



The INSIDER

An Independent Newspaper

For Wynmoor Residents

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JUNE 2022

HURRICANE SEASON



JUNE 1 - NOVEMBER 30

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Cheryl Stein
Mother

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- 1905 Bermuda • Deluxe
- 2006 Granada • Deluxe Floor Plan, Water View, Washer Dryer
- 1802 Eleuthera • Juniper Floor Plan
- 2803 Victoria • Handyman Special



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- 1503 Cayman • Penthouse, Juniper Floor Plan, Water View, All Tile, 1275 sf \$199,000
- 4602 Martinique • Corner, Glass Enclosed Patio \$169,000
- 3202 Portofino • Enclosed Patio, Water View \$164,000

ON THE MARKET

- 2802 Victoria • Water/Golf Course View, Remodeled, All Impact Windows & Door \$299,000

SOLD CLOSED IN APRIL & MAY

- 2503 Antigua • LISTED FOR \$160,000 / SOLD @ \$150,000
- 3405 Bimini • LISTED FOR \$184,000 / SOLD @ \$179,000
- 2101 Lucaya • LISTED FOR \$310,000 / SOLD @ \$315,000
- 3201 Portofino • LISTED FOR \$159,000 / SOLD @ \$154,000
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Please keep all articles timely, according to the published date. **Articles are encouraged to be emailed to: wynmoorads@aol.com**

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ARTICLE SUBMISSION WORD LIMITS:
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ARTICLES OF INTEREST 450 Maximum

Please identify the nature of your submission on your envelope: Example: Calling All Clubs, Neighborly News, Pen to Paper, Etc.

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

Florida News Bureau reserves the right to refuse publication of any article or ad submitted, if such does not meet the standards set forth by the publisher, or does not adhere to its deadline. Florida News Bureau shall have the right, in its sole discretion, whether or not to accept any material for publication.

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SECURITY NEWS

Dispatch: 954-978-2667

For Medical and Life/Health Threatening Emergencies, Always Dial 9-1-1 FIRST!

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.

Crime Prevention Round Table: Be informed! Know what is going on in your community! Come to the Crime Prevention Round Table, sponsored by the Coconut Creek Police Department.

Your Guest List

Unit owners or tenants are responsible to call in their guests, 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.

Your guest must have the NAME and ADDRESS of the resident they are visiting.

Important Numbers

For Medical Emergencies Always Dial 9-1-1

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

Hours of Operation

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

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Grilled or Fried

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Lettuce, tomato, red onion & tartar sauce

Soup & Salad

Clam Chowder or Lobster Bisque
Mixed Green or Caesar Salad

Chicken Sandwich

Grilled or Fried
Lettuce, tomato, red onion

DAILY Specials

MONDAY

Mahi Sandwich

Choice of 1 side & hushpuppies

10.95

TUESDAY

2 Tacos

Choice of 1 side

10.95

WEDNESDAY

Fish N' Chips

Served with fries, coleslaw & hushpuppies

12.95

THURSDAY

Lobster Roll

Hot or cold with choice of side

19.95

FRIDAY

Fried Shrimp Platter

Choice of 2 sides & hushpuppies

14.95

SATURDAY

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1lb shrimp, 1lb clams, andouille sausage, potato, corn on the cob and garlic butter sauce

29.95

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The Liberal Jewish Temple of Coconut Creek

By Iris Arlan & Lee Temares

Planning is underway for our first White Elephant sale on Friday, July 15th from 9:00 a.m. - 5:00 p.m. Donations are being accepted, and arrangements can be made for pickups. So...if you have jewelry, bric-a-brac, kitchen ware, vintage accessories, artwork, current books, or other items in good condition, we can use them. Nothing broken or chipped, no appliances, no clothing, no furniture. Questions? Pickups? Call 954-968-4236.

Starting Saturday night, June 4th, we will be celebrating our third Pilgrimage Holiday- Shavuot (weeks). The holiday occurs on the 50th day, or seven weeks, after Passover. The holiday is also called Pentecost from the Greek for 50.

In most Reform Synagogues, and in some Conservative Congregations, Confirmation Services are held. In the liturgy for the holiday, the young adults stand before the Torah scroll(s) and agree to accept the covenant between God and Israel.

As with most Jewish holidays there are special foods. Often, dairy foods are eaten. When God told the Israelites that they would enter a "land of milk and honey" people believed that they had permission to eat both. Sephardic Jews eat a special bread called siete cielos-seven heavens. Cheesecake, blintzes, and kugel are popular additions to the menu.

Mmmm. What about an Egg Cream? Remember them? Fox's U-Bet chocolate syrup, cold milk, and seltzer-preferable from a spritz bottle-stirred well-and you have it. I remember my grandfather serving these famous drinks at the Grand Sweet Shop in Englewood, New Jersey. What memories. In New York in the mid 1950's, you could get them almost everywhere. So, how did this become a Jewish drink?

The egg cream came out of the Jewish communities of the Lower East Side and Brooklyn. Barry Joseph, author of "Seltzertopia," says a Jewish immigrant by the name of Louis Auster created the egg cream around 1930. It was cheap and satisfying. The seltzer trade in New York was heavily Jewish, and Jews loved to drink seltzer-and egg creams!

Herman Fox, a Jewish man, invented his chocolate syrup in his tenement home about 1910. People loved it.

The egg cream has no egg and no cream but denotes richness. It is possible that Mr. Auster was trying to emulate some drinks sold uptown in the fancier neighborhoods.

Please join us for Services on June 3rd and the 17th at 7:30 p.m. Membership Chair, Cheryl Stein, has just informed us about a special deal. If you join now (membership is only \$100/person), you will get June and July for FREE. Call her at 954-675-3700. www.ljtcc.org



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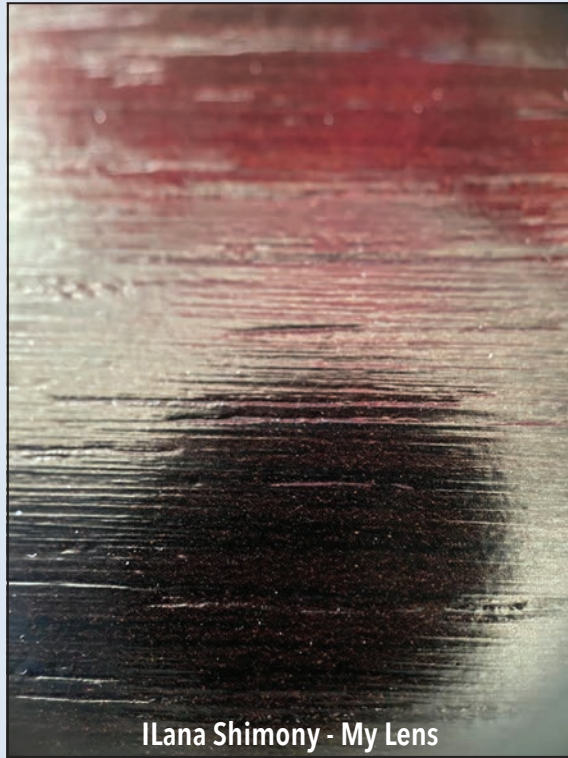
CAMERA CLUB



By Nancy Landman



Helen Storm - Look at That Tongue!!!



Ilana Shimony - My Lens



Smitty - Spring Iris

**SPEED
LIMIT
25**

Traffic Violations

The speed limit on Wynmoor Circle is **25 mph**. The speed limit in the villages is **15 mph**. There is absolutely **NO PASSING** on Wynmoor Circle and all **STOP SIGNS MUST BE** observed by residents and guests. **All residents and guests are required to abide by Wynmoor Rules and Regulations.**

**SPEED
LIMIT
15**

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“Daddy”

By Linda R. Teicher

Father's Day - 2022

Daddy, Daddy, Daddy

I recently wrote a story entitled, “Mommy” which you may have read. Well, Daddy was in many ways so different, yet just as wonderful a parent, and unqualifiedly loved and cherished by me, his youngest child, Linda Rose.

As the youngest of four much older siblings, Daddy had already reached the age of forty-five, by the time I appeared on the scene. As an adult, my sister Gail informed me that I was an accident. Perhaps this is true, but I told both my parents that I was the best mistake they ever made!

The following are words I would use to describe my Daddy; sweet, loving, gentle, silly, devoted, caring, just to name a few.

Daddy was a dentist, Dr. Samuel L. Mantel, to be exact. Both Mommy and Daddy were born on the Lower East Side of Manhattan and met on the stoop. When Daddy asked Mom to marry her, she said that she would accept the proposal if he promised to take her to the St. George swimming pool, so she could dive off the high diving board. He did, and so they got married. The marriage lasted for sixty-three years. They slept in that four poster bed in which they both died six weeks apart to the day.

When Daddy was growing up he wanted to be a professional gymnast, attending a school called Savages, to pursue this career. Daddy's older brother, a doctor as well, insisted he follow suit. For whatever reason, Dad decided that this was not for him, so his brother said that he could become a dentist instead.

After fifty-three years of practice and eighty years of age, he retired from dentistry. Interestingly, Dad's office on President Street in Brooklyn, was where we lived. The office was one of the rooms in the apartment. The living room doubled as the waiting room, which I loved. There was a constant flow

of patients sitting there waiting to see the dentist.

As a little girl I was taught how to speak with the patients to make them feel relaxed. When Herby and I got married, a number of them gave us wedding gifts. Remembering this experience now, leaves me with a warm feeling. To this day, I find it easy to converse with people. They all loved Dr. Mantel and came to him for many years.

When I went to college 400 miles away, Herby was already my boyfriend, but our parents had not yet met. Herby told me that he had taken his mother for an appointment with my Dad. He then made her a set of uppers and lowers - Oh my!!!

I attended PS 241, right across the street and up the block from where we lived. Lunchtime, I was the only student who could go home, which prided me endlessly. So every day at noon when the other kids filed into the lunchroom, I simply ran down the street to have lunch with Mommy and Daddy. None of my other siblings were home, so it was just the three of us. I was in heaven and so were they.

I always was prepared with a joke, which put us all in a great mood. Either Mom or Dad would make me lunch, and we would listen to the radio; either Arthur Godfrey, Carlton Fredrick's, or some other funny soap opera type show, which I do not specifically recall. This was so special to me that I still can muster up the feelings.

Daddy liked to sing and dance, and had a really good tenor voice. He had an array of silly songs! After dinner we often took a neighborhood walk to walk off the dinner. More often than not we ended up at one of several Candy Stores. We would share a candy bar or sit at the counter and Daddy would buy me an ice cream sundae. This was a real treat; still is! During a hot summer's day I would call upstairs for money to buy an ice cream cone. It got to the point when I yelled upstairs, Daddy would answer by saying, “How much?”

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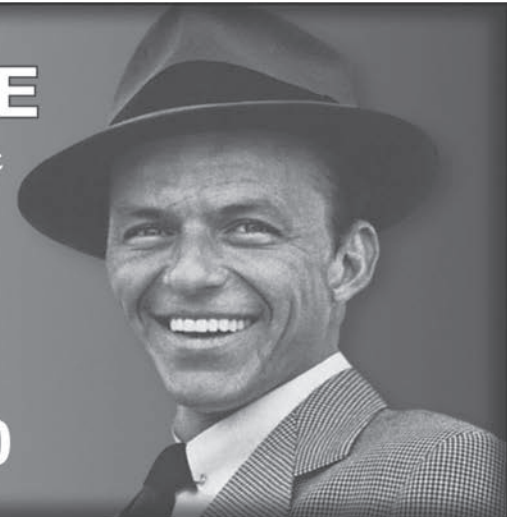
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pen to paper

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When I was older and started going out with friends or to a party, Daddy always wanted to see how I looked. I would come into the living room, spin around a few times, and he would say, "Go away. I cannot look at anyone so beautiful!" Who knows?

When Herby and I were married, upon occasion our car would break down. No matter the time of day or night it was, Daddy came to our rescue. This was a given. What a guy my Daddy was!

My Dad was Past-Chancellor Commander of the King Arthur Lodge of the Knights of Pythias. He was editor in chief of their newspaper, and helped send deprived children to sleep away camp, working tirelessly between patients. When he worked as a dentist for the Grand Street Settlement, he was able to obtain a summer job for me at Camp Moodna in East Stroudsburg, PA. The very best part of that summer... That is where I met my wonderful husband of 59 years, Herby!!! We now are lucky enough to have two children, and five delicious Grandchildren.

Thank you Daddy for all of this, and much, much more!!!

Happy Father's Day

I LOVE YOU, Linda Rose

A Belated Letter to Poppa

By Herby Teicher

Dear Poppa,

You died in 1944 when I was nine years old and you were only forty-eight. You and your brother Hymie were carpenters building barracks for the United States Air Force to house thousands of airmen. During that bitter cold winter in upstate New York you developed pneumonia and struggled to get home only to die a few days later in the Brooklyn Jewish Hospital. Momma said that you asked her for a glass of orange juice. As she handed it to you, you closed your eyes and died. In retrospect, you died a hero; sacrificing your

life to help support the defeat of the evil Nazis, who had murdered so many of our relatives.

I hardly knew you during my childhood because you were always coming or going. All I have are vague memories of the three of us. There is one particular memory that stands out in my mind.

I remember that on a warm spring day we were formally dressed and we were all walking hand in hand. We passed the Lutheran Cemetery as we were heading toward the Myrtle Avenue El Station. My naive eyes glanced at the monuments topped by angels with hands pointing upwards. I asked you "Why are those people making speeches?" You and Momma laughed heartily at my childish observation. You, Poppa, then grasped my hand firmly.

That fleeting, vivid image was enough for me to forever remember your strength and goodness. This was the greatest gift I ever received. Thank you for your selflessness. You did well in your short stay on earth!

Take heart Poppa- "What is remembered lives!"

Your loving son,

Herby

Tomorrow is Today

By Lynne List

Hello to Friends and Family,

I am happy to report that my new book "Tomorrow is Today" is now available at Amazon and Barnes and Noble. I hope you enjoyed the first one, "No Time To Regret." "Tomorrow is Today" is a sequel in that it follows the lives of Lorene and Ray. It is a love story with suspense woven in as Lorene receives romantic gifts and emails. Ray thinks she is having an affair, which she denies. Discovering the truth, and the culprit makes this a must read that you will not want to put down. Please do write a review after reading.

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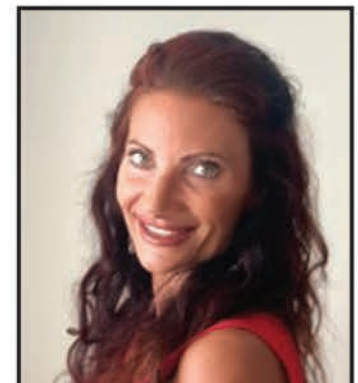
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- 1802 Eleuthera 2/2 • \$205K 2005 Granada 2/2 • \$270K 2101 Lucaya 2/2 • \$315K 502 Martinique 2/2 • \$270K
- 2606 Nassau 2/2 • \$165K 3204 Portofino 2/2 • \$310K 2802 Victoria 2/2 • \$260K 1501 Cayman 2/2 • \$170K **(SOLD IN 5 DAYS!)**

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Karl Dickey: Promoting “Smart Friendships” in Boca Raton

By Audrey Ladoff-Smith

Are you...

- New to South Florida?
- Between the ages of 55 and 75?
- Recently retired?
- In need of more destinations and routine in your life?
 - Missing intelligent conversations about national or world situations?
 - Hoping to meet different people outside of your immediate neighborhood?
 - Longing to discuss current events in a group without screaming, cursing, and, inevitably, hearing the T--p word?



If you answered YES to any of the above, then you can greatly benefit from several meet-up groups under the heading *Boca Raton Coffee and Conversations* in Meet-Ups.com. Originally founded by Marty Bogrow, a dual resident of Florida and Colorado, the format of the group is simple, but interesting enough to hold everyone's attention for two hours. The venue is usually a casual restaurant, and the host comes prepared with several current topics. Attendance is capped at 10 or 15 so that all can voice their opinions, getting two minutes apiece. In the event of extra time, topics come from one of two bags marked *Serious and Not Serious*. Members put their own topics into each. Attendance has steadily increased, and Marty asked Karl Dickey to be a co-host in 2008.

Later Karl agreed to organize the meet-up, which had grown to two social breakfasts and four current events groups. Luckily Susan Brender, retired from a career in the news industry, volunteered to host another topical meeting. Then came the pandemic, when some members still wanted to meet in person, others online. Karl met the needs of both by creating a new Zoom group. That virtual meeting became so popular that now another co-host is needed. Marty and Karl deserve kudos for keeping the support of members for more than a decade. Over this time some have become close friends, sharing meals, holidays, and games together outside of the regular meetings.

Karl's main goal as a meet-up organizer is to facilitate discussions where participants, most professionals, feel safe and respect opposing viewpoints. In fact, he had originally joined Marty Bogrow's group to learn more about opposing political parties himself.

As a chairperson, he never touts his own accomplishments, which are many. During the 1990's he became annoyed with both political parties when he noticed that campaign promises were often shelved after candidates won elections. Since by the age of sixteen he already had a storefront business, leaving to attend college would have been a financial loss. Instead, he educated himself by reading hundreds of books about different parties and systems of government. Meanwhile, he sustained financially through buying and selling franchises, mostly dry-cleaning stores.

By chance, Karl heard the 1996 Libertarian Party nominee, Harry Browne, on C-Span and felt strong parallels to his own thinking. Soon after Karl changed his voter registration to the Libertarian Party. He has since chaired both the Libertarian Party of Palm Beach County as well as the Libertarian Party of Florida.

Although Karl lost a 2006 Senate run to Ted Deutch, his groups kept growing. He founded the Palm Beach Naturist Group as another meet-up. That group later became active in a strong attempt to designate one Boca Raton beach as “clothing optional,” modeled after Haulover Beach in Miami and Blind Creek Beach in St. Lucie County. Naturists argued that a special beach would result in a financial gain for the city, but the plan was eventually voted down.

The *Boca Raton Coffee and Conversation Group* has been a welcome outlet for retired people to voice their opinions. and learn from each other. Some are self-admitted “news junkies” that spend hours daily keeping up with cable news, radio broadcasts, podcasts, and other abstruse sources. They may even arrive with notes on research they have done. Others “wing it” with only what they hear from television or car radios.

Between the meetups he organizes and those he attends, Karl guesstimates his time output is twenty hours per week. It is no exaggeration to say that Karl Dickey's contributions to the residents of both Broward and Palm Beach Counties continue to yield only positive results. Should he ever run for office again, he'll be the rare politician who has already listened to voters for more than a decade.

David J. Kaufman

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PREPARE FOR HURRICANE SEASON

STORM PREPARATION

DOCUMENTATION

- Take pictures of EVERYTHING inside and outside of your house, vehicles, and any business equipment or crops.
- Gather all important documents including passports, birth certificates, medical records, receipts, etc.

SECURE YOUR PROPERTY

- Check on your homeowners or renters insurance.
- Protect valuables from flooding and rain by raising items off the ground, packing in plastic, and moving from windows.
- Sandbag doorways for flooding.
- Prepare plywood for windows.

TAKE SAFETY PRECAUTIONS

- Shut off water and gas line, main break, and unplug items.
- Secure any loose items outside of your home (trash cans, etc).
- Get refills on any necessary prescriptions.
- Restock your first aid kit.

COLLECT SUPPLIES

- Focus on the essentials and plan to have no power or water.
- Collect enough food/water/medicine for 3-7 days.
- Gas, batteries, radios, chargers
- Supplies for pets including carriers and rabies records.
- Basic tool-kit.

MAKE A PLAN FOR STAYING & GOING

- Evaluate the risks for your own situation (type of house, trees near your house, flooding, etc.)
- Check the storm surge maps for your area.
- How long are you willing to stay in your house w/o power?

PREPARE FOR A COMMUTE

- Current roads and markets are not designed for 80-100% of the population to use them, so gas up your cars and know your route.
- Plan on the trip taking 3-4x longer.
- Bring snacks & games for the trip.

STEPS AFTER THE STORM



After the storm, roads may be closed and power could be out for days if not weeks. Make sure to document all damage, keep all receipts, and be wary of predatory contractors. Review your insurance coverage and utilize the recovery websites and agencies.

Created by: Wit_Meets_Grit

Items Especially For Seniors

In addition to the standard recommendations for a preparedness kit, there are a number of items specific to seniors that you should probably include in your kit as well. These include:

Medications

You will probably want to include an additional weeks' supply of medications in your kit. To get that extra supply, inform your doctor or other health care provider of the fact that you're putting together an emergency supply.

Medical Equipment

You will also want to have supplies for your essential medical equipment. This can include:

- Batteries for hearing aids
- Spare pairs of glasses
- Spare dentures
- Equipment for monitoring blood sugar and blood pressure, if needed
- Spare oxygen tanks

Having spares of all these items in your kit will save you time searching the house to make sure you haven't forgotten anything.

Medical Documents

Just as with all the other essential documents you'll want to have on hand, you'll also want to have information about any medical needs you have. This should include:

- Basic information like your blood type, any allergies you have, and a list of any conditions you're dealing with.
- An outline of the treatment you're receiving and any other essential care or comfort information
- Information about your medical equipment needs
- A list of prescriptions you receive along with the dosages you take
- A list of contact information for your physicians
- Copies of your Medicare, Medicaid, and other types of insurance information.

Finally, if you have a service animal, it might be useful to include their documentation in your kit as well; for all pets, you may want to include immunization information among your documents in case you have to bring them to a shelter or board them somewhere.

Special Plans

To prepare for hurricane season, the best strategy is to go all out—do the most you can to prepare for the worst. This includes:

- Take an inventory of valuables in case the storm damages the home. This can be as simple as taking a video or pictures of your home's interior using the camera on your phone.
- Make your home as weather-proof as possible, including cleaning out gutters and downspouts and making sure sump pumps and other anti-flooding measures are in good condition. You may also want to make sure that valuable items and important documents are out of the range of any floodwaters.
- Be ready to evacuate. Try to make your emergency preparedness kit is as portable as possible, and, if you have a car, always leave it with at least half a tank of gas during hurricane season to facilitate a quick getaway.



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Gert Some Help During Uneasy Times

As an investor, your own decisions will be the biggest factor in your success. Nonetheless, you'll always want to consider the potential power of external events. And today is no different with the lingering effects of the pandemic, the geopolitical situation in Ukraine, the impact of inflation and the rise in interest rates, you might be grappling with feelings of uneasiness. How should you respond?

First of all, remember that the financial markets have shown great resilience through wars, recessions, natural disasters and political crises – events as serious as what's going on now.

Nonetheless, you could still feel some discomfort when you're bombarded by anxiety-producing news of the day. But you don't have to go it alone. Many people have found support and guidance from a financial professional to be especially valuable in turbulent times. In fact, more than three-fourths of investors who work with a financial advisor are very or somewhat confident in their knowledge of the impact on the economy on their financial situations, according to a recent survey from Morning Consult, a research and data analysis company. By comparison, the same survey found that only about half of the adults in the general population have this degree of confidence.

Specifically, a financial professional can help you...

...*Reduce the tendency toward emotion-driven investing* – It's usually not a good idea to let emotions be a primary driver of your investment decisions. For example, if you let fear drive your choices, you could end up selling quality investments – ones that still have good prospects and are still suitable for your needs – when their prices have fallen, just to "cut losses." A financial professional can help you make informed moves appropriate for your goals.

...*Put investment results in context* – You may wonder why your investment portfolio's performance doesn't track that of a major index, such as the S&P 500. But if you maintain a diversified portfolio – and you should – you'll own investments that fall outside any single index. So, instead of using an index as a benchmark, you should assess whether your portfolio's performance is keeping you on track toward your individual goals. A financial professional can help you with this task and suggest appropriate changes if it appears you are falling behind.

...*Recognize investment trends and patterns* – If you invest for several decades, you'll likely see all kinds of event in the financial markets. You'll see "corrections," in which investment prices fall 10 percent or more in a short period of time, you'll see "bear markets," in which the downturn is even greater, and you'll see bull markets, in which prices can rise, more or less steadily, for years at a time. A financial professional can help you recognize these trends and patterns – and this knowledge can make it much easier for you to maintain a long-term perspective, which lead to informed decision-making.

...*Gain feelings of control* – Most important of all, a financial professional can enable you to gain a feeling of control over your future by helping you identify your important goals and recommending strategies for achieving them.

The world, and the financial markets, will always be full of events that can be unsettling to investors. But by getting the help you need, you can reduce the stress from your investment experience – and you'll find it's easier to keep moving in the direction you want to go.

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Commentary On The Practice Of Medicine

By Hope Myers, Member of the Academy of Nutrition & Dietetics

It is believed that the information presented below never received the typical media (TV, radio, newspaper etc.) attention it deserved. The facts are derived from an article published in the **Journal American Medical Association, July 26, 2000, 284(4) 483-485** titled "Is US Health Really the Best in the World?" This is the first time such an article appeared in a prestigious publication. It documents the tragedy of the traditional medical paradigm and indicates that *doctors are the third leading cause of deaths in the US, killing 225,000 people every year.*

The author is Dr. Barbara Starfield of the Johns Hopkins School of Hygiene and Public Health, and she describes how the US health care system may contribute to poor health. She enumerates the following **deaths per year:**

- 12,000 – unnecessary surgery
- 7,000 – medication errors in hospitals
- 20,000 – other errors in hospitals
- 80,000 – infections in hospitals
- 106,000 – non error, negative effects of drugs

These total 225,000 deaths per year from iatrogenic causes!! What does the word iatrogenic mean? This term is defined as induced in a patient by a physician's activity, manner, therapy, or a complication of treatment. Dr. Starfield offers several warnings in interpreting these numbers. First, most

of the data is derived from studies of hospitalized patients. Second, these estimates are for deaths only and do not include negative effects that are associated with disability or discomfort. Evidence from a few studies indicates that as many as 20% to 30% of patients receive inappropriate care, and an estimated 44,000 to 98,000 die each year as a result of medical errors. According to the Institute of Medicine (part of the National Academy of Science), the total cost of medical mistakes, lost income and production, cost of disability and health care, totals \$17 to 29 billion a year.

Above is a summary of an article that appeared in the prestigious Journal American Medical Association. Ask yourself do you think anything has changed in the last twenty years? So now that you know is there anything you can do to protect yourself? Yes, become an expert. First, know what ails you. Ask your doctor all about it. Research it on the internet. Patients should feel entitled to inquire about their care no matter how sick they are. Second, know about your drugs. The study shows more than 7,000 die each year because of medication errors. Lastly, adopt a healthy lifestyle to avoid or minimize the affects of any disease so you can stay out of the doctor's office.

***Ironically Dr. Barbara Starfield, the author of the article, died 10 years after her article appeared from a medical error.*

Your Articles of Interest Are Always Welcome!

Email articles to Wynmoorads@aol.com in a word document, or mail them to FLORIDA NEWS BUREAU, PO Box 670876, Coral Springs, FL 33067. Articles should be typed upper and lower case, or clearly written. Articles must have an author and contact information (not published, unless noted in the article. Deadline for articles is the 10th of the month preceding an issue.)

If you are not computer savvy, you can still submit your articles to us. There is a box labeled "The Insider," inside the Clubhouse, near the Library and Real Estate Office. Clearly write out your article and we will do our best to reproduce it for you.

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Common Questions About ACUPUNCTURE

By Marcus Smith, Licensed Acupuncture Physician



What is Acupuncture?

Acupuncture is a complete system of diagnosis and treatment which supports and maximizes our body's innate self-healing abilities.

How does it work?

In acupuncture treatment for pain, for example, very thin needles about the size of kitten's whisker are inserted at specific points on the surface of the body. These points are called neural nodes. These nodes then trigger the brain, through the peripheral nervous system, to release naturally occurring endorphins and enkephalins, both of which have pain-relieving properties which reduce inflammation and increase blood circulation.

What does it treat?

Although acupuncture is most commonly used to treat pain (back pain, neck pain, knee pain, headaches, arthritis pain), ongoing research shows it is effective in treating numerous internal disorders such as respiratory, immune system and digestive problems, insomnia, anxiety, and high blood pressure, as well as symptoms associated with cancer and chemo-therapy.

Acupuncture is often combined with non-needle therapies such as electrical stimulation, tui-na (Chinese manual therapy), stretching and therapeutic exercise.

Chinese Herbal medicine can provide relief for many medical conditions without the side-effects typically associated with prescription medication. Many patients are able to reduce and eventually discontinue their use of such medication.

How many treatments will I need?

Acupuncture is not a "quick fix." The effects of treatment are cumulative as each treatment builds upon the previous one. Although many patients may experience immediate relief of acute symptoms, a number of treatments over a period of time is usually necessary to build this cumulative effect and to correct the internal imbalances creating their symptoms.

Does it hurt?

When administered by an experienced acupuncturist these treatments are very comfortable for the patient and many actually fall asleep on the treatment table. The sensations felt by the patient can range from a sense of mild pressure to a gentle electrical tingling sensation. Most patients express surprise at how comfortable and pain-free the treatments are.

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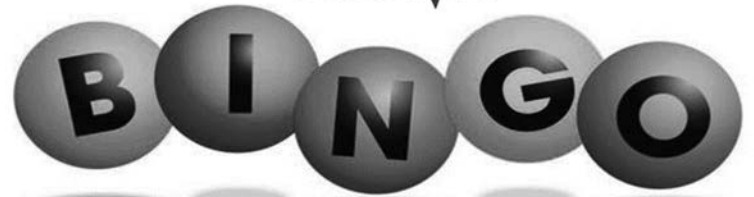
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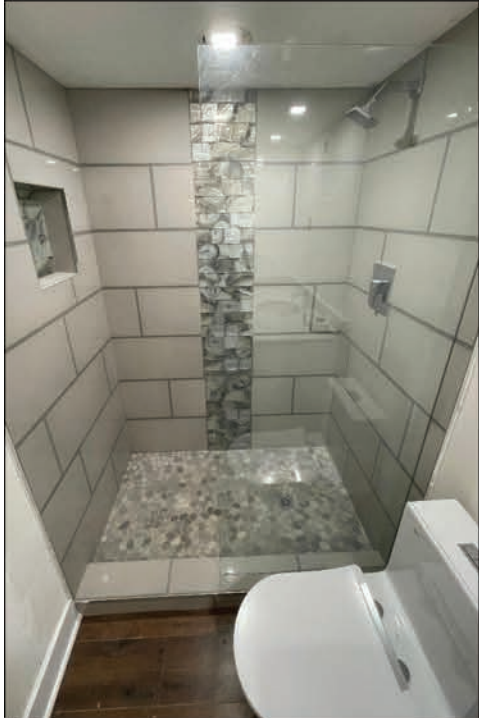
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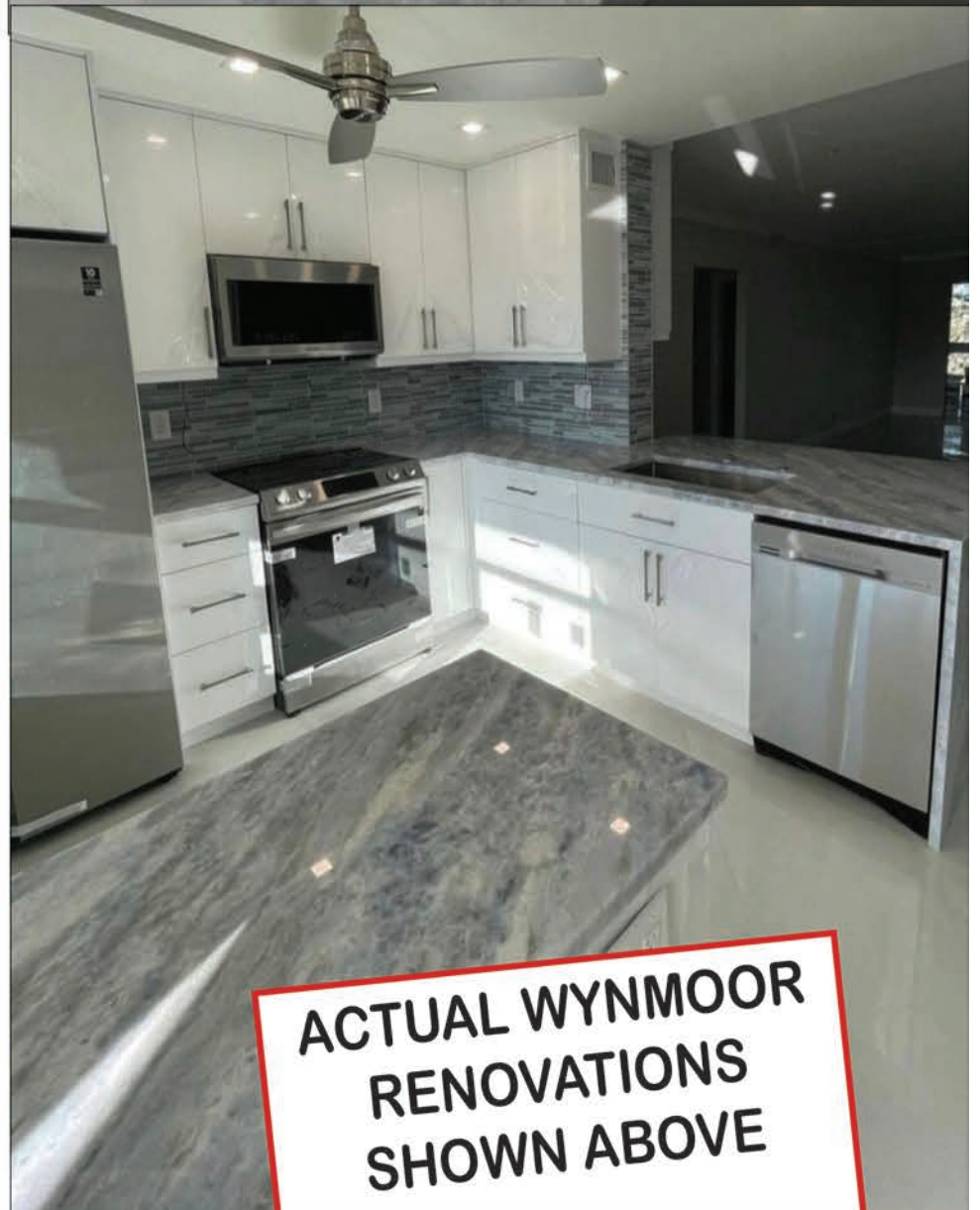
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ASK DR. JOY

By Joy Berke Sanchez Ph.D.



I've written before about my mentor and friend, Dr. Nathaniel Branden, and his specialty in self-esteem. One of the things he told me was that we are all born into full and complete manifestation of self-esteem. Then through internalizing the negative vibrations of our environment it begins to fade. When this happens, we know at a very deep level that this is incorrect and try to regain what we had when we came into this world. Because our self-esteem was diminished through outside forces and we slowly lost our knowledge of creating our own reality (see previous articles), we attempted to regain our lost self-esteem and worthiness through these same means..... outside ourselves.....through other people and achievements. This has never worked and never will.

Self-esteem and worthiness are synonymous. It is the sense of knowing that one is worthy of happiness and that achieving success in whatever form that takes, is actually a physical manifestation of that worthiness. Someone who believes in this worthiness will automatically and inevitably manifest their ability through their absolute belief in their worth. Their focus and passions determine what that ability will show up as but with a never wavering sense of self-esteem and focus it must come to pass.

Self-esteem really is destiny because it is the determining factor as to whether a person creates happiness and success in their lives. There are many people who accomplish a great deal in this world without true self-esteem but they are never truly happy and joyous. These are the ones who are substituting achievement for true worthiness hoping the former will produce the latter. Without a sense of worthiness, there is always doubt that one can or should succeed and a sense of hollow success often follows.

I have found the subject of self-esteem and what it really is, one of the most interesting and important topics in psychology and have studied it for many years. It never ceases to fascinate and intrigue me and I am very much indebted to the late Dr. Branden for teaching and guiding me in my earlier years as a psychologist. I wish he were still writing his marvelous books on the subject and every so often I think of writing about it myself, but each time I start, I realize I can never say it better than he did.

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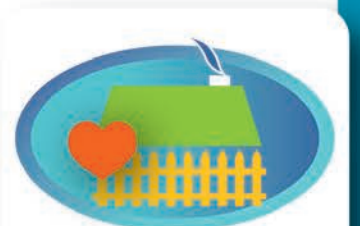
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Safety Solutions

By Scotty Leamon, Public Safety Information Officer, Coconut Creek Police Department

Hurricane Season Expected To Be “More Active Than Usual”

Hurricane season started June 1st. Most storm experts are expecting another season that will be “more active than usual.” So it’s time to get prepared now so you don’t have to be so worried later.

It all starts with getting together a hurricane kit. It should include essentials

such as water, non-perishable food items, a place to keep your valuable papers, money and credit cards, and a first-aid kit. Keep it some place where you will remember it, and it’s easy to get to. You also want to make it portable, in the sense that you can grab it and go if you need to.

Speaking of supplies, it is strongly recommended that you have seven days of supplies built up before the storm hits. Among the valuable lessons we learned back in 2005, from Hurricane Wilma, is that we need a lot more supplies than the nationally recommended three days’ worth in case of a storm. For those of you who were around for the aftermath of Wilma, you may well remember that the lights did not come back on for well over three days.

If we get in the area of a Hurricane Watch, your preparations should begin. Fill the car up with gas. Make sure your hurricane kit is ready to go. Refill any prescription medications. Listen to City officials on if and when to put up shutters. Make sure your generator is working and you have enough gas to run it.

If a Hurricane Warning is issued, fill up your bath tub and jugs with water.

Optimally, you want to have at least a gallon of water per person per day. Get ready in case the power goes out. Think about which room in your home is the safest and stay there when the storm hits.

After the storm hits, it’s important to remember to stay inside until the “all clear” is given. Never touch any low-hanging wires or downed power lines. Report those downed lines to your utility company and the police. When driving after the hurricane hits, allow yourself extra time to get to your destination in case you encounter obstacles such as damaged roadways or debris. Also, never run your generator indoors.

The City will keep you up-to-date on all watches and warnings through social media and our CocoAlerts, which you can sign up for by visiting the “hurricane information” page on the City’s website, which is www.coconutcreek.net. You can also type in “hurricane” in the search engine at the top right of our page and it will allow you to easily navigate to the hurricane information page. You will be able to easily find shelter information on our hurricane page, including shelter information for people with special needs.

The City also activates and updates a Hurricane Hotline when we are facing the possibility of a storm. The number is 954-973-6771. It is also a good idea to write important phone numbers, like that one, on a sheet of paper and hang it up where you can see it, say on your refrigerator, in case you need it.

We have been fortunate that Coconut Creek has not taken any major hits from any named storms over the years. Let’s hope it stays that way during this hurricane season.

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Dr. Craig Herman of the **Urology Center of Florida** can help you recapture your quality of life with **NO PAIN, MEDICATION or SURGERY**. His Imagine Therapy will help you regain the freedom to live your life the way you want to live it. Treatments are covered by most medical insurances and courtesy transportation is usually available.



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.

Uninsured Motorist Coverage: Get It Now!

By Martin Zevin, Attorney

Yogi Berra used to say in a commercial: "That's the insurance when you don't have it, that's when you need it." He was definitely right when it comes to uninsured motorist car insurance coverage.

In Florida, only two types of coverage are required: personal injury protection (PIP) and property damage liability. It is estimated that one out of three drivers in Florida only have the minimum required coverage. It is important that you be fully protected in the event one of those drivers injures you due to a rear-end collision or other accident which is not your fault.

Therefore, it is extremely important that you properly protect yourself by carrying a maximum amount of uninsured motorist coverage (U.M.). I recommend at least \$100,000 per person/\$300,000 per occurrence for each vehicle in your household. If you have more than one vehicle, I strongly recommend "stacking," which allows you to combine your coverage on each of your cars. Stacking is well worth the small additional premium.

Your U.M. coverage also stands for underinsured motorist coverage. This means that you can make a claim against the other driver's insurance and get the total amount available under that policy and still make an additional claim under your U.M. coverage if your injury justifies it.

During my forty years of handling personal injury

cases, I have often had to turn people away who were seriously injured through no fault of their own but did not have U.M. coverage and where the negligent party did not have bodily injury liability coverage. Trying to go after an individual driver in Florida is an exercise in futility since it will be virtually impossible to collect even if you go to trial and get a judgment against that person. If you do make an uninsured motorist claim with your own company, this should not affect your premium since you were not at fault.

Your uninsured motorist coverage follows you wherever you go. You can make an uninsured motorist claim if you are driving a rental car, driving someone else's car, a passenger, a pedestrian, a bicyclist, or injured in another state. This coverage provides you the maximum protection to insure that you will be compensated fully for your injuries if someone else is at fault.

Please feel free to call me for a free personal or phone consultation regarding any issues pertaining to personal injury claims or car insurance coverage. I am also available for free consultation regarding Wills, Trusts, Estates and Probate. Call me at 954-569-HURT (4878). My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida. My website is www.martinzevinpa.com and my e-mail address is martinzevin@netzero.com



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Martin Zevin, head of the firm, has been practicing in the areas of Personal Injury, Wills, Trusts & Estates in Broward & Palm Beach Counties since 1973.

During this current time of social distancing, I have been consulting with clients via phone, e-mail and regular mail. In the past, my free initial consultation would normally be a personal meeting.

We offer free consultations for all personal injury cases, including car accidents, slip and fall, pedestrians, bicyclists, etc.

We also offer free consultation for Wills, Living Trusts & Probate

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1. What are the differences between a Will and a Revocable Living Trust?
2. What is Probate, how long does it take and what are the costs and attorney's fees?
3. Why is it important for every adult to have a Durable Power of Attorney, Designation of Health Care Surrogate and Living Will?
4. Review of your current legal documents.

Included in free consultation for personal injury:

1. How much is your case worth?
2. How long will it take to settle or go to court?
3. How much for costs and attorney's fees?
4. Referrals to doctors.
5. Review of your car insurance.



Martin Zevin

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You've Tried The Rest, Now Try The Best

By Linda Storfer



GENOCIDE AND SURVIVAL! Having recently concluded the celebration of Passover and the commemoration of Yom HaShoah (Holocaust Remembrance Day), I find it imperative to write this month about the connection between our biblical holiday, historical events over half a century ago and the events in the Ukraine today. While Jews all over the world celebrated Passover by gathering around their tables to conduct seders and read the Hagadah (the booklet presenting the order of the seder and all of its rituals) thousands of Ukrainian Jews were not able to participate in this ancient tradition. Many, not all Ukrainian Jews, did not conduct or participate in seders because they were engaged in warfare fighting for their survival and the right to exist. They have been fighting for over two months against the tyranny of Vladimir Putin who has committed genocide against both soldiers and civilians. Genocide is not something new to the Jewish people. In the 1930s and 1940s millions of European Jews were victims of genocide committed by the Nazis. These victims were men, women, children and even newborn babies, just as today, who were brutally murdered, tortured, raped, and sent to gas chambers simply for having committed the crime of being Jewish. We recently observed Yom HaShoah (Holocaust Remembrance Day), a day that we prayed and lit candles for the 6 million Jews who perished during WWII whom we must never forget. May their memory and souls be a blessing. The fact that we are witnessing genocide again today is not only tragic but also painful to see and hard to believe.

The final Adult Education class for the 2021-22 season was taught by Rabbi Michelle Goldsmith on Tuesday, May 31st. It was entitled Prophets & Storytellers - Parables from Yesterday for Today. Please join us for late night learning on Saturday, June 4th on TORAH-TODAY, TOMORROW AND FOREVER with Rabbi Michelle Goldsmith at 9:00 p.m. which includes a delicious dessert bar.

For more information about any of these or other programs and events please call our office at 954-968-4545 x1 or check out our local website at www.beth-am.org HAPPY SHAVUOT TO ALL

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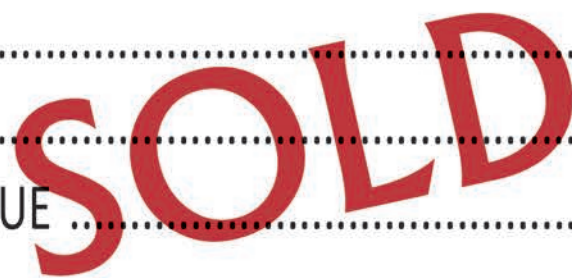
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Balance and Aging

By Ron Molino, Certified Personal Trainer

As a long time Wynmoor resident and trainer in the Wynmoor Fitness Center, I've had the opportunity to observe people through the eyes of a fitness professional. I've observed how they exercise, sit and stand, how they walk, and move in daily activities. I've lived here for more than twenty years and watched the population age, and sadly most have not aged well.

Unfortunately the aging process takes its toll on balance, due to various reasons which often lead to falling, which many times leads to serious injury or worse.

The most common causes are:

1. Inner ear and or vision problems.
2. Peripheral neuropathy or the slowing down of messages being sent to the brain.
3. Weakness.
4. Slower reflexibility.
5. Prior injuries or surgeries.
6. Medical issues such as Parkinson's, Diabetes, High or Low Blood Pressure.

7. Medications, chemotherapy, antibiotics and others.
8. Arthritis.
9. Joint problems.
10. Poor flexibility.

The percentage of people falling increases from 40% at age 65 to 65% at age 75 to 82% at age 85. Some of the highest risk factors for falls are: if you have fallen in the last year, you have a 5x greater risk of falling. If you have weakness the risk is 4.4x greater. If you have peripheral neuropathy the risk is 3.0x greater and if you have a balance problem the risk factor is 2.9x greater. These are the greater risks, but there are more, such as medications, cognitive decline and age.

Can you lower the risk of falling? Yes. There are some things you have control of. Next month I will cover some of them.

I will close for now with a quote from a pioneer in the fitness world. Author of the book *Fit or Fat*, written in 1978. His name is Covert Bailey and he is now 91 years old. I tell this to everyone I train, especially seniors.

"You don't stop moving when you get old, you get old when you stop moving"



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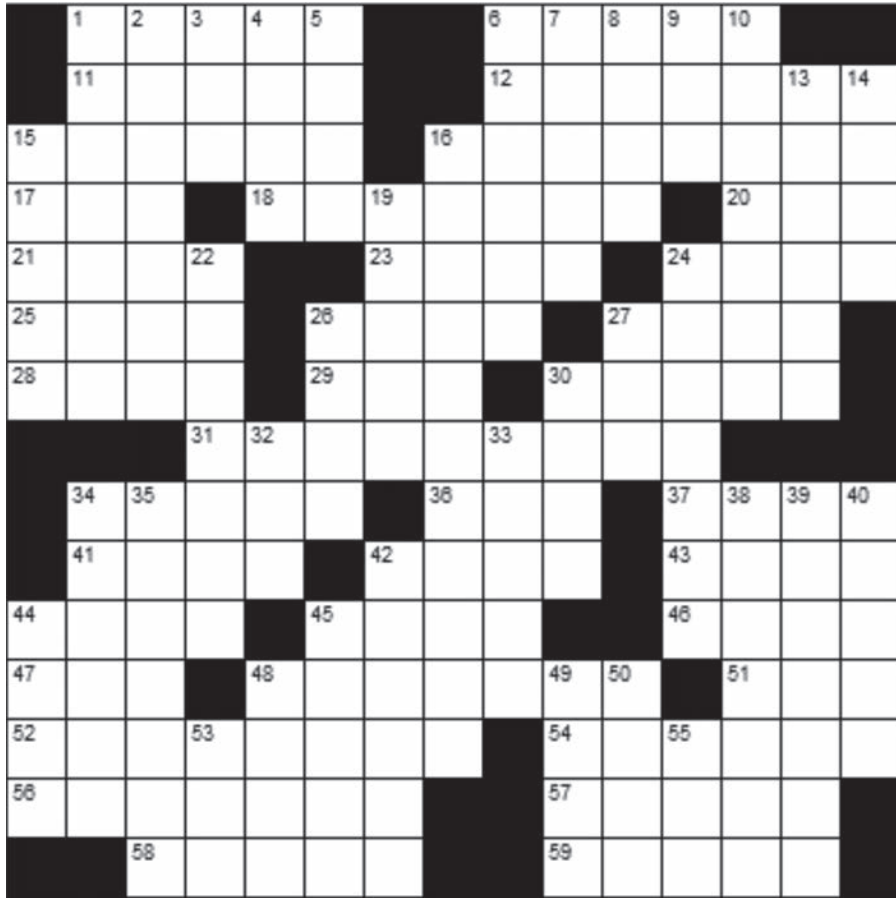
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Puzzles and Games

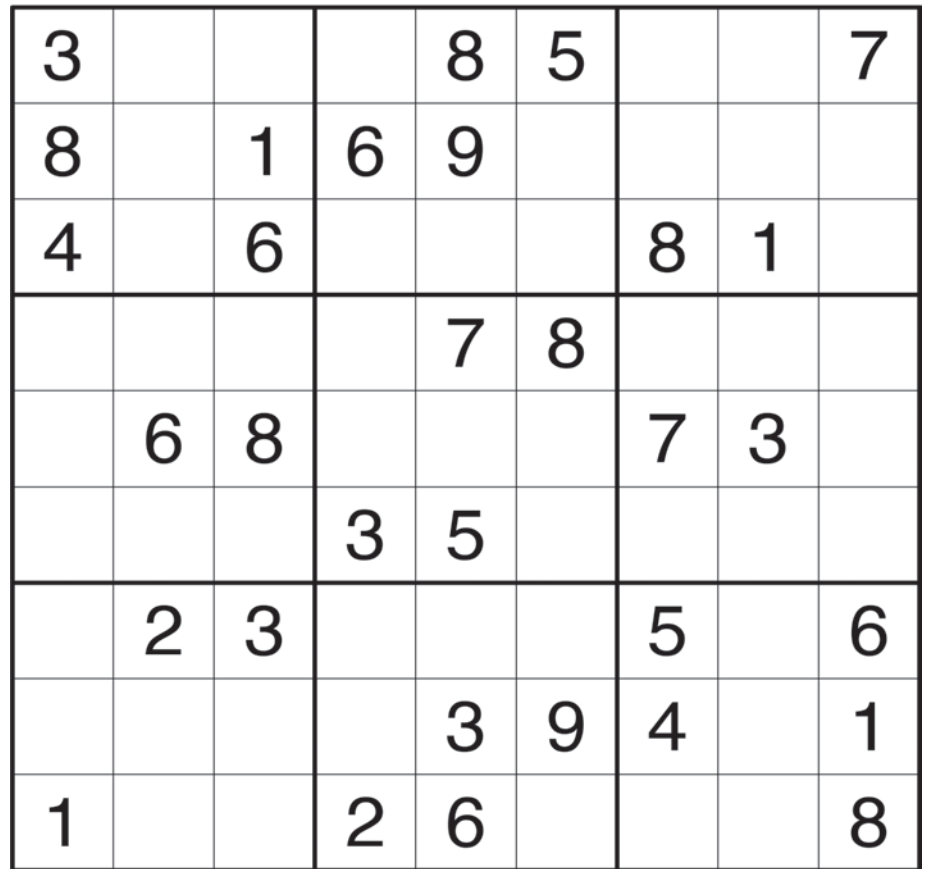
Solutions on page 57

Crossword Puzzle



- ACROSS**
- 1. Specialty
 - 6. SSS
 - 11. Illicit sexual relationship
 - 12. Prickly plant
 - 15. Levels
 - 16. Poor city districts
 - 17. Embrace
 - 18. Tales
 - 20. Hurried on foot
 - 21. Diva's solo
 - 23. Agreement
 - 24. Stow, as cargo
 - 25. South African monetary unit
 - 26. Guns an engine
 - 27. Wise
 - 28. Request
 - 29. Before, in poetry
 - 30. Eatery
 - 31. Where monks live
 - 34. Be upright
 - 36. 2000 pounds
 - 37. Anagram of "Care"
 - 41. Coastal raptor
 - 42. Bovines
 - 43. Bobbin
 - 44. Worry
 - 45. Funnel shape
 - 46. Opera star
 - 47. Grassland
 - 48. Destitution
 - 51. Permit
 - 52. Surrounded lands
 - 54. Containing salt
 - 56. Bring
 - 57. Growing old
 - 58. Occurrence
 - 59. Chain of hills
 - DOWN**
 - 1. Not artificial
 - 2. Daydream
 - 3. Sprocket
 - 4. Colors
 - 5. Formerly (archaic)
 - 6. High standards
 - 7. Piece of paper
 - 8. Seats oneself
 - 9. Estimated (abbrev.)
 - 10. Warehousing
 - 13. A person who rules
 - 14. Slave
 - 15. Ending in a piercing point
 - 16. Headstones
 - 19. Drama set to classical music
 - 22. Unyielding
 - 24. Rigging rope
 - 26. Rip apart
 - 27. Mister
 - 30. Lairs
 - 32. Half of a pair
 - 33. Castle component
 - 34. Calm
 - 35. Molasses
 - 38. Roof
 - 39. Tit for tat
 - 40. Fill with joy
 - 42. Clandestine
 - 44. Ran
 - 45. Group of witches
 - 48. Asphalt
 - 49. Russian emperor
 - 50. Directional antenna
 - 53. 54 in Roman numerals
 - 55. Top

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.

Movies: Musicals

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



- A CHORUS LINE
- ALL THAT JAZZ
- ANNIE
- BLUE HAWAII
- BRIGADOON
- BUGSY MALONE
- CABARET
- CALAMITY JANE
- CAMELOT
- CARMEN
- CAROUSEL
- CHICAGO
- EVITA
- FAME
- FANTASIA
- FUNNY FACE
- FUNNY GIRL
- GIGI
- GODSPELL
- GREASE
- GYPSY
- HAIR
- HELLO, DOLLY!
- HIGH SOCIETY
- HOLIDAY INN
- JAILHOUSE ROCK
- LATRIVIATA
- MARY POPPINS
- MOULIN ROUGE
- MY FAIR LADY
- NEWSIES
- OKLAHOMA!
- OLIVER!
- PAL JOEY
- SHOW BOAT
- SILK STOCKINGS
- SOUTH PACIFIC
- STATE FAIR
- SWEET CHARITY
- SWING TIME
- THE MUSIC MAN
- TOMMY
- TOP HAT
- WEST SIDE STORY

WORD of the month

Word: schmooze

What It Means: *Schmooze* means "to chat in a friendly and persuasive manner especially so as to gain favor, business, or connections."

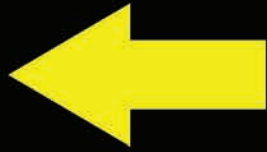
schmooze in Context

"Officials encourage participation with their open public speaking portion before the formal city council meeting. I often show up early to *schmooze* with officials, constituents, reporters, and gadflies." – Jonathan L. Wharton, *CTNews Junkie* (Hartford, Connecticut), 9 Mar. 2022



THEATRE SHOWS

JUNE



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SCAN ME



JUNE 11th / 8:00 pm
MOTOWN PHILLY
\$14 per person

Saturday, June 11th, this local South Florida group, is a 4-man group which will have you believing that The Temptations. The Four Tops and other Motown legends are in the house. The performance that I saw, featured fantastic vocals and terrific dance routines. The group also 'covers' groups like The Drifters, The Coasters, The Miracles, The Platters—just to name a few. They did a version of Smokey Robinson's "Ooo Baby Baby" that was so dead on, that many in the crowd thought that the original recording was being played.



JUNE 25th / 8:00 pm
DESTINY
\$14 per person

Saturday, June 25th - Once upon a time there was a petit beauty named Donna, with a pair of lungs that would shake the house down. Gifted with sensitive interpretation and phrasing, her voice could melt any prince's heart, and it did! Tony's lyric opera voice crooned his way into her life. Donna's nightclub and cabaret experience combined with Tony's theatrical and classical training have cultured a dynamic duo, better than almost any other in the business. The excitement they feel for each other, and their music creates a unique and exhilarating experience they will let every audience "live happily ever after". Don't miss your date with Destiny!!!

Ticket sales for June begin on Monday June 6, 2022. Box Office hours are Mondays and Wednesdays, 9:00 a.m. - 12:00 noon.
No Shorts on Show Nights. All Shows are subject to change, modification or substitution. No refunds or exchanges.
NO food or drinks allowed in Theatre. Bottled water OK. No Smoking in Theatre including E-Cigarettes.
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*The total estimated annual premium is based on information we obtained and assumptions we made. For example, assumptions on coverage amounts, deductible amount, and type of home construction. Your actual premium may be higher or lower based on a number of factors, including: additional information you provide or we obtain; the coverages, limits, and deductibles you choose; any applicable discounts; additional underwriting and rating criteria; and depending on your state, the date coverages are purchased or date coverages become effective. Coverages and discount subject to policy terms, conditions, qualifications and availability. This quote is not a contract or binder of insurance. To apply for insurance you must complete the application process.

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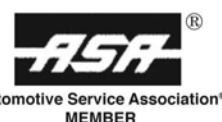


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June 2022 Movies

All Sunday night movie showings AND all Wednesday movie matinees will be presented with "Open Captioning" when available.



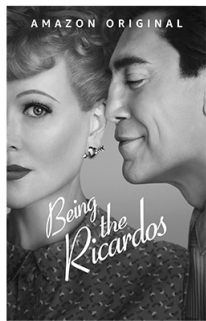
The Power Of The Dog

2 hours, 6 minutes

Wednesday, June 1st at 2 PM* & 7:30 PM
Sunday, June 5th at 7:30 PM*

* (Open Caption)

Starring Academy Award nominees Benedict Cumberbatch and Kirsten Dunst, and Jessie Plemons. Charismatic rancher Phil Burbank inspires fear and awe in those around him. When his brother brings home a new wife and her son, Phil torments them until he finds himself exposed to the possibility of love. **Rated R for brief sexual content/full nudity. Western, Romance.**



Being the Ricardos

2 hours, 11 minutes

Monday, June 6th at 2 PM
Wednesday, June 8th at 2 PM* & 7:30 PM
Sunday, June 12th at 7:30 PM*

* (Open Caption)

Starring Golden Globe Award winners Nicole Kidman and Javier Bardem, along with J. K. Simmons, Nina Arianda, Tony Hale, Alia Shawkat, Jake Lacy and Clark Gregg. In 1952, Hollywood power couple Lucille Ball and Desi Arnaz face personal and professional obstacles that threaten their careers, their relationship, and their hit television show. **Rated R for language. Biography, Drama.**



The 355

2 hours, 4 minutes

Monday, June 13th at 2 PM
Wednesday, June 15th at 2 PM* & 7:30 PM
Sunday, June 19th at 7:30 PM*

* (Open Caption)

Starring Academy Award Winners Jessica Chastain and Penélope Cruz, Diane Kruger, Fan Bingbing and Lupita Nyong'o. CIA agent Mason "Mace" Brown joins forces with a rival German agent, a cutting-edge computer specialist and a Colombian psychologist when a top-secret weapon falls into the hands of a group of mercenaries. Together, the four women embark on a breakneck mission to save the world. **Rated PG-13 for sequences of strong violence, brief strong language, and suggestive material. Action, Thriller.**



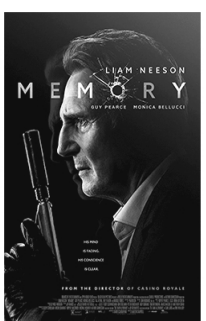
The Outfit

1 hour, 46 minutes

Monday, June 20th at 2 PM
Wednesday, June 22nd at 2 PM* & 7:30 PM
Sunday, June 26th 7:30 PM*

* (Open Caption)

Starring Zoey Deutch, Dylan O'Brien and Mark Rylance. Leonard is an English tailor who makes suits on London's famous Savile Row. He must outsmart a dangerous group of criminals to survive a fateful night. **Rated R for some bloody violence, and language throughout. Crime, Drama, Mystery.**



Memory

1 hour, 54 minutes

Monday, June 27th at 2 PM
Wednesday, June 29th at 2 PM* & 7:30 PM
Sunday, July 3rd at 7:30 PM*

* (Open Caption)

Starring Golden Globe Winner Liam Neeson, Monica Bellucci and Guy Pearce. When Alex, an expert assassin, refuses to complete a job for a dangerous criminal organization, he becomes a target. FBI agents and Mexican intelligence are brought in to investigate the trail of bodies, leading them closer to Alex. With the crime syndicate and FBI in hot pursuit, Alex has the skills to stay ahead, except for one thing: he is struggling with severe memory loss, affecting his every move. Alex must question his every action and whom he can ultimately trust. **Rated R for violence, some bloody images and language throughout. Action, Thriller.**

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Movies start on time. No reserved seating for movies. Movie tickets are \$2.00 (check/cash); exact amount is REQUIRED! NO CHANGE WILL BE PROVIDED. ID's are required. Hearing Assist unavailable. Children younger than 15 are not permitted in Theatre. No food/drink allowed in Theatre. Bottled Water - OK. No smoking in Theatre including E-Cigarettes. Movies are subject to substitution. There are no refunds or exchanges. Some people are allergic to perfume and cologne. If you must use these items, please go lightly.



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A Joyful Return To An Enriching Art Musuem

By Barry Isaac

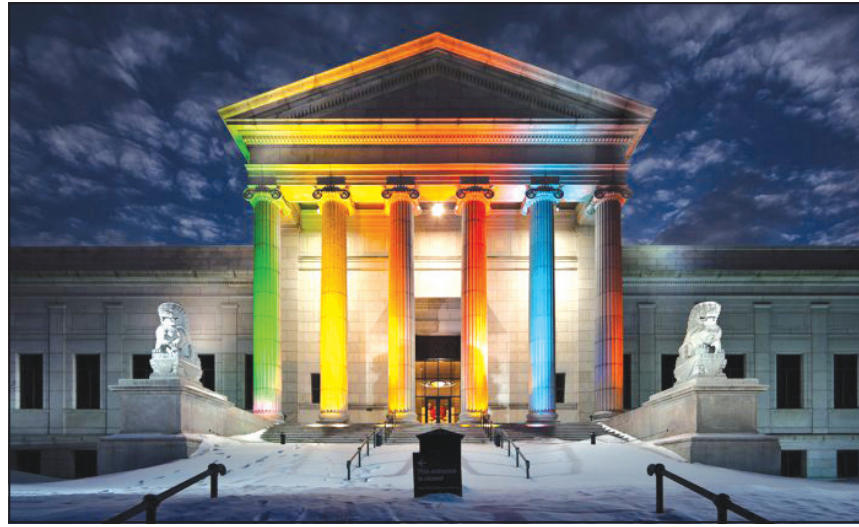
Minneapolis is renowned for its picturesque lakes such as; Lake Harriet, Lake Calhoun, and Diamond Lake. Minneapolis also has a tip top art museum, the Minneapolis Institute of Art. Recently, I spent three and a half days at the Minneapolis Institute of Art enhancing my knowledge of Art. I especially appreciated its awesome collection of Old Master European Paintings from 14th Century to the end of the 18th Century.

“Late Medieval Italian Paintings” I saw fine paintings produced, during the Italian Trecento, 14th Century by Segna Buonaventura, Bernardo Daddi, Lippo Vanni, and Nardo Di Cione. These fine paintings were produced, during the Babylonian Captivity of the Papacy. It refers to the time that the Papacy left Rome and was based in Avignon, France and the popes were French. The paintings that I relished by Segna Buonaventura, Bernardo Daddi, Lippo Vanni, and Nardo Di Cione utilized egg tempera and gold leaf on wood panel.

I saw fine later Medieval Italian Paintings by Benedetto di Bindo Zoppo, “Saint Lucy” and Marrioto Di Nardo, produced by the time the Papacy returned to Rome. The paintings by Benedetto di Bindo Zoppo and Marrioto Di Nardo also employed egg tempera and gold leaf on wood panel.

“Renaissance Period Paintings” I saw fine Renaissance Period Italian Paintings from the 15th Century by Fra Angelico, “Nativity,” Giovanni Dal Ponte, “Resurrectioin of Christ,” and Bartolomeo Di Tommaso, “Pentecost” which employed landscapes in the background, instead of gold leaf. I also saw fine Renaissance Period Italian Paintings by Vincenzo Foppa and Cima de Conigliano.

I saw fine Northern European Renaissance Period Paintings of a devotional nature by Master of the Legend of Saint Lucy, Netherlandish, Jacob Jansz (Netherlandish), and Lucas Cranach the Elder (German), plus an awesome sculptural creation by the German Sculptor, Hans Schnatterpeck,



“Lamentation of Christ.” I also saw impressive Renaissance Period Portraits by Georg Pencz (German), Jean Clouet (French), and Benedetto Ghirlandaio (Italian).

“Baroque Period, Mannerist Paintings” I saw many splendid paradigms of Chiaroscuro, Mannerism which involved exaggerated darkness and light. Painters with fine examples of Mannerism included the Italian Mannerists, Cavalliere d’Arpino, Titian, Onario Marinari, Guercino, and Giovan Gioseffo Dal Sole, “Judith With Head of Holofernes,” Judaic theme, among

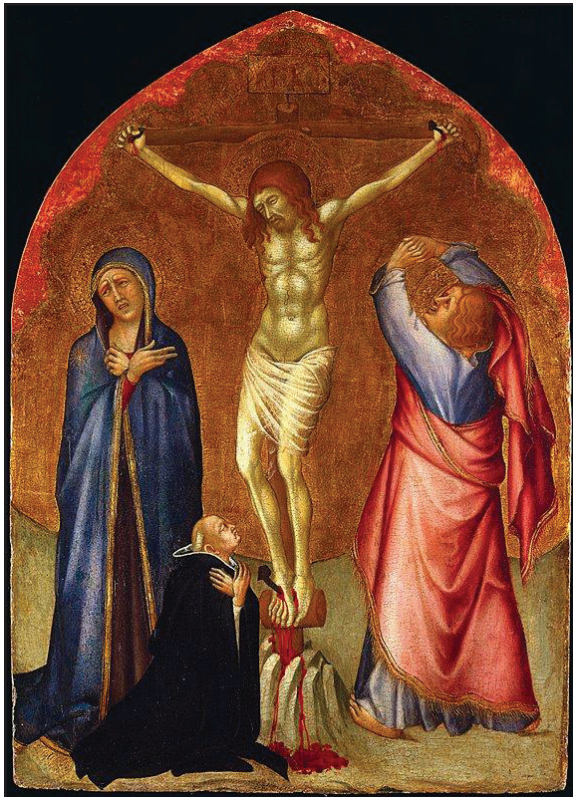
others.

Other Painters with impressive Mannerist-style Paintings included El Greco, Luis de Morales, Bartolome Murillo, Nicholas Mignard, Simon Vouet, Claude Vignon, “Saint Ambrose,” Gerrit Honthorst, and Hendrick Terbruggen, “Gamblers,” among others.

“Baroque Period Dutch Masters” The Minneapolis Institute of Art has a fine amalgam of Dutch Master paintings, including fine works by Rembrandt, “Lucretia,” Jan Van Goyen, Bartolomeus Vander Helst, Paulus Potter, Ludolf Backhuysen, Pieter de Hooch, “Asparagus Seller” Jan Van Os, and Gabriel Metsu, among others.

“18th Century” I saw impressive French Paintings by Francois Boucher, “Saint John the Baptist,” Elizabeth Vigee-Lebrun, Antoine Felix Boisselier with a fine Neoclassical Theme Painting, Hubert Robert, and Michel Garnier, among others. I saw fine punctilious Italian Paintings by Canaletto, Francesco Guardi, and Pompeo Batoni. I saw fine oil paintings by these British Painters; Sir Joshua Reynolds, Thomas Gainsborough, Joseph Wright of Derby, William Hogarth, and George Morland.

I highly recommend the Minneapolis Institute of Art, a true Upper Midwestern gem.



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Nardo Di Cione



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WYNMOOR Golf and Tips

By Kevin Battersby, PGA



Alignment... Get on the Right Track

Alignment in golf is not easy. This month's tip will give you the proper routine to align yourself to the target for a straight shot with no curve.

The most important factor is to aim your clubface first at the target. In the illustration this would be the right track on this train track. After aligning your clubface, on the right track, you would set your feet and body to the clubface forming the left track. Most of my students who struggle with alignment are trying to aim their body first. Remember, your body is what is called "parallel left" by some instructors which again is the left track aligned after the club. For putts and shorter shots this is not as important (the left track) as your longer shots from the fairway or driving. In previous tips I suggested an intermediate point for you to pick on the target line or the right track. The idea behind an intermediate point is that it is easier to align to a point approximately 5 to 10 feet on the target line than the flagstick much further away. Get on the right track to Alignment!



Fred Funk - Illustrating the two tracks for alignment- Club on the right track body on the left track

Kevin Battersby, PGA

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PARKS & RECREATION



Service Equals Reward

By Sheriff Gregory Tony

A United Front In Our Fight Against Fentanyl

Broward County is the statewide epicenter of a fentanyl epidemic ravaging the nation. During Spring Break, the deadly effects of the problem were made even more evident when thousands of college students flocked to the county, resulting in growing overdoses and hospitalizations. In one terrifying incident, six spring breakers from New York, including five West Point cadets, suffered severe fentanyl overdoses. The incident put faces and names on a crisis affecting every level of our society.

Fentanyl is a synthetic opioid up to 100 times more potent than morphine which mirrors the effects of heroin. Just a few salt-sized grains can lead to rapid death. Whether used as a cheap filler in illicit drugs or sold as a counterfeit pill made to look like prescription opioids, fentanyl is the leading contributor to overdose deaths in the United States.

The statistics are striking. Last year, more than 100,000 Americans died of drug overdoses, with about two-thirds of the deaths linked to fentanyl and other synthetic drugs. In Florida, Broward County leads the state in fentanyl-related deaths. In 2020, 798 people died due to accidental overdoses, with 611 cases involving fentanyl. That's a staggering 72 percent increase in overdose deaths involving fentanyl from the year prior. Though cases for 2021 and 2022 are still being analyzed, they, unfortunately, appear on track to set new records.

While this public health emergency is historic, the Broward Sheriff's Office and community partners are committed to ending the deadly drug plague through a three-pronged approach of enforcement, intervention and education.

BSO detectives and deputies continue to track down the dealers and distributors of this poison and put them behind bars. Earlier this year, our Strategic Investigations Division (SID) and our law enforcement partners



took down members of the criminal street gang, Alwoods Gang. Detectives seized large quantities of illegal drugs during the operation, including more than 20 kilos of heroin and fentanyl.

The Broward Sheriff's Office also assists those who are struggling with addiction. For example, we have been instrumental in getting professional peer specialists deployed to Broward Health hospitals, so patients discharged after an overdose can be guided into appropriate treatment. In addition, BSO provides its deputies with the anti-opioid overdose drug, Narcan. BSO also coordinates a federal grant that facilitates the availability of Narcan to law enforcement agencies in Broward County.

Offering ongoing education to the community on the impact of illicit drugs is paramount to our efforts. As a member of the county's Community

Response Team, BSO conducts community education programs and advises the public about the dangers of fentanyl. This team comprises nearly 100 members, including local law enforcement, treatment providers, epidemiologists, hospitals, and others working to combat opiate abuse in Broward County. In addition, to unify drug mitigation efforts between private and public sector organizations, I serve as the co-chair of Project Opioid Broward. The statewide initiative is a collaborative action by the Greater Fort Lauderdale Alliance Foundation and Florida Blue Foundation to address the opioid crisis.

Stopping this epidemic is a community effort, and we all need to work together to find solutions and save lives. If you or someone you know is struggling with addiction, there are places to go for help and resources. Call 211 or visit **Broward Addiction Recovery Center** and **The United Way of Broward County** for more information.



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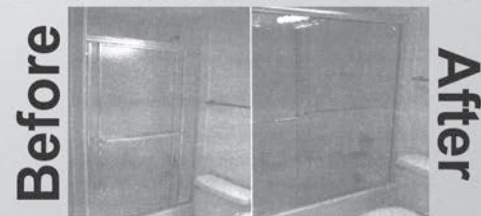
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Clubs and Activities

All Wynmoor Clubs (regardless of name) are open to all Wynmoor residents. Dues may be applicable. To see your club info here, please email your submission to: wynmoorads@aol.com. The deadline is the 10th of the month, for the next month's issue. Thank you in advance! Please contact the Club President for more information.

Belly Dance Club

By Marcia Maron

Our group is growing by leaps and bounds so... come and join us for fun and exercise. We meet Tuesdays at 2:30 p.m. Learn a routine while learning the art of Belly Dancing. Improve your balance, stamina and energy level. This class is complimentary to Wynmoor residents. For location and more information please call Marcia at 516-659-3367. Have a belly good time!

Ben's Friends Art Club

By Rene Monblatt

Our club meets every Saturday morning, year-round from 9:00 a.m. - 12:00 noon in the Art Studio. We hope to see our members, and anyone who is interested in making art. Creating with any art medium makes for a satisfactory and most pleasurable experience.

Hope to see you Saturday mornings! Our easels are awaiting you!

Billiard & Pool Club

By Bob Horowitz

For information about the Billiard and Pool Club, join our email list: WynmoorPoolClub@gmail.com. You can also join our Facebook page: "Wynmoor Poolclub." Email us to schedule no-cost pool lessons for Wynmoor residents.

Bookies

By Myrna Greenberg

We meet in person on the first Tuesday of each month from 3:00 - 5:00 p.m. The June meeting will be held on Tuesday, June 7th in the Sunrise Room, located in the East Wing, next to the Wynmoor Theatre. Masks are optional and wipes will be available for sanitizing the tables and microphones.

Look forward to sharing our book *Harlem Shuffle* by Colson Whitehead. For information call Myrna Greenberg, 754-231-6368 or Elaine Kerzner, 954-973-4545.

Camera Club

By Nancy Landman

The Mission of the Camera Club of Wynmoor is to provide a welcoming environment to Wynmoor residents at all levels of experience, who want to learn photography and grow in their ability to make photographs.

We had some wonderfully interesting meetings during this 2021-2022 season. We had very informative presentations on such subjects as Photo Editing, Macro Photography, Holiday Events, Still Life, Sunrise-Sunset, Night Photography, Reflections, Discarded Objects and Exposure. Following the presentation, we viewed what members did with the topic that was presented or any topic of their choice. It was exciting to see the improvement in the quality of the work as the season progressed. Photos were full of beauty, humor, and originality.

If you'd like to see some of our recent photos, check out the showcase at the Clubhouse.

We are looking forward to our next season which will be starting up again in mid-November and will meet the 2nd and 4th Tuesday of every month at 3:00 p.m. through early April. We will have more interesting themes, presentations, and photo reviews.

Do come join us! For more information, call or text Nancy Landman at 954-496-1965 or Helen Storm at 416-452-1313 (Canada).

Center Stage at Wynmoor

By Diane Williams

Formerly known as 'Actor's Workshop' has revamped! Discover new and untapped talents and passions. This group is seeking members to share in theatrical stage experiences. Performing arts professionals (including directors), novices and enthusiasts are welcome. Open behind-the-scenes positions include lighting, audio, set designers, property managers, costume and makeup artists.

Meetings will begin in September. Open call for theatre production is projected for October 2022. Please contact Joy 973-452-9349 or Diane 267-253-6947 for additional information.

"We don't stop playing because we grow old; we grow old because we stop playing." – George Bernard Shaw

Ceramics Club

By Tamara Tresniowski

Our club is open all year long, so come join us. New member classes continue, so come in and sign up. Our nicely air-conditioned studio is a creative, cool respite from the warmer weather. We look forward to seeing all our regular year-round friends and to making new friends as well. Our new member class is \$30, and you get lessons, a set of paints and tools to get your journey started. Dues are \$15. Our club is located at the Clubhouse and our new hours are Monday through Thursday from 9:00 a.m. to 12:00 p.m.

Chess Club

By Hillel Cohen

The Wynmoor Chess Club is pleased to announce that after a long Covid postponement we have started meeting again. We get together every Wednesday between 3:00 - 5:30 p.m. OUTSIDE on the Clubhouse Patio ("the Cove"). All chess players at any level are welcome and no partner needed. There are no dues and no fees. Chess sets are provided. For everyone's safety, because the games are face-to-face for a prolonged time, we ask that all players must be fully vaccinated — bring a copy of your vaccination card the first time you come. Masks are recommended. If either player requests that masks be worn by both, please comply. Games are casual and relaxed so come outside and play.

Conservative Club

By Miriam Mendelson

The Conservative Club will not meet in June or July. Our August meeting is scheduled for August 9th, which is the 2nd Tuesday of the month. We normally meet the 3rd Tuesday, but we are meeting early because of the primary elections.

If you would like to be put on our email list to receive information on meetings, please email us at: conservativewynmoorites@yahoo.com with your name, email address and Wynmoor home address.

Have a wonderful summer. See you in August.

Current Events

By Susan Myers

We are open for all who wish to join us. Our group of friends in Wynmoor get together each Tuesday morning to discuss local, regional, and national events within our world.

We are now located indoors at Card Room 1 from 10:00 - 11:30 a.m. and we often follow our discussions with lunch in a variety of local restaurants within the Coconut Creek area. Please join us! Susan Myers 954-933-7743.

Democratic Club

By Stan Grossman

The Democratic Club meeting will be held on Tuesday, June 7th in the Main Ballroom. Doors open at 1:30 p.m. and the meeting will start promptly at 2:00 p.m.! This will be an important and informative meeting. Guest speakers will be U.S. Representative Charlie Crist, who is running for Governor of Florida; State Senator Tina Polsky, representing District 29; and Christine Hunschofsky, member of the Florida House of Representatives.

Please join us and get involved; bring a friend. For more information on the club, please call Vivian Jones at 954-984-3672.

Duplicate Bridge Club

By Bram Hamovitch

We currently run two games a week, on Tuesdays and Fridays at 12:30 p.m. in the East Wing of the Theater Building. Please arrive 15 minutes prior to start time, out of courtesy to the director.

If you need a partner, contact Terry at 216-401-5739. Other questions? Please call Lynne at 954-973-1223 or 954-257-3452.

Fun With Friends 2

By Cindy Charbonneau and Mark Sutera

Fun With Friends 2 is a member only Dance Club at Wynmoor with LIVE MUSIC held right here in the Ballroom! We are currently having our first membership drive in 2 years. Space is limited and spots are filling up quickly. We anticipate having six dances on Sunday nights from June 2022 to May

Continued on page 49



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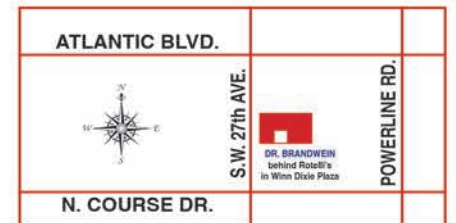
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Are You Living With, Or Worried About Someone Suffering With Chronic Back Pain?

By Leading Back Pain Expert, Todd James

Do you, or someone you love, suffer with back pain? Does the pain get worse when you stand or walk? Do you experience pain, numbness or tingling into your butt or down your leg? Do you have pain when you sit for long periods or drive? Are you afraid your pain will get worse if you don't do anything about it? Has the pain gotten so bad, that you avoid many activities that you used to enjoy?

If you are 55+ and answered **YES** to any of these questions, then please read on because I have some special information about relief of your back pain.

It's a shame so many people think their options for dealing with back pain are rest, pain killers, or maybe worse, injections or even surgery. Often these solutions are only

temporary, because they don't address the true cause of your back pain, but just mask the symptoms. Others believe there is nothing that can be done, and they will just have to suffer through the pain.

If you or someone you love is experiencing back pain and are wondering if you are doing the right things for your back, I would like to offer a free guide I have created to answer those questions. In this guide, **Erasing Back Pain: How to Avoid the 9 Most Painful Mistakes and What You Should Be Doing Instead**, you will find information about what will not help ease your back pain and how to make the right choices to get you out of back pain and on the road to enjoying an active, healthy lifestyle again.

I'm Todd James, Physical Therapist and I have been helping 1000s of people 55+ over the last 2

decades find quick, natural, long lasting relief from back pain. I've put together this guide because in easing your back pain it's not just about doing the right things, but also about avoiding the wrong things. When you choose the right path, your recovery from back pain will be much more effective.

If you are currently held back from getting a good night's sleep, being able to walk with friends, getting out on the golf course, or playing with the grand-kids, I invite you to visit www.coconutcreektherapy.com/backpain to claim your free guide. If you prefer, give us a call at **954-972-1200** and we'll be happy to assist you.

Don't let back pain take the joy out of your life. Get started on your path to a pain free active life!



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Clubs and Activities

Continued from page 44

2023. Membership is \$15 a year and \$10-member fee for each dance attended. \$15 guest tickets may be available only if a dance does not sell out. Our next dance is Sunday, June 12th from 7:00 - 10:30 p.m. and will feature Wynmoor's own Linda Wise and her Jamnation band!

If you are interested in joining, please email your address ASAP to: FunWithFriendsWyn2@gmail.com for an information letter and membership application.

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Hadassah

By Toby Norman

Our first general meeting of the new season will be by September 7, 2022, at 12 noon in the West Wing. If you are a member, please plan on joining us. If you are not a member, feel free to join us and discuss joining our Chapter with our Membership Chairperson. We have refreshments before our meetings. This is a good time to visit with friends you might not have seen in a while. The general meeting will be called to order by our President at 12:30 p.m. and our program will follow.

SAVE THE DATE: Our summer Card Party will be held in the West Wing on July 17th at 10:00 a.m. A dairy box lunch will be provided. Form your tables and have one person from each table contact Natalie Gorelick at 954-984-1673 to register your table. If you need a game or player to complete your table, please let Natalie know. You can play any game your table wishes. Men, you are always welcome to play. Let's see some of you there!

By continuing to purchase cards, trees and certificates from the individuals mentioned below, you are helping Wynmoor Hadassah reach the goal set for us by National for the current year. All of the monies raised is used to help people around the world. Certificates and trees for any occasion can be obtained by calling Bernice Riback at 954-984-1703. Beautiful and appropriate cards for any occasion can be obtained by calling Lenae Herman at 954-657-8579. As always, your support is greatly appreciated!

.....

Health & Wellness Club

By Hope Myers

A Neuropsychiatrist from the Memory Disorder Center spoke at one of our meetings. He urged that if you are having concerns about your memory that you come to the Center for a free evaluation. Call Jean Merget at 954-786-7335 to make an appointment. She is anxious to serve Wynmoor residents and especially our Club members.

We are expecting to resume Club activities in October. Watch for upcoming information. Questions call Hope Myers, President at 954-971-9538.

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Ladies Circle Club of Wynmoor

By Iris Arlan

If you would like to know more about Ladies Circle, please contact our President, Harriet Lopez at 954-960-9411.

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Latin Women's Club

By Benjamin I Nazario

If you're interested or need information about our club and its events, please contact Ms. Minerva Nazario at 954-532-3156. Please stay well, safe, and healthy.

.....

Mah Jongg Club

By Nancy Smith

Tournaments run from 9:45 a.m. until 3:45 p.m. We play six rounds. There is a break to eat the lunch that you have brought. We play at the West Wing on Mondays and the Ballroom on Fridays. Each person pays a \$10 entry fee. Reservations MUST be made ahead of time so that the tables will be set up properly. For additional information, please call Nancy 954-610-1539 or Rochelle 954-822-6245. Wishing you all many jokers!

.....

Nature and Arts Club

By Elinor Weinstein

"Never regret anything that made you smile." Mark Twain

Thank you to our membership of over 200 residents, that have joined in on zoom meetings and field trips, along with our first meet-up in person in the Wynmoor Ballroom. The board has planned and put into motion so many interesting events this year. We will begin our new season in the Fall and look forward to seeing all of you at that time. We truly value your commitment to keeping our club vibrant and current.

Call us at any time for any thoughts or ideas for next season. Nancy Moskowitz, President, will look forward to hearing from you.

Watch for updates in this paper for next season's trips and meetings! In friendship...

Nancy Moskowitz, President
laughlady55@aol.com or 954-973-2181

.....

Needle Click Club

By Barbara Bilello

We meet the 2nd and 4th Tuesday of every month in the West Wing from 1:00 - 4:00 p.m. Our meeting dates for June are June 14th and June 28th.

We look forward to seeing you at our meeting. We knit, crochet and sew. We like to chat and catch up with each other. We serve coffee, tea and snacks. If you're new to Wynmoor and want to meet new friends come and join us. If you have yarn that you are not using call Barbara at 754-222-6375. I'll be glad to pick up or you can drop it off.

A special thanks to everyone that has donated yarn or beautiful items. They are greatly appreciated. Thanks, Barbara

.....

Pickleball Club

By Mayda Coombs

The game of Pickleball is for all ages and skill levels. Recently my family was visiting from England. The first thing they asked me is, "Can we please see what this Pickleball is all about?" Apparently, I have been talking a lot about it. They had such a good time, that I ended up sending them back to England with paddles and balls. Even if there are not any courts nearby, it is still lots of fun just hitting the ball back and forth to one another. They are now on the hunt looking for courts near them.

If you would like to learn how to play Pickleball, we are giving beginner and intermediate lessons on Saturday mornings at 9:00 a.m. at the Pickleball courts. You must send an email to register to, 2002granada@gmail.com. You will receive a confirmation. You must wear proper sneakers, eye protection, and please bring something to drink. We supply the paddles and balls.

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The Wynmoor Dance Troupe & Company

By Marcia Maron

With much spirit and joy, The Wynmoor Dance Troupe & Company with talented singers, dancers and the rest of us, take to the stage once again in a new musical revue *Show Me The Music* in 2023. If you think you would like to take part in this production and meet your neighbors, have fun and work hard, we need: singers, dancers, comedians, backstage hands. No experience is necessary. Please join us and call Marcia at 516-659-3367.

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Woman's Non-Fiction Club

By Betsy Kalau

Everyone is welcome for discussion of a book we have read! Do join us! For more information, call Betsy Kalau 954-701-0231.

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Woodshop

By Ernest Fleury

Any questions come to the Shop and talk to Steve, Karl or I. One of us is there every day from 8:00 a.m. - 5:00 p.m.

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Writer's Workshop

By Judy A. Weissman, PhD

Writers, whether in Wynmoor or Canada now, we hope you will pick up your pen or open your computer, in the heat or the snow, and write as regularly as possible. In a few months we will let you know when the Writer's Workshop will meet in person again, and new members will be welcome. If you have any questions, contact Nancy Heller Moskowitz, Club President at laughlady55@aol.com. Please put Writer's Workshop in the subject line.

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Wynmoor Golf Association

By Rich D'Alessandris

Hello everyone! We hope you are enjoying our golf course. As play on the course winds down, golf course maintenance staff will be addressing the maintenance concerns. As many of you know, we had a substantial increase in play this year and the course has held its own.

For those of you who are leaving us to return to your other homes, we wish you safe travels and look forward to welcoming you back in the fall or winter. For those of you staying through the summer, see you out there and hit them straight!

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Continued on page 50

Clubs and Activities

Continued from page 49

Wynmoor Ladies Golf Association

By Karen Beckman

Our final General Meeting for the season was celebrated with a pizza party. Although our ranks were thin with the annual northern migration, those in attendance enjoyed the rare addition of food with our meetings. We joined the WGA for their second "9 and Dine," and our ladies are excitedly looking forward to participating in their Golf Getaway next October. Bella Wagner, WLGA Events Committee Chair, is busy putting together some summer fun, so if you are a lady golfer, join us! With the hot weather ahead, early tee times followed by a leisurely group breakfast at the Café is a great way to start your day! Information on our League is available at the Pro Shop.

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Wynmoor Short Film Festival

By Enid Wolf-Schein

The goal of the Wynmoor Short Film Festival Club is to showcase films made by and with Wynmoor residents. We are doing this by sponsoring an annual Short Film Festival at Wynmoor and encouraging local filmmakers to join us so residents can get additional inspiration from some of our close neighbors.

So far, we have had two highly successful events. Our first in 2019 and the

other, unfortunately held up for two years because of the pandemic, in 2022. We are awaiting a date for 2023 and will share that date ASAP.

In addition, we suggest other avenues for our films such as the Fort Lauderdale International Film Festival and two of our short films have won first place in that prestigious event.

Many of our attendees have told us this is their first time at a film festival and how much they enjoyed it. We try to extend the experience by having an interactive reception afterwards with various activities with a film theme.

We would encourage anyone who has made a short film (up to approximately 12 minutes) to submit it to us for a possible showing. Anyone who wants to know more about our project can email us at: Threebridgepub@aol.com.

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Wynmoor Video and Film Club

By Phil Guterman

If you have a video you captured on your iPad, cell phone or camcorder, we can help you edit it by adding music, narration, special effects, exposure correction and eliminating unwanted scenes by using our sophisticated Pinnacle 20 editing system on our computer. For more information contact Phil Guterman at 954-984-8871.

.....

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SWORDS

By Karen Komsa

SWORDS for women (single, widowed or divorced) is active, intelligent, interesting single women who gather for lunch usually twice a month to talk, eat and make new acquaintances. For more information or to join, call Karen at 954-504-7416.

Senior Touchline



What is Senior Touchline?

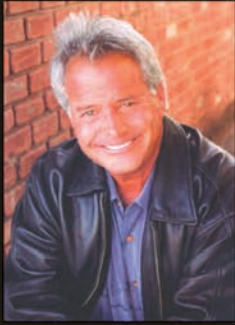
Senior Touchline is a free service that offers a daily telephone call for people over 60 years of age who live alone. The purpose of the program is to ensure that older adults can maintain their sense of well-being while remaining in their homes.

Touchline calls also provide social and emotional support. The 2-1-1 counselor establishes a relationship with the senior and provides them with a sense of security and safety. One simple phone call can help give a client peace of mind knowing that a volunteer will be checking in with them at the same time each day.

How Does Touchline Work?

Each day, within a pre-determined period, a 2-1-1 counselor calls registered seniors to make sure they are safe and well. If the 2-1-1 counselor is unsuccessful in reaching the senior after one hour of repeated attempts, the designated emergency contacts will be called and asked to check on the senior's well-being. If we cannot reach anyone, we contact the local police department to perform a senior wellness check to confirm their safety.

To sign up for this service call 954-640-5800 or 2-1-1 or go online to www.211-broward.org



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with Administrator Bruce Bandler



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opportunity to speak with
our Management Team,
WCC Staff and guest
speakers.

* Tune in to Channel 99, watch on WCC YouTube TV or sign in at <https://us06web.zoom.us/j/88421646759> *

SL

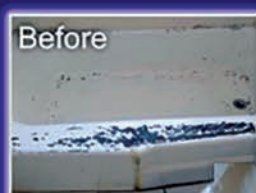
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Wynmoor Recreation Department



FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba Chair & Toning with Maria 8:30 - 9:20 AM	Aerobics & Stretch with Robyn 8:00 - 8:45 AM	Zumba with Maria 8:00 - 8:45 AM	Aerobics & Stretch with Robyn 8:00 - 8:45 AM	Zumba Chair & Toning with Maria 8:30 - 9:20 AM
Zumba with Maria 9:30-10:15 AM	Boot Camp with Robyn 9:00 - 9:45 AM	Boot Camp with Robyn 9:00 - 9:45 AM	Boot Camp with Robyn 9:00 - 9:45 AM	Zumba with Maria 9:30-10:15 AM
Water Aerobics with Robyn 10:00 - 11:00 AM	Water Aerobics with Robyn 10:00 - 11:00 AM	Water Aerobics with Robyn 10:00 - 11:00 AM	Water Aerobics with Robyn 10:00 - 11:00 AM	Water Aerobics with Robyn 10:00 - 11:00 AM
Aerobics with Robyn 11:05 - 11:35 AM	Balance & Joints with Robyn 11:05 - 11:35 AM		Balance & Joints with Robyn 11:05 - 11:35 AM	Aerobics with Robyn 11:05 - 11:35 AM

Fitness Classes are for Wynmoor Residents Only and located at the West Wing I, unless otherwise noted. Water Aerobics is located at the Main Pool. Fitness Shoes **REQUIRED** for all classes & in the Fitness Center. Bring your own equipment for those classes that require it.

Recreation: 954-978-2600, press 1.



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- **Social Services:** Visit with friends, family, neighbors, attend/transport to religious services, attend/transport to social/club meetings.
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- **Medication Reminders and Monitoring**
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- **Appointment Scheduling & Reminders**
- **Observe Mental/Physical Changes**

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By Bob Horowitz

FREE EVENT: Our popular round-robin handicapped 9-ball tournament. Event is 6:00 to 8:00 p.m. at the Wynmoor Country Club. Have fun and meet new friends!

Open to all Wynmoor residents and their guests, all levels of player skill from the beginner to the advanced.

For more 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. You can also join our Facebook page "Wynmoor Poolclub"

WEDNESDAY NIGHT 9 BALL WINNERS



Week 1 • Julio - Tied 2nd Place, Rich P - 1st Place, Tom P - 2nd Place



Week 2 • Bob H - 1st Place, Julio M - 2nd Place



Week 3 • Tony C - Tied 1st Place, Ameer - 2nd Place, Peter L - Tied 1st Place



Week 4 • Peter W - 1st Place, Franco - 2nd Place



Week 5 • L-R: Linda - Tied 2nd Place, Tony C - 1st Place, Hoover - 2nd Place, Ameer - 3rd Place



Week 6 • L-R: Ameer - 3rd Place, Ralph - 2nd Place, Rassool - 1st Place, Linda - 3rd Place



Week 7 • L-R: Julio - 1st Place, Peter W - 2nd Place, Franco - 3rd Place



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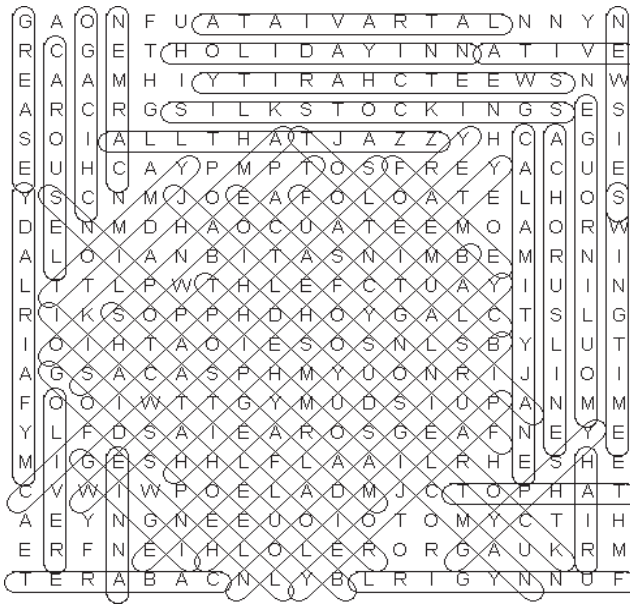
Puzzles and Games

Solutions from page 30

Crossword Puzzle



Movies: Musicals

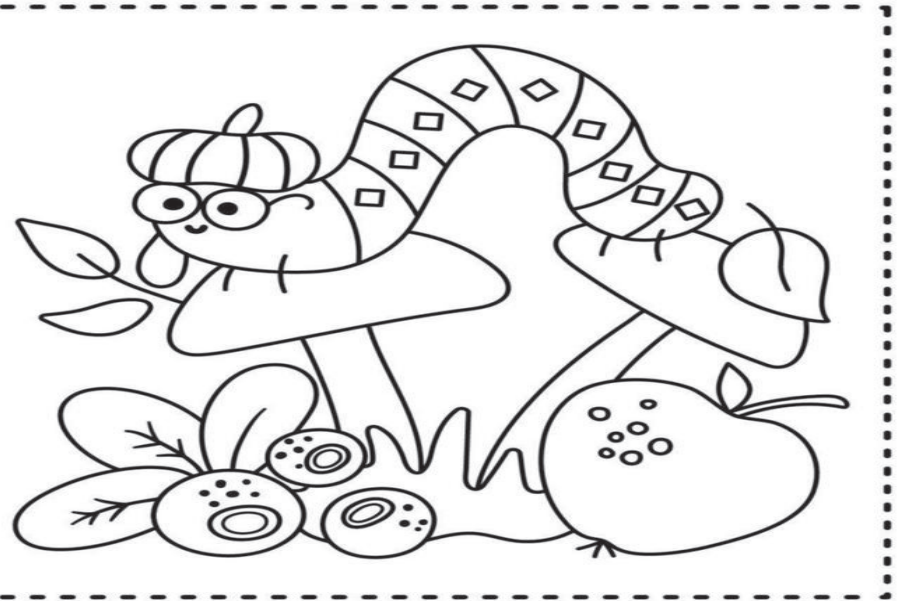
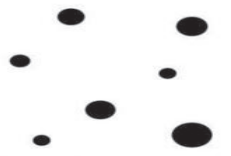


Sudoku

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



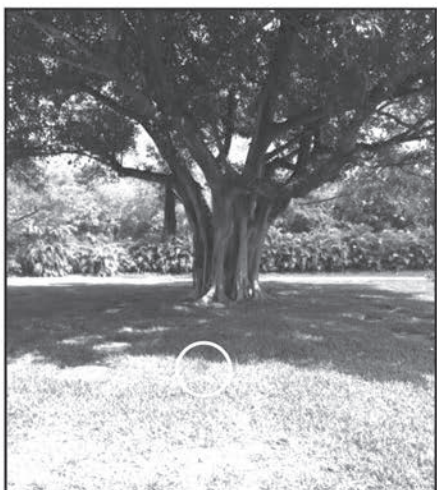
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Council Meeting Dates

Management Committee Meeting

Every Tuesday at 9:00 AM -- West Wing I/Hybrid
<https://zoom.us/j/99080305814>;
 Meeting ID: 990 8030 5814;
 By phone dial (312) 626-6799

Board of Directors Meeting

1st Thursday of the month at 1:30 PM -- West Wing I/Hybrid
<https://zoom.us/j/87579449300>;
 Meeting ID: 875 7944 9300;
 By phone dial (312) 626-6799

Executive Committee Meeting

3rd Monday of the month at 1:30 PM -- West Wing I/Hybrid
<https://zoom.us/j/82591451205>;
 Meeting ID: 825 9145 1205;
 By phone dial (312) 626-6799

Budget & Finance Meeting

4th Wednesday of the month at 9:00 AM -- West Wing I/Hybrid
<https://zoom.us/j/86070517713>;
 Meeting ID: 860 7051 7713;
 By phone dial (312) 626-6799

* ALL COUNCIL MEETINGS WILL BE TELEVISED ON CHANNEL 99 * MEETINGS ARE SUBJECT TO CHANGE *



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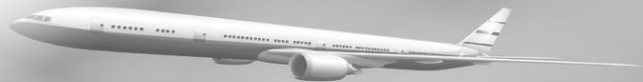
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gjoseph@chcheating.org
FTRI Outreach Specialist
Nou Pale Kreyol

Melanie Pagan 786-228-6221
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