



Poinciana Today

FEBRUARY 2023

MESSAGE FROM THE PRESIDENT by PAT SULLIVAN

"When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better." Paul Coelho

In January, the Poinciana Community Group held a class instructing us on how to perform CPR and how to use the new defibrillator. We had representatives from the board, restaurant, tennis club, golf course, COPS, someone from the office volunteers and Rony. Let's hope we never need to use this new knowledge.

The "Raisin' Cane" trip was very successful. We had a full bus, an informative tour, and a great lunch. Thank you to Annette Bluestein for organizing this event. Annette and I have also had some conversations about revising the Lecture Series we used to have for our residents. More information to follow.

Last month I sent out notices to all Presidents concerning an orientation for new residents that we would like to hold in early March. We need names and numbers so we know how many people will attend. This was done pre-pandemic and it was a good way to meet people and learn about our community and all the activities we offer at our clubhouse. You can also give your name and number to the volunteers in the lobby office. They are open Monday through Friday from 10am to 1pm.

Happy Valentines to everyone. Remember:
"All you need is Love"



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Clubhouse Email: pcgclub@comcast.net

Clubhouse Telephone: 561-439-4733

Website: www.Poinciana.club

BARCLAY BITS

by Ina Baron

Well, it looks like winter has snuck upon us again. Blame it on La Nina. Many more of our snowbirds have returned here this past month. Welcome to Fausto and Josephine. We are happy to see you. Apologies for omitting one of our new owners, welcome Marcie.

Thank you to Theresa for enhancing our atrium with more Christmas lights. I may be prejudiced, but I think we had the most festive holiday decorations! Santa has gone back up to the North Pole.

John Harvie spent a week at JFK and is now home building up his stamina. But he is a tough "old bird" with the spirit of the Energizer Bunny. Heck of a way to start the New Year!

Katie K spent three weeks in Europe with her son and had a great time. They visited many cities. Eva M. had a visit from one of her daughters for Christmas, and a grandson from Canada visited in January. Ina Baron and John Harvie will travel to Bradenton for Ina's grandson's wedding reception. The actual wedding was performed in Hawaii.

We had our Annual Meeting and Election of the Board on Monday, January 16th. Results will be posted next month.

Please contact me if anyone has any item they want to be mentioned in the next newsletter.



PATIO HOMES

by Ruth Rutkay

At our December 2022 Board/Nomination Meeting, we acknowledged that there were two open positions on the HOA Board for the 2023-2024 term. At that meeting, only two individuals indicated that they would run, and no others came forward either at the meeting or by submitting their names to the Board. As much as both Paul Ferretti and John Pierrel agreed to run, no election is needed. Therefore, the current Board will remain.

Also, no one else came forward for the PCG Board, so I will continue in this role for the next year.

I hope everyone enjoyed our cooler weather, but enough is enough. Welcome to our "normal" South Florida weather!

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We at the Poinciana Newsletter are approached by many companies and individuals looking to advertise in our Newsletter.

****Please note the following:***

Allowing these companies and individuals to advertise in our newsletter does not constitute an endorsement of them or their products.

CARLISLE CHATTER

by Lynn Sands

Wow, it's 2023 already! Carlisle welcomed in the New Year with its annual New Year's Day Brunch. We all feasted on bagels, cheese spreads, salads, desserts, and coffee. Many thanks to all who assisted in setting up tables and decorations. Additional thanks to our paper goods contributors.

Our Social Committee is planning fun outside events. February's event is at Sabor Latino in Greenacres. The restaurant offers good food, drinks, music, and dancing. The Poster and Sign-up Sheet is near the mailboxes. Let's have a good turnout.

Happy Birthday to our February babies: Terrie Charles, Rocco Barresi, and Susan Genovese. Am I missing anyone? Knock on my door #105 with your birthday month, and you will receive a "Happy Birthday" acknowledgment in Poinciana Today Newsletter.

Carlisle welcomes our recent owners: Rafael and Anna Maria Valdez, Susan Butterworth, Debbie and Kivin Hicks, Laura Janik, Lizette and Freddie Sparks, Angrinette and Lawrence Hardnett, Floyd Olshansky, Fima Khan, Elzbieta Gryniewicz, Bill and Suzy Lyons, Shari Hess, Karen David. Glad to have you guys aboard. Remember to attend our Board Meetings and our Social Events. Board meetings inform you about issues affecting your home and community; our social events enable you to know your neighbors and make new friends.

Our 2023 Board was elected on January 26th. Results will be announced in the March issue of our Newsletter.

It has been noted that our recycle bins have been mixed with garbage, paper, glass, and plastic within each bin. The yellow bins are for paper and broken-up cartons. The blue bins are for glass and plastic items. All other garbage is to be sealed in bags and placed in the dumpsters within the garbage rooms. All vegetation should be put into our garbage disposals. This rule is necessary for keeping varmints away from our building and homes.

A Happy Valentine's Day, everyone!

THE DORCHESTER

by Marilyn Siegel

With the New Year, we have happily welcomed back snowbirds Laura Cameron and David Schuster, who are guaranteed to be involved in the Poinciana activities.

The Board emailed the Dorchester residents pictures of our shiny new roof with the air conditioner units on their mandated platforms, proving that all the inconvenience and expenses are being rewarded. The installation of our new gutters and drainpipes is currently nearing completion. Landscaping estimates are being received to deal with some inconveniently located plants. Once those plant issues are resolved, the building's new paint job will be scheduled to begin. Whew! And yes, there is a chance that once this is all done, the parking lot will cease to be a staging ground for construction materials, returning it to its intended purpose - parking cars!

January 20th is our scheduled Annual Meeting and Election of Board Members. Nine residents have put their names up for the vote to fill five positions. As this is after we go to press, the election results will be included in next month's article. Until then, we wish everyone a Happy Valentine's Day.



HAMLET

by Russ Donnelly

Thanks to all that showed up for our Annual Meeting. All in all, it was well received. Our new Board Members for 2023 are returning members Russ Donnelly, Shelda Bannon, Joe Malka, Barbara Crespy, Allen Zinn, and our additional new members are Arturo Matiz and Harvey Tabachnick.

We are underway with our Reserve Assessment and Engineering evaluation recently required by the State of Florida. We also await the legislature's determination about roof air conditioner requirements to continue with our roof project.

We want to be an all-inclusive community. Arturo will serve on the Board as our official liaison with our Spanish-speaking residents. He is there for the Hamlet, and if any of the Hamlet Clubs require his assistance, please get in touch with him directly. He can help with translating notices.

Thanks again until March.

The AMBASSADOR by Patricia Herrera

The Ambassador is bustling with activity. Since our last newsletter, a New Year's Eve party was held poolside with our friends from the Barclay. The event was well attended, and the weather was spectacular. Everyone outdid themselves with delicious, mouthwatering appetizers that were shared by all. There was music and even some dancing, which added to the festivities. Our Monday night barbecues are in full swing, and more and more people are participating. Remember, you relax, and Monique does the cooking. By the time this newsletter goes to print, we will have had our Chinese Luncheon at the pool. Plus, an Italian Night is planned for February 9th. Details will be posted in the elevator and lobby, so stay tuned. A Rummikub(Rummy Cube)Tournament is scheduled for March 5th, so start practicing with those tiles! Again, watch for details in the coming weeks. Other activities are planned for March, April, and May. More about those in next month's newsletter.

Wintertime means Northerners come to visit to get away from the cold. Sandi and Shirley hosted their families, much to their delight. Brian and Brianna came down for a week of fun in the sun. Al and I headed to Orlando to see our NY granddaughter play in a soccer tournament. It was a brisk weekend, but all had a great time. Michelle and Brian came down for a few weeks, and then Maureen and Dave came down too. Annette went up North to attend a family wedding. The weather was chilly, but the sun shone on the beautiful bride. As happy as she was to be there, Annette was even happier to come home to the winter warmth of Florida.

Our annual meeting was held on January 10th. Our board provided many updates, including the full payment of our roof and the removal of the lien on our building. Thanks to all who paid their assessment. Hopefully, we will swim in our pool soon as the electrical work is done and the new heater is on order. Reminders were discussed, including bulk pick-up is scheduled for Wednesdays. Do not place your items out until Tuesday. Remember to flatten all your cardboard boxes in the recycling area or bring them downstairs if the bins are overflowing. Pet owners, please do not let your dogs relieve themselves directly in front of our lobby. Urine has killed the grass in that area, and it cannot regrow until the peeing stops. It is recommended that paper towels be carried when walking your dogs in the event of an accident in the elevator or lobby.

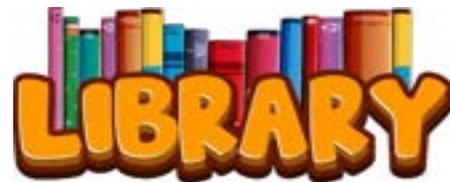
The Ambassador continues top of next column

When having furniture or appliances delivered or removed from your unit, instruct the personnel to use the ramps on either side of the lobby. They cannot come directly through the lobby. This will prevent further damage to our floors. Thank you all for your continued cooperation.

The board has set a new rule for the use of our barbecue. Any resident who wants to use the grill on any day besides Monday night can do so for a \$5.00 flat fee to be paid to Al or Pat in Unit 606.

Our first building game night was held on January 12th. Several of us played pool and pingpong. We are hoping for more participants in the future. After a long absence, we wish to welcome back one of our favorite residents and former board member, Pat E. We've missed your smiling face and look forward to hanging out at the pool with you. She's also great at Rummikub. So, watch out, tournament players!

Happy Valentine's Day to all. Remember, it's not just for couples. It's to celebrate love in all forms. Love is all around you!



LIBRARY NEWS By Pat Sullivan

Come to the library on the second floor of the Clubhouse and show your love of reading by checking out some of our new books.

I go to Barnes and Noble each month and purchase new and current books for our library. I bring back fiction, biographies, and non-fiction books. This month I had one request for a book and was able to purchase the requested item. Please feel free to leave your requests in the jar on the library desk. If you leave your phone number, I will call you when I have the book.

Once again, I would like to remind everyone that we no longer accept book donations. Please bring your unwanted reading material to the library on Jog Road or Goodwill near Publix. Thank you.

Happy Valentine's Day to all!

CONDO 1 & 2 by Catherine Carcioppolo

As we came into the New Year with many changes, it seemed overwhelming at first. CMC Property Management came aboard, property manager Catherine is sitting at Ted's desk, Ted is retiring at the end of January, and of course the seating of the 2023 Board of Directors! It was truly a transition for everyone. Thank you, Ted, for all you have done in making the transition as easy as possible.

Painting of the Oxford building is still underway and nearing completion. Keep relocating your vehicles as needed for your safety. Always check your bulletin boards for updates, notices, and events. Monthly newsletters will still be posted on our website.

The January 17th Third Annual Hot Dog Night was a huge success. Don't forget Tuesday February 14-Valentine's Day Ice Cream Social. Desert following Grill Night is at no cost. Also, Tuesday March 14th is the Third annual Pizza Night in place of Grill Night. Reservations are required and due by Thursday, March 9th. The cost is \$5.00 per person and must be paid in advance. Please give an envelope with your name, building name and apartment number along with the money to Paula Gilkey (Princeton 509). Again, please watch your bulletin boards for any updates. Please invite new residents and get to know one another.

If there are any after-hours emergencies such as Fire, Flood or Elevator issues please contact CMC by phone 561-641-1016 and follow the prompts to report the emergency. They will contact Catherine who is your property manager, and the emergency will be addressed. If there is a medical emergency or you see suspicious behavior, please contact the PBSO Sheriff Department at 911, no matter what time of day or night.

"Life is like a camera...Focus on what's important, capture the good times, develop from the negatives, and if things don't work out, take another shot."

DID YOU KNOW.....

According to the CDC, February is the least common birth month. That seems logical, seeing as nine months prior is May which marks longer, sunnier days, warmer temperatures and usually more outside activity.

IMPERIAL BUILDINGS 8 & 9 by Michael Appel

Our treasurer Mr. Biagio Cacciotti has moved to Tennessee, and we wish him all the best. He will be missed as a friend and for all the hard work he performed for the board.

We welcome all new neighbors to our community and ask that you look out for notices posted by the mailboxes regarding our BBQ/ bring your own dinners by the pool. Please check out our website <http://poinciana4.com>.

On January 23-24th, we are starting the first phase of the parking lot repairs. Our second phase has been scheduled for May, as most of the snowbirds will have left. Please keep in mind all snowbirds who leave a car in our parking lot must leave a set of keys with the board so we can move cars to facilitate this project.

Thank you for your cooperation.



ESSEX

by Toni Mirobelli

Welcome back to a few more snowbirds. The recent temperatures here will make you feel you are still up North!

Are you feeling the effects of too many holiday celebrations? Suffer from aching joints? Bring your pool noodle and join our group for water aerobics. Meet at the pool at 8:30 a.m. (weather permitting) on Tuesday, Wednesday, and Friday mornings for an hour of water aerobics. A water therapy program created by Suzanne Andrews specifically for anyone who has arthritis will be used. It targets the neck, shoulders, back, hips, knees, and hands with gentle exercise.

Happy Valentine's Day!

Be kind! Stay well!

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COPS

by Barbara Crespy

Our new year brings us all great happiness and, hopefully, good health. Our COP UNIT has been working hard to keep everyone safe and secure. I want to welcome back our Sargent Debbie Lingenfelter! She's had a long haul, but she's back on the job!

We are desperate for new members! We have a brand-new car, a Ford Escape SUV, and it's a dream to drive. If your time is limited, you can commit to one 3-hour shift, a 2-hour shift one day and 1 hour another day, or any combination that works for you! Always remember to lock your doors, both home and car!

Feel free to call any of our officers for information. We're happy to help!

Lt. Barbara Crespy. 215-813-7053
 Cpt. Jeff Marcus. 321-514-6535
 Sgt. Deb Lingenfelter. 561-335-9960



Pizzeria

641-0200

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THE GRAMERCY by Phyllis Elrich

"All or Nothing At All" Remember that classic song by Frank Sinatra? Well, that's what the "season" is like for me! The summer is quiet. People rarely go out. Clubs don't meet as often, or even not at all. If I have something to do, it's done in the early morning or around dusk. Just walking from the building to the car, the car to the building, is a sweat-inducing event that calls for the second shower of the day. It's a totally different "ball game" in the winter months for many of us!

There are so many activities I have now gone to colored spots on the calendar to relate one activity to another! I enter Art Contests, so all of them are in hot pink. Luncheons are in bright green. Get-togethers are in yellow, and family brings out the gold. Card or Maj Jongg games are in circles or squares. Traveling stops for me so that I can get this all in!

On some rare days, I have nothing, but I have two or three things to do most days. I am a master in logistics!

Right now, I have an "off morning" to try to catch up with what I didn't do this week because I had a four-day art workshop. I am joyfully exhausted. Some flyers need to go up (I do that too), phone calls to return, and grandchildren to pick up after school. If you haven't heard from me, don't worry. I am somewhere having joy, learning and playing, and with family and friends. All of this energizes me.

If you are feeling down, try this way of life. The more you do, the better your life gets. Happy Valentine's Day. Use that as an excuse to say hello to others. Smile, and the smiles come right back to you. Giving good vibes brings good vibes back. Call someone you haven't seen in a while to say hello. They may be out having the joy "doing" brings, so don't worry. Happy season to you and all.



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

POINCIANA PLACE CONDOMINIUM 3 A, B and C by Ira Beckoff

Time flies by when we are in full condo mode. January is only half over, and you will be reading this issue the first week of February.

Hopefully, you will have attended the owners' Annual Members Meeting on January 16, 2023. If all went as planned, there will be no surprises. This year's first Board of Directors Meeting follows the member's meeting. I expect that both meetings will be over quickly and Poinciana 3 will see more time fly by.

The repairs for our Pool have been completed. A leak detection company pinpointed the broken pipes under the deck using high-tech underwater microphones. The pool water was emptied, and the leak repairs were made. Stained tiles were also replaced. A perfect match was made because we saved cases of the original tile for more than 20 years.

Here is the Barbeque schedule for the next few months. The Barbeque schedule is Sunday, February 12, Sunday, February 26, Sunday, March 12, and Sunday, March 26, all at 5–7 pm Poolside. Weather permitting, the time for all these cookouts is 5 pm to 7 pm. Last Sunday, the lonely grill was waiting for you. Remember that it's Do It Yourself.

Erica Krouse from building C is organizing an informal Woman's Walking Group! The schedule is Monday, Wednesday, and Friday @ 4:30. Meet at Abe's Way by the Pool. Call Erica Krause for more information at 561-676-7199.

Once more, I look into my crystal ball and see that we had a good time and a belated Happy New Year on Saturday, January 14. It was one of the coldest days of this year. In Florida, the temperature was 55 degrees outside and felt like 51 degrees. We hope you joined your neighbors and friends under the pool awning for an impromptu meet and greet.

The invite said: Come on down for a time of smiles and catching up.

Saturday, January 14, 2023, - 4 pm
Bring your drink and a snack. You are welcome to bring something to share.

(Remember no glass at the Pool)

That's it for this issue. If anyone at Poinciana 3 is interested in writing this column, you will be welcomed with hugging arms.



by Russ Donnelly

First, I would like to thank everyone for their overwhelming and positive response to our second Showtime presentation in January when we presented the "N.Y. Rockabilly Rockers." Upcoming in February is another great show featuring Chris Ruggiero, who recently appeared on some nationally televised morning shows. Tickets for the performance will be on sale in the Clubhouse Lobby on February 17th and 18th, from 12 pm until 2 pm, for people who want to purchase available seats.

Remember, the upcoming "Night at the Races" is on February 26th. Tickets are available at the Lobby Office inside the Clubhouse. The Races will be held in the Poinciana Room again downstairs. Because of the overwhelming response this year, there will be 11 Races to wager.

Season tickets for the 2023-2024 season will go on sale mid-March. Prices and reserved seating dates will be announced during March.

In March, we will also try again to have a "Left Right Center" tournament. Tickets will be available in mid-February in the Lobby Office in the Clubhouse. The scheduled date is March 22nd, 2023.

Finally, "BINGO" will be held on February 15th at 7 pm in the Community Room. There will be pay-offs of \$15.00 per game and a guaranteed cover-all of \$150.00.

Current Events by Harvey Grodensky

We invite Republicans, Democrats, and Independents to join us very Tuesday morning at 10:30 AM in the Card Room on the second floor of the Clubhouse. We continue to have lively discussions about current events in our state, nation, and around the world.

For further information call:

Harvey at (561) 596-6769

Linda at (516) 779-4602

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**Poinciana Ladies Social Club
By Sandi Wolf**

Our January 17th Fashion Show was well attended. The room was amazing with "High Heel" table centerpieces made by Mindy. We toasted the New Year and had a delicious lunch. Our beautiful models (Ladies Club members, of course) walked down the runway in the Poinciana Room, showing us the South Florida fashion trends for 2023 from Anthony's of Boynton Beach. Each outfit was fully described including the accessories. After the show Anthony's raffled off three \$25 gift certificates to be used at their store. A great afternoon!

On February 21st, we will be having our Membership Luncheon at 12:30 pm in the Poinciana Room. The menu includes hors d'oeuvres, house salad, a choice of Chicken Parmigiana, Eggplant Lasagna or Tuscan Cod served with Penne. Dessert will be a choice of Spumoni or Vanilla Ice Cream. Entertainment, of course. The cost is \$38. Yvonne LeFebvre, Fran Fox, and Carol Cohen are chairpersons. Please call Yvonne for reservations at (203)733-1422 as soon as possible. Don't forget to put the entrée on your check and your table mates. The cutoff date is February 13th.

"Wednesday," March 22nd will be our long-awaited High Tea! This year we will be going to Tealicious Tea House in Delray. It will be from 1:30 pm to 4 pm. The cost is \$42. Helen Malka and Connie VanValkenburg are chairpersons. Please call Helen at (561)433-9873 for reservations. The cut-off date is March 15th. Please be sure to write your table mates on your check.

Our Charity Card Party will be on April 18th in the Poinciana Room. Phyllis Slavin and Marcia Sarbone are chairpersons. Hold the date open. More information in the next Newsletter.

**THE POINCIANA
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.....
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 - * Wine and Beer
 - * Sandwiches , Salads , and Snacks
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.....

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Poinciana Community Group

BINGO * BINGO

2022 AND 2023 SCHEDULE

-
- WEDNESDAY FEB. 15TH, 2023 7p.m. Community Rm
 - WEDNESDAY MAR. 15TH, 2023 7p.m. Community Rm
 - WEDNESDAY APR. 5TH, 2023 7p.m. Community Rm
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February 2nd – “Mrs Harris Goes to Paris”

Drama starring Lesley Manville * Isabelle Huppert

February 9th – “Stillwater”

Crime Thriller starring Matt Damon & Camille Cottin

February 16th – “Downton Abbey: A New Era”

Drama starring Hugh Bonneville & Jim Carter

February 23rd – “Last Seen Alive”

Action Thriller starring Gerard Butler & Jamie Alexander



POINCIANA COMMUNITY GROUP PRESENTS

RAISIN' CANE TOUR Presented by Florida Sugar League

Enjoyable and informative-A delightful day
Lunch Included

WHEN: **Monday, Feb. 6, 2023**

TIME: **Approximately: 7:15 to 4 PM**

WHERE: **Meet the bus behind the Margate**

Cost: \$6

If you are interested in going
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Annette will take your information and tell you
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Washer/Dryer	Included
Water Heater (up to 50 gallons)	Included

REPLACEMENT (SEE TERMS AND CONDITIONS)

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February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Community Board Meeting Monday, February 20th @7:00PM Clubhouse Community Room		1 7:30A-Men's Golf 8A - Tennis 9A-Pilates 10A Yoga 1-Sit & Stitch	2 12:30P-Duplicate Bridge 2P- Movie "Mrs Harris Goes to Paris"	3 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 10:30-Chair Yoga 11A-Total Body & Balance	4 8A-Pilates 9A-Yoga
5	6 7:15A-Raisin' Cane Tour 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A-Pilates 10A Yoga 1P-Art	7 9:30A-Chair Yoga 10:30A-Current Events 10:30A-Ladies Social Club 11A-Total Body & Balance	8 7:30A-Men's Golf 8A - Tennis 9A-Pilates 10A Yoga 11A-Book Club 11A-Mel's Way Bingo 1-Sit & Stitch	9 12:30P-Duplicate Bridge 2P-Movie "Stillwater" 7P - Bunco	10 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 10:30-Chair Yoga 11A-Total Body & Balance	11 8A-Pilates 9A-Yoga
12	13 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A-Pilates 10A -Yoga 1P-Art	14 9:30A-Chair Yoga 10:30A-Current Events 11A-Total Body & Balance	15 7:30A-Men's Golf 8A - Tennis 9A-Pilates 10A Yoga 1P-Sit & Stitch 7P-Bingo	16 12:30P-Duplicate Bridge 2P-Movie "Downton Abbey: A New Era"	17 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 10:30-Chair Yoga 11A-Total Body & Balance Noon-2 Showtime Ticket Sales	18 8A-Pilates 9A-Yoga Noon-2 Showtime Ticket Sales
19 7:00PM - Showtime "Chris Ruggiero"	20 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A-Pilates 10A Yoga 1P-Art 7P-PCG Board Meeting	21 9:30A-Chair Yoga 10:30A-Current Events 11A-Total Body & Balance	22 7:30A-Men's Golf 8A - Tennis 9A-Pilates 10A Yoga 11A-Mel's Way Bingo 1P-Sit & Stitch	23 12:30P-Duplicate Bridge 2P-Movie "Last Seen Alive"	24 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 10:30-Chair Yoga 11A-Total Body & Balance	25 8A-Pilates 9A-Yoga
26 5:00P-Night at the Races	27 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A-Pilates 10A Yoga 1P-Art	28 9:30A-Chair Yoga 10:30A-Current Events 11A-Total Body & Balance				

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FRI FEB 17TH LOLA & IVAN
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FRI FEB 24TH SOUNDSATIONS BAND
SAT FEB 25TH CRUZIN

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POINCIANA PLATES by Toni Mirobelli



Shakhshuka is a healthy dish which can be served for breakfast, brunch, lunch, or dinner. It originated in North Africa and is enjoyed in many Middle Eastern countries.

INGREDIENTS:

2 tbsp. olive oil
1 yellow onion, finely chopped
1 clove garlic, finely chopped
1 tsp. ground cumin
Kosher salt and pepper
1 lb. tomatoes, diced.
8 large eggs
¼ cup baby spinach, finely chopped
Toasted baguette, for serving

DIRECTIONS:

Heat oven to 400 degrees. Heat oil in large oven-safe skillet on medium. Add onion and sauté until golden brown and tender, about 8 minutes. Stir in garlic, cumin and ½ teaspoon each salt and pepper and cook one minute. Stir in tomatoes, transfer to oven and roast 10 minutes.

Remove pan from oven and stir. Then make 8 small wells in the vegetable mixture and carefully crack one egg into each well. Bake eggs to desired doneness, 7 or 8 minutes for slightly runny yolks. Sprinkle with spinach and serve with toast. You can also add in diced bell peppers and/or sprinkle in some feta or parmesan cheese. If fresh tomatoes are not available, you can use canned tomatoes. Enjoy this flavorful vegetarian dish!



ART GROUP FOR CREATIVE EXPRESSIONS

Munch, Mingle & Mix
By Ruth Cassell

It's time to laugh a lot while painting and being crafty. Say hello to your Poinciana neighbors. Drop in and check us out from 1 pm -3 pm in the art room next to the Community Room. We'll provide snacks and music, and you provide smiles and conversation. Share your creations, interests, and ideas. Just bring your own supplies.

No prior skills are required, and all residents are invited. We did get a few new artists last month who have given us new ways of looking at everyday objects.

Many of us have no formal training, so we hope to have some color and technique demonstrations starting in January for those who wish to participate.

Please feel free to drop in.



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POINCIANA TENNIS by Kathy Graves

Our big news for this issue is our annual kick-off meeting/luncheon just held Friday, January 13th, in the upstairs Community Room at the Clubhouse. The room was transformed festively, boasting various tennis-type decorations on yellow tablecloths--see the giant tennis balls being held in a few of the ladies' hands in the photo below. It was hard to get all attendees together for one photo, but you can see from the happy faces here that they are having a good time.



Guy Boileau from Dorchester Building headed up this year's event with his helpers Willie Reynoso from Gramercy and Mike Glenn from Jamison. Besides the ordered-in pizzas, we had many contributors among the club to bring vegetable salads, fruit salads, curry chicken dishes, desserts, and drinks. Thank you, Hathi, Amy K, Guy B, Mike, Susie, Karen and Klaus, Margaret and Laszelo, Kathy, Guy W, Avi, Willie, Terri, Victor, and Peter.

Karen Bandle from the Jamison manned the front table collecting and recording our 2023 dues and giving out the name tags. Klaus Bandle of Jamison, our outgoing president, conducted the election and presented the slate of nominations which was unanimously accepted. Our new officers are President Willie Reynoso of Gramercy, Vice-President Guy Boileau of Dorchester, and Secretary/Treasurer Richard Lee of Imperial S. They are all hard-working fellows and will do a good job for us.

We welcome newcomers Amy Keller and Bob Guidubaldi of Imperial North to Poinciana and the Poinciana Tennis Club.

The weather overall has been pretty good for tennis play. We invite any Poinciana residents to join us at the courts on Mondays, Wednesdays, and Fridays.

Some tennis fun facts:

Before tennis players used rackets, people would use the palm of their hands to hit the ball back and forth over the net.

Before yellow tennis balls, they were white. During a match, a player, on average, runs about three miles.



LADIES GOLF By Karen Freeman

Happy New Year! The Poinciana Ladies Golf League is set to begin the 2022-2023 season. We look forward to greeting our returning members and welcoming new members. For those who are returning, please email Karen Freeman at karenmfreeman@ymail.com to let me know the approximate date when you will be returning and beginning play. Anyone interested in joining should contact Karen Freeman at 973-331-9762.

The Golf Course is in fantastic shape. The league membership has grown tremendously because of this.

The Welcome Back Brunch was held at Mel's Ways Wednesday, January 11th. Everybody had a wonderful time and enjoyed the brunch.

The Poinciana Ladies Golf League presents our annual Steal Bingo on Sunday, February 19th, at 1:00 pm. It will be in the Community Room. Admission is \$15.00, and a \$15.00 Gift. Refreshments are included. Proceeds will go to the American Lung Association.

Please call Pat Murray at 732-742-6845.



The Happy Bookers by Sandi Wolf

In January, we read "The Kitchen Boy" by Robert Alexander. This well-researched book is a fictional account of the last days of Russian Tsar Nikolai, his wife Alessandra, their children, and several members of their loyal staff, including a young kitchen boy. At the hands of the Bolsheviks, the Romanovs were held prisoner, and even though constantly guarded, they attempted to get through their days, hoping they would be rescued. This story weaves Russian lore, escape plans, family, lies, love, death, and loyalty into a tale that will keep you turning the page.

Our next book is "Anxious People" by Fredrick Backman. Backman, a Swedish author, writes a poignant comedy about a crime that never occurred, a would-be bank robber who disappears into thin air, and eight extremely anxious strangers who find they have more in common than they ever imagined. He is the author of the best-selling book, "A Man Called Ove."

This book is available in the library (also large print), e-book or Audiobook, on Amazon, or downloaded to your Kindle or Nook. We look forward to discussing this book on February 8th at 11 am in the Terrace Room upstairs in the Clubhouse.

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FLORIDA FUN FACTS

by Thomas Leonard

SHEILA JOHNSON

Sheila is a businesswoman and a self-made tycoon. She is our neighbor. She has lived in Wellington on a 15 – acre estate on Old Hampton Road in Grand Prix Village for over twenty years.

She is the daughter of a neurosurgeon who worked in several locations across the country when she was growing up. This gave her wide exposure to different cultures and races as a child. When the family moved to Chicago, she developed an interest in music. Her parents played the piano, but she chose the violin and earned a music degree from the University of Illinois. In later years she became a concert violinist. She has always felt that music training developed skills in being focused and organized in the business world.

In 1979 she and her husband, Robert Johnson, started BET, Black Entertainment Television. After twenty years in the entertainment business, they sold BET for three billion dollars.

Her daughter, Paige Johnson, was heavily involved in horse training, riding, jumping horses, and international shows. Ms. Johnson built a horse barn and other supportive facilities on her Wellington estate. She is a longtime supporter of the Equestrian Winter Equestrian Festival. Mr. Mark Bellissimo, the CEO of the Festival, credits her for bringing credibility to the event and promoting economic growth in Wellington. The Equestrian Center is on Lake Worth Drive, only ten minutes West of our area. Events are advertised and are generally free to the public.

After selling BET, she purchased a 340-acre farm estate outside Williamsburg, Virginia. She bought the property intending to create a resort. It was named The Salamander. It offers guests a warm environment to relax at the Spa and rethink their health goals. Later, another Salamander resort was opened in Kissimmee, Florida.

She has become a sports fan and has purchased ownership shares in three professional teams, the Washington Wizards, the Washington Mystics, and the Capitals Hockey team. And more recently, she has become an avid golfer who can be found playing on any one of the many golf courses in our area. I'm quite certain our Poinciana Golf Course would welcome her, and we would all love to see her enjoying herself here.

Florida Fun Facts continues top of next column

JESSICA SPRINGSTEEN

Another Wellington winter resident is 32-year-old Jessica Springsteen. She is a model for Gucci and an international equestrian competitor. She was on the American 2021 Olympic Team that won the Silver Medal at the Tokyo games. She has won over two million dollars in competitions. She lives most of the year at her parent's farm, 114 Stone Hill Rd., in Monmouth, New Jersey. She recently married Lorenza de Luca, an Italian Equestrian. She owns seven horses, trains them, and prepares for future competitions both here and on the international circuit. She calls Wellington home for about five months of the year. The next Olympic competition will be in 2025. Her parents are musicians Bruce Springsteen and Patti Scialfa, who join her for part of the Winter months in Wellington.

~~~~~

## YOGA AND PILATES

### Stronger Body, Calmer Mind

by Shannon Alviar

Are you sick, out-of-shape, tired or feel like you're just too old to exercise? Those kinds of fears and myths keep many of us from working out regularly, which may explain why 3 out of 4 adults over 65 have given up exercise completely.

A study recently published in CNN and the NY Times showed that as little as 1 – 5 minutes of activity every half hour can help counteract the effects of sitting. So, try to get up from the computer or couch and walk around the condo – even just for 1 minute.

While you're at it, tidy up a bit so there aren't any tripping hazards on the floor. Even better, take a short nature walk around our lovely community and enjoy the beautiful scenery. This would also be a great time to practice your balance exercises – try for 10 seconds on each foot.

The important thing is to start small, keep it up, and then build on top of that success.

These small "Activity Snacks" help improve agility, balance, mental health and more.

Top 5 reasons why older adults should add fitness to their routine:

1. Give your heart health a boost: Exercise can help improve blood pressure.
2. Reduce joint aches: Studies show exercising helps reduce arthritis pain.

*Yoga continues top of next page*

3. Retain muscle mass: Many symptoms associated with getting older (such as weakness and loss of balance) are actually symptoms of inactivity, not age.

4. Maintain your independence: Improving your physical health can help you stay strong and agile as you age, allowing you to keep doing the things you enjoy with less help.

5. Stay sharp: Studies have found exercise boosts memory and helps prevent dementia.

Before starting any workout regimen, please consult your doctor. The CDC recommends older adults who are generally fit and have no limiting health conditions participate in at least 20 minutes of moderate aerobic activity, such as brisk walking, every day. It's also recommended to do weight-bearing exercises to strengthen your muscles 2 days a week.

Our focus on fall prevention, agility, improving balance, and our ability to get up off the floor continues in our Poinciana yoga, Pilates, and chair yoga classes this season. We also try to meet about once a month for lunch and to socialize. Do something good for yourself and come enjoy a fun, relaxed atmosphere, make new friends and get heart healthy exercise all in just 1 hour! Classes are only \$10 in cash per session, and discount options are available online. See instructor for details.

**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 definitely get your blood pumping, while still being accessible to those of us with mobility issues. Balance exercises in EVERY class!! Tuesdays @ 9:30 AM and \*NEW\* Friday class @ 10:30 AM in the Community Room.

**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 9 AM. (Saturday class has moved up 1 hour to 9 AM.)

*Yoga continues top of next column*

**Pilates** – This class works everything from your neck to your knees! Our sessions will focus on core strength, balance, precision & 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 & Wednesday at 9 AM, and Saturdays at 8 AM. (Saturday class has moved up 1 hour to 8 AM.)

### **2023 Seasonal Exercise Schedule:**

#### **Monday**

9 AM Pilates

10 AM Yoga

#### **Tuesday**

9:30 AM Chair Yoga

#### **Wednesday**

9 AM Pilates

10 AM Yoga

#### **Friday**

\*NEW\* Chair Yoga Class

10:30 AM Added, Starting 1/27

#### **\*\* Saturday times have changed!! \*\***

8 AM Pilates

9 AM Yoga

All classes are \$10 in cash and held in the Poinciana Community Room.

Questions? Call Shannon at 832-715-0146.

Come join us! What are you waiting for



## **SIT AND STITCH**

**by Kathy Jordan**

We welcome you back from your holidays and hope you enjoyed it. We return this month of February with new ideas to express with knitting or different projects.

We meet each Wednesday from 1 pm to 3 pm in Terrace Room on the 2nd floor of the Clubhouse. We have room for new talent.

For further information call:

Leanne at (561) 670-2334

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Roof Leaks

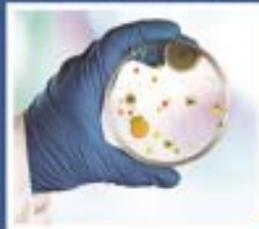
# MOLD DAMAGE?

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

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



Mold Removal



Mold Testing



Toxic Black Mold  
Removal

## 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**



SCAN ME



## 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 BEAUTIFUL REMODEL. QUARTZ COUNTERTOPS, WATER & GOLF VIEWS. SS APPLIANCES, UPGRADED FLOOR \$230K SOLD

DORCHESTER-CORNER 2/2 UPDATED WITH NEW A.C. BEAUTIFUL VIEW \$220K PENDING

DORCHESTER-BUYER BONUS! 2/2 SPARKLING CONDO, GOLF VIEWS, IMPACT WIND. \$184,900

ESSEX-2/2 EXCEPTIONAL UPDATING, TILE THROUGHOUT, FURNISHED, CORNER \$240K SOLD

MARGATE-CHARMING 2/2 NEWER APPL & AC BRIGHT EXPOSURES \$164,900

MARGATE-ATTRACTIVELY RENOVATED, OPEN FLOORPLAN 1/1.5 NEW!! \$163,500 SOLD

POINCIANA PATIO HOME-3BR/2BA +GARAGE TILING THROUGHOUT, UPDATED KIT \$309,500

PRINCETON-1/1.5 TOTAL UPDATE INCL WALK-IN SHOWER, ELEC. PANEL, A.C., WATER HTR, GLASSED BALCONY FOR XTRA LIV. \$155K

PRINCETON- 2/2-SPARKLING UPDATED CABINETRY & TILING, GOLF FRONT \$190K

PRINCETON PRISTINE 2/2 CORNER, NEWER AC, APPL., ELECTRIC PANEL FURNISHED \$184,900

"You have my undying appreciation & thanks for all you did. And you have my respect for what you do with grace & determination." Scott G.

**MOBILE/TEXT: 561-371-9661**