



# THE POLO EXPRESS

MARCH/APRIL 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

Gary Levine  
Tina Natale  
John Corona  
Tina Mangano

### Swim & Racquet BOD

Rob Cuskaden  
Kay Drews  
Frank Giacchino  
Gary Levine

# From Your Lifestyle Director



Dear Residents,

What a great start of the year! Our Valentine's event with Danny Beck was a success plus the variety of food trucks that we offered to our community the beginning of the year. And now we enter the spring! We have many exciting events for you to attend the next couple of months!

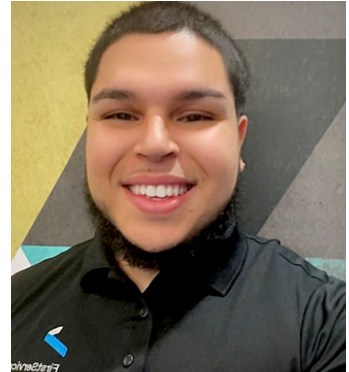
Please click on our weekly emails so you can get all the updates from what is happening here at Polo Trace, Stop by our Clubhouse to pick up some flyers, and take a look at our posters with all upcoming events and Club information.

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

Sincerely,

Michelle Lehrer

## A Letter From Property Management



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)



## BOWLING CLUB

Night out for our Polo Trace Bowling Club?!

Contact: Charlene Amster

Email:

[chuckygal@gmail.com](mailto:chuckygal@gmail.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 Soonier  
Email: [scott@myfmsa.com](mailto:scott@myfmsa.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](mailto: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](mailto: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](mailto:polotracepc@gmail.com)

## PING PONG CLUB

Want to play Ping Pong with your neighbors? Join us in the fitness room and have some fun! Contact: Richard Forgione  
Email: [richardvforigione@gmail.com](mailto:richardvforigione@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: [jeffelias99@aol.com](mailto:jeffelias99@aol.com)  
Contact: Brian Moriarty  
Email: [brmoriarty17@comcast.net](mailto: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](mailto: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](mailto: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](mailto:lindatepper@rocketmail.com)  
Contact: Meryl Greenhill  
Email: [merylgreenhill@gmail.com](mailto: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](mailto: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: Ellen Comisar  
Email: [ellencomisar@yahoo.com](mailto:ellencomisar@yahoo.com)





Food & drinks will be  
available to purchase!

## ST. PATRICK'S PET PARADE & COSTUME CONTEST

Have a lucky day!

Saturday, March 18, 2023



Time: 11:00am - 2:00pm



Polo Trace Clubhouse parking lot.

There will be 3 judges including a dog trainer. Each pet will have their own number.

Costumes are optional, short leash, no extended leashes. We will choose 1st, 2nd, 3rd and 4th place winners

\$10 donation charge if your pet participates and will go to the Tri-County Humane Society.

Payment will be by cash or check, must go to Michelle, Lifestyle Director.  
Bring your own chair!

Deadline to register your pet is Monday, March 13th.

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

**Everyone is welcome! We look forward to seeing you!**





# HOA EVENTS

## **PING PONG TOURNAMENT**

**Thursday, April 13, 2023  
5:00 PM in Social Hall**

Time for some competition! Come out and have fun with your neighbors!

A satellite bar will be available in the room! Drink & play! The Palms Happy Hour starts at 4:30pm.

No charge to participate  
Bring your own paddle!



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





# HOA EVENTS

## LIVE MUSIC



**THE LULU PROJECT WILL BE HERE  
PERFORMING LIVE!!  
COME HAVE SOME FUN, GET  
TOGETHER WITH YOUR  
NEIGHBORS, DANCE, AND LISTEN  
TO SOME MUSIC!**



*Ticket Cost: \$12 per person*



*Thursday, April 20, 2023*



*6:00pm - 9:00pm*



*Clubhouse Social Hall*

*Service will be provided by The Palms in the Social Hall.  
Regular dinner menu available.*

*Payments made through PayPal. Click the link on the weekly flyer to register.  
For any questions please contact your Lifestyle Director Michelle at  
[lifestyle@polotracehoa.com](mailto:lifestyle@polotracehoa.com)*





# HOA EVENTS



## FIRST ANNUAL SPRING ART SHOW

### —— A CALL TO ALL POLO TRACE ARTISTS ——

We are having our first annual Art Show at Polo Trace!

To all the amazing artists in our community; if you would like to have this opportunity to display your artwork please sign up by emailing your Lifestyle Director Michelle at [lifestyle@polotracehoa.com](mailto:lifestyle@polotracehoa.com)

**Date: Friday, April 28th, 2023**

**Time: 4:00pm - 8:00pm**

**Location: Clubhouse Social Hall**

**Signup deadline: April 1st, 2023**

Please note: Each artist will have their own table. Only tangible art and only residents of Polo Trace can display their artwork.



# HOA EVENTS

## STAND UP COMEDY SARGE

Friday, May 5th, 2023

Clubhouse Social Hall • 8:00pm

Entry: \$50 per person

Come enjoy Cinco de Mayo!!

Prior to show stop by The Palms for some dinner!

Click the link on the weekly flyer to register or scan the QR code. Payments are made through PayPal.

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

No eating and no videotaping is allowed during the show.  
Drinks only.





# POLO TRACE HOA EVENTS & CLUB EVENTS

## Valentine's Event with Danny Beck





# POLO TRACE HOA EVENTS & CLUB EVENTS

## St. Patrick's Pet Parade & Costume Contest



### *St Patrick's Pet Parade*



1st Place  
Tootsie



2nd Place  
Louie



3rd Place  
Booboo



4th Place  
Piper & Rosie





# TENNIS & PICKLEBALL

## From Your Racquet Sports Director



Dear Residents,

Congratulations to the winners and to all the participants in our Polo Trace pickleball tournament! We had a blast having you on the court competing and enjoying the fastest growing sport in the country (pickleball).

Your Racquet Sports Director,

Eden Lica





# 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.

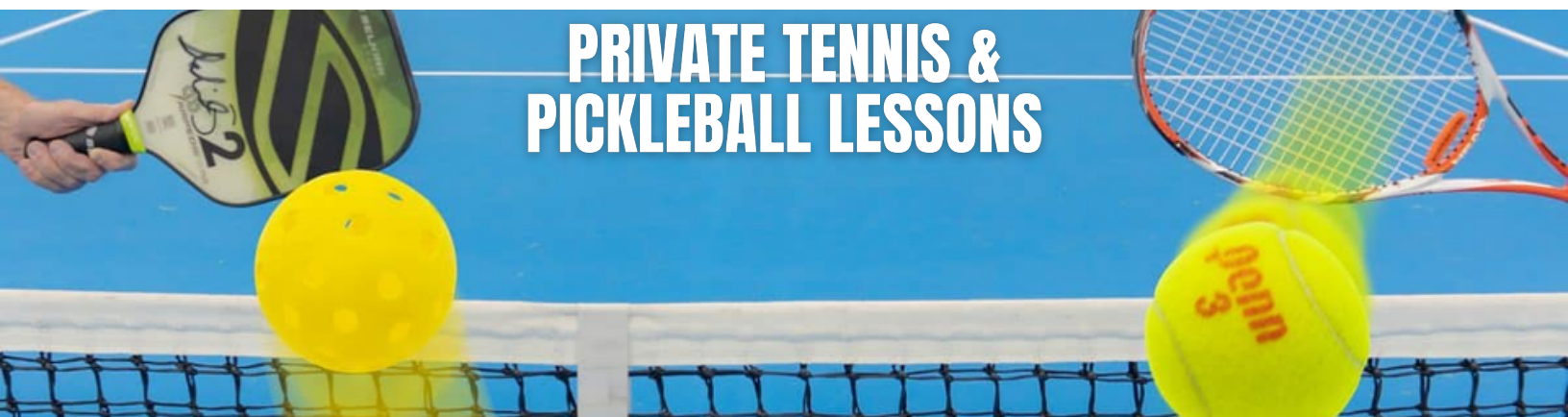
Space is limited to a maximum of 16 players.

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)



TENNIS & PICKLEBALL

# Advanced Tennis Clinic

**Wednesday's  
6:30 p.m. - 8:00 p.m.**

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 per person.

**Clinic requires reservations 24 hours in advance and a 24-hour cancellation policy applies. A minimum of 4 players are required for clinics 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).**





# THE PALMS

## Passover Dinner Special

Available Wednesday, April 5th

### *Starters*

GEFILTE FISH - 10  
*Horseradish and beet relish*

MATZAH BALL SOUP - 6

### *Entrée*

**ROASTED BRISKET - 19**  
*Roasted Dill Red Potatoes, Tzimmes, Jus*

ROASTED HALF CHICKEN - 18  
*Roasted Dill Red Potatoes, Tzimmes*

### *Sides - 4*

Roasted dill red potatoes  
Tzimmes  
Bubby's Krugel

Take-out orders are available with pre-order. Please email us at [thepalms@polotracehoa.com](mailto:thepalms@polotracehoa.com) to place your take-out pre-orders no later than Monday, April 3rd





# THE PALMS

## *Easter Brunch 2023*

Sunday, April 9th

11:00am - 3:00PM

### **BOTTOMLESS MIMOSAS & BLOODYMARYS – 20**

#### **BREAKFAST SANDWICH - 12**

Toasted English Muffin, Fried Egg, Tillimook Cheddar, Bacon, and Arugula  
With a Side of Hashbrowns

#### **AVOCADO TOAST – 12**

Thick Cut Multigrain Toast with Avocado Spread, Local Grape tomatoes,  
Arugula Topped with Poached Egg and Balsamic Glaze Drizzle

#### **THE TRADITIONAL - 12**

Two eggs cooked any style, applewood smoked bacon, hashbrowns and toast

#### **CORNEBEEF EGGS BENEDICT – 15**

Toasted English Muffin, Topped with Sliced Corned beef, Poached Egg and  
hollandaise Sauce

#### **SMOKED SALMON BAGEL - 16**

Toasted Everything bagel, House Made Onion-Caper Cream Cheese, Beefsteak  
Tomato, and Onion

#### **BANANA FOSTERS FRENCH TOAST – 12**

Thick Cut Challah Bread Soaked in Cinnamon Anglaise, topped with Banana Foster  
Sauce

#### **CHICKEN & WAFFLES – 16**

Fried Honey Glazed Chicken Thigh on top of a Buttermilk Belgium Waffle

#### **STEAK & EGG PIZZA – 18**

Thin Sliced Hangar Steak with mozzarella and topped with arugula, two poached  
eggs a balsamic drizzle

*Regular menu will not be available*





THE PALMS

# The Palms

R E S T A U R A N T



W E A R E O P E N F O R  
L U N C H A N D D I N N E R

T U E S D A Y - S U N D A Y  
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M A K E Y O U R R E S E R V A T I O N S  
T H R O U G H O P E N T A B L E

T H E P A L M S @ P O L O T R A C E H O A . C O M

5 6 1 - 6 3 9 - 7 9 3 6





THE PALMS

# HAPPY HOUR

DAILY FROM 4:30PM - 6:30PM

\$4 Bottled Beer | \$5 Well Cocktails | \$6 Select Wines







# 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		
	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!*



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

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

## PRIVATE EVENTS SPACE RENTAL AT POLO TRACE

### 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