



The INSIDER

An Independent Newspaper
For Wynmoor Residents

VOL. 8 NO. 12

DECEMBER 2024

Happy Winter Holidays

WE WISH YOU

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Happiness & Health!*



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2404 ANTIGUA (1/1)	SOLD \$ 99,500
3005 PORTOFINO (REMODELED/ LAKE VIEW)	\$ 219,000
3301 ARUBA (UPDATED)	\$ 198,000
2101 LUCAYA (REMODELED/ LAKE VIEW)	SOLD \$ 139,000
1606 ABACO (NEW KITCHEN)	\$ 198,000
2903 VICTORIA (CORNER)	\$ 139,900
2101 LUCAYA (LAKE VIEW)	\$ 132,000
3002 PORTOFINO	\$ 159,000
2405 ANTIGUA (UPDATED)	\$ 139,500
3002 PORTOFINO (GROUND FLOOR)	\$ 140,000
2504 ANTIGUA	\$ 214,900

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1211 Bahama	\$169,000
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4701 Martinique	\$189,000
4702 Martinique	\$145,000
3101 Portofino	\$153,000
3201 Portofino	\$225,000
2901 Victoria	\$205,000
2902 Victoria	\$195,000

CORNER APARTMENTS

4701 Martinique	\$234,000
2905 Victoria	\$189,000

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1605 Abaco	\$369,000
3501 Bimini	\$234,900
2006 Granada	\$189,000

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INSIDE WASHER/DRYER**

1603 Abaco	\$189,000
3303 Aruba	\$259,000
3303 Aruba	\$359,000
3502 Bimini	\$375,000
3502 Bimini	\$369,000
3403 Bimini	\$199,000
1501 Cayman	\$299,999
1502 Cayman	\$197,000
1804 Eleuthera	\$188,000
2006 Granada	\$269,000

**1 BEDROOM
1.5 BATHROOMS**

2503 Antigua	\$109,000
3404 Bimini	\$159,900
2801 Victoria	\$110,000
2903 Victoria	\$129,900

**1 BEDROOM
1 BATHROOM
WITH INSIDE
WASHER/DRYER**

3303 Aruba	\$124,000
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RENTALS

ANNUAL

1502 Cayman	\$2,200/mo.
2201 Lucaya	\$2,500/mo.
3004 Portofino	\$1,800/mo.
2901 Victoria	\$1,750/mo.

SEASONAL

1502 Cayman	\$2,800/mo.
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Please keep all articles timely, according to the published date. **Articles are encouraged to be emailed to: wynmoorads@aol.com**

We reserve the right to edit or omit articles sent in for publication that do not conform to our standards. Submitted materials become the property of **Insider News Group** and will not be returned. Insider News Group is not responsible, and assumes no liability for the content expressed in any contributed material.

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CLUBS 200 Maximum
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. Citations will be given out to those who violate the road rules. First Offense: \$25 Fine Second Offense: \$50 Fine

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

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

Your Guest List

Unit owners or tenants are responsible to call in their guests, including aides/nurses, cleaning people, personal transportation, realtors, contractors and vendors.

Make sure your 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

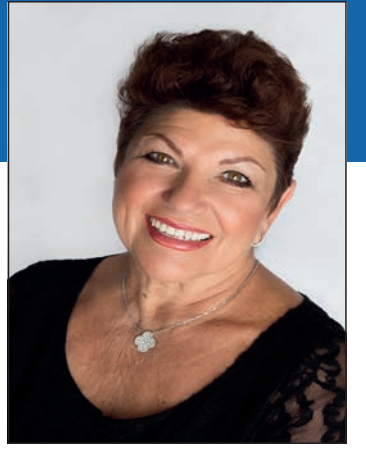
Hours of Operation

- 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
- Theatre Complex:..... (Movies Only) 7:00 PM
-(unless there is a specific approved event)

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From the President



Can you believe it! Another year has passed, and I would like to take this opportunity to say “thank you” to all the association boards, presidents, building directors, etc. Their job is not an easy task. They selflessly devote their time and efforts to make their home and your home a better place. Their contribution and sacrifice are a perfect example of community living. It allows the great majority of residents to go about their day never noticing what it takes to keep their building and grounds looking great!

I would also like to thank the Officers of the Management Committee who have volunteered timeless hours and support to maintain the integrity and reputation of the Wynmoor Community property. Let’s not forget to thank our dedicated Administrator, Bruce Bandler and our staff, whose hard work and commitment keeps our community running seamlessly. We appreciate all that you do to make Wynmoor a wonderful place to live!

Please join us for our monthly resident orientation held on the first Tuesday of the month at 10:30 a.m. in the Country Club Lecture Hall. This is great opportunity for our residents to become educated about the day-to-day operations of council and Administration. Also, the 1st Wednesday of each month at 10:00 a.m. join us for the Wynmoor Historical Bus Tour of the Wynmoor properties. This also serves as a great tool to show off our amenities. Don’t forget to make your reservation at www.wynmoorlife.com.

We are excited to announce the return of Relay for Life 2025, which will coincide with Wynmoor’s 50th Anniversary celebration! Mark your calendars for February 19th through February 23rd, when we’ll host a variety of activities for a great cause and to honor your loved ones. With packages available for golf, racquet, social events, and even à la carte options, there’s something for everyone to enjoy. Prepare for the beautiful Luminara Walk and a lineup of engaging activities that make this event special. Stay tuned for more details, and let’s come together for a memorable celebration! Of

course, volunteers are always appreciated.

It’s our pleasure to announce that EV charging stations will soon be coming to Wynmoor! This is a great step forward for our community and a positive move toward a more sustainable future. These new stations will make it easier for residents with electric vehicles or hybrids to charge conveniently and help us all move toward a cleaner, greener Wynmoor!

Please join us for our New Year’s Eve Gala on December 31st! We’re offering two fantastic ways to celebrate, so you can choose the one that suits your style.

For a formal evening, join us in the Grand Ballroom for a sit-down, full-course gourmet dinner, wine, champagne toast, and a top-notch 10-piece orchestra to keep you dancing into the New Year.

Or, if you’re looking for something more casual, the West Wing party will be just the spot, featuring a DJ, dancing, dessert, and a champagne toast to ring in 2025 in a relaxed atmosphere.

No matter what your choice, let’s welcome in the New Year together in style!

My wish for all of you this Holiday Season is that you get to spend some precious time with those most important to you in your lives, friends and family. The joy of togetherness is invaluable and irreplaceable. It needs to be a priority in our lives. Be grateful for ever day we are given. Happy Hanukkah, a Blessed Merry Christmas, Happy and Healthy New Year!

May God Bless You and Your Family,

Jackie Railey

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NEW YEAR Gala

DECEMBER 31, 2024
 GRAND BALLROOM
 TIME: 8:00 PM
 COST: \$125

MAIN COURSE CHOICE

- Citrus Herb Baked Chicken
- Pan Seared Rib-eye Steak
- Salmon w/Beurre Blanc Sauce

All meals include salad, garlic-herb mashed potatoes, seasonal vegetables, elaborate fruit station, dessert, wine & champagne.

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- **Physical Assistance:** Escort on walks, assistance with physical therapy exercises, recreational activities.
- **Feeding Services:** Plan, purchase, and prepare tasty, nutritious meals, special diet meal preparation, check on food expiration dates.
- **Social Services:** Visit with friends, family, neighbors, attend/transport to religious services, attend/transport to social/club meetings.
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3404 BIMINI LANE	2/2	\$145K - (PENDING) RENOVATE WITH EQUITY TO SPARE!
2805 VICTORIA WAY	2/2	\$234K - 1ST FLOOR, FURNISHED, UPDATED KITCHEN, TILED FLOORS, NEW GUEST BATH
2201 LUCAYA BEND	2/2	\$220K - UPDATED UNIT, OPEN KITCHEN, CUSTOM CABINETS, TILED
1503 CAYMAN WAY	2/2	\$189K - LAKE VIEW, WALK TO MAIN POOL & THEATRE, NEWER APPLIANCES & UPDATED BATHROOMS
2504 ANTIGUA TERRACE	2/2	\$149K - MOVE-IN READY, NO CARPET, SS APPLIANCES, ENCLOSED PATIO W/ POOL VIEW
2003 GRANADA DR	2/2	\$135K - 1ST FLOOR, WALK TO POOL, NEW W/D. MAKE THIS YOUR OWN W/ EQUITY TO SPARE!
2802 VICTORIA WAY	2/2	\$124K - REDUCED! A/C 2020, WELL MAINTAINED, GOLF & LAKE VIEWS
2904 VICTORIA PLACE	1/1/1	\$119K - FRESHLY PAINTED, WATER VIEW, ALL TILE, LOWEST MAINTENANCE

RENTALS

2101 LUCAYA BEND	2/2	\$2100 - (RENTED) FULLY FURNISHED & IMMACULATE
3001 PORTOFINO ISLE	2/2	\$2100 - FULLY RENOVATED, OPEN KITCHEN, IMPACT WINDOWS, *ONLY 2 MONTHS UPFRONT
3204 PORTOFINO PT	2/2	\$2200 - NEW SS APPLIANCES, TILED THROUGHOUT, WATER & GOLF VIEWS *ONLY 2 MONTHS UPFRONT

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Blessed is the season which engages the whole world in a conspiracy of love
 - Hamilton Wright Mabie

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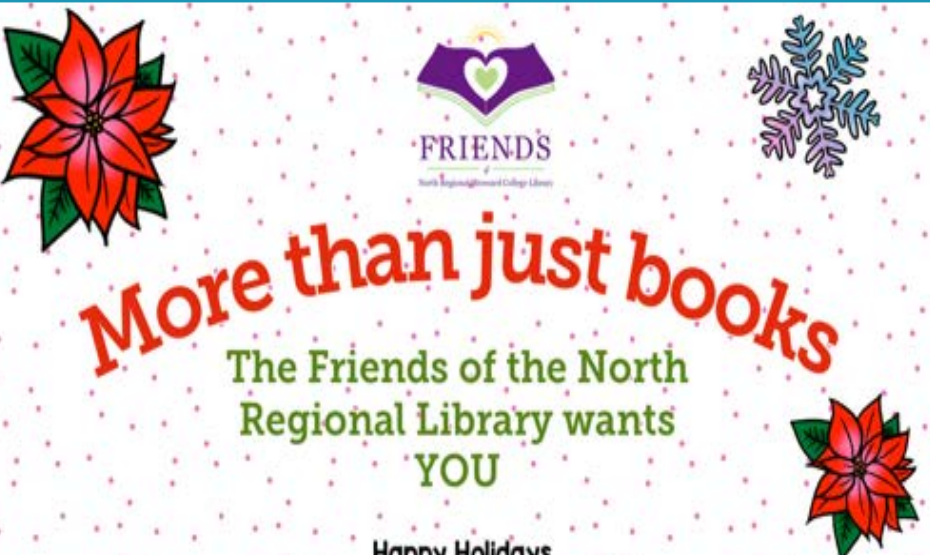
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Tuesday
December 10, 2024
7:30 PM
Doors open 6:45 PM

Members \$5.00
Guests \$10.00

Wynmoor Ballroom

2025 dues are due



FRIENDS
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More than just books
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Happy Holidays

Calling all Adults, teens, youth, and young at heart. Many, many events are scheduled for December and the Winter of 2025.

Think about participating in discussions, seminars, classes, concerts, and much more here at the North Regional Library.

Is the digital world driving you crazy? There is a class for that.

On December 12th the Broward Women's Chorus will perform their inspiring Holiday Concert.

Are you a writer? Try our class on How to self-publish

You can enjoy local authors, poetry, and more games. These are some of the Adult programs.

Teens creative buttons, teen advisory group, poets at heart, etc.

How about the art of cookie decorating? There are two scheduled programs to help you with that.

Mahjong anyone?

Youth - little learners, storytime, crafting, after school fun, construction zone

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Doctor Quack

By Peter Hardis

When I relocated from New York to Wynmoor many years ago, I had a very bad cold. Not knowing any doctors, I decided to go online to search for a general practitioner in the Coconut Creek area. I took the first one that was listed and called to make an appointment. The receptionist answered and said, "Doctor Quack's office." I said, "I would like to make an appointment." She said, "I can fit you in today, can you come in now?" I said, "I can be there in ten minutes." I was perplexed because I was aware that getting an appointment in Florida so soon was nearly impossible. Maybe it was because she could hear how sick I was and took pity on me.

I thought to myself because I was being "fit in" I would have to wait for hours to see the doctor as his last patient of the day. When I arrived, I checked in with the receptionist. By this time my throat was on fire, my nose was running like a waterfall, my ears were in pain, and I had a terrible headache. She instructed me to go to the waiting room and wait to be called. When I entered the waiting room, I saw that there were about 12 chairs, and they were all empty. Not one patient, other than I, was seated there.

Two minutes later Doctor Quack opened the door and said, "Next!" I looked around the empty room and had to assume that I was the one who was next. While we were on our way to the examination room, I told him all my symptoms I was suffering from, but I could see that he wasn't even listening. Once inside he told me to get up on the examination table. "Aren't you going to take my blood pressure?" He replied, "Oh, the monitor busted about a month ago." "What about weighing me?" "We don't have a scale." He then put a stethoscope on my neck and said,

"breath in and out, your lungs sound pretty good to me." Then, he took a real hammer and hit me very hard just below my knee. My entire leg went flying up and hit him in his chin. The very site where he hit me immediately began to swell and stayed swollen for several months after my visit.

He then said, "Well I see there's nothing wrong with your reflexes." "I'm going to take a blood sample from you." He dug a needle into my forearm causing me to scream out loud because of the terrible pain he inflicted on me. He took 6 vials of blood and removed the needle. Again, I screamed as the needle was being yanked out. My arm was now black and blue. "Aren't you going to look down my throat?" "Why should I? I know it must be sore without even looking!"

He then told me that they have all the equipment to analyze the blood right there. Then he handed me a McDonald's cup and said, "Go in the bathroom and pee your head off. When you are done hand it to the receptionist and she will have it tested."

A half hour later he told me that he couldn't do the blood work because the equipment was broken but "the good news is that your pee is just like anyone else's." At that point I asked him, "What's my diagnosis?" He casually said, matter of factly, "You have a bad cold. I will send a prescription to your pharmacy, and you will find that the medication will make you feel a whole lot better." "It's been nice to meet you and if you know anyone else who needs a good general practitioner, please don't hesitate to recommend me. My name is Doctor Quack."

When I went to pick up my prescription, I asked the pharmacist what Doctor Quack prescribed for me. He said, "Viagra, have fun!"

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A Reform Jewish Congregation Welcoming Everyone

Iris Arlan & Lee Temares

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Want to attend a Service? All are welcome on December 13th and 27th, 7:30 p.m. at the Centura Parc Clubhouse (Lyons to Copans, right to second light. Straight to Clubhouse.)

Last call for our cruise on the Celebrity Reflection January 12-18th. Call Susan at 786-368-9662 to check room availability.

For Sisterhood information, call Toby at 954-978-6911. For Men's Club, call Joel at 610-550-9415.

Community Service is a big part of Reform Practice. Our next outreach program will be an Ice Cream Social and Gift Giving to the Children of the SOS Children's Village. The Ice Cream Social will take place on Sunday, December 22nd at 1:30 p.m. at the SOS Children's Village in Coconut Creek. All volunteers are welcome. Come join us in making these very special children smile.

It doesn't happen often, but this year Hanukkah and Christmas occur together on December 25th. The first Hanukkah candle is lit on sundown Christmas Day. There are also times when the first candle and Christmas eve come together. We have discussed this in prior articles-two different calendars are involved. The next time Chrismukkah will occur is in 2027. There will be plenty of lights for all to celebrate!

Hanukkah lasts for eight days. It commemorates the rededication of the Temple in Jerusalem after it was defiled by the Seleucids in 164 BCE and is one of the happiest Jewish holidays of the year.

Interestingly enough, it is also one of the most celebrated holidays. It is considered a minor holiday, but to many Jews it is the most important one of the year. It is not mentioned in the Torah and does not have any restrictions or very minimal ones. Almost 3/4 of all Jews in the world celebrate this holiday.

Why isn't Hanukkah in the Torah? The answer is simple. The events took place centuries after the Torah was written. Hanukkah is found in the Apocrypha, and in the story of First and Second Maccabees.

This story begins in 163 B.C.E. Antiochus forces the Jews to assimilate into Hellenistic Greek culture and makes it a capital offence to observe Judaism. Mattathias and his five sons lead a revolt against the oppressive monarch. After a year, Mattathias is killed in battle and Judah takes over as leader of

the Maccabees. In 164 BCE, Jewish troops captured Jerusalem. They find the temple in terrible condition. A little bit of oil lasted for eight days. Two miracles have taken place. The first is the victory of the Maccabees and the second is the oil lasting for eight days.

Over the years either one of the

miracles has been the focus. Modern Jews celebrate both. In Hanukkah, we are celebrating divine miracles God performed for our ancestors, courageous human action, and the miraculous possibilities that can result from the sacred partnership each one of us has with God.

Hanukkah tells us to fight back and bring light to the world. In this era of rising antisemitism this is a lesson we must remember. Its message is one of hope.

How do you spell Hanukkah? So far, I have found 27 different ways. All are correct, as it is a transliteration of the Hebrew.

Hanukkah greetings follow the format of greetings for other Jewish holidays. Hanukkah Sameach (Happy Hanukkah), Chag Sameach (Happy Holiday), and Chag Urim Sameach (Happy Festival of Lights).

Hanukkah is not the Jewish Christmas. Christmas celebrates the birth of Jesus, while Hanukkah celebrates the victory of the Maccabees over the Greeks and the miracle of the oil. What they do have in common are family gatherings, some gift giving, charity, food, and the hope for renewal.

Food cooked in oil are traditional in all branches of Judaism. There are latkes (potato pancakes), sufganiyot (donuts or spanj) and an overload of sweets.

The Hanukkah menorah, or hanukkiah, is an eight branched candle holder with a ninth candle holder to hold the "helper" candle called a shamash. It is lit immediately after sundown each night except for Shabbat, when it is lit before the shabbat candles. A traditional hanukkiah has eight level candle holders and the shamash is a bit higher. Candles are placed in the holder from right to left and lit from left to right. It is usual to place the hanukkiah where it can be seen from the outside.

The blessings: Say the following after the shamash is lit but before it is used to light the other candles.

1. Baruch Atah Adonai Eloheinu Melech haolam asher kideshanu bemitzvotav vetzivanu lhadlik ner Hanukkah. Blessed are you, God, ruler of the universe, who has sanctified us with your commandments and commanded us to kindle the Hanukkah lights.
2. Baruch Atah Adonai Eloheinu Melech haolam sheasa nisam loavoteno bayamin hahem bazman hazeh. Blessed are you, God, Ruler of the universe, who performed miracles for our ancestors in those days, at this time.
3. On the first night, the shehecheyanu is said.

May the lights of Hanukkah and Christmas bring us all joy and peace. May we always remember what unites us as human beings. We are always one.



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DON'T BE A VICTIM



Safety Solutions

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

Holiday Guide to Crime Prevention

It's that time of the year again! Christmas trees! Menorahs! Family get-togethers!

Criminals love this time of year too because it provides more opportunities for scams, frauds, and thievery.

Here is a guide to making sure any scammers don't ruin your holiday:

If you're leaving town-

- 1) Lock everything. Leave some lights on. If you can, leave a car in the driveway. Home burglars often select targets based solely on the fact that there's no car in the driveway or parked in the garage.
- 2) Trim the hedges. Pick up around the outside. Don't leave the burglars any hiding places.
- 3) Pick up your spare key. If you keep it under the welcome mat or the potted plant near your front door, please pick it up. The bad guys know exactly where to look.
- 4) Have your neighbors pick up your mail. If you leave a week's worth of mail in your box, you might as well just put up a "burglars welcome" sign in your driveway.
- 5) Sign up for our Vacation Watch, which is where an officer will visit your property on a regular basis while you're away and send you an email or text message that they checked it. Visit www.coconutcreek.net/vacationwatch for more information.

If you're staying home-

- 1) Get into the habit of locking your car doors at night before you go to

bed. Over half of all our vehicle burglary cases involve either unlocked car doors or no sign of forced entry.

2) Lock everything up when you go for a walk, run, or go out to walk the dog. Again, it's just a good habit to get into.

3) Shut your garage door. We have a lot of things stolen from open garage areas, not only this time of year but all times of the year.

4) Track your package deliveries to make sure you are home. If you're not at home, try having them delivered to work or tell your neighbor to pick them up off your front doorstep. We typically see an increase in porch pirates this time of year.

If you're out shopping-

1) Don't leave your purse or wallet laying around. Always keep it on you.

2) Park in well-lit areas.

3) Get into the habit of having your keys in your hand when you approach your car. It streamlines the process of getting in and can be used as an improvised weapon if you really get in a pinch.

4) Don't bury your face in your phone when you're walking to and from your car into or out of the shopping mall or store. You need to always be situationally aware and be in tune with your surroundings.

5) If you're going from shopping mall to shopping mall, hide all your packages before you get to your next destination. Some thieves just sit in parking lots and watch to see what people hide before they go in.

6) Always lock your car and never leave anything the bad guys might want to steal in plain view.

All these tips will take some of the stress out of this holiday season.

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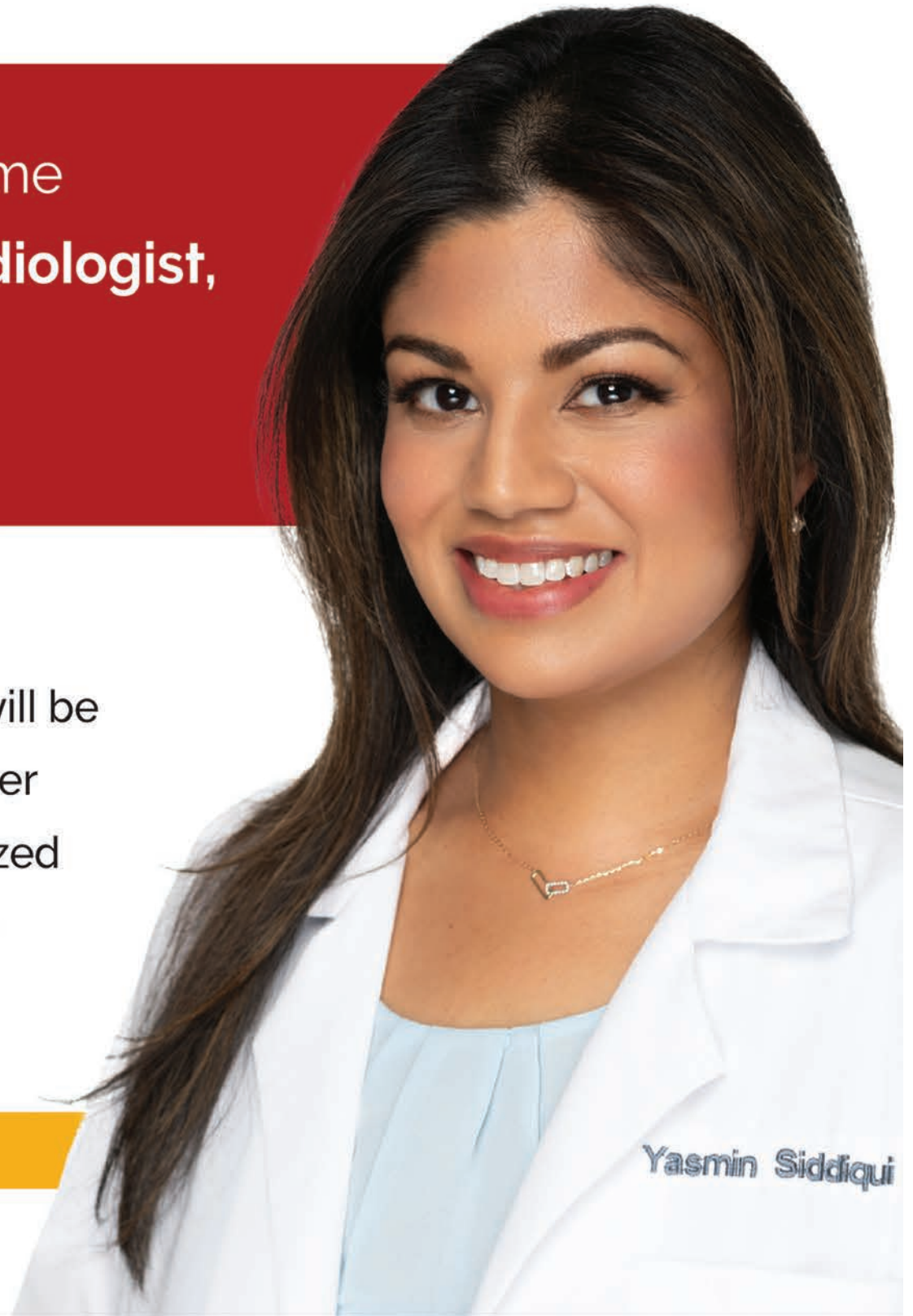
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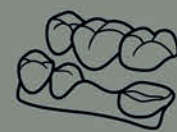
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Are You Living With, Or Worried About Someone Suffering With Chronic Back Pain?

By Leading Back Pain Expert, Todd James

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

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

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

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

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

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

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

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

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Car Buying Tips

(NAPSI)—The U.S. auto industry estimates about 17 million cars are bought in the United States every year. If you're hoping—or just dreaming—of buying one of them anytime soon, there are a few facts and stats that can make car shopping a better experience for you.

Quality Cars To Consider

First, you should know that, based on input from tens of thousands of drivers, J.D. Power named Kia the highest-ranked, mass market brand for initial quality overall in the industry. The vehicles were evaluated on driving experience, engine and transmission performance and a broad range of quality issues reported by vehicle owners—and for the sixth consecutive year, Kia is the number one mass-market automotive brand.

Two of Kia's most popular models, Forte and Soul were named among the top 10 vehicles in the industry and also took top honors in the Compact Car (Forte) and Small SUV (Soul) segments. In addition, the Kia Sorento and Sedona models placed first in the Upper Midsize SUV and Minivan segments, respectively. "With 4 segment winners—and 4 additional models ranking among the top three in their respective segments—Kia's 'Give It Everything' brand philosophy continues to bear fruit in the extremely competitive automotive market," said James Bell, director, corporate communications, Kia Motors America.

What Else You Should Know

Next, think about these four suggestions:

- 1. Be aware of book value.** Look up the current market value of any car you're thinking of getting in a pricing guide such as Edmunds.com or KBB.com.
- 2. Get a pre-approved car loan and tell the salesperson you're a cash buyer.** That will keep the up-selling down and help you stay within your budget.
- 3. Take a test drive.** Make sure it's a vehicle you'll be comfortable in.
- 4. Before visiting the lot, visit the Internet.** Check out the company's website. There may be specials, coupons or discounts it will pay you to know about. Also, look up the car manufacturer's website.



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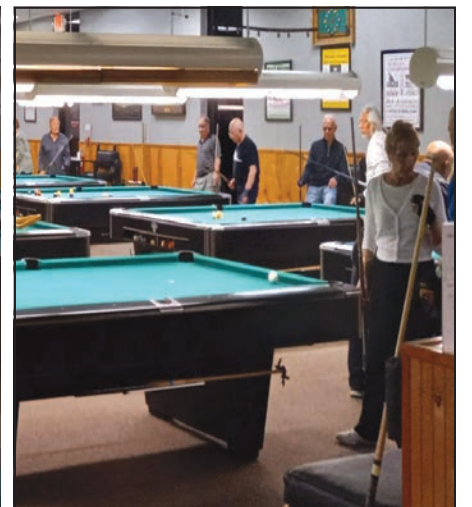
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By Bob Horowitz

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The cost to join the Wynmoor Billiard and Pool Club is \$10.00/yr.

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What's Cooking!

Lamb Chops, Mashed Potatoes, and Asparagus

Prep Time: 20 mins. | Cooking Time: 30 mins. | Total Time: 50 mins.
Kcal: 650 kcal | Servings: 4 servings

Ingredients:

For the Lamb Chops:

4 lamb chops
2 tablespoons olive oil
1 tablespoon rosemary, finely chopped
1 tablespoon thyme, finely chopped
2 cloves garlic, minced
Salt and pepper to taste

For the Mashed Potatoes:

4 large potatoes, peeled and cubed
1/4 cup milk
2 tablespoons butter
Salt and pepper to taste

For the Asparagus:

1 bunch asparagus, trimmed
2 tablespoons olive oil
2 cloves garlic, minced
Salt and pepper to taste

Directions:

Lamb Chops:

Preheat a skillet over medium-high heat and add olive oil. Season lamb chops with salt, pepper, rosemary, thyme, and garlic. Cook for 3-4 minutes on each side for medium-rare, or until desired doneness.

Mashed Potatoes:

Boil potatoes in salted water until tender, about 15 minutes. Drain and return to pot. Add milk, butter, salt, and pepper. Mash until smooth and creamy.

Asparagus:

Preheat oven to 400°F (200°C). Toss asparagus with olive oil, garlic, salt, and pepper. Roast for 15-20 minutes, until tender and slightly crispy.



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Coping With Holiday Stress

By Manohara Ferretti, M.Div., CHt

The holidays can be fun but can also be a source for stress. Not everyone enjoys the holidays: Financial pressures, time constraints, family problems, recent tragedy or reminders of past pain, health issues, too many commitments and expectations that are perhaps too unrealistic. All these can contribute to holiday stress and blues. Before you become irritable, lose sleep, feel tense or achy, feel overwhelmed or under/overeat take action and bust some stress!

Here are some important points and coping strategies to keep in mind as the holidays approach:

Reassess and prioritize. You do not have to have the “picture perfect” holiday seen on television shows and ads. Trust your own instincts and don’t try to be what you’re not. Eliminate some of the less important tasks and simplify your holiday shopping and plans. Reset your expectations according to how you and your lifestyle are now, and not according to how it was when you were younger, had more energy or time to accomplish everything. You can always create new traditions that are easier on the pocketbook and your schedule.

Delegate. Again, you do not have to do it all...ask family members to bring a dish, help with clean up and shopping, errands, gift wrapping, etc.

Be Realistic about relatives. Don’t try to solve past issues with family members over the holiday. Avoid conflict by changing the subject, walking away, or sitting with someone else. Don’t sweat the small stuff...you’re there to enjoy. Stay focused on the bigger picture.

Avoid financial pressures. Set appropriate spending limits. Take some time to figure out what your spending limits are and plan accordingly. Purchasing gifts throughout the year, focusing on meaningful, less expensive gifts, giving away some of those lovely things you have to family members or dividing the gift list among the family are some of the ways to eliminate post holiday bills. Beef up traditions that don’t cost any extra money, such as: going caroling, baking cookies, helping the needy, touring the neighborhood to see the decorations, and attending free community or church holiday concerts.

Stay Healthy. Take a break from holiday music and television specials if you find they are turning you into “Scrooge”. Also, take short rests to

re-energize and regroup. Don’t drop out healthy routines like exercise and adequate sleep. Appoint a family member to monitor you if you are prone to overindulging every holiday treat, overeating, or forgetting to eat at all as you try to accomplish all the things on your to do list.

Simplify shopping. Avoid the crowds by shopping early, on-line, using mail order catalogs or by giving gift certificates. Many family members are grateful to choose their own gifts. If a friend or family member is going to the mall, ask them to pick up a gift for you. And give yourself something special too!

Remember loved ones who have died, but don’t linger on the regrets, indulge the sadness or isolate. Be with friends and other family members and enjoy yourself as much as possible. Each moment of life is a new opportunity to connect and reach out. We honor those who have died most by celebrating each day as best we can.

Breathe and Smile! Throughout the day, take a moment to breathe deeply and smile. Both will uplift, reenergize, and return you to balance and calmness.

Manohara Ferretti is offering a series of 6 classes “Stress Relief for your Best Life Now” starting Saturday, January 11, 2025 from 11am-12 noon at the North Regional /Broward College Library.

Who Is Manohara Ferretti?

Manohara Ferretti, MDiv.

Chaplain, Certified Hypnotherapist

Manohara Ferretti, M Div. is a Clinical Hypnotherapist, and Meditation and Stress Management Specialist. She founded and developed the Feldman Center for Optimal Health at Holy Cross Hospital and worked there as the coordinator of the Mind, Body and Medicine program from 2004-2009. Manohara has a Masters of Divinity in Interfaith Studies as well as a BA from Boston College and an MA from Northwestern University. She received her training in Clinical Pastoral Care at Jackson Health System in Miami. Trained in a variety of Eastern meditation techniques by renowned spiritual teachers, Manohara has practiced and taught meditation and stress management classes for the past 27 years.



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The timely deadline to file for all 2025 exemptions is March 3, 2025. You must make the property your permanent residence by January 1, 2025 to qualify; however, you have until March 3 to timely file your applica-

tion with the our office. The late filing deadline for all 2025 exemptions is September 17, 2025.

Once approved, your Homestead Exemption automatically renews each year provided there is no change in the ownership or use of the property. If you have already applied and been approved for Homestead Exemption at your current property, you do not need to reapply for this exemption. You will receive a Homestead Exemption renewal card next month to keep for your records.

While Homestead Exemption is the most common exemption, there are additional exemptions available to qualified applicants. Here is the link the all the additional exemptions for your review: <https://web.bcpa.net/bcpaclient/#/Homestead>

If you have any questions about Homestead Exemption or any other exemptions, please call 954-357-6830 or email me at martykiar@bcpa.net.



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How do I send my article?

The easiest and best way to submit your article/s of interest is by email to **Wynmoorads@aol.com** in a word document, or mail to: **INSIDER NEWS GROUP - 8212 Half Dome Court, Boynton Beach, FL 33073.**

Articles should be typed, upper and lower case, or clearly written. Articles must have an author and contact information (not published, unless noted in the article). Deadline for articles is the 10th of the month preceding an issue.

Please keep articles to 300 words or less. Please make sure that they are timely and most importantly that they arrive by our **DEADLINE:** The 10th of the current month! All articles that are not received by the 10th of the month may appear in the following issue.

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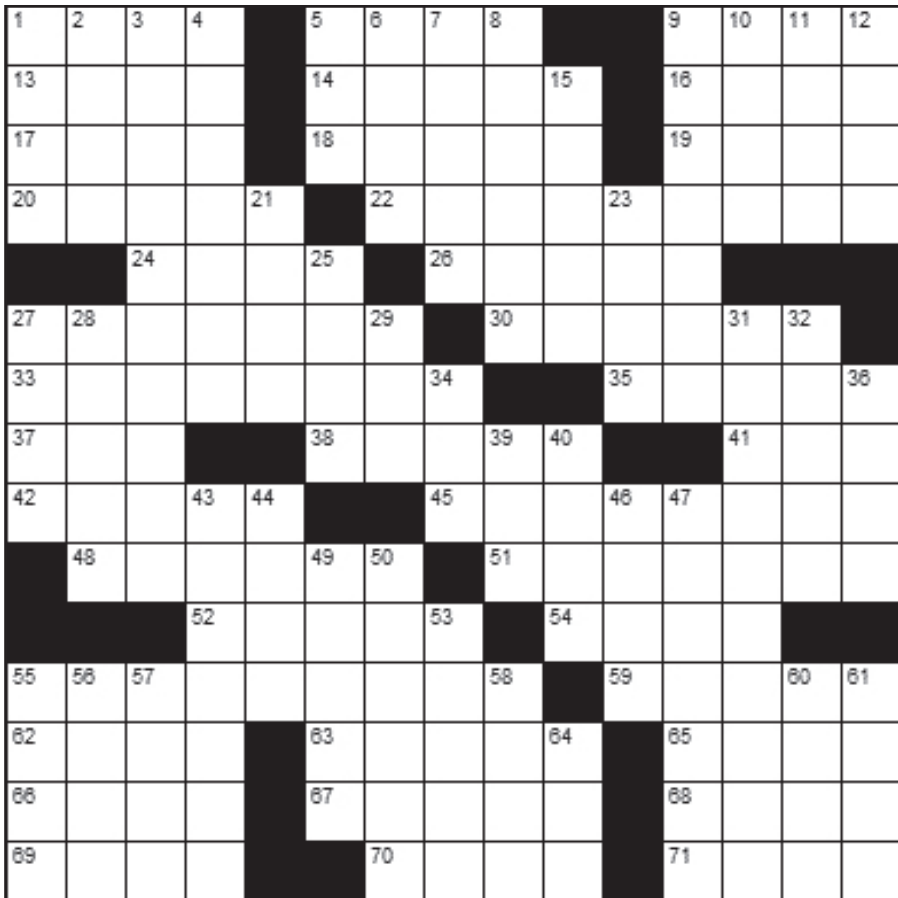
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Puzzles and Games

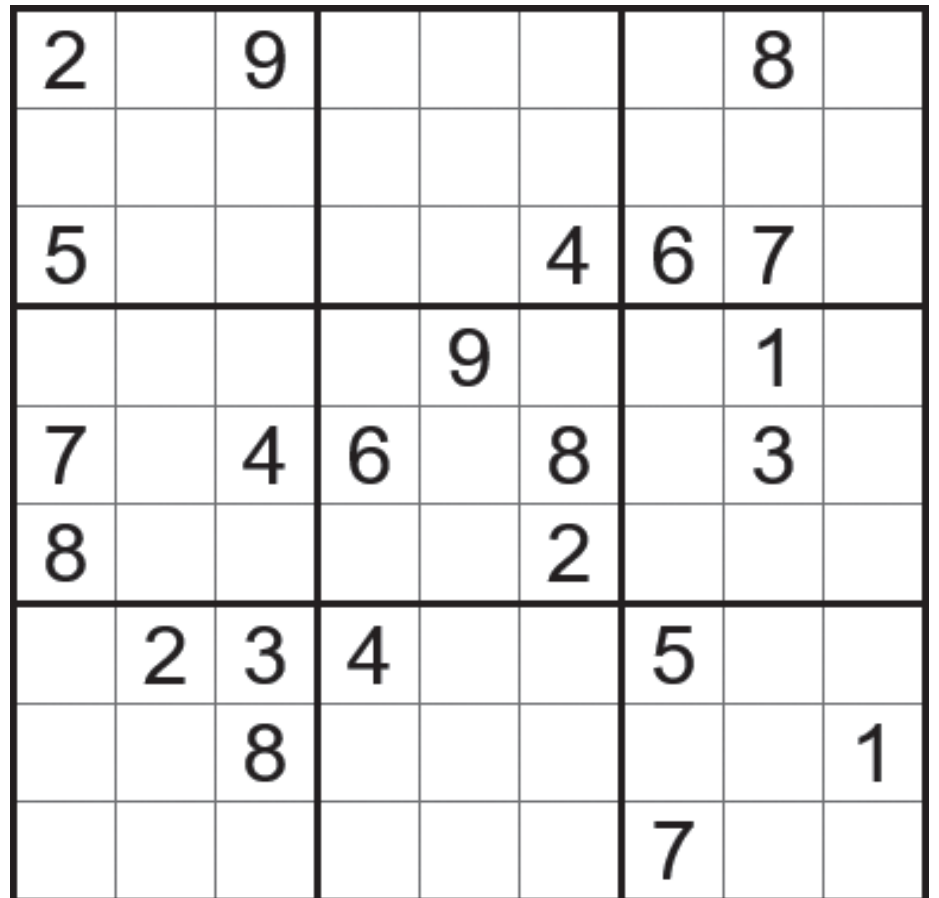
Solutions on page 70

Crossword Puzzle



- ACROSS**
- 1. Belgrade native
 - 5. Quick short straight punches
 - 9. Ancient marketplaces
 - 13. Component used as fertilizer
 - 14. Laneway
 - 16. Wicked
 - 17. Portent or omen
 - 18. Employ again
 - 19. Plateau
 - 20. Sows
 - 22. Coasts
 - 24. Back of the neck
 - 26. Besmirch
 - 27. Aperture
 - 30. Property
 - 33. A porch
 - 35. Sleighs
 - 37. Greek letter
 - 38. Slumber
 - 41. Falsehood
 - 42. Birth-related
 - 45. Outlook
 - 48. Property bequeathed by will
 - 51. Performers or painters
 - 52. Fire residues
 - 54. After-bath powder
 - 55. Accustom
 - 59. World
 - 62. Any minute
 - 63. Exchange
 - 65. Gorillas
 - 66. Ladies
 - 67. Imps
 - 68. G G G
 - 69. Coin opening
 - 70. Cravings
 - 71. Feudal worker
- DOWN**
- 1. Figure out (British)
 - 2. A Great Lake
 - 3. Rejuvenate
 - 4. Head scarf
 - 5. Cookie container
 - 6. Brews
 - 7. Music genre
 - 8. Benne
 - 9. Leg artery
 - 10. Completed
 - 11. Ascend
 - 12. "Oh dear!"
 - 15. Affirmatives
 - 21. Rotate
 - 23. Bowlers or stetsons
 - 25. Terminates
 - 27. You bake with it
 - 28. Flower feature
 - 29. Lass
 - 31. Astronomers' tools
 - 32. Decree
 - 34. Informed about the latest trends
 - 36. Adjusts
 - 39. Chapter in history
 - 40. Harbor
 - 43. Opposed
 - 44. Not first
 - 46. Male deer
 - 47. Plunder
 - 49. Water park slide
 - 50. Annually
 - 53. Barrel part
 - 55. Croncs
 - 56. Nitpicky to a fault
 - 57. Type of knife
 - 58. Biblical garden
 - 60. Existed
 - 61. Being
 - 64. S

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.

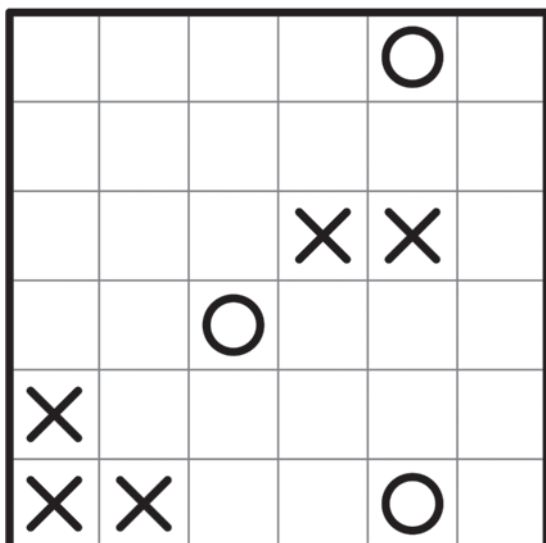
Holiday Gift Ideas

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

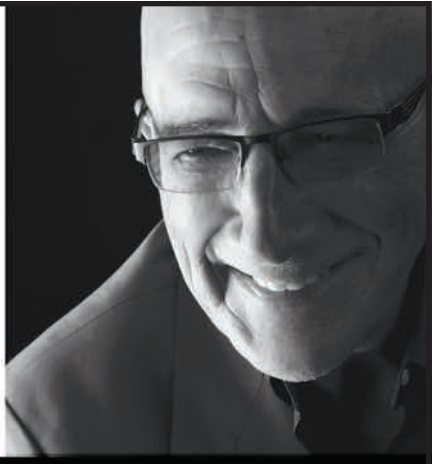


- BAKING
- BELT
- BOOK
- BRACELET
- CANDLES
- CANDY
- CHOCOLATES
- CLOTHES
- COFFEE MAKER
- COFFEE MUG
- COLOGNE
- COOKIES
- DOLL
- EARRINGS
- ELECTRONICS
- FLOWERS
- GAME
- GIFT BASKET
- GIFT CARD
- HERBAL TEAS
- JEWELRY
- MONEY
- MOVIE
- MUSIC
- NECKLACE
- NECKTIE
- PANTS
- PENDANT
- PERFUME
- PLANT
- SCARF
- SHIRT
- SLIPPERS
- SNEAKERS
- SOCKS
- STUFFED ANIMAL
- SWEATER
- TELEVISION
- TOOL SET
- TOY
- ORNAMENT
- WATCH
- WINE

Binox



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.



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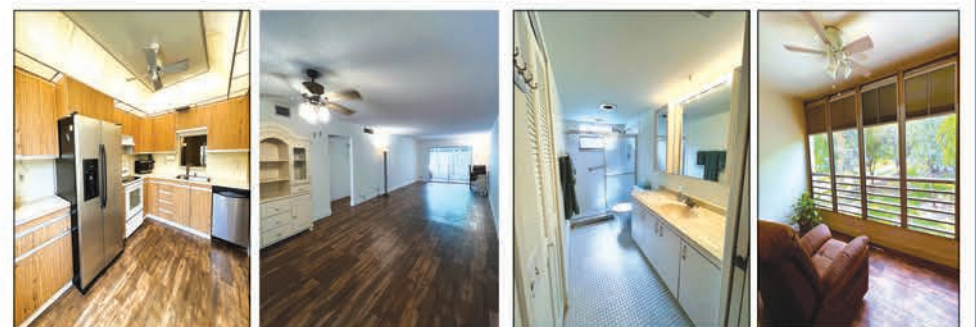
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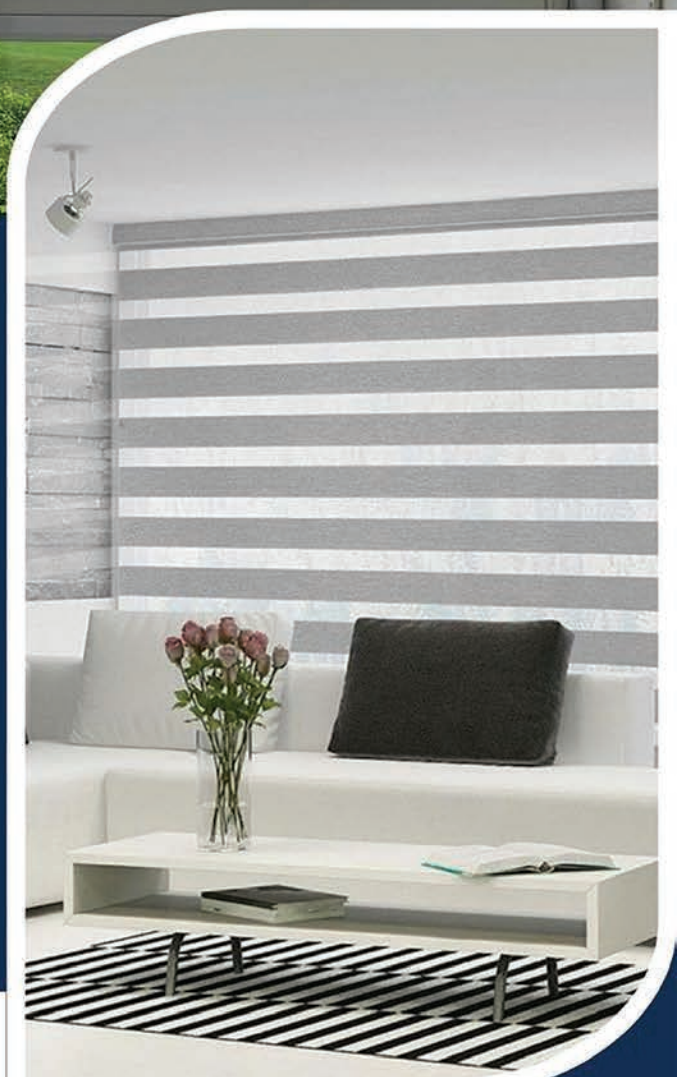
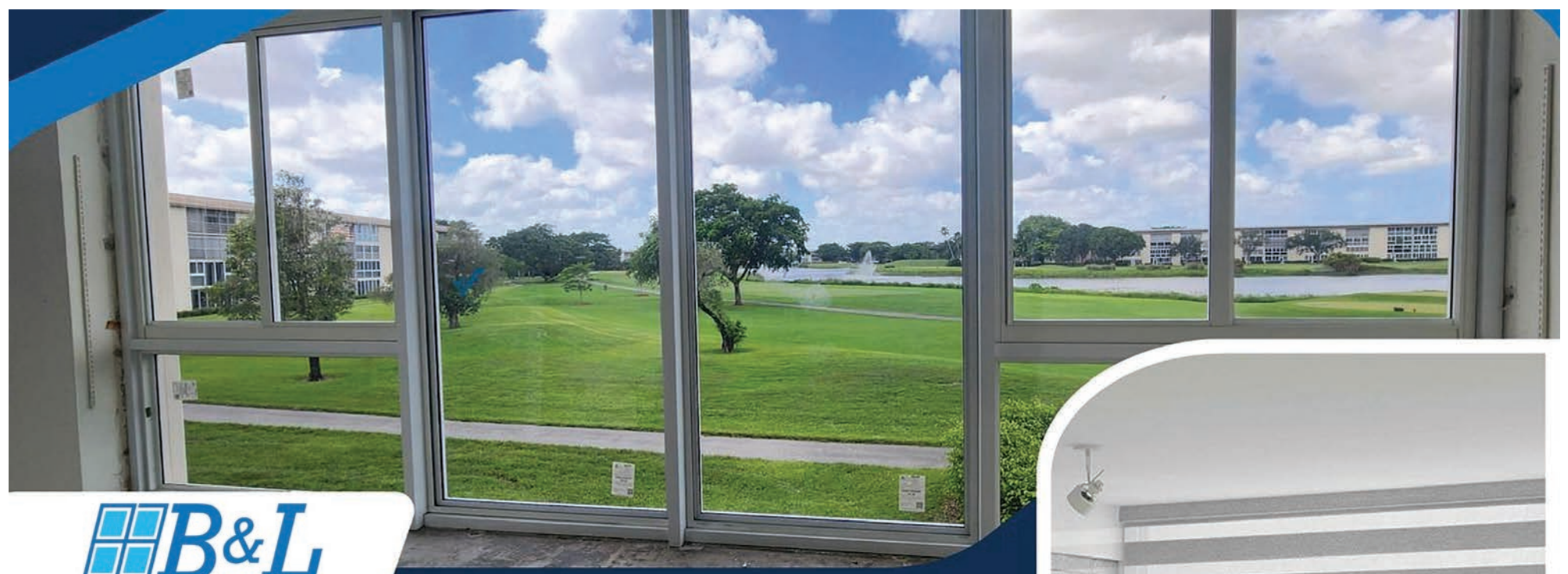
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By Sheriff Gregory Tony

THANK YOU, BROWARD COUNTY

I am incredibly grateful for the faith and confidence you have placed in me and the Broward Sheriff's Office (BSO). Your voices have been heard, and our mission advances because of your support. Reflecting on our accomplishments over the last six years, I'd like to highlight a few of the notable successes that have propelled us forward.

BSO is now a national leader in public safety training and readiness, equipped to handle any situation. Our Research, Development and Training Center (R.D.T.C.), which opened earlier this year, consolidates our training efforts under one roof and fosters collaborative training and preparedness across our organization's disciplines and departments. Leveraging advanced technology, we've elevated crime detection, prevention and response standards within our Real Time Crime Center (RTCC). Recognizing the importance of mental health, we have emphasized support and services for those in crisis over incarceration. Our Crisis Intervention Team (CIT) training, which helps us recognize the signs of those suffering a mental health crisis and de-escalate potentially dangerous interactions, is expanding across our organization. Through our Neighborhood Support Team, Professional Standards Committee and Social Justice Task Force, we strengthen community trust by prioritizing accountability, transparency and responsiveness to public concerns. Additionally, we have invested in the wellness of our team through mental and physical resources and resilience programs.

I'm proud of how far we've come—and we are just getting started. Our commitment to "Excellence in Service" will guide us into the future. BSO will continue prioritizing public safety by pursuing initiatives that align with our core values—collaboration, integrity, professionalism, innovation, accountability and effort.



Over the next four years, we'll build upon our successes to achieve the goals outlined in our comprehensive strategic plan. Developed with your valuable input, this plan will streamline operations across departments to enhance BSO's service to our community. We will optimize efficiency and effectiveness by promoting stronger teamwork and internal communication. Investing in the professional growth of our first responders is paramount to safeguarding our community. To support this, we are expanding professional development opportunities to provide every team member with the tools necessary to grow within BSO. Additionally, we will implement new programs to cultivate the next generation of leaders, ensuring a sustainable future for our organization.

To bolster our commitment to the community, we will allocate resources to build meaningful and lasting connections. Additionally, online educational platforms will make public safety information easily accessible to every resident, regardless of where they reside.

To enhance the well-being of our first responders, we will develop new health initiatives to ensure they are always at their physical and mental best, ready to serve the community. Through an early intervention program, we will reach out to BSO employees in need, offering safe and confidential support.

With these strategies in place, we are proactively responding to today's public safety needs and laying the foundation for building a stronger, safer future for everyone in our community.

As your sheriff, I pledge to continue to lead the Broward Sheriff's Office with excellence, providing the highest level of public safety for all of Broward County. Thank you once again for your support and confidence in our service to you.





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Happy Holidays!

The Many Reasons to Avoid Probate

By Martin Zevin, Attorney

You have heard that Probate is something to avoid; however, unless you have been through it, you may not understand why. Here are some basic facts about probate in Florida:

1. Full Probate (assets over \$75,000 or under \$75,000 with creditors) takes at least six months to a year or longer. During that time, the assets being probated are tied up. If your heirs want to sell your home in probate, they must go through a formal process. This includes filing a Petition to administer the Estate. If successful, the Judge of the Probate Court will sign an Order called Letters of Administration. This could take one to three months.

The next step is Notice to Creditors published in a newspaper. This must be done even if there are no creditors. Creditors have 90 days from the date of first publication to file a claim against the Estate. Nothing can be done regarding distribution of the assets until after the ninety days.

A tax id number from the IRS must be obtained for the Estate. Once the Personal Representative (Executor) obtains the Letters of Administration and the tax id number, an Estate account can be opened to transfer any funds from an account or future proceeds from the sale of a home or other real estate. If real estate is involved, a court order is generally necessary to allow the closing and another court order may be necessary to distribute proceeds.

A formal Inventory must be filed listing exact date of death values of all assets being probated.

A formal accounting may be necessary if all beneficiaries do not agree to waive it.

Once all distributions are made, the Estate cannot be closed without another court order.

If an estate asset is discovered after the Personal Representative has been discharged by the court, the Estate must be reopened and more formalities



must be followed.

2. The attorney's fees can be quite high, depending on the value of the Estate. Florida law authorizes a 3% fee on the first million dollars, and a sliding percentage thereafter. The Personal Representative can negotiate with the lawyer for a lower fee. If the Estate is valued at \$700,000 and the fee is reduced from 3% to 2%, that is still a \$14,000 fee, plus about \$1,000 in court costs for filing fees, publication in the newspaper, etc. An attorney can also charge an hourly rate, but this could easily exceed the 3%, particularly on smaller estates.

3. The Personal Representative will probably need to pay money out of pocket for

initial costs and a Retainer for the attorney, plus funeral bills if not already pre-paid. In addition, if real estate is involved, the Personal Representative may have to pay taxes, utilities, maintenance, mortgage payments etc. until access to Estate funds is authorized. The Personal Representatives will reimburse themselves at that time, but it could cause hardship if personal funds are limited.

4. All of the above is stressful and time consuming for the Personal Representative. Although a fee is allowed, this could be an issue if family members or other beneficiaries object.

That is just a brief summary of why it is so crucial to have proper and complete estate planning with a lawyer to be sure that ALL assets avoid probate. Please refer to many of my other articles for practical tips on avoiding probate.

My Dad used to say: "May you live as long as you want and never want as long as you live." I will add: when you die, may your heirs avoid probate!

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 web site is www.martinzevinpa.com. 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.

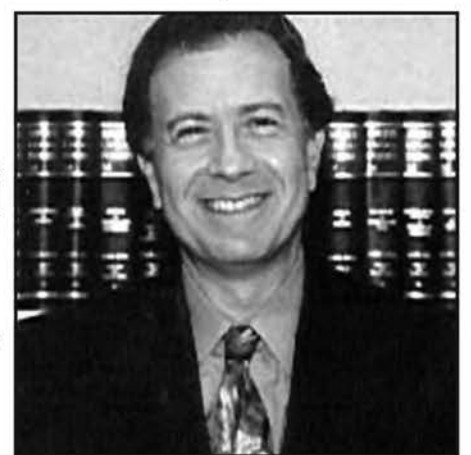
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Martin Zevin

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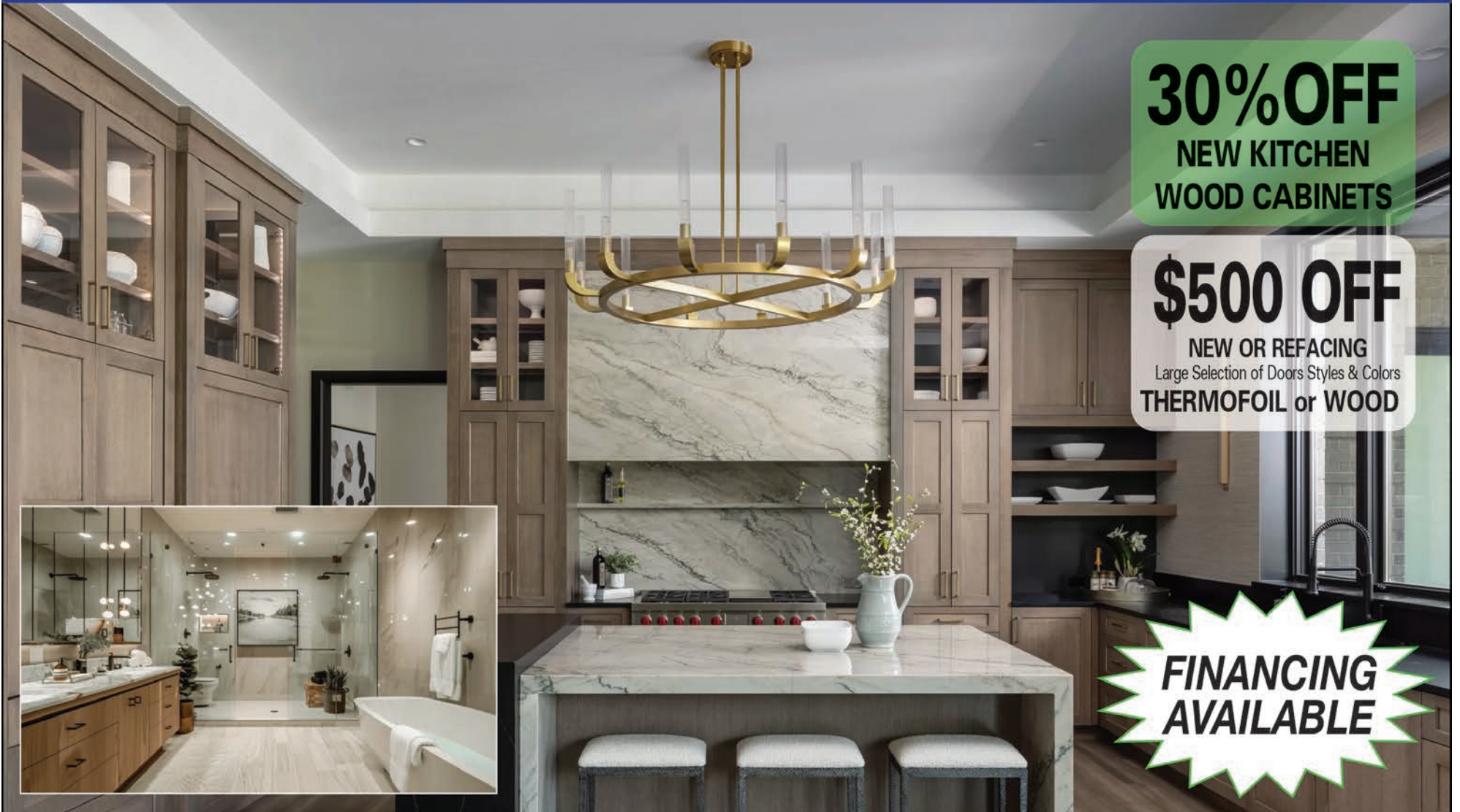
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Not sure what you are doing on New Year's Eve?

By Bram Hamovitch

The Wynmoor Bridge Club has an annual New Year's Eve event on the 31st, which you are welcome to join, whether or not you play bridge. All table game players can usher in the new year by eating, drinking and playing your favorite game in a friendly atmosphere with others. The fee will be \$30 for the New Year's Eve dinner and game. The menu will include a green salad, choice of roasted or fried chicken (choice of white or dark meat), with two sides. Dessert and beverages will also be provided. There will be a drawing for prizes immediately following dinner, and a toast to the New Year! For more information, call Lynne at 954-257-3452. For tickets, contact Sarah at 954-978-9228 BEFORE Dec 27th. For more information, go to the Wynmoor Bridge web page, at <https://sites.google.com/view/wynmoorbridge>



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ASK DR. JOY

By Joy Berke Sanchez Ph.D.

EMOTIONAL CURRENCY



This month's article is based on a couple of different excerpts from previous ones and my 2010 book on narcissism. It's on what I call emotional currency or EC.

Everyone has ways in which they want to 'get paid' emotionally or intimately. These are the behaviors, gestures, etc. that lead to a person feeling loved, valued, appreciated and a host of other psychological necessities. Different people use different currencies to give and receive closeness and impart feelings of caring and love.

For example, service. Both men and women use service to show their love. I don't want to be sexist and these examples are meant to be merely illustrative. A woman may pick up her husband's shirts at the cleaner's and he may wash her car. Of course, these behaviors can be reversed (have to be very careful these days not to offend anyone). If both people view service in the same way, they both will feel loved and cared for when these things are done for them. However, if one of them just regards doing these things as part of running a household, that person will not feel 'paid' by the gesture. Oftentimes the other will point this out and say he or she was met with a mere 'thanks' because the partner on the receiving end thought it was not particularly special.

Another example is money or gifts. Sometimes one partner believes that buying an extravagant gift is a wonderful way of showing love. If the person on the receiving end thinks the same way, then both partners will feel loved and appreciated and their emotional banks will have a deposit. If, however, you have one person believing that gifts are a show of love and the other thinking that picking up the dry cleaning is, we're going to have two unfulfilled people. The one who didn't receive the gift and the one whose trip to the cleaners was not appreciated. Neither partner here is going to feel emotionally paid.

One very important difference is in what constitutes emotional intimacy. I will use myself as an example. To me, closeness comes from intimate conversation. These conversations can be intellectual as well as emotionally revealing. They come from sharing ideas, philosophies, theories, experiences and opinions as well as intimate and personal feelings. This would be true

for me in any relationship whether with friends, my daughters, spouse, etc. This was also true when I ran groups and watched people blossom because they were able to share their deepest selves and their ideas and learn to accept the revelations of others. For me, this is what it means to be 'in relationship' with another person and this is what fosters intimacy and caring for another. When I don't have that I can only reach a certain level of relationship which may be fine in casual friendships and acquaintanceships but those relations cannot and will not deepen. Of course, I also tend to pay in that same currency and although I can and do pay in all forms of emotional currency, they are not primary for me.

Another important currency is time. Some people require spending a great deal of time with the other and some need much less. If you believe that the amount of time spent together should be a primary factor of the relationship, being with someone with many other interests who doesn't have the same time requirements you do will make you both unhappy. You will see time spent doing other things as a rejection of you and the other will find your demands suffocating and neither of you will be filling your emotional bank.

Time spent together is definitely an important factor in relationships. It is difficult to feel loved and cared for when the person you want to be with hasn't the time to spend with you. The important thing to look at here is desire. If the other person has a time-consuming job or other necessary demands but you know you are valued and the desire to spend the time with you is there, it is quite different than being with someone who is fitting you in to a whimsical schedule, seeing you when he/she feels like it or when it is convenient. Trying to receive something from someone who is unable to give it is a major effort in frustration and futility for both people involved.

Another example and method of payment is paying with physical affection and/or compliments. This comes naturally to some people and is very difficult for others both to give and to receive. Again, if the balance of desire and need does not match you will be in for a rough ride.

To be paid in your own currency is to experience yourself as loved, valuable, important, cared for, psychologically visible and a real part of a relationship. To be paid in a way that is less important to you or even in a way you might not even notice leads to feeling invisible as your deepest self and when you feel invisible you cannot feel loved and cared for. Imagine having your emotional currency bank depleted and then imagine it overflowing. Quite a difference.

Due to space constraints I have shortened this extensively but hopefully you got the idea and can come up with your own currencies and listen to the important people in your life about theirs.

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- ★ School Resource Officers in all schools
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- ★ Opposed any variance to height or expansion for Mt. Trashmore
- ★ Opposed Turnpike expansion
- ★ Added glass and composting to our recycle drop-off streams
- ★ Ensured that potential developers were made aware that future projects must be amenable to our residents

IMPROVING OUR NEIGHBORHOODS

- ★ Resurfaced, widen/add sidewalks, lighting and bike lanes on Lyons Rd.
- ★ Infrastructure improvements to protect our property values
- ★ Engaged in serving our schools — serve on School Counsels, mentor students, and advocate at School Board meetings

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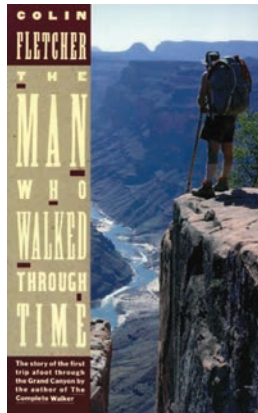
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book review

By Beatrice Horowitz

The Man Who Walked Through Time

Colin Fletcher



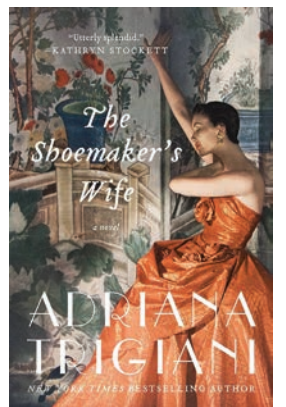
Mr. Fletcher tells the story of his mostly solitary continuous walk through Grand Canyon Park in the 1960s. In this museum of rocks and life, “immersed in space and silence and solitude,” he encounters geologic time, “everything dancing at its own tempo to the same overriding rhythm.” I use quotes because paraphrasing his language would dilute its strength. His eloquence covers descriptions of the canyon’s beauty as well as its effect on his psyche. He ends with an Emerson quote: “There is a relation between the hours of our life and the centuries of time. The hours should be instructed by the ages and the ages explained by the hours.” This

book kept me company on afternoon walks, and I listened three times to the concluding chapters.

The Shoemaker’s Wife

Adriana Trigiani

Ciro and Enza are born in neighboring villages in the Italian Alps at the end of the nineteenth century, meet briefly, immigrate separately to New York, meet again, and lose each other twice more there, meet again to finally marry and move to Minnesota after the First World War. Their decades long saga allows the author to describe a smorgasbord of lives and places, including day to day labor and cooking in Italy, the life of the convent in a tiny village there, immigrant ships in the early twentieth century, indentured servitude and apprenticeship for new American residents, dressmaking skills and the life of the Metropolitan Opera staff in the 1910s, a soldier’s reality in battle, then finally life in a Minnesota mining town. The author was inspired by the story of her grandparents’ lives, and her love of their world shows in the meticulous research and loving descriptions. Characters ring true, though by the end of the book I was slightly exhausted by the sheer scope of the story. This was her family; perhaps she had difficulty leaving anything out.



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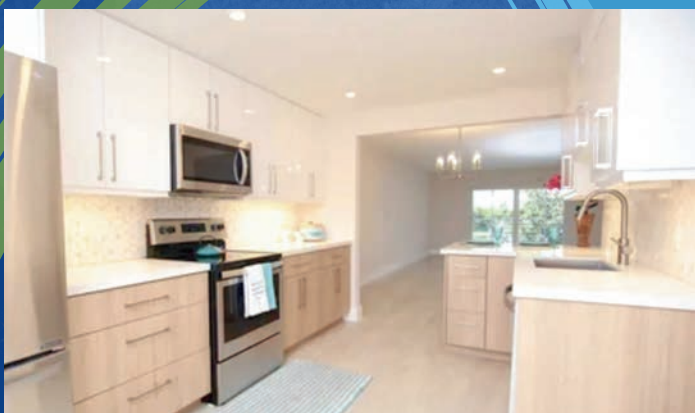
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Despicable Me 4

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Tuesday, December 3rd at 2 PM* & 7:30 PM
Sunday, December 8th at 7:30 PM*

* (Open Caption)

Starring Steve Carell, Kristen Wiig, & Pierre Coffin. Gru, Lucy, Margo, Edith, and Agnes welcome a new member to the family, Gru Jr., who is intent on tormenting his dad. Gru faces a new nemesis in Maxime Le Mal and his girlfriend Valentina, and the family is forced to go on the run. **Rated PG for action and rude humor. Comedy, Family.**



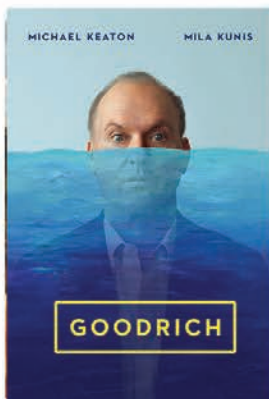
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1 hour, 48 minutes

Tuesday, December 10th at 2 PM* & 7:30 PM
Sunday, December 15th at 7:30 PM*

* (Open Caption)

Starring Cailey Fleming, Ryan Reynolds & John Krasinski. After discovering she can see everyone's imaginary friends, a girl embarks on a magical adventure to reconnect forgotten imaginary friends with their kids. **Rated PG for thematic elements and mild language. Comedy, Family.**



Goodrich

1 hour, 50 minutes

Tuesday, December 17th at 2 PM* & 7:30 PM
Sunday, December 22nd at 7:30 PM*

* (Open Caption)

Starring Micheal Keaton, Mila Kunis & Danny Deferrari. Art dealer Andy Goodrich's life gets upended when his younger wife leaves him and enters a 90-day rehab program while also threatening divorce. Andy takes charge of their 9-year-old twins, thrusting him into the world of modern parenthood for which he is deeply unprepared. With his career falling by the wayside, he soon leans on his pregnant daughter for support, ultimately becoming the father she never had. **Rated R for some language. Comedy, Drama.**



Wild Robots

1 hour, 42 minutes

Sunday, December 29th at 7:30 PM*

* (Open Caption)

Starring Lupita Nyong'o, Pedro Pascal & Kit Connor. Shipwrecked on a deserted island, a robot named Roz must learn to adapt to its new surroundings. Building relationships with the native animals, Roz soon develops a parental bond with an orphaned gosling. **Rated PG for action/peril and thematic elements. Adventure, Family.**



White Bird

2 hours, 1 minute

Sunday, January 5th at 7:30 PM*

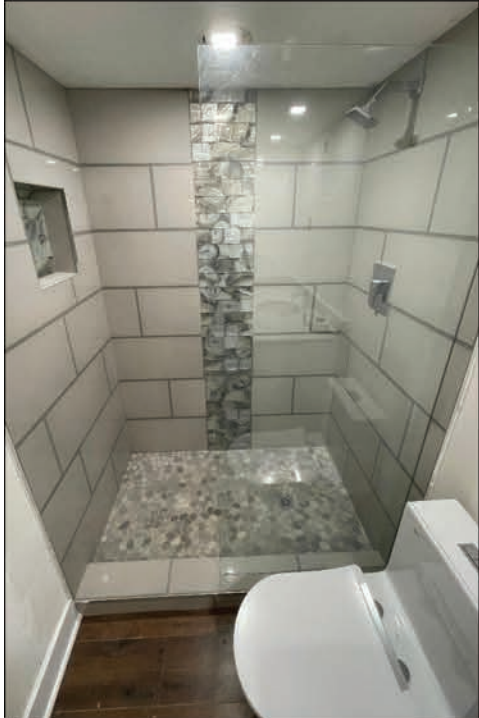
* (Open Caption)

Starring Ariella Glaser, Orlando Schwerdt & Gillian Anderson. Julian has struggled to belong ever since he was expelled from his former school for his treatment of Auggie Pullman. To transform his life, Julian's grandmother finally reveals her own story of courage. During her youth in Nazi-occupied France, a boy shelters her from mortal danger. Together, they find first love in a stunning, magical world of their own creation, while the boy's mother risks everything to keep her safe. **Rated PG-13 for some strong violence, thematic material and language. Adventure, War.**

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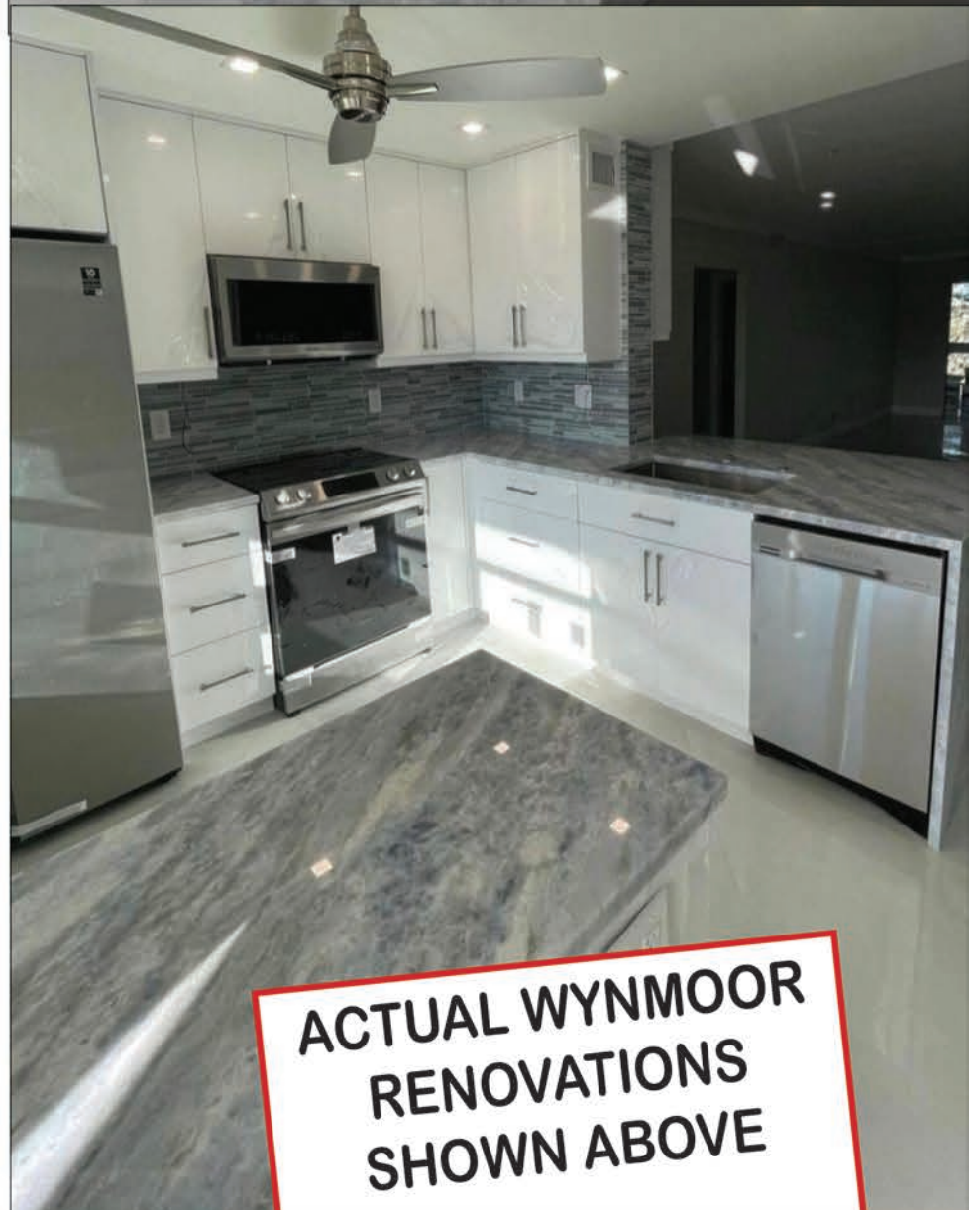


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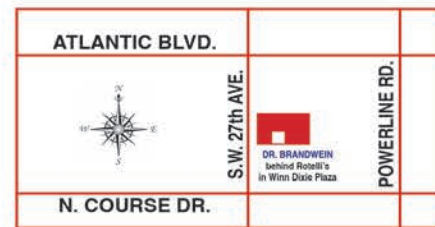
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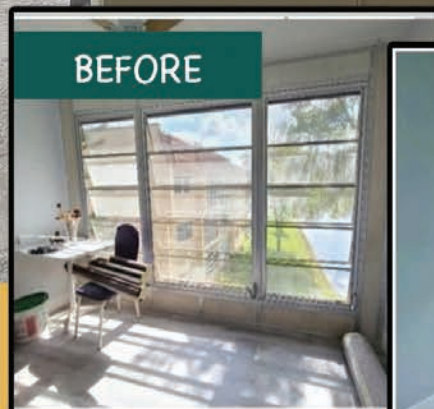
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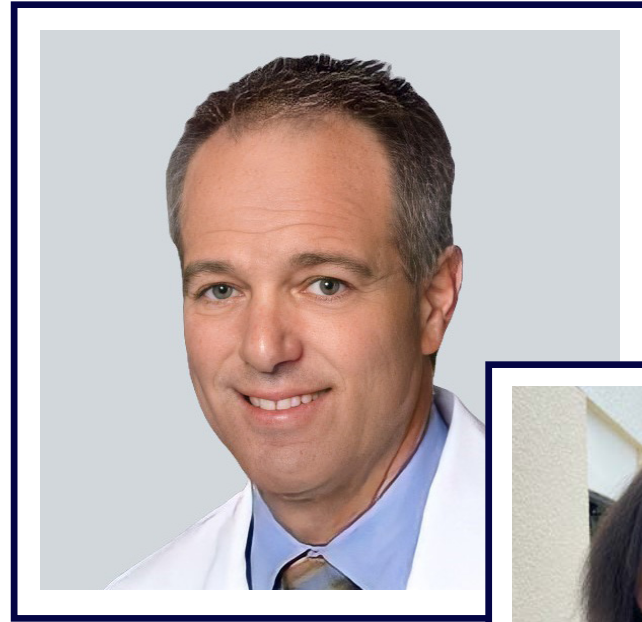


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What You Need To Know About Cataracts

(NAPSI)—By age 80, most people either have cataracts or have had cataract surgery. That’s because most cataracts are the result of natural aging. You may not notice that you have a cataract at first. But over time, they can make your vision blurry or hazy, colors fade, you can’t see well at night, or you may see double images. The good news is that cataract surgery can restore your sight. With a high success rate of more than 90 percent, cataract surgery enables people to see better after their cataract is removed.

Here are the top six things ophthalmologists—physicians who specialize in medical and surgical eye care—want you to know about cataracts:

- 1. Cataracts can be removed with surgery.** Surgery is the only way to cure cataracts. Early on, you may be able to cope with reduced vision from cataracts by using brighter lights, wearing anti-glare sunglasses, or using magnifying lenses for reading. But if cataracts start getting in the way of everyday activities such as reading, driving, or watching TV, an ophthalmologist will need to remove the clouded natural lens and replace it with an artificial lens, also called an intraocular lens (or IOL), to correct blurry vision.
- 2. You can slow development of early cataracts.** You can take steps to protect your eyes from cataracts. Using 100% UV blocking sunglasses, quitting smoking, maintaining control over high blood sugar, and eating a healthy diet can help prevent cataracts.
- 3. People with diabetes are more likely to get cataracts.** Natural aging is the



Keep an eye on your sight. Blurry vision, faded colors and double images can all be symptoms of cataracts—which can be cured.

most common cause of cataracts, but some people are at higher risk for cataracts than others. People who have diabetes with high blood sugar levels can get cataracts quicker and at a younger age than those with normal blood sugar levels. Improving glucose levels may help delay cataracts.

4. Eye color affects your risk of developing cataracts. Studies show that people with dark brown eyes have a higher risk of developing cataracts than people with lighter eyes. However, UV light is a known contributor to cataract development no matter what color your eyes are. Wearing sunglasses whenever outdoors is recommended for everyone.

5. Treating cataracts may decrease your risk of dementia. Though the link between

eye health and dementia is unclear, recent studies suggest people who had cataract surgery were 30 percent less likely to develop dementia.

6. You may eventually need a follow-up procedure. Some people will again develop hazy vision years after cataract surgery. This is usually because the lens capsule has become cloudy. The capsule is the part of your eye that holds the IOL in place. Your ophthalmologist can use a laser to open the cloudy capsule and restore clear vision, a procedure called a capsulotomy.

Regular eye exams are important to maintaining your best vision, even after cataract surgery. The American Academy of Ophthalmology recommends scheduling a visit to the ophthalmologist every year after cataract surgery if you’re older than 65, or every two years if under 65.

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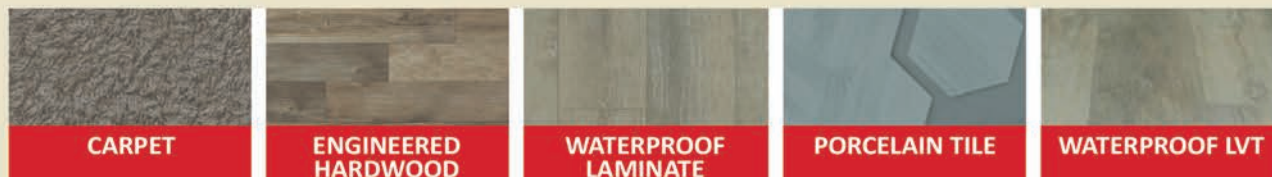
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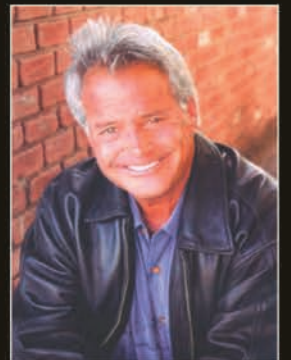
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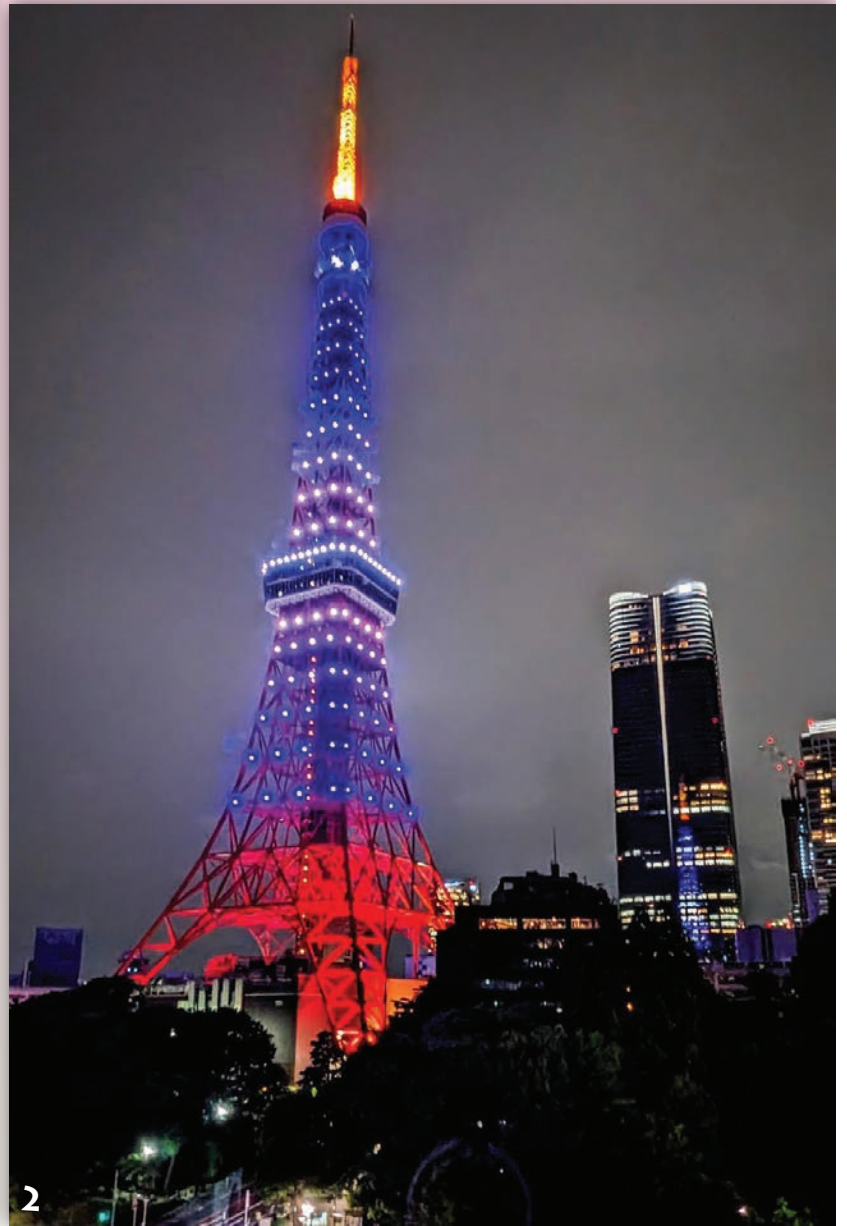
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- 5. TAMARA TRESNIOWSKI - CENTRAL PARK



3

CAMERA CLUB
BY NANCY LANDMAN



2



5



1



4

Israel Network

By Linda Storfer

If you have children, grandchildren or other relatives who have made Aliyah we invite you to join us on Tuesday, December 24th for our 2nd Annual Chanukah party at which we will ring in this festive holiday with Chanukah trivia, singing, a menorah lighting, and delicious refreshments. Cost is \$5 per person which must be paid in advance of December 24th. We are a networking group of people who support and love Israel. We meet at the far end of the Cove from 11:00 a.m. - 12:30 p.m. and mix and mingle with old and new friends and discuss common interests, job opportunities, dating, plus much more. A complimentary door prize will be given away. If interested, please call 412-818-6883.



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Our Amazing Self-Healing Ability

By Marcus Smith, Licensed Acupuncture Physician

One of the primary goals of Acupuncture, and many other forms of medicine including Western pharmacological-based medicine, is to create an environment in our bodies conducive to the expression of our own self-healing ability. Antibiotics, for example, do not heal us from bacterial infection. They are used instead to reduce to bacterial load in our bodies so that our primary innate healing mechanism, our immune system, can take over and do the actual work. But there are other, less obvious healing mechanisms which are constantly operating to repair our bodies and keep us healthy, if not immediately, then certainly over time.

I have always been physically active. As a “hyper-active” child I was either running, swimming, cycling or wrestling. As an adult I added yoga and while living in New Orleans in the 1980’s I became involved in distance running, specifically 10K (6.2 miles) races. These were grand events in New Orleans, attracting professional runners from all over the world as well as wannabes like myself. The race would start in the historic French Quarter and proceed down Prytania Avenue through the Garden District with jazz bands playing along the way to support the runners. The event would conclude along St. Charles Avenue in majestic Audubon Park with a Mardi-Gras style party of music, food, beer, dancing and of course, the commemorative T-shirt.

It was during a training run preparing for one of these “Crescent City Classics” as they were called, that I fell into a pothole in the street, breaking a small bone in my right foot, and spraining all the lateral ligaments. I was effectively crippled and never ran another race. It was 8 weeks until I was able to remove the cast. Following rehab, I was still in pain. Every step was painful. I was told I would just have to learn to live with it.

Fast forward 10 years and I was still in pain. I had completed my

acupuncture training and had been treated numerous times by the best teachers my school had to offer as well as other practicing acupuncturists and I was still in pain.

Then I had a dream. In this dream I was back in acupuncture school. I recognized all my classmates sitting around me and the school was hosting 3 Chinese acupuncturists who were renown for their skills. They asked for a volunteer and I did. I was invited to the front of the classroom and sat on a treatment table. I pointed to my right foot and described precisely where it hurt. For the next several minutes the three discussed and argued (in Chinese) about points to be used for more treatment. After much haggling they decided on 4 acupuncture points, all local, and all very nearby (but not quite) at the exact same spots I have been needled dozens of times with no improvement. I sat there for some minutes while they manipulated the needles which were then removed and I returned to my seat. That was the dream.

It was some time the next day that I realized my foot and ankle pain were gone. GONE!! And it’s been gone ever since. How do I explain this? Well, in acupuncture theory it is said that “Qi (energy) follows thought” and that “Qi is the leader of blood.” In acupuncture terms, pain is defined as the “stagnation or blockage of qi and blood.” So, it follows that to eliminate pain, the goal is to promote the free flow of qi (energy) and blood. And if qi actually does follow thought, then it stands to reason we can facilitate qi (and blood flow) by intention and will. I do not know what supportive factors may have been operative the night of that dream other than the long-standing desire and intention for my foot pain to be gone and the almost daily visualization of healing warmth flowing through my foot.

For more information about Acupuncture and how it may be helpful for you or those you know and love, please visit our website at MarcusSmithAcupuncture.com or call us directly at 954-907-1036.

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For Information Call: Iris Arlan, President

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Season Show LINE-UP



Season Show LINE-UP



NOVEMBER

Date	Time	Show	Price
• Saturday, November 02, 2024	• 8:00 pm	• The Motowners	• \$20.00
• Saturday, November 09, 2024	• 8:00 pm	• The Tommy Mitchell Band	• \$20.00
• Saturday, November 16, 2024	• 8:00 pm	• Swingin' with Laughter	• \$18.00
• Saturday, November 23, 2024	• 8:00 pm	• Natural Woman: A Tribute to Carole King	• \$25.00

DECEMBER

Date	Time	Show	Price
• Saturday, December 07, 2024	• 8:00 pm	• Bad Moon Rising	• \$23.00
• Saturday, December 14, 2024	• 8:00 pm	• Copacabana	• \$20.00
• Saturday, December 21, 2024	• 8:00 pm	• Shake, Baby, Shake	• \$28.00

JANUARY

Date	Time	Show	Price
• Saturday, January 04, 2025	• 8:00 pm	• Funny How it Happens	• \$26.00
• Saturday, January 11, 2025	• 8:00 pm	• Legacy	• \$26.00
• Saturday, January 18, 2025	• 8:00 pm	• Miami Sound Revue	• \$28.00
• Saturday, January 25, 2025	• 8:00 pm	• The Long Run	• \$26.00

FEBRUARY

Date	Time	Show	Price
• Saturday, February 01, 2025	• 8:00 pm	• The Edwards Twins	• \$28.00
• Saturday, February 08, 2025	• 8:00 pm	• Ollie & The Jive Swings	• \$23.00
• Saturday, February 15, 2025	• 8:00 pm	• Cirque Journey	• \$26.00
• Tuesday, February 18, 2025	• 8:00 pm	• Wynmoor's Got Talent	• \$18.00
• Wednesday, February 19, 2025	• 8:00 pm	• Wynmoor's Got Talent	• \$18.00
• Saturday, February 22, 2025	• 8:00 pm	• Flamingos	• \$27.00
• Wednesday, February 26, 2025	• 8:00 pm	• Man of La Mancha	• \$30.00

MARCH

Date	Time	Show	Price
• Saturday, March 01, 2025	• 8:00 pm	• Man of La Mancha	• \$30.00
• Sunday, March 02, 2025	• 2:00 pm	• Man of La Mancha	• \$30.00
• Saturday, March 08, 2025	• 8:00 pm	• The Diamonds	• \$22.00
• Saturday, March 15, 2025	• 8:00 pm	• Dudu Fisher	• \$26.00
• Saturday, March 22, 2025	• 8:00 pm	• Absolute Queen	• \$28.00
• Saturday, March 29, 2025	• 8:00 pm	• Sarge	• \$26.00

APRIL

Date	Time	Show	Price
• Saturday, April 5, 2025	• 8:00 pm	• Fire & Rain & Margaritas	• \$18.00
• Saturday, April 12, 2025	• 8:00 pm	• Double Take	• \$18.00
• Saturday, April 26, 2025	• 8:00 pm	• Beatlemanix	• \$18.00

* Heads up! All shows may do a little dance with change, modification, or substitution. *
 * Sorry, no refunds or exchanges—it's a one-way ticket! *
 * Just a friendly reminder: Limit your excitement to four (4) tickets per household per event! *

* Heads up! All shows may do a little dance with change, modification, or substitution. *
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 * Just a friendly reminder: Limit your excitement to four (4) tickets per household per event! *



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Monday Night Dance Events

On Monday November 11th, the Monday Night Dance Club had their annual begin the season, welcome home snowbirds, New Year Dance featuring the band Street Talk. A wonderful time was had by all.



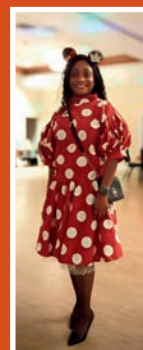
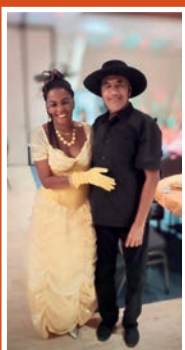
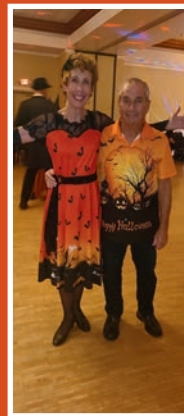
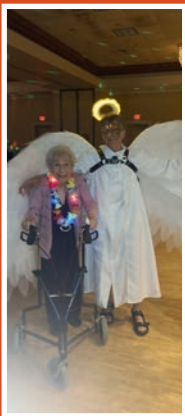
Salsa Red Party



Crazy Tie Night



Halloween Party



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

The Belly Dance Club is active again under the new leadership of Susan Baladi. Susan, a Wynmoor resident, has been studying the art of belly dance for 20 years. She has taught belly dance on cruise ships, and is presently dancing with dance troupes in Tennessee, Texas, international Shimmy Mob and YouTube troupes. Come and learn belly dance moves, enjoy fun exercise and work on posture and coordination skills. In addition, learn some fun dance routines. Susan has some ideas of how we can show off our skills around the community. Join the fun, meet fellow neighbors, and shimmy your coin scarfs! Everyone is welcome. We are all beginners. Belly Dance Club will begin in November. The club meets weekly on Tuesdays from 3:30 - 4:30 p.m., usually in the West Wing. Check monthly flyers in the library. For more information call Susan Baladi at 954-439-0313.

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Ben's Friends Art Club

By Enid Wolf-Schein

Ben's Friends Art Club meets every Saturday morning in the Country Club Art Room from 9:00 a.m. - 12:00 p.m. Whether you are experienced, or just an aspiring artist, you can come and enjoy the company of fellow painters in a friendly atmosphere. Just come. If you want more information call President Rene Monblatt at 954-933-7755.

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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.

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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.

Ready to Join? Contact Jim Erickson at 954-400-9302 for more information.

The election of officers in 2025 will take place on December 12th. Members who wish to be elected must submit their names from November 15th to December 1st.

A pizza party will be held in Ballroom C for all 2024 members. The election of candidates for President, Vice President, Secretary, and Treasurer will be held at 11:00 a.m. on December 12th.

We encourage all members to participate in the election process and help shape the future of our Bocce Ball Club.

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Bookies

By Sharon Curtis

Calendar of events: December 3rd, *Camino Ghosts* by John Grisham. January 7th, *Remarkably Bright Creatures* by Shelby Van Pelt. February 4th, *Stone Cold Fox* by Rachel Koller Croft. March 4th, *Nature of Fragile Things* by Susan Meissner.

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 Sharon Curtis, scwine101@gmail.com. Please include your phone number.

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Bridge Club

By Bram Hamovitch

Bridge players of all levels are welcome to join us in the East Wing of the Theater building for our ACBL-sponsored duplicate games. We play on Tuesdays and Fridays at 12:30 p.m. (please arrive by 12:15 p.m.).

Lenny Fagen offers us **free** lessons that are open to anybody, prior to our Tuesday games. The lessons will start at **11:45 a.m.** The theme of the lessons is *The Language of Bridge, Informal Lessons on How to Communicate With Your Partner*. After the lesson, feel free to join our regular game, which starts at 12:30 p.m.

All bridge players are invited to join our weekly "Play & Learn" bridge sessions, which commence on Tuesday, January 7th and on Friday, January 10th. The sessions will be held from 9:30 - 11:30 a.m. in the East Wing. Please note that the Tuesday sessions are designed for "beginners" who have played at least a few times, but still need help with the basics. The Friday sessions are aimed at those who have a reasonably good grasp of the basics, but want to become more confident in their bidding, declaring, and defending.

More information about these lessons and our bridge club can be obtained at <https://sites.google.com/view/wynmoorbridge>

Questions? Please contact David at 917-940-1552 or dmrice@mindspring.com. You can also email us at wynmoorbridge@yahoo.com.

If you need assistance in finding a partner, you can reach Terry at 216-401-5739 (voice or text) or thamovit@yahoo.com.

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Camera Club

By Nancy Landman

The Camera Club of Wynmoor welcomes all shutterbugs with varied levels of experience whether you use a traditional camera or a cell phone.

Our meetings are on the first and third Tuesday of each month, starting the third Tuesday in November through the first Tuesday in April. We meet in the Lecture Hall at the Clubhouse. This season we have some wonderful presentations as well as photography outings that will include instruction and guidance. In addition, we have members' photographs to view and review.

Interested? You are invited to attend your first meeting free of charge. Yearly membership is: Individual \$10, Couple \$15.

If you'd like to see some samples of our recent photos, check out the display case at the clubhouse or the Camera Club section of the News and Views and The Insider.

If you'd like to register as a member, or receive info and updates, send an email to: CCWynmoor@gmail.com. For more information, call or text Nancy Landman at 954-496-1965 or Jennifer James at 917-359-7181.

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Ceramics Club

By Tamara Tresniowski

Happy Holidays to all. 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 - 10:30 a.m. on Friday.

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Chess Club

By Hillel Cohen

The Chess Club meets every **Tuesday evening** from 6:30 p.m. 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 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? Stop wondering and start playing. The Wynmoor Chess

Clubs and Activities

Continued from page 63

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 and you'll be surprised at how much you remember. Besides, 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 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.

Democratic Club

By Steve Vajda

Member Appreciation Meeting - Let's Have Some Fun: "Jukebox Bingo." Democratic Club Monthly Meeting - Tuesday, December 3, 2024 - Promptly at 2:00 p.m. - Country Club Ballroom - Doors open at 1:30 p.m.

WDC Members: Thank you for your continued support and participation throughout this very challenging year.

For your entertainment, we are pleased to present Doug Shannon returning with the fun game: "Jukebox Bingo." Current 2024 Members: No charge. Play "Jukebox Bingo" for free! Members renewing for 2025: Pay dues of \$15 and play "Jukebox Bingo" for free! New members: Sign up and Pay \$15 for 2025 dues and pay only \$5 to play "Jukebox Bingo." Non-Members: Pay \$ 10 to play "Jukebox Bingo." FIRST 100 ATTENDEES: partake in a special ice cream dessert.

We will summarize the past year and the challenges we shared. And we will preview the plans for 2025.

Then the fun of "Jukebox Bingo": Play the game and win prizes! For more information: stevevajda@hotmail.com or call 305-720-5860.

Drawing and Painting Club

By Beatrice Horowitz

Our club is looking forward to the new season. Some anticipated events are the annual club luncheon, Art Walk, life drawing sessions and of course the Wynmoor Art Festival. Club membership (\$10 a year) includes access to a locker. We meet on Wednesdays from 1:00 - 4:00 p.m., working in many different mediums and at skill levels from beginner to advanced. Stop by to say hello or contact beatrice.horowitz@gmail.com or lynnmillerartist@gmail.com if you have questions.

Fun With Friends 2

By Benjamin Zoe

Our next dance will be on Sunday, December 15th. The event will feature Resonance. Dance registration forms will be ONLY be made available via our new website: <https://wynmoorfwf2.com/> beginning on Sun., Nov. 24th.

THE RESONANCE BAND



Resonance is a premier, high-energy South Florida corporate party band who performs a vast repertoire of music ranging from classic to current hits across all genres. With two powerhouse vocalists fronting the band, tribute-style instrumentation, and epic harmonies, you will not want to miss what is expected to be another great event.

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 DECEMBER 10th.

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

Membership for Fun With Friends 2's June 2024 to May 2025 year is still available as membership numbers are not capped - join at any time of the year. Membership registration will only be made available on our website as well: <https://wynmoorfwf2.com/>

For all other information email: admin@wynmoorfwf2.com

Health and Wellness Club

By Hope S. Myers

Holiday Party with wonderful refreshments and a speaker too. Meeting for members only on Wednesday, December 18th at 2:30 p.m. in the West Wing 2. Topic for the day "Nutrition Myths They Want Seniors To Believe." This great talk will be delivered by Paula Mendelsohn, a Functional Medicine Nutritionist who has been practicing in Boca Raton since 1985. Her particular areas of expertise include digestion issues, weight management, cholesterol and cardiovascular wellbeing, blood pressure, blood sugar, and metabolic syndrome. She also specializes in helping ladies make babies!!

We will begin collecting membership dues of \$10 for the 2024-2025 season. Our season includes the months of January, February, March, April, October, November, and December. We do not meet from May - September. Our holiday refreshments will surprise, be healthy and delicious. For questions, Hope Myers our President can be reached at 954-971-9538.

Ladies Circle Club

By Diane San Anton

There is no meeting in December due to the holidays. Instead, we are planning a visit to the Bonnet House and Gardens, December 17th. The tour starts at 10:00 a.m. Group price is \$25. A tram will pick us up in the parking lot and we will be escorted through the house and then a ride through the 35-acre gardens, returning to the parking lot. Tour is approximately 90 minutes to two hours.

For those of you who would like to continue to lunch (optional), join us at Sicilian Oven in Lighthouse Point. Lunch includes the following: For Starters: Gorgonzola or Caesar Salad with Crostini's, following by Eggplant Parmigiana, next course will be Pasta Pomodoro, finishing with a slice of pizza. Cost is \$27 PP which includes a soft drink, tax, and tip.

For more information, please call Diane San Anton 954-590-2794.

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 nancysmith1021@gmail.com.

Monday Night Dance and Social Club

By Tamara Tresniowski

Happy Holidays everyone! Come dance December away. We have great things in store for you this month. December 2nd, we have special guest instructor Jonathan Melendrez teaching American Tango. December 9th is Polka dot Night, and we will be learning the Polka with Dorothy and Dan. Turn the clock back to the 70's for Disco Night December 16th. Karen will be teaching the D.H.S.S. line dance. Finally, December 23rd is our holiday celebration, no lesson just lots of dancing to a holiday plus more mix of music. There is **no dance** December 30th. Our dues are \$10 and \$2 each Monday. Guests are \$5. Coffee and treats served each Monday. Come and dance the night away.

Nature And Arts Club

By Linda Storfer

Please join us on Thursday December 5th for a light, healthy and nutritious breakfast and meet Keith Garsson, actor and director of the Delray Beach Playhouse who will present an informative talk about his work and latest projects. On Thursday, December 19th we are off to the Benzaiten Center for Creative Arts for a tour and live demonstration of glass blowing which

Continued on page 66



*A joyous, peaceful
Holiday Season
to one and all!*

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PATRICIA DUAYBES

for COCONUT CREEK COMMISSION DISTRICT C

I have been an active and involved resident of Coconut Creek for 33 years. I have the institutional knowledge of Coconut Creek's history, charter, ordinances, growth and development. I have watched our population become more diverse and multi-cultural. I would be honored to represent our city.

I hope to *earn your support and your vote!*

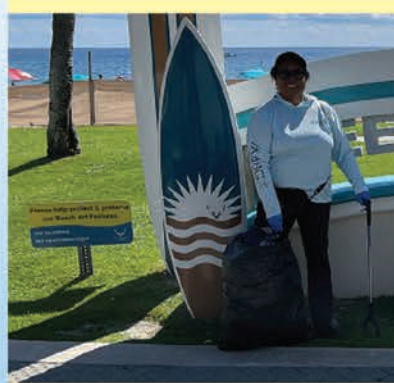
MARCH 11, 2025 CITYWIDE ELECTION



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Clubs and Activities

Continued from page 64

is something you will not want to miss. All our breakfasts and trips are for members only so make sure to join our group now in order not to miss out on our upcoming dynamic programs for the new program season. Membership is \$15 per person which you can mail to Sheryl Darby 3302 Aruba Way apt J2 or deposit your check in the black box on the wall of her building's first floor mailroom opposite the elevator. Be sure to include your email so you will be able to receive our monthly newsletter with all the specific information every month. Questions, contact Sheryl at 954-977-4008 with membership questions.

Needlework Click

By Barbara Bilello

Our meetings for December are the 2nd and 4th Tuesday, the 10th and the 24th. We are in the West Wing from 1:00 – 4:00 p.m. Our Holiday Party will be on the 10th. Please make sure to get in touch with Charlotte as to whether you are joining us by December 1st.

We would like to thank everyone who donated yarn this past year. It is greatly appreciated for all our beautiful items that were donated to various organizations. We are always ready to pick up yarn and put it to good use, call Barbara at 754-222-6375.

If you want to make some friends, come and join us. Happy Holidays! See you all next year!

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.

Pickleball Club

By Mayda Coombs

Welcome back to all our seasonal residents! It is wonderful seeing so many of our friends back on the courts. The Pickleball Club Season is here. Check out our bulletin board in the Pavilion and on our Facebook page for all current and upcoming events. Flyers are also available in the Club House. This season we are holding two different classes. We have one class for new players and Intermediates players on Monday afternoon and for the Advance players, 3.5 and up, we have a Ball Machine Drill Class, held on Thursday evening. If you never played and want to learn or want to work on your back hand you must sign up for a class. Unfortunately, no walk ons. You must send an email to, pcw.classes@gmail.com. Please put on subject line what class you are interested in. You will receive more information.

WGA

By Nathalie Carlson

Once again our Hutchinson Island event was a huge success. Here is a photo of all the golfers that went.



On December 7th the WGA will host another Guys & Dolls from 8:00 a.m. to 1:00 p.m. The price is \$25 per person. If interested, please sign up at the pro shop. Last month's menu was Shrimp Scampi and Chicken Parmesan.

I heard it got rave reviews.

The WGA will host its monthly membership meeting on December 4th from 7:30 - 8:30 p.m. in the West Wing. Come join us for doughnuts and coffee. Who knows you might be lucky enough to win a couple of golf balls!

For more information on membership and upcoming events to the WGA, please contact John Railey at 917-763-7398 or Mike Ramonti at 954-654-2648.

WLGA

By Linda Sue Lewis-Moors

WLGA (Wynmoor Ladies Golf Association) members continue to enjoy the camaraderie and fun that membership promotes.

The month of December features the annual Toys for Kids tournament and luncheon on Tuesday, December 17th. Members purchase holiday gifts for local school children and the gifts are distributed by the Coconut Creek Police Department members. Wynmoor residents who are not WLGA members but would like to donate to this program are welcome to call Karen Beckman for pick up at 262-374-2672.

The WLGA annual installation luncheon will be at the inviting Deer Creek Country Club dining room on January 22nd This popular event features an exciting fashion show and discounted shopping at Deer Creek's Pro Shop.

Registrations for golf memberships for both men and women are every Tuesday and Thursday in December, 7:30 to 11:00 a.m., in the Wynmoor clubhouse library. WLGA membership costs \$30 for golfers or \$10 for social members. There's also a fee of \$25 for WGA (men's association) membership, since WLGA members participate in WGA activities. These include monthly evening meetings with refreshments, Guys and Dolls tournaments, annual club membership tournament and awards dinner/dance, annual golf getaway and Nine and Dine events. For more information, please call Karen Beckman, WLGA President, at 262-374-2672.

US Club

By Sharon Poulos

Enjoy an exciting evening singing along to some of the greatest hits of Neil Diamond! The Ultimate Neil Diamond Experience will have you singing along to hits like Cracklin Rosie, Sweet Caroline, Song Sung Blue and so much more!

Come ready to party! Tuesday, December 10th in the Wynmoor Ballroom at 7:30 p.m. Members \$5 and guests entry fee is \$10. \$15 dues for 2025 are due.

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 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.

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 inquires can be addressed by most members present at that time.

Clubs and Activities

Writers' Workshop

By Judy Weissman

Hello. If you are writing, you're a writer. Give yourself a gift at the end of this year, and attend the Writers' Workshop. Here's how. First recognize that you will be giving and getting encouragement, feedback, and inspiration. Contact Nancy Heller Moskowitz, Club President at laughlady55@aol.com. Put Writers' Workshop as the subject.



Wynmoor Annual Short Film Festival Club

By Enid Wolf-Schein

SAVE THE DATE: The 5th Annual Wynmoor Short Film Festival Opening Night is Friday, March 21st at 7:00 p.m. with a Matinee at 2:00 p.m. on Saturday, March 22nd. As usual we will have a variety of fun films including the audience favorite from 2024 and two brand new instructional Just Dance videos including a costumed demonstration.

Both events start in the Country Club Lecture Hall with a popcorn and wine reception following in the Ballroom. Ticket sales start January 29th every Wednesday from 2:00 - 4:00 p.m. in the Country Club Library. Put that date on your calendar and come early because we have sold out every year. Tickets will remain at \$5. Cash only.



Wynmoor Video and Film Club

By Eddie Dex

The Wynmoor Video Club is currently involved in a new Video production capturing the History of Wynmoor on the 50th Anniversary of our community 1974-2024... We are celebrating half a century of so many people enjoying life in this wonderful, over 55, living community we call home.

We ask that anyone who may have some old photographs or videos of the early days of life and activities at Wynmoor, in past years, to please contact the club Email address. Photos or Videos can be sent to WYNMOORVIDEO@GMAIL.COM

On Facebook we are at "Wynmoor Video Club" or contact Eddie Dex at 954-305-4627.



DATES

- Saturday, December 7th - Saturday, December 21st
- Saturday, January 4th - Saturday, January 18th
- Saturday, February 1st - Saturday, February 15th
- Saturday March 1st - Saturday, March 15th



Fluffy's Foodie Food Truck Friday

Friday, December 13

Fluffy's Foodie Food Truck Friday, a neighborhood event series that brings foodies in Coconut Creek together once a month! Embark on a foodie adventure every second Friday of each month as we showcase a dynamic lineup of gourmet food trucks that will leave your taste buds begging for more. From savory to sweet, from traditional to exotic, we've curated a diverse selection of mobile kitchens that will cater to every palate. Whether you're a fan of mouthwatering burgers, delectable tacos, or irresistible desserts, Fluffy's Foodie Food Truck Friday has something for everyone.

- Date:** Second Friday of the month
- Time:** 5:00 PM - 9:00 PM
- Location:** Community Center
1100 Lyons Road
- Type:** FREE ADMISSION

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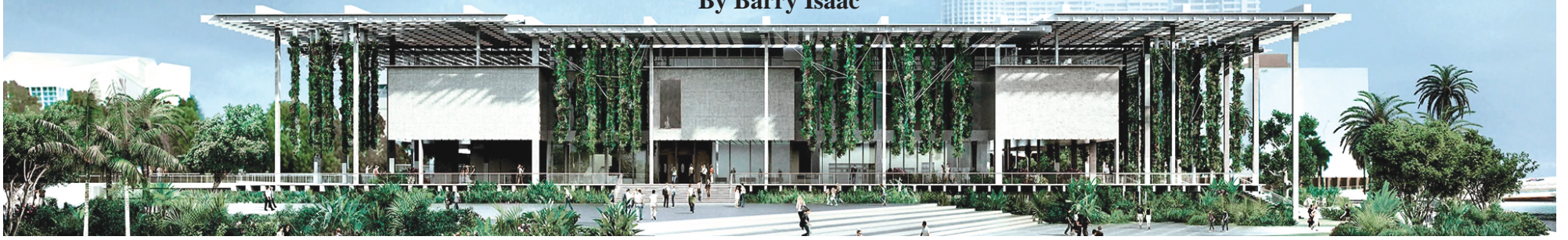
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Savoring Contemporary Art At The Perez Art Museum in Miami

By Barry Isaac



On a pleasant, somewhat windy Saturday in October, I spent a pleasant day studying Contemporary Art at the Perez Art Museum. I appreciated fine paintings from Perez Art Museum's permanent collection by Jana Euler "Whitney," Euler juxtaposes the face of Whitney Houston with the Whitney Art Museum in Manhattan in a very inventive manner, Joaquin Torres Garcia "Combination Number with 2 Masks," I relished the inventiveness of this painting by this Uruquayan Master, Lynette Viadom Boakye "King For An Hour," Jordan Casteel "Lourdes and Carina," a charming example of Feminist Art. Zeh Palito "Black Monalisa," Bony Ramirez "Fiera, View From Outside," Ramirez employed acrylic, colored pencil, soft oil pastel, butterfly specimens, and Bristol Paper on wood, Viktor El Saieh "Chaluska Festival," punctilious Haitian Painting, Frank Stella, Morris Louis "Beth Shin," fine example of Minimalism, and Helen Frankenthaler "Blue

Jump," among others.

Besides paintings, I was intrigued by the following works of Art from the permanent collection by these artists; Luis Jiminez "Tank Spirit of Chicago," polychrome fiberglass, Robert Rauschenberg "Love Hotel," mixed media, Cecilia Vicuna "Quipu Gut," splendid Textile Art, Ernesto Neto "Cai Cai Maroom," it is made of Dark Lucra with a wooden interior structure. It supports fragrant appendages, Glenn Ligon "Notes For A Poem On The Third World," the subject matter is social protest, and Alfredo Jaar (multi-media work depicting war in Bosnia).

I saw some fine paintings temporarily on display

by Calida Rawles, involving South Florida's waters and discrimination against African Americans in Miami such as "And I Wonder" and "Towner For Life." For many years, people of color were banned from enjoying the beaches of Miami Dade County and public swimming pools in Miami. Then Virginia Beach was created for African Americans in Miami in 1945. In 2024, the beaches of Miami-Dade County are integrated.

At the Xican-aox. Body Temporary Exhibit, I saw works of Art that depicted the Chicano Life Experience in California. Albiert, I saw impressive works by Gabriela Munoz "Brown on Brown-Lorena," portrait made using breast milk, Mexican Earth on handmade paper from yucca and saguaro and immigrant's clothing, Julia Landois "Don't Explain," a video depicting a nude woman on a pedestal menstruating, and John Valadez "Chicana," Pencil on Rag Paper. Many of the works of Art at this exhibit emphasized Women's Rights and how Mexican Americans have been discriminated against in California.

I appreciate the delightful atmosphere of the Perez Art Museum and as usual, I used the swings outside and enjoyed fine views of Biscayne Bay, after I left the Perez Art Museum. The Perez Art Museum is a fine place to study Contemporary Art.



Zeh Palito - Bony Ramirez



Ernesto Neto - Cai Cai Maroom



Morris Louis - Beth Shin

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DINNER SPECIALS 4 TO 10

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MINIMUM

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Puzzles and Games

Solutions from page 34

Crossword Puzzle

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

Holiday Gift Ideas

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

Sudoku

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

Binox

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×	○	○	×	×	○
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×	○	×	○	×	○
×	×	○	×	○	○



Trivia • Trivia

What is the only planet in our solar system to rotate clockwise on its axis?

Answer: Venus

What year was the first Barbie doll released?

Answer: 1959

What U.S. state grows coffee beans?

Answer: Hawaii

Who wrote "The Little Mermaid"?

Answer: Hans Christian Andersen

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