



Poinciana Today

NOVEMBER 2022

MESSAGE FROM THE PRESIDENT by PAT SULLIVAN

"Thanksgiving is a time for being thankful, a time to create new memories, a time to enjoy the company of friends and family, and a time to give back to those less fortunate. When asked if my cup is half full or half empty, my only response is that I am thankful to have a cup." Sam Lefkowitz

I am thankful for many things: family and friends, of course, but also this community I live in and all its good people, Monday night cookouts with neighbors, and finally, the end of summer with its suffocating heat.

The three bathrooms on the first floor in the Clubhouse are finally finished. New chairs for the Poinciana Room are being ordered. I think everyone will be happy with the results. Everyone who has signed up for the four shows will be happy and comfortable.

I want to ask the Presidents to assign someone to pick up the fliers that are in the mailboxes outside the Activity office. Every month Mel's Way has a flier for all the events they are having, and right now, there are fliers about not walking on the golf course and the fact that there is NO VOTING on November 8 at the Clubhouse this year.

The Shredding Event will take place on Monday, November 7, in the parking lot of the Clubhouse. Remember, no paper clips, but staples are acceptable.

We had to reschedule the free concert sponsored by First Atlantic. Caribbean Vibes will now take place on Sunday, November 20, at 2:00 in the Poinciana Room.

Best wishes to all for a wonderful Thanksgiving.

POINCIANA COMMUNITY GROUP 2022 BOARD OF DIRECTORS

Officers:

President – Pat Sullivan
Vice President – Ted Suss
Treasurer – Russ Donnelly

Directors:

Michael Appel
Annette Remer Bluestein
Jim Donnelly
Joy Finer
Jack Gale
Gail Hoffmann
Karen Kmiec
Bruce Lapidus
Jim McKeown
Delia Pena
Michael Reardon
Barbara Renna
Ruth Ruttkay
Phyllis Stacy
Miriam Valdes
Allan Zinn

Newsletter Email:

Email: PCGNewsletter20@gmail.com
Editor: Joyce M Graham
To receive this newsletter electronically,
please send an email to:
PCGNewsletter20@gmail.com
with the word "**Subscribe**" in the Subject line.

PCG Clubhouse

Clubhouse Email: pcgclub@comcast.net
Clubhouse Telephone: 561-439-4733
Website: www.Poinciana.club

INDEX OF ADVERTISERS

Absolute Best Insurance	29
CAC Air Conditioning	31
Caribbean Vibes (Sponsored Humana)	7
Craig The Handyman	3
Carlos Dantena	15
Debra Weisz	31
First Atlantic Healthcare Lectures	19
Florida First Senior Care	27
Florida Kool Air	28
Geri Brackman – Realtor	32
Handyman Services	10
Health Fair	12
Hear Again America	13
Iris Silver -- Realtor	25
J & R Restoration	30
Linda Barnaby – Realtor	11
LINDSEY'S CAFÉ	15
Luxury Realty South Florida	26
Marjorie Mendez – Realtor	14
Mel's Way Bistro	17
Nova	11
Palm Beach Dermatology	12
PCG Bingo	19
PCG Showtime	8
PCG At The Movies	28
PCG NIGHT AT THE RACES	10
Tomatoes Pizzeria	12
Ultra Air Conditioning	20

**FROM THE EDITOR****by Joyce Graham**

"You're always one decision away from a totally different life." Kaylie Buchheit

Well, here I am in my new house in New Jersey – having made many more than one decision. Some of the hardest decisions were about what to take, what to get rid of, what to give away, and what to leave behind in the condo.

The decision to move was easy. It was time to come back to the family. Where to live was easy, too, because I knew where I wanted to be – close to family – do you see a theme here? Buying a house turned out to be easy. I purchased a new home over the phone, sight unseen, in about twenty minutes. The location was right, the size was right, and it was a new build, so all of that, for me, was easy. Then my condo was sold by word of mouth in two days.

The hard part wasn't even packing – although it isn't for the faint of heart! I had a lot of help, so that made it bearable. It turned out the most challenging part (besides leaving wonderful friends) was deciding what I should take and what to leave behind! I knew I had to downsize. My Florida condo had tons of closets, and I used every space. My new house is smaller and has less storage space, but I do have a storage shed!

Last season I wrote about the Swedish Death Cleanse, and I pretty much went through that process. Going through my belongings, I found that I had to desensitize myself. Yes, I cared about pictures, but many were repetitive, and some I had forgotten who or where they were taken. I got rid of a ton of pictures. I also donated boxes and boxes of books to Faith Farms. I went through all my cookbooks and copied the one or two recipes I always used, and the book went into the donation pile. Clothes were not as easy, nor were shoes, but I knew I was moving to a colder climate and didn't need as many clothes and shoes for the few months of summer. I sold some furniture and rugs that I loved, but I simply don't have the room.

Unpacking has also been a bit of a challenge and another decision-making process. Not because I don't know what boxes contain what (although I'm still looking for my cups) but because I have had to figure out how I want to live in this space. So, I've been here for three weeks. The movers got here two weeks ago. I'm over halfway through the boxes. I confess to putting things in closets and cupboards, knowing they won't remain there. I must live in a space before deciding where to put things.

From The Editor continues top of next page

I am seeing friends and family that I haven't seen in years, and it's wonderful. I'm helping my niece design the nursery for the baby boy arriving in March. I have participated in endless discussions about baby names! I've been buying furniture and still haven't decided about living room furniture. Along the way, I've been offered a job in one of the furniture stores. I decided to say NO, although I was very tempted!

This month, I advise you to start making decisions about your possessions. Get rid of things that you no longer use or need. Let things go. You'll find you have an incredible feeling of freedom.

If you don't, you will have to leave those decisions to friends or family who don't know the connections you have to your possessions.

Enjoy decision-making!
Have a wonderful Thanksgiving!
Be kind, be safe.



CARLISLE CHATTER by Lynn Sands

November is here and our snowbirds will be arriving monthly. The Social Committee has been planning special events for the 2023 season. This December's event is a Pizza Party at Poolside. The signup sheet will be posted near the mailboxes shortly. As always, we hope for a good turnout. January will follow with our Annual New Years' Brunch and Gift Surprise. That signup sheet will be posted in December.

Our roofs are in the construction process and should be completed within the next couple of months. Please remember to move your cars accordingly with the work done on your side of the Carlisle. They can be moved to the guest spots on the opposite side of the building and all guest spots near the Dorchester.

It has been noticed that there are still boxes and other trash in our garbage rooms. Cartons should be broken and placed in the outside containers located on both the east and west sides of the building. Glass products should be placed in these bins as well. All vegetation should go in your garbage disposal. The garbage rooms are only for products that don't meet the above criteria. None of us wish to encourage rodents to our property.

Wishing all a Happy Thanksgiving!

THE DORCHESTER by Marilyn Siegel

October has been a relatively quiet month around here. As we suffered little or no effect from Hurricane Ian, we hope your extended family and friends around the state were safe.

Jerry Anne Vitale, an active member of our little community and a past Board President, has decided it's time to move on. We wish her well in her new home. We have also welcomed the new Dorchester residents Mark and Sylvia Woods; Vashti, Ram and Reynold Budhu, and Louise Mathieu and Florine Conze. It is hoped that by the time this article goes to print, they will have attended our pre-Halloween Fried Chicken Dinner so we can all meet new friends.

The near-daily rain has made the completion of the new roof seem to take forever. It was started in late summer and is now on hold due to supply chain problems for exhaust fans and a special concrete. While out of our Board's control, work is hoped to begin again soon. Our parking lot remains filled with roofing materials and rigs, displacing some of our residents from their assigned parking spaces. Fingers are crossed that this is resolved by the time the snowbirds return.

The good news is the North Elevator. After so many delays, repairs, and upgrades, it works! We also had a bit of good news on a unit that has been unoccupied for a few years. It was a reverse mortgage that went into default. It didn't contribute anything good to our building. Now it's being cleaned out, with renovation next on the agenda. The bank that held the mortgage has finally sold it at auction. New residents in that unit, participating in our activities and responsibilities, seem a realistic possibility soon.

A Budget Meeting for next year's finances is expected in November. A date is not currently set, so residents should stay alert to the posted notices and emails.

Wishing everyone continued good health and, most especially, a delicious Thanksgiving.

craig THE HANDYMAN

Don't Sweat It, You Won't Regret It
Just Sit Back, Relax & Make The Call
Honest, Reliable & Dependable Service Guaranteed

Free Estimates

Cell (561) 723-4110 | Office (561) 333-8961
Safety3@bellsouth.net

Insured

The AMBASSADOR

by Patricia Herrera

November is upon us. Can't you feel the chill in the air? Nope, neither can I. But the weather is certainly cooler than in prior months, and for that, I am grateful. Speaking of being grateful, November is the time of year when we give thanks. Thanks for our good health, our friends and family, and most of all, for everything pumpkin spiced. Really, what's with all the pumpkin-spiced products these days? I just don't get it.

This past month some of us hit the road again. Sandi went up to Ocala to visit family. Pat went up to NJ to celebrate Halloween with her family. Annette also headed up to Vero Beach for a visit with friends. Al and I spent a few nights at the Hard Rock Casino to pick up what we left there last time.

Our board members attended a meeting at the clubhouse on October 4th. It addressed a new law about condominium buildings three stories in height or higher. A Building Structural Milestone Inspection by an engineer will need to take place by December 31, 2024. Additionally, a Structural Integrity Reserve Study must be completed within the same time frame. This law was enacted in response to the Surfside tragedy in 2021. More details will be shared at our annual building meeting in January.

On October 7th, an impromptu gathering was held poolside. We shared food, drinks, and lots of stories. A good time was had by all. We look forward to many more gatherings in the coming months. Monday night BBQs will start soon. Please plan on attending, as it's a great way to meet your neighbors. Too bashful to come alone, bring a friend! It's only one dollar per person, and you don't have to cook your food! The grill master will do it for you. Notices will be placed in the elevator and lobby when we're set to resume.

As for milestones, Al and I celebrated 49 years of wedded bliss. However, we were outdone by Shirley and Frank, who marked their 54th anniversary. Tony and Vinny, honorary Ambassador residents, celebrated 36 years of togetherness. Ain't love grand?

Hey neighbors! Guess what? Our dumpster is for household trash only. That does not include furniture. Nor does it include debris from renovations. Large bulk items are to be put out on Tuesday for Wednesday pick-up.

The Ambassador continues top of next column

Please ensure your licensed contractors know they are responsible for removing all debris off our premises. Also, we live on a golf course, not a park. Unless you're playing golf, please stay off the course

This article is for all residents of the Ambassador, not just the people I know. If you have any news or milestones you would like to share, please email me at crabbypady3@gmail.com by the 10th of each month. Thanks, I look forward to hearing from you.

Some of our neighbors are heading back up north to celebrate Thanksgiving with family and friends. Others have family coming in to celebrate. Whether you are away or staying home, I wish you all a very Happy Thanksgiving! With that, I'll leave you with this little gem:

May your stuffing be tasty, may your turkey be plump.

*May your mashed potatoes have nary a lump.
May your yams be delicious, and your pies take the prize.*

And may your Thanksgiving dinner stay off your thighs!

Anonymous



THE GRAMERCY

by Phyllis Elrich

Isn't it great having cooler weather now? Finally, we can celebrate at the pool! We have come through the heat of summer, hurricane threats, and time without our precious friends, the snowbirds. We are excited to welcome them back! This is why we live in Florida. Let's enjoy each day.

The Gramercy is a friendly place where pizza parties last until dark. Delicious smells emanate from the pool area during our potluck dinners and birthday celebrations. Some nights, people just hang around the pool, chat, and laugh together.

If you haven't joined us, please do. Look for the sign-up sheet by the mailboxes where all the needed information will be posted. You can acquire new friends, have card games with friends in the building and wave "Hi," to people you now know.

Look for notices of our Board meetings. Coming to a meeting helps you understand how our condo works. It's a good place to ask questions. It's an excellent place to bring suggestions and work things out. I have learned so much by attending.

Enjoy November. It's a great month here. See you while we are out for a walk!

CONDO 1 & 2

by Joy Finer, President

We are in full swing for the fall and the upcoming holiday season. More and more snowbirds are coming back. Tuesday BBQs/Get-togethers have begun. Please check your bulletin boards for all times and dates. The Social Committee has some fun things planned. It will be great to see everyone this season. Remember to invite any new residents, so they get to know their neighbors.

The painting will begin very shortly on the Oxford buildings. Please be aware of construction areas and be careful while on catwalks and stairwells. Please move your cars when requested for your safety. Please check your bulletin boards for all notices. We thank you for your cooperation while we are in the construction/painting mood.

Our yearly membership meeting will be happening this month. Please check your mailbox area and emails for the date and time. You will be receiving letters containing all information and your PROXY. It is very important to return your signed proxy before the meeting.

You have received your first mailing about our Annual January meeting. We are looking to fill our Board of Directors. All information is in this mailing.

Reminder: Your second payment for the special assessment is due November 15th. These payments must be made on time. Please make the office aware of any changes to your mailing address, emails, phone numbers and that the office has current keys to your condo.

Hints of the Month: All appliances in your condos need regular maintenance. Check all hoses and connections on your washers. Clean all dryer vents after every use. Change your air conditioner filters regularly. Check the hoses for any water buildup. If you have not replaced your toilet wax seals, do so now. Life of these is about ten years. If they leak, they will cause extensive water damage to your unit and your neighbors. Please check the age of your hot water heaters. The life of these is also about ten years. If you leave your condo even for a few days, please shut off your main water valve. This will eliminate unnecessary water leaks and flooding. Just a few minutes a month can extend the life of your appliances and avert any damage to your condo or your neighbors. Please help us keep repair costs down.

Our association pool at 3663 Via Poinciana is open daily from sunrise to sunset. If you are coming to the pool, please consider walking this month. The parking spaces will be very limited in the Oxford lot.

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 Poinciana 1 and 2 and our Community Board. Please check your emails and bulletin boards for details.

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 something, say something. If you see any suspicious behavior, please contact the Sheriff at 911 IMMEDIATELY, no matter what time of day. We are so looking forward to enjoying a great 2022/2023 Season.



Bunco is the second THURSDAY of each month at 7 pm in the Community Room.

Admission Fee is \$5.00. Please bring a small, unwrapped gift for the Loser Bag.

RSVP to Mindy Dorfman 954-778-2212

Voting Reminders

By Annette Remer Bluestein

For those who vote by mail, this November will be the same as we always voted. But, you must make sure AFTER YOU SEAL THE ENVELOPE, YOU SIGN IT AS YOU HAVE ALWAYS SIGNED YOUR NAME.

After this year, the rules will be a little different and you are going to have to register again.

Right now, we don't know what the rules will be BUT YOU WILL HAVE TO REGISTER AGAIN IF YOU VOTE BY MAIL.

DONT FORGET THAT SIGNATURE ON YOUR ENVELOPE THIS NOVEMBER.

Also, remember there will not be voting at the Poinciana Clubhouse this year.

ESSEX

by Toni Mirobelli

Welcome to new Essex residents Carmela Johnson, Thomas DeBernardo and Patricia Wilheim.

Elsewhere in this newsletter, you will read about the Poinciana Holiday Project. If you are able, please participate by donating to benefit our veterans and Meals on Wheels recipients.

Just a reminder that walking on the golf course is not permitted. Quite an investment was made to bring the course to its beautiful state now, and everyone should do their part to keep it in good condition.

Recently empty water bottles were left on the tables at our pool, and food trash and dirty baby diapers were left in the trash can in the ladies room. Please be respectful to your neighbors and take your trash to our trash rooms.

On October 14, an Essex Board meeting was held. Besides the board members, only 4 (of 64) unit owners were present. During the next two years, we are required to undergo a county-mandated building inspection and complete a structural integrity reserve study. These items were discussed at the board meeting. Unless you attend the meetings, you will not know what is happening. In addition to these mandated items, we don't know yet what is happening to the land adjacent to our parking lot, or what an insurance company may require us to do regarding our roof, or when the south elevator may need a major overhaul, or whatever other problem may arise. All these items will affect our budget, and therefore yours. Please check the bulletin boards for meeting notices and plan to attend. If you cannot attend, arrange for a neighbor to take notes for you.

A huge thank-you to Conrad Goulet, who has volunteered to serve on the board. As you know, it's very difficult to find residents who are willing to give their time to do the necessary board work. Conrad is filling the position that Joyce Graham held. This means that this position is up for election this year and the one held by Toni Mirobelli. Please remember to vote during our upcoming board election and support those working to ensure the best for the Essex building.

Remember to vote on Tuesday, November 8.

Happy Thanksgiving to you and your family!

DID YOU KNOW.....

A total lunar eclipse will be visible for much of North America on Tuesday, November 8.

The full eclipse begins at 5:16 am EST, reaching totality at 5:59 am EST.

HAMLET

by Russ Donnelly

Welcome back to another round of snowbirds! We here at the Hamlet are looking forward to a great season.

The first item on the agenda concerns the roofing contract. We are still looking for a contractor. We have heard back from the contractor who did the presentation at the Hamlet. He apologized for the misunderstanding and wanted to continue with the bid. We agreed with the reservation that we would not be charged a 20% increase. If there is an increase, then we will not be interested. Joe Malka is presently awaiting another quote from another contractor.

Also, we have entered into talks with Howard J. Miller Contracting Engineers to conduct required structural inspections, and we are also talking to Association Reserves about our required Reserve Assessment. Hopefully, we can get them done under this year's budget. I will also meet with the PBC Building Department to clarify the additional requirements concerning lifting the Air Conditioning units on our roof. We have a three-foot wall around our roof, and hopefully, we will not have to raise them. This will save us in the neighborhood of \$250,000 if we are not required to lift them to 24" off the roof. It's a work in progress.

The only hick-up in the future lies with the Insurance. I promise that I will do everything possible to avoid another increase in our monthly maintenance.

The Hamlet will have its annual meeting in January 2023. Notices will be arriving in the mail probably this month from the Management Company (CMC). The notice will also include ballots and nomination forms for the upcoming 2023 Board of Directors. The Annual Meeting will again be held at Mel's Way Bistro in the Clubhouse. A light lunch will be served.

In closing, Showcase Tickets can be purchased by calling Russ Donnelly at 561-963-8252. anytime.

SHREDDING EVENT AT POINCIANA CLUBHOUSE

When: Monday, November 7, 2022

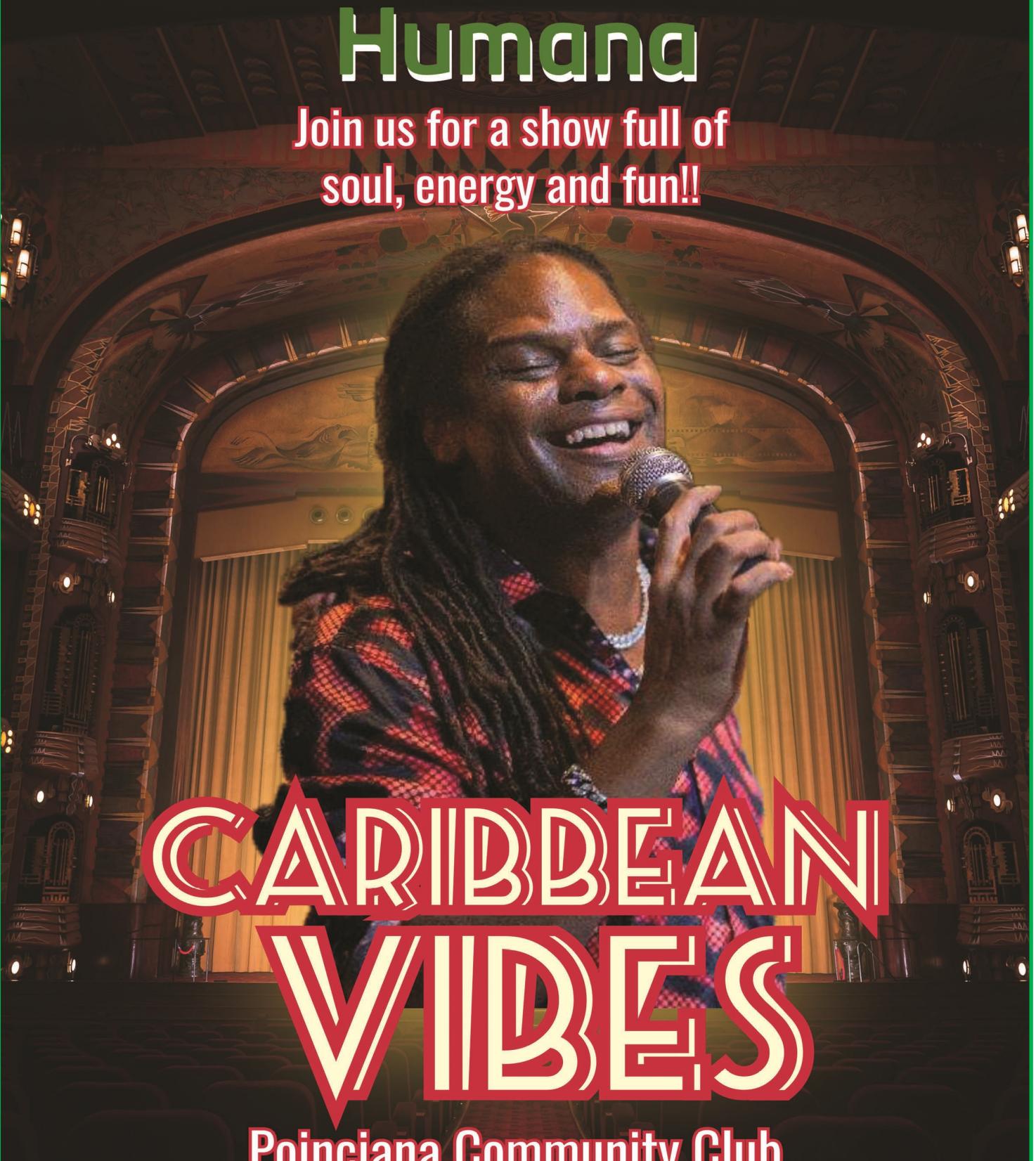
Time: 10am to 11am

Where: Clubhouse Parking Lot

All owners and Associations are invited to Come and have your unwanted paper Shredded for free

Staples are permitted

NO CARDBOARD AND NO PAPER CLIPS



Humana

Join us for a show full of
soul, energy and fun!!

CARIBBEAN VIBES

Poinciana Community Club

3536 Via Poinciana, Lake Worth 33467

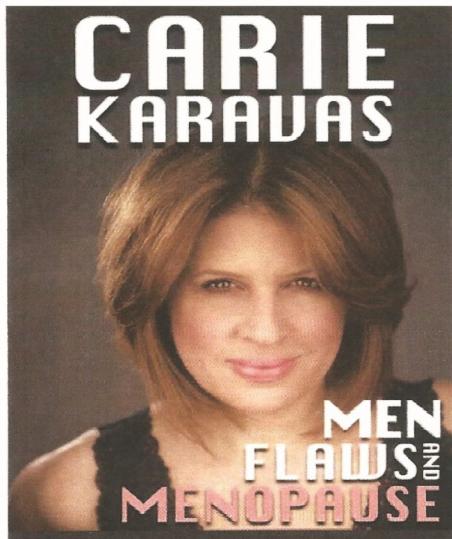
Sunday, November 20 at 2:00 in the Poinciana Room

Showtime Tickets on Sale at the Clubhouse

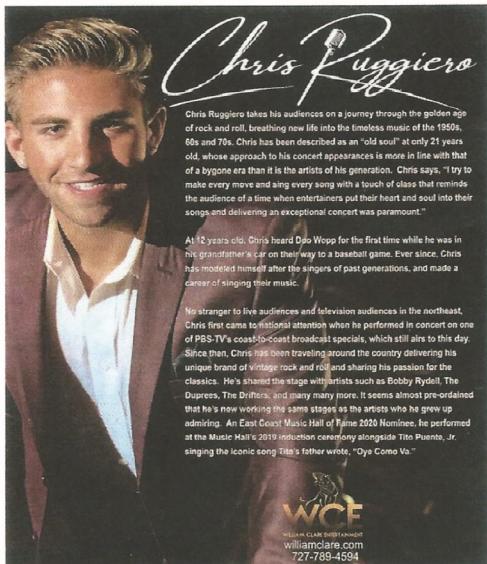
Nov. 5th, Nov. 19th, and Dec. 3rd from 12-2 pm

\$109 for all 4 shows

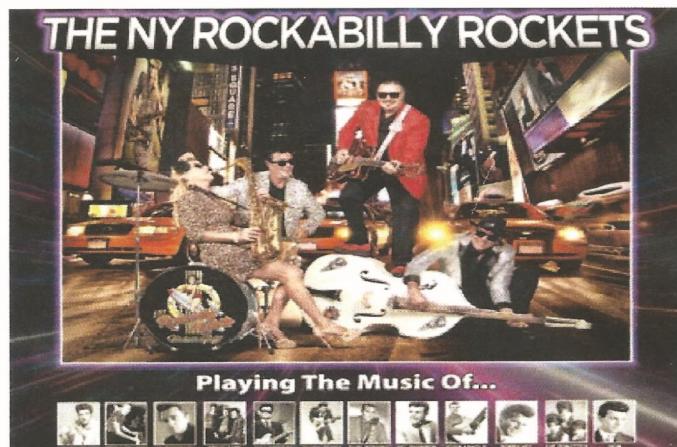
Snowbird Special \$99 for Jan, Feb & March shows



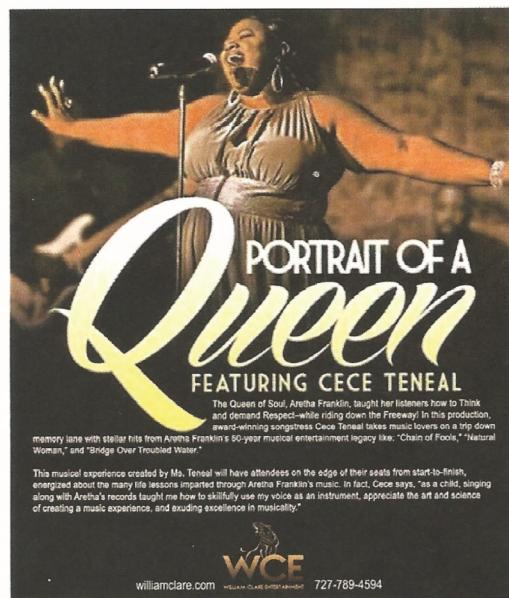
December 11th 7PM



February 19th 7PM



January 15th 7PM



March 12th 7PM

IMPERIAL BUILDINGS 8 & 9

by Michael Appel

Welcome back to all our snowbirds friends and neighbors. We have missed you. As you return, you will notice changes to our buildings. Our buildings have been power washed and painted. The walkways are now different and blend well with the beige paint on the walls. Brian has worked hard to get this done during the hot summer months.

Please welcome Phyllis Pabone to the board as a director. She graciously volunteered to help, and we drafted her.

Connie in Building 9 will collect food items such as cereal and canned goods on Sunday, November 13th and 20th. It's for the foodbank where she volunteers. Her van will be parked in front of building 9 with the back door open for anyone to drop off items. She usually can be found walking her dog along Via Poinciana. Stop and say hello.

One more piece of information is the increase in our insurance coverage. Because so many insurance companies have left Florida, we are limited in who will cover us for insurance. We have submitted all inspections and electrical updates to keep our price down. We are looking at a very hefty increase. Many of you have also seen increases in your personal insurance.

Due to the collapse of the building in Miami, we are now mandated to make improvements to our buildings. Our buildings are approximately forty years old and in need of work. We are working on expansion joints for all six floors in Building 8 and are following the law to employ engineers to supervise the work. All three elevators are mandated to be retrofitted in 2023. We are ready to have this done according to Florida law.

The land across from Building 9 was sold last year. The board has spoken with and sent letters to the planning commission to get the zoning changed. They have approved a one-family home to be built. Our attorney is negotiating with their attorney to protect our pipes. We will keep you updated with any progress.



PATIO HOMES

by Ruth Ruttkay

November looks to be a busy month. Lots of things to think about, Veterans Day, the end of Daylight Saving Time, and don't forget to vote! Of course, there is Thanksgiving - wishing all a Happy Thanksgiving! We have so much to be thankful for. I hope you enjoy the start of what seems like a never-ending holiday season!

Due to some recent resignations from the Board, new members have been appointed:

Mary Anne Pirozzi will remain as President until the January 2024 election. Paul Ferretti will remain as Treasurer until the January 2023 election. Judy Wollins was appointed Secretary until the January 2024 election. Edna Keenan was appointed Vice President until the January 2024 election. John Pierrel was appointed Member at Large until the January 2023 election. We congratulate the newly appointed members and wish them success in the coming year.

If you have any questions or concerns, contact Mary Anne directly at 561-649-8188.

On a very sad note, Gene Graves, a long-time resident (21 Years), passed away this past month. Gene was a veteran serving in the US Air Force. Services at the VA National Cemetery will be held later this month. Condolences to Kathy and the family.



LIBRARY NEWS

By Pat Sullivan

As a reminder, please only take two new books on each visit to the library. This way everyone has an opportunity to read the newest books. You may also put your suggestions for new purchases in the jar on the desk

In the past week I have noticed that some patrons of the library are leaving their returned books on the couches or on the desk outside the lobby office. Please be considerate and return your books to the desk in the library. Thank you.

Happy Thanksgiving.

POINCIANA PLACE CONDOMINIUM 3 A, B and C

by Ira Beckoff

Hello to readers near and far. Welcome to November 2022 at Poinciana A, B, and C on Birdie Drive. South Florida bit the bullet with Hurricane Ian, and so did Poinciana. There was lots of rain and wind but nothing scary or dangerous. The most significant part of hurricane season has passed, but there are no safety guarantees until the season ends on November 30th.

The pool water heating and cooling system have been out of service for at least two weeks. It needs complete refurbishing. Parts and labor will cost at least five thousand dollars. Repairs should be completed by the time you read this. With proper maintenance, this equipment should last for nine or ten years.

Please try to recycle correctly. Only specific items on the posted signs should be in the yellow and blue recycle bins. These are some of the items incorrectly found in the recycle bin: handbags, pictures in frames with or without glass, shower curtains, kitchen drying racks, plastic or metal clothes hangers, shoes, slippers, mirrors, and more. Any glass other than bottles goes into the large metal dumpster. If you are unsure, simply put it into the large metal dumpster. Please don't put unwrapped food into the dumpster. Wrap and seal food waste in tightly tied plastic bags.

Starting this month, more snowbirds are returning, and when they arrive at A, B, and C, they hope to find their parking space available. All parking spaces need to be returned to their real owners. If you have been borrowing a spot while the owner is away from Poinciana 3 it's time to plan to return it. If you know when they will return, move your vehicle in advance. Or you could leave a note under your car's windshield with instructions to contact them. In all my years at Poinciana 3, we have never had to tow an owner's car.

Saving the best till the end is the door painting news. The front doors of all the apartments are being repainted. Your Poinciana 3 friends may have already told you what color was chosen. Most owner comments were positive. I won't tell you the color. It's a welcome home surprise. We also paint the utility closet doors, and door frames glossy white. How many doors are there to paint at Poinciana 3? If you said 144, you are close. Altogether our three buildings have 477 doors - 144 front entry doors, 144 utility closet doors, 15 garbage chute doors, 18 elevator floor

landing doors, and 12 giant garbage room doors. They must be scraped and cleaned before receiving their new paint finish. By the time I write this article, Alex should have completed building A and B's doors. By the time this is printed, entry doors and utility closet doors will be painted or close to it.

I have a request to see if anyone is interested. Please submit information about community social events, birthdays, and resident milestones to print in the newsletter. If you have anything to contribute, email it to me at: imbeck@comcast.net



Night at the Races

SUNDAY, FEBRUARY 26th, 2023 5 P.M.

\$22.00 Ticket Includes: \$22.00

- * Admission and Entry for Door Prizes
- * Wine and Beer
- * Sandwiches , Salads , and Snacks

* Purchase and Name Your Horse \$12.00 each

This includes entry into Private Horse Owners Drawing

WINNING PRIZE \$200.00

Winning Horse Owners Purses Are \$70.00 per Race

OPEN WAGERING ON TEN RACES

Tickets Available at The Front Office

Nov.1st, 2022 off Lobby

For Information Call

Russ Donnelly at 561-963-8252

Poinciana Front Office at 561-439-4733

PLEASE PURCHASE HORSES AS EARLY AS POSSIBLE TO ALLOW
ADEQUATE PROCESSING TIME FOR FILM AND PROGRAMS.



HANDYMAN
SERVICES

Housekeeper
Maintenance

Free Estimates

561-632-0541

Poinciana Place continues top of next column

YOUR NEIGHBORHOOD is MY NEIGHBORHOOD

Resident Since 2004

LINDA BARNABY, Broker Associate / Realtor®

Senior Real Estate Specialist®, Notary Public Services Available

Email: LJBStarRealtor@gmail.com / Website: LindaBarnaby.com

561-967-3131 Cell/Text



Thank you to all who referred your neighbors who wanted to sell and have sold their condo's. I really appreciate your referrals and trust in me.

561-433-9035

NOVA
Air Conditioning
SALES - SERVICE - INSTALLATIONS
COMMERCIAL & RESIDENTIAL

"QUALITY WORK
AT AFFORDABLE
PRICES"

**SERVING THE POINCIANA COMMUNITY FOR
OVER 15 YEARS!**



- TRUSTWORTHY, HONEST & RELIABLE
- SPECIAL YEARLY MAINTENANCE CONTRACTS FOR POINCIANA RESIDENTS
- \$120 A YEAR FOR 2 PREVENTATIVE MAINTENANCE VISITS
- 15% OFF ON REPAIRS & PREFERRED SERVICE
- 100% CUSTOMER SATISFACTION GUARANTEED
- FREE ESTIMATES!

3965 Investment Lane A-8
Riviera Beach, FL 33404

www.novaairfl.com





TOMATOES Pizzeria

641-0200

DELIVERY AVAILABLE AFTER 5:00 P.M.

**5815 Lake Worth Road
Greenacres, Florida**

Monday - Thursday
11:00 A.M. to 8:00 P.M.
Friday - Saturday
11:00 A.M. to 9:00 P.M.
Closed Sundays

No Checks



Poinciana: 3536 Via Poinciana, Lake Worth, FL 33467



Presented By
FirstLantic
HEALTHCARE

Healthy Living Health Expo
Date: Thursday
November 3rd, 2022
Time: 9:30am - 11:30am

HEALTHY

LIVING
Expo

**FREE
Boxed Lunch,**

SUBWAY

**DJ, ENTERTAINMENT
& OVER \$1,000 IN
RAFFLE PRIZES**



On Thursday November 3rd (9:00am - 1:00pm) we will celebrate the Annual National Senior Health & Fitness Day and Expo at Poinciana Clubhouse. We will be offering Free Subway Box Lunches For the first 100 Guests, Healthy activities, Health screenings, Free Raffle Prizes - (\$1,000 in Prizes - Including a Flat Screen TV, Gift Cards, 1 Year YMCA membership and more), DJ & Entertainment and much more.



Palm Beach Dermatology

Welcoming New & Returning Patients to our New location in the Poinciana Professional Plaza



3918 Via Poinciana Dr. Ste 10

Lake Worth, FL 33467

for more information check our website

palmbeachdermatology.com

Peggy O. Hunter MD, Brian Lambert, PA-C, and the friendly staff you've come to know and trust

CALL NOW 561.440.7546(SKIN) To Book Your Appointment

Do You Hear But Not Understand? We Can Help!



HearAgainAmerica
Experience the Joy of Hearing



We Offer No-Obligation Hearing Exams. Plus Get:

- **Hearing Aid check-up.** We service & repair all makes and models.
- **Video ear scan** to ensure it's not ear wax.
- **Tinnitus Management.**
- **30-Day, RISK-FREE trial.**



Hear Again America offers the best hearing aids from the top manufacturers!

oticon **PHONAK** **ReSound GN**
signia **Starkey** **unitron** **WIDEX**

Schedule a Hearing Screening at NO COST TO YOU!



HearAgainAmerica
Experience the Joy of Hearing



13005 Southern Blvd., Suite 131, **Loxahatchee**
3385 Burns Rd., Suite 103, **Palm Beach Gardens**
4320 Forest Hill Blvd, **West Palm Beach**

(561) 430-4436

www.HearAgainAmerica.com

BONUS OFFER

Poinciana Residents Get An Additional 10% OFF on the purchase of a pair of hearing aids!



Federal Employee Program.
Empire BCBS FLP



5 STAR
CUSTOMER RATING

Check us out on
nextdoor



MSHP



MOST INSURANCES ACCEPTED

THE POINCIANA HISTORICAL SOCIETY

Historical Newspaper Excerpts

By LA Glickman

October 7, 1973, Palm Beach Post Advertisement

FIRST COME FIRST SAVE before construction begins. Only 5% of the land will be used for buildings. The article mentions the "Challenger Golf Course," which apparently was the original name. Membership at Poinciana includes pools, a sun deck, saunas, a gym, and a continuous round of activities. Golf and Tennis fees are separate. Prices start at \$21,900.

March 31, 1979, Sun Sentinel

Robert Birenbaum, Developer stated, "Our residents are not buying a place to live; they are buying a lifestyle, and that lifestyle is an active one." The Sales Manager stated, "This community's county club environment is very important to prospective buyers". Director Maurice J. Carlson said, "This place has a minimum of 50 different activities a week". Golf and Tennis are the most popular, but bridge classes are in demand. Other classes are Spanish, sewing, physical fitness, science, ceramics, painting, and dancing. The Palm Beach County Adult Education Staff provides some of the teachers.

Patio Homes is the newest phase, with 63 residences planned. We are 50% completely sold out. Villas offer a maintenance-free adult lifestyle and cost \$60,000 and up.

May 19, 1979, Sun Sentinel

Maurice J. Carlson, Poinciana Activities Director, and Member of the Citizens Advisory Committee for Okeeheelee Park states the park offers residents additional opportunities for activity and adds a buffer against commercial development. Part of the Park will open in 2 years, but full development will take ten years. The article mentions the Challenger Country Club and Paparazzi Restaurants are a multi-million-dollar investment. Chief Executive Robert Birenbaum states the restaurant and banquet hall can hold 400 people. The article further mentions "The Ambassador will be upgraded condos with a price starting at \$50,000.



By Ruth Cassell

By the printing of this newsletter, most of the artists should have returned from their travels and/or their summer retreats. We have been looking to expand the group and our artistic abilities. We've had demonstrations in pouring that was truly fascinating. Unfortunately, we are not set up as a full-time art space and must clean up and take materials with us each session. This forces us to be very organized.

We are a group that shares ideas, paints, and other materials and are always looking for something new. If you are an artist interested in doing your art with like-minded souls, sharing your work, demonstrating a favorite technique, or just wanting to stop by to listen to our jazz or classical music, then by all means, do. You can find us in the community room on Mondays between 1 PM and 2 PM.

Hope to see you soon.

Activity Office Hours

Starting October 3rd the new hours for the lobby office will be:

**MONDAY through FRIDAY
10am to 1pm**

The volunteers can answer questions about activities in the clubhouse, take applications for room rentals, take information regarding key cards and in general help our residents. We want to take this opportunity to thank them for giving their time and sharing information with our neighbors.



Cell: 561-452-4443

mcmendezrealtor@gmail.com

www.marjoriemendez.com

1400 Corporate Center Way
2nd Floor
Wellington, FL 33414

MARJORIE
MENDEZ, PA

REALTOR®
Keller Williams Associate

kwWELLINGTON
KELLERWILLIAMS.

Each Office is Independently
Owned and Operated



CHOOSE FROM OVER 20 GOURMET BURGERS - OR CREATE YOUR OWN



Beer
&
Wine



Dessert
Ice
Cream



BUY 1 DINNER ENTREE
GET 2ND DINNER
50% OFF
w/purchase of 2 fountain
beverages. Dine in only
Discount taken from
equal or lower cost meal.
Excluding beer & wine and
early bird specials. Offers
cannot be combined.
EXPIRES 12/31/22 POINC



10% OFF

YOUR BILL

w/purchase of a fountain
drink per person.
Excludes beer & wine and
early bird specials. Offers
cannot be combined.
EXPIRES 12/31/22 POINC

(NE corner of Jog & Lantana Rds.
Home Depot/Publix Shopping Ctr.)

5776 Jog Road, Lake Worth

561-649-6761



Buy - Sell - Rent

Carlos Datena

TRUSTED REALTOR®

561.319.3189

www.AreaProperties4You.com

email: pbacarlos@yahoo.com



Let me show you how our company can meet or exceed your expectations!

**As a proud Poinciana Owner/Resident I have a vested interest
in our community and the value of our homes. Please
contact me for a free Comparative Market Report.**



Like us on
Facebook



Hablo Español

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 9A—All Body Workout 9:30A—Chair Yoga 10:30A—Current Events 12:30P—Total Body	2 7:30A-Men's Golf 8A - Tennis 9A—Pilates 10A Yoga 1—Sit & Stitch	3 9:30A—Healthy Living Health Expo 2P-Movie "Yesterday"	4 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A—All Body Workout	5 9A—Pilates 10A—Yoga 12 Noon Showtime Ticket Sales	
6	7 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A—Pilates 9A—Pool Class 10A Yoga 1P—Art	8 9A—All Body Workout 9:30A—Chair Yoga 10:30A—Current Events 12:30P—Total Body	9 7:30A-Men's Golf 8A - Tennis 9A—Pilates 10A Yoga 11A—Book Club 1—Sit & Stitch	10 2P-Movie "Marry Me" 7P - Bunco	11 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A—All Body Workout	12 9A—Pilates 10A—Yoga	
13	14 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A—Pilates 9A—Pool Class 10A -Yoga 1P—Art	15 9A—All Body Workout 9:30A—Chair Yoga 10:30A—Current Events 12:30P—Ladies Social Club 12:30P—Total Body	16 7:30A-Men's Golf 8A - Tennis 9A—Pilates 10A Yoga 1P—Sit & Stitch	17 2P—Movie "The Protégé "	18 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A—All Body Workout	19 9A—Pilates 10A—Yoga 12 Noon Showtime Ticket Sales	
20 2P—FREE Concert— "Caribbean Vibes"	21 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A—Pilates 9A—Pool Class 10A Yoga 1P—Art 7P—PCG Board Meeting	22 9A—All Body Workout 9:30A—Chair Yoga 10:30A—Current Events 12:30P—Total Body	23 7:30A-Men's Golf 8A - Tennis 9A—Pilates 10A Yoga 1P—Sit & Stitch	24 Thanksgiving NO Movie	25 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A—All Body Workout	26 9A—Pilates 10A—Yoga	
27	28 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A—Pilates 9A—Pool Class 10A Yoga 1P—Art	29 9A—All Body Workout 9:30A—Chair Yoga 10:30A—Current Events 12:30P—Total Body	30 7:30A-Men's Golf 8A - Tennis 9A—Pilates 10A Yoga 1P—Sit & Stitch	Community Board Meeting Monday, November 21st @7:00 PM Clubhouse Community Room			

Activities Office Hours - Monday-Friday 10AM-1PM & Wed 4-6
Please support your Golf Course & Bistro

HOURS:

TUES-THURS 12PM-8PM
 FRI&SAT 12PM-10PM
 \$20 PP MIN REQUIRED
 ON ENTERTAINMENT NIGHTS

MEL'S WAY Bistro Happy Hour*At Poinciana Country Club*

WWW.MELSWAY.COM
 3536 Via Poinciana Lake worth Fl 33467

561-530-7947

TUES-SAT 12PM-6PM
 \$5 HOUSE WINES
 & HOUSE MIX DRINKS
 \$4 DOMESTIC BEER
 \$10 GOLF MENU TILL 4PM

**Tuesday**

Prime Rib Special
 \$24.95 w/2 sides
 KARAOKE night
 5-8pm
 With Ray the DJ
 \$5 house wines

**Wednesday**

Fish fry & shrimp dinner
 \$18.95 w/ fries & slaw
 Let's Dance To
 Lola 5-8 pm
 \$7 martini menu

**Thursday***Ladies Night*\$4beer \$5wine \$5house cocktails
Crabcake Dinner \$24.95

JOIN US
 THURS NOV 3RD 5-8PM
 TO CELEBRATE NOV
 BIRTHDAYS WITH
*LEIZA
 MICHAELS*

THURS NOV 10TH 5-8PM
 WE ENJOY AN EVENING W/
Donna Dean

LATIN NIGHT
*Learn the Salsa
 And the merengue
 5-6 pm*
w/ JAMIR

EVERY LAST THURS NOV 17TH 5-8 PM
 MERENGUE, SALSA, BACHATA, CHACHA, BOLEROS & MORE!!

Charity & Lunch BINGO
 TUES NOV 8TH & NOV 22ND

\$22 PP INCLUDES LUNCH,5 GAMES OF
 BINGO ,BEVERAGE,TAX AND GRATUITY
 PROCEEDS TO HOSPICE OF PB
 BY POINCIANA COMMUNITY GROUP

Doors open @11 am
 Lunch from 11-1pm

Bingo from 1pm-3 pm

Hospice of pb

Thanksgiving Dinner

Thurs Nov 24th
 Reservation starting 1pm-5pm

CHOICE OF STARTER

CREAM OF SWEET POTATO
 TURKEY AND RICE SOUP
 HOUSE SALAD
 OR CAESAR SALAD

ENTRÉE**SLICED TURKEY BREAST**

Served with turkey gravy

MASHED RED POTATOES, SAUTEED GREEN BEANS
 AND CRANBERRY STUFFING
 Cranberry sauce

CHOICE OF DESSERT

WARM APPLE PUFF
 PUMPKIN TART
 CRANBERRY BREAD PUDDING
 COFFEE OR HOT TEA

NO BEVERAGES OR ALCOHOL INCLUDED
 NO SUBSTITUTIONS OR SHARING ALLOWED
 NO DISCOUNTS

\$32.95 PLUS TAX & GRATUITY
 LIMITED OPEN MENU ALSO AVAILABLE

WEEKEND DINNER & DANCING 6-9 PM

\$20 PP MIN ON ENTERTAINMENT NIGHTS

FRI NOV 4TH JOEY & THE PARADONS

SAT NOV 5TH REMINISCE (SOLD OUT SHOW)

FRI NOV 11TH REMINISCE

SAT NOV 12TH JOHNNY T

FRI NOV 18TH JOEY & THE PARADONS

SAT NOV 19TH JOHNNY L

FRI NOV 25TH BROOKLYN'S BEST

SAT NOV 26TH CRUZIN

POINCIANA PLATES

by Toni Mirobelli

It's Fall, and all we hear is pumpkin spice, pumpkin candles, pumpkin spice lattes, pumpkin pie, pumpkin this, and pumpkin that. But not everyone is a fan of pumpkin! Here is another Fall ingredient in an easy recipe I hope you will enjoy.

EASY APPLE BUTTER PIE

Ingredients:

1½ CUPS APPLE BUTTER (Musselman's is recommended because it is a good consistency.)
12 ounces of evaporated milk
¾ cup sugar
2 eggs
1 teaspoon cinnamon
1 teaspoon vanilla
½ teaspoon allspice
1 9-inch pie shell

DIRECTIONS:

Combine apple butter, milk, and eggs in a bowl and mix well. Add sugar, spices, and vanilla and continue to mix. Pour into the pie shell. Bake in a 400-degree oven for 15 minutes, then reduce heat to 350 degrees and continue baking for 35 to 40 minutes until the center is set.

This pie will have the consistency of a pumpkin pie but, instead, have the wonderful apple butter flavor. Enjoy with a dab of cool whip and a cup of coffee or tea. Happy Thanksgiving and Happy Fall.



SIT AND STITCH

by Joan Needle

We look forward to returning snowbirds as we continue to do personal projects and various items for donation. Some of the latter items are lap robes, blankets for preemie's in incubators, baby booties and chemo caps. On October 12th several women took a field trip to the Resource Depot in West Palm Beach. This location has a variety of craft items for sale which supports some art camps and schools.

We meet each Wednesday from 1 PM to 3 PM in the Terrace Room on the 2nd floor of the Clubhouse. We welcome all new stitchers.

For further information call:

Luanne at (561) 670-2334

Joan at (561) 649-8960

Poinciana Social Committee

by Russ Donnelly

Hello again to the 2022-2023 season. First off, BINGO will resume in December and run through April. The flyers will be posted this month with the dates and times and are here in the newsletter.

Secondly, the annual "Night at the Races" will be back on February 26, 2023. HORSES will go on sale on November 1 in the Lobby Office. Don't hesitate! HORSE purchases are limited to 100 and sell out fast. Thirdly, we will again try to have a LEFT/ RIGHT/CENTER TOURNAMENT on March 22, 2023. Last year there were Covid concerns, and hopefully, we are beyond that this year.

Most importantly, Showcase Tickets will be on sale in the Clubhouse Lobby on Saturdays, November 5th, November 19th, December 3rd. Tickets for the four shows are \$109.00. We have booked four great shows for the 2022-2023 Season. You will not be disappointed.

Our first show is on December 11, featuring a great female comedienne, Carrie Karavas. The opening act is singer Michael McGeehan. The Season portfolio is posted in the Lobby next to the Poinciana Room entrance for general information. Your support and patronage are needed to keep the caliber of entertainment at its highest level.

The Poinciana room has been updated and improved with new carpeting and paint. In closing, if you wish to purchase tickets beforehand, call Russ Donnelly at 561-963-8252. I will be glad to meet you at my residence or in the Clubhouse.



Current Events

by Harvey Grodensky

Last month we had new participants that led to some interesting and diverse opinions. We continue to have lively discussions about current events in our state, nation, and around the world.

We invite Republicans, Democrats, and Independents to join us every Tuesday morning at 10:30 AM in the Card Room on the 2nd floor of the Clubhouse.

For further information call:

Harvey at (561) 596-6769

Linda at (516) 779-4602



COPS by Barbara Crespy

As the Thanksgiving holiday approaches, your COP UNIT is here to remind you to stay vigilant, keep your eyes open, and your doors locked. We are very lucky to live in a relatively safe community. Remember to leave all valuables in your car out of sight. If you are out shopping and return to put things in your trunk, move the car to a new parking spot. Criminals are watching to see who has put packages in the car. Moving the car means they'll think you're leaving the shopping area, good for you!

Our good news is that we will be getting a new COP car! Ours is OLD and has 130,000 plus miles, so a new car is a blessing. Be sure to give us a wave and a thumbs up when you see us on patrol.

Happy Holidays from us all.

Lt. Barbara Crespy. 215-813-7053

Cpt. Jeff Marcus. 321-514-6535

Sgt. Deb Lingenfelter. 561-335-9960

IT'S TIME TO GET OUT AND PLAY GOLF! by Paul Grillo

The golf course is in terrific condition and will continue to improve over the next few weeks. We are now hard at work preparing for the busy season with the snowbirds starting to trickle in. Extensive golf course renovations have been completed this summer including ten new tee boxes, a practice putting green and an entire new number thirteen hole (previous shortest hole on back nine) where we have moved back the green and added thirty-five yards.

With the increased people around, we recommend having a tee time prior to coming, tee time reservations are available www.poincianagc.com or by calling 561-439-4721.

All residents who have not already received a Golf Resident ID card, please stop by the golf shop with a utility bill showing your name and Poinciana address to receive a FREE membership card allowing you to receive a discount on green fees.

If you don't have a set of clubs, NO PROBLEM, we have no charge rental sets available for all Residents of the Poinciana community.

Thank you for your support, we look forward to seeing you on the golf course!

Poinciana Community Group BINGO * BINGO

2022 AND 2023 SCHEDULE

WEDNESDAY, DEC. 14TH, 2022 7 P.M. COMMUNITY ROOM

WEDNESDAY, JAN. 18TH, 2023 7 P.M. COMMUNITY ROOM

WEDNESDAY, FEB. 15TH, 2023 7 P.M. COMMUNITY ROOM

WEDNESDAY, MAR. 15TH, 2023 7 P.M. COMMUNITY ROOM

WEDNESDAY, APR. 5TH, 2023 7 P.M. COMMUNITY ROOM

\$10 4 CARDS \$10

SEVEN GAMES PLUS COVERALL

GUARANTEED, \$15 PAYOFF PER GAME

COVERALL PAYS, GUARANTEED \$150

HALFTIME REFRESHMENTS SERVED

CALL 561-963-8252 FOR ADDITIONAL INFO.

**Join us!
Lecture Series at Poinciana
Terrace Room, 10-11 AM
Light snacks & refreshments served**



November 2022

- 11/2 FPL protection
- 11/4 Visual health
- 11/9 Stretch your dollars
- 11/11 Ten warning signs of dementia
- 11/16 Things to know if you own and are considering selling
- 11/21 When is it time to look for assisted living community? Do you know what to ask?
- 11/30 Ask the doctor
- 12/1 Homecare 101: Who needs it? When you need it, we have the programs for you.

RSVP REQUIRED Text/call 561-345-0817



ULTRA AIR CONDITIONING

(877) 333.0189

REPLACEMENT SYSTEMS

Other Brands Available Upon Request

2 Ton System- (14 Seer) Rheem \$3,675

2.5 Ton System- (14 Seer) Rheem \$3,975

3 Ton System- (14 Seer) Rheem \$4,175

15 & 16 Seer also available upon request

WARRANTIES

10 years complete systems / 1 year first
co Air-handler / 1 year labor on all systems

Includes: Digital thermostat, flood safety device
disconnect box, crane lift, hurricane straps,
armaflex insulation, heater, permit fee, removal
disposal of existing system, and labor

REPAIR DIAGNOSIS.....\$85
MAINTENANCE CHECK UP\$99

Other services available upon request
Ductwork replacement, UV Light installation,
duct cleaning, emergency water leaks
(Prices subject to change without notice)

PLACES

S	C	H	O	O	L	X	E	A	H	S	V	D	Z	K	APARTMENT
Q	U	U	Z	Y	L	S	P	M	I	O	I	Z	M	I	AQUARIUM
C	O	N	D	O	U	A	U	N	A	N	C	O	Y	T	CAMPUS
O	J	G	M	O	R	G	K	P	E	L	T	N	G	N	CASINO
Q	O	G	H	T	S	X	U	R	M	D	L	I	I	A	CHURCH
C	M	Z	M	I	R	U	Q	K	F	A	R	S	K	R	CONDO
X	O	E	M	U	I	R	A	U	Q	A	C	A	D	U	COURTHOUSE
I	N	U	G	N	I	L	L	E	W	D	C	C	G	A	DELI
T	M	C	R	L	I	B	R	A	R	Y	P	H	R	T	DINER
X	U	E	R	T	A	E	H	T	B	N	C	N	Q	S	DWELLING
N	S	D	C	V	H	C	F	L	Z	R	O	E	V	E	GARDEN
U	E	E	Z	X	U	O	B	M	U	L	N	S	P	R	GYM
N	U	L	I	P	Z	A	U	H	A	A	Y	A	F	P	HOUSE
L	M	I	U	Y	V	A	C	S	V	X	R	R	N	X	LIBRARY
K	C	A	R	T	E	C	A	R	E	K	I	A	Y	V	MALL

WORDS CAN GO IN ANY DIRECTION. WORDS CAN SHARE LETTERS AS THEY CROSS OVER EACH OTHER.

FLORIDA FUN FACTS

by Thomas Leonard

SHIP NAMES

Do you or did you once own a boat? If so, did you decide on the name you would have painted on the stern? A casual walk around any marina will quickly show any observer that aside from nautical names, a great preponderance of names are feminine. Who are these ladies so honored to have their names on a nice yacht? I believe it is a little-known fact that both the Coast Guard and the Navy have ships named after long-serving dedicated women who devoted their careers and talents to military service.

In Florida, the Navy has a large deep-water port in Mayport to accommodate large ships and aircraft carriers. The Navy Operations Center is in Miami, and there are large Air Stations in Pensacola, Jacksonville, and Boca Chica Key by Key West. The Coast Guard has large bases on the East Coast in Rivera Beach, Hobe, Miami, Islamorada Key, and Key West. The Coast Guard patrols our coastal waters and the waters around our neighboring Caribbean islands. The Cayman Islands South of Cuba is a favored rest and refueling port of call.

World War II created a need for a woman's auxiliary to assist these services and free up men assigned to sea duty. In 1942 both the Navy's Waves and the Coast Guard's Spars came into active service. These ladies immediately took positions formerly held by men. In 1973, the Waves and the Spars were integrated into the regular Navy and Coast Guard. Women were being accepted into the Officer's ranks. Women were being accepted into the Annapolis Navy Academy. The Coast Guard Academy in Connecticut began accepting applicants. All who graduated moved into the corps of officers. By 1978 all seagoing billets were opened, removing all sex-based and career restrictions. Soon the changes were very apparent. The first female commanding Officer of a ship was a Coast Guard Officer. Today the Coast Guard Cutter STRATTON (WMSL-752) is named after Commander Dorothy Stratton.

Grace Hopper was born in New York City to an academically engaged family who encouraged her interest in engineering. She would graduate from Vassar with degrees in mathematics and physics. Later she received a master's degree in mathematics from Yale. She also earned a Ph.D. from Yale at the age of 27, and she was in the U.S. Navy.

After the war, she was sent to the Computation Lab at Harvard. The first Mark-I computers by IBM were being developed. Grace was off to the races.

Florida Fun Facts continues top of next column

She collaborated in the creation of COBOL, and she insisted on devising and maintaining industry standards for computer language to run on other machines.

Commodore Grace Hopper devoted nearly forty years of indispensable contributions to the computer revolution and its application to naval engineering. Today the guided-missile destroyer USS HOPPER (DDG-70) is on active sea duty.

Poinciana Ladies Social Club By Sandi Wolf Interim President

Our Welcome Back Wine and Cheese event was a great beginning for our new 2022-2023 season. The Fred Astaire dancers put on a beautiful show, and we enjoyed learning a country line dance and the Jerusalema line dance. If only we could remember the steps!

Tuesday, November 15th is our Installation Luncheon. It will be held in the Poinciana Room at 12:30 PM. Dean Richards will entertain us, and the cost is \$25. Barbara Crespy and Annette Bluestein are Chairpersons. Please call Annette for reservations at 561-641-1381. The deadline date is Monday, November 7th. The choice of entrées is a Triple Salad Platter or a Chicken BLT Salad (bacon on the side), lemonade or iced tea, bread and butter and choice of dessert (Vanilla mousse or triple chocolate cake). Please remember to list your tablemates and your choice of entrées on your check.

Tuesday, December 20th will be our Dinner Dance Holiday Party and it will be held in the Poinciana Room at 5:30 PM. "Old Gold" will entertain us, and the cost is \$40. Gail Hoffmann, Phyllis Slavin, Joan DeLuca and Marcia Sarbone are the Chairpersons and please call Phyllis for reservations at 561-642-3342. The cutoff date is Monday, December 12th. The choice of entrées are Prime Rib, Chicken Francese or Blackberry Salmon and for dessert you can choose cheesecake or apple puff pastry. Please remember to write your tablemates and your entrée on your check. Remember that partners, spouses, and guests are welcome.

January 17th will be our fabulous Fashion Show. It will be held in the Poinciana Room at 1 PM. Mindy Dorfman and Myrna Teitelbaum are Chairpersons. More details to follow.

Our plan is to have a Membership Luncheon on February 21st, "High Tea" on March 21st, a Charity Card Party on April 18th, a special trip on May 16th, and a final Card Party on June 20th. We will also continue to offer additional activities on other days if there is interest. So please put us on your calendar!

Finally, I am available for any questions or suggestions. We look forward to a year of great memories. Sandi Wolf (561) 360-3072

LADIES GOLF

By Karen Freeman

The Poinciana Ladies Golf League is set to begin the 2022-2023 season. We look forward to greeting our returning members, and to welcoming new members. For those who are returning, please email Karen Freeman at karenmfreeman@ymail.com to let her know approximately when you will be returning and beginning play. Anyone interested in joining, should contact Karen Freeman at 973-331-9762 or Nancy Scolnick 978-973-2800. The cost is \$40 per league or \$70 for both. Membership checks should be made out to Poinciana Ladies Golf League, Inc.

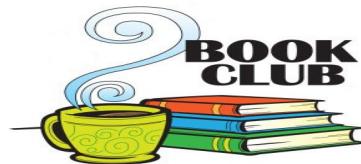
All members will have to join the USGA GHIN so Suzanne Swartz will be able to calculate your Handicap for each game to win prizes. Unfortunately, with the passing of Tom Murray this is the only way we can calculate handicaps fairly. Vinny and Paul Grillo have said because we are the Poinciana Ladies Golf League the price to join the GHIN will be free.

The 9-Hole League will officially begin its season on Monday, November 7, and will run through the end of April. We meet every Monday morning with tee times beginning at 8:00 AM. The 18-hole League officially begins on Friday, November 4. It, too, runs through the end of April, and meets each Friday with tee times beginning at 8:00 AM. The weekly tournaments have been set, and, once again, it should be a fun, challenging season. As always, weekly winners will be determined, and cash prizes will be awarded at the end-of-season awards banquet.

The green fees are the following for the month of November for the 9 Hole League on Monday will be \$25.00. The fees for the 18 Hole League on Friday will be \$36.00. The December fees for the 9 Hole League will be \$27.00 and for the 18 Hole League, \$41.00. Starting on December 26th the fees will be \$29.00 for 9 Holes and \$45.00 for 18 Holes. These fees will be from December 26th through January, February, and March.

Our e-mail notification system, which has worked out well, will continue to be implemented to let each member know her foursome and tee time each week. To each member, be sure to update your contact information on a registration form which can be found in the ladies' locker room. Please make sure I have your email address and phone numbers. Paul will need this for the GHIN.

Weekly signup sheets will now be at the counter as you pay at the pro-shop. The tournament calendar for each league will be posted on the bulletin boards in the locker room. Our Welcome Back Brunch and the Awards Banquet are yet to be determined.



The Happy Bookers

by Sandi Wolf

Thanks to the members who attended our first meeting on Wednesday, October 12th. And, although our meeting venue had to be changed at the last minute, we had an enjoyable time. In the future, we will meet in the Card Room on the second floor of the Clubhouse from 11 AM to 12 PM on the second Wednesday of each month.

Being avid readers, we shared some of our recent (summer) finds, and I thought I would mention some recommendations here. Joyce F. read "Gateway to the Moon" by Mary Morris, a historical fiction novel about Sephardic Jews; an interweaving of two tales - one from 1492 and one from 1990! "Mudbound" by Hillary Jordan - A story about World War II veterans and their families who experience racism from two different perspectives after returning to Mississippi after the war. FYI - a movie based on this book was made in 2017. Pat H. recommended books by Jodi Picoult, and the most recent is "Wish You Were Here," which takes place during the recent pandemic. "19 Minutes" and "The Pact" by Picoult were also great reads! Tom enjoyed reading a classic: "Cards on the Table" by Agatha Christie. Worth the read. Tom tried "Shutter Island" by Dennis Lehane but didn't like it enough to finish. Not all books are worthy! Pat S. recommends "The Good Sister" by Sally Hepworth, a "twisty, dark, psychological thriller." Who knew, Pat! Lastly, I read "Aurora" by David Koepp - a scientific thriller taking place in the near future - a real page-turner - a story that is very possible! The movie is being made now.

Our book for October is "There There" by Tommy Orange. We will discuss this book at our next meeting. Toni Mirobelli has graciously agreed to pick the book for November, and Pat Sullivan will choose the book for December. Thank you for sharing the responsibility. As was stated in the last article, please avail yourself of other ways to read our book selections (e-book, audio, large print, Amazon, etc.) We will do our utmost to provide regular print books if they come in bulk.

Come join us on Wednesday, November 9th at 11 AM in the "Card Room." The more "Bookers" the better!

YOGA AND PILATES

Stronger Body, Calmer Mind

by Shannon Alviar

Did you know that 1 in 4 people over 65 falls annually? Or that falling once doubles your chances of falling again? According to the CDC, "falls are a threat to older adults and can reduce their ability to remain independent." In addition to \$50 BILLION in annual medical costs and 3,000,000+ ER visits per year, falls are the leading cause of:

- Injury-related deaths - over 30,000/year
- Hip Fractures (more than 95%)
- Traumatic Brain Injury

They also account for

- 30% - 51% of patients in rehab facilities.

What can you do?

According to the CDC's STEADI. Program - Stopping Elderly Accidents, Deaths, and Injuries:

- Talk to your doctor
- Have your eyes checked
- Maintain a clutter-free home
- Practice strength and balance exercises

...just like the ones we do here at Poinciana, in our wonderful Pilates, Yoga, and Chair Yoga classes! Our instructor, Shannon, is patient and kind, and she will work with you to tailor the classes to your own pace and ability level. As an added benefit, her classes will leave you feeling calmer, less stressed, and more at ease.

Chair Yoga – Appropriate for all skill and ability levels. Trouble tying your shoes? Want to improve your balance? Got chronic pain? Wrist, Neck, or Low-Back Injuries? This is the class for you! If you think it will be too easy, think again. This class will get your blood pumping, while still being accessible to those of us with mobility issues. Balance exercises in EVERY class!! Tuesdays @ 9:30 AM, starting October 4th. (Friday AM class may be added during season.)

Mat Yoga: Our gentle mat yoga class includes exercises to help improve your balance, strength, and flexibility so you can reach all the way down to the floor and up to the highest cupboard with greater ease. Helps reduce chronic pain! Mondays and Wednesdays at 10 AM, and *Saturdays at 10 AM. *Saturday class moves up 1 hour to 9 AM, starting December 3.

Pilates – This class works everything from your neck to your knees! Our sessions will focus on core strength, balance, precision, and control using a mix of light weights and other inexpensive apparatus, bodyweight exercises, and balance exercises. "In 10 sessions you'll feel the difference, in 20 you'll see the difference, and in 30 you'll have a new body." – Joseph Pilates. Classes

are held Monday and Wednesday at 9 AM, and *Saturdays at 9 AM. *Saturday class moves up 1 hour to 8 AM, starting December 3.

2022 -2023 Schedule:

Monday

9 AM Pilates
10 AM Yoga

Tuesday

9:30 AM Chair Yoga

Wednesday

9 AM Pilates
10 AM Yoga

Friday

2nd Chair Yoga Class - Coming Soon!

**** Saturday times are changing!! ****

9 AM Pilates through November 26 - 8 AM starting 12/3

10 AM Yoga through November 26 -9 AM starting 12/3

ALL classes are \$10 in cash, and discount options are available online. Please see instructor for details. Most classes held in the Poinciana Community Room; Chair Yoga/Balance in the TERRACE Room.

Questions? Call Shannon at 832-715-0146.

FITNESS WORKOUT

Stay in shape with this workout that includes light weights. Participants must bring their own weights and yoga mat. The class is for healthy adults only.

Tuesday and Friday 9 AM

Community Room

\$10.00

To register for this class or for more information call Alexander at: 917-992-8237 or email him at:al22ny@aol.com

Alexander Galvez is the founder of Fitfcus, www.fitfocus.net a Fitness and Health Service network providing Fitness services to clients home, office or gyms.

Alexander, a certified strength and functional trainer under ACE Integrated Fitness Training model.

HOLIDAY PROJECT

by Toni Mirobelli

For the last several years, Poinciana residents have responded in a big way to our Holiday Project. Again, this year, we would like to take on this activity to benefit VETERANS and MEALS ON WHEELS recipients.

Listed below are items that can be very useful to both groups:

- | | |
|-----------------------------------|-----------------------------|
| Batteries, all sizes | LED flashlight |
| Candy, wrapped hard candy | Lotion, hand or body |
| Cookies, pre-packaged | Magnifying glass |
| Cocoa packets | Mints |
| Comb and brush set | New glides for walker/cane |
| Compact umbrella | Notepads, small table size |
| Lip Balm | Pens and mechanical pencils |
| Gel ice packs | Playing cards |
| Granola bars (soft style) | Word Puzzle books |
| Reusable water bottle | Scented hand sanitizer |
| Coffee or tea, individual packets | Shampoo/conditioner (small) |
| Lanyard for eyeglasses | Slipper socks |
| Stamps/envelopes | Stress ball |
| Sunglasses | |



The VA specifically requested the following items:

- | | |
|-------------------------------|-------------------------|
| Backpacks | Insulated hot/cold cups |
| Adult coloring books | Colored pencils/markers |
| Grocery gift cards | Fingernail clipper sets |
| Full-size body wash (no bars) | Deodorant |



Please remember all items must be **NEW**.

There will be a box in the Activity Office to place donations.

If you want to help but prefer not to shop, cash or check donations are welcome, and the project committee will do the shopping. Checks should be made payable to CASH and dropped at the Activity office located in the PCG Clubhouse. The office is open Monday through Friday between 10:00 AM and 1:00 PM. If these hours are not convenient, you may leave the check in a sealed envelope marked HOLIDAY DONATION and put it in Pat Sullivan's Library mailbox located outside the Activity office. We want to collect all items by Wednesday, December 7, so we have time to shop and prepare packages. Thank you in advance for supporting those who could use our help. The VA and the Meals on Wheels group assure us that the gifts are appreciated.



CAN WE TALK REAL ESTATE? YOU ARE MY BUSINESS!

IRIS SILVER, Broker Associate

Dear Poinciana Neighbor,

**I HAVE BEEN SELLING REAL ESTATE IN PALM BEACH COUNTY SINCE
2001! HOW CAN I HELP YOU??**

Poinciana is a very special place but sometimes circumstances call for a move. I am a phone call away to discuss any questions or concerns you may have about the current real estate market. IT'S A GREAT TIME TO SELL while the market is HOT!! Folks continue to move to Palm Beach County and Poinciana has so much to offer!

SAVE \$399

*WHEN YOU LIST
WITH ME and clear
title passes at closing!*

**CALL FOR YOUR FREE
MARKET ANALYSIS**

(561) 635-6192

Email: irissilver167@gmail.com



LUXURY REALTY SOUTH FLORIDA



GARY GRAVES REALTOR
LOKATION®

REAL ESTATE

GARY@LUXURYREALTYSOUTHFLORIDA.COM

AT "LUXURY REALTY SOUTH FLORIDA" WE STRIVE TO CREATE AN EXCEPTIONAL PRESENTATION FOR YOUR PROPERTY. WE ALWAYS IMPLEMENT THE HIGHEST POSSIBLE STANDARDS. THIS WILL INSURE THAT WE CAN OBTAIN THE BEST POSSIBLE OFFER FOR YOUR HOME IN THE SHORTEST AMOUNT OF TIME.

WE UTILIZE:

- OUR UNIQUE PROPERTY SPECIFIC MARKETING PLAN.
- STATE OF THE ART CANON 53MP CAMERAS AND LENSES.
- SPECIALIZED 4K VIDEO EQUIPMENT.
- AWARD WINNING PHOTOGRAPHY.

"EVERY HOME I TOUCH TURNS TO SOLD"

-GARY B. GRAVES

WWW.LUXURYREALTYSOUTHFLORIDA.COM



NOW MAY BE THE BEST TIME TO SELL YOUR HOME!

CALL GARY TODAY

MOBILE **865-484-6688**

LOOKING FOR HIGH QUALITY HOME HEALTH CARE SERVICES?

“CALL MY GRANDSON!”

at



Florida First
SENIOR HOME CARE

561-266-3558

**#1 Caregivers
#1 Customer Service**

We Offer:

- Transferring/Bathing/Toileting/Cooking
- Alzheimer/Dementia Care
- Personal care/Housekeeping
- Errands & transportation
- Live-In/Hourly Care
- Post-rehab or hospital care
- Short term or long term - And much more!



*Brad Jaffe -
Owner of Florida First
Senior Home Care*

*Proudly Serving
Poinciana
Residents*

OPEN 24-HOURS PER-DAY, 7-DAYS A WEEK.

*Accepting
ALL forms of
Long-term Care Insurance
& Private Pay!*



Florida First
SENIOR HOME CARE

LICENSE #: 30211672

561-266-3558
www.floridafirstshc.com

**25% OFF
for Poinciana Residents
Mention this ad**





FREE MOVIES, POPCORN, BOTTLED WATER

Thursdays @2:00 – Poinciana Clubhouse Community Room

November 3rd – "Yesterday"

Musical Comedy starring Himesh Patel & Lily James

November 10th – "Marry Me"

Romantic Comedy starring Jennifer Lopez & Owen Wilson

November 17th – "The Protégé"

Action Thriller starring Michael Keaton & Maggie Q

NO MOVIES ON THANKSGIVING!!!

REFRESH THE AIR YOU BREATHE INSIDE YOUR HOUSE

24/7 AC Repair



- Tune-up **\$39** includes 1 lb. of Freon
- Off Season Special Prices on New A/C System
- Maintenance Plan Agreement
- Pool Heaters • Ultra Violet Bulbs

Air Duct Cleaning

- Unlimited # of Vents per A/C **\$89**
- Filter Replacement Plan
- Dryer Vent Cleaning **\$69**
- Air Duct Seals

Appliances

- Hot Water Heaters
- Garbage Disposals
- Dishwashers

Lic. # CMC 1249345 Ins.

Florida Kool A/C
561-202-4774

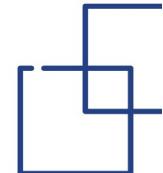
YOUR AIR CONDITIONING AND APPLIANCE CONTRACTOR

561-420-0280 Palm Beach
772-828-2840 St Lucie



ABI
 Absolute Best Insurance

Absolute Best Insurance is your **Local Medicare Resource Center**



We are **family-owned and operated** with over **20 years of experience**.

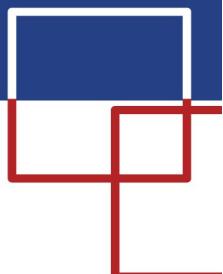
We have **over 50 licensed agents** that are here to serve you!

Our agents speak **English, Creole, Spanish, Portuguese, Italian & Tagalog**.

Medicare Annual Enrollment is Coming

October 15th - December 7th

(Appointments Starting on October 1st)

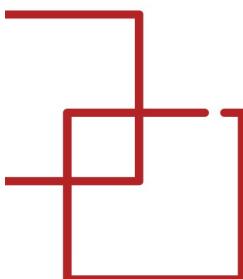


We Offer **No-Cost, No-Obligation Plan Reviews**

In-Home Appointments

Over-the-Phone or Virtual Appointments

In-Office Appointments



**Contracted with most major carriers,
 we offer many plan options:**

Medicare Advantage Plans, HMOs, and PPOs

Medicare Supplements

Stand-Alone Prescription Drug Plans

Dental Plans

Cancer Policies

Major Medical Plans

Three Locations in Palm Beach & St Lucie Counties
 Serving **all of Florida**

3080 S Jog Road, Greenacres

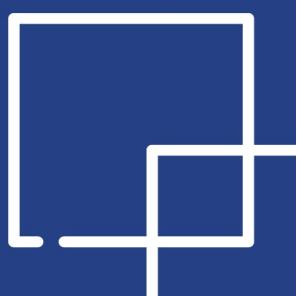
(Buttonwood Plaza, same as Dunkin Donuts & Ci Ci's Pizza)

7000 West Palmetto Road Suite 210-N22, Boca Raton

(Corner of Palmetto and Powerline)

1775 SW Gatlin Blvd Suite 104, Port St Lucie

(Across from Sam's Club) ***Newest Location***





**FREE VISUAL INSPECTION
561-674-2332**



FLOODED?

IICRC CERTIFIED WATER DAMAGE FIRM



Structural Drying



Water Extraction



Moisture/Leak Detection



Roof Leaks

Water Damage?
Where experience counts *the most!*

MOLD DAMAGE?

STATE LICENSED MOLD REM. LIC #MRSR: 1791 & MRSR: 2582



Mold Removal



Mold Testing



Toxic Black Mold Removal

You Pay
\$0*
*We Bill Insurance Directly

Concerned about mold?
Talk to the experts with over
10+ years of experience.

OUR CLIENTS SAY IT BEST



"J&R can't be beat. These guys did a perfect job, were priced reasonably and were total pros. The results were excellent."

– Gerry T.

"J&R and his team were complete professionals. From day one they were easy to communicate with and their follow up was impeccable."

– Thomas F.

"J&R Restoration is truly a company you can trust. They did a fantastic renovation to our home. Their crew consist of highly skilled and respectable professionals."

– Janice T.



CALL: 561-674-2332

24/7 EMERGENCY RESPONSE
Jnrrestoration.com

We Buy Pre-Owned Costume & Vintage Jewelry

**We Come to You
Immediate Cash Payment**

**We welcome your call for a
confidential appointment**

561-429-6898

**Debra A. Weisz
Licensed Throughout Palm Beach County**



CAC YOUR FULL SERVICE
CONTRACT COMPANY
CENTRAL AIR CONDITIONING, INC.



(561) 966-8774
www.central-ac.com

POINCIANA

BASIC PACKAGE COVERAGE

Air Conditioning (including compressor - up to 5 tons)	Included
Heating	Included
Thermostat/Humidistat	Included
Refrigerator	Included
Icemaker	Included
Oven/Range (includes self-cleaning)	Included
Garbage Disposal (replacement - 1/2 HP)	Included
Plumbing & Electric (2 Baths)	Included
Dishwasher	Included
Washer/Dryer	Included
Water Heater (up to 50 gallons)	Included

REPLACEMENT (SEE TERMS AND CONDITIONS)

TOTAL BASIC PACKAGE \$225.00

THE WAY SERVICE WAS MEANT TO BE!
Providing quality service and customer satisfaction Since 1987!!

CAC also sells and installs
New Air Conditioning
Systems,
Hot Water Heaters and more.
Call for a
FREE ESTIMATE

AVAILABLE OPTIONS

Extended Plumbing	\$15.00
Cold Water / Ice Dispenser	\$10.00
Microwave (Built-in)	\$15.00
Each Additional Bath	\$10.00
Freezer (separate)	\$25.00
Replacement Water Heater (each - up to 50 gallons)	\$35.00
Trash Compactor	\$15.00
2nd Refrigerator	\$25.00
Instant Hot	\$15.00
Yearly A/C Check-ups (each)	\$35.00

No Co-Pays

**Unlimited
Service Calls**

No Subcontractors

- ◆ 2 HR. Time Spans for Regular Service Appointments
- ◆ **No All Day Waiting!**

- ◆ 35 Highly Trained Service Technicians
- ◆ On Call 7 Days / 24 Hours a Day
- ◆ Serving the Entire Tri-County Area
- ◆ State Regulated - Licensed & Insured
- ◆ New Fully Stocked Vans Equipped with Satellite Tracking Devices
- ◆ Large Parts Department



GERI BRACKMAN, REALTOR RE/MAX OCEAN PROPERTIES

*Certified Residential Specialist, Senior Real Estate Specialist,Certified Home Marketing Specialist,
RE/MAX Hall of Fame, NAMED IN BEST REAL ESTATE AGENTS IN AMERICA- 2015-2022
REFERRED BY YOUR NEIGHBORS TIME & TIME AGAIN*



BIRDIE – 2/2 TILED LIVING AREAS, WATER VIEWS \$199,500 SOLD
CARLISLE- 2/2 SOME UPDATES \$196K SOLD
DORCHESTER-CORNER 2/2 UPDATED INCLUDING NEW A.C.BEAUTIFUL VIEW\$220K
ESSEX-2/2 EXCEPTIONAL UPDATING, TILE THROUGHOUT,FURNISHED,CORNER \$250K PND
ESSEX-3/2 ATTRACTIVE UPDATES\$270K SOLD
KENDALL-2/2 ATTRACTIVE.SOME UPDATING \$205K SOLD
MARGATE-ATTRACTIVELY RENOVATED,OPEN FLOORPLAN 1/1.5 NEW!! \$167,500
POINCIANA PATIO HOME- 2BR 2.5BTHS+GAR. PRISTINE.UPDATES SOLD 275K
COMING SOON:2/2 BIRDIE DR WATerview RENOVATED!
"You have my undying appreciation & thanks for all you did. And you have my respect for what you do with grace & determination." Scott G.

"THANKSGIVING ISN'T JUST A DAY. IT'S A WAY WE CAN LIVE OUR LIVES EVERY DAY."

Katerina Mayer

MOBILE/TEXT: 561-371-9661