



The INSIDER

An Independent Newspaper
For Wynmoor Residents

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FEBRUARY 2026



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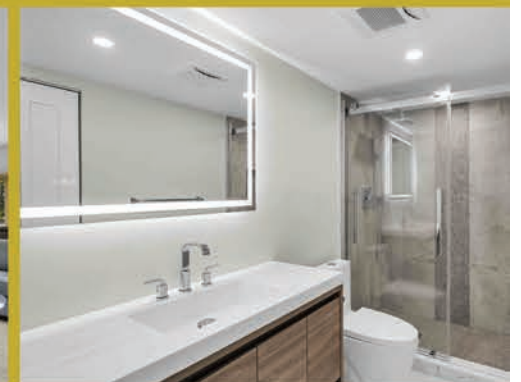
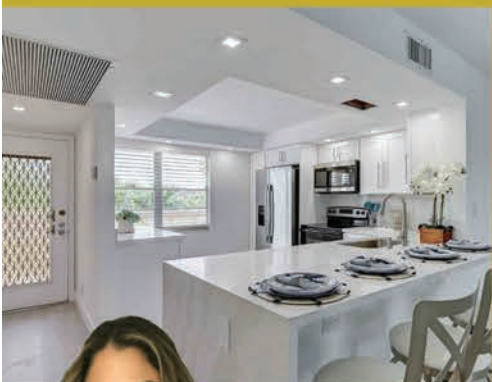
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2504 ANTIGUA (UNDER CONTRACT)	\$ 120,000
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1606 ABACO	SOLD \$ 150,000
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2803 VICTORIA	SOLD \$ 105,500
1901 BERMUDA	\$ 135,900
1603 ABACO	SOLD \$ 180,000

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2504 ANTIGUA (YEARLY RENTAL)	\$ 1,850
2701 ANTIGUA (YEARLY RENTAL)	\$ 1,850
2404 ANTIGUA (1/1.5 YEARLY RENTAL)	\$ 1,650



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1705 Andros • Water View	\$179,000
3303 Aruba • Remodeled, Golf & Water View, "Luxury"	\$219,000
3502 Bimini • All Updated, Water/Golf View, "Luxury"	\$299,000
1501 Cayman • Iris Floor Plan, 1,350 SF	\$169,000
1801 Eleuthera • Water View, Freshly Painted	\$149,000
1804 Eleuthera • Panoramic Water & Pool View, Encl. Patio	\$129,000
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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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PEN TO PAPER 250 Maximum
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.

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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.

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

Citations will be given out to those who violate the road rules.

First Offense: \$25 Fine **Second Offense:** \$50 Fine

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.

Crime Prevention: 4th Thursday of each month at **Grand Ballroom A - 2:30 p.m.**

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 guests have I.D.s ready when approaching the gate for proper verification.

They 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: 954-346-4400

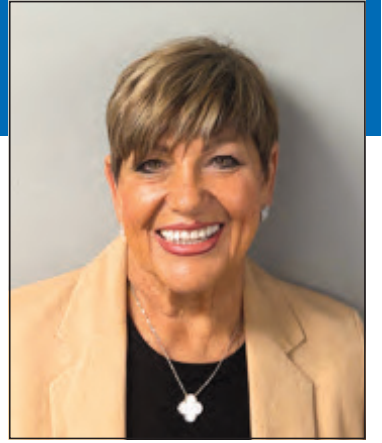
Hours of Operation

- For Information Call:.....954-978-2600
- Administration/Pool/BBQ:..... 7:00 AM - 10:00 PM
- Fitness Center:..... 6:00 AM - 10:00 PM
- Country Club: 8:00 AM - 11:00 PM
- Racquet Center: 8:00 AM - 8:00 PM

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From the President



Wynmoor is more than a community, it is a place where connection, respect, and shared values define everyday life. Our residents support one another, take pride in their community, and come together through events and activities that strengthen our sense of belonging.

As we look ahead, we remain committed to inclusivity, open communication, and collaboration. By embracing change and meeting challenges together, Wynmoor will continue to thrive as a welcoming and resilient community.

For years, our community has fought tirelessly to protect our homes, our environment, and our quality of life from the harmful impacts of unchecked highway expansion. Standing united, Wynmoor Community Council, Inc. has joined forces with the City of Coconut Creek to challenge the Florida Department of Transportation's plans to widen Florida's Turnpike through Broward County. In addition to this partnership, some of our own residents, including myself—have stepped forward to join this legal battle, demonstrating our shared commitment to defending the place we call home. Together, we have filed a lawsuit in Leon County Circuit Court seeking to stop or significantly modify this project, which threatens our neighborhoods, safety, and way of life. This action is about more than roads—it is about protecting our city, preserving our community, and standing up for the voices and rights of our residents.

The Wynmoor Community Council, in collaboration with the Long-Range and Architectural Committee, has hired an architect to guide the renovations of the Clubhouse building. These improvements will beautify our community, enhance quality of life for our residents, and contribute to increased property values.

This is the first step in a lengthy process, and you will be kept informed with each step taken.

Please note that projects do not move forward without Board approval.

We also invite you to take notice of the beautifully renovated Billiards Room, featuring improved lighting and an overall polished appearance. We sincerely thank you for your patience during the renovation process, it was truly well worth the wait.

We recognize that other clubs are also in need of renovation. These projects are currently being reviewed, and we will keep you informed as plans develop.

Wynmoor clubs are proud to host the "Relay for Life" events in support of the American Cancer Society. Together we can make a meaningful difference in the fight against cancer.

Thank you for your continued support and commitment to helping others!

Every Saturday and Sunday we have been welcomed into each association's backyard to enjoy good food, music and friends. The Management Committee, Bruce Bandler and staff members utilize this time to meet and speak to our residents on a casual level; We all look forward to this fun time. So please come and join us when it is your time to host the Meet, Eat & Greet at your pool.

Please remember to come and join us as we celebrate Wynmoor's 50th Anniversary!

Be sure to stay tuned and look out for registration details from the **Recreation Department**.

There comes a time in all our lives when we need to reach out—whether to a doctor, a healthcare professional, someone who shares our beliefs, or simply to connect with family, friends, and our community. Please know that help is always available.

Broward County offers a dedicated support line—just dial **211** to connect with someone who can assist or provide support in multiple areas. www.211-broward.org

"Creek Armor" is the official safety app of the Coconut Creek Police Department. It provides a direct line of communication between residents and the police, integrating with the agency's Real Time Crime Center to enhance community safety and security. How Creek Armor Helps: The app offers a range of features designed to improve communication, provide resources, and enhance personal safety: Panic Button: Users can activate a panic button that immediately alerts the Real Time Crime Center to their precise location, allowing officers to be dispatched quickly during an emergency. Report Suspicious Activity: Residents can report suspicious activities or incidents directly to the police department in real-time, sometimes with

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From the President

Continued from page 5

live chat functionality. Location Sharing: The “Walk With a Friend” feature allows users to share their live location with a friend or loved one, who can monitor them while they are walking or running. Safety Alerts: The app sends important safety alerts and notifications about local incidents, such as street closures, scam alerts, and other critical police news, directly to the user’s phone. Access to Police Services & Tips: It provides direct links to online police services like Vacation Watch requests and fingerprint scheduling, as well as access to crime prevention tips and scam alerts. Community Engagement: The app also informs users about community meetings, police department events, and city-wide events like the Butterfly Festival, ensuring residents are aware of local happenings. Creek Armor is a free app available for download on both the Google Play Store and the Apple App Store.

Beware of Scams Targeting the Community

All residents, please be aware of various scams affecting the community. Recent scams include **job interview scams**, where victims are tricked into buying gift cards for fake employers, and **tech support scams**, where scammers gain remote access to computers and steal money. Other frauds involve **fake delivery drivers stealing credit card information (customer support scam)** and **fraudulent real estate listings on Craigslist**. The **grandparent scam** preys on the elderly by posing as a relative in distress, while the **distraction burglary scam** involves fake utility workers entering homes to steal valuables. Online fraud is also widespread, including **puppy sale scams**, **Offer Up transaction fraud**, and **IRS impersonators demanding gift cards**. Additionally, “too good to be true” scams deceive victims into handing over money for fake reimbursements.

Stay vigilant. Never send money or gift cards to unknown individuals. Do not share personal information with anyone. If you encounter suspicious activity, report it immediately to the Coconut Creek Police Department.

It’s that time of year when restaurants showcase their best dinner specials, florists prepare for a surge in roses, and chocolate becomes a go-to gift to celebrate Valentine’s Day with loved ones. Amid these celebrations, let’s remember what truly matters: **faith, hope, and love**—with love being the greatest of all. A simple smile or kind gesture can make a world of difference to someone.

Happy Valentine’s Day to All!
Stay Well & GOD BLESS,

Jackie Railey, WCC President



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3303 ARUBA WAY G4 1/1 • Updated Turn-Key Penthouse has W/D and Expansive Golf Views! • **\$109,000**

2601 Nassau Bend 2/2 • Pristine 1st FL w/ Hurricane Protection • **\$124,900**

2103 Lucaya Bend 2/2 • Remodeled Kitchen, SS Appls, New Flooring! • **\$139,000**

2803 Victoria Way 2/2 • Full Golf Course Views, Enclosed Patio • **\$175,000**

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2305 Lucaya Ln 2/2

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"Love & Compassion are the Pillars of World Peace" - Dalai Lama

Bocce at Wynmoor

By Joel V. Benjamin

Here at Wynmoor we are fortunate to have two Bocce Courts that are next to a beautiful pond surrounded by gorgeous trees situated in South Florida, where the weather is most often delightful. Here are some photos of our Bocce players that I took this weekend.



On New Year's Eve, I had a great time attending a New Year's Eve party sponsored by the Wynmoor Bridge Club. The party was organized by Lynne List, the liaison of the Wynmoor Bridge Club to Wynmoor. Joan Friess, the President of the Wynmoor Bridge Club, helped keep order among the many attendees during the eating portion of the evening. Marge Pecoraro, the Wynmoor Bridge Club Director, was in charge of the duplicate Bridge competition. The food was delicious, the catering staff was polite and helpful, the conversation among the different tables flowed freely, and I am proud to say I did not come in last in the bridge competition. Here are a number of photos which I took that evening.



*Bridge Club
New Year's Eve Party*

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**“Pet?” “Service Animal?”
“Companion Animal?” “ESA?”**

By Susan Stoller

It’s not easy having a dog in Wynmoor! Some people seem to hate them and even shout unkind words at their owners. Ever wonder why? Some folks have been badly frightened by a dog - even a tiny one; some are allergic, some just don’t like seeing/smelling dog poo on the landscape (who does?) So, in the interest of living more peacefully in our community, I’d like to be clear about what these labels mean and what the guidelines (rules) are in Wynmoor.

“A Service animal” is one trained to assist its handler with a specific disability: seeing for vision impaired, hearing for hearing impaired, aiding with PTSD, seizures, diabetes, etc. A Service animal is trained to do a job (jobs) for the handler - guide them, alert them to sounds or dangers, to low blood glucose, alert other helpers to a crisis, etc. It must be certified by a legitimate organization, and it must meet specific behavioral guidelines - especially appropriate behaviors in public. It goes where the owner goes - the grocery store, a restaurant, airplanes, all public spaces or the Wynmoor Circle. It can be any size, or breed, but it must meet specific criteria. If you want to take it on a plane, you must submit an HSA/TSA/DOT form showing its certifying organization, (with address and phone number), attesting to its good behavior while traveling - no barking, pooping, obstructing, approaching strangers and more. Getting a badge, a vest, or a service animal card online, do not count as legal service animal qualifications.

A “pet” or “companion animal” is just that...your special fur baby. “Pets” are not allowed in Wynmoor. While we feel their “emotional support,” they are not officially ESA’s. If they are trained in “good canine citizen” behavior, so much the better for you and others.

A legitimate Emotional Support Animal (ESA) helps you with a mental illness - depression, anxiety, etc., as shown by documentation from a mental

health professional. It is not certified to enter stores, restaurants, public transportation, etc. In Wynmoor, it is meant to be walked only in the immediate vicinity of your building.

Maybe people don’t like the dogs they see and hear in Wynmoor because: some dogs, even wearing a “service dog” vest, are not well behaved, bark often and at lots of things, walk everywhere in Wynmoor and elsewhere. Worse yet, their owners do not clean up after them. This is not just annoying, it is unsanitary. Nobody wants their dog, themselves, their neighbors or their grandchildren to step in it - no matter how small - and carry those germs into their home.

So, please, dog owners, be honest about your dog’s “category” and follow the guidelines. If you are not able to pick up after your dog, find someone who will. Be considerate and help keep Wynmoor quieter, cleaner and safer.

And by the Skin of my Teeth

By Patrick Lewis-Moors

Brother Myron, here you have yet another yarn from me, your brother. With Linda just getting home last night after a two-week absence, and our larders a bit low on commons, we elected to do a bit of shopping this morning. While in one grocery store, I noticed Persian cucumbers and put them into the shopping cart. My plan was to make cucumber salad. Well, Linda inquired if we had everything that we needed for the salad at home, and absently I replied, “Yes.” Well, already things were a bit askew, as the recipe called for English cucumbers, not Persian, but what the hey!

Once home and with things put away, I looked up that recipe and got to work. To me there is little if any difference between Persian and English cucumbers. They are both small, both green, and both with small seeds, and in the past, I’ve used both. My recipe calls for slicing them rather thinly, and the picture

Continued on page 10

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Continued from pg. 9

revealed that the cucumber was not peeled. I usually peel a cucumber, as often the skin can be bitter. Oh well, I had six of those Persian cucumbers, and so I peeled three and snipped the ends from the other three. Now I thinly sliced them and mixed them up in a good-sized bowl. Next, I needed to make the dressing, which started with sour cream. Oh Oh! A detailed search of the contents of our refrigerator did not turn up any sour cream. I did find a tub of Cabot plain yogurt. "Good, this will work fine," I thought. Cabot yogurt is very viscous, almost like Jello. My recipe called for two medium cukes, and I had six sorts of smallish cukes, and I just used them all. Now I was instructed to start the dressing with one cup of sour cream. My yogurt amounted to well over half of a large tub and I just shoveled it all into the new bowl. That recipe now was requesting a very thinly sliced red onion, and the only onion we had was a medium Vidalia that I was planning to use for supper with hot dogs. "Share and share alike" is the row to hoe here, so I cut the onion in half, putting away half into the refrigerator for tonight, and paring the rest thinly for the dressing. Dill, fresh dill! Now the recipe was calling for a couple of measures of chopped fresh dill. We certainly didn't have any dill, fresh or otherwise, so I skipped right straight over that part. The next call was for garlic powder, a half a teaspoon. Well, there's no problem here, as we use garlic powder all the time—I thought—. The bottle has a plastic shaker cap underneath the metal cap for easy dispensing and a piece that opens to get large amounts when needed. This plastic cap had never been opened and was quite reluctant to be opened. I finally got the thing open. While holding a half teaspoon measure over that dressing bowl, I attempted to measure out a half a teaspoon. What a joke! It's a good thing that we like garlic. A man has only two hands, and there are times when that is just not enough. Why would I show the vinegar issue much shrift? We always have vinegar, several different types. That wonderful recipe called for six tablespoons of red wine vinegar. Easy; I'll just reach into the cupboard where we keep the vinegars and grab the bottle. You're free to name it, it was in there for vinegar, all except red wine vinegar. No, not a trace of a bottle. There was a bottle of white rice wine vinegar that did have just one tablespoon left in the bottom. I felt it better to dump that into the dressing rather than leave it all alone in the container. Five more to go, and three of them came out of the bottle of cider vinegar, while the last two tablespoons were balsamic. Finally, I added salt and pepper to taste and mixed the dressing thoroughly before adding it to the cucumbers. I put the cucumber salad into a sealed container and into the refrigerator to await our supper and settled back for a rest.

So much frustration, but more than worth it. That salad was delicious.

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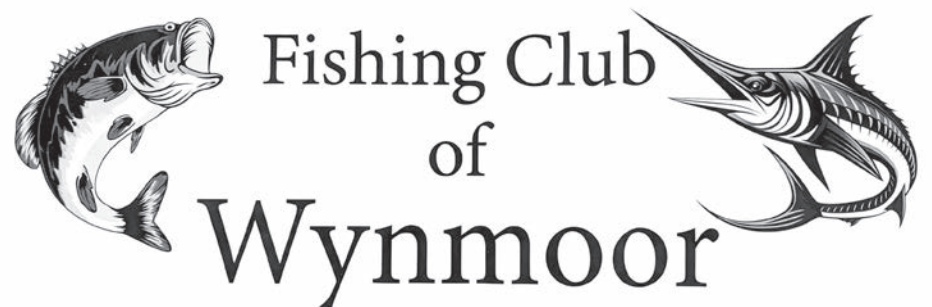
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Clean Ponds = Healthy Ponds

By Paul Villano

As an avid fisherman I am acutely aware of the health of our ponds. Scum and algae are a persistent problem that affects not only the beauty of our ponds but has a huge impact on our fishery.

According to the person who applies the blue solution to the ponds to control the algae he said, "That it weighs down the floating algae, so it sinks to the bottom." Unfortunately, the submerged algae that accumulates on the bottom and adversely affects the benthos (bottom dwelling) organisms. Think of them as the foundation of our pond's ecosystem.

A few examples of benthos organisms are insect larvae, bacteria, worms and snails. **A better solution to controlling pond scum and algae is to use no solution at all.**

There is a much simpler way to control pond algae.

1. Leave an uncut buffer zone between the ponds and golf course to absorb fertilizer runoff.
2. Mechanically rake off the floating algae.
3. Add algae eaters like tilapia and tadpoles into the ponds.

All the information in this article can be found on the Florida Fish and Wildlife Conservation Commission website myfwc.com.

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\$35 monthly HOA fee!!! Set in the coveted Brookfield community of Boca Raton. Offering 3 bedrooms, 2.5 bathrooms, and a 2-car garage across 2,559 sq ft of refined living space, this single-family home is designed for both relaxation and entertaining. Listing courtesy of Lokation. Schedule Showing Today! MOBILE: 330-634-4334.



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Life Is A Gamble, But You Can Improve Your Odds

By Hillel Cohen, DrPH, MPH



Bad things can happen to any of us at any time. Illness and accidents can ruin our quality of life or even lead to death for ourselves or our loved ones. Wouldn't it be nice if we could improve our chances for a longer and healthier life? We can! You already know the basics: don't smoke, limit sugar and junk food, exercise, walk carefully to avoid falls, and when you're in a car, always wear your seatbelt.

When seatbelts were first introduced in cars, and then made mandatory in most states, many people objected that they violated their personal freedom or could be dangerous by trapping people in burning wreckage. But years of experience showed that the negative risks of seatbelts were rare. Seatbelts saved lives and reduced serious injuries from car crashes.

Vaccines have also saved millions of lives—many more than have seatbelts. And like seatbelts, when vaccines were first introduced many were opposed—even violently. The first “modern” vaccine was to combat smallpox, a deadly disease that had killed millions of people for thousands of years. It was called a vaccine (from the Latin “vacca” for cow) since it was made from material from cowpox—a disease similar to smallpox. Some denounced the vaccine’s cow origin as unnatural and unfit for humans. Others were worried about side effects. And while the smallpox vaccine had more serious side effects than any vaccine since, it was nonetheless responsible for saving hundreds of millions of lives and for eradicating smallpox worldwide.

Similar opposition was made to the polio vaccine. Polio used to be a scourge of tens of thousands of children and young adults who, if they survived, could be crippled for life. Former President Franklin Roosevelt was confined to a wheelchair from an earlier polio infection. The discovery of the Salk (deadened virus) inoculation and later the Sabin (weakened virus) oral vaccine, virtually eliminated polio in most of the world. Unfortunately, due to more recent objections to vaccinations, polio cases are starting to re-appear among unvaccinated people around the world, including some in the United States.

The current anti-vax movement in the U.S. and Europe has its origins from a 1998 paper in the medical journal *The Lancet* by Dr. Andrew Wakefield and colleagues that claimed there might be a link between the MMR (measles,

mumps and rubella) vaccine and autism. Since then, the supposed connection between vaccines and autism has been very well studied and debunked. *The Lancet* withdrew the original paper due to evidence of faked data and conflicts of interest. Dr. Wakefield’s medical license was revoked. Nonetheless, he, Robert Kennedy Jr. and some others continue to promote conspiracy theories linking vaccines to autism, despite having no credible scientific evidence. As a result, measles is making a comeback among children whose parents have listened to anti-vax propaganda.

The COVID-19 vaccines are the latest targets of misinformation. Critics have focused on mRNA (messenger-RNA) technology. Messenger RNA are molecules that routinely work with the better-known DNA to create the proteins that are essential for virtually all our bodily functions. An mRNA vaccine introduces specific mRNA designed to help the body create molecules (called “antigens”) that prepare our immune system to fight a specific viral infection. After doing its work, mRNA degrades and disappears. An mRNA vaccine is generally even safer than traditional vaccines made from dead or weakened virus because the mRNA vaccine does not include any virus or viral fragments at all. Basic research on mRNA vaccines had been going on for at least 10 years prior to the COVID pandemic. This technology allows scientists to relatively quickly respond to new viruses and new mutations. A recent issue of *Scientific American* magazine describes how mRNA technology might be able to allow doctors to create a unique, individualized vaccine to treat a specific cancer in a patient without radiation or chemotherapy.

In early December 2025, the *Journal of the American Medical Association (JAMA)*, published the largest study to date of the safety and effectiveness of mRNA COVID-19 vaccines. Health records of 28 million adults in France showed that the vaccines significantly reduced deaths from COVID-19. Even more remarkable, those who took the COVID-19 vaccine had fewer deaths from any cause compared to those not vaccinated.

Respiratory viruses including flu, pneumonia, RSV and COVID-19, cause tens of thousands of deaths and hospitalizations in the U.S. every year. For older people, like most of us in Wynmoor, these viruses are particularly dangerous in themselves and can also trigger severe heart, lung and other

Continued on page 44



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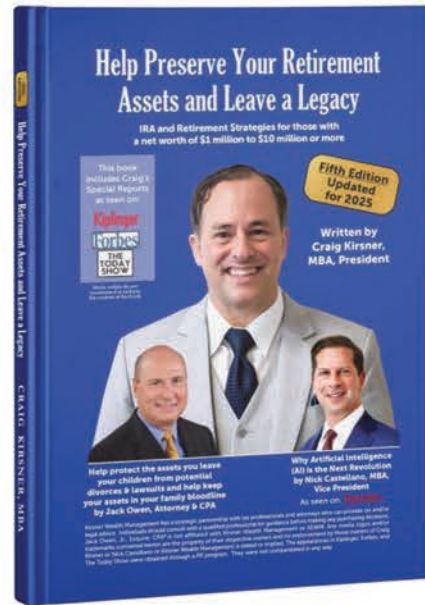
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Weekend Celebration Highlights

Save the Dates: February 20th - 22nd

Friday, February 20th: Groovy 70s Party at 7 pm
Saturday, February 21st: Food Trucks, Club Booths, and music, from 11 am - 4 pm
Sunday, February 22nd: "A Golden Parade for a Golden Milestone" at 10 am, followed by an evening of dancing under the stars and BBQ at 3 pm - 7:30 pm

Dress to Impress - 70s Style

- Bell-bottom pants
- Platform shoes
- Tie-Dye shirts & flowery dresses
- Polyester suits & jumpsuits
- Funky sunglasses & bold accessories
- Costumes are highly encouraged - the groovier the better!



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By Diane Gottlieb

It's February, the shortest-and perhaps the coldest- month of the secular year. In the Hebrew calendar, we're in the middle of month of Shevat, during which we celebrate the holiday of *Tu b'Shevat*, The New Year of Trees. On this day, which begins on the eve of February 2nd this year, it is customary to eat the fruit of the Holy Land, including olives, dates, grapes, figs and pomegranates. Yum! Join us on Monday, February 2nd at 6:30 p.m., for a fantastic clay crafting event at Chabad where we will design stunning Judaic art to adorn our homes. And while we joyfully celebrate trees and their fruit, we also remain cognizant of the ways in which we, as people, are similar to our beloved trees: by maintaining our own strong roots in faith, we, too, produce many fruits—studying Torah and following the Mitzvot.

Speaking of Torah, we, at Chabad at Coconut Creek along with Jews across the world, recently began reading the Book of Shemot. While known to many as the Book of Exodus, the actual English translation of Shemot is "names."

Names are important throughout the Torah, which shows us, on many occasions, that our names provide more than just a convenient way to identify and address each other. Names are expressions of our very essence and our unique missions.

Shemot tells us that even when the Jewish people were living in Egypt, they never "settled" there. They made sure to keep three important aspects of their heritage: their clothing, their language, and—you guessed it—their names. Keeping their names became one way they preserved their identity as the Jewish people; it is that connection to their Jewish identity and heritage that helped them get through the great darkness they faced.

We are each individuals with our own set of challenges, unique purpose, and destiny. And, at the same time, we are all important links in the chain that has sustained the Jewish people throughout time.

Come link with us at Chabad of Coconut Creek, a vibrant hub of Jewish life, warmth, and connection. Here are just a few of the engaging, ongoing programs we offer to support our growing community:

In our latest JLI course, Captivating Cases in Rabbinic Responsa, the highly



esteemed Rabbi Friedman will share questions posed to our great Rabbis by real Jews, in real situations, across generations. Not to worry—Rabbi Friedman will also share the Rabbis' answers! Participants will walk away with three things we're all craving right now: clarity, connection, and grounding. If you enjoy great stories, smart thinking, and Judaism that feels alive and relevant, this course is for you! Dates: February 3rd, 10th, 17th, 24th and March 10th.

Women, are you looking for some inspiration? You'll find it at our Woman of Valor series, a monthly women's study group led by the always inspirational Rebbetzin Nami Friedman. Delve into the biographies of Biblical women, glean wisdom from their trials and triumphs, and strength from their faith and courage. A text and discussion-based class to exercise the mind, warm the heart, and rekindle the soul. Save the dates: February 22nd, March 22nd, April 26th, May 31st, and June 28th.

Rebbetzin Leeba Gansburg leads a lively, fascinating bi-monthly women's study group. Join Rebbetzin Leeba for a deep dive into the week's parsha and learn how to bring the lessons of Torah into your daily life. Alternate Wednesdays at 1:00 p.m. Call 954-371-9412 to RSVP.

Looking for warm and welcoming prayer services? We've got them right across from Wynmoor!

We'd love you to join us for our weekly Friday Night prayers.

Begin your Shabbat morning bright and early at Chabad of Coconut Creek with Rabbi Friedman's enlightening discussion about the week's parsha at 9:30 a.m. Services, beginning at 10:00 a.m., are followed by a hearty kiddush lunch, providing warm community connection in a welcoming family atmosphere.

And why not start your Sunday morning at 8:30 a.m. with Tefilin—complete with a Bagels & Lox Breakfast!

To help keep track of our exciting programming, we are also pleased to share our beautifully designed Jewish Community Calendars. If you haven't yet received one, please let us know—we'll be happy to provide you with a copy.

We look forward to greeting you soon—whether at a class, a service, or simply for a friendly visit.

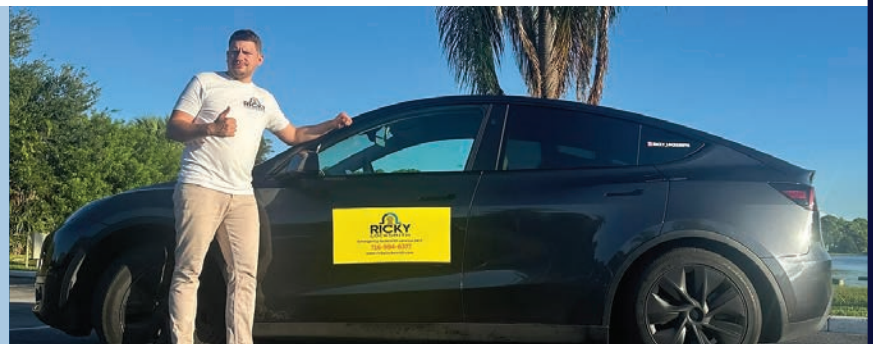
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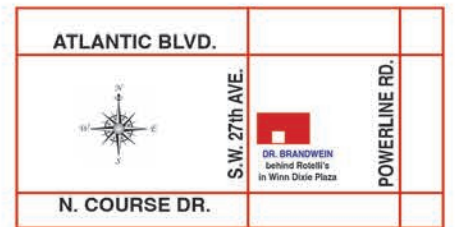
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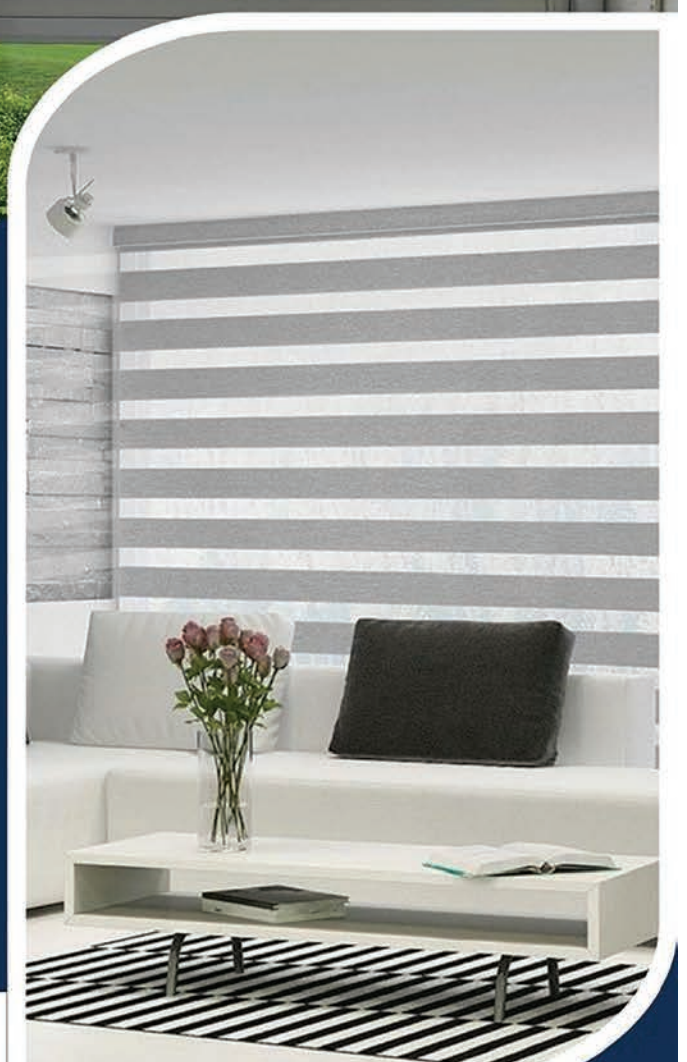
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Wine and Popcorn Reception:
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 Country Club Ballroom



★ **MATINEE ENCORE** ★ **March 21, 2026** ★

★ **Films: 2:00 p.m. to 3:30 p.m.** ★
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Important Telephone Numbers

Advisory Board For Disability In Broward County

By Roz Greenberg

As a member of the Broward County Disability Advisory Board, I have the opportunity to share important information with residents of Coconut Creek and surrounding counties. This information is intended for individuals living alone, as well as for family members and caregivers who may be facing disability-related concerns that need to be addressed.

- The Aging Disability Resource Center Referral Program 954-745-9779
- The Area Agency on Aging of Broward County Elder Affairs Florida 954-745-9567
- Mission United proudly serving those who have served in the military 954-4UNITED (486-4833)
- Free Library Service for the Blind and Physically Handicapped Individuals 1-888-NLS-READ
- Broward County Trauma Services 954-357-5234
- 211 Touchline - If you live alone they will check on you daily, on your well-being. 954-640-5800
- 211 Non-emergencies, 988 Suicide and Crisis, 911 Emergencies are numbers to call also.
- Captel for people with hearing loss. Outreach Educator 954-415-6469
- Uber Assist 1-800-use uber (763-8237)
- Tops Transit 1-866-682-2258
- Florida Department of Transportation..... 954-777-4302

Please call any of the numbers above, or contact me, Roz, for other resources you may need at 754-205-7283 and I will try to help.



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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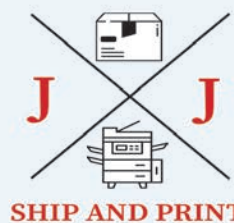
I am a twenty year resident of Wynmoor and will visit you, or you can come around the circle to me.



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Dance EVENTS

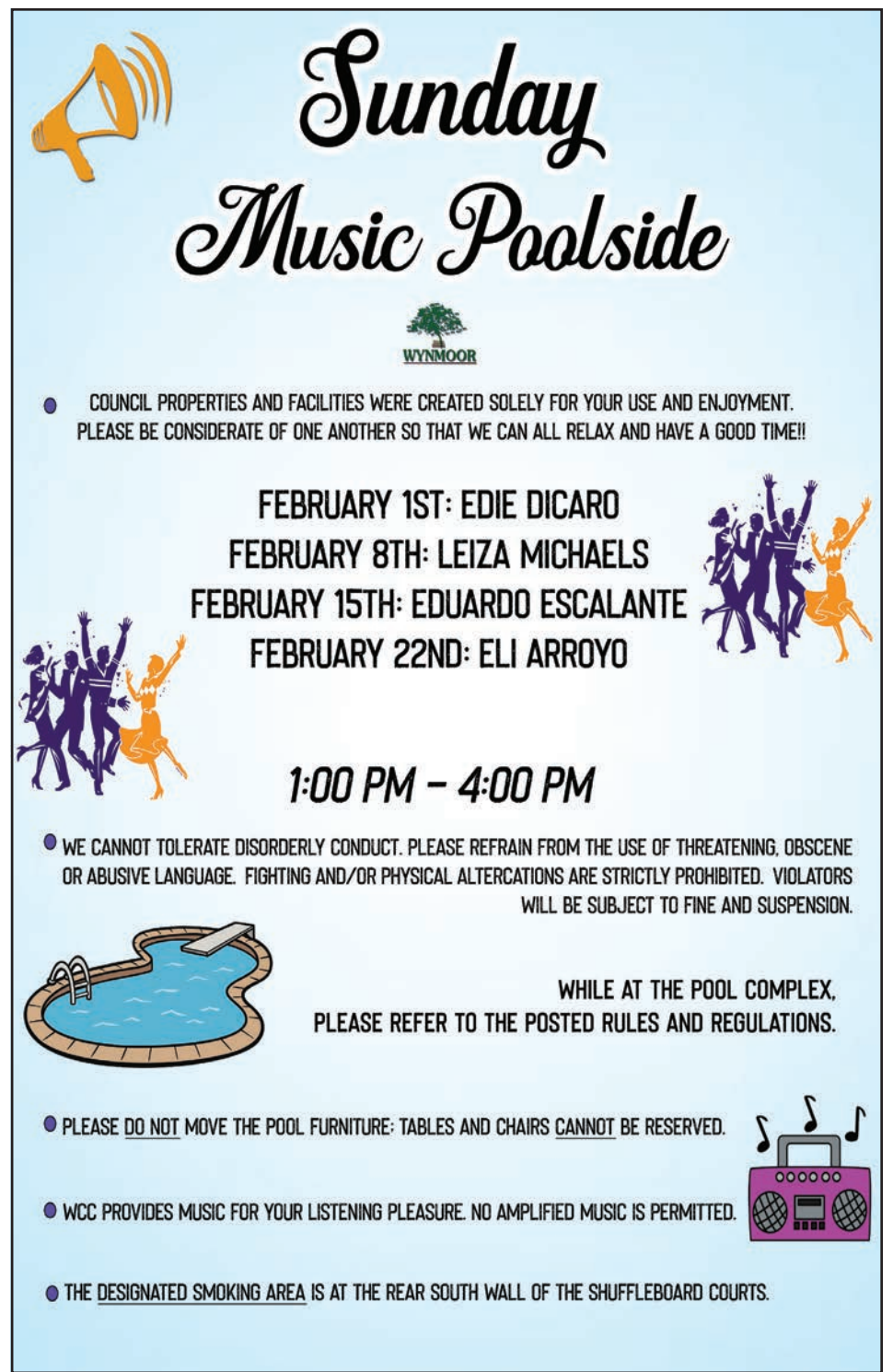
Saturday Night West Wing

Doors Open at 8:15 pm


February 7 th	John Brown
February 14 th	Peter Ruben
February 21 st	Eddie Crespo
February 28 th	Shonee

Join us for the complimentary dance at the West Wing!
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Sunday Music Poolside

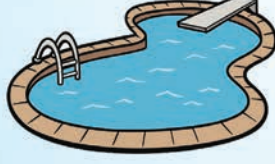


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THURSDAY LOBSTER ROLL (Hot or Cold) Choice of side 1 and hushpuppies	\$21	FRIDAY FRIED SHRIMP PLATTER Choice of 2 sides and hushpuppies	\$15	SATURDAY KIDS EAT FOR With adult purchase	\$5

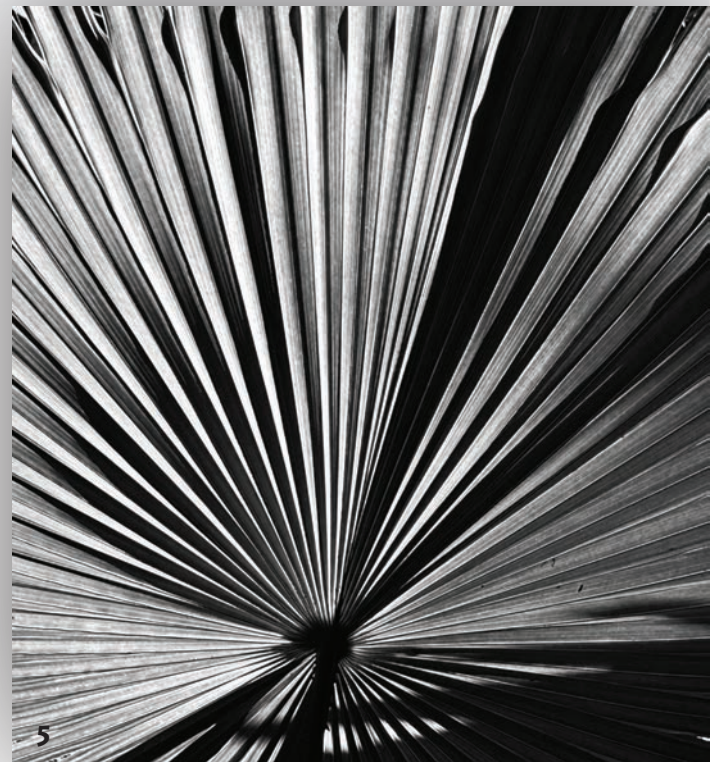
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To view them...WynmoorCommunityTelevision/YouTube/Just Dance!



Just Dance #15. "Cowboy Hustle"



Just Dance #17. "Electric Slide"

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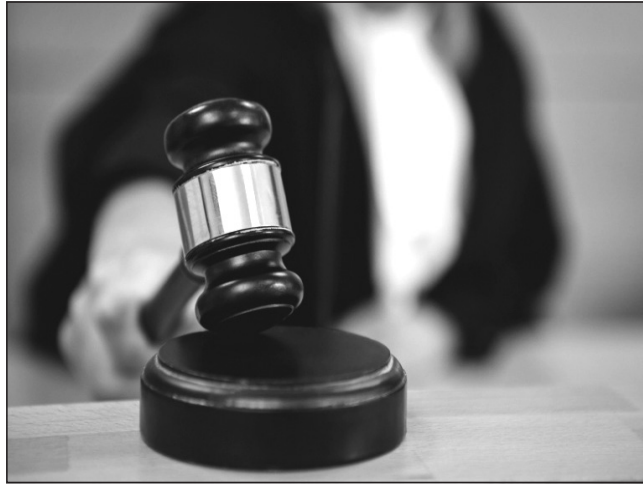
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Legal Plan Checklist To Protect Yourself

By Martin Zevin, Attorney

Here is a checklist to add to your New Year's Resolutions



1. Current Advanced Care Directives:

A. Designation of Health Care Surrogate for someone to make your medical decisions if you cannot communicate. Even if you are married, you **MUST** have this legal document and it needs to be current and done by a Florida lawyer. Do **NOT** rely on generic forms or a document you got from your doctor or a hospital or out of state documents.

B. Living Will. Very specific Florida language regarding "pulling the plug." Must be witnessed and notarized and designate someone to make the final decision

C. Durable Power of Attorney. Covers legal and financial matters while you are alive. Again, needs to be done by a lawyer who is aware of current Florida law, including many specific powers that must be initialed by you to be valid. Our current document is 26 pages. When you die, the advanced care directives die with you.

2. Last Will and Testament. If you are a Florida resident, you should have a Florida Will and your Personal Representative (Executor) must be a Florida resident OR a blood relative.

3. If you own real estate, in Florida or elsewhere, you need one of these to avoid probate when you die.

A. Life Estate Deed: You own property for the rest of your life and you designate someone on the Deed to inherit it without probate when you die. Be sure it is an "enhanced" (also known as "Lady Bird") Deed to allow you to sell it without consent or joinder of the person you name.

OR

B. Trust and Deed transferring property to you (and your spouse) as Trustee(s) of your Trust. This allows you to name contingent beneficiaries if your first choice dies before you or with you in a common accident. The Revocable Living Trust also allows you to buy future properties as Trustee

and to Amend the Trust at any time while you are alive. The Deed to your home should have language confirming that it remains your homestead.

Talk to your lawyer about the risks of a Life Estate Deed versus no risks for the Trust.

The above documents should be done with the assistance of an Estate Planning Attorney. The following need to be done by you personally:

4. Designate beneficiaries on ALL of your accounts to avoid probate. This is also known as payable on death (p.o.d.), transfer on death (t.o.d.) or in trust for (i.t.f.). Also designate contingent beneficiaries. Each institution has its own forms but

it should not cost you anything except some time.

5. If you know that you want to be cremated or buried, contact cremation societies or funeral homes to discuss pre-need plans. You will be signing a contract to pre-pay for your funeral, saving your loved ones a lot of stress, time and money. Be sure to give a copy of your contract to your primary and contingent Personal Representative so they will know who to call.

6. Have car insurance that includes at least \$100,000 of bodily injury liability (b.i.) and uninsured motorist (u.m.). Do not have any deductible on your P.I.P. (no fault). If you own more than one car, consider "stacking", which allows you to double (two cars) or triple (three cars) your uninsured motorist coverage for a small additional premium. Uninsured motorist is the most important insurance you can have, since Florida does not require bodily injury coverage.

If you do all the homework on this list, you are well on your way to getting an "A" in Legalities of Life 101, having peace of mind and fulfilling some New Year's Resolutions.

I am available for a free personal meeting or phone consultation regarding Estate Planning. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442. 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.

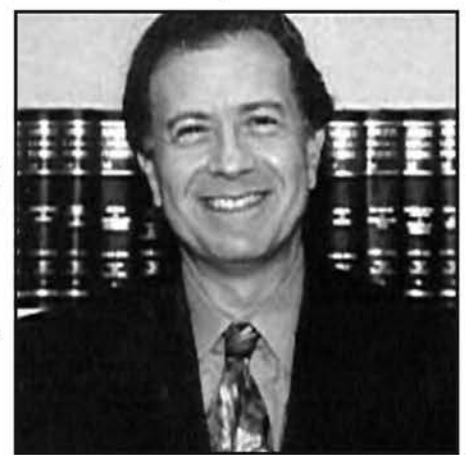
We also offer free consultation for Wills, Living Trusts & Probate

Included in free consultation for Wills, Trusts and Estates:

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.



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The Liberal Jewish Temple of Coconut Creek A Reform Jewish Congregation Welcoming Everyone

Iris Arlan & Lee Temares

If you were raised in a Jewish home and attended a friend’s church service, you might have said to yourself that certain passages were familiar to you. The same goes if you were raised in a non-Jewish home and attended a Jewish service. Well, you are both right.

Throughout history, Judaism has both absorbed influences from surrounding cultures and contributed foundational ideas to other world religions. One notable example is Passover, the Jewish festival commemorating the Exodus from Egypt. While its roots are distinctly Jewish, some scholars have drawn intriguing parallels between the Passover Seder and the ancient Greek symposium. Both traditions involve a structured meal accompanied by ritualized questions, philosophical discussion, and the consumption of wine. In the Greek symposium, participants reclined, shared food and drink, and engaged in intellectual discourse—a setting that closely resembles the Passover Seder’s reclining, storytelling, and questions posed by children. This similarity has led historians to suggest that Jewish communities living in Hellenistic societies may have adapted elements of the symposium into their Passover celebrations, enriching the ritual with practices familiar to the broader culture while preserving its core Jewish significance.

Cross-religious influence is not only found in customs, but also in teachings. Many Jewish ethical and theological concepts have shaped other faiths. For example, the Sermon on the Mount, a cornerstone of Christian moral teaching, reflects deep roots in Jewish tradition. Teachings such as the Golden Rule (“Do unto others as you would have them do unto you”), the call to love one’s neighbor, and the emphasis on humility and mercy echo principles found in the Hebrew Bible and rabbinic literature. The Beatitudes and “turning the other cheek” parallel Jewish teachings on compassion and forgiveness, even if interpreted in distinct ways.

Islam, too, shares many foundational beliefs with Judaism, reflecting centuries of interaction and shared heritage. The concept of monotheism—belief in one, indivisible God—is central to Judaism and was later adopted

and emphasized in Islam. Many Islamic prophets, such as Moses (Musa) and Abraham (Ibrahim), are also key figures in Judaism, and stories from the Torah are retold in the Quran with unique interpretations. Rituals like fasting during Ramadan have echoes in the Jewish tradition of Yom Kippur and other fasts. Islamic dietary laws, known as halal, are similar in some respects to Jewish kashrut, emphasizing purity, ethical slaughter, and the blessing of food. Furthermore, daily prayers in Islam, structured and regular, find parallels in the Jewish practice of praying three times a day. These shared practices and beliefs reflect a history of mutual influence and adaptation.

Syncretism—the blending of traditions—has shaped all three Abrahamic religions, especially where Jewish, Christian, and Muslim communities have coexisted. In medieval Spain, for example, Jewish philosophers like Maimonides engaged with Islamic thinkers such as Averroes and Al-Ghazali, blending Jewish thought with Islamic philosophy and Greek classics. Artistic styles, musical forms, and even mystical practices crossed religious boundaries, with Sufi mysticism influencing Jewish Kabbalah and Christian contemplative traditions. The Talmud records debates not only among rabbis but also with representatives of other faiths, showing an openness to dialogue and transformation.

These examples highlight the dynamic nature of religious evolution: Judaism, while maintaining its core identity, has influenced and been influenced by Christianity, Islam, and other traditions. Recognizing these connections fosters understanding and respect among people of all faiths, reminding us that religious traditions are living, evolving, and profoundly interconnected.

The Liberal Jewish Temple meets twice a month at the Centura Parc Community Ballroom. Come join us. After our spiritually uplifting service, we invite everyone to gather, enjoy sweet treats and connect with our welcoming Temple Family or simply the joy of community, there’s always a place for you and yours at our Temple. See our ad in this month’s Insider for more details.



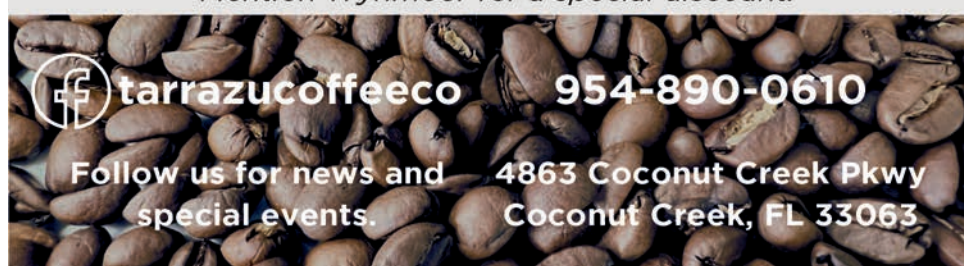
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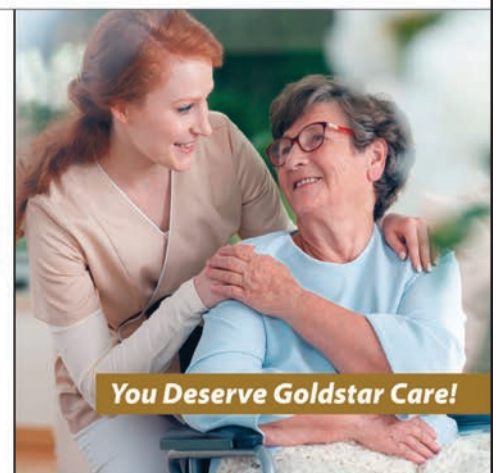


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Every year on February 4th, people around the world observe World Cancer Day—a day to raise awareness, encourage prevention, and support those affected by cancer.

Cancer affects millions of lives, but early detection and healthy lifestyle choices can save lives.



Why World Cancer Day Matters

- **Awareness:** Learn the early signs & importance of screenings
- **Prevention:** Exercise, eat healthy & avoid tobacco
- **Support:** Care for patients, survivors & caregivers
- **Research & Advocacy:** Push for better treatments for all

—“Cancer touches us all—let’s take steps today to *fight it together.*”—

Take Action Today:

- Schedule your health check-up
- Talk to your loved ones about screenings
- Support cancer charities or local events

Remember: Every small action counts in the fight against cancer.

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Happenings

Learn To Play Bridge Or Enhance Your Game

By Joan Friess

Tuesday, Bridge lessons will be given to players at 11:45 a.m. for 1/2 hour before the regularly scheduled duplicate game.

Friday, Bridge lessons will be given from 9:30-11:30 a.m. for beginners & intermediate players.

All lessons will be in the East Wing.

If you have any questions, call Lenny Fagen at 786-547-8201.

Come on in and learn.

Paper Tole Instruction

By Lenae Herman

I will be teaching Paper Tole in Wynmoor's Art Room, Tuesdays from 1:00-3:00 p.m. Register in the recreation room M-W-F, from 2:00-4:00 p.m.

Limited seating! 5 sessions available, each 4 weeks! Join the fun, make new friends and learn superior paper tole skills.

I have been doing paper tole for over 37 years! Hope to see you!

Paper tole is addicting!

Do You Eat Plants?

By Harold Kahn

A new group is forming for vegans, vegetarians and those following a plant-based diet, or for anyone who is interested in learning more about this healthful way of eating and living.

If interested, contact Harold Kahn at haroldkahn@verizon.net

Fun With Friends 2

The Original Studio54 Band is one of South Florida's most sought-after groups. The band was ranked the #1 cover band in Florida, #42 throughout the entire USA, and #70 globally by Reverb Nation. The group has headlined corporate events, fundraisers, weddings, private parties, clubs & theaters. Studio54 will keep your feet happy playing the most popular music of the 60s, 70s, 80s and 90s, as well as top Soul and Latin beats.

Seating purchases will be sold on a first come, first served basis. The cost to attend is \$10 for members and \$20 for non-members. **NO TICKETS WILL BE SOLD AFTER FEBRUARY 17th.**

For all other information email: admin@wynmoorfwf2.com

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2026 Homestead Exemption



Documents required to file a Homestead Exemption include:

- Current Florida driver's license/ Identification Card
- Current Voter registration card or declaration of domicile
- Non-U.S. citizens must also provide proof of permanent residency

Special 2026 Homeowner Sign-Up Dates:

- February 13, 2026
- March 13, 2026
- April 10, 2026
- May 8, 2026
- June 12, 2026
- July 10, 2026
- August 14, 2026
- September 11, 2026
- October 9, 2026
- November 13, 2026
- December 11, 2026

Deputy Property Appraisers will assist residents at the Country Clubhouse Library.

From 10:00 am - 12:00 pm



The property Appraiser's full outreach calendar can be viewed at www.bcpa.net/Events.asp. For further information visit our website at www.bcpa.net or contact The Outreach Department at (954) 357-5579.



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2902 VICTORIA | ASKING \$115,000 2/2 REMODELED, KITCHEN, FURN, WIDE GOLF/WATER



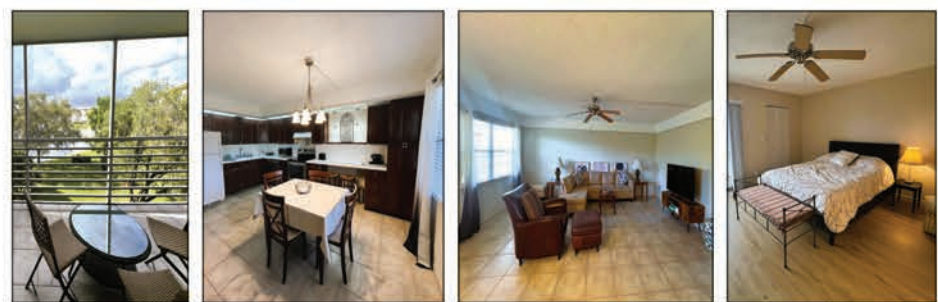
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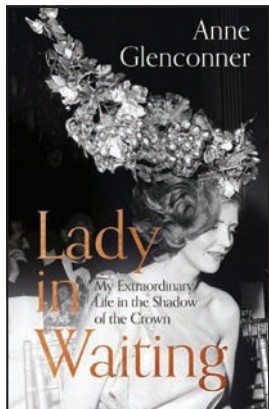
book review



By Beatrice Horowitz

Lady in Waiting

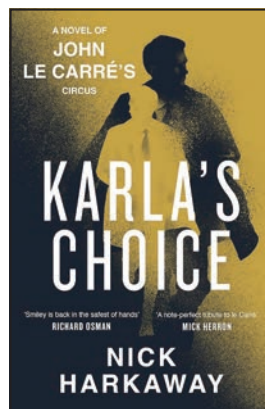
By Anne Glenconner



If you are one of those Americans who laps up news and rumors about the British royal family, you are going to love this book. As the eldest daughter of the Fifth Earl of Leicester, the author grew up with King George VI's children, tumbling around their Scottish estates from the time they could walk. Eventually the older, more serious Elizabeth became Queen, and Ms. Glenconner became a lady in waiting to Princess Margaret. But before becoming a lady in waiting she married Colin Tennant, son of the Second Baron Glenconner. It's Colin who drives much of the outrageous behavior in this memoir. There are over the top hilarious parties, temper tantrums including lying on the floor and kicking his feet, the purchase of an almost uninhabitable Caribbean island, sex shows, etc. The author's British cool and wit carry her through it all, but they don't protect her from the tragedies that befall her children. For me there were times that the high jinks of the British upper class wore thin, but in the end the author comes through as a real person who evoked my sympathy and admiration. A stiff upper lip comes in handy in life.

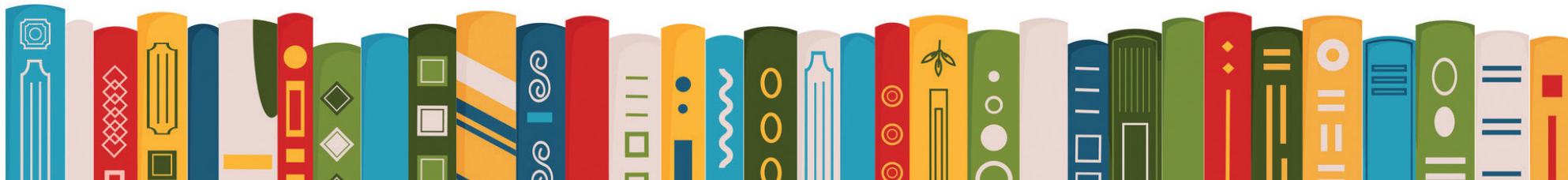
Karla's Choice

By Nick Harkaway



I don't remember at what age I read *The Spy Who Came in From the Cold*, but it was decades ago. I remember being enchanted by the particularly British sophistication of John le Carre's depiction of the moral universe of international spying. He seemed so knowing as he showed readers what it felt like to be a real person in that world. Mr. le Carre wrote several novels about George Smiley, but I only read one. Now his son has resurrected Mr. Smiley. I must admit there were long sections of this new book that I could not follow. The characters seem real, but the opacity of their world and their reasoning left me shaking my head. The action moves from London to Berlin, then Vienna, and finally Budapest, with each city's atmosphere accurately depicted. The characters are flawed but likable. The choices they make fit their personalities but don't bring them what they want. I can relate to that. But I still put down the book and thought, I just don't get it. Maybe I've gotten too old for British sophistication.

"When you lose yourself in a book, the hours grow wings and fly."—Chloe Thurlow



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By Sheriff Gregory Tony

BSO's Office Of Inspector General

From my first day as sheriff, I made a promise the Broward Sheriff's Office (BSO) would keep Broward County safe while operating at the highest professional standards. That commitment led me to establish the Office of Inspector General (OIG) in 2021, embedding accountability and transparency into every aspect of BSO's work. Upholding these high standards strengthens our organization, reinforces our integrity and makes our communities safer.

Through independent organizational oversight, the OIG strengthens our services through three divisions: Internal Affairs and Public Corruption, Policy and Accountability and Internal Audit. Staffed by both sworn and civilian professionals, these divisions work every day to ensure BSO operations are ethical, efficient and fiscally responsible.

The Division of Internal Affairs and Public Corruption investigates allegations of misconduct, including use of force and firearms discharge incidents, thoroughly and objectively. These investigations assess whether actions are consistent with BSO standards, ensuring personnel serve the public with integrity and professionalism. By conducting comprehensive, evidence-based reviews, the OIG identifies patterns of misconduct, recommends policy improvements and holds employees accountable when standards are not met. This oversight enhances operational effectiveness, reduces risk and ensures public safety operations are conducted efficiently, ethically and in a manner the community can rely on.

The Division of Policy and Accountability (DPA) establishes and maintains clear operational standards across BSO. Its Policy Unit routinely reviews and updates policies to align with state and federal laws, accreditation standards



and community expectations, providing employees with clear guidance to perform their duties safely and professionally. Within the DPA, the Research Unit applies data-driven analysis to identify trends, enhance operations and guide resources where they will have the greatest impact on community safety.

Additional units within the DPA further support responsible operations and public confidence. The Criminal Justice Information Services (CJIS) Compliance Unit ensures personnel are properly trained to use systems that contain sensitive information responsibly. While these systems provide deputies with real-time data to identify threats and protect the public, strict compliance

requirements ensure that information is accessed, shared and safeguarded appropriately.

The Division of Internal Audit provides an additional layer of oversight. The division is responsible for conducting financial, operational and performance audits across the organization. Detailed reports with actionable findings and recommendations optimizes resource allocation while protecting taxpayer dollars.

The OIG plays a vital role in upholding integrity, accountability and transparency at BSO. Through oversight and collaboration, these divisions guide policy, support sound decision making and protect public resources, delivering reliable and trusted service to the residents and visitors of Broward County.

Visit sheriff.org to learn more about BSO's Office of Inspector General, review the OIG Annual Report or discover opportunities to join our team.

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POETRY



Attention Span

By Joel V. Benjamin

Since there are many things worth pondering,
I rarely restrain my mind from wandering.
It doesn't stay on one track,
But leaves often and comes back.
Life has issued to me a limited ration
Of that essential ingredient: concentration.
If I could think of one thing at a time,
I'd attain heights sublime.
But I happen to be a man
With a short attention span,
So you'll have to repeat what you just said;
I was thinking of something else instead!

Punning

By Joel V. Benjamin

Has it ever occurred to you
That given a word or two
You can fabricate a clever invention
Utilizing the device of dual intention?
To be more precise
This particular device
When all's said and done
Is known as a pun.
It is a needle of wit in a haystack of audacity
For which not many have a receptive capacity.
Yet puns' perpetrators continue their mission
Without their apathetic audience's permission.
They are a courageous lot who know no fear
And speak their gibberish whenever there's anyone to hear.
They can't be intimidated
Nor their idle words eliminated.
And so we must use discretion
To avoid verbal indigestion.
When you see one coming, just be discrete,
And cross over to the other side of the street!

Life Is A Gamble, But You Can Improve Your Odds

Continued from page 13

medical issues. There are safe and effective vaccines for these viruses that are covered by Medicare and most insurances. Keep in mind, no vaccine and no medical treatment is 100% effective. Some vaccinated people will get infected, and some may be hospitalized or even die. But those with up-to-date vaccinations who do become infected are FAR LESS LIKELY to have severe symptoms, get hospitalized or die. Just as some people wearing seatbelts will die or get seriously injured in a severe car crash, many more will walk away without serious harm. Seatbelts save lives and so do vaccines. Even though life is always a gamble, you can improve your odds for a longer and healthier life. Don't smoke, limit sugar and junk food, exercise, walk carefully to avoid falls, wear a seatbelt while driving AND get the most up-to-date vaccines available.

Hillel Cohen, a Wynmoor resident, is a doctor of public health and a Clinical Professor of Epidemiology and Population Health at a medical school. He teaches physicians how to analyze scientific data and evaluate evidence. He is an author of over 200 papers published in peer-reviewed medical and public health journals.



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February 2026

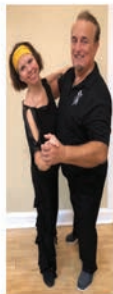
February 2



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February 9

Valentine's Day
Goldcoast's Phil Palma
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February 16 Chinese New Year
Year of the Horse
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2026
YEAR OF THE HORSE

February 23
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Friday, March 20, 2026

Screenings: 7:00 - 8:30 pm Lecture Hall
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Saturday, March 21, 2026

Screenings: 2:00 - 3:30 pm Lecture Hall
Reception: 3:30 - 5:00 pm Ballroom

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Safety Solutions

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

Bicycle Thefts On The Rise And What To Do About It



Bicycle thefts have been on the rise, particularly in Wynmoor Village and the Township area.

The reasons are hard to pinpoint. Oftentimes, bike thefts are what we call (and there's no pun intended here) "cyclical," meaning of course that it comes in cycles. That's likely what we're seeing here.

Most thefts happened from first floor storage areas of apartment complexes or townhomes. The thieves don't seem to be targeting any particular brand or type of bicycle. Some had a locking device that the thieves cut. Most were simply left out in the open and unlocked. We call that a "crime of opportunity" in that the thief might have been walking by and saw the bicycle and just rode away on it. Think about it – an officer could see the thief riding your bike but how would the officer know it's stolen? A person riding a bicycle is not all that suspicious.

The bad guys like to talk to each other – when word gets out that a particular area or community is a good place to steal a bike – you tend to get more of that unwelcome activity.

So, what can you do if you have a bicycle you don't want to get stolen?

We recommend locking mechanisms. Like most of everything in life, you get what you pay for. Cheaper locks you find at the department store can be cut. Employees at businesses that specialize in selling bicycles probably have the best ones to buy. While most bike locks can be defeated in some form or fashion, it does make the bicycle harder to steal. We call that "target hardening."

Most thieves are lazy. They don't want to do the work required to steal a locked bicycle, so they just choose the one left out in the open. Since these often are crimes of opportunity, you don't want to make it any easier for the thief.

If you have a nice bicycle, or one that you really love, the best thing to do may be to take it inside your home with you. Stand it up in the hallway. Or keep it in your locked porch area. I used to have a buddy who loved his ten-speed so much he would keep it in his kitchen.

We recommend you register your bicycle with us. You can do it by visiting www.coconutcreek.gov/bicycle, or go to our webpage (www.coconutcreek.gov/pd), scroll down a bit under "Services" and you'll see a place you can click to get to the registry. You can upload a photo of your bike, enter any pertinent information, and leave a contact number we can call if we find it.

We're confident that if you help us by locking your bike up, or bringing it inside, then this cycle of thefts will be over.

BE A GOOD NEIGHBOR.
LOOK OUT FOR EACH OTHER!

Fervently Trying To Fight Racism & Antisemitism



Robert Wolf M.D., grew up as the only child of Ervin and Judit Wolf. Their stories of their escape from communist Hungary, and his father's tragic history of escaping the Nazis twice but having his own parents deported to Auschwitz, inspired Robert to document his parents' tales and share those stories with Jewish groups and others throughout the United States. In "Not a Real Enemy," Robert shares his family saga and the forgotten history of the nearly half million Hungarian Jews who were deported and killed during the Holocaust-through an epic and inspiring tale of daring escapes, terrifying oppression, tragedy, and triumph. I am donating 10% of my proceeds to the U.S. Holocaust Memorial Museum in Washington, DC (USHMM) in honor of my late parents, both Holocaust survivors. They were Holocaust and history educators throughout their lives in the free world.

Critically Acclaimed Book

"Not a Real Enemy: The True Story of a Hungarian Jewish Man's Fight for Freedom"



Robert Wolf
RobertJWolfMD.com

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Automatic Renewal for the Limited-Income Senior Exemption

Property owners receiving the Limited-Income Senior Exemption do not need to reapply for this exemption annually. After the initial Senior Exemption application approval, this exemption automatically renews each year unless the senior notifies our office that they have exceeded the current year's income requirement for this exemption. People who received the Senior Exemption in 2025, whose income does not exceed the limit and are still living at the same address do not need to send in a renewal card to continue receiving this exemption.

My office will mail the 2026 Senior Exemption Renewal Cards to all exemption recipients later this month.

- **If your 2025 adjusted household gross income did not exceed the amount stated on the card, you DO NOT need to do anything** to continue receiving this valuable exemption for 2026. Your exemption will automatically be renewed at your homesteaded property.

- **If your 2025 adjusted household gross income did exceed the amount stated on the card**, you must return the card to our office stating that you no longer qualify to receive the Senior Exemption for this tax year.

If you did not receive the Senior Exemption for 2025 and believe you may qualify, please visit our website at web.bcpa.net – click on “Exemptions & Classifications” - to apply for the Senior Exemption and any other tax-saving exemptions online.

The deadline to apply for any 2026 exemption is September 18, 2026.

If my office can ever be of assistance to you, please call us at 954-357-6830 or email me directly at martykiar@bcpa.net.

Take care,
Marty Kiar, JD, CFA
Broward County Property Appraiser

Sawgrass Nature Center

By Linda Storfer

Close to 60 members of the Nature and Arts Club visited the Sawgrass Nature Center in Coral Springs last month and learned how the Center takes care of wounded animals while exploring the lush foliage.



Israel Network

By Linda Storfer

If you have children, grandchildren, or other relatives who are living in Israel, we invite to attend our next meeting of the Israel Network. We are a networking group of people who support Israel and share a common love for the land and are united by our family members who live there. We meet monthly in *the Cove*. We are not a religious or political group. We invite you to our next meeting which will be held on Tuesday, February 24th to meet Diane Gottlieb, an award-winning author and editor who will speak about her unusual trip last summer during which she toured the Warsaw ghetto, Auschwitz, Birkenau, and participated in the Wannsee Conference. She will share with her audience how these visits impacted her and how she responded which I am sure you will not want to miss. Come and meet old friends and make new friends. Please call 412-818-6883 to make your reservation and to help us better plan to serve you and enjoy the refreshments that will be served. Raffle prizes will be given out.



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“Timeless Mucha: The Magic of Line” A Very Fascinating Exhibit

By Barry Isaac

On a beautiful Thursday in December, I went to the Boca Raton Art Museum in the Mizner Park area. I saw splendid color lithographs by iconic Graphic Artist, Alphonse Mucha. According to the staff of the Mucha Foundation in Prague and Kelli Bodle, Curator at the Boca Raton Art Museum, this exhibit surveys the development of “le style Mucha,” which evolved to be synonymous with the sinuous, organic, and botanical forms of Art Nouveau in the late 19th and early 20th Centuries. I appreciated the following color lithographs very much; “Zodiac” (1896), “Arts Dance” (1898), “Monaco, Monte Carlo” (this color lithograph was used in posters publicizing train service between Paris and Monaco), “Le Trapisstine” (1896). This color lithograph was used to publicize liqueur which was made in a monastery. “Precious Stones, Topaz and Gismonda” (it is a fine depiction of Actress, Sarah Bernhardt), I also liked Alphonse Mucha’s oil painting, “Self Portrait Sketching In A Munich Apartment” and Mucha’s pulpit banner, Saint Parakeva.” This exhibit also emphasized his relationship with European Actress, Sarah Bernhardt and the plays Sarah Bernhardt performed in Alphonse Mucha’s color lithographs were used on posters and the inside and outside of publications,

especially in the European countries. I also liked Bob Masse’s “Fisherwoman Promotional Poster” and Dean Torrence’s “Diana Ross and the Supremes” which were offset lithographs. The Alphonse Mucha Exhibit ends on March 1, 2026.

I also liked the fine temporary exhibit, Too Late To Unwind, from the Elayne Mordes Collection, featuring splendid Contemporary videos by Chris Marclay “Telephones,” Isaac Julien, British Artist, “Baltimore” with charming depictions of the Walters Art Museum and the rowhouse apartments in Baltimore’s Inner City neighborhoods, Erwin Wurm “House” which speaks to us in English, and Adad Hannah. This exhibit ends on March 26, 2026.

From the permanent collection, I enjoyed seeing the following works of Art again; Jacques Martin Ferriere’s “Gondolas of Venice,” Maurice de Vlaminck’s “Village,” Enrico Donati’s “Oasis in Terracotta,” Fritz Scholder’s “Interior with Mountain Lion” and Guy Pene De Bois’ “At the Soda Fountain.”

At the Boca Raton Art Museum, there is plenty of free parking nearby. Visitors can now enjoy beverages and croissants at the museum’s small cafe by the sculpture garden. For more information, please call 561-392-2500.



Alphonse Mucha color lithograph, “Reverie”



Alphonse Mucha color lithograph “Sarah Bernhardt”



Maurice de Vlaminck’s “Village”

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Date	Time	Show	Price
Saturday, February 07	8:00 pm	· Piano Party	\$20.00
Saturday, February 14	8:00 pm	· Shake Rattle Roll featuring the New York Rockabilly Rockets	\$24.00
Saturday, February 21	8:00 pm	· The Modern Gentlemen	\$26.00
Saturday, February 28	8:00 pm	· Good Vibrations: A Tribute to the Beach Boys	\$26.00

MARCH

Date	Time	Show	Price
Saturday, March 07	8:00 pm	· Black Box Comedy Night	\$20.00
Saturday, March 14	8:00 pm	· Patrick Perone Elvis Tribute and the Blue Suede Rockers	\$28.00
Saturday, March 21	8:00 pm	· Frank Marino's Las Vegas Divas	\$28.00
Saturday, March 28	8:00 pm	· Simply Tina	\$28.00

APRIL

Date	Time	Show	Price
Saturday, April 04	8:00 pm	· Neil Dover Country Band	\$18.00
Saturday, April 11	8:00 pm	· Bang Zoom	\$18.00
Saturday, April 18	8:00 pm	· Three Act Night	\$18.00
Saturday, April 25	8:00 pm	· Mack the Knife: The Legendary Bobby Darin Starring Michael Mathews	\$18.00

FYI: Show details are subject to updates, modification, or substitution.
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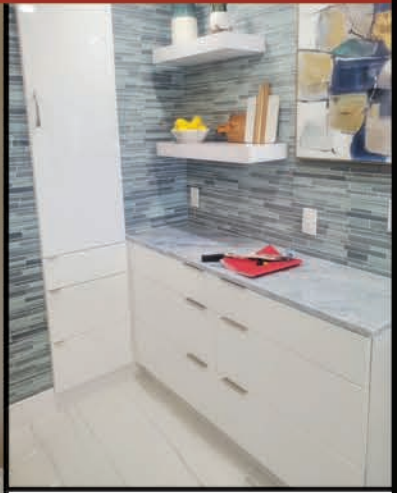
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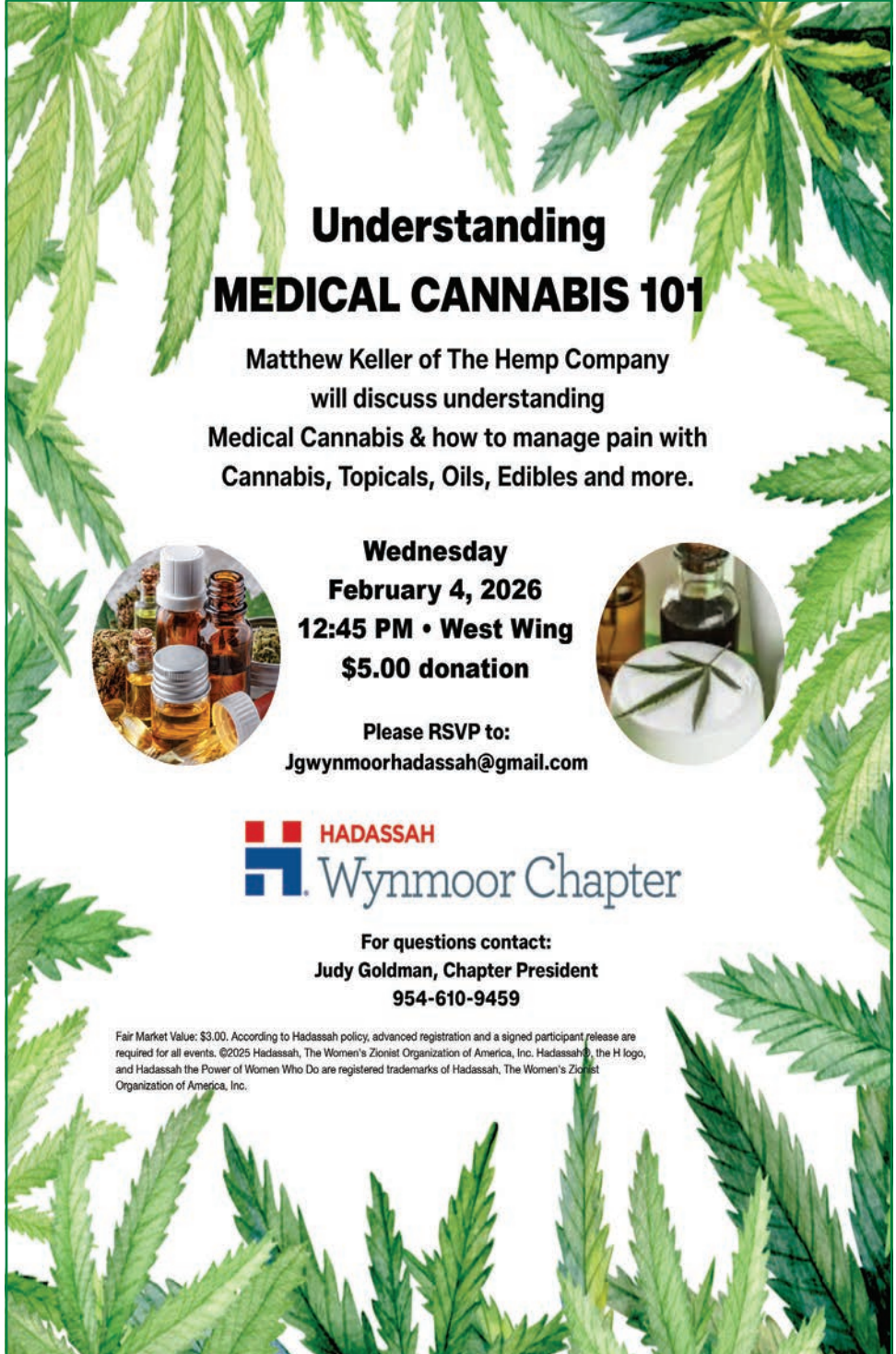
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Herb-Crusted Prime Rib with Red Wine Jus, Charred Asparagus, and Baby Potatoes

Ingredients:

- 1 prime rib roast (4–5 lb, bone-in or boneless)
- 2 tablespoons olive oil
- 3 tablespoons unsalted butter, softened
- 4 cloves garlic, minced
- 2 tablespoons fresh rosemary, finely chopped
- 1 tablespoon fresh thyme, chopped
- Salt and freshly ground black pepper, to taste
- 1 lb baby potatoes
- 1 bunch asparagus, trimmed
- 1 cup cherry tomatoes on the vine
- 1 cup beef stock
- 1/2 cup red wine
- 1 tablespoon flour (optional, for thickening jus)

Directions:

Remove the prime rib from the refrigerator 1 hour before cooking to bring it to room temperature. Preheat oven to 450°F (230°C). Pat the roast dry and rub with olive oil, butter, garlic, rosemary, thyme, salt, and black pepper.

Place the roast on a rack in a roasting pan and roast for 20 minutes to develop a crust.

Reduce oven temperature to 325°F (165°C) and continue roasting until internal temperature reaches 125°F (52°C) for medium-rare, about 1½–2 hours.

Toss baby potatoes with olive oil, salt, and pepper; roast alongside the beef during the last 45 minutes.

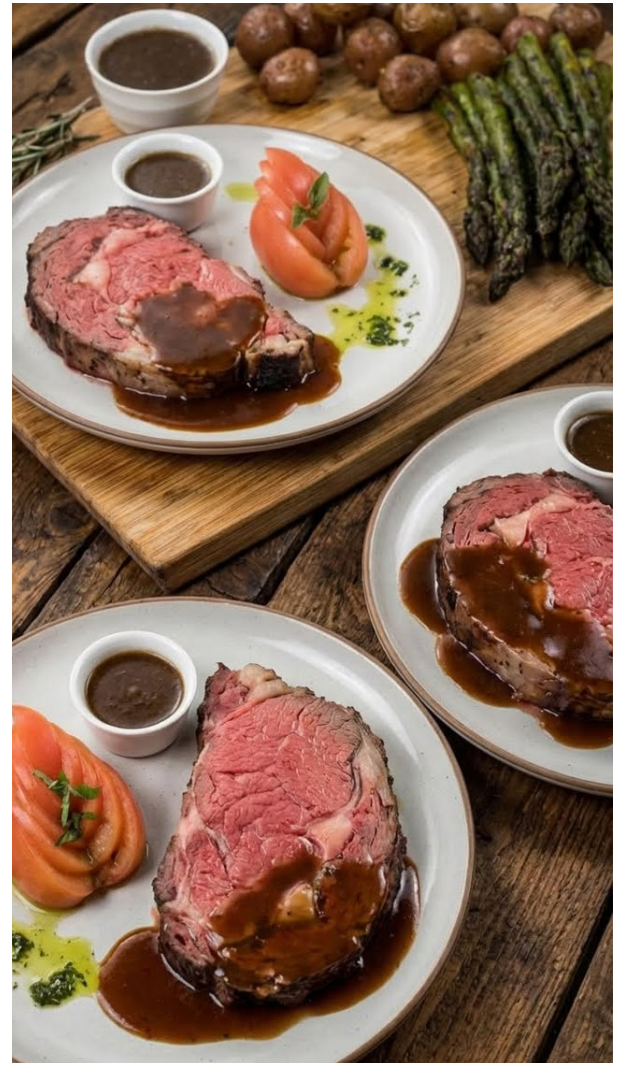
In the final 15 minutes, add asparagus and cherry tomatoes to the pan or a separate tray.

Remove roast from oven, tent loosely with foil, and rest for 20 minutes.

For the jus, deglaze the roasting pan with red wine over medium heat, scraping browned bits. Add beef stock and simmer until reduced; thicken with flour if desired.

Slice prime rib and serve with roasted vegetables and warm jus.

Prep Time: 20 minutes | Cooking Time: 2 hours | Total Time: 2 hours 20 minutes | Kcal: 680 kcal | Servings: 6 servings



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Wynmoor Residents Enjoying A Social Gathering And Celebration In The Cove

By Linda Storfer



Photography Club

By Jennifer James

The Photography Club season is well underway. We have camera enthusiasts working alongside cell phone photographers. They help each other meet the challenges of capturing effective images. This year we have fun outings planned followed by socializing over a meal and sharing our experiences and challenges. In February we will be visiting Flamingo Gardens (Botanical Gardens and Wildlife Sanctuary). There I know for sure the photographers will be working their equipment to the max as they strive to capture all the natural beauty of flora and fauna. At a club meeting, we will have a presentation by Sue Barbini, a Wynmoor professional photographer, who will help you take beautiful images of family and pets. In another meeting, we will discuss the various aspects of light in photography, the key component in all photographs. And, as we do in every session, we share our images for members' review to encourage growth.

If this sounds interesting, please join us the first and third Wednesdays at 3:00 p.m. in Grand Ballroom A. Dues are just \$10 per individual, \$15 for couples. All dues for the 2026 year were due by the end of January.



First Field Trip:
The Arboretum at Constitution Park, Deerfield Beach



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Clubs and Activities

All Wynmoor Clubs (regardless of name) are open to Wynmoor residents. Dues may be applicable. To publish 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 Stephanie Davis

Under the leadership and direction of Wynmoor resident Susan Baladi, she hopes to instill new interest and energy into this longstanding club. While belly dance has a long history of traditional form set to mid-eastern music, she has a new vision to make it more modern and fun for the average one of us. Still incorporating the traditional hip, shimmy and arm movements Susan will set this form of dance to current music of today that makes us want to sing and move to. Belly dance is great exercise...different from exercise class, water aerobics or weight training, yet it provides movements that will move your joints and help tone your muscles. We are novice beginner dancers. No prior dance experience is necessary, and everyone is welcome to join. The goal is to learn, move and dance to short line dance type routines. There is no intent to perform. The club meets Tuesdays at 2:30 p.m. Our room assignment changes each week between the West Wing and the Ballroom, so pick up the monthly flyers in the library, which will have all the information for the month. Check the club news and activities section in this and future issues of the Insider for future updates. For questions or more information, call Susan Baladi at 954-439-0313 or Stephanie Davis at 551-404-7301.

Ben's Friends Art Club By Enid Wolf-Schein

Want to express your creativity in some form of media and enjoy the camaraderie of fellow artists. Every Saturday a group of art lovers meets in the Country Club Art room from 9:00 a.m. to noon. The group is called Ben's Friends Club after the originator. Anyone in Wynmoor is welcome to join this friendly group. Just come in and see what we are doing if you are interested.

If you want more information call Rene Monblatt at 954-933-7755.

Billiard & Pool Club By Bob Horowitz

Have A/C indoor fun and meet new friends! Players of all skill levels are welcome. The Room is open 7 days a week from 8:00 a.m. to 11:00 p.m.

All residents and their guests* are welcome to play at the Wynmoor Billiards and Pool Room located in the Wynmoor Country Club building, next to the library. Boasting 14 tournament grade regulation size pool tables, 4 heated - 3 cushion billiard tables, and one regulation snooker table.

This Pool & Billiard Room has been called the best Pool, Billiard, and Snooker venue, public or private, in all South Florida. Please have your Wynmoor I.D. with you. *Guests must be registered at the Recreation Department, or with the guard at the Clubhouse, or must be accompanied by a resident.

Wynmoor residents can join the Wynmoor Billiards and Pool Club to participate in additional fun events. Past events included Karaoke Night, Comedy Club Night, Group BBQ & Dance, Picnic at *the Cove* with live music, Club Pool & Billiard Tournaments, and other social events for couples and singles.

The cost to join the Wynmoor Billiard and Pool Club is \$10 per year.

FREE POOL LESSONS: Put your name / phone # / Address on an envelope requesting lessons in the lockbox in the room or e-mail Wynmoorpoolclub@gmail.com.

Bocce Ball Club By Jim Erickson

Calling All New Players! The Bocce Ball Club led by Jim Erickson is looking for new members to join the fun!

Here's what you need to know:

- Two Player Groups: Choose the schedule that fits you best!
- Early Birds play Monday through Sunday from 7:30 - 10:00 a.m.
- Mid-Morning Group play Mondays and Saturdays from 10:00 a.m. - 12:00 p.m.
- Affordable Dues: Membership is only \$10 per year!
- Skill Level: All are welcome, regardless of experience.

It's a wonderful way to enjoy some fresh air, gentle exercise, and great company. Whether you're a complete beginner or have played before, you'll find a friendly group ready to welcome you. Give us a call and come see

what makes our bocce club so enjoyable. Ready to join? Contact Jim Erickson at 954-400-9302 for more information.

Bookies

By Sharon Curtis

We had a wonderful meeting January 6th with Susan Grossman, author of *Emily: Leaving The Life I Loved* available on Amazon, who lives in Wynmoor. Thank you so much Susan.

Calendar of events: February 3rd Choosing your own biographical book and giving a 5-minute review. March 3rd *Into The Magic Shop* by James R Doty MD, April 7th *View From Lake Como* by Adriana Trigiani, May 5th *House Of Glass* by Sarah Pekkanen, June 2nd *The Lion Women Of Tehran* by Marjan Kamali, July 7th *Buckeye* by Patrick Ryan, August 4th *The Berry Pickers* by Amanda Peters.

Meetings are held the first Tuesday of the month at 3:00 p.m. in the Sunrise Room in the East Wing of the Wynmoor Theater. Join us for an afternoon of lively discussion along with fun and laughter. We welcome all book lovers. For more information email, scwine101@gmail.com. Please include your phone number.

Bridge Club

By Joan Friess

The Bridge Club is averaging 14 tables each day. We began working on our Luncheon, which will be held in March, for all members of the Bridge Club. Bridge lessons are on Tuesday at 11:30 a.m. for good players who want to learn more, and on Fridays from 9:30 - 11:30 a.m. for advanced beginner and intermediate players. We look forward to seeing you soon.

Ceramics Club

By Tamara Tresniowski

Our studio is a fun and friendly place to discover your creativity. Lots of molds for all purposes and seasons. Also, our studio is a wonderful place to meet new friends. Come check us out and sign up for lessons. Our new member class is \$40, and you get lessons and a set of paints and tools to get your journey started. Dues are \$15. Our club is located at the clubhouse. We are open 9:00 a.m. - 12:00 p.m. Monday thru Thursday and 9:00 to 10:30 a.m. on Friday.

Chess Club

(Still) Plays Every Tuesday Evening

By Hillel Cohen

The Chess Club meets every **Tuesday evening** from 6:30 to about 9:30 p.m. in Card Room 1 at the Clubhouse. It's indoors and air-conditioned, so we meet no matter the weather, unless of course there is a hurricane going on. If you have played at the club before, come back and meet some of the new players. If you haven't participated before, what are you waiting for? Perhaps you haven't played since high school and you're wondering if you remember enough? We hear that a lot, because most of us hadn't played in years. So, stop wondering and start playing and you'll be surprised how quickly it will come back. The Wynmoor Chess Club welcomes all players at all levels. And if you play online or against a computer, come and experience the difference of face-to-face play. There are no dues and no fees. Chess sets are provided. Games are casual and relaxed. No one's keeping score or rankings. The point is to have a pleasant time while exercising our brains.

Clay Sculpture Club

By Sandy Werner

The Clay Sculpture Club Studio is bordered by the golf course on one side and *the Cove* on the other. The studio is light and beautiful and open to anyone in our Wynmoor community who would like to try their hand at sculpture. We will be offering some introductory courses to encourage and to give courage to those who have not "played with clay" for a very long time.

Please call Sandy Werner at 973-476-6943 or Pierrette Zeestraten at 514-704-4497 for more information.

Current Events

By Susan Myers

Please join us each week as we discuss various topics of interest to Wynmoor residents who get together every Tuesday morning from 10:00 - 11:30 a.m. in Card Room 1 within the Country Club area. Topics vary depending on the

Clubs and Activities

Continued from page 57

needs of the individual speaking. We begin each meeting with news related to Wynmoor management issues based on their most recent meetings. Following each meeting, we often get together for lunch. You are always welcome!

Call David Behr at 954-975-9191 and Susan Myers at 954-933-7743.

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Democratic Club

By Steve Vajda

Democratic Club Monthly Meeting is Tuesday, February 3rd, promptly at 2:00 p.m. in the Country Club Ballroom. Doors open at 1:30 p.m.

1:30-2:00 p.m.: Representatives of the Broward Supervisor of Elections Office will assist you in voter registration and "Vote By Mail" (VBM). Representatives of the Broward Property Appraisers Office will explain special tax benefits for Seniors, how to protect your Property Deed, and how to claim exemptions. Representatives of the Broward Tax Collector's Office will be available to review your county tax bill.

Presentations

2:00 - 2:30 p.m.: Meet the WDC Candidates: Wynmoor Democratic Club Candidates for Election at the March meeting, will give a brief overview of their visions for the 2026-2028 term.

2:30 - 3:00 p.m.: Street Rally Posters: Last year, one of our most successful meetings was creating posters we are using at the Weekly Street Rallies. We will have poster boards and marking pens to create posters with updated themes.

Note: To vote at the March 3rd Meeting, all WDC members must have already renewed your 2026 membership no later than January 31st.

Contact Steve Vajda at stevevajda@hotmail.com or 305-720-5860.

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Drawing and Painting Club

By Beatrice Horowitz

Want to hang out with fellow artists, work on your projects and exchange ideas and information? Join us on Wednesday afternoons from 1:00 - 4:00 p.m. in the Clubhouse Art Studio. In the next few weeks our members will be participating in Wynmoor Art Festival, enjoying our annual lunch, and taking part in life drawing sessions. Dues are \$10 a year. Any questions, contact beatrice.horowitz@gmail.com

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Fishing Club

By Paul Villano

Meets the first Monday of every month from 3:30 to 4:30 p.m. in Ballroom C. Come join us for our next meeting this Monday, February 2nd. The first meeting is free so you can find out who we are and what we do. Dues \$10 individual \$15 couple. For more information visit the Library Club carousel or email: fishingclubwynmoor@yahoo.com or call or text Paul at 516-526-5313.

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Fun With Friends 2

By Benjamin Zoe

Our next dance will be on Sunday, February 22nd and will feature The Original Studio54 Band. Dance registrations will ONLY be made available via our website: <https://wynmoorfwf2.com/> beginning on February 1st. Renewal for our May 2025 to April 2026 season memberships is ongoing. Please use the website to purchase memberships and tickets.

THE ORIGINAL STUDIO54 BAND

The Original Studio54 Band is one of South Florida's most sought-after groups. The band was ranked the #1 cover band in Florida, #42 throughout the entire USA, and #70 globally by Reverb Nation. The group has headlined corporate events, fundraisers, weddings, private parties, clubs & theaters. Studio54 will keep your feet happy playing the most popular music of the 60s, 70s, 80s and 90s, as well as top Soul and Latin beats.

Seating purchases will be sold on a first come, first served basis. The cost to attend is \$10 for members and \$20 for non-members. **NO TICKETS WILL BE SOLD AFTER FEBRUARY 17th.**

Membership does not guarantee dance admission due to the Ballroom's legal occupancy limits.

For all other information email: admin@wynmoorfwf2.com

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Glass Kiln Club

By Vicki Mitchell

New members are trained at the beginning of each season by club President Oreet Fagen, and there is much to learn! Selecting your glass, cutting it, grinding it, tacking or fusing it, and selecting your mold to slump it are some of the steps in creating the beautiful works that result from these efforts. Jewelry, bowls, dishes, serving pieces, candle holders, night lights, ocean waves, village scenes and free form sculptures are just some of the creative

pieces being produced. We also have the chance to learn new techniques and get new ideas from Oreet at the beginning of each season. The club has monthly breakfast meetings and participates in the Art Walk and upcoming Art Show. Club officers, in addition to President Oreet Fagen, include Vice-president Sharon Schultz, Treasurer Lenny Fagen, and Secretary Judy Platt.

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Hadassah

By Judy Goldman

A special thank you to Iris Sandberg, Hadassah Florida Atlantic VP who enlightened our membership last month about the "Wonders of Hadassah." Her presentation included a film on the spectacular Gandel Rehabilitation Center in Israel that Wynmoor Hadassah has been supporting since the October 7, 2023 attack.

Join us on Wednesday, February 4th in the West Wing for our General Meeting and discussion on, Understanding Medical Cannabis 101. Matthew Keller of the Hemp Company will discuss understanding how to manage pain. Doors open at 12:45 p.m.

Mark your calendar for Monday, March 16th for our annual Luncheon & Fashion Show. Details to follow shortly.

I want to thank all the staff from Wynmoor for their help with our meetings and programs, our success would not be possible without you.

Meetings are held on the first Wednesday of the month at 12:45 p.m., in the West Wing. Bagels, coffee & tea will be served. \$5 per person at the door.

If you have any questions or ideas please contact Judy Goldman, Wynmoor Chapter President at 954-610-9459 or Jgwynmoorhadassah@gmail.com

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Health and Wellness Club

By Hope Myers

For more information, please call Hope Myers, President, at 954-971-9538.

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Ladies Circle

By Diane San Anton

We are excited to introduce singer Sally Sutton for our February 26th meeting. Sally originally came from Ohio and got the "theater bug" in the 4th grade. In High School she was in both the Drama Club and Glee Club. She later attended the Cincinnati Conservatory of Music majoring in Musical Theater. After moving to Florida, she put together a cabaret act, got herself an agent and started her professional career. She is "honored to be with us" so let's give her a warm welcome.

Doors open at 11:15 a.m. in Ballroom C. Door Fee: \$3 no exceptions.

Any questions please call Diane San Anton at 954-590-2794 or email: telepixie@hotmail.com.

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Mah Jongg Club

By Judy Palma

For more information, please contact Judy Palma at 609-577-5946 or Nancy Smith at 954-610-1539, or send an email to nancylsmith1021@gmail.com

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Monday Night Dance and Social Club

By Tamara Tresniowski

Happy February!! Time flies when you are having fun and we definitely are having fun dancing on Mondays. This month is busy. February 2nd Dorothy and Dan are continuing The Nightclub Two-Step. It is also National Carrot Cake Day, so our theme is orange. February 9th is our Valentine's Day celebration and Goldcoast's Phil Palma will be teaching a "5 in 1" dance lesson showing how some steps can be used in 5 different dances. Wear Red or hearts. Happy New Year again. February 16th is Chinese New Year. It is the Year of the Horse. The horse symbolizes Energy, Freedom and Passion! The dance team will be teaching a Waltz line dance. The month ends February 23rd with Ron Troy teaching the Cha Cha. EVERY Monday Night, EVERYONE is welcome. 6:30 until 9:30 p.m. (dance lesson 6:50 - 7:20 p.m.). Come join the fun. \$10 a year and \$2 each week. Guests are \$5.

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Nature And Arts Club

By Linda Storfer

The next meeting of the Nature and Arts Club will be held on Thursday, February 5th where we will welcome three fellow Wynmoor residents and club members who are authors. Our panel of writers will discuss their writings and the process involved in making their works come to life. On Thursday, February 19th our much long-awaited bus trip to Vizcaya Mansion and Gardens will be held and our members will feel like they went to Italy

Clubs and Activities

for the day. All trips and breakfasts are open to members only. Prices have gone up in the supermarkets and at the gas pumps, but our dues are still only \$15. For more information about membership please contact Sheryl Darby at 954-977-4008. You can pay your dues with a \$15 check and mail it to Sheryl at 3302 Aruba or drop your check in the black box in the mailroom of that building opposite the elevator. Remember Valentine's Day is this month so be sure to kiss a frog or a crocodile.

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Needlework Click

By Barbara Bilello

Our February meetings are the 2nd and 4th Tuesday, on the 10th and 24th. We meet in the West Wing from 1:00 - 4:00 p.m. If you are new to Wynmoor and would like to meet new friends, come and join us. We are a friendly group, and you'll have an enjoyable afternoon whether you knit or not.

We have knitting, crochet, needle point, and chatter as everyone is welcome. We serve coffee, tea and yummy snacks. Remember if you have yarn that you don't need anymore, please call Barbara at 908-239-0010 and I will pick it up.

.....

Night Tennis

By Jo Ann Perreault

The Night Tennis program has been run for 16 years under the guidance of Jo Ann Perreault and Dennis Levans. Every Monday, Tuesday, and Thursday nights from 6:30 - 8:00 p.m., with a warmup period beginning at 6:15 p.m., they shepherd players to a good time.

Monday and Tuesday fee of a dollar is requested, no charge on Thursdays. The money collected is used to purchase balls, so they always play with new balls, and the surplus funds are used for pizza parties.

The required skill level is 3.0 – meaning being able to serve, and return serve effectively and to maintain one's part in a rally. If this describes your ability, please come, and join the players for exercise and socializing under the lights.

.....

Photography Club

By Jennifer James

The Photography Club season is well underway. We have camera enthusiasts working alongside cell phone photographers. They help each other meet the challenges of capturing effective images. This year we have fun outings planned followed by socializing over a meal and sharing our experiences and challenges. In February we will be visiting Flamingo Gardens (Botanical Gardens and Wildlife Sanctuary). There I know for sure the photographers will be working their equipment to the max as they strive to capture all the natural beauty of flora and fauna. At a club meeting, we will have a presentation by Sue Barbini, a Wynmoor professional photographer, who will help you take beautiful images of family and pets. In another meeting, we will discuss the various aspects of light in photography, the key component in all photographs. And, as we do in every session, we share our images for members' review to encourage growth.

If this sounds interesting, please join us the first and third Wednesdays at 3:00 p.m. in Grand Ballroom A. Dues are just \$10 per individual, \$15 for couples. All dues for the 2026 year were due by the end of January.

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Pickleball Club

By Ruth Halpern

Are you ready to start fulfilling three of your resolutions? You are going to love being more active, meeting new people all while learning how to play pickleball. We have a class for Newbies/Beginners on Mondays at 1:00 p.m. Send an email to pcw.classes@gmail.com to enroll. Check out our bulletin boards in the Pavilion at the Racquet Center for more information and to see our up-and-coming events planned for the season. We accept new members year-round. Joining is simple, go to www.wynmoorpcw.com, click on register.

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Pottery Club

By Edwin Meyer

The Pottery Club continues to evolve. We have implemented a system to have membership be a larger part of our management and decision making along with the Board. For example, our first post-Covid graduates among other newbies have become so proficient in their area of interest that the students have now become the teachers and suggested we begin monthly reviews of basic techniques depending on need for members who for no fault of their own have been unable to develop their skills. We now offer monthly reviews of basic techniques which are also a plus for returning snowbirds.

We will be having an Intro/Beginners class this February so if you are on the waiting list make sure susan.slear@gmail.com is in your contacts so you won't miss the emailed announcement.

.....

Stone Carving Club

By Gil Savitzky

We welcome new members with previous skills or those who have never carved stone. Please contact Gil Savitzky at 516-318-7272 or Loetita Capeloto at 954-895-3145.

Please stop by any Wednesday between 1:00 - 4:00 p.m. and see first-hand how this is done. Looking forward to seeing you.

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US Club

By Sharon Poulos

The US Club is presenting *A Tom Jones* and *Roy Orbison* tribute to remember! This act brings the legendary singer Tom Jones' powerful voice, charm and iconic hits like "Delilah," "She's A Lady," "It's Not Unusual" and so much more to life! Followed by the complex and emotional ballads of Roy Orbison with songs like "Candy Man," "Only The Lonely" and "Blue Angel." Come join the fun! You don't want to miss this fabulous tribute show! Tuesday, February 10th. Wynmoor Ballroom at 7:30 p.m. Members cost is \$7 per person and guests are \$12 at the door. For questions contact Ceil Eitman at 973-513-1591.

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WGA

By Nathalie Carlson

Our ever-popular Guys and Dolls will be held on February 7th. Please arrive by 7:30 a.m., tee time is 8:00 a.m. Breakfast and lunch will be served. A sign-up sheet is posted at the pro shop. Details to follow.

The Championship Tournament starts in February. Stroke Play will be held on February 17th and February 19th. Match Play is on February 24th and February 26th. Super Sunday will be held on March 1st with a rain date on March 8th. Your handicaps as of December 31, 2025 are the ones being used. A sign-up sheet with your name on it will be posted in the pro shop. Remember if you can't play every assigned round please do not sign up.

Our awards dinner is being held at Colony West in Tamarac on March 22nd. The cost will be \$85 per person. From 6:00 to 7:00 p.m. there will be complimentary beer and wine with hors d'oeuvres. A regular bar will be there as well. Dinner will be served from 6:00 to 10:00 p.m. Music provided by Mike Rapposelli. A sign-up sheet will be posted at the pro shop with more information. Evening attire is recommended.

There seems to be some confusion on signing up for Thursday's game. If you plan on playing on Thursday, please sign up by Monday so we can get the teams put together. Put your \$5 in an envelope with your name, date and number and drop it in the WGA Tournament box in the pro shop. Thank you for your cooperation.

Our next WGA General Membership meeting will be held on February 4th at 7:30 p.m. in the West Wing. Please plan on attending to stay informed of upcoming events.

For more information on events and tournaments of the WGA please contact John Railey at 917-763-7398 or Mike Ramati at 954-654-2648.

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WLGA

By Linda Sue Lewis-Moors

WLGA membership costs \$30 for golfers or \$10 for social members. There's also a fee of \$25 for WGA (Wynmoor Golf Association) membership, since WLGA members participate in WGA activities. These include monthly evening meetings with refreshments; game nights; annual championship tournament and awards dinner/dance; bi-monthly Nine & Dine and Guys & Dolls events; and annual golf getaway. For more information about WLGA, please call Karen Beckman, WLGA President, at 262-374-2672.

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Women's Pool Group "The MsCues"

By Bob Horowitz

Have fun and meet new friends! Players of all skill levels are welcome. We meet every Tuesday from 3:00 - 5:00 p.m. at the A/C indoor Wynmoor Billiard and Pool Room located in the Wynmoor Country Club, next to the library. Please have your Wynmoor I.D. with you.

MsCues Members are members of the Wynmoor Billiards and Pool Club and can participate in additional fun events. Past events included Karaoke Night, Comedy Club Night, Group BBQ & Dance, Picnic at the Cove with live music, Club Pool & Billiard Tournaments, and other social events for

Clubs and Activities

Continued from page 59

couples and singles.

Any questions about the MsCues contact Carol at cas242@hotmail.com or call 978-979-1681. The cost to join the Wynmoor Billiard and Pool Club is \$10 per year.



FREE POOL LESSONS: Put your name / phone # / Address on an envelope requesting lessons in the lockbox in the room or e-mail Wynmoorpoolclub@gmail.com.

Woodworking Club

By Ernie Fleury

The Wynmoor Woodworking Club is open 7 days a week from 9:00 a.m. to about 4:00 p.m. We are located at the east end of the Clubhouse. There is a club officer present daily and inquiries can be addressed by most members present at that time.

Video and Film Club

By Eddie Dex

The Wynmoor Video Club's members are people who enjoy creating videos that are being made BY and FOR the residents of Wynmoor. The club has a selection of cameras, wireless microphones, lights and a great, easy to use, editing system that can accept videos from cell phones, emails or over the internet. We enjoy capturing and sharing the fun and excitement of Wynmoor people's lives, events and vacation travels. Many local Wynmoor residents have had fascinating life stories to share in our interviews. Suggestions about other new videos and active club member contributions are welcome.

Please contact us through the club email address at Wynmoorvideo@gmail.com or call Eddie Dex at 954-305-4627.

Watch our Video Club videos... on Facebook at Wynmoor Video Club, on YouTube at Wynmoor Video Club, or on YouTube at Wynmoor Community Television, Playlist.

Writers' Workshop

By Dr. Judy Weissman

What will you be writing this year? For support, positive feedback, and encouragement, come to the Writer's Workshop.

Contact Club President, Nancy Heller Moskowitz at laughlady55@aol.com.

Wynmoor Short Film Festival

By Enid Wolf-Schein

Sales Begin... Be #1 To Get Your Ticket. Tickets for the 6th Annual Wynmoor Short Film Festival go on sale Wednesday, February 4th in the Country Club Library from 2:00 to 4:00 p.m. Sales will continue every Wednesday until all tickets are sold. You can see nine films, go to a reception featuring wine or soft drinks and all the popcorn you can eat, learn two popular line dances, and have your photo taken on the red carpet all for \$5. You will also have an opportunity to meet the filmmakers and casts as well as have a chance to rate your favorite film. (That film will be the lead in the following years event.) The 2026 collection of short films is very eclectic both in content and time ranging from three to 19 minutes averaging 9 minutes. Of course, no commercials. Ticket sales will continue until they are sold out and we have sold out every year —so come soon.

There is Something for Everyone
at Wynmoor



Join **Now** →
JOIN A CLUB -
BRING A FRIEND

CLUBS

PLEASE CONTACT CLUB PRESIDENTS FOR FURTHER CLUB INFORMATION.

B

Ballet Exercise	954-973-7740
Belly Dance Exercise	954-439-0313
Ben's Friends Art Club	954-933-7755
Billiard & Pool Club	516-582-8327
or wynmoorpoolclub@gmail.com	
Bocce Club	954-400-9302
Bookies Book Review	754-231-6368
Bridge	561-676-9390

C

Canasta	954-822-6245
Ceramics Club	450-567-2950
Chess Club	917-548-5120
Clay Sculpture	514-704-4497
Conservative Club	954-956-3158
Current Events	954-933-7743

D

Democratic Club of Wynmoor	305-720-5860
Drawing/Painting Workshop	847-338-5962

E

Eastern European Social	267-688-2580
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F

Fishing Club	516-526-5313
Fun with Friends	973-820-1392
or FunWithFriendsWyn2@Gmail.com	

G

Glass Kiln Club	416-432-1280
Golf Association	954-971-6544
Great To be Alive (GTA)	954-590-8823
Guys & Dolls	954-971-6544

H

Hadassah	954-612-1629
Health & Wellness Club	954-971-9538

L

Ladies Circle Club	954-242-5421
Ladies Golf Association	282-374-2672
Latin Women's Club	954-676-2773

M

Mah Jongg (Monday)	954-822-6245
Mah Jongg (Friday)	954-822-6245
Monday Night Dance & Social Club	954-867-8774

N

Nature & Arts Club	215-760-4606
Needlecraft Clique	754-222-6375

P

Photography Club	917-359-7181
Pickleball Club	203-589-7733
Pottery Club	631-495-4868

R

Republican Club	954-579-3118
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S

Shades of Color	954-984-3672
Social Duplicate Bridge (Tuesday)	954-970-3456
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Tennis Club -	516-302-5229
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Women's Non-Fiction Book Club	954-979-0295
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February... Heart Health Month Caring for Your Heart at Every Age

By Gayle Daniel



February is Heart Health Month, a reminder that caring for your heart is one of the most important investments you can make in your overall well-being. Heart disease remains the leading cause of illness among older adults, but the good news is that many heart-related conditions can be managed or prevented with simple lifestyle habits and the

right support.

Staying active is one of the best ways to protect your heart. Regular movement helps control blood pressure, manage weight, and improve circulation. This does not mean strenuous workouts are required. Gentle walking, swimming, light stretching, or low-impact fitness classes can keep your heart strong without straining your body. Even short periods of movement throughout the day add up.

Nutrition also plays a major role in heart health. Eating meals rich in fruits, vegetables, lean proteins, and whole grains supports healthy cholesterol levels and blood pressure. Reducing salt and processed foods can further protect your heart. Staying hydrated is just as important, especially as thirst signals may weaken with age.

Managing stress is another key factor. Chronic stress can strain the heart, affect sleep, and impact mental health. Taking time to relax, enjoy hobbies, connect with friends, or practice deep breathing can help lower stress levels and improve overall heart health.

Medication management is especially important for seniors living with heart conditions. Taking medications as prescribed, attending follow-up appointments, and monitoring symptoms all help prevent complications. Missing doses or mixing medications incorrectly can have serious consequences.

Finally, regular checkups are essential. Monitoring blood pressure, cholesterol, and heart rhythm allows health concerns to be addressed early. Listening to your body and reporting symptoms like fatigue, shortness of breath, or dizziness can make a meaningful difference.

Loving Embrace Home Care (LEHC) supports seniors by providing medication reminders, assistance with daily routines, companionship, and wellness support that promotes heart health and independence. If you or a loved one could benefit from extra support at home, LEHC is here to help you live safely, confidently, and comfortably. See our ad on page 28.

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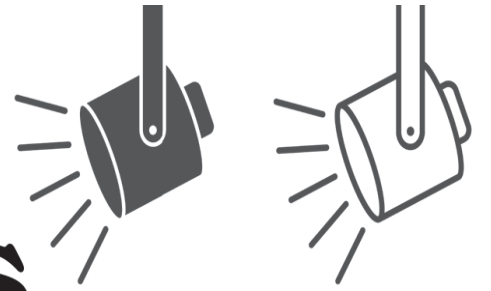
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Theatre Shows

February 2026



PIANO PARTY

Saturday, February 7, 2026, 8:00 PM

\$20.00



From the same group that brought us the wonderful Carole King evening last season comes Piano Party. Dueling piano players/singers will take the stage performing the biggest songs from the last fifty years or more. This concert is 100% chosen by you, as this is an all-request evening. At the drop of a party hat they play and sing only what you have asked for.

SHAKE RATTLE ROLL FEATURING THE NEW YORK ROCKABILLY ROCKETS

Saturday, February 14, 2026, 8:00 PM

\$24.00

Once again, the New York Rockabilly Rockets return to Shake, Rattle, and Roll Wynmoor. This nostalgic journey through the 50s and 60s will have you clapping, singing, and dancing all night long. If you love Roy Orbison, Carl Perkins, Johnny Cash, Bill Haley & his Comets, or the Stray Cats then this is the night for you!



THE MODERN GENTLEMEN

Saturday, February 21, 2026, 8:00 PM

\$26.00



Back by popular demand The Modern Gentleman, originally brought together as The Four Seasons by Frankie Valli himself. Bringing the hits of the doo-wop generation in wonderful four part harmony, this group offers a cool, new take on the classic songs you love. When The Modern Gentlemen take the stage, they bring their charm, high energy, and harmonies to the top.

GOOD VIBRATIONS:

A TRIBUTE TO THE BEACH BOYS

Saturday, February 28, 2026, 8:00 PM

\$26.00

Good Vibrations celebrates the legacy and spirit of the legendary California icons The Beach Boys. Welcome the days of sun, surf, and cars to the Wynmoor Theatre with all the famous Beach Boys anthems, surf guitar shreds, and ocean-deep harmonies faithfully reproduced exactly how you remember them.



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The Aloha Philosophy

By Manohara Ferretti, M.Div.

Serge King PHD is the author of many books on the Huna philosophy of Hawaii. He wrote a little booklet on The Aloha Spirit which is distributed for free by the non-profit Aloha International a worldwide nonprofit organization dedicated to promoting world peace.

The Aloha Philosophy is one we can all follow for greater peace in our own lives and in the world around us. Dr. King defines Aloha as more than just a word for hello or goodbye. "It's deeper meaning is the joyful (oha) sharing (alo) of life energy (ha) in the present (alo)."

There are 7 principles to the Aloha Philosophy:

1. **IKE:** The world is what you think it is. If you see the world as scary It will be so for you. If you see the world as loving, it will be so for you.
2. **KALA:** There are no limits. The universe is a limitless place where we can create and live our best lives. Limits exist if we choose to limit ourselves.
3. **MAKIA:** Energy flows where attention goes. When we focus on the positive, we experience positive results. Good or bad will come into our lives depending on where we place our energy!
4. **MANAWA:** Now is the moment of power. In the present moment, we feel free, safe and at peace. Here in the now is where we have the power to choose what comes next, the power to change or shift our experience, the power to embrace all of who we are.
5. **ALOHA:** To love is to be happy with. Accepting what is and loving oneself is the key to happiness.
6. **MANA:** All power comes from within. Spending time with oneself, getting to know yourself better and loving what is within you develops personal power.
7. **PONO:** Effectiveness is the measure of truth. Whatever you do or think, if it is effective in bringing you peace of mind, it is true.

Applying the Aloha principles is easy but Dr. King says, you must remember to do it and to do it a lot! Bless everyone and everything that represents what you want!

Bridge Lessons

Good morning all,

The Wynmoor Bridge Club is offering a 10-week series of bridge lessons every Friday morning from 9:30 - 11:30 a.m. in the East Wing. The lessons are designed for advanced beginners and intermediate players who have a good grasp of bridge fundamentals. Each class starts with a 45-minute lesson that is then followed by a supervised 1 hour and 15 minute "play-of-the hand" experience. The 1st 2 weekly lessons are free, and thereafter, there will be a \$5 charge per lesson.



Please spread the word to anybody in Wynmoor that might be interested.

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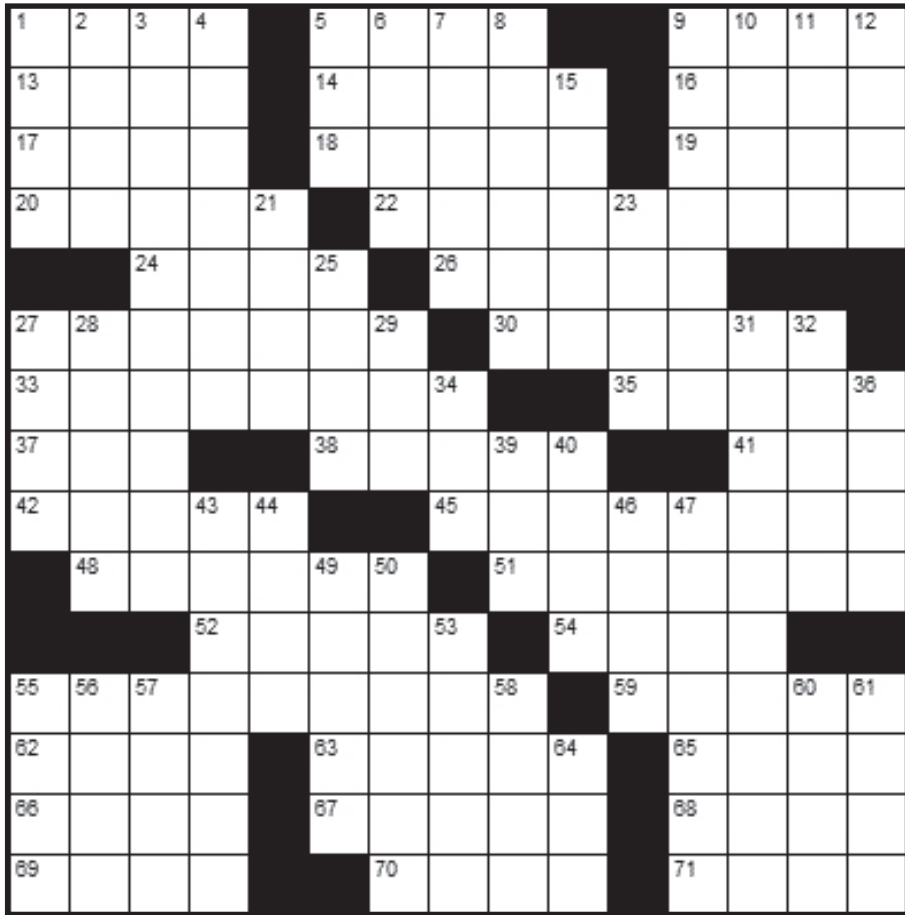
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Puzzles and Games

Solutions on page 66

Crossword Puzzle



ACROSS

- 1. Ignorant
- 5. Sponsorship
- 9. Formerly, a monarch of Iran
- 13. Sloth
- 14. Radiolocation
- 16. Bingo relative
- 17. Pickle flavoring
- 18. White poplar
- 19. Metal used in steel
- 20. Inscribed pillar
- 22. Glider
- 24. Bend
- 26. Symbol of slowness
- 27. A bat and ball game
- 30. Other than
- 33. Saws for cutting metal
- 35. Denude
- 37. How old you are
- 38. Discovered
- 41. Estimated time of arrival
- 42. One cent coin
- 45. Borderline
- 48. Water vapors
- 51. Relevant
- 52. Geologic period

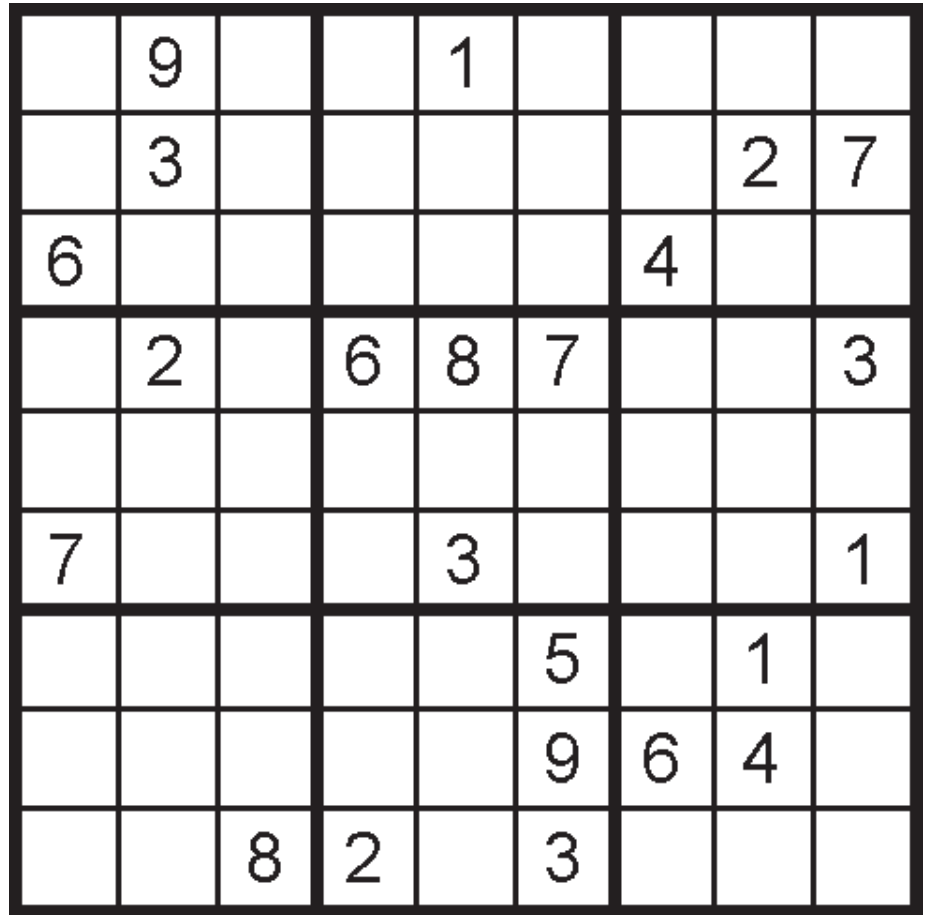
- 54. Cried
- 55. Inedible mushroom
- 59. 10 in a decade
- 62. Angle between leaf and branch
- 63. Mistake
- 65. Balm ingredient
- 66. Yield
- 67. Marsh plant
- 68. Talon
- 69. Anagram of "Nose"
- 70. Exploit
- 71. Song of praise

DOWN

- 1. Garb
- 2. Module
- 3. Malevolent
- 4. Castrated bull
- 5. Chapter in history
- 6. Chats
- 7. Notions
- 8. Containing salt
- 9. Frying pan
- 10. Wife of Zeus
- 11. Any minute
- 12. Sharpen
- 15. Become calm
- 21. Large northern deer

- 23. Photos
- 25. Unable to hear
- 27. Fella
- 28. Goes ballistic
- 29. One plus one
- 31. Before birth
- 32. Moon of Saturn
- 34. Total
- 36. Wan
- 39. Henpeck
- 40. Illustrated
- 43. Sharp pointed implements
- 44. Blabs
- 46. Between black and white
- 47. Accuse of official misconduct
- 49. Particles
- 50. Tallied
- 53. Multitude
- 55. Mexican sandwich
- 56. Beasts of burden
- 57. Assistant
- 58. Opera house box
- 60. Wander
- 61. Stitched
- 64. Bloodshot

Sudoku



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.

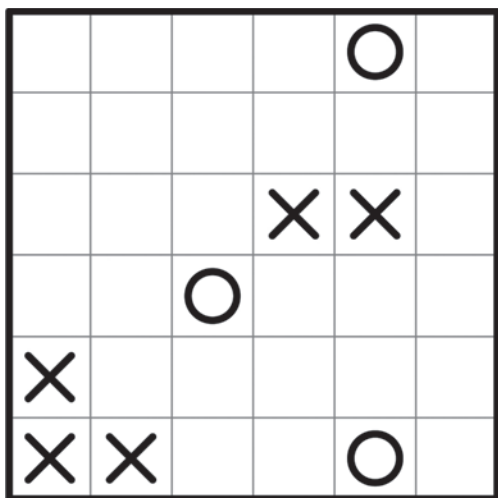
US Presidents

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



- 1. WASHINGTON
- 2. J ADAMS
- 3. JEFFERSON
- 4. MADISON
- 5. MONROE
- 6. J Q ADAMS
- 7. JACKSON
- 8. VAN BUREN
- 9. W HARRISON
- 10. TYLER
- 11. POLK
- 12. TAYLOR
- 13. FILLMORE
- 14. PIERCE
- 16. BUCHANAN
- 16. LINCOLN
- 17. A JOHNSON
- 18. GRANT
- 19. HAYES
- 20. GARFIELD
- 21. ARTHUR
- 22. CLEVELAND
- 23. B HARRISON
- 24. CLEVELAND
- 25. MCKINLEY
- 26. T ROOSEVELT
- 27. TAFT
- 28. WILSON
- 29. HARDING
- 30. COOLIDGE
- 31. HOOVER
- 32. F D ROOSEVELT
- 33. TRUMAN
- 34. EISENHOWER
- 35. KENNEDY
- 36. L B JOHNSON
- 37. NIXON
- 38. FORD
- 39. CARTER
- 40. REAGAN
- 41. G H W BUSH
- 42. CLINTON
- 43. G W BUSH
- 44. OBAMA
- 45. TRUMP
- 46. BIDEN

Binox



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The finished puzzle should be filled with Xs and Os. Horizontally and vertically, there should never be a continuous run of the same symbol longer than 2. There are an equal number of Xs and Os in each row and column. All rows are unique. All columns are unique, too.

A Valentine's Day Guide to Healthy Relationships

By Diana Guerrero-Cohen, Ph.D.

Diana Guerrero-Cohen is a Clinical Psychologist and Wynmoor Resident



Valentine's Day has become a day for flowers, chocolates, Hallmark cards and romantic gifts symbolizing love and appreciation. However, a much stronger and long-lasting expression of love and appreciation is built daily through healthy relationship habits. This article focuses on romantic partner relationships, but you will find the principles and suggestions described here will help any relationship including with family, friends, co-workers and neighbors.

Healthy relationships are built with mutual

respect, trust and care. Especially for romantic partners, clear and honest communication is central, including reciprocal openness about each other's likes, dislikes and goals. Needs and desires should be expressed directly rather than expecting a partner to guess. Sometimes there will be conflict and disagreements. Address such issues early, before resentment builds. Maintain open communication, even when it's uncomfortable. Silence used as a punishment erodes trust, while honest dialogue strengthens it.

Use "I" Statements. Divisive arguments between partners often start with "You...." For example, "You always interrupt me." Such "You" statements are accusations that trigger defensiveness and counteraccusations. Starting a sentence with "I..." avoids blame and still clearly expresses thoughts and feelings. Instead of "You always interrupt me," try "I feel frustrated when I'm interrupted because I need to feel like my thoughts are being heard and respected". Instead of "You're too critical." Try: "I feel defensive when I hear criticism, and I'd appreciate us talking about issues more gently." Instead of "You don't care about my feelings." Try "I feel hurt when my concerns are dismissed because it makes me feel unimportant in our relationship." Instead of "You always leave your mess lying everywhere." Try: "I feel frustrated when I come home and the house is messy."

Transitioning from "You" statements to "I" statements does not come naturally. It takes practice. Focus on your own emotions and perceptions and avoid attacking or blaming your partner. Here are some helpful key elements to remember for making "I" statements: First, name the emotion. "I feel sad, angry, anxious, overwhelmed...." Second, describe the specific behavior or situation, such as "...when you check your phone during dinner." Third, explain how or why it affects you. "I value our time together and appreciate your attention." Fourth, gently request a change or solution such as "Let's put our phones away."

Trust is the foundation of safety and security in a relationship. Key components of trust include reliability and consistency; following through on promises with actions; showing up in good and bad times. Emotional safety is also essential. Partners should feel safe expressing vulnerabilities, weaknesses, and insecurities without fear of ridicule, dismissal or emotional blackmail. Exploiting a partner's vulnerability will undermine trust. Partners who trust each other show mutual loyalty and support by protecting the relationship, having each other's interests at heart and seeking out their happiness.

Respect and Respecting Boundaries are essential to a healthy relationship. Respecting boundaries means honoring limits without guilt or pressure. Each person has the right to say no, ask for space, and define what feels comfortable. This includes recognizing your partner's individuality and that their needs may differ from your own. Encourage enjoyment of both mutual and separate interests.

Equality is crucial for a well-balanced relationship. This means valuing each other's experiences and opinions, sharing decisions and responsibilities, jointly contributing to problem-solving, supporting each other during challenges, celebrating successes together, and offering compassion during setbacks. A healthy relationship is a place where both people feel inspired to

become their best selves.

Accountability is essential to repair the connection if you say something hurtful or make a mistake. When trust is broken (betrayal, infidelity, dishonesty), it can be rebuilt with time, effort and patience from both sides. Taking responsibility and ownership for your actions, apologizing sincerely, and forgiving genuinely allows the relationships to move forward.

Resolve Differences Amicably. Disagreements and arguments are inevitable in every relationship. A relationship grows stronger when conflict is handled by focusing on resolving the issue with patience, kindness, respect and willingness to compromise, rather than insults, contempt and wanting to win the argument. In general, always consider carefully your tone and phrasing, and never belittle, degrade or become physically aggressive with one another.

Avoid Absolutes. Avoid using words like "always" and "never" when you're having an argument. It's so easy to slip into dramatic statements like "you're always looking at your phone when I'm talking about my day." Is that actually true? Probably not "always." And saying that is just going to make the other person feel aggrieved and defensive, and further escalate the argument.

Actually Listen. This does not mean just leaving gaps in your monologue for the other person to talk. Nor is it secretly storing up all the good retorts for when it's your turn. Listening means focusing on your partner; having genuine curiosity about what they're saying, and accepting that your partner has sincere and valid reasons for what they are saying, even if you don't entirely agree.

Practice Empathy. Empathy can defuse many tense situations. Once you're really imagining the other person's experience and feeling compassion for what they're feeling, it's more difficult to stay angry. When love is real, imperfections are embraced and mistakes do not erase worth.

Be Honest about What You're Really Feeling. You might feel angry, frustrated or annoyed, but underlying those feelings you might also feel hurt, sad, ashamed, or scared. Expressing those underlying feelings might make you uncomfortable but can help you have a more productive and honest conversation. And it can help your partner empathize with you.

Don't Shout or Raise Your Voice. Shouting is a form of aggression that raises stress levels in the person you're shouting at. They, in turn, might perceive a threat and become aggressive in response. The argument is taken up a level, with both parties now heated, and there's very little chance of any actual solution being reached. If you begin to raise your voice, take deep breaths or walk away until you've gained control of your emotions and can talk and react thoughtfully rather than impulsively.

Avoid Revenge. Sometimes annoyance, frustration, stress, or the pain of feeling unfairly criticized, threatened, betrayed or disrespected, can escalate to anger. Anger is a universal emotion that when used assertively is helpful for action and motivation. If channeled productively, controlled anger can serve as a catalyst for positive change. If the anger intensifies and becomes unresolved, it can lead to revenge, a desire for retribution and retaliation. Taking a revenge action perpetuates a cycle of negativity and bitterness. Even if your partner apologizes and tries to make amends, just thinking about revenge will block your ability to accept a sincere apology. Tit-for-tat retaliation creates emotional distance, leading to resentment and building walls.

Instead, consciously choose to move forward with forgiveness to rebuild trust and to break the cycle of resentment. Forgiveness is not about excusing the wrongs that have been done to us, but about choosing to release the hold that those wrongs have on our lives.

This Valentine's Day choose love that heals, strengthens, and grows. Let love be a commitment to kindness, respect, trust and understanding. Whether you're celebrating with a partner, honoring self-love, or holding space for future connection, remember that healthy relationships begin with how we treat one another and ourselves.



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VILLAGE NAME	# UNITS SOLD	HIGHEST SOLD (IN THOUSANDS)	LOWEST SOLD (IN THOUSANDS)	ACTIVE: FOR SALE
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ANDROS	4	\$270	\$160	9
ANTIGUA	20	\$225	\$90	14
ARUBA	11	\$300	\$120	5
BAHAMA	8	\$150	\$105	6
BERMUDA	9	\$190	\$103	5
BIMINI	15	\$350	\$117	3
CAYMAN	8	\$350	\$65	2
1805 ELEUTHERA	3	\$150	\$79	1
ELEUTHERA	5	\$225	\$150	4
GRANADA	18	\$265	\$93	9
LUCAYA	21	\$238	\$88	18
MARTINIQUE	12	\$209	\$95	9
NASSAU	6	\$160	\$105	7
PORTOFINO	21	\$258	\$90	25
VICTORIA	25	\$200	\$85	13

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