



The INSIDER

An Independent Newspaper
For Wynmoor Residents

VOL. 10 NO. 4

APRIL 2026



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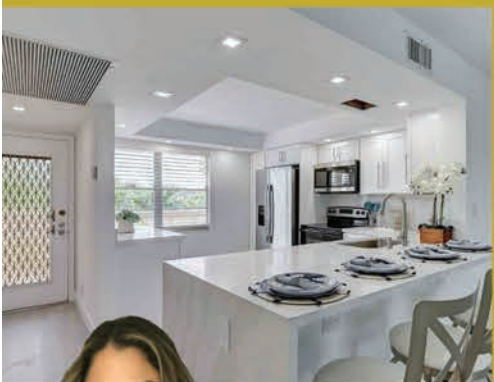
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3002 PORTOFINO (UPDATED)	\$ 109,000
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2804 VICTORIA (BEAUTIFULLY REMODELED)	\$ 164,900
1503 CAYMAN	SOLD \$ 399,500
2502 ANTIGUA	\$ 109,000
2403 ANTIGUA (UNDER CONTRACT)	\$ 139,900
2505 ANTIGUA	SOLD \$ 133,000
1606 ABACO	SOLD \$ 214,000
2901 VICTORIA (UNDER CONTRACT)	\$ 110,500
2504 ANTIGUA (UNDER CONTRACT)	\$ 120,000
2901 VICTORIA (UNDER CONTRACT)	\$ 269,900
1606 ABACO	SOLD \$ 150,000
2302 LUCAYA (UNDER CONTRACT)	\$ 119,000
2101 LUCAYA	SOLD \$ 115,000
2901 VICTORIA	SOLD \$ 134,000
1601 ABACO (UNDER CONTRACT)	\$ 240,000
3203 PORTOFINO	\$ 109,000
2803 VICTORIA	SOLD \$ 105,500
1901 BERMUDA	\$ 135,900
1603 ABACO	SOLD \$ 180,000

RENTALS AVAILABLE:

1802 ELEUTHERA (UNDER CONTRACT)	\$ 1,950
2903 VICTORIA (SEASONAL RENTAL)	\$ 3,000
2504 ANTIGUA (YEARLY RENTAL)	\$ 1,850
2701 ANTIGUA (YEARLY RENTAL)	\$ 1,850
2404 ANTIGUA (1/1.5 YEARLY RENTAL)	\$ 1,650



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Mother

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CORNER - WATER / GOLF VIEW

4402 Martinique • Top Floor, Just Painted, Priced to Sell	\$134,000
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2 BEDROOMS / 2 BATHROOMS - INSIDE WASHER/DRYER

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4501 Martinique • 1.5 Baths, Water/Golf View, Acc. Shutters	\$80,990

ANNUAL RENTALS

1702 Andros • 2 Bedroom, Impact, Furnished, W/D	\$2,200/mo
2901 Victoria • No Carpet, Garden/Pool View	\$1,700/mo

SEASONAL RENTAL

Cayman • October thru February, Remodeled, W/D	\$3,300/mo
--	------------

Cheryl Stein



Wendy Peck



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www.WynmoorCondos.com

APARTMENTS FOR SALE AS OF 3/6:

2 BEDROOMS/2 BATHS:	123
1 BEDROOM/1.5 BATH:	11
1 BEDROOM/1 BATH:	12
3 BEDROOMS/2 BATHS:	2

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Published monthly by Insider News Group, the **INSIDER**, is distributed free to Wynmoor Village, Coconut Creek, FL 33066. Materials submitted for publication may be placed in the box reserved for the **INSIDER** located in the Wynmoor Business Center, in the Clubhouse. Articles submitted in the box must be typed double spaced (upper and lower case), or legibly printed, signed and include the author's address and phone number (for office use only). The deadline for written articles, letters and classified ads is 12:00 Noon, on the 10th day of each month, preceding an issue.

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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WEBSITE: ON-LINE NEWSPAPER
www.insidernewspaper.com

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For Display Advertising

Telephone: 9:00 AM-5:00 PM
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ARTICLE SUBMISSION WORD LIMITS:

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.

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

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SECURITY NEWS

Dispatch: 954-978-2667

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

Remember to **STOP** at **ALL Stop Signs**. The speed limit around Wynmoor Circle is 25 MPH and 15 MPH on the North Road and in the villages.

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

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

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

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

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

Your Guest List

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

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

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

Important Numbers

For Medical Emergencies Always Dial 9-1-1

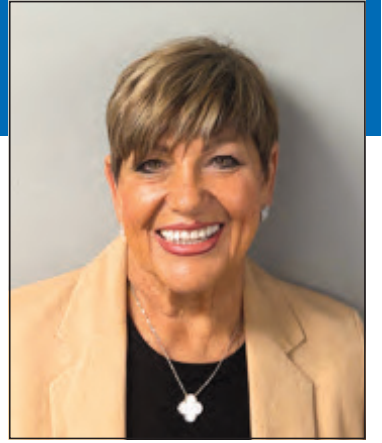
- Emergency:..... 954-978-2663
- Automated Gate Access:..... 954-978-2666
- Security Dispatch:..... 954-978-2667
- Resident Registration Office:..... 954-978-2600, ext. 321
- Coconut Creek Police, Non-Emergency: 954-346-4400

Hours of Operation

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

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From the President



We recently held our Annual Board of Directors meeting on March 5, 2026. Elections for officers were held, and I am pleased to share the results.

Jackie Railey was reelected as President, and Fred Stein reelected as Treasurer, both running unopposed. Ophelia Sanders was elected as Vice President, and David Mintzes was reelected to continue serving as Vice President.

We look forward to a productive and successful year ahead as we continue working together to strengthen our organization, build on past achievements, and pursue new opportunities for growth and community impact. With the leadership and dedication of our Board, we are confident that many important accomplishments lie ahead as we work toward advancing our mission and serving our members and community.

We would like to extend our heartfelt thanks to **Selma Bass** for her many years of dedicated service as Vice President. Her commitment and contributions to our organization have been invaluable and deeply appreciated. With the extra time, we hope you take this opportunity to relax and enjoy even more of the activities and pursuits you love.

Wynmoor recently celebrated a remarkable milestone — its **50th anniversary** — with a weekend of festivities that honored the community’s history, creativity, and togetherness. Since 1974, Wynmoor in Coconut Creek has grown into a vibrant, close-knit community where residents enjoy golf, theater, clubs, travel groups, and creative activities, all supported by a dedicated staff and countless volunteers. The anniversary celebration included a ’70s-themed kickoff party, a parade, live entertainment, food trucks, a BBQ, and evening dances under the stars, bringing everyone together to celebrate friendships, memories, and the community spirit that makes Wynmoor unique. Central to the celebration was the **Festival of the Arts**, which showcased the remarkable talents of residents — from paintings and photography to pottery, jewelry, sculptures, and woodworking. This festival, like the anniversary itself, is a labor of love: residents and volunteers dedicate countless hours planning, organizing, and setting up the event, ensuring that it is not just a showcase of art but a true expression of community pride and togetherness. Every effort, every volunteer hour, every shared smile reflects the philosophy of Wynmoor — that these celebrations are done **for the community, by the community**, to create joy, connection, and lasting memories for everyone who calls Wynmoor home. As we look back on 50 wonderful years, we also look

forward with excitement to continuing these cherished events for years to come, celebrating creativity, friendship, and the vibrant spirit that defines our community.

The first steps towards beautification and functionality of our Country Club has begun. We have retained an architectural firm to help us create a fresh and inspiring concept that will enhance your experience.

While the design process is underway, we will be sharing updates along the way—sneak peeks and progress milestones. Stay tuned as we bring this vision to life and transform the Club into a space everyone will love.

Our Country Club will also benefit from a **3D laser scanner**, an innovative tool that captures every detail of the building with precision. This detailed model allows architects and maintenance teams to better plan renovations, upgrades, or repairs without needing constant physical measurements. It can also improve space planning by showing the exact layout and dimensions. Additionally, the digital model helps with safety planning, equipment placement, and future design changes, saving time and reducing errors. Overall, 3D scanning makes it easier to maintain, plan improvements, and manage the space more efficiently.

A bill has been introduced into legislature eliminating property tax for Homestead properties. At first glance it looks like a gift to reduce some of our expenses as property owners. While this may sound beneficial for individual homeowners. These exemptions can have significant consequences for the broader community. Property taxes are the primary funding source for essential local services, emergency medical response, public schools, parks, roads, libraries, and infrastructure maintenance. Reducing this revenue through exemptions can create substantial budget shortfalls, forcing cities and counties to make difficult choices such as cutting services, reducing staff, delaying road repairs, limiting park upkeep, or scaling back public programs. In some municipalities, the loss could be so severe that public safety and educational resources are directly affected, leading to uneven service levels across neighborhoods. When it seems too good to be true, it usually is.

Residents can learn more or ask questions by visiting <https://bcpa.net>,

Continued on page 6

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From the President

Continued from page 5

calling 954-357-6830, or emailing martykiar@bcpa.net. If you have any questions, you can always contact me as well.

The **Lights on Lyons Road** project in **Coconut Creek, Florida** will install modern, pedestrian-scale LED lighting along a 3.6-mile stretch of Lyons Road from Atlantic Boulevard to Winston Park Boulevard. The new lights are designed to improve nighttime visibility for pedestrians, bicyclists, and drivers, with energy-efficient, glare-reducing fixtures that will make the corridor safer and more inviting after dark. Construction has begun and is expected to be completed by **late 2026**. Once finished, the enhanced lighting will boost safety, encourage walking and biking, and create a more welcoming environment for residents and visitors, strengthening the city's commitment to safer, more connected streets.

As many of our neighbors are preparing to leave Wynmoor for the summer months, we wish you a safe journey and a wonderful time away, and we look forward to welcoming you back soon!

For those of us who remain year-round, our schedule of events remains full, ensuring plenty of activities, entertainment, and opportunities to connect with friends. Stay engaged, stay active, and enjoy all that Wynmoor offers!

As your president, it has been my honor to serve our community. I look forward to continuing to uphold and maintain the high standards and quality of life that define our reputation.

I wish all my neighbors a holiday filled with joy, love, and the comfort of family and friends. May this season bring you peace, happiness, and cherished moments with your loved ones. Enjoy a Blessed Passover and Easter.

STAY SAFE
 GOD BLESS,

Jackie Railey

Jackie Railey



Your Articles of Interest Are Always Welcome!

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 33473.**

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.

Thank you for your submissions. We look forward to hearing from you.

Insider Staff

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2101 LUCAYA BND • 2/2 • \$139,000

PENDING SALES

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3306 ARUBA WAY • 2/2 • \$149,000
2103 LUCAYA BND • 2/2 • \$139,000
2601 NASSAU BND • 2/2 • \$124,900
2902 VICTORIA CIR • 2/2 • \$115,000
2902 VICTORIA CIR • 2/2 • \$115,000
3001 PORTOFINO ISLE (RENTAL) • \$1,700

SOLD!

3303 ARUBA WAY • 2/2 • \$315,000
3302 ARUBA WAY • 2/2 • \$295,000
3306 ARUBA WAY • 2/2 • \$290,000
3202 PORTOFINO PT • 2/2 • \$157,500
1606 ABACO DR • 2/2 • \$129,000
4301 MARTINIQUE CIR • 2/2 • \$95,000
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"To be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." - Nelson Mandela

Philly

By Patrick Lewis Moors

Sometime in my early working years I took a job as a track worker for the D&H Railway. I was assigned to a gang working out of Cobleskill, NY. In that it was a time of transition, there were still many of the older men working their jobs. Three brothers, The Bufo Boys, worked there, each with fifty or more years on the job. They had likely started working as water boys or something like that when they were only eight or ten years old. Chances were good that they were born in their mother's bed and hadn't been more than twenty miles from there in their lives.

As was my habit, in the morning I would arrive at the station early, with coffee in hand, and wait outside for things to get started. A few days into the week I came in and leaned against the building next to Philly Bufo. Looking over the tracks to the hills on the other side of the valley, I inquired of Philly what was beyond those hills. There was a noticeable silence and not even a move of his head before he replied, "Louie, that's the end of the world!"

Well, I knew that Middleburg and Schoharie were over that way, but being new on the block I minded my own coffee and let it pass. After still another noticeable pause and without moving a muscle or changing his gaze, Philly spoke again. "Louie," he queried, "what would you call paradise?" I wasn't quite ready for such a question as this, so I hesitated a moment, trying to think on my feet then answered him. "Philly," I said, "probably a good woman, a good cigar, and a good bottle of wine!"

No immediate response, no change in posture, or gaze just a stoic expression on Philly's face as he looked over across the valley. I went back to sipping my coffee and watched as the morning train passed by. Philly made no moves as that train passed. He'd likely seen thousands of trains pass. Then out of nowhere Philly blurted out, "I had a woman once!"

Shocked and choking on a sip of coffee, I responded, "so tell me about all this." Now Philly broke both his stance and his gaze to look at me and started to speak. "Louie, I was down thar by Schoharie Creek one night and I was fishing." "I began to get this funny feeling, like someone was watching me, and when I turned around there was this woman staring at me."

Eager to know more, I asked him what happened then, and Philly replied, "I went back to my fishing." He appeared to be thinking and so I was patiently awaiting more story. Then Philly said, "I just kept working my way down the

river fishing before going home." And with that Philly returned his back to the building and his gaze to the far side of that valley. For my part, I figured the story over and continued to finish my coffee.

Again, after a noticeable pause, Philly thoughtfully inquired, "I wonder if she's still down thar!"



Photo painted by Jennifer Stieglitz

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Sharing Is Caring

By Peter Hardis

Remembering how bad Hurricane Irma was and keeping in mind that a new hurricane season is nearly upon us, I came to realize that to be better prepared in the future I should know more about hurricanes than I already do. Because my mother, who had a terrible lisp always told me, Pether, Knowthest thine enemyth and thee will be safethest," is the reason why I decided to find out all I can about hurricanes. I did this by calling The National Hurricane Center. When I called I was put on the phone with Brittany, one of their top meteorologists. She patiently spent the next hour and a half telling me all she knows about hurricanes. Brittany was a true delight to talk to and she certainly had a great wealth of knowledge to share with me. The only problem came at the end of our conversation. That's when she got me so mad that I had to slam the phone down on her. I'll explain what precipitated the fight we had later, but right now I want to share with you the important things I learned about hurricanes so that you too can benefit from what I now know. Here are some of the highlights from our conversation that really opened my eyes about what I never knew about hurricanes:

Hurricanes develop from powerful tropical storms that form over water. When hurricanes form in the Atlantic Ocean they are called 'hurricanes.' Those forming in the Indian Ocean are called 'cyclones.' The large tropical storms that form in the Northwest Pacific Ocean are called 'typhoons.' 'Monsoons' are not hurricanes. They are torrential downpours that occur over the subcontinent of Asia. The only business establishments that remain open during hurricanes are Chinese restaurants.

The Hurricane Center recently made a remarkable discovery. They just came to realize that hurricanes do not do any damage at all. They now know it is the wind that is responsible for all that is destroyed. Hurricanes can never

catch on fire. That's why pyromaniacs don't like hurricanes.

Over the years The Hurricane Center noticed that turkeys, who are considered to be the dumbest living creatures on earth, are the only living things that actually love being outside in the middle of a hurricane. Turkeys are know to have a 'death wish' that is so great they will do anything possible to make it come true.

In 1998 The US Department of the Interior became concerned about why so many trees in Idaho and Montana were falling down. They wondered if perhaps it was due to all the many hurricanes that were occurring along the east coast. That's the reason why they gave 9 million dollars to the Hurricane Center to investigate what was going on out there. In the end it was discovered that it was beavers and not hurricanes responsible for knocking down all the trees. This research project had a 3 million dollar cost overrun, costing a total of 13 million dollars. In spite of this huge sum of money spent, The Interior Department considered this to be the single most important accomplishment they could point to, since the department was created, one hundred and fifty eight years ago in 1858.

Then Brittany told me the following, "Mr. Hardis, I don't want you or the public to ever think that we here at The Hurricane Center just sit on our hands when it comes to learning all we can about hurricanes. We are dedicated to do all we can to insure the safety of all those who find themselves in the path of a hurricane. For instance, with the help of our esteemed meteorologist, Bernie Floosberg, who happens to be regarded as one of our nation's foremost ophthalmologist, we were able to determine that "THE EYE" of a hurricane CANNOT SEE! This discovery was quite a breakthrough because now we know that hurricanes are completely blind. This makes it so difficult for us to predict the path a hurricane will take. How can people expect us to know where the hurricane is going if the hurricane can't even see where it is going?"

Continued on page 10

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Toxic Relationships: Recognize the Signs and Protect Your Well-Being

By Diana Guerrero-Cohen, Ph.D.

Diana Guerrero-Cohen is a Clinical Psychologist and Wynmoor Resident

Relationships shape our lives. Our emotions and even our physical health are influenced by the people we interact with every day. Healthy relationships uplift us and bring joy and satisfaction. They offer connection, support, and a sense of belonging. They help us grow and navigate life's challenges with resilience. Toxic relationships, on the other hand, can erode emotional, mental, and sometimes physical well-being.

In "A Valentine's Day Guide to Healthy Relationships" (*The Insider*, February 2026), I described habits we can practice to nurture healthy relationships. But when a relationship becomes unhealthy, our best efforts may not be enough to change it. While relationships and individual personalities are complex, recognizing warning signs and common characteristics of people with toxic behaviors is the first step in protecting yourself from unnecessary suffering.

Let's review what healthy relationships look like. Whether with romantic partners, family members, neighbors, friends, or colleagues, healthy relationships share several essential qualities:

- Clear, honest communication about needs, preferences, and goals.
- Trust built through reliability and follow-through.
- Emotional safety, where vulnerabilities can be shared without ridicule or manipulation.
- Respect for boundaries, including the right to say no.
- Equality in decision-making and mutual valuing of experiences and opinions.
- Accountability, with sincere apologies and genuine efforts to repair harm.
- Healthy conflict resolution focused on problem-solving rather than contempt.
- Empathy—listening with curiosity and compassion.
- Avoidance of shouting or intimidation that escalates stress and aggression.

The absence, or opposite of these qualities, often signals trouble. Still, relationships exist on a spectrum. Few are perfectly healthy or completely toxic. Occasional conflict, frustration, anger, or mistakes are part of being human.

Anger itself is not a problem; how it is expressed is what matters. When channeled constructively, anger can motivate positive change. When it turns into retaliation or revenge, it perpetuates harm. Understanding wrongdoing is not the same as approving it. Forgiveness, when appropriate, is not about excusing bad behavior—it is about freeing ourselves from the burden of resentment.

Toxic dynamics can occur anywhere—romantic relationships, families, friendships, workplaces, and community organizations. They affect people of all ages and backgrounds. Bullying among children is an early example of unhealthy behavior. Teen dating violence is also alarmingly common, with many adolescents reporting psychological, physical, or sexual abuse.

Toxic individuals often display persistent manipulative, self-centered, controlling, and emotionally draining behaviors that erode emotional safety and respect. Some toxic individuals exhibit narcissistic traits, although not all narcissism is unhealthy. Healthy narcissism involves self-confidence, self-acceptance, and enjoying admiration while being able to also admire others. Narcissism becomes harmful, however, when it manifests as grandiosity, lack of empathy, exaggeration of accomplishments, a need for excessive admiration, and resentment of others' success.

Pathological narcissists may initially appear charming and impressive. Over time, however, arrogance, entitlement, condescension, and emotional exploitation emerge. In close relationships—whether romantic, professional, or social—this pattern can result in what is often described as **narcissistic**

Continued on page 16

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Dangers Of Trying To Be Your Own Lawyer

By Attorney Martin Zevin

You have probably heard the saying: "The lawyer who represents himself has a fool for a client." If that is true, what about a non-lawyer who tries to represent himself?

In this age of the internet, I see many people attempting to prepare their own legal documents, particularly for Estate Planning. Typically, this involves accessing some do-it-yourself legal website which provides generic forms. These forms include the Durable Power of Attorney, Designation of Health Care Surrogate, Living Will, Deed, Revocable Living Trust and Last Will and Testament.

In over forty years of experience as a Florida attorney, I have seen very few non-lawyers successfully create and properly execute any of the above legal documents. Documents are created and/or executed improperly, resulting in a legal can of worms.

Deeds are a common example of where an attempt to save a few dollars in attorney's fees results in what can often end up being major title defects. There are many types: Warranty, Quit Claim, Trustee's, Enhanced Life Estate (also known as Lady Bird). Properties are improperly transferred, thereby creating a defect in the title which needs to be corrected either while someone is alive or during a probate process after death. The defects can involve improper dates, names, lack of proper witnessing and/or notarizing, incorrect legal descriptions and insufficient language (particularly for Lady Bird Deeds). Lawyers make mistakes, too, particularly those who are not experienced in real estate.

Each of our fifty states has its own unique set of laws. Therefore, attempting to use a generic form for Florida is asking for trouble.

In October of 2011, the Florida Legislature passed a new law regarding the



Durable Power of Attorney. This law makes the document much more complicated and detailed than it used to be. I worked with other law firms for many months to create a proper document to conform to the complex new law. It is highly unlikely that such a document (our current format is approximately 26 pages) is available on the internet.

Likewise, there is specific language regarding the Federal HIPAA Act which must be included in all Florida Designation of Health Care Surrogates to make them "HIPAA compliant." The correct language is not likely to exist on the generic Health Care Surrogate forms. Without the proper

language, these legal/medical documents may be rejected by the hospital or doctor when you need them most.

Regarding Revocable Living Trusts, attempts to create this document and then transfer property frequently results in a total mess which requires that a lawyer revoke all of the previous documents and start from scratch.

There are individuals and companies that advertise themselves as paralegals and claim they are not providing legal advice but only forms. In my opinion, it is virtually impossible to provide a legal form without providing legal advice.

The bottom line is: there is no guarantee that hiring a lawyer will mean a good result. However, you certainly stand a much better chance than doing it on your own.

I am available for a free phone consultation regarding Estate Planning. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442. My website is www.martinzevinpa.com and my e-mail address is martinzevin@netzero.com.

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

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

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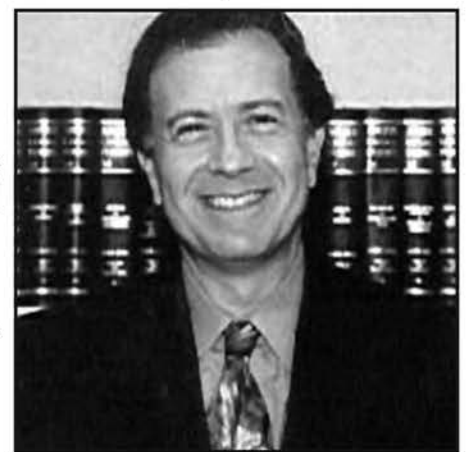
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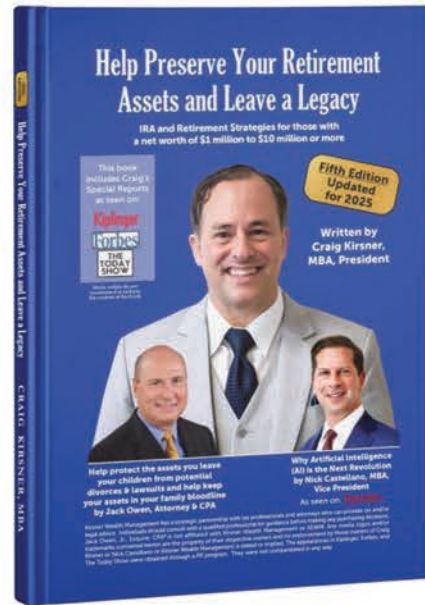
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Continued from page 11

abuse. In addition to causing long-lasting emotional and psychological harm, toxic relationships can also damage physical health. Chronic stress associated with relational conflict has been linked to weakened immunity, high blood pressure, heart disease, digestive problems, chronic pain, fatigue, sleep disturbances, and unhealthy weight changes. The body often absorbs what the heart and mind endure.

Common Types of Toxic Behavior:

- **The Chronic Victim/Complainer:** Focuses on problems, blames others, and refuses accountability.
- **The Narcissist/Self-Centered Type:** Needs constant admiration and lacks empathy; believes they are superior.
- **The Drama Seeker:** Thrives on chaos, conflict and exaggeration.
- **The Manipulator/Emotional Blackmailer:** Uses guilt, fear, pity, lies or false promises to control.
- **The Gaslighter:** Makes you doubt your memory, perception of events, or sanity by denying what happened.
- **The Energy Drainer:** Leaves you emotionally exhausted with constant drama and negativity.
- **The Boundary Violator:** Ignores limits and pressures you when you say no.
- **The Passive-Aggressive Individual:** Expresses anger indirectly through sarcasm, silence, or backhanded comments.
- **The Critic/Judge:** Constantly belittles, insults, or judges your choices or appearance.
- **The Jealous/Envious Type:** Resents your success and undermines achievements.
- **The Controller:** Restricts autonomy by dictating decisions and behaviors.
- **The Chronic Liar:** Consistently deceives (lies, cheats), making trust impossible.
- **The One-Sided Friend:** Takes support but offers little in return.
- **The Gossip-monger:** Spreads rumors and creates division.

Warning Signs a Person May Be Toxic:

- Lack of empathy or remorse.
- Emotional volatility and frequent rage.
- Control tactics or isolation.
- Refusal to apologize or accept responsibility.
- Chronic dishonesty.
- Entitlement and resentment when told “no.”
- Dismissal of your feelings as “oversensitive.”
- Persistent anger or resentment when things do not go their way.

Recognizing these warning signs is the first step toward protecting your well-being. That may require setting firm boundaries—or distancing yourself altogether.

Toxic behavior in romantic relationships, especially when it is escalating, can be difficult to navigate. The spectrum ranges from subtle emotional manipulation to severe psychological, financial, or physical abuse. Toxic partners rarely reveal harmful behaviors at the beginning. They may appear attentive and deeply connected. Gradually, however, patterns of control and emotional harm emerge. What once seemed like jealousy becomes surveillance. What once sounded like criticism becomes humiliation.

Warning Signs Toxicity May Be Escalating:

- **Love Bombing:** Intense affection early on, followed by withdrawal or criticism.
- **Gaslighting:** Denying events or rewriting history.
- **Boundary Violations:** Monitoring devices or demanding constant updates.
- **Isolation:** Distancing you from support systems.
- **Blame-Shifting:** Making you responsible for their behavior.
- **Withholding:** Using silence, withholding affection, or restricting finances as punishment.
- **Emotional Blackmail:** Using threats, guilt, or playing the victim to

manipulate you.

- **Evoking Anxiety:** Making you “walk on eggshells” in fear of triggering conflict.

Addressing these signs early can sometimes lead to change—but not always. Conversations using “I” statements rather than accusations can help maintain constructive dialogue. However, repeated empty promises without behavioral change are strong indicators that the relationship may not be salvageable.

Sometimes toxicity escalates into abuse and violence. An abusive relationship is a severe form of toxicity. Most abusive relationships do not begin with violence. They often start with intense and deep emotional connection. Over time, control becomes central.

Emotional abuse frequently precedes physical violence. Constant criticism, humiliation, and gaslighting gradually erode self-confidence. Individuals may begin doubting their own perceptions and judgment.

Control Tactics May Include:

- Monitoring phone calls or social media.
- Restricting access to money or transportation.
- Dictating clothing or behavior.
- Demanding constant updates.
- Threatening self-harm if you leave.

As dependency increases and isolation deepens, leaving the abuser becomes more complicated.

Domestic violence rarely starts with physical assault. It often follows a recognizable cycle:

1. **Tension Building:** Criticism and irritability increase.
2. **Incident:** Emotional, verbal, or physical abuse occurs.
3. **Reconciliation:** Apologies, promises, or intense displays of affection follow.
4. **Calm:** A temporary return to normal before tension rebuilds.

Without sustained accountability and intervention, the cycle typically repeats—and often escalates. If emotional abuse becomes physical, immediate steps should be taken to protect your safety.

Leaving is complicated. People often ask, “Why don’t they just leave the abuser?” The answer is complex. Barriers may include fear of retaliation, financial dependence, shared children, emotional attachment, cultural pressures, and hope for change. In some cases, the period immediately after leaving is the most dangerous. Staying does not mean weakness. It often reflects survival strategies and careful calculation.

Leaving is not always immediately possible. The first goal is often reducing harm and regaining self-confidence. Here are some **strategies for protecting yourself:**

- **Name What’s Happening.** Awareness reduces confusion. Document abuse when safe to do so.
- **Set and Reinforce Boundaries.** Boundaries are acts of self-respect.
- **Reconnect with Support.** Support provides strength whereas isolation increases vulnerability.
- **Prioritize Mental Health Care.** Therapy can provide clarity and coping tools.
- **Develop a Safety Plan if Needed.** Confidential domestic violence resources can assist.
- **Insist on Action, Not Promises.** Real change is demonstrated through consistent behavior.
- **Trust Your Instincts.** If you feel unsafe, take that seriously.
- **Know When It’s Time to Go.** If abuse continues, prepare carefully and seek help to leave.

Ending a harmful relationship can be painful, but many individuals report profound relief, renewed confidence, and restored self-trust afterward.

Domestic violence and toxic dynamics thrive in silence. Open conversations reduce stigma and promote prevention. If someone confides in you, listen without judgment. Instead of asking, “Why don’t you just leave?” ask, “How can I support you?”

Workplaces, schools, faith communities, and local organizations, all play a role in promoting healthy relationship education and safe reporting pathways.

Toxic relationships can quietly erode confidence, distort self-perception, and undermine physical and mental health, but awareness creates choice. Separating from harmful relationships and seeking healthy ones can change your life for the better. No one deserves to live in fear. Sometimes the bravest act of self-care is walking away from what harms you—so you can move toward what helps you heal.

If you or someone you know is a victim of domestic abuse or violence or may be in danger of physical assault, there are several hotline numbers where you can seek help or shelter:

Florida Domestic Violence Hotline: **1-800-500-1119**

National Domestic Violence Hotline: **1-800-799-SAFE (7233)**

AVDA’s (Aid to Victims of Domestic Abuse) 24-hour crisis hotline: **1-800-355-8547.**

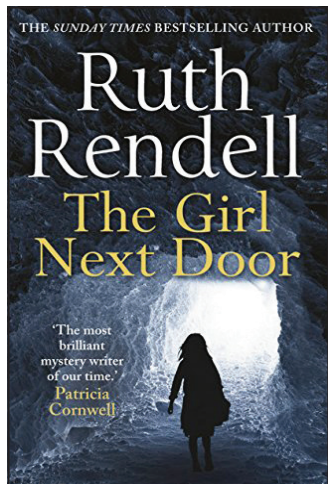
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By Beatrice Horowitz



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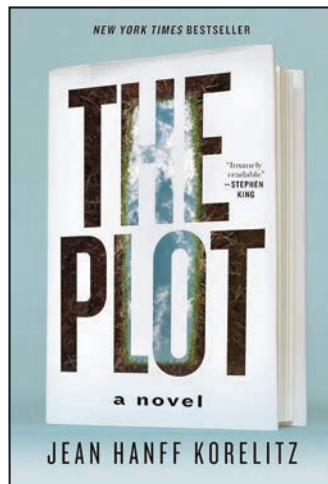
Ruth Rendell



How can it be that I have never read a book by this author, who wrote more than sixty novels, according to Wikipedia? I actually did read one a decade ago and disliked it. (It was one of her detective Reginald Wexler books) My good luck recently was to have a friend mention her to me, and to decide to try her again. This book is a smasher. A group of Londoners, connected in their childhoods by living in the same suburb and now in their seventies, are brought back together by a happenstance occurrence. A contractor excavating for a new luxury home makes a gruesome discovery. This happens early in the book, and I could tell you what it is without spoiling the plot, but I won't. One of the pleasures of this book is the sometimes-elliptical discoveries. The characters have lived six decades since they played together as children; they remember things differently; they have collected their own distinct tragedies and disappointments as adults. There is evil in this book: if you read it, you'll know who embodies this. As for me, I'm going back to the author's opus and tuck into another one of those sixty novels.

The Plot

Jean Hanff Korelitz



Writers are notoriously greedy for ideas; we are told this by writers. A good plot twist can get readers talking and talking leads to book sales. This being the second book I've read by this author, I can say that she's no slouch at coming up with those twists. The protagonist of this novel, a writer, finds himself the recipient of a truly stunning twist, invented by another writer. The latter soon becomes unable to use the plot he conveyed to our hero, and the hero appropriates it for himself. Are you following? The plot of this book takes many turns and twists, while nicely conveying the competitive world of publishing.

There are enough surprises that I think I must stop at this point in the review, to avoid any spoilers. I can say that I thought most of the characters rang true. When the final twist is revealed, you can decide for yourself if it is as believable and surprising as you were expecting.

A book is a gift you can open again and again. —Garrison Keillor



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Important Telephone Numbers

Advisory Board For Disability In Broward County

By Roz Greenberg

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

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

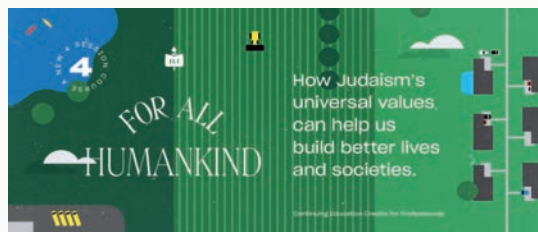
Please call any of the numbers above, or contact me, Roz, for other resources you may need at 754-205-7283 and I will try to help.



PASSOVER SERVICES SCHEDULE

- Thursday, April 2:** 10:00 Am
- Friday April 3:** 10:00 Am
- Shabbat, April 4:** 10:00 Am
- Wednesday April 8:** 10:00 Am
- Thursday, April 9:** 10:00 Am-11:00 Am-Yizkor

**For more details, Please call or check the website



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Speaker 2:00 PM | Meeting 3:00 PM

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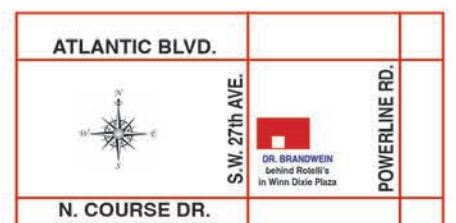
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Wynmoor Bocce

By Jim Erickson



Dance EVENTS

Saturday Night West Wing

Doors Open at 8:15 pm

April 4 th	Marian Weinberg
April 11 th	Shonee
April 18 th	Eddie Crespo
April 25 th	John Brown

Join us for the complimentary dance at the West Wing!
From 8:30 pm - 11:00 pm. **Doors open at 8:15 pm.**
Complimentary coffee will be provided. BYOB

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Sunday Music Poolside

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APRIL 12TH: EDUARDO ESCALANTE
APRIL 19TH: ELI ARROYO
APRIL 26TH: EDIE DICARO

1:00 PM - 4:00 PM

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WGA

By Nathalie Carlson

Now that things are slowly getting back to normal our WGA Championship Golf Tournament was a big success. A few upsets but some great competition.

A Flight

Winner: Steve Grayden
Runner Up: Steve DeMatties

E Flight

Winner: David Stein
Runner Up: Harvey Presement

B Flight

Winner: Cal Argento
Runner Up: Dave Zwicker

Ladies A Flight

Winner: Denise Vanover
Runner Up: Susan Yang

C Flight

Winner: Bob Zawacki
Runner Up: Neal Ehrlich

Ladies C Flight

Winner: Lori Scott
Runner Up: Kathy Heery

D Flight

Winner: Marvin Davidowitz
Runner Up: Howard Gross

Ladies A Flight - 9 Holes

Winner: Joan Stedenfeld
Runner Up: Jane Dufresne



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Israel Network

By Linda Storfer

If you have children, grandchildren or other relatives who are living in Israel, we invite you to join us monthly in the Cove. We are not a religious or political group but rather a networking group that meets once a month to socialize and present programs and speakers dealing with Israel. Our next meeting will be held on Tuesday, April 28th at 11:00 a.m. when we will be having a special interactive program entitled "HOW ISRAEL HAS CHANGED MY LIFE SINCE OCTOBER 7." Israel Independence Day falls out during the month of April, so we encourage you to show solidarity and honor Israel by coming dressed in blue and white. As this will be our last meeting of this program season, we want to say farewell to our snowbird friends and wish them a joyous, healthy, and serene summer and look forward to seeing them again next Fall. Special refreshments will be served, and raffle prizes will be given to lucky winners. For reservations, please call 412-818-6883.



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If you ever need to update your email, just send the changes to AssociationAffairs@WynmoorCC.org

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FITNESS CLASS SCHEDULES are available in the **Recreation Office** (located behind the gym) as well as in the **clubhouse lobby**. You can also find class information online at www.Wynmoor.com under the 'Pool & Fitness' tab.

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Pre registration for all complementary fitness classes is required.

To register, visit: www.WynmoorLife.com

STEP 1: Sign Up: with the email address provided here, click on "forgot password" to set a password

STEP 2: Click on "Amenity Booker" and choose your class

STEP 3: Choose the date(s) that coincides with the day of your selected class(es)

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This Passover, Break Free!

By Diane Gottlieb



On the fifteenth day of the Hebrew month of Nissan, at sundown on April 1st, we at Chabad of Coconut Creek and Jewish people around the world will sit together with family and friends and retell the story of the Israelites' liberation from slavery in Egypt. We will read the Haggadah, drink wine—four glasses! Each representing a different stage of redemption—and eat bitter herbs to remember the bitter taste of slavery. There will be Matzah, delicious food and song, prayer and questions! The Passover Seder is quite the event, as it should be. The Exodus story is full of miracles that ultimately led to the giving of the Torah, the Divine foundation of all Jewish instruction and guidance.

Yet, the Exodus isn't just something that happened thousands of years ago. While it took place at a specific location and time, the Passover story is one we relive, and can learn from, today. Every generation is obligated to see themselves as personally having left Egypt, not just on Passover but throughout the year. There is even a specific mitzvah to remember the Exodus story every single day! Why? For the answer, let's turn to Hebrew. The Hebrew word for Egypt is Mitzrayim, which signifies the place but also has additional meanings: limitations and constraints. We as a people may have left Egypt, but our personal, internal Mitzrayim is still very much present within each of us. Your Mitzrayim may be fear or anger. Mine may be sadness or doubt. But whatever it is that binds us, there is a path to freedom.

The metaphor of escaping one's limitations is expressed dramatically in the Splitting of the Sea. The Israelites were literally trapped between a powerful Egyptian army seeking vengeance and a huge body of water. While it seemed like there was no way out, the Israelites took that necessary step forward into the deep sea, relying on their faith and new-found courage. We all know the miracle that happened next!

Just like those of the ancient Israelites, many of the obstacles we believe to be insurmountable can, in fact, be overcome with faith and by moving forward—even when we are afraid. While Egypt represents the pain of self-constricting beliefs, the Exodus lets us know that we can rid ourselves of those chains. Remembering the Exodus story provides us with a model for spiritual and personal growth—not just on Passover but every day.

We will be hosting both Seders on Wednesday, April 1st and Thursday,

April 2nd. Please let us know if you still need a place for the seder!

We are thrilled to announce our latest course from the Rohr Jewish Learning Institute. Led by the always engaging and ever-inspiring Rabbi Dovid Friedman, "For all Humankind." Your Judaism holds a message the world wants to hear, in four sessions, we will help you unlock the source code of civilization you didn't even know you were carrying! Learn about the seven foundational values of Judaism intended for all people and change how you see your Jewish identity forever! Four Monday evenings, from 6:30 - 8:00 p.m. beginning on April 20th.

Here are some of the other wonderful programs we offer at Chabad of Coconut Creek. Come join us! We'd love to see you!

Women, are you looking for some inspiration? You'll find it at our Woman of Valor series, a monthly women's study group led by the always inspirational Rebbetzin Nami Friedman. Delve into the biographies of Biblical women, glean wisdom from their trials and triumphs, and strength from their faith and courage. A text and discussion-based class to exercise the mind, warm the heart and rekindle the soul. Save the dates: April 26th, May 31st, and June 28th. Rebbetzin Leeba Gansburg leads a lively, fascinating bi-monthly women's study group. Join Rebbetzin Leeba for a deep dive into the week's parsha and learn how to bring the lessons of Torah into your daily life. Alternate Wednesdays at 1:00 p.m. Looking for warm and welcoming prayer services? We've got them!

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

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

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

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

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

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Qualifying for the Limited-Income Senior Exemption – Does Your Social Security Count?

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If you are already receiving the Senior Exemption and have not moved to a new home, your exemption will automatically renew for the 2026 tax year unless you notify our office that you no longer meet the income threshold.



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If you currently own a home with Homestead Exemption, you can also estimate the taxes on a new home using any portability you may have on your current home.

Both the Tax Estimator and Portability Estimator are available online at web.bcpa.net under the “Online Tools” tab.

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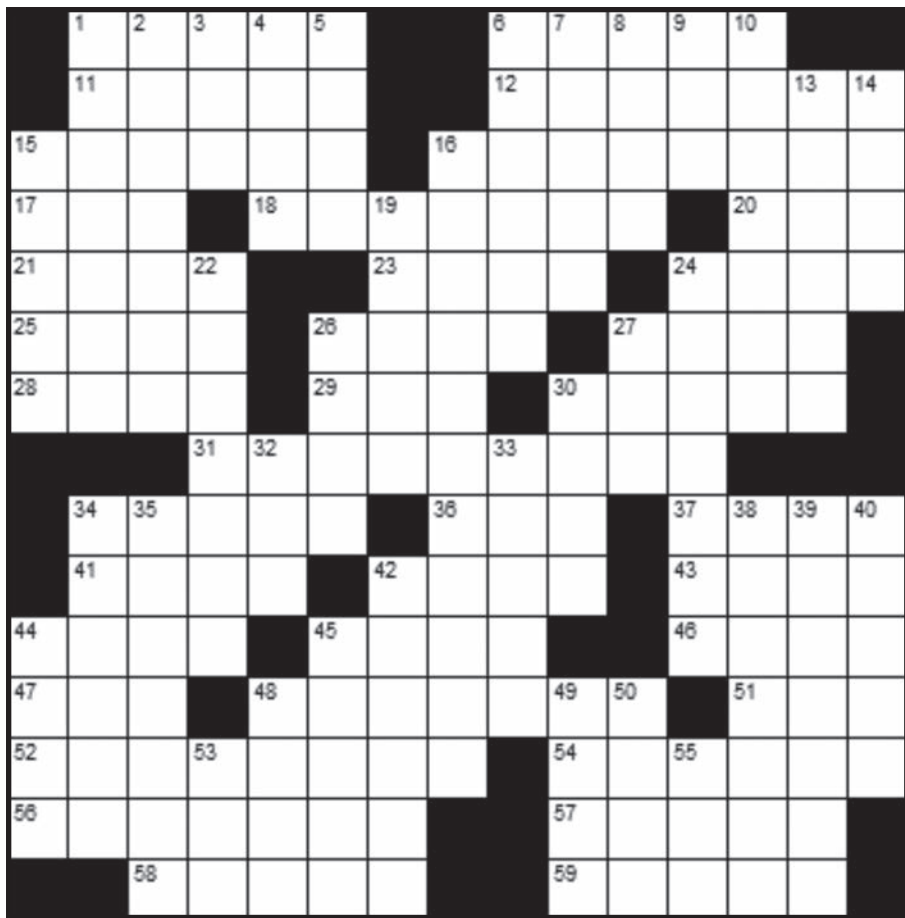
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Puzzles and Games

Solutions on page 68

Crossword Puzzle

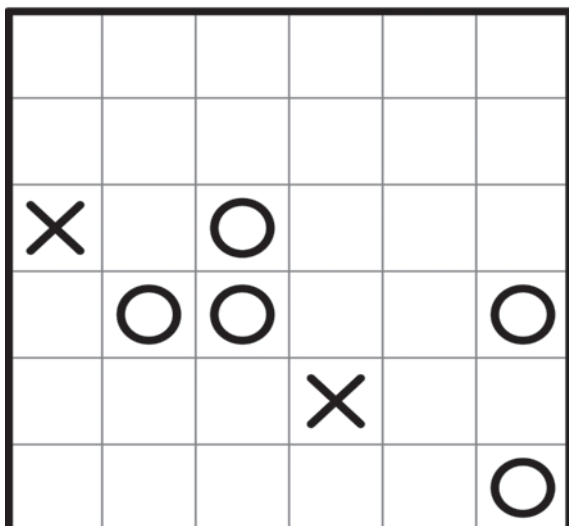


- ACROSS**
- 1. Voyages
 - 6. Old Jewish scholars
 - 11. Eagle's home
 - 12. Heavy woven fabric
 - 15. The wool of a sheep
 - 16. Warmer
 - 17. Every last one
 - 18. Antiquated
 - 20. Grassland
 - 21. Fifty-three in Roman numerals
 - 23. A group of cattle
 - 24. Pieces of information
 - 25. Dispatched
 - 26. Territory
 - 27. Sea eagle
 - 28. Border
 - 29. Circle fragment
 - 30. Condescend
 - 31. Criticize
 - 34. Suns
 - 36. Bog
 - 37. Declines
 - 41. Not early
 - 42. Shed
 - 43. Adopted son of Claudius
 - 44. Blemish
 - 45. Tree knot
 - 46. Blue-green
 - 47. How old you are
 - 48. Mend
 - 51. Hasten
 - 52. Lose vigor
 - 54. Dodges
 - 56. Vivid
 - 57. Depart
 - 58. Abscond
 - 59. Made a mistake
 - 14. Ages
 - 15. Untrue
 - 16. From that time on
 - 19. Small trout-like fish
 - 22. Repeat
 - 24. Neptune's fork
 - 26. Circuits
 - 27. Evening (poetic)
 - 30. Depression
 - 32. Before, in poetry
 - 33. Howdy
 - 34. Motto
 - 35. Natural abilities
 - 38. Apiary
 - 39. Like cornrows
 - 40. Undersides
 - 42. Bivalve mollusk
 - 44. Anagram of "Mail"
 - 45. Breed of large antelope
 - 48. Ancient alphabetic character
 - 49. Rattling breath
 - 50. Always
 - 53. Obtain
 - 55. Paddle

DOWN

- 1. Counted up
- 2. Staggering
- 3. Anger
- 4. Typewriter type
- 5. Fortune teller
- 6. On a ship or train
- 7. Plait
- 8. Pear type
- 9. Play a role
- 10. Travelling on water
- 13. Become more intense

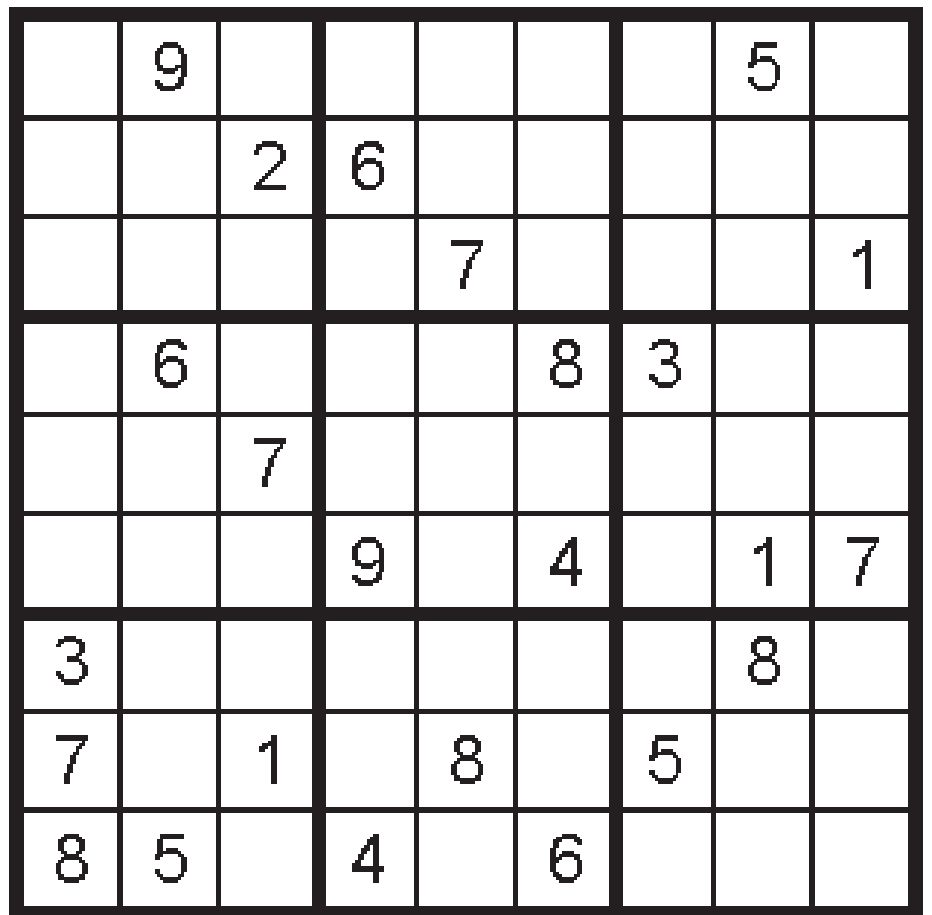
Binox



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

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.

Easter

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

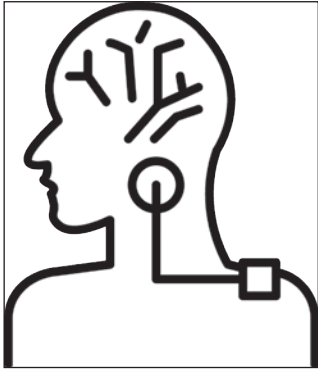


- | | | | |
|---------------|------------|---------------|--------------|
| ASH WEDNESDAY | DEATH | JESUS | PENITENCE |
| BREAD | DISCIPLES | LAST SUPPER | PRAYER |
| BUNNY | EGG HUNT | LENT | RESURRECTION |
| CALVARY | EGGS | MARY | ROAST |
| CELEBRATION | EUCCHARIST | MASS | SACRAMENT |
| CHOCOLATE | FAMILY | MEAL | SATURDAY |
| CHRIST | FASTING | NEW TESTAMENT | SUNDAY |
| CHURCH | FESTIVAL | PALMS | THURSDAY |
| CROSS | FRIDAY | PARADE | TOMB |
| CRUCIFIXION | HOLIDAY | PASSOVER | TRADITION |
| CUSTOM | HOLY WEEK | PENANCE | VIGIL |

Stress and the Vagus Nerve

By Manohara Ferretti, M.Div.

The vagus nerve is one of the most critical nerves in the body for maintaining mental and physical health. It is a long nerve that runs all the way down to responsible for many including heart rate, immune system. When especially chronic can be negatively to problems such as infections, brain fog, nausea, headaches, and difficulty swallowing.



and physical health. It from your brainstem your abdomen. It is different functions, digestion, and your we experience stress, stress, the vagus nerve impacted and can lead depression or anxiety, high blood pressure,

It is important to manage stress levels in order to maintain a healthy vagus nerve. When the vagus nerve is functioning effectively, it helps promote emotional balance. When impaired or disrupted, it can be difficult to calm down after experiencing a stressful event.

There are a number of ways to destress the vagus nerve:

- Exercise is a great way to reduce stress and improve your overall health. Walking in nature is particularly effective in restoring calmness. Try turning your phone off and notice the beauty of your surroundings as you walk.
- Meditation can help to focus and calm the mind. When we calm our thoughts and focus on the present moment, we feel safer and more relaxed overall.
- Deep breathing: Taking slow deep breaths helps to slow the heart rate and decrease feelings of anxiety. Try humming on the outbreath. The sound and vibration of the hum actually calms the vagus nerve.
- Relaxation techniques: Practicing yoga, Tai Chi, Qi gong, getting a massage or soaking in a hot tub can all help to destress the vagus nerve and promote a calm and relaxed feeling.

Consider making lifestyle changes that will promote a more relaxed and healthy daily routine:

You may want to change eating habits by reducing processed, fatty and sugary foods. These can add to poor digestion, heart disease and overall sluggishness. Drink more water throughout the day. Incorporate exercise and meditation. Even a five-minute stretch each morning followed by five minutes of sitting quietly can alter how your day unfolds. Eliminate stressful thoughts by focusing on the present moment. Take a twenty-minute power nap in the afternoon. This can lead to a more stress-free day and improved health overall.

Make changes that help promote more time to rest and relax, for example ask for help with tasks or problems.

Laugh and have more fun! Get together with friends, listen to music, play games, watch a funny movie. Laughter relaxes the entire body and promotes a positive attitude.

A Fresh Look at Hobbies: It's Never Too Late to Start

Retirement or semi-retirement offers something many people have long wished for—time. Why not use it to try something new?

Whether it's watercolor painting, pickleball, gardening, or learning a musical instrument, hobbies provide more than entertainment. They keep the mind active, reduce stress, and bring a sense of accomplishment.

The key is to start small and enjoy the process. There's no pressure to be perfect—just the opportunity to explore something new and rewarding.

Rediscovering the Joy of Train Travel

There's something timeless about traveling by train. Unlike the stress of airports or long drives, train travel invites you to slow down and enjoy the journey. Comfortable seating, scenic views, and the gentle rhythm of the rails make it a relaxing way to explore.

Many travelers 55+ are rediscovering routes across the U.S., especially scenic lines that pass-through mountains, coastlines, and charming small towns. It's also a social experience—you never know who you might meet in the dining car.

If you've been looking for a new way to travel, consider letting the train take you there. Sometimes the journey really is the best part.

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A Note from a Fellow Resident, Owner & Active Participant in Our Fitness Classes

WARNING: DON'T RISK LOSING OUR FITNESS CLASSES!

As someone who actively participates in our community fitness classes, I'm reaching out with an important message: **Your registration matters.** When you register, it's not just a name on a list — it's a clear, printed sign of support that helps the Recreation Department accurately track interest and plan accordingly.

BUT HERE'S THE REALITY:

What message does that send if only 5 to 10 residents register? It tells the Recreation team there's low interest, even if we know more of us are actually attending. This lack of visible support could lead to fewer classes — or worse, cancellation of the program altogether.

We can't let that happen.

Let's protect and grow these valuable classes by doing one simple thing:

REGISTER!

Show your support for the Recreation Department and our incredible Fitness Team by officially signing up. When we all register, it opens the door to even more classes, better schedules, and more resources.

Footnote:

Did you know that most communities cancel or greatly reduce activities during the off-season? Let's make sure that doesn't happen here. We have something special — let's not take it for granted.

Be counted. Be supportive. Be active. REGISTER.



Robyn

SUPPORTIVE AND STEADY

Robyn guides you through safe, effective workouts that build strength, mobility, and confidence at any fitness level.



Maria

FULL OF UPBEAT, INFECTIOUS ENERGY

Maria turns every workout into a celebration—blending dance, movement, and fun to help you feel strong and alive.



Kenny

HIGH-ENERGY AND MOTIVATING

Kenny brings power and precision to every class—challenging you to build strength, boost endurance, and move with confidence.



Mark

CALM, FOCUSED, AND ENCOURAGING

Mark guides you through mindful Tai Chi practices to build balance, strength, and inner harmony at a gentle, grounding pace.

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Nature & Arts Club Features Local Artist At Members Luncheon; Raises Money For Relay For Life



The Nature and Arts Club recently held their members' appreciation luncheon here at Wynmoor, with food being provided by our very own Café on the Green. Prior to the lunch, guest speaker Georgeta Fondos, an award-winning muralist and textile artist, spoke about her career highlights and showcased some of her work in a powerpoint presentation. Born in Moldova, formerly a governorate of the Russian Empire, she specializes in interior and exterior mural painting and uses flames to scorch fabrics for use in her other projects. She maintains her studio at Bailey Contemporary Arts (BaCA) in Pompano Beach.



The Club also raised close to \$500 for the Relay for Life effort via donations and a 50/50 raffle.

Co-president Elaine Lurie took time to acknowledge the Club's board members and other volunteers who helped make this event and others throughout the year so successful. More volunteers are needed to keep this very large Club going strong. Please contact Elaine at elainelurie@gmail.com if you can help.



Thanks to all!

Submitted by Vicki Mitchell





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PHOTOGRAPHY CLUB

BY JENNIFER JAMES



1



3



4



2



5

1 LENNY ZHIVOTORSKIY
SALAD

2 GRACE BORDWELL
MUSHROOM GILLS

3 HONEY SILVERBERG
PEACOCK FEATHERS

4 MARSHA WHIPPLE
YOU GOT MY ATTENTION

5 MICHAEL BRODIE
CD SHOT



Easter: A Season of Renewal and Joy

Easter is a beautiful reminder of renewal, hope, and new beginnings. It's a time when many gather with family and friends, sharing meals, laughter, and meaningful traditions.

For those in our community, Easter can be celebrated in simple, heartfelt ways—whether it's enjoying a festive brunch, decorating your home with spring flowers, or attending a local service. The season itself brings a sense of freshness, with longer days, blooming gardens, and the gentle warmth of spring.

It's also a wonderful opportunity to reach out to loved ones, invite a neighbor for coffee, or share a homemade treat. Sometimes the smallest gestures create the most lasting memories.



Passover: Honoring Tradition and Togetherness

Passover is a deeply meaningful time of reflection, remembrance, and family connection. Centered around the Seder meal, it brings generations together to retell a powerful story of resilience, freedom, and faith.

Even for those celebrating in smaller gatherings, the spirit of Passover remains strong. Lighting candles, sharing traditional foods, and participating in familiar rituals create a sense of continuity and belonging.

For many, it's also a time to reflect on personal journeys—past and present—and to appreciate the strength that comes from community and heritage.

In communities like ours, where neighbors become like family, Passover offers a chance to share traditions, stories, and perhaps even a seat at the table.





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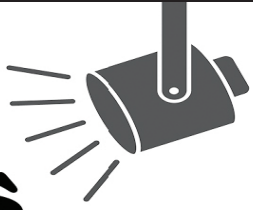
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Theatre Shows

April 2026

NEIL DOVER COUNTRY BAND

Saturday, April 4, 2026, 8:00 PM

\$18.00



A country singer/songwriter from South Alabama, Neil Dover, is ready to bring a little country straight to the Wynmoor stage. Known for their classic sound that evokes the heart and soul of country music, spanning hits from the country sounds of the 60s through today, their shows offer a little something for every country fan out there.

BANG ZOOM

Saturday, April 11, 2026, 8:00 PM

\$18.00

Bang Zoom pays tribute to the pioneers of Rock n Roll. Playing music from the American Graffiti soundtrack of our lives, it doesn't matter when you were born as this "roots rock" resonates with every soul who loves music. So jump in your hot rod, cruise down to the Wynmoor theatre, and catch Bang Zoom!



THREE ACT NIGHT

Saturday, April 18, 2026, 8:00 PM

\$18.00



Three Act Night celebrates the music of the most iconic groups from the 1960s through the 1990s with The Rascals, The Bee Gees, and Hall and Oates. You'll be hard pressed to figure out which act is your favorite by the end of the night. From Joy to the World, Your Kiss is on my List, and Stayin' Alive this evening will be sure to keep you grooving all night long.

MACK THE KNIFE: THE LEGENDARY BOBBY DARIN STARRING MICHAEL MATHEWS

Saturday, April 25, 2026, 8:00 PM

\$18.00

In an era of cool, Bobby Darin was the soundtrack and one of the most popular teen idols of the late 50s. Featuring an evening filled with Darin hits, fabulous Copacabana Dancers, and rare footage of Bobby Darin himself, this is one concert event not to be missed. You'll be Splish-Splash-in' the whole way home.



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Guests are permitted with valid ID and must be accompanied by the host resident.

No guests under age 15 permitted.

Ticket purchases are limited to **four (4)** per household

Box Office Hours are Monday - Friday 9 am - 12 noon & 1 pm - 4 pm, Saturday 7 pm - 8:10 pm.

Online sales end two hours before show. Tickets purchased on the night of the show will incur an additional \$2 fee.

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Wynmoor Neighbors Home Return

By Richard Horn

In the past couple of years, the spouses of 3 of my friends have passed away due to complications from Dementia. A 2025 study found that Americans over age 55 have a 42% lifetime risk of developing dementia by age 95. Risk is higher for women (48%) than men (35%), partly due to longer life expectancy. While risk is low before age 75, it rises to 20% by age 85 and reaches 42% by age 95.

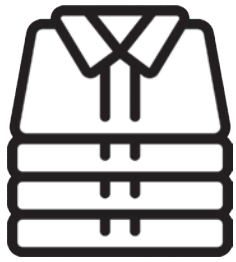
I can't speak for others, but this information scares the crap out of me. Dementia is called "The Long Goodbye" for a reason. It's a long slow walk to the end of the pier. Unless you are good and you die young, you are in some way going to be affected by this disease either as a person suffering from dementia, a caregiver or a friend of a person suffering from dementia.

I came up with a program that would help our Wynmoor neighbors affected by this horrible disease and in doing so I discovered that other people have

come up with the same idea. A Wynmoor friend turned me on to a similar program run by the Oak Park Police Department outside of Chicago. The police officer that runs the program there gave me all the information that I needed plus the phone number of the River Forest PD, another police department running a similar program.

The idea of the program is for Wynmoor residents, affected with dementia, to wear a stretch-colored silicon bracelet on their wrist with pertinent information engraved on a plate that includes emergency contact information should they be found "wandering" alone in or out of Wynmoor. You can reach out to me at wynmoorneighborshomereturn@gmail.com

Please meet me in the Library on April 16th at 10:00 a.m. if you're interested in enrolling someone in this program or obtaining more information for future need.



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18-hole Flight A winner Denise Vanover



18-hole Flight A runner-up Susan Yang



9-hole Flight A winner Joan Stedenfeld



18-hole Flight C runner-up Kathy Heery



9-hole Flight A runner-up Jane Dufresne



18-hole Flight C winner Lori Scott

WLGA

By Linda Sue Lewis-Moors

Wynmoor Ladies Golf Association (WLGA) participated in the annual WGA Championship Tournament, which culminated in competitive playoffs on Super Sunday, March 1st. Players in all WLGA flights were well matched. On Super Sunday, fans followed play in golf carts, supplying encouragement as players and their caddies strategized and executed skillful play.

Ladies championship play included two flights for 18-hole golfers and one flight for nine-hole golfers. Championship play began Tuesday, March 17th and continued through Thursday, March 19th, Tuesday, March 24th and Thursday, March 26th, followed by Super Sunday.

Final play on Super Sunday revealed the following:

Ladies 18-hole Flight A
 Winner Denise Vanover
 Runner-up Susan Yang

Ladies 18-hole Flight C
 Winner Lori Scott
 Runner-up Kathy Heery

Ladies 9-hole Flight A
 Winner Joan Stedenfeld
 Runner-up Jane Dufresne

WLGA members were among the 96 golfers who participated in Wynmoor's Relay for Life tournament on March 7th, which raised money for The American Cancer Society. The event was organized by Wynmoor's WGA.

As the deadline for this edition approached, league members were looking forward to the annual Color Wars event on March 17th featuring golfers on either the green or pink team, as well as the annual WGA Awards dinner on March 22nd at Colony West Country Club.

For more information about WLGA, please contact WLGA league president Karen Beckman at 262-374-2672.





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3001 PORTOFINO | ASKING \$175,000
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2502 ANTIGUA | ASKING \$110,000
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2/2 FURN CORNER,
REMODELED
KITCHEN, LAKE

1903 BERMUDA
\$1,800/mo.
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LAMINATE FLRS,
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Your Safety Is Our Mission

At Home. In the Community. Always.



Sheriff Gregory Tony, Ph.D.
sheriff.org

At the Broward Sheriff's Office (BSO), we are dedicated to keeping our senior community safe through dedicated and reliable public safety services.

Top Safety Tips for Seniors:

Fire Safety

Install and maintain smoke detectors. Have an emergency plan and know when to call 911.

Fraud Protection

Be cautious of unsolicited calls. When in doubt, report it immediately.

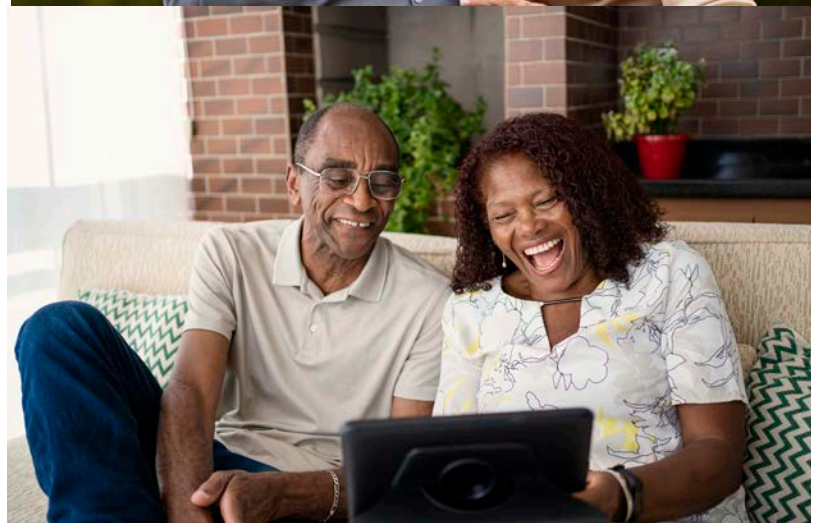
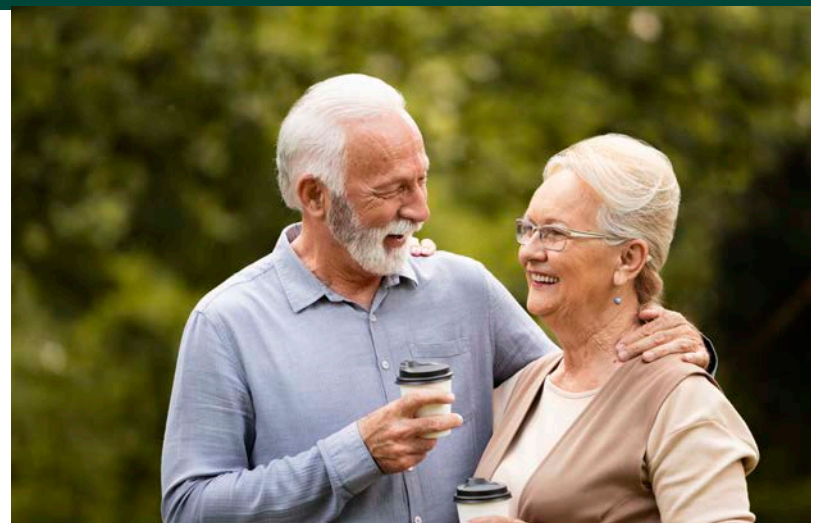
Stay Active. Stay Safe.

Enjoy the outdoors safely with proper footwear, hydration and sun protection.

From stopping scams to responding to emergencies, we are here for you. Your safety and peace of mind are our priority.



Scan here for essential safety tips for seniors and how to get involved with BSO.



Sheriff Dr. Gregory Tony

"Ensuring the safety and well-being of Broward County residents remains central to our mission. BSO is committed to providing exceptional service and support throughout our community."

- Sheriff Dr. Gregory Tony
SERVICE EQUALS REWARD



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Safety Solutions

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

Safe Zone is Available for Face-to-Face Transactions



Our Safe Zone is available for face-to-face transactions.

It's in our lobby at 4800 West Copans Road. It's open 24 hours a day, seven days a week. It's also constantly monitored by our telecommunicators in our Real Time Crime Center.

We encourage its use when you're buying or selling something on-line. If the buyer/seller seems unwilling to meet you in the lobby of a police station, then it might be a sign that buyer/seller is up to no good.

We've had people find this out the hard way unfortunately, agreeing to meet total strangers in dimly lit, lonely places that led to robberies and other crimes. It recently happened to a woman after the man she met outside a business here in Coconut Creek switched envelopes on her. One contained the amount of money she asked for when selling the item. The other contained far less. Which envelope do you think the bad guy left her?

This might've been prevented had she suggested to meet up at our Safe Zone in the PD lobby. A crook would have to be pretty bold to do it at police department that's video monitored 24/7.

Our latest Scam Alert

Here's our latest Scam Alert from March 5th:

The Bank Representative Scam is the basis for this Coconut Creek Police Department Scam Alert. We've warned you about this one before. A 73-year-old woman recently called us after falling victim to this scam. She got a call from a fraudster posing as a representative from her bank. He claimed someone had hacked into her Zelle account and he needed to fix it. He talked her into logging onto her bank's website while he was on the phone with her. Then he convinced her to allow him to remote into her computer so he could supposedly correct the issue. Of course, it was all a scam. All he did was transfer money to himself. There was never anything wrong with any of her accounts. If you get a similar phone call, remember that your bank would never reach out to you over the phone for anything like this, so just hang up.

If you're missing these alerts, download our Creek Armor app. It's free and you can find it in your phone's App Store.

April is Distracted Driving Awareness Month

Studies show that distracted driving can be just as dangerous as drunk driving so keep that in mind this month, as April is Distracted Driving Awareness Month. Put that phone down. Send that text message later. Be mindful when you're adjusting the station you listen to on SiriusXM.

We've gotten off to a pretty good start so far this year in that we're seeing fewer serious injury crashes and fatalities, and we need your help to keep it that way.

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SAY SOMETHING



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Happenings

Learn To Play Bridge Or Enhance Your Game

By Joan Friess

Hi All,

Fridays, The Wynmoor Bridge Club is offering a series of bridge lessons every Friday morning from 9:30 - 11:30 a.m. in the East Wing. The lessons are designed for "advanced" beginners and intermediate players who have a good grasp of bridge fundamentals. Each class starts with a 45-minute lesson that is then followed by a supervised 1 hour and 15 minute "play-of-the hand" experience.

The first 2 weekly lessons are free, and thereafter, there will be a \$5 charge per lesson. The last lessons this year will be given on March 27th. Please spread the word to anybody in Wynmoor that might be interested.

Best,

Lenny Fagen

416-432-1280

Carpe Diem -- Life was meant to be awesome!

Paper Tole Instruction

By Lenae Herman

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

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

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

Paper tole is addicting!

Do You Eat Plants?

By Harold Kahn

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

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

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Service Equals Reward

By Sheriff Gregory Tony

BSO's Department Of Community Programs

When most people think about a sheriff's office, they imagine deputies responding to emergencies, making arrests and investigating crimes. While those responsibilities are critical, a true full-service public safety organization must also address what happens after an arrest. That is where the Broward Sheriff's Office (BSO) Department of Community Programs (DOCP) delivers measurable results.

DOCP provides structured, accountable alternatives to incarceration that combine supervision, treatment and evidence-based intervention. This approach holds individuals responsible while targeting the root causes of repeat offending. Organized into five specialized divisions, Pretrial Services, Misdemeanor Probation, Drug Court Treatment, Juvenile Services and Reentry, DOCP provides a comprehensive continuum of care to reduce the jail population, save millions of tax dollars in incarceration costs and strengthen public safety across Broward County.

BSO's Pretrial Services and Misdemeanor Probation divisions provide court-ordered supervision for individuals in the community while maintaining accountability and protecting public safety. Established in the early 80s, the Pretrial Services Division is one of the longest-standing programs of its kind in Florida. The division supervises thousands of individuals awaiting trial under court-ordered conditions through reporting requirements, home and office visits, drug testing and, when necessary, electronic monitoring and Global Positioning System (GPS) tracking. By stabilizing employment and preserving family ties, these strategies minimize the impact of criminal justice involvement while directly tackling the root causes of crime. Misdemeanor Probation provides supervision for individuals convicted of misdemeanor offenses through structured reporting and compliance requirements. The division also offers diversion programs for first-time offenders, typically lasting three to six months. Successful completion may result in case dismissal, reinforcing accountability while



helping individuals avoid the long-term consequences of a criminal conviction.

BSO's Drug Court Treatment Division, one of the oldest programs in the nation, addresses one of the primary drivers of criminal behavior: substance use. Participants undergo intensive, court-supervised treatment that includes counseling, frequent drug testing, medication management, psychiatric services and crisis intervention. The program also connects participants with supportive housing, transportation assistance and employment referrals. This comprehensive model reduces recidivism, decreases the risk of relapse and restores stability to individuals and families.

The Community Justice Program provides early intervention for youth, ages seven to 17, through restorative justice and structured diversion. Proactive support for youth offenders significantly lowers the likelihood of future criminal behavior, safeguarding both the individuals involved and the community.

Successful reentry is proven to be one of the most effective crime-reduction strategies available to law enforcement today. For individuals returning to the community post-incarceration, our Reentry Division provides structured supervision, employment assistance, treatment referrals and essential support services to stabilize them during a critical transition period. Through partnerships with community organizations, we host employment and resource fairs, financial literacy workshops and outreach initiatives that address housing instability and workforce barriers.

True public safety is not measured solely by the arrests we make, but by the cycles we break. Through prevention, intervention, structured supervision and successful reentry, our Department of Community Programs is breaking cycles of crime and proactively building a safer, more resilient future for all of Broward County. To learn more about Community Programs, visit sheriff.org



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The Cove

The Cove is located on the Country Club Patio on Thursdays from 6:00 PM - 9:00 PM.

Food will be available for purchase by Cafe on the Green. between 5:00 PM - 7:00 PM or while supplies last

Entertainment

April 2nd: Charlie D.
 April 9th: Randy Stevens
 April 16th: Steve Michaels
 April 23rd: King Arthur
 April 30th: Jose Pablo Gaitan

Menu Options:

- Hot Dog Combo: \$10.00
- Hamburger Combo: \$10.00
- Grilled Chicken Breast Sandwich: \$12.00
- Chicken Skewer on Pita w/Tzatziki: \$12.00
- Spinach Pie: \$12.00
- Side Salad: \$5.00

All Meals include Coleslaw, Chips and Drink. Sprite, Coke, Diet Coke or Water. *Cash Only*

WYNMOOR

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

Wynmoor's Open Mic Night

A Night of Music, Poetry, Comedy & More!

Bring your voice, your instrument, your words—or just come enjoy the talent of your neighbors! Join us for **Open Mic Night at Wynmoor**, happening every month in a relaxed, welcoming atmosphere.

ADMISSION
 Wynmoor residents with a valid ID are welcome! Guests may join when accompanied by their host resident. Guest admission is \$5.00 per person.

WHEN
 Every third Wednesday
 7:00 pm - 9:00 pm
 Doors Open at 6:30 pm

WHERE
 West Wing



SCAN QR CODE TO REGISTER

For more information call the Recreation Office at (954) 978-2600, press 1.



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\$50 MAHI	\$55 FISH N CHIPS
\$60 SNAPPER	\$45 CHICKEN

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MONDAY MAHI SANDWICH Choice of 1 side & hushpuppies	\$13	TUESDAY 2 TACOS Choice of 1 side	\$13	WEDNESDAY FISH N' CHIPS Served with fries, coleslaw, and hushpuppies	\$15
THURSDAY LOBSTER ROLL (Hot or Cold) Choice of side 1 and hushpuppies	\$21	FRIDAY FRIED SHRIMP PLATTER Choice of 2 sides and hushpuppies	\$15	SATURDAY KIDS EAT FOR With adult purchase	\$5

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2026 Homestead Exemption



Documents required to file a Homestead Exemption include:

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

Special 2026 Homeowner Sign-Up Dates:

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

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

From 10:00 am - 12:00 pm



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

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The ABC's of a Long and Happy Life

By Carol Sommers

Adoring my children when they were small and through the years

Being able to go out with my wonderful husband to dinner

Or a movie and have a good babysitter

Calling friends and family to keep in touch

Doing the best job I could to raise my children to be the

Good people they certainly are

Enjoying the times we would go away with them and were proud of them

Forgiving everyone when they would say the wrong thing

Going to work and keeping my mind active

Having a good group of people to work with

Idolizing all the special people in my life

Justifying what I could do at home before and after my job

Kissing the people I love very often

Listening when my husband and children told me

Something important

Making the best decision to come to Wynmoor and make

A wonderful group of friends

Nothing is more important than my family

Opening up beautiful gifts over the years

Playing games with my family and friends

Questioning some decisions I had to make

Remaining calm in serious situations

Saying what was on my mind to keep peace

Taking wonderful trips on cruises and to many cities

In the U.S. and Canada

Understanding other people's viewpoints

Visualizing the future optimistically

Waiting patiently to see a doctor when necessary

X-raying into my thoughts to make sense of everything

Yearning for and having a calm and peaceful retirement

Most of the time

Zeroing in on all the wonderful times in my life

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Season Show LINE-UP



APRIL

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

FYI: Show details are subject to updates, modification, or substitution.
No refunds or exchanges - it's a one-way ticket!
Limit four (4) tickets per household per event!



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Managing Stress for Better Health and Peace of Mind

By Gayle Daniel

April is Stress Awareness Month, a reminder that emotional well-being is just as important as physical health. While stress is a natural part of life, chronic stress can take a serious toll on the body—especially for older adults.

Long-term stress can contribute to high blood pressure, heart disease, sleep disturbances, weakened immunity, and memory challenges. It can also affect mood, leading to anxiety or depression. Recognizing stress and learning how to manage it is key to maintaining balance and independence.

Daily routines can help reduce stress by creating structure and predictability. Knowing what to expect each day provides comfort and reduces mental strain. Incorporating enjoyable activities such as reading, listening to music, or light exercise can lift mood and promote relaxation.

Physical activity plays an important role in stress reduction. Gentle movement releases endorphins, which naturally improve mood and reduce tension. Even simple stretching or walking can have a calming effect on the nervous system. Wynmoor has a wide variety of clubs promoting physical activity or visit the gym or pool and join in.

Social connection is another powerful stress reliever. Talking with friends, attending group activities, or simply sharing a meal with someone can reduce feelings of isolation and anxiety. Emotional support strengthens resilience and enhances overall well-being. Wynmoor’s many social clubs can help in this regard.

Mindfulness practices such as deep breathing, meditation, or prayer can also help calm the mind. These practices encourage relaxation and help manage worries that may otherwise feel overwhelming.

For some seniors, stress increases when daily tasks become difficult. A home health aide can help with errands, housekeeping, or personal care can ease both physical and emotional strain.

Loving Embrace Home Care (LEHC) provides compassionate support that reduces stress by helping seniors manage daily routines, stay socially connected, and feel safe at home. Peace of mind begins with knowing you are not alone. *See our ad on page 11.*



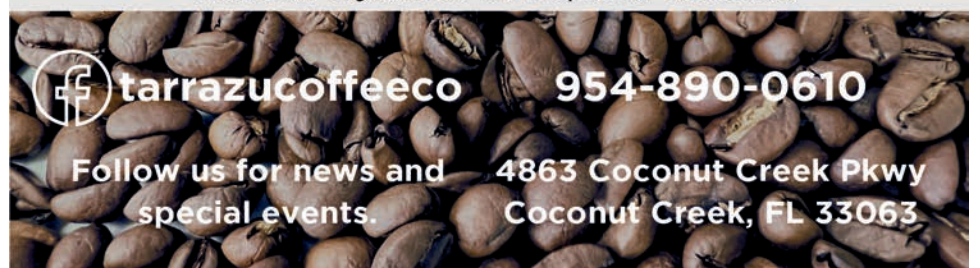
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Why all the dead fish?

By Paul Villano

The most frequent query this winter was, “Why all the dead fish?” Followed by, “Was it the cold weather?” Answering their own question.

Sadly, it is just one fish in particular that succumbed to the cold, the beautiful Butterfly Peacock Bass with its vibrant hues of green, yellow and orange. They can grow to over 9 lbs. and 20 plus inches and fight like the devil.

The Florida Fish and Wildlife Conservation Commission introduced this tropical species in 1984 to control other invasive species in South Florida’s freshwater ways. This Amazonian species cannot tolerate water under 60 F or slightly salty waters, limiting their range to South Florida’s freshwater, lakes, ponds and canals.

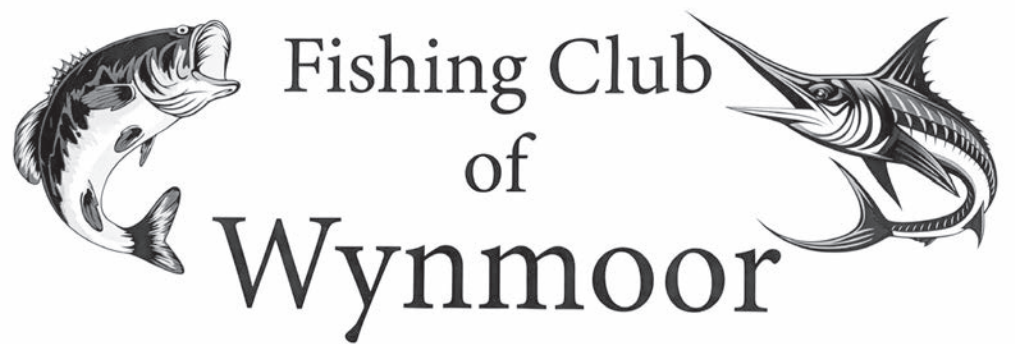
It may be a few years before the Butterfly Peacock Bass once again becomes the favorite catch and release fish in Wynmoor.



Fishing Club Annual Pond Cleanup

By Paul Villano

The Fishing Club’s 3rd Annual Pond Cleanup (Trash Fishing) was a great success thanks to Adam, Ed, Edwin, Wayne, (Tulia and Mike) not in the photo. We collected an estimated 100 plus pounds of trash ranging from stinky fish carcass’, plastic bags, bottles and cans and a large planter pot. The club treated our participants to lunch at Lesters.



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

By Leading Back Pain Expert, Todd James

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

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

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

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

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

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

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

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

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



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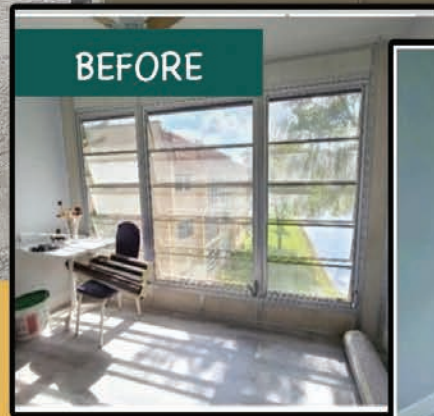


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Come to the Wynmoor Democratic Club Monthly Meeting First Thursday April 7th In the Ballroom

David Jolly
Candidate for Governor of Florida



Doors Open at 1:00 p.m.
Members Free
Guests \$5.00

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Macrophotography

By Paul Villano

Go Macro. While we tend to photograph the big picture or a panoramic scene, try doing the opposite sometime and get close to a singular object and see a new world unto itself. When I say get close to your subject, I mean really close and you are going macro.

Macrophotography is your ticket into this hidden realm, offering a perspective shift that is as meditative as it is artistic.

When you dive into the macro world, the mundane becomes extraordinary. A common housefly transforms into a complex creature with iridescent, compound eyes; a simple water droplet becomes a perfect, liquid lens reflecting the entire garden. This hobby teaches you to find beauty in the microscopic, turning a square foot of grass into an endless gallery of subjects.

Beyond the aesthetics, macrophotography is a fantastic way to sharpen your technical skills. Because the depth of field is incredibly shallow at high magnifications—often measured in millimeters—you must master the delicate dance between aperture, shutter speed, and focus.

At our March 18th meeting Shel Geller gave an overview lesson on Macrophotography offering tips and tricks to begin our club's journey into this little universe.

If you would like to learn more about the club call 917-359-7181 or email jenjamesphoto@aol.com.



Traffic Violations

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



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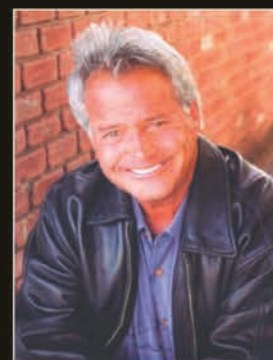
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April 2026

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6:30 until 9:30 (FREE DANCE LESSONS 6:50-7:20)

April 6 Dan and Dorothy

West Coast Swing

Wear your Easter Bonnet



April 13 Nancy Price
Rumba



April 20 Cachet Band.

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April 27 Mama Maria "Just Dance" team

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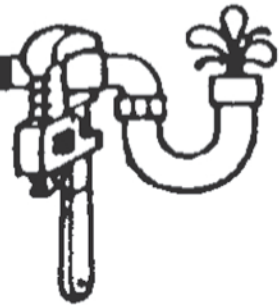
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Clubs and Activities

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

Belly Dance Club

By Stephanie Davis

The Belly Dance Club, under the leadership of Wynmoor resident, Susan Baladi, is growing with a new revitalization and energy. The class is a combination of gentle chair warm-up movements to stretch and strengthen, move your joints and tone your muscles. After the warm-up, we transition into belly dance techniques like hip shimmy and arm movements. The dance techniques are then incorporated into short fun line dances set to current and traditional music. The line dances include some of the popular dances and other choreographies with more of a belly dance flavor. It's a solid hour of fun, exercise and dance. Susan Baladi is an experienced belly dancer and is currently involved in many belly dance educational and performance venues. No prior dance experience is necessary. Classes are free. We are all beginners. This season we have welcomed many new participants. So, if you are curious about belly dance and you like to line dance, come check out this group. The class meets during the high season every Tuesday at 2:30 p.m. Please note that our room assignment changes weekly.

For more information call Susan Baladi at 954-439-0313 or Stephanie Davis at 551-404-7301.

.....

Ben's Friends Art Club

By Enid G. Wolf-Schein

Ben's Friends meets every Saturday in the Country Club Art Studio from 9:00 a.m. to noon. Everyone is welcome to paint or draw using any medium, to their heart's content. Just come and join our fun group. We just had our Winter Brunch, and it was great. We plan others - all included in your membership.

.....

Billiard & Pool Club

By Bob Horowitz

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

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

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

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

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

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

.....

Bocce Ball Club

By Jim Erickson

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

Here's what you need to know:

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

It's a wonderful way to enjoy some fresh air, gentle exercise, and great company. Whether you're a complete beginner or have played before, you'll find a friendly group ready to welcome you. Give us a call and come see what makes our bocce club so enjoyable. Ready to join? Contact Jim Erickson at 954-400-9302 for more information.

.....

Bookies

By Sharon Curtis

Calendar of events: April 7th *View From Lake Como* by Adriana Trigiani, May 5th *House Of Glass* by Sarah Pekkanen, June 2nd *The Lion Women Of Tehran* by Marjan Kamali, July 7th *Buckeye* by Patrick Ryan, August 4th *The Berry Pickers* by Amanda Peters, September 1st *Into The Magic Shop* by James R. Doty MD.

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

.....

Bridge Club

By Ron Myers & Joan Friess

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 no later than 12:15 p.m.)

The Wynmoor Bridge Club has been having 2 sections for bridge each time. We recently competed with all of Florida in the STAC Games. We had 6 pairs that scored high on their first day and on the second day we had 5.

This is wonderful. We had a luncheon for 88 bridge players on March 13th that went exceptionally well.

Come and join us on Tuesdays and Fridays at 12:30 p.m. in the East Wing in Wynmoor.

Questions about our club? Please contact Joan at 561-676-9390 or masings@aol.com. You can also email us at wynmoorbridge@yahoo.com.

.....

Ceramics Club

By Vicki Mitchell

Happy Passover, Happy Easter, Happy Spring. Join us and be creative. Come by to look at the display case and see the wonderful work done by our members. Check out the 1,000+ molds we have. Ceramics is a wonderful way to meet new people while you use the creativity you didn't know you had. Come in and sign up for classes (\$40 for 4 classes, plus a starter kit of supplies). Annual dues are \$15. We are open Monday through Friday from 9:00 a.m. - 12:00 p.m. We look forward to seeing you.

.....

Chess Club

(Still) Plays Every Tuesday Evening

By Hillel Cohen

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

.....

Clay Sculpture Club

By Sandy Werner

We are a mature community at Wynmoor; our art is a statement of our time. We love what we do, and the atmosphere in our studio is welcoming. We play music, we teach each other, we laugh and we learn together. Please join us. We are active all year, even during the summer months. Call John Laurenzano at 954-798-7509 for information about our summer schedule.

.....

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

Clubs and Activities

Continued from page 61

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 Alan Weiner

**Do Not Miss This Month's Dynamic Speaker - David Jolly
Who Is Running For The Office Of Governor**

The Democratic Club monthly meeting will be held on Tuesday, April 7th. The meeting will start promptly at 2:00 p.m. in the Country Club Ballroom. Doors will open at 1:30 p.m.

1:30 – 2:00 p.m. - Representatives of the Broward Supervisor of Elections Office will assist you with voter registration and vote-by-mail. Representatives of the Broward Property Appraiser's Office will explain special tax benefits for seniors, how to protect your property deed, and how to claim exemptions. Representatives of the Broward Tax Collector's Office will also be available to review your county tax bill.

2:00 – 2:30 p.m. - David Jolly Presentation: David Jolly will introduce himself and discuss his positions on many important issues. It is important to note that David is currently a leading Democratic candidate for Governor, and we are honored to have him join us at our meeting.

Question & Answer

2:30 – 3:00 p.m. - There will be a question-and-answer session following the presentation.

Next month's speaker - the highly anticipated Senator Tina Polsky. If you have any questions, please feel free to contact me: Alan Weiner, President, Democratic Club at alanw2250@gmail.com or 978-239-2377.

.....

Drawing and Painting Club

By Beatrice Horowitz

Club members gather on Wednesday afternoons from 1:00 - 4:00 p.m. in the Clubhouse art studio to work on their art, socialize and exchange ideas. We run year-round and welcome new members anytime. Dues are \$10 a year, small lockers are available for active members on a first come first serve basis. Stop by or contact beatrice.horowitz@gmail.com.

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Fishing Club

By Paul Villano

The next meeting of the Fishing Club of Wynmoor is Monday, April 6th at 3:30 p.m. in Ballroom C. It is our last formal meeting of the year, but club members continue to fish together for both salt and freshwater fish all year round. Individual membership is \$10, and couple is \$15. For more information see the carousel in the library or contact us by email at fishingclubwynmoor@yahoo.com or call/text Paul at 516-526-5313.

.....

Fun With Friends 2

By Benjamin Zoe

Our next dance will be on Sunday, April 29th and will feature the Reaction Band. Dance registration forms will ONLY be made available via our website: <https://wynmoorfwf2.com/> which began on March 29th.

You asked for them, we got them. By popular demand we will again present South Florida's Reaction Band. They will light up the Ballroom dance floor with their unique blend of Classic Rock, Pop, Latin and more. The event promises to be a high-energy affair that will leave you grooving and moving



all night long.

The Reaction Band has been a staple of the South Florida music scene for years and has played at numerous, renowned venues, including casinos, hotels, and music festivals throughout the region. With a repertoire that spans decades and genres, the band has earned a reputation for playing the music that keeps audiences dancing all night.

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 April 14th.**

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

Membership registration will only be made available on our website at <https://wynmoorfwf2.com/>

For all other information email admin@wynmoorfwf2.com.

.....

Glass Kiln Club

By Vicki Mitchell

New members are trained at the beginning of each season by club President Oreet Fagen, and there is much to learn! Selecting your glass, cutting it, grinding it, tacking or fusing it, and selecting your mold to slump it are some of the steps in creating the beautiful works that result from these efforts. Jewelry, bowls, dishes, serving pieces, candle holders, night lights, ocean waves, village scenes and free form sculptures are just some of the creative pieces being produced. We also have the chance to learn new techniques and get new ideas from Oreet at the beginning of each season. The club has monthly breakfast meetings and participates in the Art Walk and upcoming Art Show. Club officers, in addition to President Oreet Fagen, include Vice-president Sharon Schultz, Treasurer Lenny Fagen, and Secretary Judy Platt.

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Health and Wellness Club

By Hope Myers

On April 15th at 2:30 p.m. in the West Wing 2 Janelle Johnson, Director of Physical Therapy at Mind and Mobility Home Care will address our club members. She will discuss "Movement Is Medicine." Ms. Johnson believes long term mobility, stability and wellness can be supported with an annual physical therapy evaluation. Mind and Mobility Home Care is providing some of our refreshments.

Healthy refreshments and bottled water will be served. Membership for the year is \$10. Guest fee per meeting is \$5. For more information, please call Hope Myers, President, at 954-971-9538.

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Ladies Circle

By Diane San Anton

For further information contact Diane San Anton by email at telepixie@hotmail.com or phone 954-590-2794.

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Mah Jongg Club

By Judy Palma

For more information, please contact Judy Palma at 609-577-5946 or Nancy Smith at 954-610-1539, or send an email to nancysmith1021@gmail.com.

.....

Monday Night Dance and Social Club

By Vicki Mitchell

Happy Spring! A great month of dance awaits you. April 6th is our Easter Parade. Wear your Easter bonnet. Dan and Dorothy will be teaching West Coast Swing. April 13th does not have a theme, and Nancy Price will be teaching Rumba. April is also the month of our SPRING FLING featuring Cachet. You need to buy your tickets. They are on sale every Monday at the dance. Members \$10 and Guests \$15. If you don't get your tickets in advance, they are \$15 for everyone at the door that night. April 27th the dance team will be teaching the line dance Mama Maria. Our dance is every Monday night from 6:30 - 9:30 p.m. There is a lesson from 6:50 to 7:20 p.m. It is easy to join. \$10 yearly and \$2 weekly at the door. Snack and coffee or tea provided.

.....

Nature And Arts Club

By Linda Storfer

Our paid-up membership luncheon was one of the highlights of this program season when we presented Georgeta Fondos, a multidisciplinary artist from the Bailey Contemporary Arts Center (BaCA) located in Pompano Beach along with a delicious catered lunch. Our monthly trip brought a full bus of our members to the spectacular Mounts Botanical in West Palm Beach, a true hidden gem which features floral treasures as well as sculptures. Speaking of flowers and gardens, this month we are pleased to present Mona from Coconut Creek Gardening at our next monthly breakfast on Monday, April 13th who will share with us the joys and challenges of gardening. Please note the change of day from our usual Thursday to Monday this one time only.

On Thursday April 23rd we are visiting Fairchild Gardens in Coral Gables which has been rated one of the top gardens in America. Don't be left out and

Clubs and Activities

be sure to register early because you won't want to miss this extraordinary venue. As our season is beginning to wind down, we want to bid adieu to our Canadians, including our co-president Elaine Lurie and all our other snowbird members. Have a great and productive summer and please come back in good health.

Needlework Click

By Myrna Berger

Needlework artisans, if you are looking to meet others with the same skills and interests, that also enjoy and appreciate your work, are sociable and friendly, then come and check out our club.

This month, April, we will get together on the 14th and 28th, from 1:00 - 4:00 p.m., in West Wing 1. Enjoy a cup of coffee, or tea and a member donated treat. You will meet a variety of needlework artists to share ideas and projects with.

Many of the items our members make we also donate to quite a few charitable organizations in Florida, including baby items and lap blankets. Please call President, Barbara Billelo, at 908-239-0010, if you have yarn or needlework notions you would like to donate to our club.

Night Tennis

By Jo Ann Perreault

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

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

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

Photography Club

By Paul Villano

The Photography Club kicked off the year with a name change to reflect the fact that many of our long-time shutter buddies are also employing their cell phones to capture everyday life.

The club has grown attracting many new members by offering in-depth learning experiences by our senior board members and outside professional photographers, as well as hosting exciting field trips followed by fabulous luncheons.

While the club will be celebrating our very successful year with a Pizza Party at our last regular meeting, we will also be looking for feedback from our members on how to make next year even bigger and better.

During the summer months, the photography club will still be participating by sending photos on a monthly topic. Club meetings and field trips will resume in November.

For more information about the club, you can call or text me at 917-359-7181 or email jenjamesphoto@aol.com.

Pickleball Club

By Ruth Halpern

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

Pottery Club

By Edwin Meyer

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

Republican Club

By Diane San Anton

For further information contact Andrea Joy Frankel-Bellitto at 954-592-2276 or email iamajoy1969@aol.com.

Stone Carving Club

By Gil Savitzky

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

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

US Club

By Sharon Poulos

For questions contact Ceil Eitman at 973-513-1591.

WGA

By Nathalie Carlson

Now that things are slowly getting back to normal our WGA Championship Golf Tournament was a big success. A few upsets but some great competition.

Our Relay for Life tournament was another huge success. Within a short amount of time teams were made, continental breakfast was served, 90 plus golfers played 18 holes and a delicious meal afterwards. It's All Greek To Me catered our lunch which was donated by Sixth Street Law Firm. Thank you for all the support in making this event a success!!

April 4th is our next Guys and Dolls. Save the date. More details to come.

The next WGA General Membership Meeting will be held on April 8th at 7:30 p.m. in the West Wing. Please plan on attending.

For more information on joining the WGA or questions about tournaments please contact John Railey at 917-763-7398 or Mike Ramati at 954-654-2648.

WLGA

By Linda Sue Lewis-Moors

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

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.

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.

Clubs and Activities

Continued from page 63

Woodworking Club

By Ernie Fleury

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

Writers' Workshop

By Dr. Judy Willow Weissman

Saturday mornings - 10:00 a.m. - Card Room 1. Our very merry group of scribes share ALL types of literary works. YOUR topic, YOUR style is our goal. We encourage creative processes putting pen to paper. After providing copies of your finished, (or unfinished) two pages, and reading it for the membership, you get to hear their responses. If interested, please contact Nancy Heller Moskowitz at laughlady55@aol.com.

Wynmoor Hadassah

By Judy Goldman

Call Helen Wilker at 954-979-8462 or Judy Goldman at 954-610-9459 for information.

Wynmoor Short Film Festival

By Enid Wolf-Schein

In addition to the exciting annual Wynmoor Short Film Festival that we present every year, our Club has also combined with the Monday Night Dance and Social Club to make a series of "Just Dance Instruction Videos" to acquaint everyone at Wynmoor with the line dances that we do not only at the Monday night dance, but at the Cove, Sunday afternoon and at other Club dances. We now have 17 completed. The latest are #16 "Boots on the Ground" and #17 "Electric Slide." They are shown on Wynmoor Youtube/Just Dance. Each one has directions for the steps and a beautifully choreographed performance. It's the most fun when you know the routines!

Wynmoor Video and Film Club

By Eddie Dex

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

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

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

There is Something for Everyone
at Wynmoor



Join NOW
JOIN A CLUB -
BRING A FRIEND

CALLING IN YOUR GUESTS
AHEAD OF TIME,
WILL ALLEVIATE
LONG LINES AT THE GATES!

CLUBS

PLEASE CONTACT CLUB PRESIDENTS FOR FURTHER CLUB INFORMATION.

B

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

C

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

D

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

E

Eastern European Social	267-688-2580
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F

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

G

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

H

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

L

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

M

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

N

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

P

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

R

Republican Club	954-592-2276
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S

Shades of Color	954-984-3672
Social Duplicate Bridge (Tuesday)	954-970-3456
Social Duplicate Bridge (Friday)	954-973-1223
Stained Glass Club -	727-237-8540
Stone Sculpture	954-979-0774

T

Tennis Club -	516-302-5229
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U

US Club	954-984-2801
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W

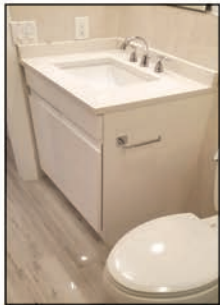
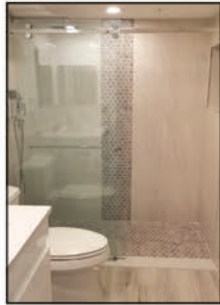
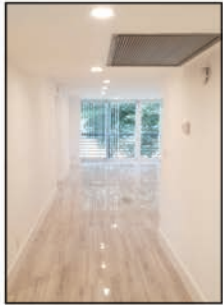
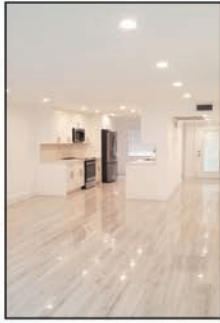
Women's Non-Fiction Book Club	954-979-0295
Woodshop Club	954-972-6231
Writers Workshop	954-973-2181
Wynmoor Short Film Festival	954-295-1551
or threebridgepub@aol.com	



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It's Tea Time



Have items you would like to discuss in person?

*You'll have the opportunity to meet Administrator, **Bruce Bandler**, Council Officers, including President **Jackie Railey** and Wynmoor Department Personnel.*

3:00 p.m. - 4:00 p.m.

Wednesdays at the Country Club Library





An Enlightening Foray Into German Renaissance Period Art In The United States Capital

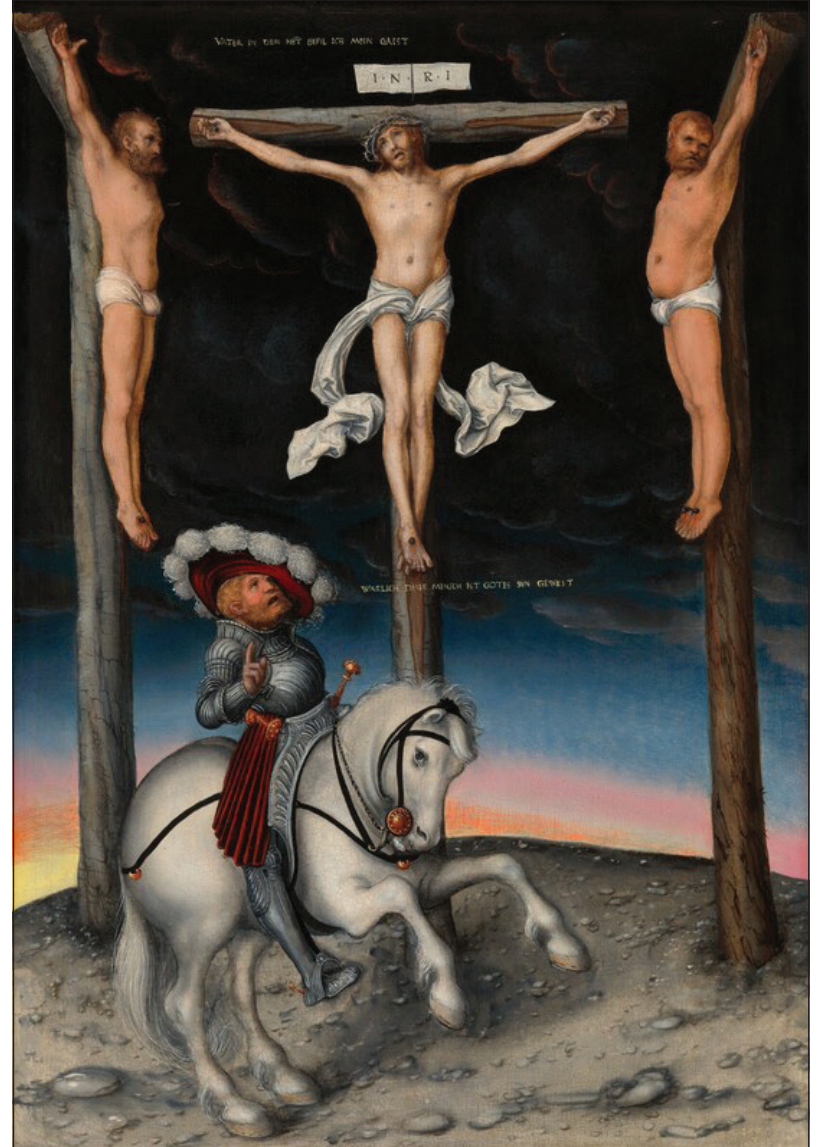
By Barry Isaac

A few months ago, I spent a delightful week in Washington, D.C. One of the art museums that I enjoyed the most was the National Gallery of Art, my favorite art museum in the United States. This review is dedicated to its fine collection of German Renaissance Period Paintings from the late 15th Century to the 16th Century in this huge art museum.

At the National Gallery of Art, I saw fine devotional theme paintings which employed oil paint on wood by the Master of the Starck Triptych "Raising of the Cross," a very detailed painting "Saint Margaret," "Saint Barbara," Master of the Bartholomew Altar "Baptism of Christ" which depicted 14 saints surrounded by the baptized Christ, Master of the Death of Saint Nicholas of Munster "Calvary" Matthias Grunewald "Small Crucifixion," Lucas Cranach the Elder "Crucifixion With Converted Centaur," Albrecht Durer "Lot and His Daughters," refers to Sodom and Gomorrah, and Bernhard Strigel "Saint Mary Cleophas and Family," "Saint Mary Salome and Family."

At the National Gallery of Art, I saw splendid German Renaissance Period Portraiture by Hans Mielich "Portrait of Man," Lucas Cranach the Elder "Prince of Saxony," Hans Holbein "Sir Brian Tuke," Bartolomeus Bruyn the Elder, Hans Schaufelein, Albrecht Durer "Portrait of Clergyman," and Hans Holbein's "King Edward the Sixth as a Child" with an elaborate costume. These portraits portrayed the wealthy and powerful in Renaissance Period German and European Society.

I also savored Tillman Riemenschneider's sculpting of a Bishop Saint from the German Renaissance Period. The National Gallery of Art's collection of German Renaissance Period Paintings is one of the best collections of German Renaissance Art in the United States. As one would expect the curatorial work at the National Gallery of Art is tip top.



Lucas Cranach the Elder's Crucifixion With Converted Centaur



Master of Starck Triptych's "Raising of Cross"

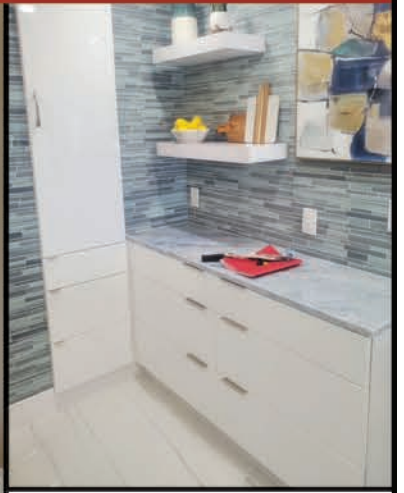


Member of Froschl Family by Hans Mielich



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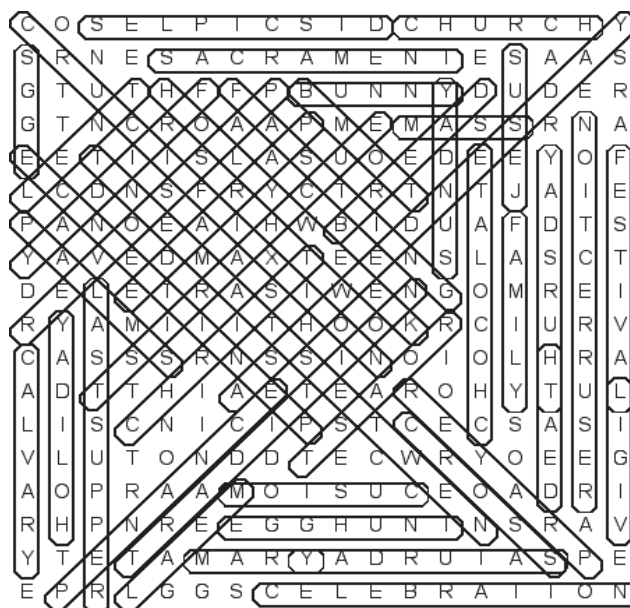
Puzzles and Games

Solutions from page 30

Crossword Puzzle

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

Easter



The hidden message is: ONE EASTER TRADITION IS TO DECORATE EGGS

Sudoku

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

Binox

X	O	O	X	O	X
O	X	X	O	O	X
X	X	O	O	X	O
X	O	O	X	X	O
O	O	X	X	O	X
O	X	X	O	X	O



Trivia • Trivia

What was the original title of Ray Bradbury's "Fahrenheit 451"?

Answer: "The Fireman"

In the book "Pride and Prejudice," who is Elizabeth Bennet in love with?

Answer: Mr. Darcy

What mineral can you add to water to make things float easier?

Answer: Salt

Who was the first American woman in space?

Answer: Sally Ride

LOST & FOUND

Please report lost/found items to security.

If you find an item, kindly return it to one of these nearby locations:

- Clubhouse Business Center
- Security Headquarters
- Administration Office
- Recreation Area

CLASSIFIEDS

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**For classified information, call: (954) 344-7667
Mon.-Fri. 9:00 a.m. - 5:00 p.m.**

*NOTE: You must reside in Wynmoor to place a classified ad.
Thank you.*

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The Coconut Creek Police Department patrols the roadways of Wynmoor on a regular basis.

Please obey traffic signs.
Violations may result in ticketing.

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WYNMOOR COMMUNITY COUNCIL
FITNESS CLASSES
Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba Chair with Maria 8:30 - 9:15 AM	Tone Fusion with Robyn 8:00 - 8:45 AM	Zumba with Maria 8:00 - 8:45 AM	Tone Fusion with Robyn 8:00 - 8:45 AM	Zumba with Maria 8:30 - 9:15 AM
Aqua Endurance with Kenny 8:45 - 9:30 AM	Weight Warriors with Robyn 9:00 - 9:45 AM	Fit & Fierce with Robyn 9:00 - 9:45 AM	Weight Warriors with Robyn 9:00 - 9:45 AM	Aqua Endurance with Kenny 8:45 - 9:30 AM
Chair Pilates with Maria 9:30 - 10:15 AM	Wave Workout with Robyn 10:00 - 10:45 AM	Wave Workout with Robyn 10:00 - 10:45 AM	Wave Workout with Robyn 10:00 - 10:45 AM	Chair Pilates with Maria 9:30 - 10:15 AM
Wave Workout with Robyn 10:00 - 10:45 AM	Align & Define with Kenny 10:00 - 10:45 AM	Cardio Kick with Kenny 10:00 - 10:45 AM	Keep On Movin! with Kenny 10:00 - 10:45 AM	Wave Workout with Robyn 10:00 - 10:45 AM
Sweat & Sculpt with Kenny 10:20 - 10:50 AM	Joint Ventures with Robyn 11:05 - 11:35 AM	Bye Bye Back Pain with Kenny 11:05 - 11:35 AM	Joint Ventures with Robyn 11:05 - 11:35 AM	Tone It Up! with Kenny 10:20 - 10:50 AM
Stretch & Step with Robyn 11:05 - 11:35 AM	Aqua Endurance with Kenny 2:15 - 3:00 PM	Aqua Zumba with Maria 2:15 - 3:00 PM	Aqua Endurance with Kenny 2:15 - 3:00 PM	Stretch & Step with Robyn 11:05 - 11:35 AM

SCAN TO REGISTER



OR VISIT...

SATURDAY

Tai Chi
with Mark
10:30 - 11:30 AM
(Saturdays Only)

Visit www.WynmoorLife.com to register for classes.
Fitness Classes are located in the West Wing unless otherwise noted. Water Aerobics and all Aqua classes are located at the Main Pool. Fitness shoes are required for all classes & when in the Fitness Center. Bring your own equipment for those classes that require it. Recreation: (954) 978-2600, press 1.

WYNMOOR COMMUNITY COUNCIL
FITNESS CLASS
Descriptions

Visit www.WynmoorLife.com to register for classes.
Fitness Classes are located in the West Wing unless otherwise noted. Water Aerobics and all Aqua classes are located at the Main Pool. Fitness shoes are Required for all classes & in the Fitness Center. Bring your own equipment for those classes that require it. Recreation: (954) 978-2600, press 1.

Align & Define: Find your balance, strengthen your body, and sculpt with intention in Align & Define - a mindful fusion of strength, mobility, and core-focused movement. This class blends elements of Pilates, Barre, and functional strength training to help you improve posture, enhance stability, and define long, lean muscles.

Aqua Endurance: A moderate-intensity aerobic workout using repeated movements performed over an extended time in the water.

Aqua Zumba: Classic aqua aerobics with Latin flair. Large muscle movements using arms, legs, hips, and shoulders create a fun, energetic water workout.

Bye Bye Back Pain: Say goodbye to stiffness and discomfort - and hello to strength, mobility, and relief! Bye Bye Back Pain is a gentle yet powerful class designed to help you improve posture, strengthen your core and back muscles, and move with greater ease.

Cardio Kick: A high-energy workout combining kickboxing-inspired moves with athletic cardio drills to build strength, endurance, and coordination.

Chair Pilates: A full-body Pilates workout using a chair for seated and standing exercises to improve strength, balance, and coordination.

Fit & Fierce: Cardio intervals and weight training designed to sculpt and shape muscles. Bring hand-held weights/dumbbells.

Joint Ventures: Exercises targeting ankle, hip, and shoulder strength and mobility to support balance, fall prevention, and joint range of motion. Suitable for all levels.

Keep on Movin!: A low-impact cardio workout designed to reach up to 5,000 steps in 45 minutes. Gentle on the knees with continuous movement and moderate intensity.

Stretch & Step: 30 minutes of aerobic training to improve heart health, followed by stretching to increase flexibility and mobility.

Sweat & Sculpt: Get ready to move, tone, and transform! Sweat & Sculpt is a full-body workout that combines cardio intervals with strength and resistance training to boost endurance and tone lean muscle.

Tai Chi: An ancient Chinese practice that combines a series of slow, graceful movements, controlled breathing, and meditation.

Tone Fusion: 30 minutes of continuous calisthenic and dance movement followed by 15 minutes of high-repetition weight training with light weights. Bring hand-held weights/dumbbells.

Tone It Up: This class is a total body, heart pumping, aerobic and strength conditioning workout that is interval-based and combines full-body strength training with high intensity cardio bursts that uses a variety of exercises and weights.

Wave Workout: A nonstop water workout focused on resistance toning and cardiovascular endurance. Low-impact and suitable for non-swimmers.

Weight Warriors: Strength and endurance training using weights combined with cardiovascular exercises. Bring hand-held weights/dumbbells.

Zumba: "Ditch the workout & join the party!" The class that started the dance-fitness revolution & changed the way we look at a "workout" forever. It's fun, effective & best of all? Made for everyone!

Zumba Chair: A low-to-medium intensity seated workout combining Latin-inspired music with modified Zumba movements for those with balance or mobility challenges.

HOW TO REGISTER FOR FITNESS CLASSES

with Robyn, Kenny, Maria, and Mark!

Pre-registration for all fitness classes is required.

A one-time registration does not cover future classes —
Remember to register for each individual class you'd like to attend.

Step 1: Go to our Amenity Booker website

- Visit www.WynmoorLIFE.com
- Sign in using your email and password

First time signing in?

Simply Click "Forgot Password" to create a new one and follow the instructions sent to your email

Step 2: Open the Amenity Booker

- After you sign in, click on Amenity Booking
- Select the fitness class you'd like to join

Step 3: Choose your class date

- Pick the date that matches the day of the week that your class is held

Step 4: Confirm and Submit

- Read and agree to the terms and conditions
- Click Submit Booking

You'll receive an email confirmation once your registration is complete. You can register for classes up to two (2) weeks in advance.

Need help resetting your password?

Simply Click "Forgot Password" on the sign-in page, and follow the instructions sent to your email.

For more information call the **Recreation Office**
at (954) 978-2600, press 1.



Fitness Classes are
Complementary
and are available to
Wynmoor Residents ONLY.

To help us prepare & guarantee your spot, please register no later than 24 hours before the class!

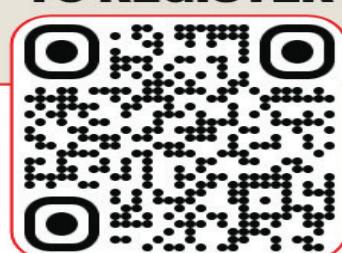
Please Note:

All fitness Classes are held in the **West Wing** and/or **Main Pool** unless otherwise noted.

Fitness Classes **ARE NOT** held in the Fitness Center.



SCAN ME TO REGISTER



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Happy 50th ANNIVERSARY

Wynmoor Community Council

Mazel Tov, Wynmoor, on your 50th Anniversary! We're proud to have served this wonderful community for over 21 years and for me to have called it home for just as long.

Call us anytime—we're happy to help with all your real estate needs.



Don't Make a Move Without Me or Wendy!



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