



LAS VERDES NEWS

The Official Publication of the Las Verdes POA

MAY 2024

Inside this issue:

- From the President.....1
- Ongoing Events.....3
- Hurricane Preparedness.3-4
- Italian Club Cruise.....5
- Cop Volunteer Flyer.....8
- Word Search.....9
- Calendar of Events.....10-11
- Crossword Puzzle.....12
- Sudoku.....13
- Embracing the Summer...17

FROM THE PRESIDENT

This is officially last newsletter of the season. This has been a great season with wonderful activities and events, and new projects completed.

The new season will begin again in October, 2024. Thank you once again for your support and commitment to Las Verdes Property Owners Association.

Wishing you all wonderful summer!

Tom Massey
President, Las Verdes POA

Las Verdes Property Owners Association does not endorse nor is responsible for any held liabilities, claims, lawsuits, or losses occurring from the advertisers in this monthly newsletter.

LAS VERDES NEWS

5121 Las Verdes Circle
Delray Beach, FL 33484
Office: (561) 498-8230
Fax: (561) 498-7155

E-mail: lasverdespoa@gmail.com

Editor/Designer: Gabriela Lagrange
E-mail: lasverdesnewsletter@gmail.com
www.lasverdespoa.com



LVPOA RESIDENTS AT THE ITALIAN CLUB CRUISE.



**RN Homecare
Services**

*A CareGivers of America Company
Professional Care, Affordable Prices*

LAS VERDES RESIDENTS
Mention this Ad to receive
a discount on our fee

Exceptional Homecare Services

AFFORDABLE CARE, SUPERIOR SERVICE, UNWAVERING COMMITMENT

RN Homecare Services has served Palm Beach County for more than a decade, ensuring personalized service, and high-quality home care for thousands of patients and families with screened, certified, and experienced Home Health Aides... and we're long-term care insurance experts too!

Tailored Services Include:

- Personal care
- Daily routines
- Meals and feeding
- Transportation
- Alzheimer's support
- Parkinson's support
- Stroke support
- Post-Surgery
& other conditions
- And more!

Call Lisa Kaufman for short or long-term care, hourly or live-in care at home, hospital, or rehab facility.



CEO Lisa Kaufman with

561-782-7446 | www.RNHomeCareServices.com

West Boca Medical Center Campus
9980 N. Central Park, Suite 104, Boca Raton, FL 33248
NR #30211509

JUNE, JULY, AUGUST, AND SEPTEMBER CALENDAR OF ON-GOING EVENTS

Mondays

8:30 a.m. Tennis
12:30 p.m. Craft Club
5:00 p.m. Zumba
6:00 p.m. Card Night

Tuesdays

8:00 a.m. Pickleball
9:00 a.m. Chair Yoga
1:00 p.m. Bridge Club
6:00 p.m. Card Night

Wednesdays

8:30 a.m. Tennis
9:30 a.m. Zumba
12:30 p.m. Mah Jongg
1:00 p.m. Chair Yoga
6:00 p.m. Card Night

Thursdays

8:00 a.m. Pickleball
9:00 a.m. Chair Yoga
1:00 p.m. Bridge Club

Fridays

8:30 a.m. Tennis
9:30 a.m. Zumba

Saturdays

8:00 a.m. Pickleball

Sundays

8:00 a.m. Pickleball

HURRICANE PREPAREDNESS

Here are a few tips to help you prepare for this upcoming season:

BEFORE A STORM

- Stock up on emergency supplies, including:
 - Water - You will need water for drinking, cooking, and sanitation purposes. Have a minimum of 1 gallon daily per person for 7 days
 - Food - You will need enough food for a minimum of 7 days of non-perishable packaged or canned food and juices
 - Manual can opener
 - Snack foods
 - Paper plates and plastic utensils
 - Flashlight and extra batteries
 - First aid kit, prescription medication and other medicines
 - Radio – Battery operated
 - Toiletries
 - Cleaning Supplies - Include garbage bags, moisture wipes, and other items you may need to clean yourself and sanitize your home
 - Cash - Banks and ATMs may not be open or available for extended periods following a disaster
 - Books and games
- Store important documents - Consider storing all critical documents in a waterproof container as well as saving them electronically. These items can include, but are not limited to, insurance, medical records, bank account numbers, Social Security card, etc.
- Close and lock your hurricane shutters.
- Bring in all outdoor furniture, planters, etc. This is very important as you don't want items to go flying and damaging property or getting destroyed.
- If you have been told to evacuate, **EVACUATE**. Don't stay behind. We can rebuild a home, but we can't rebuild a life.

DURING A STORM

- Follow instructions from local law enforcement and emergency management officials.
- Stay away from windows and seek shelter.

AFTER A STORM

- If you were advised to evacuate, do not return home until it is safe to do so.
- Be mindful of debris and downed power lines.
- Do not drive or walk around outside if you do not have to.

Let's hope for a hurricane-free season!

Excerpts from myflorida.com



MAJESTY REALTY LLC

OZTURK TEAM
ALL Your Real Estate Needs

James Ozturk-Broker/Realtor-CRS,GRI
Phyllis Ozturk-Sales Associate

561-507-7713-Cell
561-507-7730-Cell
JamesOzturk77@gmail.com





Proverbs 22:1



DISASTER SUPPLY KIT CHECKLIST



General

- Two week minimum supply of medication, regularly used medical supplies, and a list of allergies
- A list of the style, serial number, and manufacturer information of required medical devices
- Batteries
- Flashlights
Do not use candles
- NOAA Weather Radio
Battery operated or hand cranked
- Cash
Banks and ATMs may not be available after a storm
- Cell phone chargers
- Books, games, puzzles or other activities for children

Phone Numbers

- Maintain a list of important phone numbers including:
County emergency management office, evacuation sites, doctors, banks, schools, veterinarian, a number for out of town contacts, friends and family

Clothing

- Rain gear such as jackets, hats, umbrellas and rain boots
- Sturdy shoes or boots and work gloves

Special Needs Items

- Specialty items for infants, small children, the elderly, and family members with disabilities

First Aid

- First Aid Manual
- Sterile adhesive bandages of different sizes
- Sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- Scissors
- Tweezers
- Sewing needle
- Moistened towelettes
- Antiseptic
- Disinfectant wipes
- Hand sanitizer
- Thermometer
- Tube of petroleum jelly
- Safety pins
- Soap
- Latex gloves
- Sunscreen
- Aspirin or other pain reliever
- Anti-diarrheal medicine
- Antacid
- Laxative
- Cotton balls
- Q-tips

Food and Water

- Food
Nonperishable packaged or canned food and beverages, snack foods, juices, baby food, and any special dietary items to last at least 7 days
- Water
1 gallon per person per day
- Non-electric can opener
- Paper plates
- Napkins
- Plastic cups
- Utensils

Important Documents

- Insurance cards
- Medical records
- Banking information
- Credit card numbers
- Copies of social security cards
- Copies of birth and/or marriage certificates
- Other personal documents
- Set of car, house, and office keys
- Service animal I.D., veterinary records, and proof of ownership
- Information about where you receive medication, the name of the drug, and dosage
- Copy of Will

**Items should be kept in a water proof container*

Vehicle

- Keep your motor vehicle tanks filled with gasoline

Pet Care Items

- Pet food and water to last at least 7 days
- Proper identification
- Medical records/microchip information
- A carrier or cage
- Muzzle and leash
- Water and food bowls
- Medications
- Supplies for your service animal

Find more disaster preparedness tips at FloridaDisaster.org



ITALIAN CLUB CRUISE



Looking for HIGH-QUALITY HOME HEALTH CARE PROVIDERS?



Florida First
SENIOR HOME CARE
A CareGivers of America Company

#1 Caregivers
#1 Customer Service

561-279-5470

Proudly Serving
Las Verdes



Brad Jaffe and his grandmother

We refer independent Aides and Caregivers who can provide:

- Alzheimer/Dementia Care
- Transferring/Bathing/ Toileting
- Personal Care/Housekeeping
- Errands, Cooking and Transportation
- Live-In/Hourly Care
- Respite
- Hospice
- Post-Rehab or Hospital Care
- Short-Term or Long-Term
- And much more!

Accepting ALL forms of Long-Term
Care Insurance & Private Pay!

561-279-5470

www.floridafirstshc.com

**LAS VERDES RESIDENTS: Mention this
ad to receive a discount on our fee**

Open 24 hours per day, 7 days a week
Nurse Registry License: #30211672

PRESTIGE CONSTRUCTION GROUP OF SFL



OUR SERVICES:

- Bathroom Renovations
- Kitchen Renovation
- Flooring & Painting
- Tile Grout & Stone Restoration
- Permit Processing

CALL US TODAY!
Ph: (561) 703-6938

We are Licensed & Insured. License # CGC1526167



Cris Campos

REALTOR
(954)988-0004



**COLDWELL BANKER
REALTY**

5810 Coral Ridge Dr#100
Coral Springs, FL 33076
cristiane.campos@cbrealty.com

It's A/C Tune-Up Time Only \$95*

**29 Point Inspection - Includes 1 lb Freon!*

A/C Repairs from \$95 & up

Featuring **RUUD** and **Rheem** Equipment



CENTURY VILLAGE SPECIAL

**Air Duct Cleaning
& Sanitizing**

Only **\$325⁰⁰** up to 7 ducts

NEW!
2 Ton A/C Unit
From **\$3999**
installed

Financing 0% Down - Good Credit, Bad Credit, No Problem!

- ✓ Increased Efficiency
- ✓ Lower Electric Bills
- ✓ Better Air Quality
- ✓ Better Health

COOLSTAR AIR SERVICE
AIR CONDITIONING
SALES • SERVICE • INSTALLATION

*Breathe Fresh Air Again
Your Comfort is Our Priority*

Call Now **954-200-1369**

www.coolstarair.com Lic CAC1822354



J&R RESTORATION
MOLD • FLOODING • FIRE

FREE VISUAL INSPECTION
561-674-2332



WATER



FIRE



MOLD



LEAK



STORM

FLOODED?

IIICRC CERTIFIED WATER DAMAGE FIRM

Water Damage?

Where experience counts *the most!*



Structural Drying



Water Extraction



Moisture/Leak
Detection



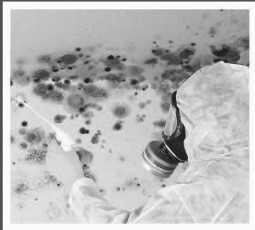
Roof Leaks

MOLD DAMAGE?

STATE LICENSED MOLD REM. LIC #MRSR: 1791 & MRSA: 2582

Concerned about mold?

Talk to the experts with over
10+ years of experience.



Mold Removal



Mold Testing



Toxic Black Mold
Removal

OUR CLIENTS SAY IT BEST ★★★★★

"J & R can't be beat. These guys did a perfect job, were priced reasonably and were total pros. The results were excellent."

– Gerry T.

"J & R and his team were complete professionals. From day one they were easy to communicate with and their follow up was impeccable."

– Thomas F.

"J & R Restoration is truly a company you can trust. They did a fantastic renovation to our home. Their crew consist of highly skilled and respectable professionals."

– Janice T.



CALL: 561-674-2332
24/7 EMERGENCY RESPONSE
Jnrrestoration.com



SCAN ME



Wouldn't it be great...
**IF OUR "CITIZEN OBSERVER PATROL" CAR
COULD DRIVE ITSELF?**

≡ But since it doesn't ≡
WE NEED YOU!



**FOR ADDITIONAL INFORMATION, PLEASE CONTACT:
PALM BEACH COUNTY SHERIFF'S OFFICE VOLUNTEER SERVICES UNIT:**



561-688-3980 / VOLUNTEER@PBSO.ORG

PBSO #0256 REV. 02/23

Palm Beach County Sheriff's Office is an Equal Opportunity Employer. Veterans' Preference to be requested at time application is submitted. Applicants with a disability who require accommodation within the application/interview process should direct a request in advance to Human Resources.

May Word Search

Find and circle all of the 1980's music artists that are hidden in the grid.

The remaining letters spell the name of a hit song by the Bangles.

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

ASIA
 BANGLES
 BERLIN
 BILLY JOEL
 BILLY OCEAN
 BLONDIE
 BON JOVI
 CHICAGO
 DAVID BOWIE
 DEBARGE
 DURAN DURAN

ERASURE
 EURYTHMICS
 FALCO
 FOREIGNER
 GENESIS
 HEART
 INXS
 JOURNEY
 KAJAGOOGOO
 MADNESS
 MADONNA

NENA
 NEW ORDER
 PRINCE
 QUEEN
 QUIET RIOT
 ROXETTE
 SCANDAL
 SOFT CELL
 TALK TALK
 TEARS FOR FEARS
 THE CARS

THE FIXX
 THE MOTELS
 THE POLICE
 TIFFANY
 TOM PETTY
 TONI BASIL
 TOTO
 VAN HALEN
 WANG CHUNG
 WHAM!

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			<p>1</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba 12:30 p.m. Mah 1:00 p.m. Chair 6:00 p.m. Card</p>
<p>5 <i>Cinco de Mayo</i></p> <p>8:00 a.m. Pickleball</p>	<p>6</p> <p>8:30 a.m. Tennis 9:00 a.m. Bocci Club 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night</p>	<p>7</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night</p>	<p>8</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba 12:30 p.m. Mah 1:00 p.m. Chair 6:00 p.m. Card</p>
<p>12 <i>Mother's Day</i></p> <p>8:00 a.m. Pickleball</p>	<p>13</p> <p>8:30 a.m. Tennis 9:00 a.m. Bocci Club 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night</p>	<p>14</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night</p>	<p>15</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba 12:30 p.m. Mah 1:00 p.m. Chair 6:00 p.m. Card</p>
<p>19</p> <p>8:00 a.m. Pickleball</p>	<p>20</p> <p>8:30 a.m. Tennis 9:00 a.m. Bocci Club 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night</p>	<p>21</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night</p>	<p>22</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba 12:30 p.m. Mah 1:00 p.m. Chair 6:00 p.m. Card</p>
<p>26</p> <p>8:00 a.m. Pickleball</p>	<p>27 <i>Memorial Day</i></p> <p>8:30 a.m. Tennis 9:00 a.m. Bocci Club 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night</p>	<p>28</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night</p>	<p>29</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba 12:30 p.m. Mah 1:00 p.m. Chair 6:00 p.m. Card</p>

2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>s oa h Jongg Yoga Night</p>	<p>2</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club</p>	<p>3</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>4</p> <p>8:00 a.m. Pickleball</p>
<p>s oa h Jongg Yoga Night</p>	<p>9</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club</p>	<p>10</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>11</p> <p>8:00 a.m. Pickleball</p>
<p>s oa h Jongg Yoga Night</p>	<p>16</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 10:00 a.m. COP Meeting 1:00 p.m. Bridge Club</p>	<p>17</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>18</p> <p>8:00 a.m. Pickleball</p>
<p>s oa h Jongg Yoga Night</p>	<p>23</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club</p>	<p>24</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>25</p> <p>8:00 a.m. Pickleball</p>
<p>s oa h Jongg Yoga Night</p>	<p>30</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club</p>	<p>31</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba</p>	

May Crossword Puzzle

ACROSS

- | | |
|--------------------------------------|--------------------------------|
| 1) Successfully pitch | 42) After-school org. |
| 5) Reads quickly | 43) Bowie's musical genre |
| 10) Tick off | 45) Employs |
| 13) In a tough spot | 46) For face value, as a stock |
| 15) Carb-rich fare | 48) "The Thinker" sculptor |
| 16) Prankster's missile | 51) Tennis legend Arthur |
| 17) WWII hero-turned-movie star | 52) Emcees' deliveries |
| 19) Uncle Sam costume part | 56) Goodie from Linz |
| 20) Shoulder-fired weapon, for short | 58) Titicaca's locale |
| 21) "Alice in Wonderland" pastries | 61) Hobby farm denizen |
| 22) Sandcastle setting | 62) "Tell me more ..." |
| 24) Trample underfoot | 63) Hanna-Barbera pooch |
| 26) Roget's abbr. | 66) Versatile truck, for short |
| 27) Mike Myers' spy | 67) Tot's ride, briefly |
| 33) Lecherous deity | 68) Family reunion attendee |
| 36) Son of Seth | 69) Scale unit |
| 37) Not of the cloth | 70) Gregory of "Tap" |
| 38) Unreturned serve | 71) River to the Baltic Sea |
| 39) Spread far and wide | |

DOWN

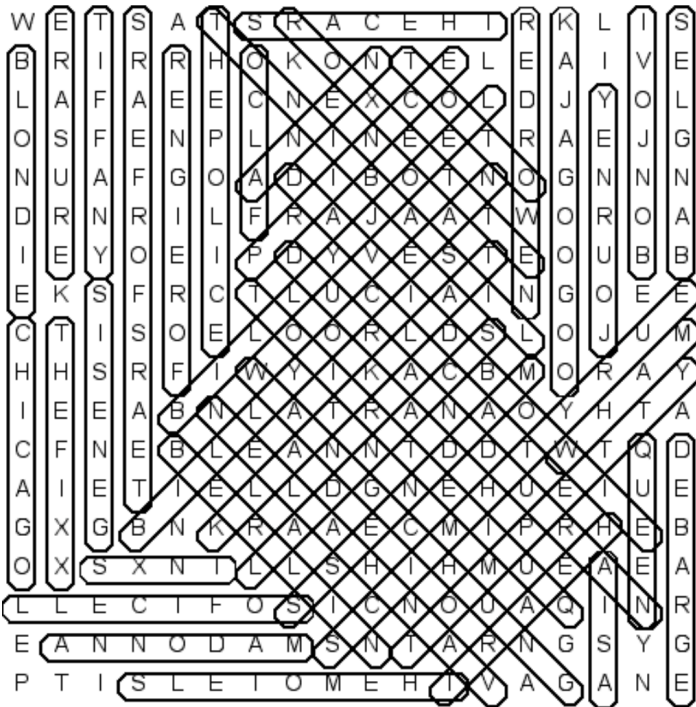
- 1) Marquee names
- 2) Blow one's stack
- 3) Place for flowerpots
- 4) Sweet-smelling necklace
- 5) Railroad siding
- 6) Links ride
- 7) Hieroglyphic snakes
- 8) To the __ degree
- 9) Verbally refuses
- 10) Bit of Apple software
- 11) Delivery door locale
- 12) Winslet of "Titanic"
- 14) Highway annoyances
- 18) Assigns workers to
- 23) Haunted house sound
- 25) Settle up
- 26) Basilica center
- 28) Flirty sort
- 29) Prefix with "face" or "faith"
- 30) "Au contraire!"
- 31) The Beatles' meter maid
- 32) Emotional wound
- 33) "Beowulf," for one
- 34) Scopes trial org.
- 35) Place for an outdoor cuppa
- 40) Pleasing to look at
- 41) Spoils, as a parade
- 44) Has to
- 47) Blaster's need
- 49) Sword holder
- 50) Went kaput
- 53) Made like a hurricane
- 54) Chilling
- 55) Beef on the hoof
- 56) Like a tuned string
- 57) Knowledgeable about
- 58) Opposed, in Dogpatch
- 59) Brand with a "swoosh" logo
- 60) Miserable marks
- 64) Ocean State sch.
- 65) Acqua di __ (men's fragrance)

GOLDEN BOYS

By Fred Piscop

1	2	3	4		5	6	7	8	9		10	11	12	
13				14		15						16		
17					18							19		
20				21					22	23				
24			25					26						
			27			28	29	30				31	32	
33	34	35				36					37			
38				39	40					41		42		
43			44		45					46	47			
48				49					50					
		51							52			53	54	55
56	57					58	59	60				61		
62				63	64						65			
66				67						68				
69				70							71			

Word Search Solution



The hidden song title is:
WALK LIKE AN EGYPTIAN

SUDOKU

How to play:

Each 3x3 square should contain numbers 1-9, when completed correctly all nine columns down and all nine columns across will contain numbers 1-9 with no repeats.

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

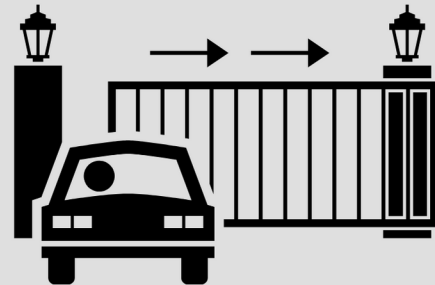
Message From LVPOA Manager:

Please let your guests know to:

1. Use the Military Entrance
2. They have to give your address to the officers at the gate.
3. They must present photo ID.

All residents must call the gate with guest name in advance.

Phone: 561-498-2031



Jeffrey M. Scricca, MD

Board Certified Dermatologist

As defined by the American Board of Dermatology
Ivy League Educated and Trained

Medical Dermatology

Medical and Surgical Treatment
of the Skin, Hair & Nails

Complete Skin Health

No Botox. No Fillers. No Laser.

Real Medicine.

561-498-8787

Linton Medical Park
4800 Linton Blvd. Suite #314-E
Delray Beach, FL 33445

Since 1996

MEDICARE ASSIGNMENT ACCEPTED

Howard A. Bueller, M.D., F.A.A.D.

Diplomate, American Board of Dermatology
Fellow, American Academy of Dermatology
Fellow, American Society for Mohs Surgery



Medical and Surgical Dermatology

Eczema, Psoriasis, Acne, Warts, Itching

Skin Cancer and Melanoma

Detection and Treatment

Mohs Micrographic Surgery

Cosmetic Skin Rejuvenation

*Botox® Cosmetic, Dysport, Restylane™, and
IPL - for brown spot removal!*

PUVA and UVB Phototherapy

*Medicare and Many Insurance Plans Accepted.
New Patient Appointments Available.*

No waiting!

5258 Linton Boulevard, Suite 306
Delray Beach, FL 33484
(Next to Delray Medical Center)

Phone: (561) 498-2911
Fax: (561) 496-0282
Website: www.bocaratoderm.com

DENTAL CARE DELRAY

Dr. Marcela Patterson

New Patient Special
Exam, Cleaning, Xrays
\$134

D0120, D1110, D0274

*New Patients Only *Without Periodontal Disease

*Xrays for the use of our office only

Our Services

Crowns / Bridges
Dentures / Partial
Implants
Emergencies / Pain
Cosmetics / Whitening / Invisalign

**We accept most PPO and
Medicare plans**
**No insurance? We offer payment
plans**

5130 Linton Blvd #D2
Delray Beach, FL 33484
corner of Linton & Military

561-496-2222

www.dentalcaredelray.com

Sudoku Puzzle Solution

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

Crossword Puzzle Solution

GOLDEN BOYS

By Fred Piscop

1	2	3	4	5	6	7	8	9	10	11	12
S	E	L	L	S	C	A	N	S	I	R	K
13	14	15	16	17	18	19	20	21	22	23	24
T	R	E	E	P	A	S	T	A	P	E	A
17	18	19	20	21	22	23	24	25	26	27	28
A	U	D	I	E	M	U	R	P	H	A	T
20	21	22	23	24	25	26	27	28	29	30	31
R	P	G	T	A	R	T	S	S	H	O	R
24	25	26	27	28	29	30	31	32	33	34	35
S	T	E	P	O	N	A	N	O	N		
27	28	29	30	31	32	33	34	35	36	37	38
A	U	S	T	I	N	P	O	W	E	R	S
33	34	35	36	37	38	39	40	41	42	43	44
S	A	T	Y	R	E	N	O	S	L	A	I
38	39	40	41	42	43	44	45	46	47	48	49
A	C	E	S	C	A	T	T	E	R	P	T
43	44	45	46	47	48	49	50	51	52	53	54
G	L	A	M	U	S	E	S	A	T	P	A
48	49	50	51	52	53	54	55	56	57	58	59
A	U	G	U	S	T	E	R	O	D	I	N
51	52	53	54	55	56	57	58	59	60	61	62
A	S	H	E	I	N	T	R	O	S		
56	57	58	59	60	61	62	63	64	65	66	67
T	O	R	T	E	A	N	D	E	S	A	N
62	63	64	65	66	67	68	69	70	71	72	73
A	N	D	A	U	G	I	E	D	O	G	G
66	67	68	69	70	71	72	73	74	75	76	77
U	T	E	T	R	I	K	E	N	I	E	C
69	70	71	72	73	74	75	76	77	78	79	80
T	O	N	H	I	N	E	S	O	D	E	R



Sal's Italian Ristorante in Delray Beach

4801 Linton Blvd #12A, Delray Beach FL 33445

Sign up for our reward program and every time you dine in with us get 7% back to use towards your next meal. Early Bird dinner special between 3pm-6pm. Happy hour on wine from open till 6pm.

20% off entire check

(Max value \$20)

One coupon per order/table. Not valid on Early Bird. Not to be combined with any other discounts. Not valid on holidays.

Expires 06/30/2024

\$10 off if you spend

\$35

One coupon per order/table. Not valid on Early Bird. Not to be combined with any other discounts. Not valid on holidays.

Expires 06/30/2024

Embracing the Summer: Fun, Healthy, and Outdoor Activities

As the sun's warmth embraces us and nature comes alive in vibrant hues, summer beckons us to step outdoors and relish its offerings. For adults seeking a blend of fun, health, and outdoor adventure, this season is a playground of possibilities. Here are some exciting activities to make the most of your summer days:

1. **Hiking and Nature Trails:** Explore the beauty of nearby parks or nature reserves through hiking trails. Pack a light picnic, wear comfortable shoes, and immerse yourself in the serene landscapes. Hiking not only provides physical exercise but also a refreshing mental break from daily routines.

2. **Outdoor Yoga and Meditation:** Take your yoga practice outdoors to parks, beaches, or even your backyard. The fresh air and natural surroundings enhance the calming effects of yoga and meditation, promoting relaxation and mindfulness.

3. **Swimming and Water Sports:** Whether it's a dip in the pool, a day at the beach, or trying your hand at water sports like kayaking or paddleboarding, water activities are both exhilarating and excellent for fitness. They engage multiple muscle groups while keeping you cool on hot summer days.

4. **Cycling Adventures:** Dust off your bicycle and embark on cycling adventures along scenic routes or through city streets. Cycling is a low-impact exercise that boosts cardiovascular health and allows you to explore new places at your own pace.

5. **Outdoor Fitness Classes:** Many parks and fitness centers offer outdoor classes during the summer months, including yoga, boot camps, and group workouts. Joining these classes adds a social element to your fitness routine while enjoying the benefits of exercising in nature.

6. **Farmers' Markets and Farm Visits:** Support local farmers and indulge in fresh, seasonal produce by visiting farmers' markets. Some farms also offer tours where you can learn about sustainable agriculture

practices and enjoy farm-to-table experiences.

7. **Gardening and Planting:** Cultivate your green thumb by starting a garden or tending to existing plants. Gardening is not only therapeutic but also a rewarding way to connect with nature and enjoy the fruits (or vegetables) of your labor.

8. **Outdoor Concerts and Festivals:** Check out outdoor concerts, music festivals, or cultural events happening in your area. These lively gatherings combine entertainment with the joy of being outdoors, creating memorable experiences with friends and family.

9. **Picnics and Barbecues:** Organize picnics in parks or backyard barbecues with friends and family. Prepare healthy, delicious meals using fresh summer ingredients and enjoy alfresco dining amidst nature's backdrop.

10. **Adventure and Water Parks:** For a dose of adrenaline-fueled fun, visit adventure parks or water parks that offer thrilling rides, zip lines, and water slides. These attractions cater to adults seeking an adventurous escape.

11. **Stargazing Nights:** On clear summer nights, venture out for stargazing sessions. Find a secluded spot away from city lights, lay out a blanket, and marvel at the wonders of the night sky. Consider joining astronomy clubs or events for a deeper exploration of celestial phenomena.

12. **Outdoor Cooking and Grilling:** Experiment with outdoor cooking techniques like grilling, smoking, or campfire cooking. Gather with friends for cookouts where you can share recipes, stories, and laughter under the open sky.

Remember to stay hydrated, apply sunscreen, and practice safety precautions when engaging in outdoor activities. Embrace the summer season as a time to rejuvenate your body, mind, and spirit while creating lasting memories in the great outdoors.



HURRICANE DOOR SALE

GARAGE DOOR TUNE-UP \$39⁹⁵

lubricate all moving parts, inspect
rollers, hinges, tracks, cables,
bottom rubber & exterior seal and opener adjustments.

Major Brands Carried:
Cloplay® • Amarr® • LiftMaster®

**GARAGE DOOR & ENTRY DOOR
SHOWROOM**

THE DOORMAN OF SOUTHEAST FLORIDA

GARAGE DOOR & OPENER REPAIR

Serving Palm Beach & Broward Counties For Over 20 Years

wholesale
to the public

926 Clint Moore Road • 561-272-3667
WWW.THEDOORMAN.NET - Lic. # U-20617 CC 07-FI-138-50-R



**BROKEN SPRINGS REPLACED
SAME DAY SERVICE
NEW REMOTE CONTROLS
WIRELESS KEYPADS
KEYCHAIN REMOTES
OPENERS W/ BATTERY BACKUP
QUIETER VINYL ROLLERS**

**PROVEN
EXPERTISE
AND
COMPETITIVE
FEES**



Karen Fhima Lippman
Certified Public Accountant

Tel: 561-999-9701
Fax: 561-999-9703

karen@lippmanfc.com



We breathe new life into your community!

SPECIALIZING IN PROVIDING PERSONAL SERVICE TO SMALL BUSINESSES AND INDIVIDUALS.

ONE STOP SOLUTION FOR YOUR ACCOUNTING AND FINANCIAL NEEDS

- Accounting for Condominium and Homeowners' Associations
- Small Business Accounting, Audits and Tax Services
- Individual Tax Returns • Business Tax Returns
- IRS Resolutions • Tax Planning
- Payroll Services • Financial Analysis
- Consulting

CALL FOR AN APPOINTMENT TODAY !

361 East Hillsboro Blvd.
Deerfield Beach, FL 33441

**COMPLIMENTARY
BUSINESS TAX CONSULTATION**



Florida Best Home Care

561-765-0697

FLBESTHOMECARE@GMAIL.COM

FLORIDABESTHOMECARE.COM

ARE YOU PAYING TOO MUCH FOR HOME CARE?



'FIRST-CLASS CUSTOMER SERVICE WITH THE LOWEST FEES IN TOWN.' **NEWS CHANNEL 13 abc**



**BEST PRICE
AS LOW AS
\$18 PER HOUR**



**OVER 1,000
CAREGIVERS TO
CHOOSE FROM**



**VOTED BEST 24/7
WHITE GLOVE
CUSTOMER SERVICE**



**ALL LONG TERM
CARE INSURANCE
ACCEPTED**

SERVICES CAREGIVERS OFFER

- ✓ ALZHEIMERS
- ✓ DEMENTIA
- ✓ RN/LPN/HHA/CNA
- ✓ BATHING
- ✓ HOUSEKEEPING
- ✓ IV CONCIERGE
- ✓ TRANSPORTATION
- ✓ PARKINSONS
- ✓ DRESSING
- ✓ TOILETING
- ✓ TRANSFERRING
- ✓ MEAL PREP

15 YEARS EXPERIENCE

**CALL ROBIN NOW
FOR SERVICES 561-765-0697**



**LAS VERDES RESIDENTS: IF YOU
ARE NOT 100% SATISFIED YOU
PAY NO FEE.**

FLORIDA BEST HOME HEALTH CARE, LLC  LICENSE 30212699



ZACK FORRESTAL Realtor

Direct: 561-577-9722

Office: 954-815-6846

TRUE

Zackf888@comcast.net

SUN & SEA PROPERTIES
WHERE FLORIDA DREAMS COME

Call Zack Forrestal Today for all your Real Estate needs. With over 17 yrs experience selling Las Verdes, he's your Las Verdes Property Expert!

"Zack Forrestal is an exceptional real estate agent . He is extremely knowledgeable and professional. He instilled our complete confidence in him throughout the whole process of selling our home. His communication skills are excellent. I would recommend Zack to absolutely anybody who wants to hire a true professional and wonderful person to either sell or purchase their home" - Jodi Dewar Oct 2019

PROPERTIES FOR SALE:

Rarely Available remodeled Deluxe Lakefront condo on the 2nd floor, kitchen totally redone with new cabinets, granite countertops, tiled backsplash & newer appliances; new vanities, lighting & toilets, newer Water Heater all next to gorgeous lake views off your balcony n master bedroom...\$259,000 (Evergreen)

True 3 Bedroom with Level Finished Family Room features updated AC System, Tankless Water Heater, newer Washer & Dryer, New Carpet in all Bedrooms, Skylight in Family Room and Accordion Hurricane Shutters on all Windows ... \$279,000 (Laurel Oak)

Recent Sales **by Zack:** 305 Aspen, 203 Palmetto, 307 Coconut Palm, 114 Banyan, 15707 Philodendron, 118 Olive Leaf, 16003 Laurel Oak, 306 Palmetto, 321 Coconut Palm , 15996 Laurel Oak Cir, 307 Olive Leaf, 320 Aspen, 15509 Bottlebrush Cir, 207 Dogwood,