



LAS VERDES NEWS

The Official Publication of the Las Verdes POA

OCTOBER 2024

Inside this issue:

From the President.....1
Hurricane Reminder.....3-4
Bingo.....5
Italian American Club
Cruise.....6
Snowbirds Agenda.....7
Italian American Club
Agenda.....10
Word Search.....11
Calendar of Events.....12-13
Crossword Puzzle.....14
Sudoku.....15
Halloween Party Info.....18
Sunshine Walk.....19
Recipe of the Month.....21

FROM THE PRESIDENT

We are excited to kick off another wonderful season here in our community. As the cooler months approach, we look forward to reconnecting and enjoying all the events and activities we have planned for you.

Our monthly newsletter will be active from October through May, so be sure to stay tuned for updates. You can always check the community calendar for upcoming events, meetings, and other important information.

Wishing you all a fantastic season ahead!

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



Sunny day in Las Verdes POA.



Florida Best Home Care

561-765-0697

FLBESTHOMECARE@GMAIL.COM

FLORIDABESTHOMECARE.COM



**ARE YOU
PAYING TOO
MUCH FOR
HOME CARE?**

BEST PRICE

AS LOW AS

\$18

PER HOUR

'FIRST-CLASS CUSTOMER SERVICE WITH THE LOWEST FEES IN TOWN.'



OVER 1,000 CAREGIVERS
TO CHOOSE FROM



VOTED BEST 24/7 WHITE
GLOVE CUSTOMER
SERVICE



ALL LONG TERM CARE
INSURANCE ACCEPTED



15 YEARS EXPERIENCE

**CALL ROBIN - MS, CCC-SLP
NOW FOR SERVICES 561-765-0697**



**SERVICES
CAREGIVERS OFFER**

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

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

FLORIDA BEST HOME CARE, LLC



LICENSE 30212699

MAJESTY REALTY LLC

OZTURK TEAM

ALL Your Real Estate Needs

James is a Las Verdes Resident

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

561-507-7713-Cell

561-507-7730-Cell

JamesOzturk77@gmail.com



Proverbs 22:1



CALLING ALL LAS VERDES RESIDENTS



**HAVE SOMETHING TO SHARE?
ACCEPTING STORIES,
RIDDLES, PICTURES OF
LAS VERDES**

SEND TO
LASVERDESNEWSLETTER@GMAIL.COM AND
YOU MAY FIND IT IN THE NEXT NEWSLETTER!

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

*29 Point Inspection - Includes 1 lb Freon!

A/C Repairs from \$95 & up

Featuring  and  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

Hurricane Season is Still On-going – Stay Prepared Until November!

As we move into the fall months, it's important to remember that hurricane season is far from over. Hurricane season officially runs until November 30th, so there is still time for storms to form and impact our area. Even if the peak months of August and September are behind us, October and November can bring unpredictable weather patterns, particularly in coastal regions like Florida.

Here are a few reminders to help you stay prepared:

1. Keep Emergency Supplies Ready – Ensure that your hurricane kit is well-stocked with essentials such as water, non-perishable food, batteries, flashlights, first-aid supplies, and important documents.
2. Review Your Emergency Plan – Make sure your family or business has an updated emergency plan. Identify evacuation routes and communicate with all household members or employees about what to do in case of an emergency.
3. Monitor Weather Updates– Keep an eye on reliable weather sources for any developing storms. Don't let your guard down, as late-season hurricanes can be just as dangerous.
4. Check Insurance Policies – Take the time to review your homeowners or business insurance policies to ensure you're covered in the event of storm damage.

Staying vigilant throughout the entirety of hurricane season is key to keeping you, your loved ones, and your property safe. Stay prepared, and don't assume the worst is behind us just yet!



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

BINGO

Night

42 26
B 12
44 30

*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**

**OCTOBER
3RD**

**7:00
P.M.**

B
12

B
12

N
44

30

30

44

JOIN THE Italian AMERICAN CLUB Celebrity Eclipse-6 night cruise March 16-22, 2025

R/T Fort Lauderdale *Bimini, Bahamas*Sea*Puerto Plata Dominican Republic*Sea*Nassau, Bahamas*

Veranda	Category V-2	\$1329.00
Veranda	Category V-2	\$2419.00 single

Price includes:
Cruise fare, fees and taxes

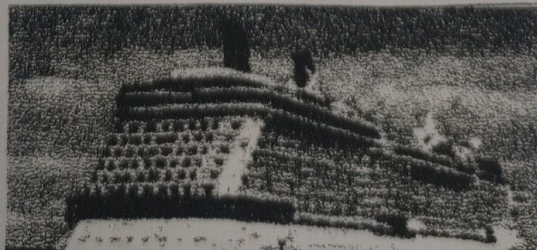
*ADDED BONUS FOR JAYCEE DRIESEN GROUP & FRIENDS
Beverage package and Wi-Fi
Bonus from Travel Direct \$50.00 per cabin onboard credit*

\$500.00 per cabin deposit upon booking no later than October 18, 2024
Your deposit is fully refundable until final payment December 6, 2024
Prices are per person based on double occupancy
Price may be subject to fuel surcharge
Celebrity has the right to recall any unsold/non deposited space at anytime

Aon Insurance is strongly recommended

Call Susan- Travel Direct to book your cruise
954-989-1719 or email: trvldirect@yahoo.com

Carolyn Giovannini @609-516-4241





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



Looking for a **HIGH QUALITY HOME HEALTH CARE PROVIDER?**

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!



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

Florida First Senior Home Care - Open 24/7

561-782-5767

www.FloridaFirstSeniorHomeCare.com

4700 NW 2nd Ave. STE 400A, Boca Raton, FL 33431

NR #30211672



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



ITALIAN AMERICAN CLUB

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

Summer Olympics Word Search

Find a circle all of the Summer Olympic events that are hidden in the grid. The remaining letters spell a secret message.

Note: Similarly named events are hidden separately.

For example, SWIMMING and SYNCHRONIZED SWIMMING do not overlap.

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

ARCHERY
 ATHLETICS
 BADMINTON
 BASEBALL
 BASKETBALL
 BEACH VOLLEYBALL
 BOXING
 CANOEING
 CYCLING
 DIVING
 EQUESTRIANISM
 FENCING

FOOTBALL
 GYMNASTICS
 HANDBALL
 HOCKEY
 JUDO
 MODERN PENTATHLON
 RHYTHMIC GYMNASTICS
 ROWING
 SHOOTING
 SOFTBALL
 SWIMMING
 SYNCHRONIZED SWIMMING

TABLE TENNIS
 TAEKWONDO
 TENNIS
 TRAMPOLINING
 TRIATHLON
 VOLLEYBALL
 WATER POLO
 WEIGHTLIFTING
 WRESTLING
 YACHTING

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		<p>1</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 10:00 a.m. POA Workshop 1:00 p.m. Bridge Club 6:00 p.m. Card Night</p>	<p>2</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>6</p> <p>8:00 a.m. Pickleball</p>	<p>7</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>8</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 5:30 p.m. Bottlebrush Budget 6:00 p.m. Card Night 7:00 p.m. POA Budget</p>	<p>9</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>13</p> <p>8:00 a.m. Pickleball</p>	<p>14</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>15</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>16</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>20</p> <p>8:00 a.m. Pickleball</p>	<p>21</p> <p>8:30 a.m. Tennis 9:00 a.m. Bocci Club 12:30 p.m. Craft Club 2:30 p.m. Philodendron Pre-Budget Meeting 5:00 p.m. Zumba 6:00 p.m. Card Night 7:00 p.m. Copperleaf Budget</p>	<p>22</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 7:00 p.m. Laurel Oak Budget</p>	<p>23</p> <p>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</p>
<p>27</p> <p>8:00 a.m. Pickleball</p>	<p>28</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>29</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>30</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>

ER 2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>s oa h Jongg Yoga Night</p>	<p>3 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo</p>	<p>4 8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>5 8:00 a.m. Pickleball</p>
<p>s oa h Jongg Yoga Night</p>	<p>10 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo</p>	<p>11 8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>12 8:00 a.m. Pickleball</p>
<p>s oa h Jongg Yoga Night</p>	<p>17 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>18 8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>19 8:00 a.m. Pickleball 10:00 a.m. Banyan Budget</p>
<p>s oa wood Budget h Jongg Yoga Night</p>	<p>24 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo</p>	<p>25 8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>26 8:00 a.m. Pickleball 10:30 a.m. Cypress Budget (Cypress Building) 7:00 p.m. Halloween Party</p>
<p>s oa h Jongg Yoga Night</p>	<p>31 <i>Halloween</i> 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo</p>		

October Crossword Puzzle

ACROSS

- 1) Eyeglasses, informally
- 6) Impressive degree
- 9) Turkish generals
- 14) Artistic stand
- 15) Word from a finger-pointing chooser
- 16) Constructed
- 17) Jungle vine
- 18) Affirmative action?
- 19) "Tomorrow" musical
- 20) Aggravation at a lack of progress
- 23) Type of modern testing
- 24) Airplane passenger's concern
- 25) Addressed a waiter
- 27) Pronged weapons
- 32) ___ fide
- 33) It may be right above a knee
- 34) Down's partner
- 36) The time being
- 39) Knocks on a door
- 41) Begets
- 43) Gulf War missile
- 44) Stand on its head
- 46) Jack's nemesis
- 48) .0000001 joule
- 49) Went out, as a fire
- 51) Jewish sect member of old
- 53) Small scrap
- 56) It can help with a housewarming
- 57) "Overhead" engine part
- 58) A dam is one, essentially
- 64) States with conviction
- 66) "___ we having fun yet?"
- 67) First thing read, typically
- 68) Camelot weapon
- 69) One way to move quickly
- 70) Alpha's opposite
- 71) Church part
- 72) Tennis match segment
- 73) Chart anew

DOWN

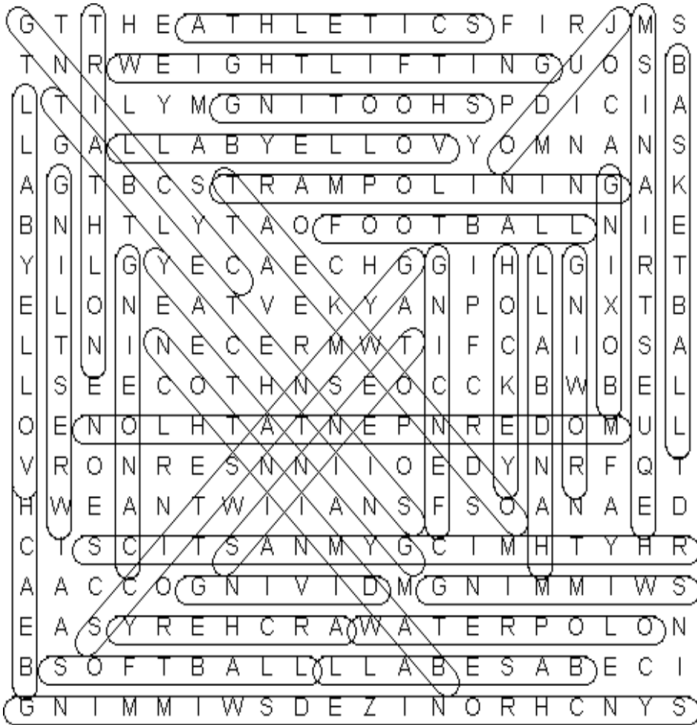
- 1) "To thine own ___ be true"
- 2) Au ___
- 3) Jacob's twin
- 4) Used a thurible
- 5) Like proper venetian blinds
- 6) Bird that repeats (var.)
- 7) Cowboy's pride
- 8) Part of a TV feed
- 9) Leave high and dry
- 10) Big bang creator
- 11) Things that get in the way
- 12) Type of skirt that flares outward
- 13) "Farm" or "home" attachment
- 21) Some members of Indian royalty
- 22) Kingly sphere
- 26) "The Dukes of Hazzard" spin-off
- 27) By way of, briefly
- 28) Acquire in the field
- 29) Roadblock
- 30) H.S. math subject
- 31) Bacon bit
- 35) "Awright!"
- 37) Be a good doctor
- 38) Competitive advantage
- 40) Quick haircut
- 42) Big mess
- 45) Coup participant
- 47) John Deere product
- 50) Belle of the ball, briefly
- 52) One of these days
- 53) La ___ (Milan opera house)
- 54) Type of base
- 55) Autocrats no more
- 59) Common test answer
- 60) Lease
- 61) Agenda unit
- 62) Legendary gymnast Korbut
- 63) Tide type
- 65) Former electronics giant

BLOCKADE

By Timothy E. Parker

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						72				73				

Word Search Solution



The hidden sentence title is:
THE FIRST OLYMPIC GYMNAST TO ACHIEVE A PERFECT SCORE OF TEN WAS NADIA COMANECI

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

Law Office of **Sherilynne Marks, PA**

100 E. Linton Blvd. Suite 304 B
 Delray Beach, FL 33483

561-732-8323

SheriMarksLaw@yahoo.com

www <mailto:SheriMarksLaw@yahoo.com> m

Revocable Living Trusts: From \$400
 (includes Living Will, Durable Power of Attorney and Designation of Health Care Surrogate)

Wills: From \$100 (includes Living Will)

*Fees exclude costs

Other Services: Amendments, Probate and Trust Administration

Free Initial Consultation By Appointment Only

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

TOOTH DENTAL CARE DELRAY

Dr. Marcela Patterson
New Patient Special

Exam, Cleaning, Xrays \$134
 D0120, D1110, 0274

*New Patients Only *Without Periodontal Disease
 *Xrays for the use of our office only.

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

Crossword Puzzle Solution

BLOCKADE

By Timothy E. Parker

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

Dr. Paul A. Weiner

PODIATRIC MEDICINE & SURGERY

*Proudly Serving
 South Florida Since 2000*

SAME CONVENIENT LOCATION!
 15300 Jog Road, Suite 204
 Delray Beach

NEW PHONE NUMBER!
561-265-5424





Paul A. Weiner, DPM

With DJ Charlie D

SATURDAY, October 26, 2024

HALLOWEEN DANCE PARTY

BYOB. COFFEE & DESSERT PROVIDED. COSTUMES ARE
OPTIONAL, BUT THERE WILL BE A COSTUME CONTEST!
OPEN SEATING!

Cost \$20 | 7:00-10:00 P.M.



To RSVP: See Diane in the Clubhouse
on Wednesdays or Fridays 10:00-11:00 a.m.

The Sunshine Walk

Every morning, Jim would sit by his window, sipping coffee and watching the world outside his community come to life. He'd see young families hurrying off to work and school, joggers on their morning runs, and birds chirping in the trees. But for the past few months, Jim had grown comfortable indoors, content with the quiet. After all, he told himself, he'd earned a break after decades of work.

One day, his neighbor Linda knocked on his door. She was in her seventies, just like Jim, but full of energy. "You should come on a walk with us," she said, smiling brightly. "A bunch of us go every morning. It's good for the body—and the soul."

Jim hesitated. He'd spent his whole life on the move. Surely he deserved to relax now. But something about Linda's enthusiasm nudged him. The next day, Jim laced up his walking shoes, unsure what to expect.

As soon as they stepped outside, Jim felt the warmth of the sun on his skin, the soft breeze against his face. He breathed in deeply and realized he hadn't done that in a while. They strolled through the park, passing by blooming flowers and towering trees. Linda chatted about life, the community, and upcoming events, but Jim found himself lost in the simple joy of being outdoors.

He felt lighter, energized even, as they continued. His body loosened with each step, and his mood lifted as they laughed and shared stories. It wasn't just the walk that made him feel alive—it was the connection with nature, the camaraderie with others, and the sense of purpose it gave his day.

When Jim returned home, he felt a sense of peace he hadn't known he was missing. That evening, as he sat by his window again, he didn't just watch the world go by. He looked forward to being a part of it again the next day.

For Jim, and so many others in the community, going outside wasn't just about exercise. It was about staying connected—to nature, to people, and to themselves. He realized that retirement wasn't a time to slow down completely, but a time to savor the beauty of life, one walk at a time.





Recipe: Vegetarian Black Bean Enchiladas

These delicious vegetarian enchiladas are stuffed with butternut squash and black beans. Perfect for a cozy fall dinner!

Ingredients:

Filling:

- 2 teaspoons extra-virgin olive oil
- 2 cups cubed butternut squash
- 1/3 cup chopped scallions
- 1 cup cooked black beans, drained and rinsed
- Sea salt and freshly ground black pepper

Sauce:

- 2 teaspoons extra-virgin olive oil
- 1 (14-ounce) can tomato sauce
- 1 garlic clove, minced
- 3 tablespoons adobo sauce from canned chipotles in adobo sauce
- Sea salt and freshly ground black pepper

For the enchilada assembly:

- 6-8 corn tortillas or homemade tortillas
- 2 cups grated white cheddar cheese
- 1 jalapeno, sliced

Serve with:

- Cilantro, for garnish
- Avocado slices
- Lime slices, on the side

Instructions:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.

2. Make the filling: Spread the butternut squash cubes on the baking sheet. Drizzle with olive oil, add a pinch of salt and pepper, and toss to combine. Roast until golden brown, about 25 minutes. Transfer the roasted squash to a bowl and stir in the scallions and black beans.



3. Make the sauce: In a medium skillet, heat the olive oil over medium heat. Add the tomato sauce, garlic, and adobo sauce. Let simmer for about 5 minutes, stirring often.

4. In a 9x13 inch baking dish, spread 2 tablespoons of the tomato sauce on the bottom of the dish. Assemble the corn tortillas with about 1/2 cup of the filling, a tablespoon of the sauce, and a sprinkle of cheese. Roll each tortilla and place seam side down into the baking dish.

5. Pour the remaining sauce over the enchiladas, and sprinkle with the remaining cheese and the jalapeños slices. Bake covered for 20 minutes. Uncover and bake for 5 more minutes, or until the cheese is bubbling.

6. Serve with fresh cilantro, avocado slices and lime slices.

**PROVEN
EXPERTISE
AND
COMPETITIVE
FEES**



Karen Fhima Lippman
Certified Public Accountant

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

karen@lippmanfc.com



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**





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 her mother Anne.

561-279-3217 | www.RNHomeCareServices.com

West Boca Medical Center Campus
9980 Central Park, Suite 104, Boca Raton, FL 33428
NR #30211509



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!

PROPERTIES FOR SALE:

Direct Lakefront Deluxe 1st floor unit w/ tons of updates n fresh paint. This unit has great south exposures for awesome sunsets all season long. Remodeled kitchen w/ newer appliances & laundry. Tiled throughout w/ all new fans w/ remotes, new screening on patio, new lighting, new faucets... Won't last at this price.... \$249,000 (Aspen)

Completely Remodeled 1st floor 1/1.5 has gorgeous newer kitchen with custom cabinets, marble countertops & stainless appliances. Tiled throughout with gorgeous master suite and huge Walk-In Shower w/ custom tile.... \$193,000 (Coconut Palm)

Top Floor Deluxe True 3 Bedroom Condo is move in ready and all redone. Den in this unit converted to 3rd bedroom, perfect for visitors. Newer kitchen n baths in mint condition w/ Accordion Shutters for storm protection.... \$259,900 (Banyan)

Best Buy Unit in Las Verdes this 3rd floor 1/1.5 has green views, a tankless water heater system, nice laminate flooring throughout, storm shutters on balcony and being sold furnished turnkey for only ... \$149,000 (Evergreen)

Recent Sales **by Zack:** 15741 Bottlebrush Cir, 205 Aspen, 123 Coconut Palm, 317 Cypress, 5469 Laurel Oak St, 121 Banyan, 203 Palmetto, 107 Oleander, 307 Coconut Palm