



Poinciana Today

MARCH 2023

MESSAGE FROM THE PRESIDENT by PAT SULLIVAN

"May the best of your past be the worst day of your future." Irish Blessing

In February, a bus full of Poinciana residents took a wonderful trip to the Sugar Cane Factory and Fields in Clewiston. Our guide was informative, knowledgeable, and humorous. After learning about the operations and schedules, like burn times, harvesting, and box train movements, we had a delicious lunch catered by Sonny's BBQ at the Cultural Center. A big 'thank you' to Annette Bluestein for making the necessary arrangements.

Speaking of trips, I am thinking about next year. The Board is looking for people who would consider volunteering to help plan trips or arrange for people to come to our community as guest speakers for a possible Lecture Series. We need your help and expertise to provide these activities for our residents. If you can help, please call the office Monday through Friday between 10 am and 1 pm at 561-439-4733 and leave your name and number. We will get to you as soon as possible.

Thank you to the women of the Ladies Club for all their work planning menus and activities for our entertainment. The Fashion Show was a great success, with over 80 attendees. Congratulations to the residents who were models for Anthony's clothing. You all did a beautiful job.

We also have our last show of the season coming up on Sunday, March 12, at 7:00 pm in the Poinciana Room. These shows have been excellent. Thank you, Russ, for doing such a great job.

Notices have been sent to all Presidents regarding an orientation meeting for all new residents. I have asked the presidents to email me the names of anyone who has moved here in the last two years and would like to learn more about their community. The orientation will be held on Thursday, March 30, at 6 pm in the Poinciana Room. Wine and Cheese will be served. You can also call the lobby office and leave your name and number (phone number and hours above).

The President Message continues top of page 2

POINCIANA COMMUNITY GROUP 2023 BOARD OF DIRECTORS

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President – Pat Sullivan
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Treasurer – Russ Donnelly
Secretary – Gail Hoffman

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The Board of Directors had elections for the Executive Board. Pat Sullivan was elected President, Ted Suss Vice President, and Gail Hoffman Secretary. Russ Donnelly will continue as Treasurer. Thank you for trusting us to do the job to the best of our abilities.



THE DORCHESTER by Marilyn Siegel

On January 20, we met to vote on the new Board of Directors. We were seeking to fill five positions. The votes were only sufficient to confirm four. Amazingly, two residents had received an equal number of votes. New ballots were mailed out to vote for just one of these two individuals. Subsequently, on February 7, a Zoom Board Meeting was held for our residents. The Board then voted to fill any open positions. The 2023 Dorchester Board of Directors are President - Bernard Jessen, Vice President - James Mckeown; Treasurer - Robert Ford, Secretary - Patricia Bialke, and Director - Frank Impastato. With so much work still to be done on our building, we wish them all the best in their decision-making efforts.

While the Board was being reorganized, the work on the building continued. There were some issues with a few gutters not being sized to fit correctly; the contractor has committed to fixing them. Preparation for painting the building has begun with structural repairs to the eroded expansion joints. A landscaper will soon remove some unkempt hedges and shrubs that are too close to the building—leaving them as they are could prevent the paint job from being professionally applied. Power washing the building is currently scheduled to follow. On a high note, the parking lot looks much better now that the construction materials and lift-type trucks have been removed. One day, the Porta-potties will also leave!

The Social Committee met to plan a full year of future poolside parties. A calendar has been established for dates around or near the most popular holidays. It is hoped that every Dorchester resident available on those dates will participate.

Please remember that Daylight Savings Time begins on Sunday, March 12. We wish everyone the “Luck of the Irish” this St. Patrick’s Day.

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

The Carlisle Community extends its welcome to our 2023 Board. Our Board works hard to keep Carlisle in good working order and at the lowest possible cost. President: Harold Knapp, Vice President: Rebecca Selkove, Treasurer: Kenneth Rosenblatt, Secretary: Karen David, Director: Angrinette Hardnett. A special thanks to these volunteers for their dedication.

Our 2023 Board will be addressing many issues. Building insurance was first on the agenda. As the building and grounds age, many repairs will need to be made. We need lighting to make the pool and lawn area brighter and safe access to all sides of our roof. Contracts will be coming up for renewal, and our Board will be exploring and comparing the pricing of various contractors. Our Board will have many residents' meetings keeping us informed as to the progress of multiple issues. All need to attend these meetings. Our input counts! We can opt for either physical attendance or a remote attendance.

We have a new outdoor grill. All residents have been emailed instructions on how to work the grill and keep it in good condition. Treat it kindly; it will last for years.

Happy Birthday to our March babies: Eileen Sadoff and Ed Weiner. Whose birthday month am I missing? Knock on my door, #105, to receive a birthday acknowledgment on the corresponding newsletter edition.

Our Social Committee is planning the season's last event; part-time residents will fly north in April for the Easter and Passover holidays. March event posters and signup sheets will be displayed by the mailboxes. The committee works hard to schedule interesting meetups; let's have a great attendance!

Have a Happy and Safe St. Patrick's Day!



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

ESSEX

by Toni Mirobelli

Last month, I announced the restart of our pool exercise group. I apologize that I did not clarify that it is for Essex residents. We would love to welcome other Poinciana residents; however, the response to the restart of this program has given the instructor all that can be handled. With too many people, there is just not enough room in the pool to move around.

Usually, in these building articles, we talk about our buildings and residents. I want to take a few sentences this month to talk about a very important part of our Essex community, our Maintenance person, Ash. As a new President, I have been leaning on him. He knows everyone, including all of our service providers. He knows how to do just about anything and has provided a helping hand, and arms, to many of our residents. Ash knows I have a problem understanding his accent, and he still is patient and puts up with me. So, thank you, Ash, for absolutely everything!

A reminder: Daylight Savings Time begins Sunday, March 12. Spring forward!

When the bus trip to the sugar fields is offered again, I highly recommend you take this opportunity. During the recent trip, I learned so much about Florida agriculture, farmers, and sugar production during an enjoyable and fun outing. Very special thanks to Annette and Bernie, who worked hard organizing and made the day extra special!

Stay safe and well, be kind!



LIBRARY NEWS

By Pat Sullivan

In February, Sandi Wolf and I surveyed our library books. We found that more than 50 books are missing from the library. These are books I have purchased within the last two years.

I am hoping that people have just forgotten to return them. Please check your condo, and if you find books belonging to the Poinciana Library, please return them so we can complete our inventory. Thank you.

BARCLAY BITS

by Ina Baron

Coming to us from Canada is Nicola and Nicolette. Welcome. We have been joining with The Ambassador for BBQs on Monday nights. The group that attends is mainly from The Ambassador. Where are our residents? We share in maintaining the pool, so we should have more representatives at these functions. All you need to do is bring what you want to grill, and our resident Chef Monique, from The Ambassador, will cook it for you, including hamburgers, steak, chicken, and fish in foil. She does a great job. The only cost is \$1 per person. This is to keep the gas tank filled and perhaps to purchase new chairs for the pool area.

Last year we bought a new grill. We had our canopy repaired and painted. It really looks good now.

Gentle Reminder, Please DO NOT put large bulky items outside until Tuesday evenings. Pick-up is ONLY on Wednesdays.



IMPERIAL BUILDINGS 8 & 9

by Michael Appel

Our annual meeting was held on Jan 30th at the community clubhouse. We had an excellent turnout, and the board thanks all who attended. We also want to acknowledge the volunteers who signed people in and counted the ballots. Mike Appel and Tony Iacovangelo were voted on to the community board. If you have any concerns, please attend the meeting. The date will be posted by the elevators.

With the elections done, we need to focus on more projects, such as new mailboxes and repairs to our parking lots. Hopefully, by the time you read this, the first phase of the parking lot job will be completed. Phase 2 of the repairs will be in May, when most of our snowbirds have left.

Please be mindful and break up any cardboard boxes before you dispose of them in the dumpster. Unfortunately, we've had issues with people forcing them down the chute, which creates problems that Brian must fix. In addition, please dispose of all furniture and bulk garbage on Tuesday evenings only. You can ask Brian where he wants you to place it.

Lastly, we want to thank Gary Rubenstein, Mike and Mary Steinke, and Brian for their generous donations toward plants.

The AMBASSADOR

by Patricia Herrera

Our weather keeps getting better and better. I can't think of a better pastime than sitting on our lanais, listening to the birds sing, watching the ducks swim, and hearing the golfers cuss when their balls end up in the canal. Good times!

Contrary to what Blood, Sweat, and Tears sang years ago - what goes up must come down, it seems our elevator does always comply. We had the elevator blues for far too many days in the last few weeks. It reminds me of the saying; you don't know what you've got till it's gone. Lugging up groceries and such up multiple flights of stairs is no joke. Thanks to Pat, our president, for her constant calls to our elevator company. Thankfully, the elevator has been cooperating of late, but Pat informed us additional work is necessary soon. Once three estimates are received, a decision will be made on how to proceed.

On a lighter note, our Italian night held in February was a huge success. Every table under our canopy was filled with residents enjoying their delicious meal provided by Mel's Bistro. Thanks to Pat and Shirley for coordinating this event and to all who helped with the set up and clean up. Our next event is the Rhummikub Tournament on March 5th. Details and sign-up sheets will be posted in the elevator and lobby area.

Our Monday night barbecues are in full swing, with more and more participants every week. By all accounts, Monique, our grill master, is doing a fantastic job. Welcome to our newest resident, Jill. We hope you enjoy your new home for many years to come.

Some of us have been enjoying company from up north. As noted in previous articles, our building comes alive with activity when friends and family arrive for fun in the sun. We especially enjoy visits from our grandchildren. Cole made his first appearance at the Ambassador, born last September 1st. He came to visit his Grammy and Grandpa, aka Michelle and Brian. He even let his Mom, Dad, and Aunts tag along. Did I mention Cole is their first grandchild? Congratulations!

Remember, if you want me to mention a special occasion or recent vacation fun, email me at crabbypady3@gmail.com by the 10th of each month.

I'll leave you with this quote by Marcel Proust. "Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom." Happy Spring!!

CONDO 1 & 2 by Catherine Carcioppolo

Welcome to our new residents of Poinciana 1 and 2. Please join the community activities that the Poinciana Community Group offers to all Poinciana residents. Details are posted at the clubhouse, and your lobby bulletin boards have all the current activities and important information relative to your specific building and emergency contact information.

The painting at the Oxford building is complete, and we thank MTD for a great job. The Princeton parking lot light issue has been resolved. Nanak's Landscaping will provide a quote to re-plant an area behind the Princeton that has been empty after the removal of some items. Back patio lights will be installed at the Oxford, and Princeton stairwell lights will be installed soon. Our maintenance team has been working on more emergency situations, and once they are complete, we will proceed with the lighting installations.

Grill Nights are on Tuesdays, and they have been very successful. Continue to enjoy the camaraderie of Grill Night.

Tuesday, March 14th, is the Third Annual Pizza Night in place of Grill Night. Reservations are a must now; the cost is \$5 per person, paid in advance. Please give Paula Gilkey an envelope with your building name, unit number, and money (Princeton 509). The reservations must be submitted by March 9th. Again, please see your bulletin boards for any updates on events.

Our office hours are 9:00 am - 3: 30 pm, Monday through Friday, 561-967-7420. For after-hours emergencies, please call CMC Property Management at 561-641-1016 and follow the prompts. They will, in turn, contact the property manager, who will address your emergency. For any medical emergencies, please call 911.

HAMLET by Russ Donnelly

Thanks to the Hamlet Ladies Club for our New Year's Day brunch, and the ice cream social. Please remember that the Ladies Club meet on the third Wednesday of the month. They are doing a great job with Hamlet functions.

The Board is still receiving quotes on roof replacement because we were notified that we must raise the air conditioners to 18" off the roof along with electrical updates. We are looking into financing. Our reserve studies are in progress along with our required Engineering study and the representatives have met with Joe Malka on premise.

The Hamlet Ladies Club will be holding an Italian Luncheon/Card Party Wednesday March 29 at the clubhouse from 11 am to 3:00 pm, cost \$27.00. Get your groups together and \$27.00 cash and name of the game you will be playing to Ginny Vogel 717-333-4543 or Carol Blau 856-577-2296.



PATIO HOMES by Ruth Ruttkay

Thanks to all that showed up for our Annual Board Meeting. With no election this year, the Board will remain the same. The 2023 budget was approved as submitted. If you want a copy of the 2023 Budget, please contact Paul Ferretti, Treasurer.

We recently held our first event, "Patio Place Homes Under the Stars," at our pool. This was the first event since the pandemic began, and it was an opportunity to finally socialize with our long-time neighbors again and meet some of our new ones! Our Board provided appetizers, finger sandwiches, coffee, and tea. Our residents provided a nice array of desserts. The Lungo Brothers Band entertained us, and we all had a good time. We hope to have future events, so we can see all that could not attend this time!

Daylight Savings is happening this month. Sorry to say we'll lose an hour, but Spring and St. Patrick's Day are here. I see another party in our future! In any event, the pool is up and running and ready for use!

Best wishes to all for good health and stay safe!

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COPS

by Barbara Crespy

We hope you had a Happy Valentine's Day and that your team won the Super Bowl! We have been informed that there are teens walking around trying to open car doors. If your car is locked, you will not have a problem. It can't be stressed enough how important it is to keep all doors locked.

Our patrols are continuing to make sure that nothing suspicious is going on. Our job is to observe and report. We are never asked to do anything dangerous. Please consider joining our unit. We need new recruits to help continue keeping our community safe. It's a three hour a week commitment, less time than a round of golf, or a game of canasta. Seriously, we need you!

Take care and stay safe,

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



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

The first condo group event of the season took place at the pool on February 9th. Hot Diggaty Dog! There was food and fun and great music. Most of Poinciana 3 was there, and more than 100 people joined. Thank you to the organizers: Louise, Stephanie, Fran, Norman, and Barbara. They were assisted by these volunteers: Miguel, John, Tammy, Ann Marie, Laura F., Laura H., Flo, Pat, Lon, Mark, and Sue.

Hot dogs were grilled to perfection and served on rolls. Then we walked down a line of tables and found a choice of toppings from Bean Chile to Macaroni Salad and more. There was a sweet treat to top it all off. A fundraising raffle was led by Norm, who handled all the ticket sales. The Luongo Brothers performed wonderful live music. They sang and played their guitars which sparked the dancers. The dance floor was quickly filled. All had a great time. Let's keep the fun happening.

SAVE THESE DATES FOR MORE FUN:

Tuesday, February 21st Pop-Up at Poolside

Saturday, March 11th International Dinner

Thursday, March 23rd Karaoke, and Ice Cream Social

Monday, August 4th Pop-Up at Poolside

DON'T FORGET ABOUT THE DIY OPEN GRILL BBQS

Poolside from 5-7 pm, Sunday, February 26th, Sunday, March 12th, and Sunday, March 26th

All the pool repairs have been completed. The heating and cooling system is 100% back online. Leaks in the filtration system were found and repaired, and the rusty tiles at both ends of the pool were replaced with perfectly matching tiles. All Poinciana 3 residents can use the pool and deck. The days are getting longer, and there is late afternoon sun and cool breezes on the pool deck. It's a great place to relax with friends and family before dinner. A cool drink in a plastic cup or container would make the perfect evening cocktail.

Stay Healthy!

DID YOU KNOW.....

The space between your eyebrows is called a glabella and the space between your nostrils is called columella nasi.

THE GRAMERCY by Phyllis Elrich

Hello Gorgeous!

This is a line from Barbra Streisand that I had been repeating all last month, summarizing what has happened at the Gramercy. Our newly elected Board, comprised of new and returning members, has been busy arranging, coordinating, fixing, and updating. First, let me list the Board:

President: Paul Labbe

Vice President: Eduardo Pazmino

Treasurer: Norm Bolduc

Secretary: Silvana Jacob

Board Members: Delia Pena, Jeanette Palacio, and newly elected Rich Rosen

Being a Board member is not an easy job, and we are delighted to have people willing to volunteer for it. We have a special THANK YOU to Donna O'Brien for having served on the Board.

One of the best volunteer actions happened when Claudette and her sister Sue, painted our Gramercy sign outside our parking lot. Now it can be seen clearly, and it is GORGEOUS.

Since we could see the entrance to our parking lot, it was time to repave and redo the numbers and guest spot markings. Have I told you what great people we have here? It was the synchronized moving of cars, like a cha-cha-cha! One, two, three different sections, three "Don't park here. Don't park there." times within just days, and it worked!

We are grateful to the Hamlet Board, who permitted us to use their guest spots while this went on. One time I took the very last, furthest guest spot they had, so thanks for helping me to get in my steps that day! Now our lot looks GORGEOUS! Thanks to Rich R and Roger F for checking the cars. The correct numbers matched to correct apartments. It wasn't an easy task.

We also had a test of our Fire Alarm. Testing it is good for safety and familiarizing us all with the sound. It works well; hopefully, we won't have to hear it until the next test.

Think this was enough? Oh, not at all. We had our Milestone building inspection, a mandatory Florida inspection that required access to apartments in the building. Structural components were checked as well as twenty percent of the apartments. Thank you to the owners who opened their doors for that. Cooperation will lead to safety for all of us.

As we age, the building included, we need to fix things. There is no magic Botox for us. Our Board held a meeting advising us all on ongoing projects and some surprise projects. Questions were asked and answered. It was a good time to find out "what and why".

On a sad note, our friend Beulah has passed. She lived here for a long time at Gramercy. Several of us knew her. She liked to play cards. She will be missed. Rest in peace.

Frequently when the elevator doors open, the full pads are on the walls. It can mean moving out or moving in! If you see a newer person be sure to smile, say hello and introduce yourself. Let's continue to be a welcoming community.

Speaking of that, our Pizza party was a great success. The weather was GORGEOUS until the clouds darkened, the wind blew things around, and it looked like trouble ahead, but you know Florida weather. We quickly cleaned up and sat down again to finish our chatting! Keep looking at the bulletin boards for lots more fun.

Phew! Think that was a lot? Well, we are now on to the landscaping. Our anonymous donation will help with this, so our grounds will continue to be GORGEOUS.

Remember to say Thanks to everyone who helped with our tasks and be grateful for each beautiful day. When we speak to those up north, don't you love to ask, "So, how's the weather?"

Happy St. Patrick's Day to you all!



DINING OUT by Ina Baron

Mole Cantina is at the Wellington Green Mall. CAUTION! This yuppie restaurant is not for those who wear hearing aids, those with ample derrieres, or those with distinguished pallets. The first thing that hits you when you enter is the loud music that is enough to blow out your hearing aids. Even without hearing aids, it took my ears about three hours to get back to normal. The keyboardist knows three notes and one beat. Seating is the next problem. The banquet seating is fine, but the chairs opposite are hard, have no padding, and the iron rungs on the back dig into your sciatic nerve. The menu is varied, but the food is mediocre. It is overcooked, over-sauced, and overpriced. The only thing I can say nice about this restaurant is that the wait staff is friendly, and the drinks are amply sized [along with the price].

Too Jays at Wellington Green Mall is a very reasonable restaurant. The ambiance is old Manhattan with small tile floors. The menu is varied, not just deli. Salads are great, especially the Chicken Salad. Rubens and Rachels are top-notch and, topped with their onion rings, outstanding. Their Cheese Blintzes topped with hot cherry, or blueberry compote is delightful for a lighter fare. Their Rye bread is awesome. The restaurant is on the other end of the block from Whole Foods.

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2023 SCHEDULE

WEDNESDAY MAR. 15TH, 2023 7p.m. Community Rm

WEDNESDAY APR. 5TH, 2023 7p.m. Community Rm

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by Russ Donnelly

Thank you to the Poinciana Community and surrounding communities for supporting our first year of Showtime since Covid. Our February show was a great success. Our last show this year will be on March 12th, featuring an exciting review by Cece Teneal. Tickets will be available in the Clubhouse on March 10th and 11th between 12:00 pm and 2 pm and at the door on the 12th, before the show.

We still have two bingo nights coming up on March 15th and April 5th. The coverall is a guaranteed prize of \$150.00, and games pay \$15.00 to the winner. This year's "Night at the Races" was held to a sellout crowd. I want to thank everyone that support this event. This year was our 8th anniversary, and it got the greatest support! See you next year!

Our final note is that the Season Tickets for next year's Showtime will go on sale on March 4th, 2023, in the Clubhouse Lobby from 10 am to 2 pm. Season tickets will be \$115.00 for four shows and \$95.00 for our three-show Snowbird Package. Tickets for individual shows will be \$35.00 and subject to open seating.

We will have four great acts—the first being "The Long Run," which presents the sound of the iconic Eagles. The second show will be comic, singer, and impressionist Scott Record, who has performed in Vegas, on TV, and all over the country. The third act will be comedian Stu Moss and singer Iris Revson. The final show of Season 2024 will be "The Orange Sunshine Band, a great nostalgic band covering Rock and Roll, Folk, British music, and more.

We hope to see you there, and we welcome your support.

Poinciana Ladies Social Club By Sandi Wolf

At this time, I would be writing about our fabulous February Membership Luncheon. Regretfully, I cannot do that. Whatever the reasons, we did not have enough of a response to hold our event this month. And rather than look back, I prefer to "carry on," hoping that our community will support our future events.

It has long been a tradition to have a "High Tea" event. This year, it will be held on Wednesday, March 22nd, at Tealicious Tea House in Delray. Helen Malka and Connie VanValkenburg are chairpersons. The time will be from 1:30 pm to 4 pm. It includes soup or salad, a beautifully tiered presentation of a variety of freshly made canapés, tea sandwiches, chicken salad croissants, mini quiches, Petit fours, warm scones served with mascarpone clotted cream, and preserves. The cost is \$42 (which includes tax and gratuities). Let's carpool and spend an afternoon in the Victorian Era. Please call Helen at (561) 433-9873 for reservations as soon as possible. Please remember to put the names of your table mates on your check. The cutoff date is March 15th.

On April 18th, we will have our Charity Card Party. Phyllis Slavin and Marcia Sarbone are chairpersons. Doors will open at Noon. We will have lunch first: a choice of grilled chicken BLT salad, penne with grilled vegetables, or a trio salad. Dessert will be assorted cookies with coffee, hot or iced tea, or lemonade. The cost is \$25. Please call Phyllis for reservations: (561)642-3342. The cutoff date is April 11th. Don't forget to put the names of your game mates on your check.

Please join us on May 16th for lunch at Noon at Burt and Max's in the Delray Marketplace. They have an eclectic menu. From there, you can join us at the Paragon Theater to see a movie. Annette Bluestein and Flo Armand are chairpersons. Please call Flo for reservations. (347) 886-9890. More information to follow.

For our final event this season, we will have another "lunch and play" at Westchester Country Club—more information in the April newsletter.

Please make reservations as early as possible to ensure the continued success of the Poinciana Ladies Social Club.



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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.

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



DUPLICATE BRIDGE

Day: Thursday
Where: Terrace Room-2nd floor/Clubhouse
Time: 12 Noon
Contact: John DeMaria @ 561-642-3265
All are welcome.

The Happy Bookers by Sandi Wolf

Our February selection, **Anxious People** by Fredrik Backman, was met with mixed reviews. Some members even gave up after a few chapters. However, there were characters we all could relate to – the relationship between parents and children, the grief of loneliness and suicide, marital struggles, and the universal need to have someone in our corner. All these situations through a cast of characters that, on the surface, could not get anything right.

Our new book is **Japanese Lover** by Isabel Allende. This novel spans decades, telling the love story of a young Jewish girl and a Japanese American man. Their relationship begins during World War II and endures through many complications. The author touches on many challenging life issues – relationships, racism, and the end of life.

We are announcing our book selection for March to be discussed in April to engage more participants. We have chosen "**Horse**" by Geraldine Brooks. It is based on the true story of the record-breaking thoroughbred Lexington. It is a novel of art and science, love and obsession, and our unfinished reckoning with racism.

Please feel free to pick up these books on your own or contact me at (561)360-3072. We welcome you to come and share or just listen to our discussions. Our next meeting will be Wednesday, March 15th at 11 am in the Terrace Room upstairs in the Clubhouse.

Happy Reading!



SIT AND STITCH by Kathy Jordan

I hope all enjoyed a sweet Valentine's Day. We welcome back Marie. She donated knitted dolls and hats. Thanks so much!

Joan Needle has moved to Independent Living. She's very happy making new friends, and we miss her.

This is the year of the rabbit, so hop on over to fix any dropped stitches, we can help.

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

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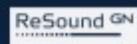


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March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Community Board Meeting Monday, March 20th @7:00PM Clubhouse Community Room</p>			<p>1 7:30A-Men's Golf 8A - Tennis 9A—Pilates 10A Yoga 1—Sit & Stitch</p>	<p>2 12:30P— Duplicate Bridge NO MOVIE</p>	<p>3 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 10:30-Chair Yoga</p>	<p>4 8A—Pilates 9A—Yoga Noon-4P 2023-2024 Showtime Season Ticket Sales</p>
<p>5</p>	<p>6 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A—Pilates 10A Yoga 1P—Art</p>	<p>7 9:30A—Chair Yoga 10:30A— Current Events 10:30A— Ladies Social Club</p>	<p>8 7:30A-Men's Golf 8A - Tennis 9A—Pilates 10A Yoga 11A—Mel's Way Bingo 1—Sit & Stitch</p>	<p>9 12:30P— Duplicate Bridge 2P-Movie "Silver Linings Playbook" 7P - Bunco</p>	<p>10 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 10:30-Chair Yoga 12-2 Showtime Ticket Sales</p>	<p>11 8A—Pilates 9A—Yoga 1-3 Showtime Ticket Sales</p>
<p>12 7:00PM – Showtime "Portrait of a Queen— ARETHA FRANKLIN"</p>	<p>13 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A—Pilates 10A -Yoga 1P—Art</p>	<p>14 9:30A—Chair Yoga 10:30A— Current Events</p>	<p>15 7:30A-Men's Golf 8A - Tennis 9A—Pilates 10A Yoga 11A—Book Club 1P—Sit & Stitch 7P—Bingo</p>	<p>16 12:30P— Duplicate Bridge 2P—Movie "Queen Bees"</p>	<p>17 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 10:30-Chair Yoga</p>	<p>18 8A—Pilates 9A—Yoga</p>
<p>19</p>	<p>20 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A—Pilates 10A Yoga 1P—Art 7P—PCG Board Meeting</p>	<p>21 9:30A—Chair Yoga 10:30A— Current Events</p>	<p>22 7:30A-Men's Golf 8A - Tennis 9A—Pilates 10A Yog 11A—Mel's Way Bingo 1P—Sit&Stitch 1:30P—Ladies Social Club "High Tea"</p>	<p>23 12:30P— Duplicate Bridge 2P—Movie "Ambulance"</p>	<p>24 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 10:30-Chair Yoga</p>	<p>25 8A—Pilates 9A—Yoga</p>
<p>26</p>	<p>27 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 9A—Pilates 10A Yoga 1P—Art</p>	<p>28 9:30A—Chair Yoga 10:30A— Current Events</p>	<p>30 7:30A-Men's Golf 8A - Tennis 9A—Pilates 10A Yoga 1P—Sit&Stitch</p>	<p>30 12:30P— Duplicate Bridge 2P—Movie "Blacklight"</p>	<p>31 7:30A-Men's Golf 8A-Ladies Golf 8A - Tennis 10:30-Chair Yoga</p>	

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POINCIANA PLATES

by Toni Mirobelli

You know the leftovers you have from that Publix rotisserie chicken? Try this easy recipe for Chicken Croquettes:

INGREDIENTS:

- 2 tablespoons olive oil, divided
- 2 cups diced onion
- 3 cups cooked, finely chopped chicken meat
- 1 ½ cups seasoned dry bread crumbs
- 2 large eggs, lightly beaten
- 1 tablespoon chopped fresh parsley
- 1 teaspoon salt
- ½ teaspoon ground pepper

DIRECTIONS:

Heat 1 tablespoon oil in a large skillet over medium heat. Add onion and sauté until translucent, about 5 minutes. Remove from heat.

Combine chicken, breadcrumbs, and two eggs in a large bowl. Stir in onion until well combined. (If the mixture is too dry to form patties, add another beaten egg.) Mix in parsley, salt, and pepper. Form into small patties.

Wipe out the skillet. Add the remaining 1 tablespoon of oil and heat over medium heat. Working in batches, fry patties until golden brown and crispy, 4 to 6 minutes per side.

Serve with your favorite vegetable and a salad. Enjoy!



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Thursdays @2:00 – Poinciana Clubhouse Community Room

March 2nd – NO MOVIE

March 9th – “Silver Linings Playbook”

Comedy starring Bradley Cooper and Jennifer Lawrence

March 16th – “Queen Bees”

Comedy starring Ellen Burstyn and James Caan

March 23rd – “Ambulance”

Action Thriller starring Jake Gyllenhaal and Yahya Abdul-Mateen II

March 30th – “Blacklight”

Action Thriller starring Liam Neeson and Emmy Raver-Lampman

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B	T	G	E	A	D	U	B	W	E	M	R	Z	M	G	H	A	O	K	L	AARDVARK
S	I	Z	Z	A	Q	Y	X	S	W	C	H	R	A	O	P	E	W	X	F	BEAGLE
E	J	F	T	A	I	H	E	Q	F	P	I	P	S	R	Z	G	K	T	W	CRICKET
L	Q	L	W	N	Q	H	M	I	L	Y	N	A	G	I	A	R	M	I	I	DONKEY
G	D	K	S	E	O	U	K	O	H	J	O	N	W	L	L	T	R	Y	G	EAGLE
A	M	I	K	Y	P	T	A	F	Q	A	O	C	D	L	J	Q	Q	U	U	FIREFLY
E	S	U	O	H	O	M	Z	I	K	C	X	R	R	A	S	X	L	M	A	GORILLA
B	A	K	A	C	S	X	T	U	L	K	P	L	C	X	W	V	X	B	N	HYENA
C	N	Y	L	O	S	S	O	P	X	A	I	P	O	C	Y	E	I	R	A	IGUANA
M	D	N	A	M	U	O	V	O	E	L	S	H	P	F	V	D	O	E	V	JACKAL
U	P	B	E	H	M	Z	S	X	R	A	A	R	D	V	A	R	K	L	F	KOALA
S	I	T	L	W	P	B	M	Q	U	Z	Y	E	N	L	X	T	G	L	E	LADYBUG
K	P	T	R	J	T	A	O	S	S	G	B	Y	T	U	C	F	Z	A	A	MUSKRAT
R	E	E	O	O	O	N	Q	Q	S	A	A	T	B	N	I	Z	B	G		NEWT
A	R	K	G	B	U	W	C	Y	S	T	L	K	B	K	K	R	E	I	L	OPOSSUM
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																				UMBRELLBIRD
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POINCIANA TENNIS

by Michael Glenn

Well, as you can see, I am not Kathy; that's Kathy, as in Kathy Graves. I will be writing some of the newsletter articles in 2023 that Kathy has been doing for years, and as I told her, "those are some pretty big shoes to fill." In addition to writing the newsletter articles, Kathy has held various positions over the years with the tennis club. So, I would like to take the opportunity to thank this native Lake Worth Floridian in my inaugural article and to fill you in on her a little bit.

I wonder how many of us know that Kathy was quite an athlete. I didn't. She played sports all through High School and College. She also played competitive softball for almost 15 years. Competitive softball, as is in Fast Pitch Softball. Anyone ever try hitting a fast-pitch softball ??? Not easy! She and her softball team traveled to play in communities like Lakeland, Fort Lauderdale, and Miami. Her husband and three children would travel with her to watch her play.

Then came tennis! She joined the tennis club at South Olive Park in West Palm Beach. This club was headed by a tennis pro who required mandatory instructional sessions. Kathy eventually was named captain of her tennis team and worked her way up to become Secretary/Treasurer of the 1500-member Palm Beach County Women's Tennis Association. Those are some pretty impressive credentials. No wonder she has been so instrumental in keeping our tennis club so vibrant and ensuring we all get together from time to time (including the great annual luncheon recently held this past January).

Outside of tennis, while in High School, she served as the captain of the band her senior year and then earned an instrumental scholarship to attend Stetson University. Her career was in teaching and helping her husband in the motel business they owned. So we can see she was, and is, a very busy woman. I asked Kathy how she handles being so busy. She just responded by saying it's not difficult for her because she loves everything she does.

So when you see Kathy, please take the time to thank her for all she has done for our club and all she plans to do. She really is our "mainstay"!

I will be looking for more personal stories as the year unfolds, so please, when you see me on the courts, or anytime for that matter, feel free to share any news our members would be interested in. Now continuing Kathy's insertion of tennis humor in her columns, I offer you the following:

Why should you never fall in Love with a tennis player? Because to them, Love means nothing!



LADIES GOLF

By Karen Freeman

The Poinciana Ladies Golf League presented our annual Steal Bingo on Sunday, February 19th, at 1:00 pm. It was a lot of fun. It took place in the Community Room. Pat Murray did a wonderful job. Proceeds will be going to the American Lung Association.

The Golf Course is in fantastic shape. The league membership has grown tremendously because of this. We now have a waiting list. To join the league, you need a GHIN.

The weekly games have been set, and, once again, it should be fun. This year it will be a challenging season. As always, weekly winners will be determined and placed on the ladies' locker room bulletin board monthly. Cash prizes will be awarded at the end-of-season awards banquet in March.



The Poinciana Golf Course

by Paul Grillo

The weather in South Florida is simply stunning right now, with bright sunshine, clear blue skies, and a comfortable temperature in the mid-'70s. It's the perfect time to get outside and enjoy all that the area has to offer. Whether you're looking to hit the beach or indulge in some outdoor dining, there's no shortage of options. But for golfers, one destination stands out: The Poinciana Golf Club in Lake Worth! Not only is Poinciana looking better than ever, but it's one of the most affordable courses in the area.

Thanks to recent renovations and improvements, the course is in top shape and offers a challenging yet enjoyable experience for golfers of all skill levels. From the well-manicured fairways to the pristine greens, every aspect of the course has been carefully designed to provide an exceptional golfing experience. And with a wide range of amenities and facilities, including a pro shop and first-class restaurant, Poinciana is the perfect destination for a day on the links.

Overall, if you're looking to take advantage of the beautiful weather in South Florida and enjoy some time on the golf course, there's no better option than Poinciana! With its picturesque setting, top-notch facilities, and friendly staff, it's the perfect destination for golfers of all ages and abilities. So why not grab your clubs and head out for a round today? You won't be disappointed!

For tee time reservations, please go to www.poincianagc.com or call 561-439-4721. We look forward to seeing you on the course!



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FLORIDA FUN FACTS

by Thomas Leonard

FLAGLER'S FOLLY

John Flagler was a well-known entrepreneur and, together with his friend, John Rockefeller, invested heavily in many enterprises in Florida in the 1800s. He built many famous hotels, including The Breakers Hotel in our community. He developed and built railroad lines and promoted tourism throughout the state. He also heavily invested in agricultural resources. He built Whitehall as his Palm Beach home. Today Whitehall is a well-known and popular attraction to thousands of visitors yearly. He was a multi-millionaire in the 1800s. By today's economic standards, Flagler would be a multi-billionaire. He died in 1913, leaving his fortune and the Whitehall home to his wife.

However, despite all his success, his name is connected to an enterprise that failed horribly and became known as Flagler's Folly. John Flagler was a success in railroad development. He envisioned a railroad line running from Jacksonville to Key West. While promoting tourism and commercial interests along the East Coast, taking the last step by building an over-the-ocean line from Miami to Key West would make his dream complete. But building a railroad line passing over 40 bridges and crossing many small keys for over 100 miles was an incredible challenge.

The project took over seven years. Hundreds of men were recruited to come and work on the construction project. Several "Camps" were established to house and feed the workers. The supplies and support required for the camps were a gigantic project. But finally, work was completed in 1912. The first steam locomotive traveled South from Palm Beach County to Key West. Included among the cars was Mr. Straggler's Personal Club Car, No. 91, which he always used for business travel. Upon its arrival, he received great acclaim and praise from everyone in the country.

Mr. Flagler accepted the congratulations. It was his final dream for Florida, and now it had come true. It popularly came to be called: The Eighth Wonder of the World.

Mr. Flagler died the following year, in 1913. The construction and improvements to the Overland Highway were already in progress. His wife remained in their home, Whitehall, and stayed there for the rest of her life in Palm Beach.

Florida Fun Facts continues top of next column

The area had received several tropical storms and hurricanes, but the Labor Day weekend hurricane of 1935 proved one of the worst in recorded history. Winds over 185 mph and high storm surges devastated many keys and overwhelmed the residents. The death toll has never been firmly established, but hundreds disappeared. This hurricane was a Death Blow to the railroad. Total destruction was done to the entire length of it. There was never any serious talk about rebuilding. It was finished.

Today almost a hundred years have passed. The Route # 1 highway offers a spectacular drive across numerous keys with beautiful ocean views. At a few isolated locations, it is possible to view the destroyed railroad line remnants. The most obvious and easily seen is around the seven-mile bridge. Perhaps it really is the Eighth Wonder of the World?

Flagler's private Pullman Car, No. 91, has been preserved and restored for viewing by the public. Everyone should enjoy a tour of the Whitehall Mansion and view the original furnishings to get a sense of home life at an earlier age. Of course, in an adjacent Pavilion, the famous Pullman Car, No. 91, is open for everyone to see the comforts available to Mr. Flagler and his guests.

Before you depart after your tour, you may linger in the Pavilion for hot tea, and a variety of pastries and croissants served at your table with a view of West Palm across the water. You will find it an enjoyable conclusion to your visit to Whitehall.



YOGA AND PILATES by Shannon Alviar

Are you sick, out-of-shape, tired, or feel like you're just too old to exercise? Those 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 could 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.

It is important 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.
3. Retain muscle mass: Many symptoms associated with getting older (such as weakness and loss of balance) are 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.

The CDC recommends that 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, daily. Doing weight-bearing exercises to strengthen your muscles two days a week is also recommended. Before starting any workout regimen, please consult your doctor.

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 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 the 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 Fridays 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 down to the floor and the highest cupboard with greater ease. It helps reduce chronic pain! Mondays & Wednesdays at 10 am and Saturdays at 9 am. (Saturday class has moved up 1 hour to 9 am.)

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 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.

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