



LAS VERDES NEWS

The Official Publication of the Las Verdes POA

NOVEMBER 2024

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LAS VERDES NEWS

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FROM THE PRESIDENT

As we enter November, I wanted to take a moment to remind everyone that we are now in budget season. If you're not currently on ACH and have any changes in your maintenance payment setup, please make sure to update those directly with your bank to avoid any disruptions.

Additionally, while hurricane season is almost over, it officially ends later this month. Please continue to stay prepared and have a plan in place should any storms head our way.

Lastly, I want to wish you and your families a very Happy Thanksgiving! May this holiday be filled with gratitude and joy.

The Las Verdes POA meeting will be held on Tuesday, November 12 at 7:00 p.m. at the clubhouse.

Tom Massey
President, Las Verdes POA



Bingo Night



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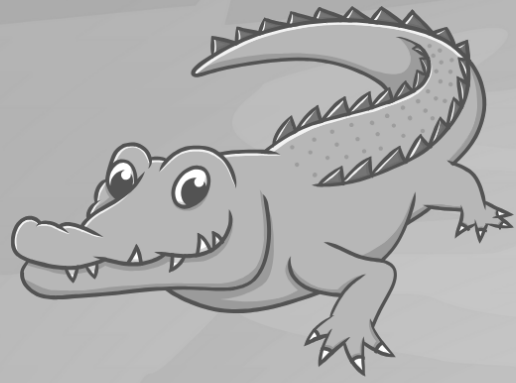
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BRIDGE CLUB



**THE LAS VERDES
BRIDGE CLUB MEETS 12:30 PM ON
THURSDAYS IN THE CLUBHOUSE.
WE ARE SEEKING ADVANCED
BEGINNER AND INTERMEDIATE
PLAYERS TO JOIN US.**

**PLEASE CALL BOB SPITALNIC
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FOR ADDITIONAL INFORMATION.**

BINGO

42 26

12 30 44

Night

*We will be playing Bingo on Thursday evenings
at 7:00 pm in the Clubhouse.*

Please remember to bring your refreshments.

We look forward to seeing everyone there!

**THURS
DAY**

**NOVEMBER
7, 14 & 21**

**7:00
P.M.**

**B
12**

**B
12**

**N
44**

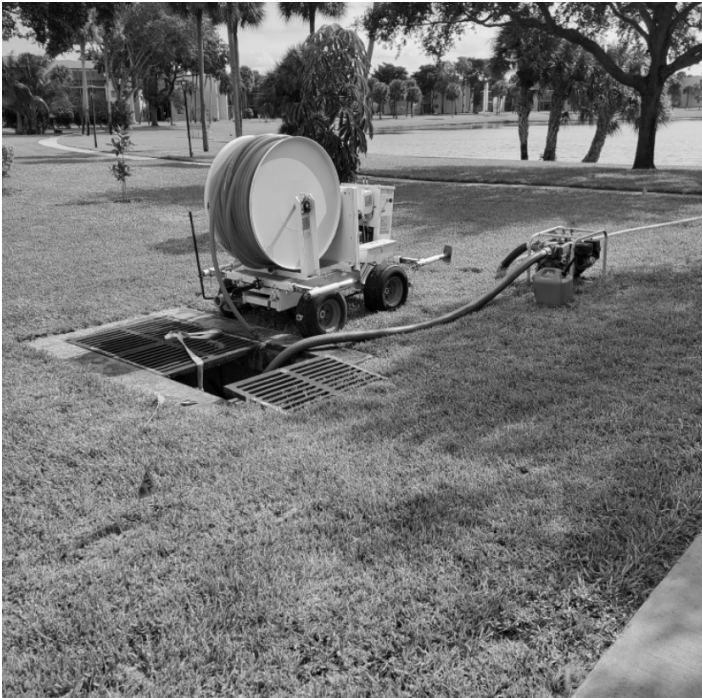
30

30

44

PIPE COLLAPSE PROJECT UPDATE

THE PIPE COLLAPSED BEHIND OLIVELEAF AND WE ARE IN THE PROCESS OF FIXING IT. BELOW ARE PICTURES OF THE PROCESS.



LAUREL OAK POOL PROJECT





Snowbirds

Save the Dates

27
JAN

Card Party

8
FEB

Delray Playhouse

9
MAR

Jazz Brunch

**DETAILS WILL FOLLOW IN THE LETTER THAT WILL BE IN THE
MAIL IN OCTOBER.**

LOOKING FORWARD TO SEEING EVERYONE SOON!

PAT DELANEY, SNOWBIRDS



Siobhan Acosta,
Administrator



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MOLD



LEAK



STORM

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**Moisture/Leak
Detection**



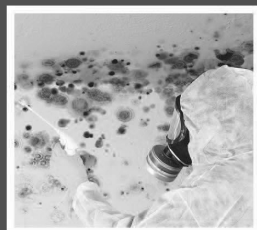
Roof Leaks

MOLD DAMAGE?

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

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– Gerry T.

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– Thomas F.

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– Janice T.



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SCAN ME



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TENTATIVE AGENDA

2024-
2025

NOV 10	MONTHLY MEETING/BOARD NOMINATIONS
DEC 1	CHRISTMAS/HOLIDAY MEETING - 7:00 PM
JAN 12	WELCOME BACK MEETING - 7:00 PM
FEB 9	MONTHLY MEETING - 7:00 PM
MAR 1	CARNIVALE - 6:00 PM
MAR 16-22	6 NIGHT CRUISE
APR 6	MEETING/PICNIC - 5:00 - 9:00 PM

THESE DATES ARE FOR YOUR INFORMATION TO HELP YOU PLAN FOR THE UPCOMING SEASON. FURTHER DETAILS WILL FOLLOW WHEN WE HAVE MORE INFORMATION.

WE LOOK FORWARD TO SEEING YOU AT THESE EVENTS.

CAROLYN GIOVANNI, PRESIDENT
PH: 609-516-4241

70's Songs

Find and circle all of these songs from the 1970's that are hidden in the grid.
The remaining letters spell the title of an additional song from the 70's.

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

ANGIE
BABE
BAD BLOOD
BETH
BROWN SUGAR
CAR WASH
CONVOY
CRACKLIN' ROSIE
CROCODILE ROCK
DANCING QUEEN
DREAMING
DREAMS

FAME
FREE BIRD
GREASE
HEART OF GLASS
HOT STUFF
HOTEL CALIFORNIA
ISLAND GIRL
JIVE TALKIN'
LAYLA
LE FREAK
LOLA

LOVIN' YOU
LOWDOWN
MACARTHUR PARK
MAGGIE MAY
MISS YOU
MONEY
NIGHT MOVES
OHIO
POP MUZIK
RHIANNON
RHINESTONE COWBOY

RICH GIRL
ROXANNE
SAD EYES
SIR DUKE
STAYIN' ALIVE
SUPERSTITION
THE JOKER
TRAGEDY
VENUS
WATERLOO
YOUR SONG

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
3 <i>Daylight Savings Time</i> 8:00 a.m. Pickleball	4 8:30 a.m. Tennis 9:00 a.m. Bocci Club 10:00 a.m. POA Workshop 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night	5 8:00 a.m. Pickleball Clubhouse is closed for Election	6 8:30 a.m. Tennis 9:30 a.m. Zumba 11:00 a.m. Dog 12:30 p.m. Mah 1:00 p.m. Chair 6:00 p.m. Card
10 8:00 a.m. Pickleball	11 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 7:00 p.m. Coconut Palm Budget	12 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night 7:00 p.m. POA Meeting	13 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
17 8:00 a.m. Pickleball	18 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 7:30 p.m. Forsythia Budget	19 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night 7:00 p.m. Palmetto Budget 7:30 p.m. Aspen Budget	20 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 7:00 p.m. Olive
24 8:00 a.m. Pickleball	25 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 7:00 p.m. Oleander Budget	26 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night	27 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

BER 2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>2</p> <p>8:00 a.m. Pickleball</p>
<p>s oa wood Budget h Jongg Yoga Night</p>	<p>7</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo</p>	<p>8</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>9</p> <p>8:00 a.m. Pickleball</p>
<p>s oa h Jongg Yoga Night</p>	<p>14</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 1:00 p.m. Viburnum Budget 7:00 p.m. Bingo</p>	<p>15</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>16</p> <p>8:00 a.m. Pickleball</p>
<p>s oa h Jongg Yoga Night Leaf Budget</p>	<p>21</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 7:00 p.m. Bingo</p>	<p>22</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>23</p> <p>8:00 a.m. Pickleball</p>
<p>s oa h Jongg Yoga Night</p>	<p>28 <i>Thanksgiving</i></p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club</p>	<p>29</p> <p>8:30 a.m. Tennis</p>	<p>30</p> <p>8:00 a.m. Pickleball</p>

November Crossword Puzzle

ACROSS

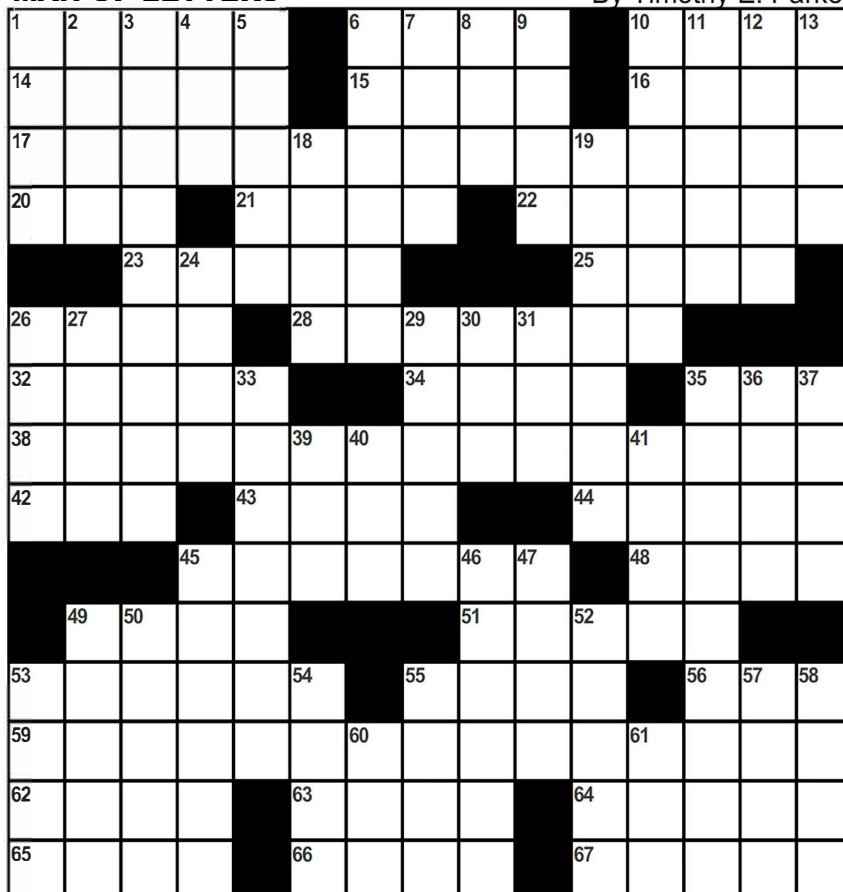
- | | |
|-------------------------------------|--------------------------------------|
| 1) Gold coin of old | 42) Noshed |
| 6) Quite excited | 43) It may be stolen in a park |
| 10) Give a free pass to | 44) Able to walk the line? |
| 14) Historical period | 45) Go by rapidly, as time |
| 15) "Long live" | 48) "Not to mention ..." |
| 16) 23-Across solo | 49) Reduce, as expenses |
| 17) CFO's job | 51) Writer Tom or Thomas |
| 20) Corporation name-ending abbr. | 53) Least straightforward (var.) |
| 21) Tumblers' surfaces | 55) "Buona ____" (Italian phrase) |
| 22) Make known | 56) Car grille accessory |
| 23) Buffo's place | 59) Assume responsibility for |
| 25) Large tooth | 62) Court attention-getter |
| 26) Cowboy boot attachment | 63) Borodin's "Prince ____" |
| 28) Baby rockers | 64) Sesame seed and honey confection |
| 32) Activist Silkwood | 65) Be on the way out |
| 34) Wedding cake level | 66) Thick, eggy drinks |
| 35) Ballerina's hairdo, often | 67) Computer keyboard key |
| 38) "Conduct" penalized in football | |

DOWN

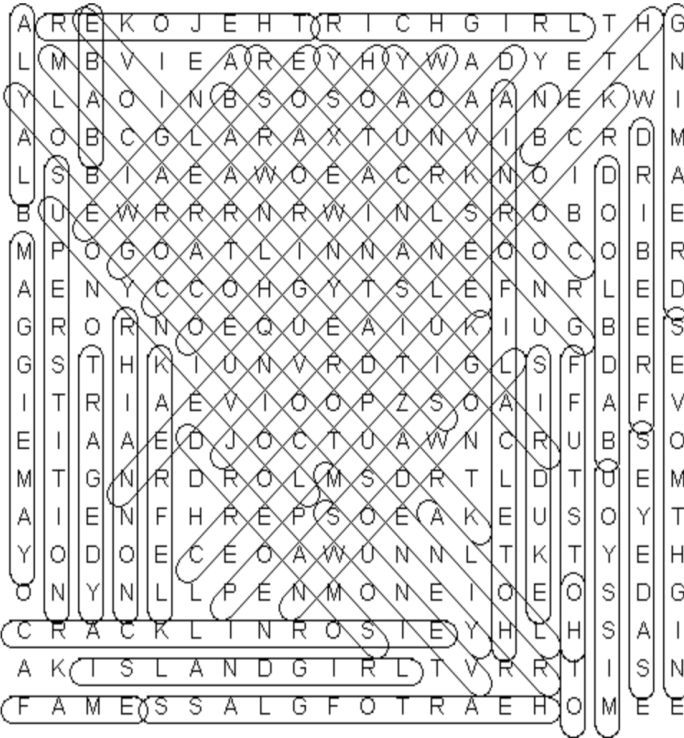
- 1) Prefix meaning "half"
- 2) "Once ____ a time ..."
- 3) Way to prison?
- 4) High or low card
- 5) Certain herb
- 6) Online game personification
- 7) Beefeater products
- 8) Egg cells
- 9) Plum variety
- 10) College setting
- 11) Popular cookies
- 12) Belarus' capital
- 13) Fancy spread
- 18) Artist Chagall
- 19) Non-resident doctors
- 24) Kind of school
- 26) Gull-like bird
- 27) Breathe hard
- 29) Baffled while yachting?
- 30) Barely lit
- 31) Pasture
- 33) Most aristocratic
- 35) Area of many believers
- 36) Hawaiian instruments, briefly
- 37) Claudius' successor
- 39) Sunlight unit
- 40) Cooking meas.
- 41) Hang around lazily
- 45) Restraining order?
- 46) Uses indelicate language
- 47) Conflicted
- 49) Costa del Sol feature
- 50) Clay of "American Idol" fame
- 52) Carpenter's spinning machine
- 53) Put away in a hold
- 54) Slender
- 55) Dirty air
- 57) Amble
- 58) Nowhere near?
- 60) Anima counterpart
- 61) PC linkup

MAN OF LETTERS

By Timothy E. Parker



Word Search Solution



The hidden song is:
TIE A YELLOW RIBBON 'ROUND THE OLE OAK TREE

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.

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

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Sudoku Puzzle Solution

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

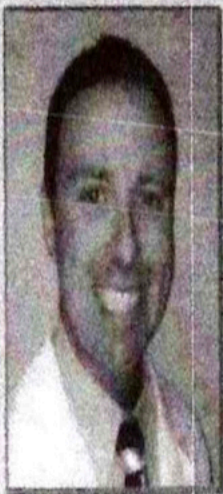
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n° 218308 - Level Medium

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Crossword Puzzle Solution

MAN OF LETTERS

By Timothy E. Parker

1	2	3	4	5	6	7	8	9	10	11	12	13
D	U	C	A	T	A	G	O	G	C	O	M	P
14	15	16	17	18	19	20	21	22	23	24	25	26
E	P	O	C	H	V	I	V	A	A	R	I	A
27	28	29	30	31	32	33	34	35	36	37	38	39
M	O	N	E	Y	M	A	N	A	G	E	M	E
40	41	42	43	44	45	46	47	48	49	50	51	52
I	N	C	M	A	T	S	E	X	P	O	S	E
53	54	55	56	57	58	59	60	61	62	63	64	65
O	P	E	R	A	T	U	S	K	S	P	U	R
66	67	68	69	70	71	72	73	74	75	76	77	78
S	P	U	R	C	R	A	D	L	E	S	K	A
79	80	81	82	83	84	85	86	87	88	89	90	91
K	A	R	E	N	T	I	E	R	B	U	N	I
92	93	94	95	96	97	98	99	100	101	102	103	104
U	N	S	P	O	R	T	S	M	A	N	L	I
105	106	107	108	109	110	111	112	113	114	115	116	117
A	T	E	B	A	S	E	S	O	B	E	R	E
118	119	120	121	122	123	124	125	126	127	128	129	130
F	L	Y	P	A	S	T	A	L	S	O	E	R
131	132	133	134	135	136	137	138	139	140	141	142	143
P	A	R	E	S	E	R	A	B	R	A	E	R
144	145	146	147	148	149	150	151	152	153	154	155	156
S	L	I	E	S	S	E	R	A	B	R	A	E
157	158	159	160	161	162	163	164	165	166	167	168	169
T	A	K	E	T	H	E	M	A	N	T	L	E
170	171	172	173	174	175	176	177	178	179	180	181	182
O	Y	E	Z	I	G	O	R	H	A	L	V	A
183	184	185	186	187	188	189	190	191	192	193	194	195
W	A	N	E	N	O	G	S	E	N	T	E	R

15 Simple Habits That Will Make You Happier and Healthier

We all strive for happiness and good health, but the path to achieving these goals doesn't need to be complicated. Often, it's the small, consistent actions that lead to the most meaningful changes in our lives. By incorporating a few simple habits into your daily routine, you can boost both your physical well-being and your emotional satisfaction. Here are 15 simple habits that will make you happier and healthier.

1. Start Your Day with Gratitude

One of the easiest ways to improve your mindset and boost happiness is to start each day by reflecting on what you're grateful for. Writing down three things you're thankful for, no matter how small, helps to shift your focus from problems to positives. Gratitude fosters a sense of fulfillment, even on challenging days.

2. Drink More Water

Staying hydrated is crucial for both physical and mental health. Drinking water helps your body function optimally, improves digestion, and boosts energy levels. Aim to drink at least 8 glasses of water a day to stay hydrated and consider starting your morning with a glass of water to kick-start your metabolism.

3. Move Your Body Daily

You don't have to hit the gym for hours to feel healthier. Simple activities like walking, stretching, or even dancing in your living room can improve your mood and physical health. Exercise releases endorphins, which are natural mood boosters. A 20-30 minute walk outside can make a big difference in how you feel each day.

4. Get Enough Sleep

Sleep is the foundation of good health. Aim for 7-9 hours of sleep each night to give your body and mind time to rest and recharge. Good sleep improves your immune system, enhances cognitive function, and helps regulate emotions. If you struggle to sleep, try establishing a bedtime routine that relaxes your mind and body, such as reading or meditation.

5. Practice Mindful Breathing

Taking a few moments each day to focus on your breath can reduce stress and increase feelings of calm. Deep breathing exercises, like inhaling for four counts and exhaling for four counts, activate your parasympathetic nervous system, which helps your body relax. This simple practice can be done anywhere, anytime you need a quick reset.

6. Eat More Whole Foods

Incorporating whole, nutrient-dense foods into your diet can improve your physical health and your mood. Fresh fruits, vegetables, whole grains, and lean proteins provide your body with the nutrients it needs to function optimally. Eating well-balanced meals also helps stabilize your blood sugar, preventing energy crashes that can affect your mood.

7. Spend Time Outdoors

Nature has a remarkable ability to lift our spirits and improve mental well-being. Spending time outdoors, whether it's in a park, on the beach, or in your backyard, can lower stress levels, reduce anxiety, and increase feelings of happiness. Aim to spend at least 10-20 minutes outside each day, soaking in some fresh air and sunshine.

8. Practice Positive Self-Talk

The way you talk to yourself matters. Cultivating positive self-talk helps improve self-esteem, reduces stress, and fosters a healthier mental state. When you catch yourself engaging in negative self-talk, reframe your thoughts in a more positive light. For example, replace "I can't do this" with "I'll do my best, and that's enough."

9. Connect with Loved Ones

Strong social connections are one of the most important factors in happiness. Make time to reach out to friends and family, whether through a phone call, text, or in-person meet-up. Building and maintaining relationships can provide emotional support, increase feelings of belonging, and enhance overall life satisfaction.

10. Limit Screen Time

While technology has many benefits, too much screen time—especially on social media—can negatively impact your mood and mental health. Set boundaries for how long you spend on your phone, computer, or TV, and make time for offline activities like reading, journaling, or hobbies you enjoy. Reducing screen time can help you feel



more present and focused.

11. Set Small, Achievable Goals

Setting and achieving small goals gives you a sense of purpose and accomplishment. Break larger tasks into manageable steps, and celebrate your progress along the way. Whether it's personal or professional, working towards something meaningful can boost your self-esteem and make you feel more fulfilled.

12. Laugh More

Laughter is truly the best medicine. It reduces stress, increases feelings of joy, and even boosts your immune system. Watch a funny movie, share a joke with a friend, or simply allow yourself to laugh at life's quirks. Surround yourself with people and experiences that make you smile and laugh often.

13. Declutter Your Space

A cluttered space can contribute to a cluttered mind. Taking time to organize your home or workspace can help reduce stress and create a more calming environment. Start small—clean out a drawer or tidy up your desk—and notice how much better you feel when your surroundings are more organized.

14. Learn Something New

Challenging your brain with new information or skills can boost happiness and improve cognitive health. Whether it's learning a new language, picking up a hobby, or reading about a topic you're curious about, engaging your mind keeps you sharp and gives you a sense of achievement.

15. Help Others

Acts of kindness, whether big or small, can significantly increase your own happiness. Volunteering, helping a neighbor, or simply being kind to those around you fosters a sense of connection and purpose. Knowing that you've made someone else's day better can be a powerful source of joy and fulfillment.

By incorporating these 15 simple habits into your daily routine, you can improve both your physical health and mental well-being. Remember, happiness and health are built through consistent, small actions. The more you practice these habits, the more you'll experience their positive effects, leading to a happier and healthier life.



Recipe: Creamy Butternut Squash Gnocchi with Sausage, Thyme, and Sage

Creamy Butternut Squash Gnocchi with Sausage, Thyme, and Sage is the ultimate Autumn comfort food. This one-pan recipe takes only 40 minutes to make! It's simple and quick enough to make on a busy weeknight, yet it looks sophisticated and presentable to serve as the main course for friends and family on a special night.

Ingredients:

- 12 oz Italian sausage casings removed (I used 3 sausage links)
- 1 tablespoon olive oil
- 10 oz potato gnocchi
- 1 cup heavy cream
- ½ cup chicken broth
- 1 cup butternut squash puree
- 3 cloves garlic minced
- 2 tablespoons fresh sage chopped
- 2 tablespoons fresh thyme
- Salt and coarsely ground black pepper to taste

Instructions:

1. Remove sausage from casings and slice it.
2. Heat 1 tablespoon of olive oil on medium heat in a large, high-sided skillet.
3. Add sliced sausage and cook on medium heat for about 4 minutes on one side, without turning, to get the sausage slices browned. Flip over to the other side and cook for 2 more minutes.
4. To the same skillet with sausage, add uncooked potato gnocchi, heavy cream, and chicken stock. Bring to a boil on medium heat and stir everything well. Cover with lid, and allow the gnocchi to cook for about 5 minutes on medium heat, while the sauce boils.



5. To the same pan with gnocchi and sausage, add butternut squash puree, and minced garlic. Bring the sauce to a boil on medium heat, reduce to low-medium heat, stir everything well. Cook for about 3 or more minutes. Make sure the gnocchi are cooked through, the garlic is cooked to your liking, and the sauce thickens. Cook longer if you would like a thicker sauce. Remove from heat.
6. Stir in half of the fresh sage and half of the fresh thyme. Season with salt and freshly ground coarse black pepper.
7. **Tip:** use your best judgment about the salt. If the sausage is salty enough, you might not need to add any extra salt.
8. When serving, top with the remaining half of the fresh sage and the remaining half of the fresh thyme.

Notes:

The total cooking time does not include the time required for roasting the butternut squash and making the butternut squash puree. I recommend that you do that in advance.

Because you will be roasting whole butternut squash, you will have more than you need (1 cup) for this recipe. Refrigerate or freeze the leftover butternut squash puree in an airtight container.

If using dried thyme, use ½ teaspoon of dried thyme (not powdered) or ¼ teaspoon of powdered dried thyme.

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