



The INSIDER

An Independent Newspaper

For Wynmoor Residents

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NOVEMBER 2018

SPOTLIGHT ON Wynmoor's Management Committee

By Insider Staff



Wynmoor Management Committee consists of Wynmoor residents who volunteer their time every day in the operations of the Wynmoor Community. Most residents do not realize that the management committee members meet daily to discuss and resolve issues that affect all Wynmoor residents. The Management Committee consist of the following:

President - Jackie Railey

Jackie is a New York native who was an administrative assistant with the President of the Sea Farers International Union. Following that position, Jackie went to work on Wall Street at the prestigious firm of Goldman Sachs. After moving to Florida, Jackie served on her association board and now is the President of the Wynmoor Community Council.

★★★

1st Vice President - Morris "Chick" Chase

Chick is a New York Native who served as a property manager for a number of years. Since moving to Wynmoor, he has served as the President of the Abaco Village, Building Director, Wynmoor Community Council Representative, and member of the Management Committee for thirteen years. In addition to his dedication to the community,

Chick is also the Chairman of the Planning and Zoning Committee for the City of Coconut Creek.

As most of you know, Chick's incomparable civic duty to our nation; awarded the Purple Heart; The Air Medal with Three Oak Leaf Clusters; and the European African Service Medal. Thank you for your service to our country!!

★★★

2nd Vice President - Selma Bass

Selma is a New York native who has lived in Florida for over 30 years. Selma has volunteered a great deal of her time to the Wynmoor community. Since moving to Wynmoor in 2003, Selma has served as President of her association at Lucaya II; served as Wynmoor Community Council representative for her association; serves on the board of the "All Year Round Club;" has served on the board of her local temple and is involved in other clubs at Wynmoor. For many years, Selma

has devoted much of her time to making Wynmoor a better place to live.

★★★

3rd Vice President - Stan Cohen

Stan is a New York native who worked in Wall Street for five decades. Besides working in the securities business, Stan also was involved in purchasing and leasing real estate in New York City. Stan has lived in Wynmoor for 16 years and has served on his association board as well as on Wynmoor Community Council. Stan now serves as third Vice President.

★★★

Larry Schwartz - Secretary

Larry is a New York native and also lived many years in New Jersey. During the Korean War, Larry served our country as a Marine. During his professional career, he spent 40 years in the insurance business finishing as Chief Operating officer and Director of American Medical Life and Health Insurance Company. Larry moved to Florida in 1999 and settled in the Wynmoor community. Larry served as president of his association and now serves on the Management Committee.

★★★

Bill Corey - Treasurer

Bill spent most of his career in the corporate world. Bill started with IBM as a software engineer and then worked for Honeywell for 15 years. Following Honeywell, Bill worked for Philips Medical Systems for 39 years. At Wynmoor, Bill has served as Director of the Wynmoor Golf Association and now serves as Treasurer of the Wynmoor Community Council.

★★★

Neil Nota - Former 1st Vice President

Neil is a New York native who served in the United States Navy. Upon moving to Wynmoor, he has volunteered numerous hours to the community. Neil has served as the President of Portofino II Village, a Building Director, Wynmoor Community Council representative, and long-term member of the Management Committee. We thank you for your many years of dedication to our community.

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Deadline: The 10th of each month at Noon. This applies to all articles, photos, classified ads, etc.

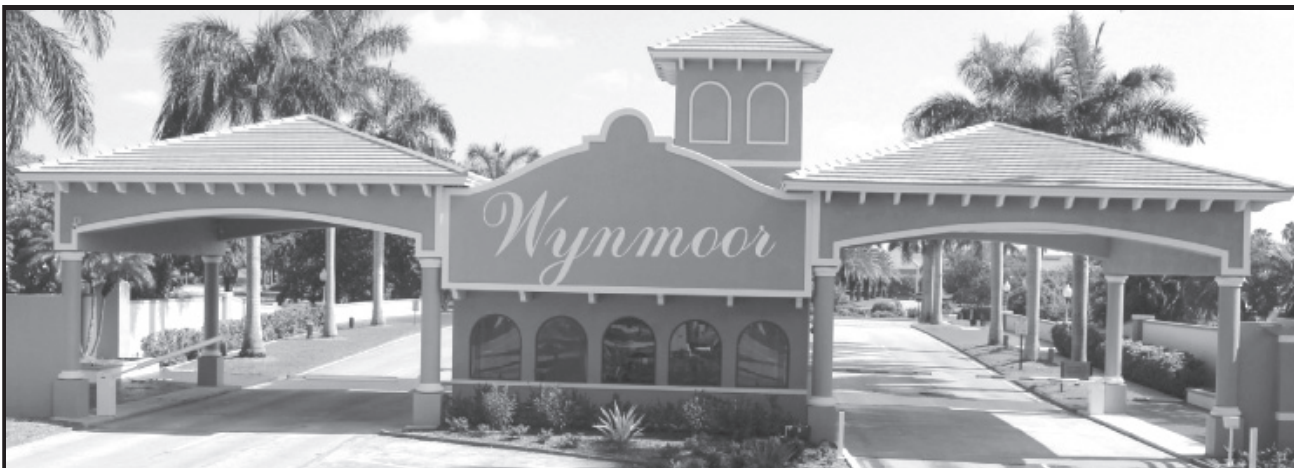
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Security News

Dispatch: 954-978-2667

Remember to STOP at ALL Stop Signs. The speed limit around Wynmoor Circle is 25 MPH and 15 MPH on the North Road and in the villages. Citations will be given out to those who violate the road rules. First Offense: \$25 Fine Second Offense: \$50 Fine

Remember that Cyclists Must Obey Traffic Laws, including the flow of traffic, obeying traffic signs and signals, observing basic rules regarding turns and lane changes.

In Case Of Emergency 9-1-1

In each unit, there is a button for emergencies. When this button is pushed, it is supposed to notify the guard gate that there is an emergency.

However, due to equipment problems and the age of the equipment located in each unit, the system is not working properly. Therefore, if you experience an emergency, you need to call 911. Do not rely or use the button in your unit.

Your Guest List

There is no longer a permanent guest list. The new Wynmoor Gate System brings greater security to our community. Unit owners or tenants are responsible to call in their guest, including aides/nurses, cleaning people, personal transportation, realtors, contractors and vendors.

Make sure your guest has I.D. ready when approaching the gate for proper verification. Make sure your guest has the NAME and ADDRESS of the resident they are visiting.

Important Numbers

For Medical Emergencies Always Dial 9-1-1.

- Security, Emergency: 954-978-2663
- Automated Gate Access: 954-978-2666
- Security Dispatch: 954-978-2667
- Resident Registration Office: 954-978-2600, ext. 321
- On Call Bus: 954-978-2667
- Coconut Creek Police, Non-Emergency: 954-973-6700

Hours of Operation

- Administration/Pool/BBQ: 5:00 AM - 10:00 PM
- Fitness Center: 5:00 AM - 10:00 PM
- Country Club: 8:00 AM - 12:00 Midnight
- Racquet Center: 6:00 AM - 11:00 PM
- Theatre Complex: ...7:00 AM - 11:00 PM (unless there is a specific approved event)

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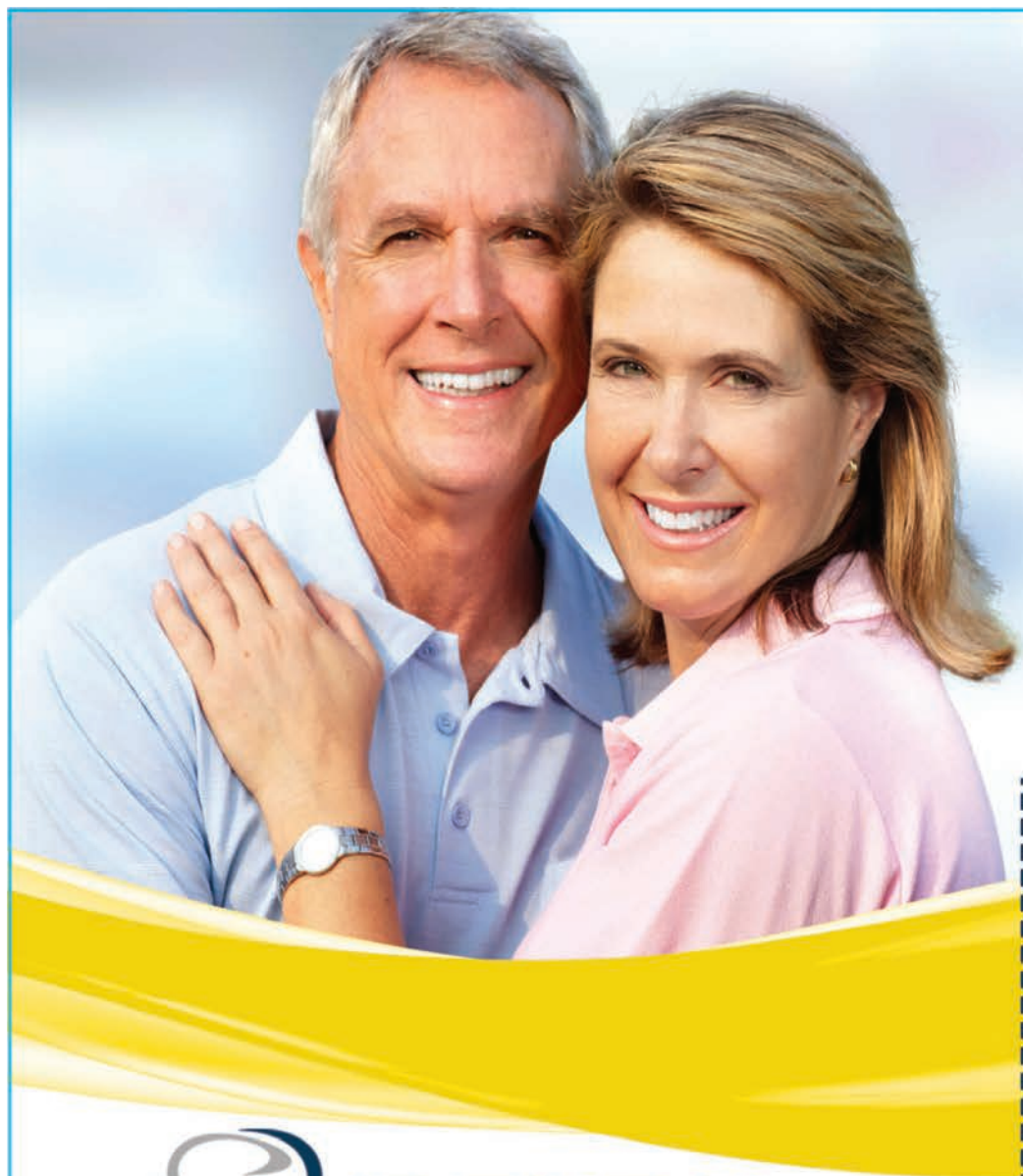
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A Gift Of A Lifetime

By Marjory D. Lyons

I liked this expression when I started writing books of memoirs many years ago. It seemed to go along with the title of my company and the goal I had of writing books of memoirs. It seemed the two words, gift and lifetime, when merged, revealed an image of a collection of memories. To my mind, that meant gathering memories and anecdotes into an entity. And that entity was a book. I hoped that I would be able to listen to my book client, to gather the inner voice, to grasp the values and incorporate that voice into a book. I wanted to tell the story as it was told to me. I felt that "A Gift of a Lifetime" characterized what I was going to do.

Sometimes, it was only after I had completed the book, that the concept of a gift jelled. I had the product in my hand and so did they. Now, the term would be validated in one way or another by the individual book client and by their families. One gentleman had sent his memoir to friends all around the country. He called me one day and said, "Marj, I just got a call from a friend in California. I had sent him my book. And he phoned me to say that he saw my book on eBay for sale."

"Great," was my reply. "Great is right," Dr. N. replied adding, "But you will never believe the price. They are asking one hundred dollars for my book!" We both laughed in delight.

Others knew, as we got started with talking and interviewing, that this effort was going to produce a gift for the family. His mother was going to be one hundred years old in a few months, and her son had contacted me. The party, in celebration of the completion of the book, was held aboard a yacht where friends and family gathered to honor and marvel at Florence.

She had lived through two world wars and at the illness of her husband, supported her family as a teacher. I was touched and moved by her reply

when I asked, "What are you most proud of in your lifetime?" She replied, "teaching little children to read." Her beautifully hand-written note to me said: "Dear Marj, this story could never have been told without your keen interest and skillful questioning."

Dr. R. was organized when he came to my office, his notes set out chronologically. A former college president, I would have expected that of him. What I didn't expect were the tears. As he started telling me of his childhood, he said, "there was the horse whip above the door ..." And, with that, his tears rolled down his beautiful face and he told me about the whippings he had endured as a child and the torment he had received by his father. I wept, too. I knew that, at last, he was telling his story. What a privilege it was for me to hear the guarded memories of his life story.

At times, families do recognize the value of having the life story of a loved one recorded as a legacy for the families to come. A grandson wanted to preserve the lifetime of his grandfather. A daughter wanted to preserve what she knew about her father's lifetime. Her email said: "I will always be grateful to you, Marj, for the way you brought my father's story into the world with such truth and beauty. When I opened the box of books, my hand trembled a little, because they looked so elegant and worthy in their sleek black covers."

Another person said: "To my very good friend, Marj, who made this book possible." What an honor to have her say such a thing to me! She wanted to complete her book by the time she turned ninety, and we did it.

I didn't start out the business to present a gift. I was thinking of remembering a lifetime. What I did know, and do know, is that everyone has a story to tell, and I wanted to help them tell that story. Their book is a gift of their lifetime for their children and grandchildren and those to come. And it is also a gift to me.

Marj Lyons lives at 1902 Bermuda Circle, M-1. She recently joined the Writers Workshop Club at Wynmoor and read this story. The group suggested



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she send it in to *The Wynmoor Insider* for publication. Contact Marj at 954-249-1333 or Majory.lyons@telling-your-story.com

A Mind Enlightened

By Lawrence E. Correia

One of the first teaching positions I had at the Harlandale Independent School District, in San Antonio, Texas, was sixth grade English. I had the unenviable task of teaching sentence structure and identification. Luckily, most of my students grasped the concepts quite easily, with the exception of one young man named Roberto Vargas.

It seemed that after numerous attempts to get him to comprehend the concepts, the ideas eluded him. I and Roberto were both frustrated that he was not getting the concepts. Out of desperation, I realized that I had to find another approach to solve this problem.

I asked Roberto what sports did he like and he replied, football. I assumed he meant soccer, but he immediately replied, "No, American football." I then asked him what his favorite team was, and as a true Texan, he replied, "The Dallas Cowboys." He then stated that his favorite player was the team's quarterback, Roger Staubach. Armed with this information, I began my campaign to open up a bridge toward understanding sentence structure.

I started with the sentence, "Staubach threw the football to his tight end." I then asked Roberto, "who was doing something in the sentence?" He replied, "Roger." I then replied, "Roger was the simple subject because he was doing something. What was Roger doing?" I asked. He replied, "Roger was throwing the football." I then said, "Roger was doing one thing, not two things, so what was the one thing or act that Roger was doing?" He replied, "Roger was throwing." I replied, "throwing was the simple predicate. What was he throwing?" I asked. Roberto replied, "the football. Then, the football is the direct

object," I replied. "Who is Roger throwing the football to?" He replied, "to his tight end. Thus, the tight end is the indirect object," I replied. Remember, in a sentence, the subject is the one doing something, the simple predicate is the thing the subject is doing, the direct object is the thing something is being done to, and the indirect object is the recipient of the subject's action. After several more examples of basic sentence structure, Roberto began to understand the concept.

One could almost see the light in his eyes as this simple concept took hold in his young mind. For the remainder of that school year, he never again had problems with sentence structure. It was truly gratifying for me to find a way to reach a young mind.

And Yet Another Culinary Triumph!

By Nancy Schwartz

Remember the old Chiquita advice: "Never put bananas in the refrigerator, oh no no no no?" Well, take my word for it. That goes for honey too.

"Oh, honey in the morning, honey in the evening, honey at supper time." That's an old song from when I was young and if you're real nice, I promise I won't sing it. Besides, I think it was sugar in the morning, etc. but who cares. This story is about honey, less than a third of a cup of it to be precise.

Enough already: LET'S GO TO MY KITCHEN, where I spend countless hours concocting culinary triumphs for Larry.

So, I was looking for a good recipe for pork chops (Larry's not really fond of pork, but these were *ON SALE* - the magic words!) Well, didn't find a recipe upon which I had written.

"VERY GOOD," Yippee! I was in business. I had made it before - so no sweat!

It said to cut a pocket in each chop by slicing almost to the bone. HUH????

Continued on page 9

If your walls could talk, they'd thank you.



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pen to paper

Pen to Paper continued from page 7

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Fuggedaboutit. I just browned them in my "large skillet." I call it a frying pan (when did these things become skillets anyhow? Probably when the prices went up) on both sides and let them cool slightly.

Meanwhile, I mixed onion, parsley, milk, (just little the recipe said) and sage and pepper - added a chopped up peeled apple plus a drained can of corn and a cup of dry bread crumbs. I put this concoction into a baking dish and nestled the pork chops into it.

Now here's the piece of resistance: THE SAUCE!

- * Dijon mustard (didn't have any so I used just a bit of Gulden's)
- * 1/2 tsp dried rosemary
- * 1/3 cup oh honey

Panic! UH-OH! Did I have honey? Oh yippee, yippee! I found a plastic bottle with some in it from the year of the flood (and honey does not go bad!). I popped it into the microwave because the neck of the bottle was too small to get a spoon into and the honey wasn't pourable at that point. I let it heat up for several seconds, maybe make that a couple of minutes. I got sidetracked and when I opened up the microwave door, I discovered the bottle had tipped over and the by-then-warm honey had flowed ALL OVER THE MICROWAVE! You know, the plate stuff sits on, the gizmo the plate sits on, etc etc etc.

It doesn't take much imagination to envision the mess in the innards of my microwave.

Was I upset? I think I may have been in a state of shock because as I realized there wasn't really enough honey to do the job anyhow. I calmly grabbed some Splenda and wished I had thought of that before I got involved with the #@! honey.

As far as the mess in the microwave goes, definitely I was in a state of shock because I figured I'd just clean it right up. I took everything out and rinsed it all off in hot water and dried it and thought, "There - that wasn't too bad." I was both surprised and relieved.

Fast forward - - - the next morning, I took a closer look and came to the conclusion either my glasses must have been fogged up yesterday or I need new ones. It took me *quite a while* to get all the STICKY parts of the inside of the microwave unsticked and sugar ants on top of that. I've had an infestation of those teeny-tiny sugar ants around my kitchen counter. A whole gang of them were in the microwave enjoying themselves to beat the band.

And this is the aaarrggghhh part. The shopping circulars came out this morning and both Walgreens and Publix have honey on sale, brand new bottles that will pour out a gazillion thirds of a cup without any hesitation. Better late than never. I'm off to pick up a bottle or two.

But, rest assured. Tonight I'm making reservations for dinner.

Reflections On Stillness and Silence

By: Carol Greenberg

There are probably many of you who find stillness and silence either similar or closely related. For me, they are at opposite ends of my emotional spectrum. It could be argued that it is just a matter of semantics.

When I take a walk and look at the cloud formations, I feel a sense of calm, tranquility, and yes, stillness. Those same sensations come over me just prior to a storm; the dark clouds are at a standstill, the leaves and branches on the trees do not stir.

My late partner and I could sit in the same room for extended periods of time, without a sound being uttered, and once again, I felt that serenity of stillness come over me.

However, when engaged in a conversation, which is defined by me as a give and take of thoughts, and suddenly the give and take ends without resolution, I find that silence oppressive and awkward. When I am in the company with

Continued on page 10

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pen to paper

Pen to Paper continued from page 9

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someone with whom I have little or no chemistry, and conversation is forced, the subsequent silence is deafening.

I welcome those moments of stillness and try to avoid those of silence. The former fills my heart with immense joy, while the latter with a searing discomfort.

Soapy In The Morning, Soapy In The Evening... Don't Forget to Rinse

By Bonnie Kutner

One evening, I was contemplating changing my bathing habits to taking my shower at night instead of in the morning. It seemed to be a very good idea since I was starting a new job that I had to be at work by 7:45 AM, leaving me more time in the morning.

So, here I am Sunday night, the first transition daytime to nighttime shower. No problem!

Here's where the fun begins: I went into the shower and even took the time to wash my hair. After damp-drying myself, I started with the body lotion, so my skin would not dry out and deodorant, so I wouldn't smell, and the special spray for under my breasts, so I would not break out from sweat. Also, I put on pain-free cream, and I put my night cream on my face and neck, used my nasal spray, took my nighttime medications, brushed my teeth and used my mouthwash.

Finally, I had to blowout my hair, so, I put on my hair fattener gel and blew my hair. I put on oil that also thickens my hair to give it more body. That is the only part of my body I try to make look fatter; the rest of my body is always dieting.

All completed and ready for bed; what should I do? Should I go into my bed or go back into the shower to clean myself off or wait till the morning to take a morning shower to get ready for work?

My Mother's Not So Brilliant Idea

By Peter Hardis

I don't know if this also happens to you, but each and every year I have a day when I'm reminded about how many years ago I was born. This all came about because my mother had what she thought was a brilliant idea. She decided that she would celebrate the day I was born on the same date I was born every year after I was born. She then called that day, "Happy Pete's Day of Birth." Exactly one year after I was born she baked a cake, placed

two lit candles on it, (one for good luck), and decorated the dining room with a bunch of balloons. She then said to my father, "Everything is ready so why don't you get Pete and bring him in." As he carried me into the dining room all of a sudden they both yelled out to me, "SURPRISE! HAPPY PETE'S DAY OF BIRTH!" Then she took out a box wrapped in pretty wrapping paper and said, "Dad and I got you a happy Pete's day of birth present; we hope you like it." She unwrapped it for me and there before my eyes was the nicest rattle I ever saw in my life. All of this was so exciting to me. It made me so happy, then my mother gave me an extra breast feeding to top of the day.

When word got out that my mother was honoring my day of birth each year after I was born, her idea began to spread around the world and people all over began to do the same thing. Over the years, "Happy Day Of Birth" became known as, "Happy Birthday." This infuriated my mother and some say that this was probably the reason why she had a nervous breakdown while she was in the middle of throwing me my ninth happy Pete's day of birth party.

Now that I am as old as I am I can't help but resent my mother for ever starting this thing in the first place. I no longer want to know how many years ago I was born. When I researched Google; of the 327 million people living in the United States, the number of those in my age group make up only 2.7% of the entire population. According to what I found out is that only a few years ago I was in a much larger group with almost double the percentage of people in it compared to the group I am in now. So each year when I have a happy Pete's day of birth the only thing I think about is what happened to all the people who are no longer in my group anymore. That scares me because I do know where they are, and I'm not ready to go there, at least not yet.

My happy Pete's day of birth will be this November 14th and I've been receiving quite a few cards already. I would like to share some of the most endearing and heartfelt sentiments that were written to me on some of the birthday cards I received so far:

—From my 8 year old grandson:

Happy Birthday Grandpa Pete, I love you soooo much!!!

When mommy told me how old you are I got so scared and started to cry.

Now I love you even more!!

love you, love you, Ryan

—From my long time poker friend:

Dear Pete, Don't be upset about how old you are, it's only a number.

Speaking of numbers, do you think I will ever see the \$53 you still owe me?

At your age the amount of time left for you to pay me back is dwindling very quickly. Anyway, in spite of that, I want to wish you a very happy birthday!

Best regards, Bob

Continued on page 13



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Weekly Winners:

9-5-2018. Linda came through the field undefeated with Norm a close second. We will try a new format tonight with a round robin so every player will play all other players and the one with most wins will be declared the winner.



9-12-2018. Tommy continues his winning ways by winning the most games with Bob in second place. This Wednesday we had a full house, with everyone having fun!



9-19-2018. We didn't play last week as many members of the club attended Michele's memorial. I have added a few photo's of Michele that I thought you may like. - Ralph



9-26-2018. This week's Tournament was won by Tommy with 14 wins. Bob H and Ralph tied for second with 12 wins each. The player in the tournament with the least amount of wins had 5 wins, this highlights the need to have a handicapped Tournament. It's far more enjoyable and educational to have everyone in the running to win or to have a high placed finish. The more experienced players have to play better to win and the less experienced players have a better chance to and improve their game. Tapes, lessons, and practice are important but competitive play, especially with better players is the best way to improve. I know some are reluctant to get a spot but this way really does work well.- Ralph

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pen to paper

Pen to Paper continued from page 10

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–From my daughter:

Dear Dad, You are just about the funniest and silliest father anyone could possibly have. I think the reason you are is because of all the pot you always smoked. Since they legalized marijuana here in Colorado we noticed that you are visiting us much more often. The thought just occurred to me that maybe marijuana slows down the aging process. I hope so because I would love to have you around forever!

Have a wonderful birthday!

Love, Allison

–This speaks for itself:

Dear Mr. Hardis:

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–From my granddaughter:

Dear grandpa Pete, I have bad news and I have good news. The bad news for you is that before you know it you will be 100 years old. The good news for me is that when that happens I'll still be young.

Happy Birthday! I love you, Sienna

–From someone who is madly in love with me:

My dearest Pete, I have loved you ever since the first moment we met almost 50 years ago. You still mean so much to me! I'm so sorry that we couldn't live out our lives together; it almost makes me want to cry. Why I haven't heard from you in decades I'll never understand, but I will always do my best to keep in touch with you.

HAPPY BIRTHDAY!!!!

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–From my very close cousin:

Hi Pete, I was recently in Dollar Tree and I thought it would be a nice gesture if I got you a little something for your birthday; unfortunately everything they sell is \$1 and I wasn't planning on spending that much. I'm hoping that my heartfelt birthday wishes are worth a lot more to you than some expensive gift from Dollar Tree.

Happy Birthday!

Your cousin/friend, Joe

–From my great nephew:

Happy birthday great uncle Pete!! I remember you always telling me that your brain is your second most favorite organ in your body. I never understood what you were talking about. Now that I'm 14 years old my brain, just like you, has also become my second most favorite organ. I'm just hoping that you are still able to enjoy what I AM now able to ENJOY. I have a strong suspicion that at your age it just isn't possible anymore. I can't imagine how you can have a happy birthday if what I just said is right.

I want to wish you a happy birthday in spite of what is going on with you down there.

Love, Alex

I'm beginning to think that maybe my mother's not so brilliant idea was a brilliant idea after all: It just occurred to me that if I stopped having birthdays there would be a very good chance that I won't be here anymore, and that's something I don't think I would like. Mommy, please forgive me for ever doubting you. From this point on I hope I will be able to celebrate as many "HAPPY PETE'S DAY OF BIRTH" as I possibly can to avoid getting anyway near the finish line of life.

I love you mom for all the wonderful "HAPPY PETE'S DAY OF BIRTH" you gave me. Love, your son Pete

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HISTORY CORNER

By Phil Edwards

Rwanda: Cockroaches to Genocide

It is not that difficult to go from cockroaches to genocide, if one plans well and knows what to do. The swiftness and scope of the Rwanda massacre is unparalleled in human history. In only 100 days, from April 7th to July 18th, 1994, the Hutu majority exterminated 800,000 to 1 million members of the Tutsi Minority. The machete was the weapon of choice and killed the most. It was so terrible, victims begged to be shot. Rwanda had a tumultuous history, in part, because of European meddling. Belgium was given the administrative power over the area of Rwanda after both World Wars. The Belgium government favored the Tutsi Minority and gave them special privileges and power to run the country. In 1962, Rwanda was granted independence by Belgium.

Fast forward to 1990; the country is involved in a Civil War. Exiled and refugee, Tutsis invaded Rwanda from Uganda and began to push towards the capital of Kigali. Besides confronting the immediate invasion of the Tutsis, the Hutu government began a sinister plot to rid the country of the Tutsi Minority. They began to stockpile weapons from South Africa, France, and Israel and distributed them to the local Hutu population.

However, the key to preparing the Hutu population to actively participate in the murder of their Tutsi neighbors was an orchestrated propaganda campaign. The foundational cornerstone of their approach was to dehumanize the Tutsi tribe. Kargura, the national newspaper, printed articles calling Tutsis foreigners, criminals, cockroaches, snakes, traitors and a disease that needed to be eradicated for the health and safety of the country. The national radio station, "Radio Rwanda," blared out hate messages about the Tutsi on an hourly basis.

In 1993, the Arusha Agreement was signed by both the governing bodies of the Hutu and Tutsi as an attempt to quell the conflict. The accord called for inclusion of the Tutsi (RPF) in the government, the rule of law honored, reparation of refugees, immediate halt of using "Radio Rwanda" to broadcast hate, and several other requirements.

President Habyarimana, his wife, and other extreme Hutus then established their personal radio station, RTLM, and continued to broadcast daily, the threat of the "cockroaches" taking over and destroying the Hutus. On April 6, 1994, President Habyarimana was killed when his plane was shot down over the capital. It was never proven who was responsible, but the weight of the evidence pointed to his own party. Blaming the Tutsis for the attack, this provided the radical Hutus with the opportunity and justification to attack the Tutsi without mercy.

On April 7th, "Radio Rwanda," RTLM, and the Kangura newspaper called for the extermination of the cockroaches. For the next 100 days, the unthinkable happened. The nations of the world did little, if nothing, to stop the carnage as the "cockroaches" were weeded out and exterminated to protect the majority from the disease of those who are different.

Gordon Allport, the noted psychologist, outlined the five stages of prejudice. The five stages ranked by order of their harm to others are: (1) Antilocution, (2) Avoidance, (3) Discrimination, (4) Physical Violence, (5)

Extermination. Prejudice begins with antilocution, which is harmful speech about others including name calling, making jokes, spreading gossip, slurs, telling lies and rumors, and spreading propaganda. This is highly effective because it DEHUMANIZES people and once people are no longer considered human it is easy to squash them like COCKROACHES.

The best safeguard to antilocution is stopping the name calling, slurs and jokes which promote hate and division. Everyone, especially members of any ruling majority, needs to listen carefully to the speech produced by its leaders and populace. If ignored and left unchecked, everyone pays the consequences. Once the name calling beings by national leaders, it is easy to go from "Cockroaches to Genocide." Comments can be made at chooserrightly.com under "Article of the Month."



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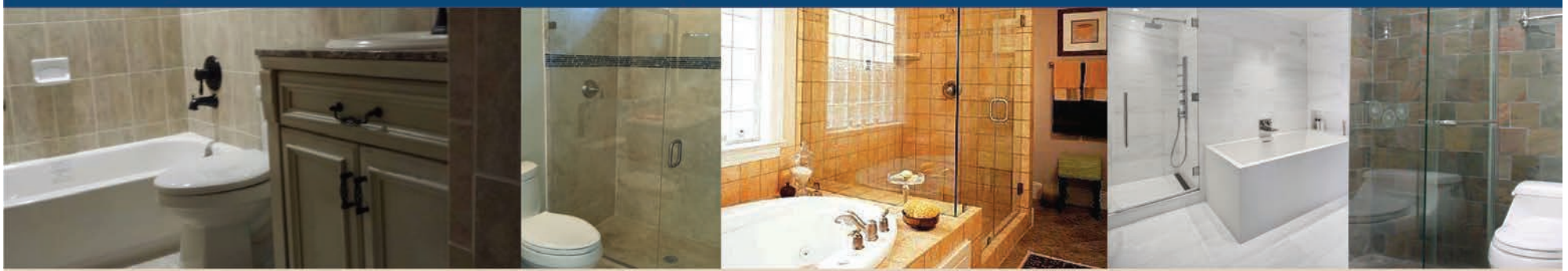
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Have You Planned For Long-Term Care?

If you are fortunate, you will retain your physical and mental capacities throughout your life and can always live independently. But there are no guarantees for any of us. If you ever require some form of long-term care, will you be prepared?

What is the risk of needing long-term care services? According to the Department of Health and Human Services, about 40% of individuals over age 65 receive some form of paid in-home care, with an average care period lasting less than one year. However, about one-third of the population receives care in a nursing home: Of those individuals, about half stay less than one year, 30% stay between one and three years, and 20% stay longer than five years.

Unfortunately, this care can be expensive. For example, it costs \$97,500 per year, on average, for a private room in a nursing home, according to the 2017 "Cost of Care Survey," produced by Genworth, an insurance company. In some major metropolitan areas, the cost is much higher. Furthermore, Medicare typically pays only a small percentage of these expenses.

So, how do you protect yourself against these potentially catastrophic costs? Essentially, you have four options:

***Self-insure:** You can try to build enough financial assets to cover the costs of a long-term care event. However, you would need to accumulate an extremely large sum to fully protect yourself, and you'd be diverting assets that could be used to help fund your retirement.

***Long-term care insurance:** A traditional long-term care (LTC) insurance policy will pay for qualified long-term care costs. The younger you are when you purchase your policy, the lower your Annual premiums

are likely to be. Keep in mind, though, that a basic LTC policy offers no death benefit or cash value. Your premiums are only paying for a nursing home stay, home health care or other type of long-term care service. Also, even a good LTC policy will include a waiting period before the insurance kicks in and a maximum amount of coverage, such as three years.

***Hybrid/linked benefit insurance:** Because of some concerns about paying for insurance but never needing care with traditional long-term care insurance, this type of insurance provides a death benefit plus long-term care coverage. You can accelerate the death benefit to help pay for long-term care costs, and you can also choose to create an additional pool for these costs after the death benefit has been exhausted. But, if you don't need long-term care, you still have the life insurance death benefit. Due to the death benefit, your premiums will be higher than those of a traditional long-term care policy.

***Life insurance with long-term care/chronic illness rider:** By choosing a permanent life insurance policy with this rider, you can accelerate all or part of the death benefit to pay for long-term care costs. Your death benefit will then be reduced. This option generally provides more flexibility in paying premiums than a hybrid policy, which may require a larger dollar commitment. Similar to hybrid, you still have the life insurance benefit if you don't need care.

Which option is best for you? There's no one "right" answer for everyone, but a financial professional can help you choose the method that's most appropriate for your situation. From an economic standpoint, and possibly an emotional one too, you may be better off by taking action sooner rather than later. See my ad on page 46.

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Broward County Mails The 2018 Property Tax Bills

The Broward County Tax Collector's Office recently mailed the 2018 tax bills to all property owners. While my office does not set or collect these taxes, I wanted to share important information about the payment options available to property owners. If you have any questions about your tax bill or payment, please contact their office directly at 954-831-4000. Tax bills are also available to view, print, and submission of online payment at www.broward.county-taxes.com starting November 1st. For taxpayers whose bills are paid by escrow arrangement, a courtesy tax bill copy will be mailed in mid-November.



Property taxes must be paid no later than March 31, 2019 to avoid delinquency interest, fees, and penalties, but may be paid as early as November 1, 2018 to take advantage of early-payment discounts. Early-payment discounts for payments made in full are as follows: a 4-percent discount if paid in November; a 3-percent discount applies in December; a 2-percent discount in January; and a 1-percent discount in February. The discounted amounts that apply to each month between November and February are already reflected on property tax bill coupons. These discounts apply only to full tax payments. Making a partial payment of property taxes forfeits any applicable discount otherwise available for full tax payments.

2018 tax payments can be made by the following methods:

- *Credit/Debit Card, or eCheck Online Payments at www.broward.county-taxes.com:* use the search function to locate the correct tax account then follow instructions for payment by credit/debit card or eCheck. There is a non-refundable 2.55% convenience fee for credit/debit card payments. eCheck payments have no additional fee.

- *By Mailing a Check:* use the green return-envelope enclosed with the tax bill or mail payment to: Broward County Tax Collector, Processing Center, and P.O. Box 849375, Hollywood, FL 33084-9375. Always include the tax coupon with the check and write the tax account on the check to prevent processing delays. All check payments must be in US funds issued from a US bank account. The payment envelope's postmark date is used to determine the applicable early-payment discount. If check payments are rejected or returned by your bank, the payment will be canceled, a return check fee will be charged, and discount deadlines will not be extended for substitute payments.

- *At any Wells Fargo Bank Branch located in Broward County:* all 2018 tax bills (no delinquent tax payments) may be paid at any Wells Fargo Bank Branch in Broward County until March 31, 2019. Tax payments made at Wells Fargo must be paid in full only (no partial payments). Taxpayers must have their original 2018 tax bill to present to the bank at time of the payment. No credit, debit, or cash payments can be accepted by the banks for tax payment.

- *Partial Payments:* 2018 taxes may be paid in up to five partial payments. Partial payments must be for a minimum of \$100 and include a \$10 processing fee. Partial payments forfeit all early-payment tax discounts that would otherwise apply to full payments. The final partial payment must be for the full remaining balance and paid by March 31, 2019 to avoid delinquency interest and fees on any remaining balance as of April 1, 2019. Partial payments cannot be made online or at Wells Fargo banks.

For additional information, please contact the Broward County Tax Collector's Office at 954-831-4000 or visit www.broward.org/RecordsTaxesTreasury



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WOODSHOP NEWS

By Ernie Fleury

The Woodshop welcomes a new member, Martin Levin to the club. Martin is an artist who recreates historic buildings in miniature wood, and then hand paints each brick, stone, doorknob and stained glass window. He is particularly proud of his Kristallnacht series, synagogues destroyed by the Nazis and his Medieval World Series. His work has been displayed at The Jewish Museum of Baltimore Maryland, The Kramer Gallery at Gratz College in Philadelphia, The Rosen Museum Gallery here in Boca Raton and The Old City Jewish Art Gallery in Philadelphia. These works and other venues have been featured in the "Philly Voice" and the Forward-Yiddish Edition. While working as a commercial artist, Martin's historical flags have appeared in the movie, "T.A.P.S." and in the mini-series, "George Washington." Everett Yankee made a black cherry rocking chair with a cowboy inlay as a gift for a friend's grandson. For this Wynmoor's upcoming Annual Relay For Life fund raising event, Everett has created a solid black cherry cookie jar with lid and trimmed with embossed turquoise inlays as his donation for the auction.

Karl Georgi has created bowls, large and small, designer pens, jewelry boxes and cutting boards.

Ernie Fleury created all hard wood butcher blocks and exotic cutting boards with matching wood cleavers and chess sets with faux jade figurines. All of these items can be viewed both in the photos provided and in the two display windows in front of the shop.

Wynmoor residents have been well pleased with the quality of the in-shop wood repair work performed by our multi-skilled members.

There are several industry professionals willing to provide workshops for members who would like to enhance their knowledge and skill level. This idea will be presented to the membership in the following months.

Enrollment in personal interest classes such as bowl turning, cutting boards, butcher block making, pens and salt and pepper mills are now in progress for all members. Residents who have questions can stop by the shop or at the monthly meeting the first Friday of each month in Ballroom B at 9:00 AM.



Photos By George Soussous

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Out Of State Legal Documents: Are They Valid In Florida?

By Martin Zevin, Attorney

As many of our Snowbirds come back to Florida, a question that is most commonly asked is: do my legal papers from another state work in Florida? With some exceptions, the answer is no.

There are three main documents that protect you in Florida if you become incapacitated: Designation of Health Care Surrogate, Written Declaration, also known as Living Will and the Durable Power of Attorney. Other states may have different names for these documents, but their substance is similar: you are designating one or more persons to take care of making medical decisions for you if you are unable to communicate and to take care of your legal and financial affairs if you become incapacitated. Every state is like a different country. Each state has its own laws and regulations regarding these three documents. The law in Florida is very clear regarding language, required references to specific Florida Statutes, HIPAA compliant language for the Health Care Surrogate and requirements for initialing specific powers for which the Durable Power of Attorney will apply. It is unlikely that you can find the appropriate language that is necessary to create documents that will be effective in Florida online. Our current Durable Power of Attorney document is 26 pages to be sure that it conforms to the new Florida law. If you have similar documents from another State, it is likely that they will not be valid in Florida.

Therefore, for my Snowbird clients who divide their time primarily between two states, I recommend a set of documents for Florida and another set for the other state. This will provide protection should you become incapacitated in either state. You will not have to worry if your out of state documents will be honored.

If you have a Last Will and Testament that has been properly executed in



another state, and you die in Florida, that Will is valid and can be filed in the Florida Probate Courts. However, it becomes much more time consuming, costly and difficult to probate an out of state Will in Florida. A Commissioner in the other state needs to be appointed by the Florida Judge. The Commissioner must take the sworn testimony of one of the witnesses to the Will before it can be admitted to the Florida Probate Court. Sometimes, particularly if the Will was done a while ago, the witnesses cannot be located. If you have a Florida Will and it is properly executed and notarized, these extra requirements and Court Orders will not be necessary. Therefore, to make it easier, faster and less expensive to probate, you should consider making a new Florida Will, particularly if you are now a Florida resident.

If you wish to avoid probate on real estate that you own in Florida and in another state, it is a good idea to consider a Florida Revocable Living Trust and a Deed to transfer your Florida property into the Trust. When you return to the other state, have a lawyer do a Deed transferring that property to the Florida Trust. This will avoid two separate probates in two states upon your death.

This is just a brief summary of the law and why it is advisable to have Florida documents. I always offer a free consultation to review your current documents, whether from Florida or another state, and give specific advice regarding your circumstances.

Please feel free to call me for a free personal or phone consultation, regarding any issue pertaining to Wills, Trusts, Deeds, Probate, Power of Attorney or Health Care Surrogate. I am also available for a free consultation regarding any issue pertaining to personal injury claims or car insurance coverage. Call me at 954-569-4878. See my ad on Page 35.



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POETS *and* POETRY

If your poetry was not in this issue because of space, we will try to get it in the next issue. Our goal is to give everyone an opportunity to have their work published. All poetry will be printed as submitted.

Lonely Footprints

By Judith Bobker

My lonely footprints indent ebbtide sands,
A strangled cry upon the wind is tossed,
A spirit dark and restless as the sea,

My work undone beneath my listless hands,
The eagerness to face the day is lost,
A testament to life's futility.

What universal reason can there be
For all the chaos and the suffering
That man and nature willingly conspire?

Why is man so blind he cannot see
The consequences that his actions bring,
That fan the flames of crisis ever higher?

We are as nothing in the grand design,
A speck of dust in time's unblinking eye,
The merest beat in nature's symphony.

I have been given love, and I gave mine,
Known joy and sorrow, as the years flew by,
And never fathomed that great mystery.

With hoar of age so fast enveloping,
My thinning form may be at rest, but not
The convolutions of a probing mind.

But now I see the faintest glimmering -
The edifying answer, so long sought,
Was never there at all, for me to find.

night gallop

By Norman Cohen

black light
through shades
on shuttered windows
quiet night sweat
of visions fluttering
scraping
the stilled air
steaming nostrils
hoof beats
in the whinnying wind
lightning sky
reprise found
butterfly worlds
remembered silence
of hell
cracked heaven
in wild eyes seen
and surrendered.

Endless Flight

By Lil Miller

I have slipped the surly bonds
of earth to soar among the stars. As
my aircraft swung and glided
among smoky clouds, and clear
skies, I felt the wind beneath my
wings lifting me to reach the moon
a peace I've never known as I left
my cares behind I reached out and
touched the precious face of "God"
knowing I did the very best I could
to leave his gift of love on earth to
all of mankind how can you hate
with so much beauty all around?
I love you!

-I was a Pilot in WW II

Midnite Madness

By Lil Miller

Turn out the lights of a busy day!!
Step out the door, and note the stars at play!!
Strip yourself naked and join the beautiful view of the moon
and stars and take note of who you really are.
Stress and tension of the day will soon disappear away!
As the twinkling of the stars, show how simple life can be
if we stand naked in a sea of stars.
Count your wounds then wash them away! Reality strikes.
How can I keep what I found today?
By just looking at the bright stars, of all the colors God
created known as mankind!!
A new venture lies ahead. Tell the past to drop dead.
I don't have time for yesterday, I have paths to discover in this
new day to repair a life of 91 years.
Grab the tail of a shiny star and fly me to the moon, move over
Frank Sinatra, here I come among the clouds and shiny stars.
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INSPIRATION STATION

By Diana Stone, M.A., Wellness Consultant and Inspirational Writer and Speaker

5 Daily Questions That Will Transform Your Life For The Better!

Dear Reader,

Have any of you ever woke up slightly groggy or unclear about the day? (I'm envisioning everyone's hands up!). Okay, maybe you're groggy but not unclear. You know certain things must get done! Or you're awake but somewhat unclear about how to prioritize what you hope to accomplish in this day. Please allow me to offer 5 compelling, yet simple questions that will instantly help you clarify where the best use of your time and energy should be directed to creating your best life.

(Confession: I meditate as SOON as I wake up! Before I engage in my day, I sit up and go into a deep 20-minute meditation that sets the tone for my entire day! Then, throughout the day, I allow these questions to guide my behavior to maximize the quality of my fabulous life).

1. What does my body require to feel it's best today?

If your body says, "MORE SLEEP PLEASE!" and you can accommodate this request, do so! Sleep is essential for complete digestion, mental clarity, healing, recharging and rejuvenating our bodies and souls. We depend on our bodies to take us through this lifetime, yet we so rarely ask ahead of time what our bodies truly need. If you find yourself dozing off at your desk or while watching TV, you are TIRED! If after more sleep, you still feel groggy, you probably need to get some stimulation. A brisk morning walk can be more uplifting than several cups of coffee and the morning news!

2. Who can I love more deeply today?

When we reflect on what makes us truly happy, we most often discover it is our interpersonal relationships more than our accomplishments or possessions. So, it is wise to invest in our spouses, children, parents and friends with our time, love, and devotion. After my morning meditations, I often switch my day completely. I may recall that one of my children in college has a particularly challenging week ahead and I feel inspired to bake them their favorite treat. Or I decide instead of going to yoga, to reach out to a friend who may wish to walk so we can visit. These little gestures of love uplift and delight with so little effort on my part, yet I too, feel the benefit and joy that comes from opening my heart to those I love.

3. Who needs mercy and forgiveness?

Part of our human experience guarantees that we will make mistakes both big and small. More than anything we will crave mercy. We will want to be

understood, supported and forgiven. Whether we broke a promise, had a fender bender, or had a misunderstanding, we can apologize, try to repair the damage (be it the relationship or damaged object) and promise ourselves and others to do better as we move forward. We know we can do our part in the healing but are you aware of how powerful your part is in offering mercy to others? When we graciously forgive, or better yet, give the benefit of the doubt before we even choose to be offended, we make way for peace and progress. Practice in little ways. When someone cuts you off in traffic or brings two extra items into the express lane, let it go! Show them mercy! Don't give up your own peace of mind over the small stuff! Forgiveness isn't just about the person who you feel offended you! When we forgive, we too are released from any negative energy. We are set free!

4. How can I make this task easier today?

Before I start a job, I consider other ways to get it done. Simplify when you can! I love to bake but if I'm in a hurry, I just purchase a treat for the potluck! Or, I ask for help and offer help in an area I'm better suited for. Life is not meant to be hard. It is meant to be stimulating and fun which leads to the final yet important question.

5. How can I make this more fun today?

Much of life is filled with mundane tasks that must be done that are not inherently exciting. Laundry, housework, cooking, grocery shopping are essential tasks for most of us, yet they need not be draining. Put on your favorite tunes and enlist a partner and see how much you can get done in a designated period of time! Take dancing and/or snuggle breaks. Or, set up something to look forward to after your chores so you have an incentive to look forward to!

Be open-minded to how these 5 Daily Questions can enhance your life! You deserve to be extremely happy and fulfilled. Your radiance will uplift everyone around you!

With love,

Diana

Diana Stone, M.A., is a Wellness Consultant and inspirational writer and speaker. Connect with her at dianalynnstone@me.com or visit her website: www.dianalynnstone.com

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WYNMOOR Golf *and* Tips

By Kevin Battersby, PGA

TAKE A STANCE!!!

This article is the final part of your setup. The previous articles on grip and ball position complete this focus on your set up.

The three choices one has is a square, open or closed stance. Each stance is appropriately used for the three lengths of clubs in your bag.

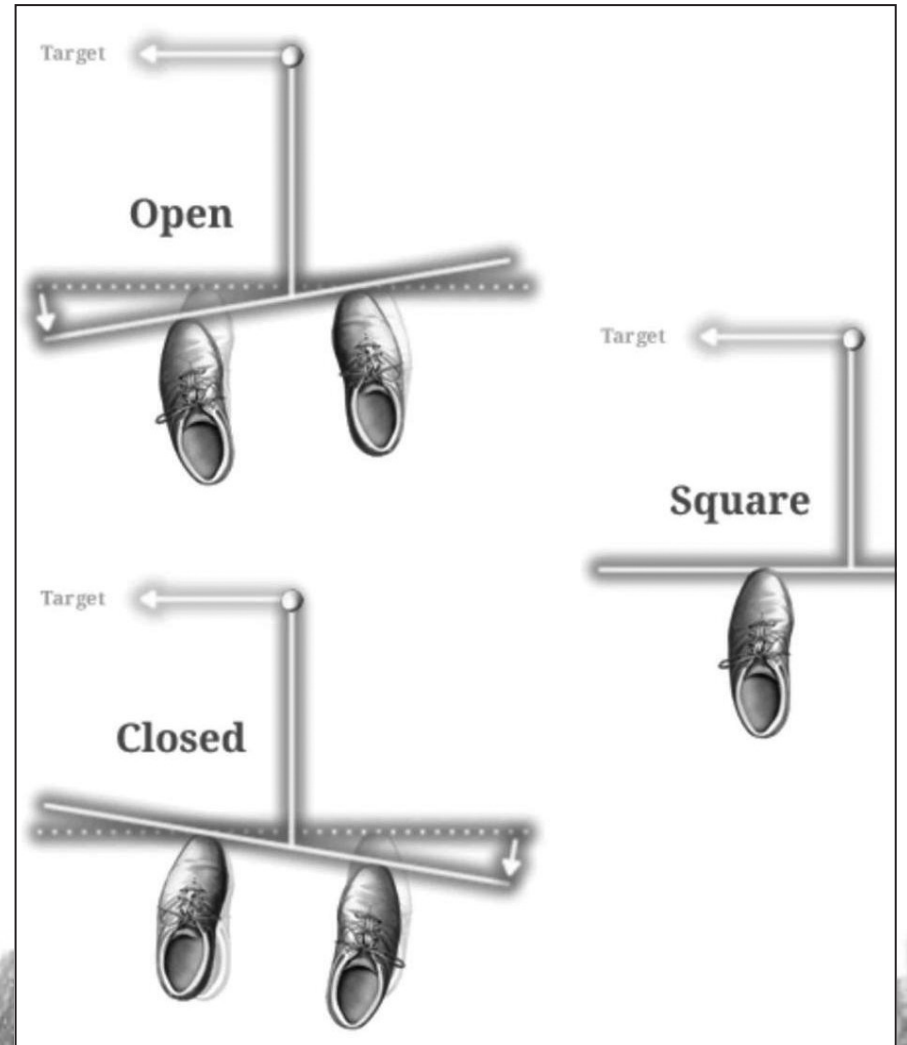
Open Stance: The left foot is drawn back away from the line of play (see photo) and is used for short iron shots, chips and when a player is trying to fade the ball. (Jack Nicklaus)

Square Stance: Both toes are even, and their line is parallel to the line of play. Used on middle irons and shorter shots too if you choose.

Closed Stance: The right foot is drawn away from the line of play. Employed for longer shots and for players trying to hook or draw the ball. (Ben Hogan and Sam Snead)

*note: these tips are for right handed golfers.

When choosing your stance, the length of the club and desired curve on your shots should lead you to choose one of these three stances. Typically, a narrower stance makes the golfer more aware of their swing and allows for a more right to left pattern or draw.



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OOPS... It came to our attention that a photo used, was not taken in Wynmoor, as stated. We apologize and will try to be more careful in the future. - *Insider Staff*

All articles submitted to the INSIDER newspaper must be accompanied by the author to be published.
Thank you. - *Insider Staff*

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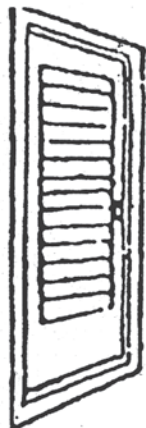
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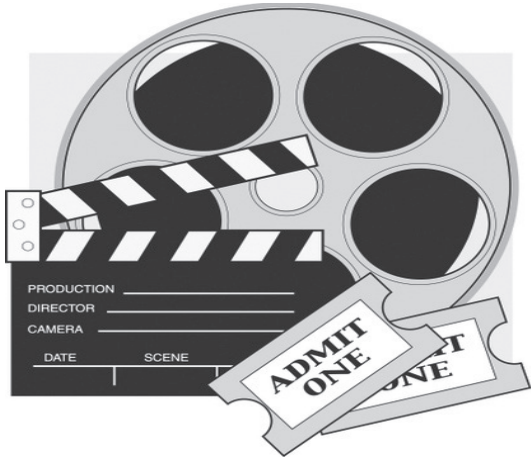
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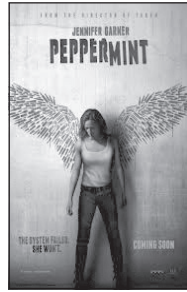
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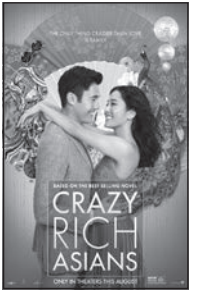
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Dear Dr. Joy...

By Joy Berke Sanchez, PhD



I watched a movie last night about the life and work of Louise Hay, founder of the publishing company, Hay House, and spiritual leader and life coach to literally millions of people. The movie was truly inspiring and if you can find it, I would recommend watching it.

Having been in some physical pain for the past 5 weeks and going from doctor to doctor and test to test while they try to figure out where it's coming from has been frustrating to say the least. If I hadn't read my own article from last

month I would have been in bed sucking my thumb for the past month.

But instead, I really followed my own advice to the best of my ability, which admittedly, wasn't always doable. It was difficult to not talk about what was going on when all those wonderful and caring people out there kept asking me how I was feeling. I probably just should have said that I was feeling very cared for by all their concern and offers of assistance but being human, I told them how annoyed I was at the medical profession and they could see for themselves how I was physically since I had resorted to walking with a cane and my days of walking the circle every morning was put on undeterminable hold. However, I did do my affirmations about being healed and my visualizations about seeing

myself walking and hiking as I did only two months ago. What I neglected to do, to the extent necessary, was to put the appropriate feelings into both the affirmations and visualizations. I said the words and saw the images but there was not enough feeling or desire and surety about the end result coming from deep within myself. The movie gave me a wake-up call about what I had to do. It was something I knew but somehow, had filed away somewhere with all my other knowing that I wasn't actually following through on.

Another thing the movie brought back to my consciousness is that our natural state is one of wholeness and when something goes wrong with our bodies and overall state of equilibrium, it is due to incorrect thinking leading to incorrect feeling leading to stress and then dis-ease. This process is always what is happening, although we don't always realize it. Our bodies are meant to function well regardless of our age. This is something we can see all around us here in Wynmoor. In my theater group, we have actors well into their 90s with very few ailments. I see people here over 100 who are vital and still contributing to life. I think these people are overall positive and their expectations are to be healthy and happy. They see the world very differently than those who spend their time complaining and expecting bad things to happen to them. And their outcomes are different. It is said that if you think you can or if you think you can't, you are right. I agree.

I think I was supposed to see that movie to remind me of how I want to feel and the kind of person I want to be. I believe the name of the movie is "Healing Your Life" and I hope you can find a way to get it. I'm going to check out buying it because it is something I would watch monthly. Louise Hay's books are easy to find and again I recommend reading them if your health and mental outlook are important to you.

Stay happy and healthy and please, please, please send me some topics to write about.

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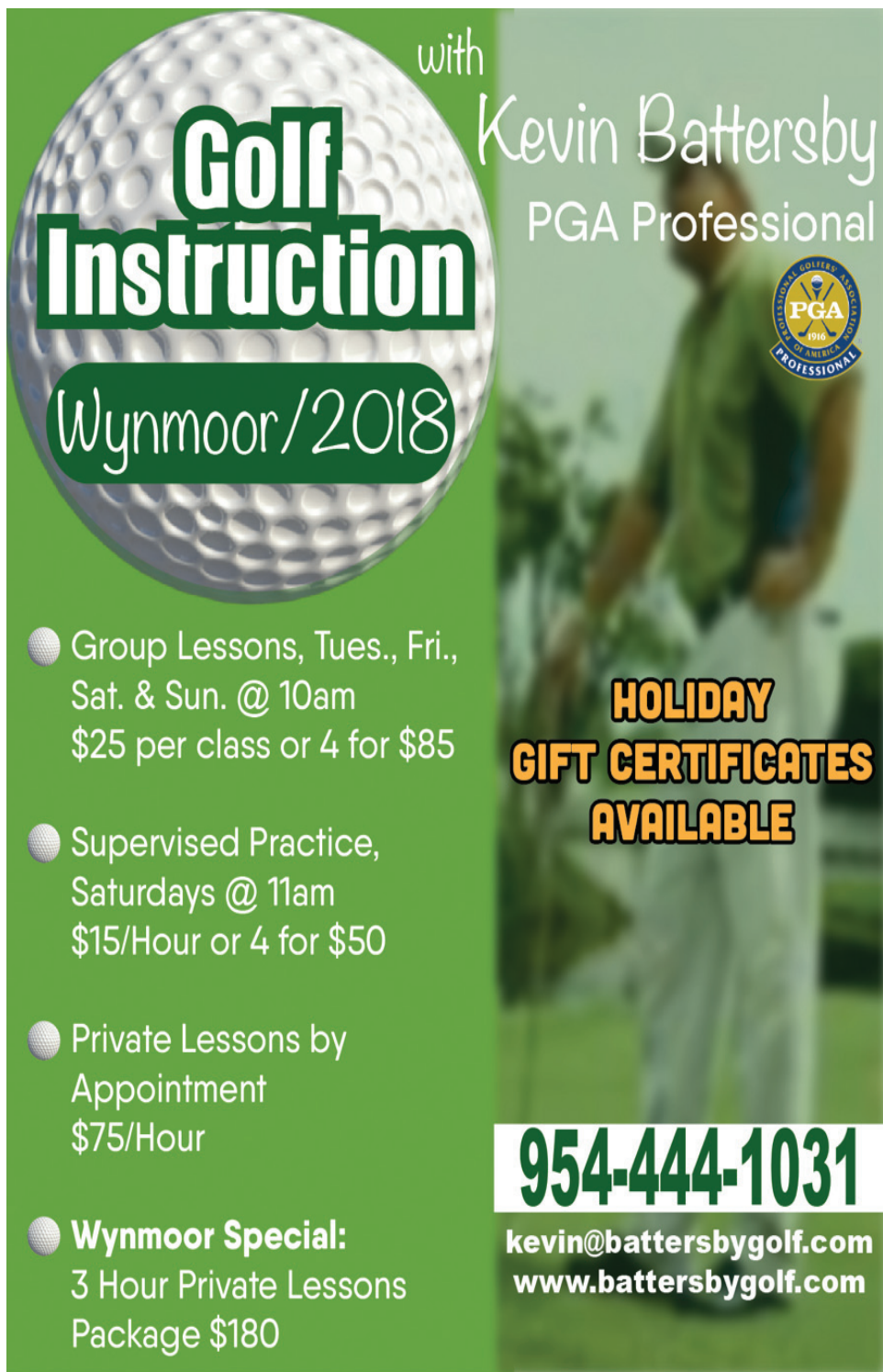


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Respect Your Body Today As You Work For A Healthier Tomorrow

By Mehmet Oz, M.D. and Michael Roizen, M.D.

Beauty may be in the eye of the beholder, but too often, when the beholder is YOU, what you see is dangerously out of touch with the reality of your physical self.

You may not see your beauty at all, and instead focus on imagined extra pounds or endless flaws. That can erode your self-esteem and your health by making you opt for extreme behaviors such as over-exercising or super-restricting your nutrition.

Recently, researchers from Boston University School of Medicine reported in "JAMA Facial Plastic Surgery," that cosmetic surgeons are getting an alarming number of patients who want to be "remade" to look better in selfies or to resemble the doctored images of themselves they can create using filters on social media platforms such as Snapchat. This is a modern twist on body dysmorphic disorder, defined as an obsessive focusing on perceived flaws. It's afflicting a growing number of people, especially adolescents and young adults.

At the other end of the spectrum, there's a disconnect, too. You may not see it if you or your child is overweight or obese. In a study in the "Journal of Childhood Obesity," 75 percent of parents of obese preschool-age sons and 70 percent of parents of obese preschool-age daughters described their children as "about the right weight." And in a study out of the U.K. (it's the same here), only 10 percent of obese adults described themselves as having a weight problem. That means you're overlooking opportunities to improve your child's health and your own, increasing the risk for everything from social difficulties and mental health problems to premature heart disease, various cancers, diabetes and dementia.

Harnessing Your Power of Self-Esteem:

Whether you're obsessed with your flaws or oblivious health challenges, you want to remake your POV about your appearance, so you can be your healthiest self with a much younger RealAge!

Your first step? Stop scrutinizing yourself. No more selfies. No more likes or dislikes of pics on social media. Put down your phone. Let defensiveness



go. How? Meditate. Practice for 15 minutes at least once daily. Your goal is to make it automatic that you use meditative de-stressing when needed. Then you'll be able to take charge of your moods.

Step Two: Say hello to your body. It's time to get acquainted with what your body can do for you; no more punishing it with extremes of either sedentary behavior or relentless working out. Start a walking routine. It can be very meditative.

Feel your legs as they take steps; enjoy the sense of muscles working, appreciate the sweat trickling down from your hair across your face. Badges of honor. You got this! It's working! Your body knows.

Then, start a stretching routine. The "Monday Campaigns Chair Yoga" program can help. Get acquainted with where you feel tightness and slowly direct your thoughts to that area, saying silently to your body, "relax, flow out, and let go." You will realize that you can make yourself feel better. Your body is not your enemy; it's a tool you can use to build a better quality of life.

Next, go for strength-building. Want to see evidence of just how you can reshape your body? A six-week plan, with two to three 30-minute sessions weekly with stretchy bands or 2-pound hand weights will produce visible results in the tone and mass of your muscles in your arms, upper chest and torso.

But, remember everybody and every "body" has beauty, as it is, and as it may become. The true beauty is your power to improve your health. For some substantial help, check out Dr. Mike's book, "This Is Your Do-Over: The 7 Secrets to Losing Weight, Living Longer, and Getting a Second Chance at the Life You Want."

* * *

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com

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Upcoming Library Events...

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NOVEMBER PROGRAMS

Adult Programs:

Thursdays – Digital Downloads Open House. Learn how to access and download the library's free books, music, magazines and movies to your device. First come, first served. Noon to 1 p.m. Rm. 226.

Thursday, November 1 to Sunday, November 4 – Early Voting. 7 a.m. to 7 p.m. Rm. 154

Tuesday, November 6 – Sculptor Dan Grayber: Physics & Art: Self-Centered Inventions. The Broward College STEAM Visiting Artist Series features prominent, nationally recognized contemporary artists that work in interdisciplinary formats, and utilize scientific discovery and experimentation. Their ground-breaking new approaches to material and process unite visual art with biology, physics, technology, and more. **Free and open to all.** 6:30 to 8 p.m. Rm. 154.

Wednesday, November 7 – Knitting Circle. Join our monthly knitting circle. It is a great way to get yourself to knit more, and to meet other people who share your interest. All levels welcome. 4:30 to 6 p.m. Rm. 154.

Thursday, November 8 – Movie & Discussion. (2018), Rated PG-13. 12 to 2 p.m. Rm. 154. Call 954-201-2601 for movie title.

Saturday, November 10 – AARP presents TEK. Attend a FREE, hands-on technology workshop from AARP, and learn how to get the most from your mobile Android device. **Registration required.** Call 1-800-213-4587. 10:00 a.m. to 6 p.m. Rm 154.

Tuesday, November 13 & 27 – Coffee & Conversation. An opportunity for friendly dialogue between library professionals and community members. Light refreshments served. 2:30 to 3:30 p.m. Rm. 226. *Sponsored by Friends of North Regional/BC Library.*

Wednesday, November 14 – Adult Enrichment @ Your Library. Join us for **Ageless Grace**, a fitness and wellness program that consists of simple exercise tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. Presented by certified instructor Eleanor Robinson. 1:30 to 2:30 p.m. Rm. 226. *Sponsored by Friends of North Regional/BC Library.*

Wednesday, November 14 – Ceramic Artist Patsy Cox: Growth, Assimilation, & Movement in Ceramic sculptures. The Broward College STEAM Visiting Artist Series features prominent, nationally recognized contemporary artists that work in interdisciplinary formats, and utilize scientific discovery and experimentation. Their ground-breaking new approaches to material and process unite visual art with biology, physics, technology, and more. **Free and open to all.** 6:30 to 8 p.m. Rm. 154.

Wednesday, November 14 – Representatives from the North Broward **Social Security** office will be available to answer your questions and provide information. 2 to 4 p.m. Lobby.

Thursday, November 15 – Movie & Discussion. (2001), Rated R. Noon to 2:30 p.m. Rm. 154. Call 954-201-2601 for movie title.

Saturday, November 17 – Guitar Café for adult beginners to intermediate guitarists. Bring your own guitar and join in if you are interested in learning or playing the guitar. 2:30 to 5:30 p.m. Rm. 154.

Tuesday, November 20 – Adulting 101 Financial Independence: Choose Where to Live. Learn how to collect, organize and sort data about housing options. 2:30 to 4:30 p.m. Computer Center.

Tuesday, November 20 – Untitled Reads – A discussion about books we are reading. Join library staff to hear about books we are reading, and recommendations for what to read next. 2 to 3 p.m. Rm. 226.

Thursday, November 22 & Friday, November 23 – LIBRARY CLOSED for Thanksgiving Holiday.

Monday, November 26 – Thursday, November 29 – Broward College Artfest 2018 Student Art Exhibit. Library Lobby

Monday, November 26 – Broward College Artfest 2018: Artist Talk. 2:30 p.m. Rm. 154

Tuesday, November 27 – Artfest 2018. Mural Painting, Music & Performances, DIY Marketplace, Food Trucks and Live Community painting. All day in Library Courtyard.

Wednesday, November 28 – Adult Enrichment @ Your Library – Book Review: “The Knife” by Ross Ritchell. On its surface, “The Knife,” by the former Army Ranger, is a debut novel filled with enough adrenaline-fueled combat to satisfy any Hollywood producer. But while the book admirably focuses on the sights and sounds of a soldier's life, a closer reading reveals a deeply elegiac story. 1:30 to 2:30 p.m. Rm. 226.

Thursday, November 29 – Sculptor John Espinosa: Things you can or can't learn on TV. The Broward College STEAM Visiting Artist Series features prominent, nationally recognized contemporary artists that work in interdisciplinary formats, and utilize scientific discovery and experimentation. Their ground-breaking new approaches to material and process unite visual art with biology, physics, technology, and more. **Free and open to all.** 6:30 to 8 p.m. Rm. 154.

Friday, November 30 – Representatives from the **Broward County Property Appraiser** office will be available to answer questions. 10 to 11:30 a.m. Lobby.

Language Classes:

Tuesdays & Wednesdays – English Café: conversational practice session for intermediate learners of English. 6:30 to 7:45 p.m. Rm. 226

Tuesdays & Wednesdays – Spanish Café: conversational Spanish practice for English speakers. 6:30 to 7:45 p.m. Young Adult Rm., 1st Floor.

RESIDENTS

We no longer have permanent guest lists.

Be sure to update and submit your Emergency Contacts (limit 3) to Association Affairs. 954-978-2600 Ext. 342



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NOVEMBER COMPUTER CLASSES

Tuesday, November 6, 13, 20, 27, 6:00 to 8:00 p.m. – Creole class. This class covers various computer subjects in Creole.

Tuesdays, November 6, 13, 20, 27, 6-7 PM & Thursdays November 1, 8, 15, 29, 12-1 PM, Digital Downloads Open House. Library staff or volunteers are available to assist with downloading library eMedia or using your digital devices, on a first come, first served basis.

Thursday, November 1, 2:00 to 4:00 p.m. – Introduction to Email part 2 of 2, (security for email). Want to know more about email? This course will teach you how to create an account, send and receive messages, attach pictures, avoid spam, create and organize folders, and lots more. The course is based on Gmail, but the concepts are the same no matter what provider you use.

Wednesday, November 7, 2:00 to 4:00 p.m. – Introduction to Word, Part 4 of 6. In this course you will learn valuable word processing skills like creating, saving and retrieving documents; inserting and deleting text; formatting text; and using cut, copy and paste. You'll learn how to navigate the Word window, add text and pictures with formatting, and the basics of tables, charts and text boxes. Microsoft Word is the industry standard for word processing.

Thursday, November 8, 2:00 to 4:00 p.m. – Resume & Cover Letters. This course is about preparation and planning, finding your interests and skills, and the computer skills you need to succeed in finding a job in today's environment. This course will introduce you to the realities of online searches, email communication, and social media networking.

Wednesday, November 14, 2:00 to 4:00 p.m. – Introduction to Word, Part 5 of 6. See description from November 7.

Thursday, November 15, 2:00 to 4:00 p.m. – Wellness On the Web. This course is an introduction to the types of web-based resources there are to discover health information and use that information to improve one's health. The web is a great place to learn about maintaining your health and managing illness. Apps connected to mobile devices can really help track progress toward goals and motivate activity.

Tuesday, November 20, 2:30 to 4:30 p.m. – Adulting 101 Financial Independence: Choose Where to Live. Learn how to collect, organize, and sort data about housing options.

Wednesday, November 21, 2:00 to 4:00 p.m. – Introduction to Word, Part 6 of 6. See description from November 7.

Is Food And Weight A Problem For You?

By Mort Brody and Mike Ramati

Thank you for your interest in being a part of the Compulsive Eaters Recovery Club at Wynmoor.

The goal of this group is to be helpful to any one, whether or not they have ever been part of a Twelve Step program, who has struggled with compulsive eating, or other compulsive behaviors around food.

The founding members of the group now realize that the original meeting format was not as welcoming and supportive to newcomers as it intended and needed to be. It was geared more

to people who were already familiar with the Overeaters Anonymous Twelve Step program and have been in the program for a while.

In order to correct this situation, the group has developed a new meeting format that concentrates on the beginner and focuses on the basics: a plan of eating, a definition of abstinence, and an exploration of the spiritual principles that have helped so many find serenity with our food and our lives, one day at a time.

If compulsive eating and food behaviors are a

problem for you, as it is for us, let us experience together the love and understanding that brings peace to our lives, "beyond our wildest dreams."

Please come on down to the meeting on Monday evening at 7:00 PM in the "Sunshine Room" (last room behind the East Wing) and let's have a go at it. Together, we'll conquer this disease.

We look forward to seeing you at our next meeting, on Monday, November 5, 2018. We will be referred to as the C.E.R.O.W Club (Compulsive Eating Recovery Of Wynmoor Club).

FIND OUT WHAT'S HAPPENING IN WYNMOOR!

Come to the Management Meetings every Tuesday morning at 9:00 AM in the Multi-Purpose Room, located by the Main Pool. Comments and questions are welcome during Good and Welfare.

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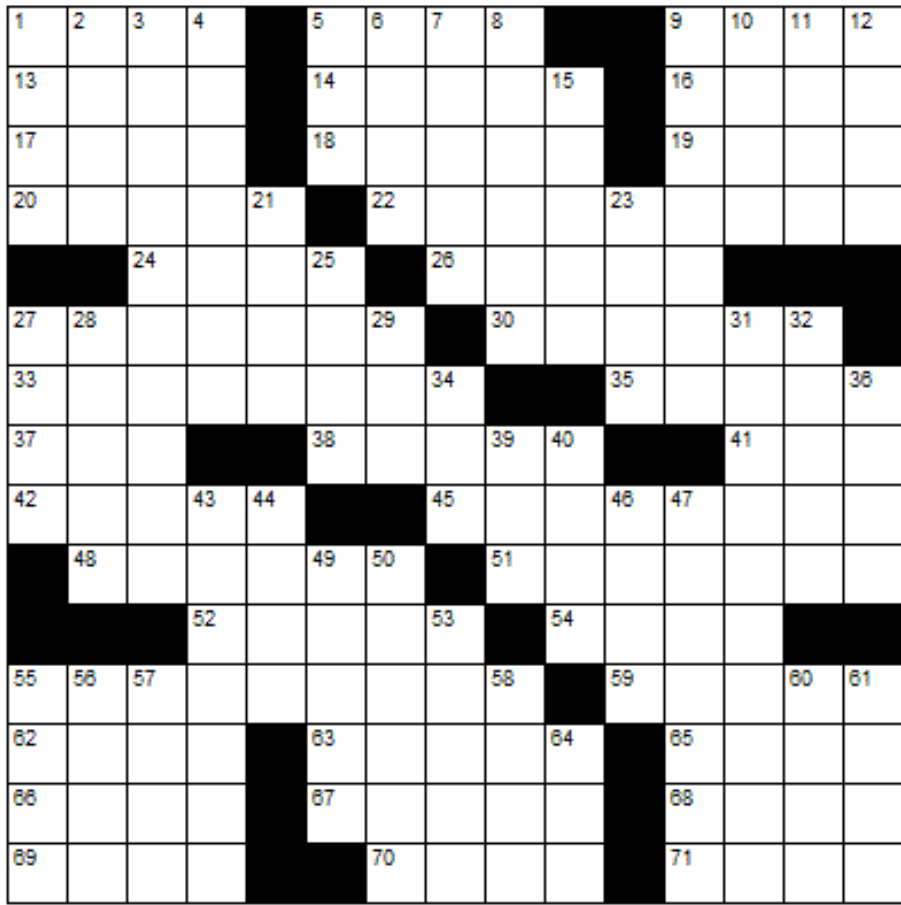
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Puzzles and Games

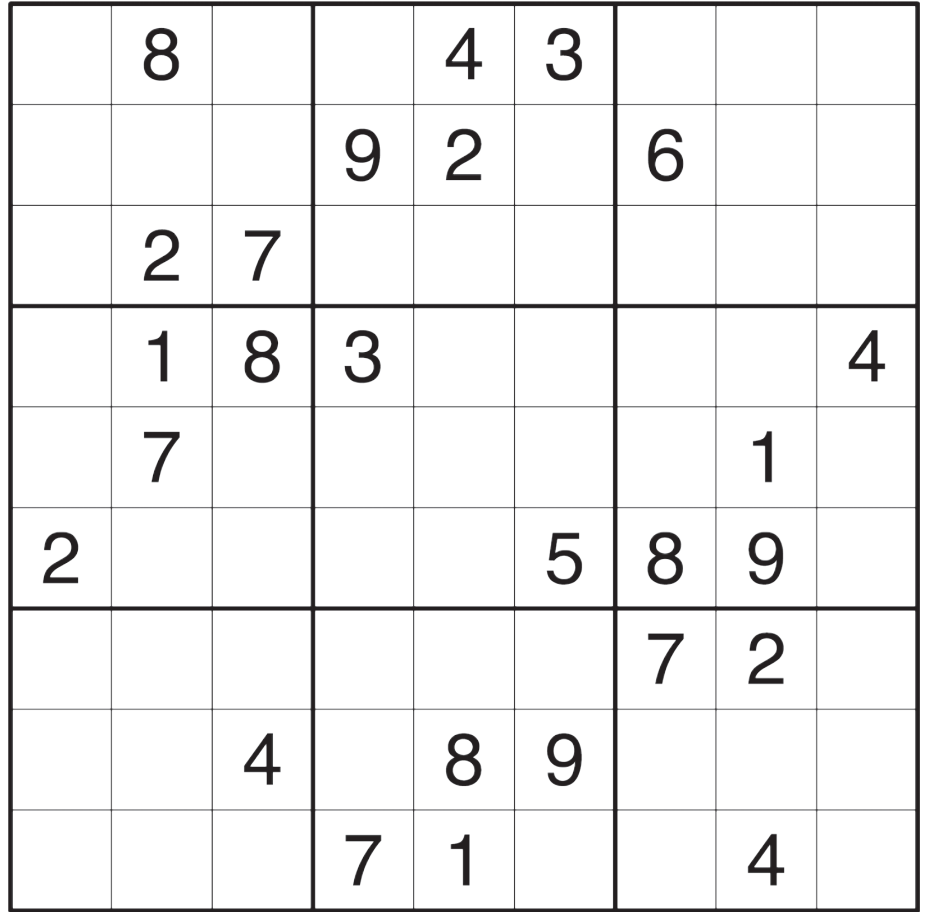
Solutions on page 62

Crossword Puzzle



- ACROSS**
- 1. Smack
 - 5. Footnote note
 - 9. Radar signal
 - 13. Not Mama
 - 14. Adored
 - 16. Was a passenger
 - 17. Soon
 - 18. France's longest river
 - 19. Curved molding
 - 20. Homes for birds
 - 22. Swimwear
 - 24. You (archaic)
 - 26. Femme fatale
 - 27. Land
 - 30. Words to a song
 - 33. Welcome mats
 - 35. Defeats
 - 37. Vaporize
 - 38. Defrost
 - 41. 52 in Roman numerals
 - 42. Aromatic solvent
 - 45. Became visible
 - 48. Benni
 - 51. Overture
 - 52. Crown
 - 54. Secure against leakage
 - 55. Carpeting
 - 59. Clever
 - 62. Fluff
 - 63. Courtyards
 - 65. Decorative case
 - 66. Behold, in old Rome
 - 67. Rituals
 - 68. One who accomplishes
 - 69. T T T T
 - 70. Tins
 - 71. Backside
- DOWN**
- 1. Extent
 - 2. Alley
 - 3. Punctuation mark
 - 4. Leopard
 - 5. Sick
 - 6. Doofus
 - 7. Wall climbers
 - 8. Wreck
 - 9. Very rich chocolate cake
 - 10. Balcony section
 - 11. Bright thought
 - 12. Equal
 - 15. Condemn
 - 21. Where two pieces meet
 - 23. Parsley or sage
 - 25. Quaint outburst
 - 27. Axlike tool
 - 28. Outer garments
 - 29. French for "Summer"
 - 31. A mathematical device
 - 32. Anagram of "Diets"
 - 34. Female sibling
 - 36. On the left or right
 - 39. Mug
 - 40. Makes a mistake
 - 43. Demesnes
 - 44. Police action
 - 46. Charges
 - 47. City on San Francisco Bay
 - 49. Of the cheekbone
 - 50. Arousing
 - 53. Heart artery
 - 55. Decay from overripening
 - 56. Type of cereal grass
 - 57. A single time
 - 58. Bearing
 - 60. Regrets
 - 61. Rubber wheel
 - 64. Donkey

Sudoku



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Use your logic to find the correct number for each square. When finished, all nine rows across, all nine columns down and all nine 8-by-8 boxes must contain all nine numbers, 1 through 9 with no repeats.

Halloween

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

L D E A T H B E C O M E S H E R E E
M A C R Y I N T H E D A R K T O N F
S P S R E T T A M K R A D R Y A J I
S B L A S T A I M A M M A M C U O L
K T M E N N N S H E D E V I L N B R
R S I A N H I U C K H E R I E E E U
A T I L L T G S H E A F A T F C V O
M S M L L R Y U H R A E R O I M O Y
E H A R K O O T L F E U R O I A L G
R E R D E W F F O T E E H S D N N N
V A V G A O O T S T A C D E O H I I
S R I N C P U O H N S G E E F A G D
K T N I P O T I D E O W N U H T N N
R B S N R N N A I O N I F I O T I E
A U R E I G F H T O U I L R C A L F
M R O V M T P T R I U B G N A N L E
E N O E E O T I E E O V T H E N A D
R T M R S N O I T I D N E R T S F D

- A CRY IN THE DARK
- FALLING IN LOVE
- ONE TRUE THING
- ADAPTATION
- HEARTBURN
- OUT OF AFRICA
- BEFORE AND AFTER
- IRONWEED
- PLENTY
- DANCING AT LUGH-NASA
- JULIA
- PRIME
- KRAMER VS. KRAMER
- RENDITION
- LIONS FOR LAMBS
- SHE-DEVIL
- MAMMA MIA
- SILKWOOD
- DEFENDING YOUR LIFE
- MANHATTAN
- SOPHIE'S CHOICE
- DOUBT
- MARVIN'S ROOM
- STILL OF THE NIGHT
- EVENING
- MUSIC OF THE HEART
- THE DEER HUNTER

a WORD or Two

Word: rebuff
Definition: to reject or criticize sharply: snub
Example: "When the 49ers first tried to trade for Jimmy Garoppolo early in the 2017 offseason, general manager John Lynch was *rebuffed* by Patriots head coach Bill Belichick, who told Lynch that Garoppolo was unavailable." — Eric Ting, *SFGate.com* (San Francisco), 28 Aug. 2018

Word: linchpin
Definition: a locking pin inserted crosswise (as through the end of an axle or shaft)
Example: Investors are betting that the new product line will be the *linchpin* that secures the company's place in the very competitive market in the years and decades to come.

Celebration of Life...

Ben and Bella

By Darrell Iucci

Benjamin and Bella Schepsman have been residents of Wynmoor for 15 years. This year, they both celebrated their 95th Birthdays and their 70th Wedding Anniversary. Their families and friends came from across the country to share in a Celebration of Life and Love for this special couple.

Ben and Bella met after the Holocaust in Germany in a Displaced Persons Camp. After their rehabilitation, they came to the United States where they built their new life together. Though they endured many obstacles along the way, they ultimately built a good life and a successful business and raised a beautiful family.

They are now the proud parents of 3 children, 6 grandchildren, 3 great grandchildren and another on the way.

Top - Bella and Benjamin Schepsman
Right - Family
Bottom - Friends



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Safety Solutions

By Scotty Leamon

Public Safety Information Officer, Coconut Creek Police Department

Disappeared at your doorstep. How to keep thieves away from your holiday packages



Is it ever too early to start talking about the holidays?

I had to go get a new charcoal grill recently at Lowe's and you know what I saw right when I sat foot inside the store? You got it! Christmas decorations.

If you're like me, you wonder if October or early November is too early to start selling Christmas decorations. But, at the same time, I seem to start my holiday shopping earlier and earlier. I know it's not even Halloween yet, but I'm

already getting my holiday list together. Who has been naughty? And who has been nice?

Also, if you're like me, you're starting to buy more and more stuff on-line and having it shipped straight to your front door. This is 21st century convenience! It can also be convenient for any thieves who see that package sitting on your welcome mat and steal it because you're not home yet.

So here are a few helpful tips to make sure any packages don't magically disappear from your doorstep this holiday season:

- Get it delivered someplace else besides your home. I'm at work Monday through Thursday, so I know where I'll be. So why not just ask your boss

if you can have a personal package delivered to your work? It's a place you know where you'll be.

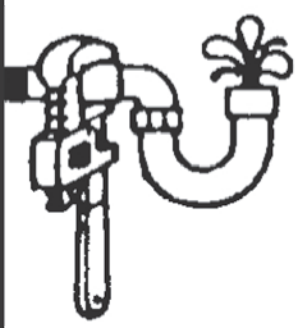
- The package delivery companies: FedEx, UPS, and the Postal Service, all will allow you to track your packages on your cell phone. It's pretty simple to set up. Most of the time, they'll probably offer the option to you after you've made your purchase and filled out the shipping information. You can watch as your package makes it into town and you'll know when to be home as the driver is approaching Wynmoor.

- All of the delivery companies allow "comments" as to where you want the driver to leave the package. This is a personal favorite of mine as far as "hiding" my packages from any would-be thief. In the comments section, I'll tell the delivery driver to leave the package at the back door. If it's small, leave it behind the flower pot at the front. The point is that if a thief walks by and doesn't see my package, he won't steal it.

- If you know you're not going to be home, ask your neighbor to pick it up. It's always good to be neighborly!

The bottom line is to have a plan before your package arrives at your door. Know you'll be at home. If you won't be home, think about where you will be, and have it delivered there, or leave the driver instructions on where to hide your packages.

- I plan on buying many gifts for loved ones this holiday season, and I'll no doubt, have several of them delivered. But thieves aren't on my Christmas list. Let's do everything we can to make sure they won't get any freebies and none of our packages "disappear from our doorsteps."



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Tennis Anyone?



By Arlene Eisenberger

- Are you new or not to our community?
 - Do you want to get into a game, but don't know where to begin?
 - Do you want to get back on the court but haven't played in years?
 - Are you a player, a little rusty and just need to brush up?
 - Do you need 3 other bodies to make up a foursome?
 - Do you want to have fun along the way with many social events?
- If the answer is "YES" to one or more of these questions, you picked the right group to join! Even if we cannot fulfill all your needs, we will surely try.

Presently, we have 10 courts and a group of active adults. There are many activities planned. So, join the Wynmoor Tennis Club and don't miss the fun!

We offer free Tennis clinics for beginners and those coming back to the fold every Tuesday at 11:30 AM with Bob Long, from January to March.

Due are \$12 per person for the 2019 Season which lasts from January - April.

On The Tennis Courts

It's cooler now and the Snowbirds are starting to migrate back to Wynmoor. We will be back in full swing, filling up the courts once again. Our agenda is already set in place for a busy, fun filled Season. There are special added events happening each month that are fun and challenging.

New players and returning players are welcome. Lessons, drills and Tennis for all levels are welcome.

Night Tennis is also played on Mondays, Tuesdays and Thursdays each week. Our first event will be on Saturday, December 15th at 9:00 AM for drills and Tennis. Then, at 10:30 AM, we will have an open meeting and elections. See you at the courts.

For more information, contact Arlene Eisenberger, President at 954-971-4152 or by email, ajeisenber@yahoo.com

You may also contact Bob Long at 954-532-5004 or by email, bobfinance50@yahoo.com

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SAVE The Date

Teacher's Showcase

Monday, December 10th, from 5:00 PM - 7:00 PM, in the Grand Ballroom, you will have the opportunity to meet Wynmoor's Instructors. They will explain their class and answer your questions. Sign up for a class at this event. No registration required. This is a free event. All Wynmoor residents are welcome.

37th Annual Festival Of The Arts

Saturday, March 16th and Sunday, March 17th, 2019, Wynmoor will host its 37th Annual Festival Of The Arts from 10:00 AM - 4:00 PM in the Grand Ballroom. This is a free event. This is a celebration displaying the talent of our Wynmoor residents. You will not want to miss out!! All Wynmoor residents and a guest are welcome. Additional details to come.

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Supper Club

By Lynne List

For all practical purposes, the two Musical Dinner Theatre productions of Neil Simon's *The Goodbye Girl*, are sold out. There are no more full tables or seats for 3, 4, 5 or more to sit together. However, there are scattered available seats for singles and couples on both nights. So, if you fit this category, get your order in before these seats also are gone.

The show will be produced on the evenings of Wednesday, January 23rd and Friday, January 25th in the West Wing. Doors will open at 5:15 PM and dinner will be served at 5:30 PM. The curtain will rise at approximately 7:15 PM. Dinner will include a glass of wine (BYOB if you want more), salad, and choice of Chicken Marsala or Salmon in dill sauce, rice pilaf, baby carrots, eclair, rolls, and beverages. Old Florida Caters will provide the meals. A proper dress code is requested.

The Curtain Call Playhouse, a Professional Touring Troupe, will produce the show with an all-professional cast. The group produces shows year-long and can be seen in such theatres as The Willow Theatre in Boca, Pompano Cultural Center, Sunrise Theatre, Township Theatre, Skolnick in Pompano, and others.

All of this is yours for only \$35 per person, including tax and gratuity. Where can you go for a full dinner and a show for that price? Only once a year can you see a full Broadway show in Wynmoor. Don't miss it this year.

If you want the order form sent to you, email your address to LLIST@juno.com. Write "Supper Club" in the subject line and include your name and phone number. No email? Call Lynne at 954-973-1223. The Supper Club is a not-for-profit Wynmoor Club. Volunteers are welcomed.

**SORRY THIS EVENT IS
SOLD OUT
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ON WAITLIST**

The Supper Club's Dinner Theater Order Form

"Last of the Red Hot Lovers"

Please complete and mail to:

Lynne List 2708 Nassau Bend Apt. F-1, Coconut Creek, FL 33066

Circle show desired: Sun., 3/10/19 Matinee Sun., 3/10/19 Evening

Number of single tickets desired _____ @ \$25 each = \$ _____

Make checks payable to "The Supper Club"

Mail orders **MUST** be received by November 30, 2018. After that tickets will be on sale at The Supper Club table in the Country Club Library starting December 3, 2018.

Please PRINT the names (maximum of 9 per table)

Some tables of 10 available.

Select lunch or supper performance.

	Lunch	Supper
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		

TICKETS TO BE MAILED TO: (Enclose a self addressed stamped envelope)

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____

Tables will be assigned on a first come, first served basis. Orders will NOT be filled unless each name is listed, food choices indicated, a self-addressed stamped envelope is enclosed, the show date is circled, **and the check is for the entire amount made out to The Supper Club.** If you have questions please call Lynne List at 954-973-1223.



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Neighborly News

1705 Andros

By Marilyn Stahl

We are happy to see the different colored license plates returning to our community. Welcome back! We hope the Season will be filled with good health, fun, and friends. We look forward to seeing you.

Cynthia Love would like to thank Helen Ross, Catherine and Angela Papa for their kindness and generosity for their donation of foods to "Our Father's House Soup Kitchen," an organization close to her heart.

Marilyn Johnson's son Steven and his wife came to visit from Cincinnati, Ohio. They had a great time dining out and enjoying Florida.

Our lunch bunch visited J Marks at our last get together. It is always fun catching up with the goings on in our building.

Of course, our continued thanks go out to our building Director, Angela Papa. She constantly goes overboard for the residents of 1705. She is much more than a "Director" to the neighbors of our building. She gets ***** stars!

So again, I welcome everyone back to this wonderful place called Wynmoor.

Kevin Rader

State Senator, District 29

Dear Friends:

The General Election has come to an end. I extend my sincerest congratulations to all of our newly elected and re-elected officials. The holiday season is once again upon us and I would like to wish you, your families, and friends a safe and happy Thanksgiving. Within this newsletter, I wanted to recognize our Veterans and their families.

November commemorates Veteran's Day and Military Family Month. This time of the year acknowledges the sacrifices and contributions these families make every day. I would like to



take a moment to thank our Military families for their service and sacrifices. As we gear up for the holiday season, please keep in mind our soldiers and Military families who often do not have the opportunity to celebrate the holidays together. If you know a friend or neighbor that is a Military family

member, offer them a helping hand and support. If you have a family member or friend that has served our country, acknowledge their service.

This Veteran's Day, November 11th, remember to thank and recognize our Military personnel for they give up their freedoms so we can have ours. Several ceremonies will be taking place in Broward and Palm Beach Counties to pay tribute to our Nation's Veterans. I have listed many of these events below for your reference. If you have any questions, do not hesitate to reach out to my office.

Veteran's Day Parade
Sunday, November 4th at 2:00 PM
Clematis Street, West Palm Beach

Veteran's Day Ceremony
Sunday, November 11th at 10:00 AM
5750 SW 39th St, Davie, FL 33314

Veteran's Day Concert
Sunday, November 11th 7:00 PM - 9:00 PM,
Mizner Park Amphitheater 590 Plaza Real,
Boca Raton, FL 33432

Veteran's Day Ceremony
Sunday, November 11th at 11:00 AM
Veterans Park, 860 Royal Palm Blvd,
Coral Springs, FL 33065

Veteran's Day Parade and Ceremony
Sunday, November 11th at 8:15 AM
12300 Forest Hill Blvd, Wellington FL 33414

Veteran's Day Ceremony
Sunday, November 11th at 11:00 AM,
Hagen Park Community Center 2020
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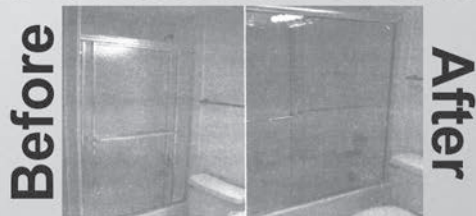
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Hi!!! My name is Evette Weiss, I use to wake up 2 or 3 times a night to go to the bathroom. After treatments from Dr. Herman, I now sleep 7 or 8 hours per night without waking up to go to the bathroom. I had been leaking urine when I laughed, coughed or sneezed, but I no longer suffer from this problem. My goal is to help other men and women who may suffer from this embarrassing situation.

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Please call me, **EVETTE** at **561-364-8659** or on my cell phone **954-734-3449** if you would like to discuss or get additional information. Just Imagine, Freedom from Bladder Problems.

NOVEMBER CLASSES

Monday:

AARP: Monday and Wednesday, November 5th and 7th, from 9:00 AM - 12:00 Noon for TWO DAYS; \$15 - \$20

Art: Painting (DeRosa): Begins November 5th from 1:00 PM - 3:00 PM for 4 weeks; \$40

Chair Yoga (Charland): Begins November 5th from 1:00 - 2:00 PM for 4 weeks; \$28

Tap Dance (Fisher) Begins November 5th from 10:00 AM - 11:00 AM for 4 weeks; \$32



Tuesday:

2nd Avenue Comes To Wynmoor (Herman): Begins November 6th from 7:00 PM - 9:00 PM for 3 weeks; \$9

Line Dancing (Levitan): Begins November 6th from 10:00 AM - 11:00 AM for 4 weeks; \$28

Mixed Media (Tishman): Begins, November 6th from 1:00 PM - 3:00 PM for 4 weeks; \$50

Stain Glass - Day (Zannini): Tues. and Thurs., November 6th and 8th from 9:00 AM - 12:00 Noon for 3 weeks; \$72

Stain Glass - Eve (Zannini): Begins November 6th from 6:30 PM - 9:30 PM for 4 weeks; \$72



Wednesday:

Art: Pointing (DeRosa): Begins November 7th from 10:00 AM - 12:00 Noon for 4 weeks; \$40



Thursday:

Canasta (Levitan): Begins November 1st from 3:30 PM - 5:30 PM for 4 weeks; \$36 (skipping 11/22)

Creative Art (Zannini): Begins November 1st from 1:00 PM - 3:00 PM for 4 weeks; \$45 (skipping 11/22)

Mah Jongg (Levitan): Begins November 1st from 1:00 PM - 3:00 PM for 4 weeks; \$36 (skipping 11/22)

Paper Tole (Katz): Begins November 1st from 10:00 AM - 12:00 Noon for 4 weeks; \$40 (skipping 11/22)



Friday:

Beginners Tap Class (Jankelevich): Begins November 2nd from 8:30 AM - 9:30 AM for 5 weeks; \$40

Maimonides - A Portrait of Genius: Begins November 2nd from 10:00 AM - 11:45 AM for 4 weeks; \$32

Saturday:

Yoga (Charland): Begins November 3rd from 9:00 AM - 10:00 AM for 4 weeks; \$28



Lessons:

Golf Lessons (Battersby): Private Sessions available.

Wynmoor Personal Trainer (Anderson): Private Sessions available. Free Demos on Tues. and Wed. 5:00-7:00 PM.

Wynmoor Personal Trainer (Hamburger): Private Sessions available. Free Demos on Wed. 11:00 AM-2:00 PM.

Wynmoor Personal Trainer (Wolbert): Private Sessions available. Free Demos on Tuesdays 5:00 PM-7:00 PM.



For more information, call Recreation at 957-978-2600. Press 1. Register at the Recreation Office, Monday - Friday from 8:00 AM - 12:45 PM and from 2:00 PM - 5:00 PM. Classes are held on a monthly basis and must be taken consecutively. Classes are subject to change. Refunds are not granted after the start of the second class.

City Matters

By Commissioner, Mikkie Belvedere

Happy Birthday and Happy Anniversary to all celebrating this month, including my youngest daughter, Teresa.

Some celebrations this month to look forward will be in our own city: Home-Grown concerts will begin at the Community Center band shell on November 2nd, starting at 7:00 PM. On November 10th, the Fall Harvest will take place at Sable Pines Park from 2:00 PM - 6:00 PM. Come enjoy music, vendors and fun. The Farmers Market at the Sports Complex on Sol Press is back on November 11th and November 25th, from 9:00 AM - 1:00 PM with great fresh wares.

Come join us for a special ceremony for Veteran's Day at Veteran's Park. Thanksgiving is on the 22nd, gobble, gobble! Enjoy your family and friends and don't overdo it. A day to contemplate is November 13th which is "World Kindness Day." Take time to be kind to yourself and others.

A very important date is November 6th, *Election Day*. If you have not



voted by mail or voted early, it is the privilege of every American to vote. If you don't vote, you cannot complain.

At the regular police meeting, the last Thursday of every month, at 2:30 PM in the Ballroom, we had a talk about the number of incidents our police and fire are called into Wynmoor. I was surprised to hear that from August 20th to September 20th, we had 55 falls in Wynmoor. There are many ways to prevent falls: throw rugs can throw you, avoid slippery areas, take care of yourself and be aware. Join us for the police reports on many interesting topics.

If you have questions or need assistance with any problems you encounter, you may want to come to the Wynmoor Library the first Tuesday of every month from 10:30 AM - 12:00 Noon. Representatives from Congressman Deutch, Representative Jacobs, Senator Rader and I are there to answer your questions.

I can be reached at 954-803-7696 for any questions, comments or suggestions. Have a great day and keep smiling!



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*THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS THE RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED OR AS RESULT OF AND WITHIN SEVENTY-TWO (72) HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE DISCOUNTED FEE, OR REDUCED FEE SERVICE EXAMINATION OR TREATMENT. FINANCING BASED ON CREDIT APPROVAL. ADVERTISED PRICES ARE MINIMUM FEE ONLY. *NEW PATIENTS ONLY. OFFER EXPIRES 60 DAYS AFTER PUBLICATION DATE. ADDITIONAL PROCEDURES MAY BE NECESSARY.

KIDS WEEK 2018



Resident Name: _____

Resident Address: _____

Child's Name: _____

Age: _____

Check (#): _____

Cash: _____

Total: _____

Wednesday, Dec. 26th

9:00am-10:30am: Ceramics at Ceramic Studio (ages 5-15)

10:30am -12:00pm: Billiards/Pool (age 10+)

1:00pm-2:00pm: CCPD Dogs at Country Club Parking Lot

2:30pm-4:00pm: The Mad Scientist in Grand Ballroom A

Thursday, Dec. 27th

9:00am-12:00pm: Pickleball & Tennis at Racquet Complex

1:00pm-3:00pm: The Carnival in Grand Ballroom

Friday, Dec. 28th

8:00am-10:00am: Fishing at Eleuthera Poolside

10:00am-12:00pm: Ceramics at Ceramic Studio (ages 5-15)

1:00pm-3:00pm: Pottery in Pottery Studio

3:00pm-4:30pm: Shuffleboard at Main Pool Complex

Registration begins on Thursday, November 8th.

Price:\$15 (includes all events). No Refunds.

Register in Recreation. For more information call 954-978-2600, press 1.



Clubs and Activities

ALL Wynmoor Clubs, regardless of name, are open to ALL Wynmoor residents. Dues may be applicable.

Actors on Stage

Formerly Actor's Workshop

By Susan Myers

Our Wynmoor community theater continues to grow and thrive. We meet every Friday from 1:00 PM - 3:00 PM in the Lecture Hall. Please join us as we rehearse for the late full production of "The Cemetery Club," followed by, "Visiting Mr. Green," using a staged reader's theater format. Actors do NOT have to memorize their lines to perform.

Please join us and be a part of our group. Call Susan at 954-933-7743 or Marvin at 954-960-5411. Everyone who loves LIVE theater is welcome to join us!

All Year Round Club

By Fay Mayer

It's that time of the year again and we're already planning our Holiday Party which will be held on Sunday, December 9th at 5:00 PM. Enjoy a full dinner (great choices), music, dancing, etc. etc. Those of you who have joined us last year will remember a great deal of food and laughter. So, put on your dancing shoes, forget about your diet, and get ready.

Join us for our regular meetings at 10:30 AM on the 2nd Sunday of the month and get all the details. If you have any questions, please call me at 954-972-6748.

Billiard & Pool Club

By Bob Horowitz

Wynmoor residents can join the Wynmoor Billiards and Pool Club to participate in additional fun events. Past events have included: Karaoke Night, Comedy Club Night, group BBQ, Club Pool & Billiard tournaments, and other social events.

Join us Wednesday nights starting at 6:00 PM for our Wynmoor Pool Tournament. This is open to all levels of players, from beginners to advanced.

For information about the Pool and Billiard Club, to join our e-mail list or to sign up for an event or meeting, email WynmoorPoolClub@gmail.com or come into the room and look for event sign-up sheets or ask for Co-Presidents, Ralph Rubin or Bill Brunie or Vice President, Bob Horowitz.

You can also join our Facebook page, "Wynmoor Poolclub."

Free Pool Lessons: Put your name on the pool lesson sign-up sheet in Pool Room or email us to schedule free Pool Lessons.

Wynmoor Pool & Billiard Room: All residents and their guests* are welcome to play at the Wynmoor Billiards and Pool Room, located in the Wynmoor Country Club building next to the library. With boasting 14 tournament grade regulation size pool tables, 4 heated billiard tables and one regulation snooker table, this club has been called, "the best Pool, Billiard, and Snooker venue, public or private, in all South Florida."

Players of all skill levels are welcome. The room is open 7 days a week from 8:00 AM to 11:00 PM. Use of the room and tables is free to all residents.

* Free for residents. Guests must register and pay guest fee.

Bocce

By Lucia Catone

What a nice afternoon we shared with the visitors from Ireland filming the Bocce Court with a "drone!" It was very COOL!! If you want to know how to play the sport, visit us at the Bocce Court on Tuesday at 3:00 PM and on Wednesday and Thursday mornings. The "pallino" (cue ball) and the Bocce balls are FREE. Membership due is \$5. See you at the Bocce Court!!

Bridge Club

By Marilyn Johnson

Wynmoor Bridge welcomes back its Winter residents with a flurry of activities. Join us for a Monday Night Club Championship game on November 5th and the ACBL Membership Friday Afternoon, Open Friday afternoon game on November 23rd.

We play sanctioned games on Mondays and Wednesdays at 7:00 PM in the West Wing and on Friday and Saturday at 1:00 PM in the East Wing. We play social duplicate games on Tuesday at 12:30 PM in the East Wing and Fridays at 12:30 PM in the West Wing.

Congratulations to Jane Ann Buchwalter and Murray Buchwalter (North -

South) and Michael Gale and Sondra McClosley (East-West) for winning the Friday Open Pairs on August 17th. Also, we want to congratulate Charlotte Salmonsohn and Lynne List for winning the Monday Night Open Pairs on September 17th.

Upcoming events include our monthly Birthday Game on Friday October 26th and a truly special program of Bridge Mentoring for party, social, and duplicate players, beginning Saturday, December 1st, at 10:30 AM in the East Wing.

To register, send an e-mail to bhamovitch@yahoo.com

Include your name and phone number. There will be a \$3 card fee per person.

Clay Sculpture Club

By Martha Van Cleave

Come explore your creative talents in clay! Our club is open to all! No experience necessary! Our club meets on Tuesday usually around 12:00 Noon in the Clay Sculpture Studio which is at the main Clubhouse in the back facing the golf course and just beyond the Billiard Room.

Please come by and check it out to see if you might be interested. Our club dues are \$10 a year if you decide to join. If you don't see anyone at the studio, please feel free to call me for more information at 954 971 3932 or email me at vancleavemartha@yahoo.com

Computer Club

By Patrick O'Brien

Apple users *and* Window users: learn how to uninstall a program you no longer want. Also, learn some printer problem solving. Both Apple and Windows solutions will be offered. Come join us on November 21st, 9:00 AM - 11:00 AM in the West Wing. For more information, contact club Board Member, Patrick O'Brien at 954-973-3074 or email at 224horus@gmail.com

You can also visit www.wyncomputerclub.com

Current Events Club

By Daisy Sheidan

Please come and join us at our weekly discussion group. Here, we discuss the current events of the recent past. We meet every Tuesday morning from 11:00 AM - 12:00 Noon in the multi-purpose room which is conveniently located right near the entrance to the main pool.

Please be advised that during a part of the month of November, we will not have the multi-purpose room available and will meet in the Sunrise Room instead. The exact dates will be announced at our meeting.

There is never a charge and our meetings are always most interesting and stimulating. We hope to see you at our next meeting!

Compulsive Eating Recovery Of Wynmoor Club

C.E.R.O.W

By Mort Brody and Mike Ramati

Do you want to lose your obsession for food? Are you tired of continuously dieting? Have you had enough weight loss disappointments? Come join us, as we work together on our issues.

We follow the traditional principles of OA (Overeaters Anonymous). It works if you want it. It works if you come ...

NO Diets. NO Restrictions. NO Fees or Dues. NO Last Names. We respect anonymity and privacy. Enjoy your ultimate new freedom, share, listen and take what you want out of it.

We meet On Mondays, 7:00 PM - 8:00 PM in the Sunrise Room, (last door - back of the East Wing). For additional information, call Mort at 954-815-2058 or Mike at 954-971-7699.

Democratic Club

By Peggy Wishnow

In October, The Wynmoor Democratic Club's Luncheon for Congressman Ted Deutch was a huge success!

In November, there will be a meeting on Tuesday, November 6th in the Main Ballroom at 2:00 PM. Yes, it's Election Day. Please, VOTE, if you haven't done so already!

From left to right: Charlotte Cohen, Ted Deutch, Ronny Sydney



Continued on page 56

Clubs and Activities

Continued from page 55

Fishing Club

By Eddie Kopple

Great News! The Fishing Club is back in action. We had our first meeting on October 1st. Even though it was a small group, it was nice to see everyone. We are waiting for our Snowbirds to come back.

The next meeting will be November 5th at 8:30 AM in ballroom B. I repeat, Ballroom B. Our December meeting will be on the 3rd, same time, same place. Coffee and bagels will be served as usual.

We will be hosting the kids' fishing contest at Eleuthera poolside from 8:00 AM - 10:00 AM on Friday, December 28th. We will need help for the contest. I will be there before 7:00 AM to unload the fishing rods and any other equipment that will be needed.

Most of all, two of our members tied the knot, Sue and Howard. We want to wish them all the happiness and good fishing!

Bob retired from taking meeting notes and the club thanks him very much. Our new note taker will be Sue.

Fun With Friends

By Lou Kravitz



We are taking a break in November, so our next dance will be December 16th with "Street Talk Orchestra." They have been one of our most popular bands.

December is also the time for dues, which remains, believe it or not, at only \$10 a person. We would like a separate check for the membership for bookkeeping purposes.

The dances will still be \$10, but there will be a new drop off place: Marcia Maron, 2804 Victoria Way Apt. O2.

Get your checks in early and see you for our Holiday Dance on Dec. 16th.

Hadassah

By Toby Gordon



Our first meeting of the 2018-1029 Season has come and gone! Welcome back to all our Snowbirds. We missed you. As we gathered at 12:00 PM, we had our snack and caught up with the news we missed from our "Wynmoor friends." The meeting was called to order promptly at 12:30 PM by our President. We heard what our many committees were doing over the Summer and the plans for the rest of the Season.

Time is running out to form your tables for the Card Party on November 18th. For further information or reservations, please contact Natalie Gorelick at 954-984-1673. Don't forget your box lunch is \$18.

The "Woman Of The Year" this year is Myra Pinto. Our chapter would like to recognize the many years that she has been our Treasurer and thank her for her time and effort. She, along with the other WOY recipients from all of the chapters in Broward County, were honored at Jacaranda Country Club in Plantation on October 16, 2018. Many members from our chapter attended.

SAVE THE DATE: January 2, 2019, is the date for our Hadassah Medical Organization Brunch. It will be held in the West Wing. This is the time that we all come together to raise as much money as we can for the research done by Hadassah Hospital in Jerusalem. Form your tables of 8 - 10 people, pick up your reservation forms in the Library, and send them along with your checks to: Naomi Fried, 2804 Victoria Way, Apt. H2, Coconut Creek, FL 33066. Learn about the latest research being done to save lives. For further information, please contact Naomi at 954-970-1001 or Toby Gordon at 954-978-8911. Hope to see each and every one of you there!

REMINDER: Please support Hadassah by purchasing certificates from Bernice Riback. She can be reached at 954-984-1703. Trees for any occasion may be purchased through Beverly Alexander. She can be reached at 954-9691701. Beautiful cards for all occasions may be obtained through Dotty Pekus who is reachable at 954-973-9050. Your support is greatly appreciated!

Those who are traveling for the Thanksgiving Holiday, safe travels. Enjoy your families and many friends up North, but hurry back. We will miss you and need all of you doing your part to make this a successful Season.

Health & Wellness Club

By Hope Myers

There are many factors that influence brain health. Come learn how to "Age-Proof Your Brain" at our meeting on Tuesday, November 20, 2018 at 2:30 PM in West Wing II. Our speaker, Dr. Shellie Gretah Fraddin, Ph.D. will focus on the effects of physical, social, and mental activity on the aging brain. Dr. Shellie will provide you with tools and strategies to sharpen your brain function.

Dr. Shellie Fraddin is best known as a pioneer in the field of *Natural Health*. She inspires people to adopt healthier lifestyles so they can live disease-free, healthy and vital lives. You certainly don't want to miss what Dr. Shellie has to say.

We will be collecting dues for the 2018 - 2019 Season at this meeting. Dues are \$10 for the Season of eight meetings. The guest fee is \$3 per meeting. We will also have our usual delicious healthy refreshments. Sorry, no bagels here! For more information, contact Hope Myers, President, at 954-971-9538.

Karaoke Club & More

By Robin Thompson

Happy Thanksgiving! Please join us Wednesday, November 28th in Grand Ballroom A from 7:00 PM - 9:30 PM.

We are not just a Karaoke club, The first half of the evening will be a Karaoke format with singers to show off their talents with 1 - 2 songs each, depending on participation.

The second half of the evening, you will be entertained by keyboard/vocalist, Bob Boudreau. Dancing, singing, clapping and listening all welcomed! Snacks and beverages are permitted. We have over 29,000 songs and 4 microphones for group songs! *Singers*, please arrive early and check in with Robin so she can put your song requests in the rotation. Residents must show Wynmoor ID. Admission is \$2 per person. There are NO membership dues. So, come enjoy everything the Karaoke Club has to offer. We look forward to seeing you there!

Ladies Circle Club

By Jo Bakalar

It's almost here! Our Annual *holiday party/Boutique!* Come join us on Thursday, November 29th at 11:30 AM in the West Wing. Everyone is welcome to attend. This year, we have a number of affordable items from a unique variety of vendors. Plus, our "party food" includes latkes and more! For additional info, contact Jo Bakalar at 954-242-6894.

Ballet lovers: You can still purchase tickets for our trip to the Harid Conservatory on Wednesday, November 14th. This is a professional ballet school for gifted high school students. The program includes an amazing performance, followed by a special Luncheon. Check their website and then order your tickets from Harriet at 954-970-8546. We are continuing our "no-sew" fleece blanket project for children receiving chemotherapy at Alex's Place at the Sylvester Cancer Center for Children in Miami. Iris Arlan is in charge of this program and will answer any questions you may have. (Watch for sales from JoAnn Fabrics). You can reach Iris at 954-532-5268.

Latin Women's Club

By Minerva Nazario

We thank you for your participation in our Hispanic Heritage month activities. This month on November 6th, 2018, we ask you to please VOTE, irrespective of your political persuasion, VOTE. We wish you a joyful and fruitful Thanksgiving Day holiday with your family and friends.

The Latin Women's Club meets the last Tuesday of each month from 2:00 PM - 4:00 PM in the East Wing, Card Room 4. Our next club meeting will be on November 27, 2018. Our dues are \$15 per year. Refreshments will be served. All our meetings are held in the Spanish.

For those celebrating a birthday or anniversary this month, we wish you good health, peace and love, and many more years to celebrate. If you're interested in learning functional conversational Spanish for free, or want more information about the club, please call Ms. Minerva Nazario at 954-532-3156.

"Adios Amigos"

With saddened hearts, we say goodbye to the members of The Latin Women's Club, Sulamita Epsztein Schmulevich and husband, Marcos Schmulevich, as they return to their native country, Argentina.

We wish them a safe journey and good health. We are going to miss them. God speed.

Ladies Golf Association

By Violet Howard

Our Nominating Committee has submitted their selection for the 2019 WLGA Slate of Officers. We should be looking forward to a great year of "Tuesday Tournaments" and events. They are as follows: Barbara Heyer, President, Betty-Jean Kregas, Vice President, Janice Georgi, 1st Vice President - Tournaments; Kathy Seaton, Co-2nd Vice-President - social events, Nancy Blake, Co-2nd Vice-President - social events; Jann Cohen, Treasurer, and Rhoda Marks, Secretary.

Clubs and Activities

We will vote at the General Meeting in December and we are sure to enjoy a fun filled year of outstanding tournaments and events. The WLGA Membership is ready to show their expertise each Tuesday and the competition is keen. Our returning members are: Shelly, Kathy, Lindas (all of them), Zelna, Rhoda, Connie and so many others who are going to have a "ball" on the new greens.

Our Wynmoor Golf Course is in great shape. The December Holiday Luncheon and "kids' gifts" events will be posted on the Bulletin Board as plans are being completed at this time.

Be sure to check the bulletin board for all activities. Don't miss even ONE. Enjoy a wonderful Thanksgiving celebration, 2018.

November Birthdays: Mona Margolin: November 3, 2018; Karen Cummins: November 4, 2018; Barbara Spacek: November 5, 2018; Blossom Stone: November 16, 2016; Donna Hannigen: November 16, 2018; Nancy McConnell: November 21, 2018. Congratulations to all!

Monday Night Dance and Social Club

By Tamara Tresniowski

Welcome all our new members. Things kicked off in October with a bang! Dance lessons were a great success. In November, from 6:30 PM - 7:00 PM, our lessons will be geared to basic Ballroom dance steps. November 5th will be Cha Cha, November 12th will be East Coast Swing, and this Monday, will be a Patriotic USO themed dance, in honor of Veterans Day. Wear RED, WHITE and BLUE. Ice cream will be served.

November 19th will be our special Thanksgiving dinner at 5:30 PM. Pizza will be served. On November 26th, from 7:00 PM - 9:00 PM, the lesson will be Rhumba. Come make new friends, learn new steps and have a great time. Membership is \$5. Admission is \$1 for members and \$1.50 for non-members.



Nature And Arts Club

By Cindy Selmon

Our Snowbirds are returning, and we are ready with interesting programs and trips for the 2018 - 2019 Season. Our November breakfast meeting will be held on the 1st in Ballroom A at 9:00 AM. Lykeisha Jenrette of "The Sweet Spot Bakery" in Margate will give a presentation on the "Art of Cupcake Decorating."

Trips are planned for every month from now through May. The complete list will be available at the meeting. Trips are always on the 3rd Thursday of the month. Remember that trips are only open to members (so please send your membership dues of \$15 pp to Bonnie Summer at 1601 Abaco Dr., Apt. K4).

We had a wonderful visit to the Wiener Museum of Decorative Arts in Dania Beach on October 18th exploring the exhibits and learning about Dale Chihuly and his designs. On November 15th, we will carpool to the Deerfield Beach Arboretum, known as "The Tree Zoo."

The December 20th trip will be by bus to Fairchild Gardens. It will include a tram tour and a walking tour. We will visit the Frost Art Museum in Miami by bus on January 17th. Payment will be accepted for the November and December trips at the November 1st breakfast meeting.

We hope you will join us twice each month for interesting presentations, fascinating trips and friendly conversations with our active and engaging members. If you have any questions about trips, please contact Ilana Shimony at: 754-222-9488. All other questions, please call Michael Koss, President, at 754-205-5722.

Needlework Click

By Barbara Bilello

Our November meetings are the 13th and 27th, the 2nd and 4th Tuesday of the month. We meet in the West Wing from 1:00 PM - 4:00 PM and serve coffee, tea and yummy snacks. Everyone is welcome and if your new to Wynmoor, please join us and make new friends. We have knitting, crochet and sewing along with a bunch of chatters. We all have a fun time.

If anyone has yarn that they are not using or if you know someone that does, we will be glad to pick it up. Call Barbara at 754-222-6375.

We hope everyone has a wonderful Thanksgiving with family and friends!!

Pennsylvania Club

By Marilynn Stoloff

We began the club year with 2 new members, a presentation on affordable long-term care, an angelic voice singing, and catching up on the Summers' joys and pleasures. Bring your dues of \$10.

We sang Happy Birthday to Ruth in the Queens Club. We are looking forward to seeing you on Sunday November 4th at 10:00 AM in the West Wing. Bring a friend.

Pickleball Club

By Sandra Cohen

November is a beautiful month in South Florida and a wonderful time for Pickleball. With the cooler weather and the return of many of our Snowbirds, the courts are active, and everyone is having fun.

After the upcoming holidays, our monthly tournaments, parties, Luncheons, dinners and dances will begin. Annual membership dues are only \$10 per person. That entitles members to attend all our events at no charge. The only additional costs are for tournament entry fees and meals.

It's easy and convenient to learn to play Pickleball. Join us, any Sunday morning at the Pickleball courts for FREE lessons from 9:00 - 10:30 AM. We supply racquets and balls for the lessons. So, you can try the sport before you buy equipment. We wish everyone a Happy Thanksgiving and we hope to see you soon.

Shuffleboard Club

By Michele Epstein

We are expecting several of our Snowbirds to arrive on the courts this month. The weather will be cooler, and the sun will be shining. Come out and enjoy some friendly competition and meet our members. Club hours are Saturday and Monday mornings at 10:00 AM and Tuesday, Wednesday, and Thursday evenings at 7:00 PM.

The courts are available to all Wynmoor residents during all other open times. Membership fees are \$5 for the year. Dues will be collected for the 2019 Season now until the end of December. Contact me, Michele, at shuffleboard@yahoo.com regarding questions or membership information.

US Club

By Ceil Eitman

We're off and running for our first fun event of the Season, our Annual BBQ, happening Tuesday, November 13th at 6:30 PM in the Ballroom. Doors open at 5:30 PM. Of course, it's all you can eat and there will be live entertainment. So, come out, join your old friends and meet new ones. Advance paid reservations will be accepted by November 18th. Members are \$9, guests are \$13. Send checks to Ciel Eitman at 3305 Aruba Way, Apt. N1. If you would like to volunteer in any capacity, call Ceil at 954-984-2801. For member information, call Bernice Riback at 954-984-1703.

Video and Film Club

By Enid G. Wolf-Schein



The "Art and Crafters" do it, the "Song and Dancers" do it. Now, the Actors do it. What do they do? Put on a show! Now, it is the turn of the "Video Makers." If you are one, let us know. We are having a "Wynmoor Short Film Festival." LAST CALL for entries. Any topic of interest, up to about nine minutes long, will be acceptable. For information, call Enid Wolf-Schein at 954-978-1368 or email her at sch HYPERSLINK "mailto:scheinej@aol.com"e HYPERSLINK "mailto:scheinej@aol.com"inej@aol.com

The Festival is Friday, February 1, 2019 at 7:00 PM in the Country Club Lecture Hall. A popcorn reception will follow in Ballroom A.

Tickets will only cost \$2 including the reception. Sales start in December in the Library, every Monday and Wednesday from 2:00 PM - 4:00 PM.

The first meeting of the Video and Film Club this Season will take place on Thursday, November 15th at 10:00 AM in our studio. The Studio is located in the alcove directly across from the entrance to West Wing 1.

Writer's Workshop

By Gus Loret-de-Mola

Have you ever felt the urge to write? Do you feel you have stories to tell or poetry that you have always wanted to create?

Would you like someone to listen to your writing and give you feedback on what you compose? Come to our workshop, Saturdays from 10:00 AM - 12:00 PM in Card Room 1 at the Country Club. Enjoy the writing of others and have fun sharing your work. For info., call Gus Loret-de-Mola at 954-968-1082.

Clubs and Activities



SAVE THE DATE

February 1, 2019 - Wynmoor Country Club

Enjoyable short films made by Wynmoor friends and neighbors.

Aliens! Music of China! Dr. Geezer! The Dress! The Golden Swans! A Letter From God!

Anger Management! And much more!



7:00 PM - Lecture Hall (Film Presentations) - 8:30 PM - Ballroom A (Reception) - Cost: \$2.00 pp

Tickets go on sale Monday and Wednesday from 2:00 - 4:00 PM in the Library

Canasta Tournament

By Ann Elkin

Players wanted! Please come and spend a beautiful morning and afternoon playing Canasta. Meet lovely ladies and win money also! We meet every Thursday morning at 10:00 AM in the East Wing. Entrance fee is \$5 to play. For more info, call Ann Elkin at 954-978-0911.



ATTENTION: WOMEN

Single, widowed or divorced – to be known as **LADY SWORDS**. Let's get together for dinner, talk, or the theater.

If you are interested, please email Alicia J. Berger at: ajb7332@gmail.com

FREE POOL LESSONS

By Bob Horowitz

Ralph Rubin, Co-president of the Pool and Billiard Club and Tournament Director, is available for lessons from beginner to advanced.

Sign up in the Billiard Room. A signup sheet is available near the front entrance to the room. There is no cost for these lessons.



Jack's Philosophy Of Life

By Jack Boss



Do you ever envy those Pollyanna types who skip around with a smile on their faces? While some people may be born with sunny dispositions, happiness isn't necessarily based on genes or luck. Psychologists now believe it's a learned skill, almost like knitting. In fact, Harvard's "How-To-Be-Happy" course, with more than 850 enrollees, has become the University's most popular class. It's first lesson: Embrace your failures and frustrations. "When you give yourself permission to be human," says course instructor and psychologist, Tal Ben-Shahar, "you are more likely to open yourself up to positive emotions."

Better Health. Nearly a dozen studies show that happier people live longer. They're also less likely to suffer heart attacks, strokes, and pain from conditions like rheumatoid arthritis. Plus, Carnegie Mellon researchers last month found that people who express positive emotions come down with fewer colds and flus after being exposed to the viruses than those who express negative emotions like anger, sadness, or stress.

Set Point: While moods can change day to day, even hour to hour, psychologists used to believe that life satisfaction levels remained stable over time, always returning to a "set point" after a traumatic or happy event. A recent study from the University of Illinois, though, suggests that this set point can shift over the years. What's more, there are ways to push the needle on the gauge toward happy. In fact, experts who refer to themselves as "positive

Other People's Thoughts: Get Happy And You'll Live Longer

psychologists" have found that such simple acts as being grateful for what you have can help improve your outlook. "We need to look for happiness in the right places," Ben-Shahar says.

Those places don't include Tiffany's or a BMW dealership. The joy in acquiring objects of desire dissipates quickly. "Like French vanilla ice cream, material things are great at the first taste, but then after a while, they lose their flavor," says happiness researcher, Martin Seligman, who started a Positive Psychology Master's program at the University of Pennsylvania. Through his studies, he identified specific steps that can help increase happiness over the long haul.

Go For Real Goals: It's better to think of happiness in terms of leading a meaningful life. "It's about being in the flow, completely absorbed by your work, the pursuit of your goals, the people you love, and your leisure activities," says Seligman.

Make A Gratitude Visit: Deliver a thank-you note to someone who's been especially kind or helpful but never properly appreciated. When you feel thankful, you get pleasure from remembering a positive life event. Plus, you'll strengthen a relationship that may bring you future happiness.

Focus On The Good Things: You probably spend more time each day thinking about what went wrong rather than what went right. Jot down three things that went well each day and explain why. "This will help you feel more grateful for what you have and more hopeful about the future," says Seligman.

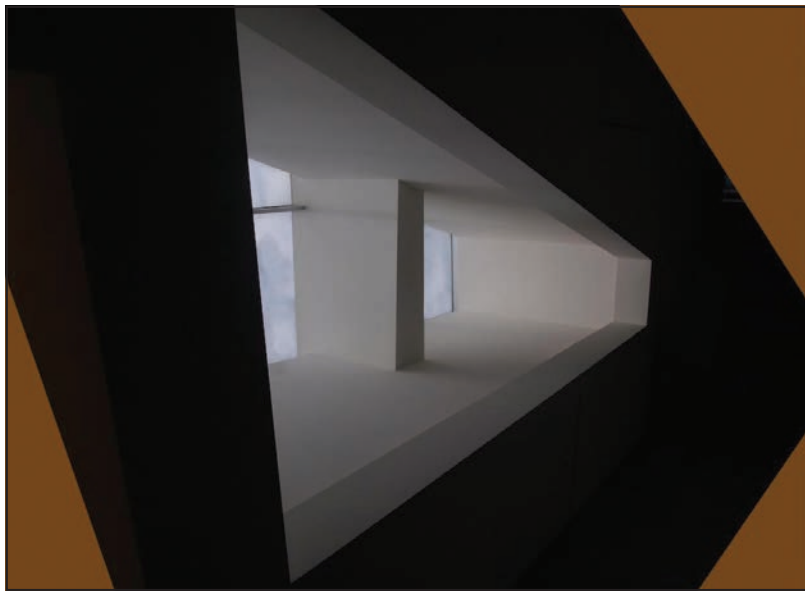
CAMERA CLUB



“Floating on the Yangtze River” by Helen Storm



“Morning Dew” by David Guttman



“High Window” by Nancy Landman

The INSIDER
 An Independent Newspaper
 For Wynmoor Residents

PO Box 670876 • Coral Springs, FL 33067 • 954.975.8001 • Email: wynmoorads@aol.com
 visit our website: www.insidernewspaper.com

Articles that are submitted to the **INSIDER Newspaper**, must be clearly written, or preferably typed in upper and lower case and have a contact number for questions (not for publication). **IT IS IMPORTANT** that the information submitted is **TIMELY**.

Please [watch dates!](#)
 Your photos are welcomed as well!

Our deadline is the 10th of the month preceding an issue.
Ex. Nov. 10th for Dec. issue.
 If the 10th falls out on a weekend, we will check the box on the following Monday. All articles collected after that will go in the following issue.

Thank you, Insider Staff





JASON ALLEN-ROSNER
 CIRCUIT COURT JUDGE, GROUP 38

jason4judge.com
 Rosner4Judge

Endorsed by:



Save the Date

Teacher's Showcase ~ Monday, December 10th
 5:00-7:00 p.m. ~ Grand Ballroom ~ Free Event
 Here is the opportunity for you to meet Wynmoor's
 Instructors. They will explain their class and answer your
 questions. Sign up for a class at this event. No Registra-
 tion Necessary. All Wynmoor Residents are welcome.

37th Annual Festival of the Arts
 Saturday, March 16 & Sunday March 17, 2019
 This is a celebration displaying the great talent of our
 Wynmoor residents. You will not want to miss out!
 All Wynmoor residents and guest are welcome.
 Additional details to come.



For more info, call Recreation: 954-978-2600, press 1.
 Recreation events are subject to change/cancellation.
 For the most updated information,
 join the Wynmoor Email Blast & Tune in to Channel 98.



New Year's Eve West Wing
 Entertainment by
Tony Mariano
 Dancing, Dessert,
 Champagne & Friends.
 Doors Open at 7:15 PM

ALL TICKETS ARE MAILED TO YOUR WYNMOOR ADDRESS ONLY. TICKETS
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Doing Our Part To End Food Insecurity

By Sheriff Scott Israel

Thanksgiving is a time for family: a day celebrated with loved ones gathered around the dining room table for the traditional holiday feast.

Unfortunately, the same cannot be said for many families in Broward and around the country who are simply unable to put food on their tables for Thanksgiving. At the Broward Sheriff's Office, we have made it a Thanksgiving tradition to ease the burden, bring some joy and provide some hope for those struggling during this holiday. No child should spend the holiday hungry and no parent should experience the pain of being unable to provide.

Each year, BSO distributes thousands of turkeys to families in need. I personally witness the anxiety and despair fade away as I hand out turkeys to families around the county. That's what Thanksgiving is truly all about. We couldn't do this without the financial support of numerous partners, including the Broward Sheriff's Advisory Council, which provides year-round support to public safety in Broward and also to our community as a whole.



Sadly, food insecurity is not just a once-a-year event, but a daily stark reality for many Broward families. In fact, around a quarter million people struggle to get enough to eat. That includes nearly 80,000 children who go to bed hungry.

That is unacceptable.

Ending food insecurity has been one of my biggest passions for many years. I remember visiting a Boys and Girls Club when I was first elected Sheriff and noticed the counselors filling backpacks of the kids with food so they would not go the full weekend without a decent meal. The food was the club's way of helping these kids make it through the hardest of times. I was both moved and motivated by this gesture and made it my mission to have BSO do what we could to help.

Shortly afterwards, BSO teamed up with community-based organizations to distribute free food via the grocery giveaway food distributions. These events, paid for through the generosity of individuals, businesses and non-profits, are held throughout the year and around the county. They provide residents an opportunity to stock up on meats, produce, bread, dairy and frozen foods. Everyone is welcome to attend this free community event.

We do this, not because it's the nice thing to do, but the right thing to do. It benefits us all. Helping to relieve the stresses of hopelessness, frustration and despair is part of the solution. Troubled individuals are far more likely to steer clear of crime when their basic needs for food, shelter and treatment are met. These proactive community policing policies strike at the heart of the problem before it spirals out of control.

During this Thanksgiving season, I ask that we remember those less fortunate than us and all do our part to help where we can. From the BSO family to yours, have a safe, healthy and happy holiday.



Sending heartfelt condolences to Ralph Trapper and his family, on the recent loss of his loved ones.

Our thoughts are with you.
Insider Staff

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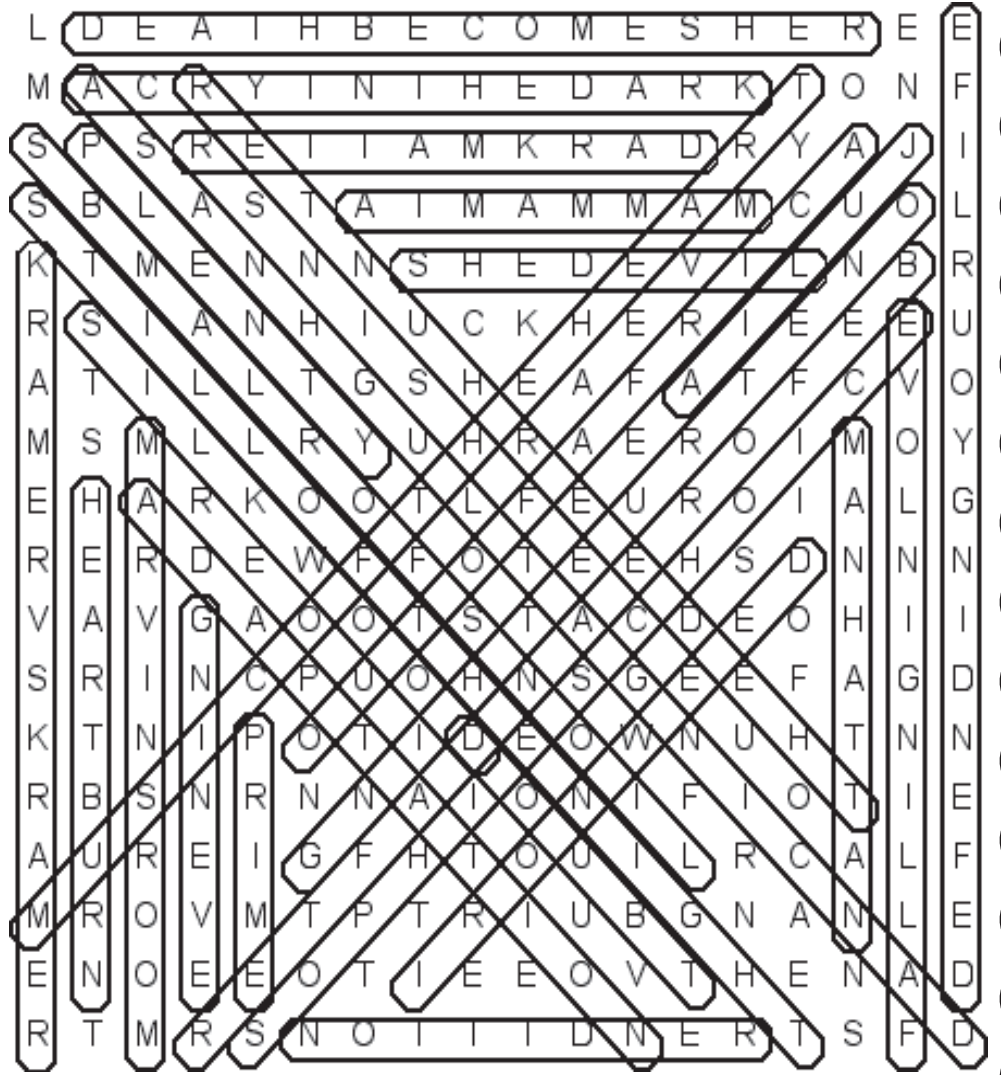
Puzzles and Games

Solutions from page 42

Crossword Puzzle



Meryl Streep Movies

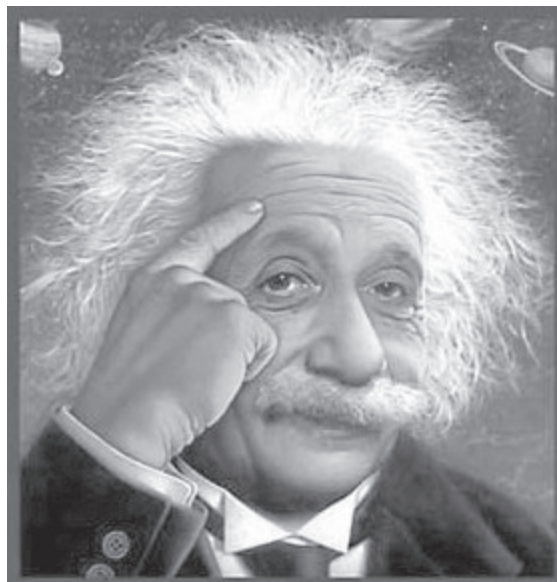


Find and circle all of the words that are hidden in the grid. The remaining letters spell an activity played on Halloween.

The hidden movie is: LEMONY SNICKET'S A SERIES OF UNFORTUNATE EVENTS

Sudoku

1	8	9	6	4	3	2	7	5
4	3	5	9	2	7	6	8	1
6	2	7	8	5	1	4	3	9
9	1	8	3	7	2	5	6	4
5	7	6	4	9	8	3	1	2
2	4	3	1	6	5	8	9	7
8	9	1	5	3	4	7	2	6
7	6	4	2	8	9	1	5	3
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