention.
- 3) Air Conditioners. Set your air conditioning to about 80 degrees, enough to keep bills down and prevent mold build-up on walls and carpets. Humidistat. Change the setting to read 60, which will pull the humidity out of the air and protect against mold and mildew.
- 4) Water. We recommend turning off the water to your home. Once done, turn on your sink and bathtub valves to ensure no water comes out and release air pressure within the pipes.
- 5) Keys. Please leave a key with the condo association office in case someone needs to enter your home during an emergency. If you have a trusted neighbor, please leave keys with them and ask to check your unit every few weeks.

**HELP STOP UNNECESSARY REPAIR COSTS
TO YOUR UNIT AND YOUR NEIGHBORS:
Maintain your Condo all year round.**

Condos 1 & 2 continues next column

IN MEMORIAM

Howard Gold - January 2021

Howard will be remembered for his clowning around (as a member of the Shriner Circus), his participation in amateur shows as part of our condominium social programs, and his frequent renditions of the Star-Spangled Banner and God Bless America. Howard and his wife Gloria have been residents in Poinciana for over 21 years. Sincerest condolences to Gloria and family.

Ken Zink – March 2021

Ken served on the Men's Club Board and the Condo 1 & 2 Board for over 10 years. He was our Association treasurer for a few years as well. He was very knowledgeable in many areas of construction and helped with research for many of our projects. He was a good and loving man who touched many of our lives and will sadly be missed. Sincerest condolences to Suzan and family.

Our website has been updated, and all pertinent information, required documents, reports, minutes, and updated information can be found by logging into it at **www.poinciana1and2.com**. All residents are encouraged to join all Board Meetings from Poinciana1 & 2 and our Community Board. These meetings are held virtually for now. Please check your emails and bulletin boards for dates and times.

Our association pool at 3663 Via Poinciana is open from sunrise to sunset only every day. Please sign in and out of the pool each time you are there and do your part to maintain social distancing. At this time, no guests are allowed at the pool. The community pool does allow visitors. Covid-19 restrictions are still in place, and we encourage you to be mindful of wearing masks and social distancing while in common areas. We need to keep our community safe. The staff is doing their best to keep the common areas clean.

If you suspect a violation of our Rules and Regulations, please contact the office by email. Please continue to lock your vehicles and set your alarms. If you see any suspicious behavior, please contact the Sheriff at 911 IMMEDIATELY no matter what time of day.

Please continue to support our Golf Course and Mel's Way Bistro. They are both open and adhering to CDC and Palm Beach County guidelines. The golf course is open every day. They both bring life to our community, and we thank them.

DORCHESTER

by Marilyn Siegel

As this newsletter comes out, it is hoped that everyone's holidays, Passover and Easter, have been happily enjoyed. And now we anticipate Spring and the return of a warm sun and blooming flowers.

The Board has been hard at work on continuing to upgrade the North Elevator. Soon, Dynamic Elevator Company will have changed out all four doors and replaced the elevator's hoist way. Meanwhile, we anticipate the beautifying of the front flower beds by KMR Landscaping. There's also a bit of miscellaneous Spring Cleaning going on around the building. It helps that the trash rooms are cleaner, and the Board thanks those who have paid more attention to how they throw out trash and recycling.

All Dorchester residents need to ensure that their vehicles have their assigned sticker applied to their back, driver's side window. They should be parking in their designated, reserved spaces. Please leave the guest spaces open for visitors and for the contractors who come here to provide needed services.

When I wrote last month's article, I was in a struggle to get an appointment for any one of the available vaccines. Fortunately, I've now had both shots, as have many of the Dorchester residents. It is hoped that the same is true for all of you in our Poinciana community. It's a wonderful thing that we can visit again with our friends and relatives, and to be able to hug and kiss grandchildren which we haven't felt safe to do in a very long time.

Proving that normal life is slowly beginning to return, the Dorchester is planning its first get-together in over a year. It will be out by the pool on April 17th. It's being called an Italian Covered Dish Social. Some precautions will still have to be taken, but this is a welcome change to how our lives have been affected in the past year. Putting together a Social Committee to plan for other monthly poolside events now seems possible and the right thing to do.

It's been exciting to learn that the Poinciana Clubhouse will be open in April, allowing us all to return to a more normal and active lifestyle. Regardless of your favorite activity, we look forward to seeing you there, and maybe afterward, for a bite to eat at Mel's Way Bistro.

ESSEX

by Toni Mirobelli

Spring is here! Daylight Savings Time is back! Vaccinations are happening! It has been a tough year, but it seems as though things might be looking up.

It's also time for Spring cleaning! We have scheduled dryer vent cleaning to begin on Monday, April 12, starting on the roof cleaning the vents.

Here is a reminder of the schedule:

Tuesday, April 13, 4th floor -- access from 9 a.m. till 12 noon

Tuesday, April 13, 3rd floor -- access from 1 p.m. till 4 p.m.

Wednesday, April 14, 2nd floor -- access from 9 a.m. till 12 noon

Wednesday, April 14, 1st floor -- access from 1 p.m. till 4 p.m.

Please be sure the homeowner or someone else you designate has access to your unit during your floor's scheduled time. Cleaning the dryer vents is an essential safety measure for the entire building.

Our parking lot was resurfaced during March. Thank you to the Carlisle, Hamlet, Ambassador, and Margate, who allowed residents to park their cars during the work! You're the best!

We're planning to open the pool to residents and guests soon and get together for our Wednesday night cookouts. Check the bulletin boards for details coming soon!

Happy Easter and Happy Passover to those who celebrate these holidays!

Stay Well and Enjoy Spring!

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Non-Medical Customized Assistance:

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IMPERIAL 8 & 9 by Dorothy Coutsakis

By the time you read this, our car decals will be in full force. YOU MUST HAVE A DECAL ON YOUR CAR TO LEAVE YOUR CAR HERE OVERNIGHT. If a decal is not on your car, you may be stickered or booted. This is for the security of our owners. We need to know who is on our premises. Our handicapped parking spaces are being used by people who need to have access to these spaces. Thank you all for your continued cooperation.

Now for the fun – We have had a very successful BBQ. As a matter of fact, those attending wanted to set up a bi-monthly BBQ. We are happy to announce we will be doing the BBQ every other Tuesday. Our BBQs for March/April are March 17th, 31st, and April 14th and 28th between 5:00 pm and 7:00 pm. Once we got over the rough part of “who knows how to work the grill,” it was great. The smell of all the steaks, burgers, and hotdogs permeated the area. We now have the grill ready to go for our next BBQ. We welcome all our owners and their guests.

Just a reminder, the BBQ grill and equipment are owned by the Association. It does not belong to any one group. The equipment is for the owners of PPCAIV only.

We are still working on putting together other events for all of us to enjoy and get to know our neighbors. It was very heartening to see such a crowd at the BBQ, and we look forward to planning more events. Suggestions are welcome.

Please be considerate of your neighbors and keep the pool area/bathrooms/grills clean. We recently have had some damage to the pool bathrooms and want to remind all owners that this is your home. Please ask your guests to respect our property.

Our pool had to be closed down for a few days to do the necessary repairs due to leaks. Brian worked diligently to have us up and running as quickly as possible. The Board would like to thank Brian for all his hard work on a daily basis. He is our unsung hero!

Imperial continues top of next column

We are very happy with the offers of help that have come pouring in from our owners to assist in the office. There is a tremendous amount of filing, etc., that must be done. The Board is working very hard to complete all of the everyday things that need to be done to keep us in tip-top shape. We are happy to be a part of this community and work with our neighbors. Please remember we are human and do have lives outside of the Board. If you need to reach us, please do so by going on our website (poincianaplace4.com) or leaving us a note in the mailbox in the room next to the office.

Tony locovangelo has spent most of his time here in our office trying to get everyone the decals for their cars. He has organized and put together decals for guests, second cars, etc. He deserves a thank you from us all.

We are still working on the website, email access, and systems to benefit all our owners.

Some of you may be leaving shortly for your summer homes, and you will be missed. We are planning events for the summer months for those of us who live here all year round.

Stay safe, stay healthy and please follow the CDC advice regarding the Coronavirus: Get enough sleep, eat healthily, wash your hands diligently (sing Happy Birthday twice to get all the germs). If you are feeling ill at all, please do not attend any crowded functions.

Have a great month.



DID YOU KNOW?

The letter "e" is the most commonly used letter in the English and French languages.

Back in 1939, American author Ernest Vincent Wright published "Gadsby", a 50,000 word novel that did not use the letter "e" once!

POINCIANA SPECIAL

**BUY A \$50 GIFT CARD
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PROMO GIFT CARDS
CANNOT BE USED ON HOLIDAYS
OR SPECIAL EVENTS

Mel's Way
Bistro
Poinciana Country Club

OPEN TO THE PUBLIC-FOLLOWING ALL CDC GUIDELINES TO
KEEP YOU AND OUR STAFF SAFE -MASKS ARE REQUIRED
RESERVATIONS REQUIRED AT BAR & RESTAURANT
\$20 MIN PP REQUIRED AFTER 5PM

HAPPY HOUR

**TUES-SAT
12PM-6PM
\$4 HOUSE WINES &
HOUSE MIX DRINKS
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KARAOKE night
5-8pm
With Ray the DJ
\$4 house wines



Wednesday

Fish fry & shrimp dinner
\$14.95 w/ fries & slaw
Dance to the music
By LOLA 5-8pm
\$5 martini menu



**Thursday
Ladies Night**

\$3 beers \$4 wine \$4 house cocktails
Crabcake Dinner \$21
Dance to music by: 5-8pm
April 1 at Leiza Michaels
April 8th Street Lovers
April 15th Blue Rose
April 22nd Leiza Michaels
April 29th Latin Night
w/ Oscar 5-8pm

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**HOURS OF OPERATION
MONDAY & SUNDAY CLOSED
TUES-THURS 12PM-8PM
FRI & SAT 12PM-10PM
\$20 MIN PP REQUIRED**

EASTER BRUNCH MENU

APRIL 4TH 2021

RESERVATIONS STARTING AT 11AM

LAST RESERVATION 3PM

\$28PP plus tax and svc chg

Kids under 10 \$15.95

No beverages or alcohol included

DEVEILED EGGS

CHOICE OF STARTER

Strawberry Salad

Spinach, goat cheese, dried cranberries, fresh strawberries, creamy orange dressing

Smoked Salmon Crostini

Toasted French bread with dill cream cheese, nova and capers

Shrimp Cocktail

Spinach Feta Quiche

CHOICE OF ENTRÉE

SLICED HAM

With eggs benedict and roasted sweet potatoes

SLOW ROASTED PRIME RIB

With horseradish sauce, aujus Sauteed green beans and roasted sweet potatoes

ROASTED LEG OF LAMB

Sliced served with an apple walnut cranberry chutney

Sauteed green beans and roasted sweet potatoes

CHICKEN CORDON BLEU

Stuffed with prosciutto and swiss Topped with a light demi glaze

Sauteed green beans and roasted sweet potatoes

CHOICE OF DESSERT

Warm Apple cinnamon tart

With vanilla ice cream and caramel sauce

Cranberry Bread pudding

With vanilla ice cream

Mixed Berries and peach cup

With whipped cream

MOLTEN CHOCOLATE CAKE

Coffee or hot tea

WEEKEND DINNER AND DANCING

FRI & SAT 6-9PM

POINCIANA PLACE TOWNHOMES by Michael Reardon

I had a conversation with one of our community members the other day about her concerns regarding the security of her home and our neighborhood. I assured her that there was very little crime in our community. She pointed out that she was not getting any younger, and she was alone now. She felt vulnerable.

I hadn't really thought much about the Association's role in helping members feel safe and secure in our community until this conversation. Homeowner security is not included in our Association's charter. There is little the Association can do to protect our members from crime. The only thing that I could think of that the Association currently does to provide some security is maintaining our lollipop lights.

Yet feeling safe and secure becomes more and more important as we get older. The one thing that we all share is that we are over the age of 55, and most of us are way older than 55! According to the National Crime Prevention Council, the most common crime against seniors is identity theft. Criminals know that people over the age of 65 are more susceptible to fraud and con games than younger people. They warn to be especially careful with giving any personal information over the phone. Phone and internet scams are becoming more and more sophisticated and fool people of any age but can be particularly harmful to seniors.

Although there is little evidence of theft or attacks in our community, there are some commonsense steps that all of us can take to make our homes more secure:

- Install good locks on doors and windows. Use Them! Don't hide keys in mailboxes or under doormats. Instead, leave an extra set of keys with a neighbor or friend.
- Ask for photo identification from service or delivery people before letting them in. If you are the least bit worried, call the company to verify.
- Be sure your street address number is large, clear of obstruction, and well-lighted so police and emergency personnel can find your home quickly.

Poinciana Place Townhomes continues next column

- Consider a home alarm system that provides emergency monitoring for burglary, fire, and medical emergencies.
- Consider putting up lights or cameras at your entrances.

Perhaps the most effective way to make our community safer is to get to know our neighbors better. Let's watch out for each other. Swap keys with a neighbor you trust. Alert neighbors to anything that seems out of place. Call the police if you sense a crime may be happening. Consider forming a neighborhood watch program.

If you have any suggestions for improving our communities' security, let the Board know. We are all in this together!

Our next Board Meeting will be held on the Zoom platform on April 13th at 7 PM. A link will be sent to all our residents that have given their permission to be contacted via email. If you are not currently receiving email announcements from the Board, you may sign up by going to our website: www.pptha.org and selecting "join our email notification list."

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Prepping Your Condo by Ted Suss

Here are some suggestions for preparing your condo while you are away.

1) Turn off all circuit breakers except for the one (1) for your refrigerator, the two (2) double ones identified as AHU (Air Handling Unit in the outside closet) and ACC (Air Conditioning Condenser on the roof).

2) Set air conditioning thermostat to cool and temperature at 78° to 80°.

A humidistat can be installed for maintaining the proper humidity set at 55% level in the condo.

3) Turn off both main water valves in your outside or inside utility closet. Turn on both hot and cold water faucets in the kitchen and bathrooms and wait for the water dripping to stop; then close all faucets. This relieves pressure in your plumbing system!

4) Turn off the circuit breaker to your hot water heater.

5) Empty refrigerator and clean inside thoroughly and leave at the highest temperature setting.

6) Pour one (1) cup of liquid dishwashing detergent into each lavatory drain and two (2) cups into the kitchen sink drain for the garbage disposal unit.

7) Pour two (2) cups of water into the bottom of the dishwasher. Close the door tightly.

8) Stretch a square of plastic wrap over the drains in the tub and stall shower. Cover the plastic wrap with something heavy to hold it in place.

9) Lift toilet seats and stretch plastic wrap over the toilet bowls so that they are sealed to prevent water evaporation. Then re-cover the bowls with the toilet seat covers.

10) Do not leave any paper or cardboard packages of food around the condo. Food should be in tightly sealed hard-plastic or glass containers to discourage "visitors" from the insect world. Thorough spraying of the condo with a good insecticide is highly recommended before you leave.

11) Lock all windows and patio doors. Pull down shutters on the terrace and install hurricane bars. Close all blinds and drapes to shut out sunlight.

12) Open all bathroom and furniture drawers as well as closet doors for ventilation.

IMPORTANT – someone should be checking your home weekly while you are away!

Hamlet by Russ Donnelly

Well, there isn't too much to tell this month. We finally got our WIFI at the pool area, thanks to Wendy Pearlman, who was finally able to get a firm commitment from Comcast to complete the installation. Wendy has also taken on the task of collecting arrears and, at present, is doing a great job resolving many issues. Thank you again! Comcast has also been busy installing the new fiber optic cables to the building, which should be complete as of this reading.

After a long year of isolation, it was especially nice to have a concert at or pool courtesy of Ralph and Sue Sansolo's grandson with his traveling band Axium Brass. The band performed for over an hour with selections from various composers along with original compositions. It was exceptionally well received by all and a welcome sight to see neighbors enjoying themselves again. Of course, masks and distancing were observed for the most part.

We are also discussing the reopening of the pool to regular hours and reopening our weekly barbeques on Wednesdays. This is being considered for residents because most of us have received two vaccines and are looking forward to moving on.

We want to welcome some new neighbors Hector and Idanla Rodriguez, Unit 206, and Paul and Parita Wilson, Unit 103. Welcome to the Hamlet!

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POINCIANA TENNIS

by Kathy Graves

Most of us by now have had both vaccine shots for covid-19 or have them scheduled. So we are feeling good about ourselves and our play at the courts. We enjoy our tennis and our camaraderie. It's hard to believe that we are already moving into April, and some of our players will soon be leaving us again till next season. As the saying goes, time does fly when you are having a good time.

I thought I would be able to include some interesting information for this issue about the remarkable number of foreign-born players we boast on the team, but we need a little more time to prepare. So hopefully, I will have a very interesting article for the following issue.

Our dear-to-all player and friend, Victor Bonilla from Gramercy, has been struggling with some serious health problems. His recommended surgery was determined to be too risky and not to be undertaken, but he and his wife Carmen are optimistic and up for the challenge with a lot of support from their wonderful family and friends. Our best wishes to Victor and family--we love you.

The weather now is beckoning and inviting for all to come out and exercise. We invite our Poinciana residents to join us at the courts at 8:00 AM on Mondays, Wednesdays, and Fridays.

LADIES GOLF

by Pat Murray



Hello again from Ladies Golf! Although our official season is coming to a close, we will continue to enjoy our Monday and Friday games. Thanks to this year's members for making the league a success. We

hope to have all our members back with us next year. Plans are being made for our end-of-year Par-tee when we will announce our winners. Check back next month to see their names.

POINCIANA PLATES

by Toni Mirobelli

Carrot cake is one of my favorites. It's a tasty, moist, and dense cake and usually made with cream cheese frosting.

AND.....it has a vegetable in it, so it technically counts as a vegetable serving, right? That's what I tell myself!

Try this easy recipe:

CARROT CAKE WITH CREAM CHEESE FROSTING

2 cups all-purpose flour
 2 cups sugar
 2 teaspoons ground cinnamon
 1 teaspoon baking soda
 1/2 teaspoon salt
 3 large eggs, room temperature
 1 1/2 cups vegetable oil
 2 cups finely grated carrots
 1 teaspoon vanilla extract
 1 cup well-drained crushed pineapple
 1 cup sweetened shredded coconut
 1 cup chopped nuts (optional)

In a large bowl, combine the flour, sugar, cinnamon, baking soda, and salt. Add the eggs, oil, carrots, and vanilla; beat until combined.

Stir in pineapple, coconut, and nuts. Pour into a greased 13 x 9-inch baking pan.

Bake at 350° for 50-60 minutes or until a toothpick inserted in the center comes out clean.

When completely cooled, frost with this Cream Cheese frosting:

8 ounces cream cheese, softened
 6 tablespoons butter, softened
 3 cups confectioners sugar
 1 teaspoon vanilla

Add a small amount of additional chopped nuts, if desired.

Beat the cream cheese and butter until creamy, then mix in 1 teaspoon vanilla extract. Mix in the confectioner's sugar one cup at a time until smooth. Frost cake, and you can top with some sprinkled finely chopped nuts if desired

Enjoy!!!



SIT AND STITCH by Joan Needle

Luanne and I canvassed the group, and those who are fully vaccinated were anxious to meet again. Wearing masks and socially distancing, we will be knitting, crocheting, or doing any other needlework of choice, on Wednesdays beginning April 7th at 1:00 PM in the Terrace Room on the second floor of the Clubhouse.

For further information call:
Luanne at (561) 670-2334 or
Joan at (561) 649-8960

Talk Time

Hopefully vaccinated, we plan to meet each Tuesday at 10:30 AM beginning April 6th in the Hospitality Room in the Clubhouse lobby.

Wearing masks and socially distancing, we will discuss local, national and international events. For further information call:

Harvey at (561) 596-6769

Alligators, Coyotes, Oh My!

A few Sundays ago, I watched as three people, strolling on the Golf Course (despite the NO TRESPASSING SIGNS POSTED EVERYWHERE), stopped near the canal, and one of them climbed down to get nearer to the canal. It turns out he was retrieving a golf ball (although he wasn't playing golf). All I could think of was, "Do they know about the alligators?" Do you? There are at least three alligators on the Poinciana property. They are often seen sunning behind the Birdie buildings and the Ambassador. Sometimes they stroll across the golf course. They are also seen in the canals. A call has been made to have the largest one taken off the property but, so far, they haven't come to do so. Please be careful!

Please read Ruth Ruttkay's article from the Patio Homes about a small dog being taken by a coyote. There is a band (yes, that's the correct collective noun) of coyotes living behind Water Management's woods on Pinehurst. They have been seen in the early morning hours on the golf course. Please be careful when you are walking your dogs, especially the small ones, and keep them on a leash!

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FLORIDA FUN FACTS

by THOMAS LEONARD

Our adventurous Poinciana couple is hardly home long enough to do the laundry, and they are already planning an excursion to the North. The next expedition's route isn't finalized, but here is a preview of some of their "must-see" sights.

Cape Canaveral: It was called Cape Kennedy from 1963 to 1973 since the Kennedy Space Center was established on this barrier island. Presently there is a wonderful Visitors Center, guided tours, a museum, a collection of rockets, and, most impressive, The Space Vehicle Assembly Building. It is 525 feet high and encloses eight acres of indoor space. In 1961 Astronaut Alan Shephard with Project Mercury was the first American in space. Many other astronauts would follow him in future years. Did you know about the Corvettes for Astronauts Program? A local Chevrolet dealer, Jim Rothman, established a Lease Program of \$1.00 per year for astronauts. Almost every man leased a Corvette Sting Ray with either a 427 or a 454 cubic inch engine. Remember, these men were all jet fighter pilots and veterans of the Korean War era. They all liked the Fast Life and Fast cars for late-night parties and drag races on the beach. Well, except for John Glen, who leased a station wagon for his family's needs. Perhaps because of his name, Neil Armstrong's 1967 Corvette Sting Ray was auctioned off in 2012 for \$250,000 to Joe Crosby, a Florida specialist in classic car restoration.

St. Augustine: Just a bit further North in St. Augustine is a Spanish Castle, Castillo de San Marcos. It was completed in 1695 and is over 325 years old, constructed entirely of stone masonry. It is today a National Monument and the oldest fortress in the country. The Spanish colonists constructed it as a defense against English pirates. But the British Army made three attacks in 1702, 1728, and 1740 against the fort. Each attempt failed, and the town of St. Augustine was saved from being looted and burnt.

Silver Springs: Our dear friends plan on a brief visit to Silver Springs near Ocala for a ride on the famous Glass-Bottomed Boat. The water from these springs is so pure and clear it allows almost perfect views down into the depths. The actress Doris Day made a movie here, and the swimming scenes for many Tarzan movies were filmed here.

Florida Fun Facts continues top of next column

Sarasota: Well, finally, on their way back to Poinciana, they plan on a visit to the highlight of Sarasota: The Ringling Circus Museum, The Ringling's Mansion, The Museum of Art with it's 31 Galleries and Sculpture Garden and, of course, the beautiful grounds of the Bayfront Gardens. So much not to be missed. The Circus Museum has a 3800 sq. ft. model of a three-ring circus. The visit to all of this may delay them for a few days of their trip. But, why not a stroll on that long beautiful white sand beach with a dip in the warm Gulf waters to relax from the rigors of the trip before going home?

Question: There seems to be a controversy between Mel's patrons over which is the better mixed drink -the Cuban Mojito created at La Bodega in Havana, or the similar regular American Daiquiri? There are so many very important questions in these troubled times. Perhaps we can resolve this question by consulting with Colleen, our well-known expert bartender at Mel's, and order up a couple of rounds and take a vote. What do you think?

But as long as we are here at our Poinciana home in Mel's, let's join our friends for a wonderful Prime Rib dinner and listen to the entertainer's music. Adventurous travel is great, but it's always good to be home again.



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Physical Activity Guidelines for Americans

Now that many of us have had our vaccines, we're ready to get out and moving again. The US Health and Human Services department offers some interesting facts and suggestions about the importance of physical activity for seniors. Below is an excerpt from the guidelines issued by the US Department of Health and Human Services. Prepare to getting moving again! Here are some good reasons to start using our gym!

"Today, about half of all American adults—117 million people—have one or more preventable chronic diseases. Seven of the ten most common chronic diseases are favorably influenced by regular physical activity. Yet nearly 80 percent of adults are not meeting the key guidelines for both aerobic and muscle-strengthening activity, while only about half meet the key guidelines for aerobic physical activity. This lack of physical activity is linked to approximately \$117 billion in annual health care costs and about 10 percent of premature mortality. "

Here are some Key Guidelines for Older Adults

- ◆ Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to vigorous physical activity gain some health benefits.
- ◆ For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- ◆ Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.
- ◆ Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Guidelines just for older adults:

- ◆ As part of their weekly physical activity, older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.
- ◆ Older adults should determine their level of effort for physical activity relative to their level of fitness.
- ◆ Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.
- ◆ When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.
- ◆ When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.

OLDER ADULTS

MOVE YOUR WAY. What's your move?

Physical activity can make daily life better.
When you're active and strong, it's easier to:

- Do everyday tasks, like chores and shopping
- Keep up with the grandkids
- Stay independent as you get older

And it has big health benefits, too.

- ✓ Less pain
- ✓ Better mood
- ✓ Lower risk of many diseases

How much activity do I need?

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.

at least **150 minutes a week**

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2 days a week**

AND

Break it up over the whole week however you want!

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