



# THE POLO EXPRESS

SEPTEMBER/OCTOBER 2022

Community Newsletter for Polo Trace Homeowners



Take a look inside to see what is happening at The Polo Trace Swim & Racquet Club



# Contacts

Swim & Racquet Club  
13405 Whistler Mountain Road  
Delray Beach, FL 33446

Lifestyle  
Michelle Lehrer, Lifestyle Director  
(561) 499-1992, Ext. 204  
lifestyle@polotracehoa.com

Property Management  
Akamie Insardi, Property Manager  
(561) 499-1992, Ext. 205  
pthoa@comcast.net  
Jimmy Lanham, III, Assistant  
Property Manager  
(561) 499-1992, Ext. 206  
jimmy.lanham@fsresidential.com  
Andres Surita, Administrative  
Assistant  
(561) 499 -1992, Ext.201  
andres.surita@fsresidential.com

The Palms at Polo Trace  
Matt Morse, General Manager  
(561) 499-1992, Ext. 203  
thepalms@polotracehoa.com

Reservations & Takeout Orders  
(561) 639-7936

Tennis & Pickleball  
Eden Lica, Director/Head Pro  
(561) 499-1992, Ext. 202  
(516) 253-9697 - Cell  
polotracetennis@gmail.com

Fitness  
Total Health Systems Inc.  
Jason Rowe, Fitness Attendant  
(561) 499-1992, Ext. 208  
(561) 706-1141 - THS Office  
info@totalhealthsystemsinc.com

## 2022 Boards of Directors

### The Preserve BOD

Mona Boxer  
Ann Carro  
Rob Cuskaden  
Kay Drews  
Frank Giacchino  
Rick Gray  
Alleen Rutherford

### The Lakes BOD

Bill Golodner  
Gary Levine  
Tina Natale

### Swim & Racquet BOD

Rob Cuskaden  
Kay Drews  
Frank Giacchino  
Bill Golodner  
Gary Levine

# From Your Lifestyle Director



Dear Residents,

Summer is almost over!! We've had a great couple months during July and August here at Polo Trace with all the activities that's been happening in our beautiful community! Kids are back to school and we have more and more residents coming back as we start approaching busy season during our Fall months and that means we will have more activities and events!

Please click on our weekly emails so you can get all the updates from what is happening here at Polo Trace,

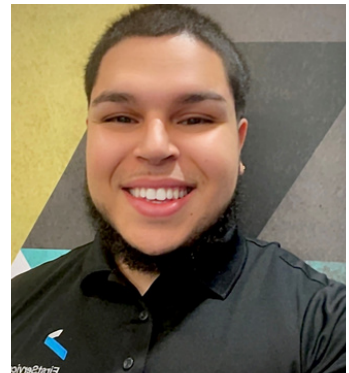
Feel free to stop by my office or email me with any questions or concerns!

Sincerely,

Michelle Lehrer

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## A Letter From Property Management



Myself, Jimmy and Andres want to extend our gratitude to all of our residents near and far. Our Polo Trace family has welcomed our new team with open arms and we are entirely grateful and appreciative to all of you. We welcome all of your smiling faces, introductions and warm greetings.

We are always here to assist you with questions, concerns and issues relating to the community. Please do not hesitate to contact our office.

Sincerely,

Your Management Team,

Akamie Insardi, Jimmy Lanham III, Andres J. Surita



# POLO TRACE CLUBS

Great way to meet your neighbors and make new friends is by joining any of the Clubs below! If interested please email at [lifestyle@polotracehoa.com](mailto:lifestyle@polotracehoa.com) or contact the Club leader directly. All info below.



## ART CLUB

Join us every Friday from 10:00 a.m. - 1:00 p.m. in the Fitness/Multipurpose room.  
Contact: Lynn Holland  
Email: [laplume3662gmail.com](mailto:laplume3662gmail.com)

## BACKGAMMON CLUB

Did you know that backgammon is one of the oldest board games? Would you like to learn how to play or connect with others who are also share your interest in the game?  
Contact: Elliot Fisch  
Email: [elliot.fisch@gmail.com](mailto:elliot.fisch@gmail.com)

## BEACH CLUB

Do you love sun, sand & surf? Join us on excursions to beautiful area beaches (using our own transportation) for sunbathing, swimming, beach sports, barbecue, and socialization.  
Contact: David Comisar  
Email: [thecomisar@yahoo.com](mailto:thecomisar@yahoo.com)

## BOCCE CLUB

Would you like to learn a fun game for singles and couples as well as all ages and skill levels? Open play for anyone interested is every Thursday from 11:00 a.m. - 12:30 p.m.  
Contact: Jeff Elias  
Email: [jeffelias99@aol.com](mailto:jeffelias99@aol.com)  
Contact: Scott Paris  
Email: [parisscott1@yahoo.com](mailto:parisscott1@yahoo.com)



## BOOK CLUB

Do you love to read? Our meetings are held on the fourth Tuesday of each month at 7:15 p.m. in Social Hall.  
Contact: Arlyne Sternburg  
Email: [asternburg@yahoo.com](mailto:asternburg@yahoo.com)

## CANASTA CLUB

Men, women, couples welcome to join in social card play. The Club plans to meet once a month on a Friday evening. Specific dates will be announced.  
Contact: Peggy Elias  
Email: [peggyelias3332gmail.com](mailto:peggyelias3332gmail.com)



## CHESS CLUB

Join our Chess Club to practice, learn, and sharpen your skills. Members of all skill levels are welcome.  
Contact: Jonathan Rausch  
Email: [rauschrealtor@gmail.com](mailto:rauschrealtor@gmail.com)

## FISHING CLUB

Are you interested in exploring both salt and fresh water fishing spots? Maybe even go on a fishing charter?  
Contact: Jonathan Rausch  
Email: [rauschrealtor@gmail.com](mailto:rauschrealtor@gmail.com)



## KIDS CLUB

Would you like your children to meet others in the neighborhood? From toddlers to teens and every age in between.  
Contact: Scott Sooner  
Email: [scott@myfmsa.com](mailto:scott@myfmsa.com)



## MEN'S GOLF CLUB

Come on out and play weekly rounds, participate in tournaments and be part of the Polo Trace Men's Golf Club!

Contact: Jeff Elias

Email: jeffelas99@aol.com

Contact: Joel Goldstein

Email:

jpgoldstein14@gmail.com



## MEN'S PICKLEBALL CLUB

Whether you are a beginner or an expert, come join us! Great way to meet your neighbors while staying active.

Contact: Jonathan Rausch

Email: rauschrealtor@gmail.com

## PAP CORPS CLUB

South Florida's largest organization wants you! Be part of the Polo Trace community. We love our members!

Contact: Ann Carro

Email: ascarro@aol.com

## PHILANTHROPY CLUB

Are you looking for the opportunity to give back by donating your time and talents to support charitable organizations? Then this Club is for you!

Contact: Charlene Amster

Email:

polotracepc@gmail.com

## SOFTBALL CLUB

Come on out and play ball! Club will play in Sunday League beginning in October or November. League games are from 9:00 a.m. - 12:00 p.m.

Contact: Jeff Elias

Email: jeffelas99@aol.com

Contact: Brian Moriarty

Email:

brmoriarty17@comcast.net



## TENNIS CLUB

Want to come play tennis with your neighbors? Join the Polo Trace Tennis Club today! We will pair you up and get you on the court. No matter what your level is, we will find a game for you!

Contact: George Kamkoff Miller

Email:

gkmoged@gmail.com



## WALKING CLUB

If you're looking to get some outdoor exercise and walk with neighbors, please join the walking club.

Contact: Dave Berkowitz

Email:

dave.berkowitz@gmail.com

## WOMEN'S CLUB

Would you like to meet other women in the community and participate in activities and events that will allow you to learn, have fun, share experiences, build friendships, support each other and create memories?

Contact: Linda Tepper

Email:

lindatepper@rocketmail.com

Contact: Meryl Greenhill

Email:

merylgreenhill@gmail.com



## WOMEN'S GOLF CLUB

Meet other women who share your love of golf while having fun and making new friends. Social or league play.

Contact: Cindy Duboff

Email:

cindyduboff@gmail.com

## WOMEN'S PICKLEBALL CLUB

Open to all women who want to play pickleball, have fun and make new friends and get some exercise. All levels are welcome. Club plays on Monday evenings from 5:00 p.m. - 8:00 p.m.

Contact: Sue Wells

Email:

swells1960@icloud.com

Contact: Renee Arje

Email: renee.arje@gmail.com



# HOA EVENTS

## PING PONG COMPETITION



Register now for some fun and  
competition!

Friday, September 9

Starts at 6:00 p.m. in Multi Purpose  
Center

Free event

RSVP: [lifestyle@polotracehoa.com](mailto:lifestyle@polotracehoa.com)



Bingo while you mingle!  
Great way to get to know  
your neighbors! Come with a  
team or come on your own!



# BINGO

Thursday, September 29th

Time: 6:00 pm - 8:00 pm

Location: Social Hall

Deadline to register: September 23rd

RSVP: [lifestyle@polotracehoa.com](mailto:lifestyle@polotracehoa.com)





# HOA EVENTS



**Tuesday, October 25**

**6:00 p.m. - 8:00 p.m.**

**\$5 per person attending (kids  
under 2 FREE)**

Come join us and dress up in your favorite Halloween costume (adults & kids) on this fun trunk-or-treat family event that your kids will enjoy safely in our own parking lot! Please make sure all candy you provide is individually wrapped. We will have a costume contest as well as a best decorated car/golf cart contest! Winners will receive a prize !

Music provided by DJ Monarch!  
Kona Ice and Tacos al Carbon food trucks  
will be here for you to enjoy some great  
food and dessert!

Anyone interested in decorating their  
trunks/golf carts please email at  
[lifestyle@polotracehoa.com](mailto:lifestyle@polotracehoa.com) to reserve  
your spot! Payment and reservation can  
be made online by clicking on the flyer in  
the weekly emails.

**RSVP by Thursday, October 20th.**



## HALLOWEEN ADULT COSTUME PARTY

Come party and dress up in  
your favorite Halloween  
costume! Prizes awarded to  
best individual costume and  
group costumes!  
Our DJ will be playing your  
favorite tunes!

**FRIDAY | OCTOBER 28 |  
6:00 PM - 10:00PM  
LOCATION: SOCIAL HALL  
ENTRY COST: \$10 PP**

Click link on the weekly flyer to  
register through PayPal.

RSVP: [lifestyle@polotracehoa.com](mailto:lifestyle@polotracehoa.com)

**POLO TRACE**

# TENNIS & PICKLEBALL

## From Your Racquet Sports Director



Dear Residents,

I hope you all had a great summer and you played tennis & pickleball! I'm very excited for our new season starting in September and we'll have a lot of clinics, tennis & pickleball events. Our Polo Trace teams will be competing again and hopefully we'll bring a lot of trophies because we're the best!!! Welcome back to you all!!!

Your Racquet Sports Director,

Eden Lica

We had a great turnout with all the best Pickleball players from around the world last month! Thank you all for coming and showing your support!



Congratulations to our Men's and Women's Pickleball & Tennis Teams who keep winning trophies!





# TENNIS & PICKLEBALL PACKAGE



\$1,000 for 10 lessons plus two free (12 in total) and as a bonus, the first 15 residents purchasing the package will get a free Eden Lica Hudef signature paddle; the newest paddle on the pickleball market!

Don't miss the deal!

To book the package please contact Eden at:

Telf: 516-253-9697

Email: [polotracetennis@gmail.com](mailto:polotracetennis@gmail.com)

## TUESDAY BEGINNER & INTERMEDIATE PICKLEBALL CLINIC



6:00 p.m. - 7:30 p.m.

\$30 pp

Have you ever played pickleball before? Are you new and want a better understanding of the basic? This clinic will focus on learning pickleball rules, skills and strategy.

For the intermediate players we will have point play, fun dynamic drills and once a month, a friendly home tournament. Space is limited to a maximum of 16 players.

Register today to reserve your spot!

Email or call:

[polotracetennis@gmail.com](mailto:polotracetennis@gmail.com)

(561) 499-1992 or (516) 253-9697

All clinics require reservations 24 hours in advance and a 24-hour cancellation policy applies.

A minimum of 4 players are required for clinics to occur. Payments can be made in person to Eden in the clubhouse office or online at [www.polotracelifestyle.com](http://www.polotracelifestyle.com). Visit the Tennis & Pickleball main tab and click "Book Courts" to sign up for clinics. Visit [www.polotracelifestyle.com](http://www.polotracelifestyle.com) to book your court today!

## PRIVATE TENNIS & PICKLEBALL LESSONS



\$100 FOR ONE HOUR  
\$50 FOR 30 MINUTES

Your Tennis & Pickleball Pro, Eden Lica is ready to help you advance your technique with both Tennis & Pickleball. Contact him for lessons!

To reserve your spot call or email at:

[polotracetennis@gmail.com](mailto:polotracetennis@gmail.com)

(561) 499-1992 (ext.202) or (516) 253-9697

[www.polotracelifestyle.com](http://www.polotracelifestyle.com)





# FITNESS

## Personal Training

Total Health Systems Trainers will help you develop greater flexibility, strength and endurance. Personal training can improve your cardiovascular system and help support sport-specific training such as tennis, golf, and more!

Schedule a FREE fitness evaluation today!

### 30-Minute Sessions:

10 Sessions = \$450 = \$45/30 mins.  
3 Sessions = \$150 = \$50/30 mins.

### 60-Minute Sessions:

15 Sessions = \$900 = \$60/hr.  
10 Sessions = \$650 = \$65/hr.  
3 Sessions = \$210 = \$70/hr.

## Fitness Class Descriptions

Fit Camp - Fit camp is a fun and energetic class that gives you cardio, toning, and flexible exercises while working on your balance and core stability.

Yoga - Yoga is a stretching class with simple breathing exercises and seated meditation. Empower your mind and strengthen your body as you move through a series of poses. Slow paced class for all levels.

AquaFit - Come enjoy a low impact water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, overall body and core strength, muscle tone, and cardiovascular endurance while using the resistance of the water to cushion the feet, knees, and back. Exercises are performed to upbeat, motivating music.

Pilates - Through a series of floor exercises using resistance, the workout helps build, sculpt, and tone muscles, giving your body a long, lean look. Pilates can aid in flexibility and improving posture as stretching your body is a vital part of class.

Stretch & Tone - This class is a full body stretch class using movements that flow smoothly to increase flexibility, decrease muscle tension, develop core strength and improve muscular balance. This class is for all levels.

Zumba - A fun, music driven, and dynamic fitness class that pairs movement to music using an Intermittent Approach. This approach allows for levels of intensity to vary. This is a great energizer and aerobic/cardio workout for the entire body. Zumba burns calories, focuses on Endurance, Agility, Flexibility, Coordination, and Speed. Fitness and fun while continually moving your body through upbeat Latin inspired music, as well as international music.



# Fitness Classes

\$35/month

\*\$25/month

## Fitness/Multipurpose Room Schedule

Monday Tuesday Wednesday Thursday Friday Saturday

9:00 a.m. Water Aerobics	9:00 a.m. Water Aerobics	9:00 a.m. Water Aerobics	9:00 a.m. Water Aerobics	10 a.m.- 1p.m. Art Club	*10:30 a.m. Stretch & Tone
9:15 a.m. Fit Camp	9:00 a.m. Yoga	9:15 a.m. Fit Camp	9:00 a.m. Yoga		
10:30 a.m. Zumba	10:00 a.m. Water Aerobics	10:30 a.m. Zumba	10:00 a.m. Water Aerobics		
12:00 - 8:00 p.m. Ping Pong Open Play	12:00 - 8:00 p.m. Ping Pong Open Play	12:00 - 8:00 p.m. Ping Pong Open Play			
Subject to change					

## Equipment Clinics

We offer monthly FREE Fitness Center equipment clinics where you can learn how to use the machines, ask any questions, and get oriented in the Fitness Center. You can sign up by clicking on the "Fitness" tab at [www.polotrancelifestyle.com](http://www.polotrancelifestyle.com) or by contacting the fitness vendor at [info@totalhealthsystemsinc.com](mailto:info@totalhealthsystemsinc.com).

*Visit [www.polotrancelifestyle.com](http://www.polotrancelifestyle.com) to book today!*

LIVE MUSIC  
80'S GREATEST HITS



SATURDAY, SEPTEMBER 17  
5:00 PM - 9:00 PM

THE PALMS



Don't forget to wear your 80's outfit!

Rosh Hashannah  
Observation Dinner Special



Sunday, September 25

Grilled Salmon, roasted chicken, potato Latkes,  
challah, apples and honey

Reservation suggested, no pre-payment.  
Please click link on the weekly flyer to book your table.

Yom Kippur  
Break The Fast

Wednesday, October 5

\$26pp Family Style Break-Fast-Boards:

Veggie Frittata, bagels, cream cheese,  
Albacore tuna salad, smoked salmon, lettuce,  
tomato, onion, dill capers and Couscous  
salad.

Must preorder by September 29.

THE PALMS

Live music  
Disco Night

Wear your best disco outfit!

SATURDAY, OCTOBER 8  
5:00 PM - 9:00 PM



## Burgers & Beer Nights

Just  
\$12

Wednesdays  
ALL DAY!

Come enjoy one of our Smash Burger sandwiches. Choose from:

- Bacon Cheese Smash Burger
- Mushroom Swiss Smash Burger
- Black & Blue Smash Burger
- Plain Smash Burger

All  
Beers  
\$4



# HAPPY HOUR

1/2 PRICE  
COCKTAILS!

WEDNESDAY - SUNDAY  
4:00 PM - 6:00 PM



*The Palms*  
AT POLO TRACE

## THE PALMS

SEE RESTAURANT STAFF FOR DETAILS

50% OFF  
SELECT WINE  
BOTTLES

@THEPALMSATPOLOTRACE

*The Palms*  
AT POLO TRACE

Monday & Tuesday:  
Closed

Wednesday - Sunday:  
12:00 p.m. - 9:00 p.m.

Happy Hour-1/2 price cocktails  
Wednesday - Sunday  
4:00 p.m. - 6:30 p.m.

Chef's Specials  
Thursday - Sunday

561-639-7936  
thepalms@polotrace.com



# Events from our Polo Trace Clubs

## Pap Corps Club & Women's Club

First Anniversary of the Polo Trace  
Pap Corps

Women's Club - Lady Atlantic &  
Sunset Cruise to Morikami  
Tour to Make your own  
Charcuterie





# SEPTEMBER

## POLO TRACE SWIM AND RACQUET CLUB HOLIDAYS & EVENTS

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5 <b>Labor Day</b> Fitness - Multipurpose room closed	6	7 <b>Burgers &amp; Beer Nights</b> at The Palms	8	9 <b>Ping Pong Competition</b> 6:00 - 8:00 pm	10 <b>Live Music 80's Greatest Hits</b> at The Palms 5:00pm - 9:00pm
11	12	13	14 <b>Burgers &amp; Beer Nights</b> at The Palms	15	16	17
18	19	20	21 <b>Burgers &amp; Beer Nights</b> at The Palms	22	23	24
25 <b>Rosh Hashanah Observation Dinner Special</b> at The Palms	26 <b>Rosh Hashanah</b> Fitness - Multipurpose room closed	27	28 <b>Burgers &amp; Beer Nights</b> at The Palms	29 <b>IceBreaker (meet your neighbors) event</b> in Social Hall 6pm - 8pm	30	

# OCTOBER

## POLO TRACE SWIM AND RACQUET CLUB HOLIDAYS & EVENTS

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4	5 <b>Yom Kippur</b> Break The Fast at The Palms	6	7	8 <b>Live Music Disco Night</b> 5:00pm - 9:00pm
9	10 <b>Columbus Day</b> <b>Indigenous People's Day</b>	11	12 <b>Burgers &amp; Beer Nights</b> at The Palms	13	14	15
16	17	18	19 <b>Burgers &amp; Beer Nights</b> at The Palms	20	21	22
23	24	25 <b>Trunk or Treat</b> in parking lot 6pm - 8pm	26 <b>Burgers &amp; Beer Nights</b> at The Palms	27	28 <b>Adult Halloween Costume Party</b> 6pm - 10pm	29
30	31 <b>Halloween</b>					

# ANNUAL PROPERTY SHOW AT POLO TRACE

## Save The Date!

**Friday, November 11, 2022**  
**5:00 pm - 9:00 pm**

If you'd like to showcase your business in our own Social Hall here at Polo Trace then email your Lifestyle Director to reserve your spot for you to have your own table and display your items! This will be a great opportunity for you to promote your business and have all residents know what you offer!

You will not be allowed to sell anything but you will be allowed to show your items and hand out your business card, flyers, brochures, etc.

**Deadline to register: Friday, November 4, 2022**  
**RSVP: [lifestyle@polotracehoa.com](mailto:lifestyle@polotracehoa.com)**

## Stay Connected



@polotrancelifestyle  
@thepalmsatpolotrace



@polotrancelifestyle



[www.polotrancelifestyle.com](http://www.polotrancelifestyle.com)

Our community website is designed to make it easy to get information of what is happening here at The Swim & Racquet Club. Please visit the community website to get the latest information on HOA Events, Clubs, Fitness, Tennis & Pickleball, Restaurant, and more! You can also access the First Service Residential website where you can submit work orders and pay your HOA dues. If you are in need of login credentials for community website, please e-mail Michelle, the Lifestyle Director, so we can get you setup.

**POLO TRACE**  
SWIM AND RACQUET CLUB

13405 Whistler Mountain Road  
Delray Beach, FL 33446