



# THE POLO EXPRESS

JANUARY/FEBRUARY 2023

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

## 2023 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  
John Corona  
Tina Mangano

### Swim & Racquet BOD

Rob Cuskaden  
Kay Drews  
Frank Giacchino  
Bill Golodner  
Gary Levine

# From Your Lifestyle Director



Dear Residents,

Happy New Year to all of you! What an amazing 2022 we've had! Looking forward to what this year brings us! We now have a new company taking over The Palms and we are excited to work with them and hope you all come try their delicious food!

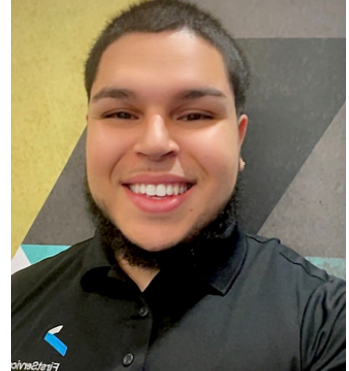
Please click on our weekly emails so you can get all the updates from what is happening here at Polo Trace, Stop by our Clubhouse to pick up some flyers, and take a look at our posters with all upcoming events and Club information.

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

Sincerely,

Michelle Lehrer

## A Letter From Property Management



Happy New Year from your Polo Trace management team! We wish you the best for this upcoming year! We want to extend our sincere gratitude to all of you.

We are always here to assist you with questions, concerns and issues relating to the community. If you see something broken or out of place, please bring it to our attention so we can address it in a timely matter. 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:

[laplume3662@gmail.com](mailto:laplume3662@gmail.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:

[elliott.fisch@gmail.com](mailto:elliott.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:

[peggyelias3332@gmail.com](mailto:peggyelias3332@gmail.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:

jgoldstein14@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

You don't have to go too far! Grab some delicious food & desserts from inside our own community!

## FOOD TRUCK & DESSERT TRUCK

COUSINS MAIN LOBSTER

&

V'S CAKES CHEESECAKES

Thursday, January 5th, 2023

**Time:** 4:00PM - 8:00PM

**Location:** In our parking lot by the Clubhouse.

Cousins Main Lobster

Polo Trace

V's Cakes Cheesecakes

For any questions contact your Lifestyle Director  
Michelle at [lifestyle@polotracehoa.com](mailto:lifestyle@polotracehoa.com)

Feel free to check out their menu online!



# HOA EVENTS

**SAVE THE DATE!**  
**DELICIOUS PIZZA COMING OUR WAY!**

## **STEVE'S WOOD FIRED PIZZA TRUCK**



TUESDAY, JANUARY 10, 2023

Time: 5:00PM - 8:00PM

LOCATION: PARKING LOT CLUBHOUSE

For any questions contact your Lifestyle Director Michelle at  
[lifestyle@polotracehoa.com](mailto:lifestyle@polotracehoa.com)



# HOA EVENTS

## COUSIN'S MAINE LOBSTER AND SANTO DULCE TRUCKS IN OUR OWN COMMUNITY!

Sweet & Salty To-Go



Polo Trace Clubhouse Parking Lot



Monday, January 23, 2023



4:00PM - 8:00PM

For any questions contact your Lifestyle Director Michelle  
at [lifestyle@polotracehoa.com](mailto:lifestyle@polotracehoa.com)

You can preview their menu online!

## **SAVE THE DATE!!**

**Thursday, February 9th, 2023**

**6:00pm - 9:00pm**

**Cost: \$75++ per person**

**Location: Social Hall**

**Come join us and celebrate Valentine's Day  
with a special duo performance by Danny Beck  
and a saxophone player! An event you don't  
want to miss out!**

**Payment guarantee is required.**

**Click on the flyer in the weekly email to reserve and pay via PayPal.**

**Seating is limited and reservations are first come, first served  
basis. Groups of up to 8 people can be accommodated per table, no  
exceptions (parties of less than 8 will be combined).**

**Reservation deadline is Wednesday, February 1st. Cancellations  
after RSVP deadline will be charged.**

**Email your choice of selection to your Lifestyle Director Michelle at  
[lifestyle@polotracchoa.com](mailto:lifestyle@polotracchoa.com) or call 561-499-1992 Ext.201**

# *Valentine's Dinner with Danny Beck*

Thursday, February 9th, 2023

*Complimentary glass of Prosecco*

## ***First Course***

### ***Choice Of:***

Lobster Bisque

Whipped goat cheese

House Chopped Salad

Tomato, onion, cucumber, crumbled feta and romaine tossed in as Greek vinaigrette.

Cesar Salad

Crisp romaine, anchovy dressing, Parmigiano-Reggiano and garlic croutons

## ***Second Course***

### ***Choice Of:***

Petit Filet Mignon

Potato gratin, asparagus, rosemary demi

Salmon Bearnaise

Lump crab, bearnaise sauce, vegetable rice pilaf

Herb Roasted Chicken

Semi-boneless all-natural breast and thigh, whipped garlic potatoes, glazed baby carrots, pan jus

## ***Dessert for two:***

Chocolate Lava Cake

Raspberry coulis and Chantilly cream

# TENNIS & PICKLEBALL

## From Your Racquet Sports Director



Dear Residents,

I would like to wish you a Happy New Year and a very successful 2023 full of trophies! May the new year bless you with health, wealth, and happiness.

Your Racquet Sports Director,

Eden Lica

## ADVANCED TENNIS CLINIC

**Wednesday's  
6:30pm - 8:00pm**

**This clinic focuses on all of the weapons you will need to succeed against any style of play you encounter in your matches. Doubles strategy, advanced fun drills and point play. Get your game to the next level! The cost is \$30 person.**

**Clinic requires reservations 24 hours in advance and a 24 hour cancellation policy applies. A minimum of 4 players are required for clinic to occur.**

**You can make payments in person to Eden in the Clubhouse office or online at [www.polotrancelifestyle.com](http://www.polotrancelifestyle.com). Visit the Tennis & Pickleball main tab and click Book Courts to sign up for clinics. Eden can be reached at 561-499-1992 Ext.202 or 516-253-9697 or email [polotracetennis@gmail.com](mailto:polotracetennis@gmail.com).**

# TENNIS & PICKLEBALL

## ***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.

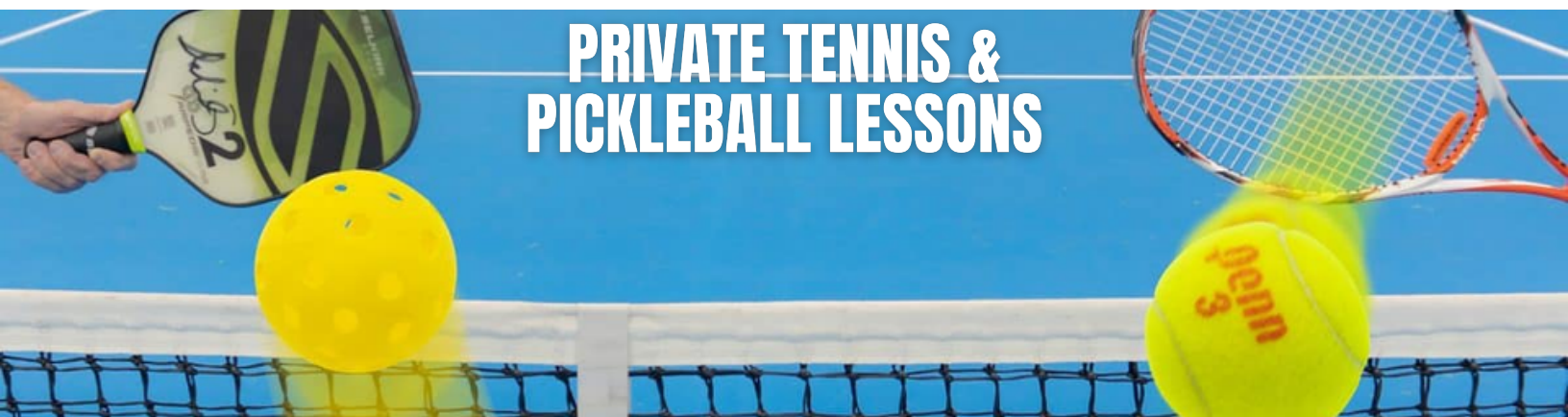
Space is limited to a maximum of 16 players.

Register today to reserve your spot!

Email or call:

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

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



## **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.

Chair Yoga - Enjoy the harmonizing benefits of yoga through this practice of gently stretching and strengthening, breath work, relaxation and meditation. Exercises will be done with the assistance of a chair for support. The class provides clear instructions and modifications for all.

Aqua Fit - 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 Flow - A workout that combines strength training, cardio and mind body balance into one fun and dynamic workout.

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. Aqua Fit	9:00 a.m. Aqua Fit	9:00 a.m. Aqua Fit	9:00 a.m. Aqua Fit		
9:15 a.m. Fit Camp	9:00 a.m. Yoga	9:15 a.m. Fit Camp	9:00 a.m. Yoga	10 a.m.- 1p.m. Art Club	
10:30 a.m. Zumba	10:00 a.m. Aqua Fit	10:30 a.m. Zumba	10:00 a.m. Water Aerobics		*10:30 a.m. Stretch & Tone
	10:00 a.m. Chair Yoga		10:00 a.m. Chair Yoga		
	11:00 a.m. Pilates Flow				
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!*

# POLO TRACE HOA EVENTS & CLUB EVENTS

## Santa in our Clubhouse



**Did you know you can rent our beautiful Social Hall for private events? Weddings, Bar/Bat Mitzvahs, Showers, Anniversaries, Birthdays and much more!**

**Contact the Lifestyle Director for further details at 561-499-1992 Ext.204 or email: [lifestyle@polotracehoa.com](mailto:lifestyle@polotracehoa.com)**

# *Private* **EVENT**

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## 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