



THE POLO EXPRESS

MAY/JUNE 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 Gredell, 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
Stanley Amster

Swim & Racquet BOD

Rob Cuskaden
Kay Drews
Frank Giacchino
Gary Levine
Art Rosenberg

From Your Lifestyle Director



Dear Residents,

What a great spring we've had so far! We have many exciting events for you to attend this summer!

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, call me 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 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

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

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

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

Contact: Scott Paris

Email:

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



BOWLING CLUB

Night out for our Polo Trace Bowling Club?!

Contact: Charlene Amster

Email:

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



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

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

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



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

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

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
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: Ellen Comisar
Email: ellencomisar@yahoo.com



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

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





HOA EVENTS

KENTUCKY DERBY



**GET READY FOR A THRILLING DAY OF HORSE RACING!
WATCH IT ON THE BIG SCREEN IN OUR SOCIAL HALL!
SATURDAY, MAY 6 STARTING AT 12:00PM
COME TO THE PALMS FOR SOME SPECIALS!**





HOA EVENTS

BINGO

Night

Join us for a night of fun!

THURSDAY MAY 25TH, 2023

7:00 PM - 9:00 PM

LOCATION:
CLUBHOUSE SOCIAL HALL

\$5 each card.

We will be accepting cash only, no checks.

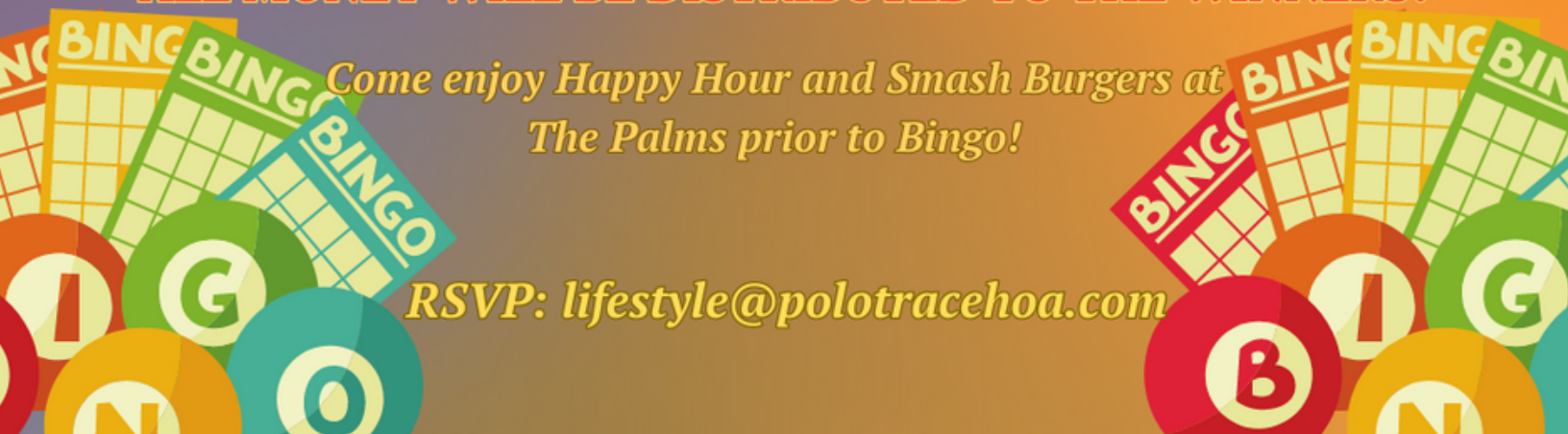
Purchase the same day of event, arrive early.

We will have dopplers for you to purchase if needed for \$1 each.

ALL MONEY WILL BE DISTRIBUTED TO THE WINNERS!

*Come enjoy Happy Hour and Smash Burgers at
The Palms prior to Bingo!*

RSVP: lifestyle@polotracehoa.com



POLO TRACE HOA PAST EVENTS

Live Band & Smash Burger Night



POLO TRACE HOA EVENTS & CLUB EVENTS

Ping Pong Tournament

Ping Pong Tournament

Congratulations to both finalists!

Richard Gorodesky & Rich Hachenburg

1st place winner

Richard Gorodesky

1st place & 2nd place winners

Richard Gorodesky & Rich Hachenburg

Tournament Apolo Trace Table Tennis Tournament

Location: _____ Date: _____

Seeded Teams

- 1. Richard Gorodesky
- 2. Rich Hachenburg
- 3. [Name]
- 4. [Name]

Main Draw

1	Richard Gorodesky	2	Rich Hachenburg
3	[Name]	4	[Name]
5	[Name]	6	[Name]
7	[Name]	8	[Name]
9	[Name]	10	[Name]
11	[Name]	12	[Name]
13	[Name]	14	[Name]
15	[Name]	16	[Name]
17	[Name]	18	[Name]
19	[Name]	20	[Name]
21	[Name]	22	[Name]
23	[Name]	24	[Name]
25	[Name]	26	[Name]
27	[Name]	28	[Name]
29	[Name]	30	[Name]
31	[Name]	32	[Name]

Champion Winner

Richard Gorodesky



ART SHOW



TENNIS & PICKLEBALL

From Your Racquet Sports Director



Dear Residents,

Congratulations to all the tennis & pickleball players, captains for another successful season! Our trophy room is full of trophies which makes me extremely proud of your achievements! I wish you all a great summer and let's make Polo Trace shine!

Your Racquet Sports Director,

Eden Lica

How to Book Courts

www.polotrancelifestyle.com

Please login to the Community Lifestyle Website and then visit the Tennis Tab. Select the Book A Court button and Sign Up! Once you have chosen a password and answer all questions, you will be able to start booking courts! Please email or call Eden with any questions.

(561) 499-1992 or (516) 253-9697
polotracetennis@gmail.com

TENNIS & PICKLEBALL



PHAN-AM Paddle Demo Party **May 19th @ 6-8pm**

**Play with a
Team Phantom Pro
and demo the new
Phantom paddles!**



Free Event!
Bring Guests!

Music!
Food!

Polo Trace Pickleball Courts

Please RSVP
polotracetennis@gmail.com
or 516-253-9697

***Special Polo Trace Only Discounts**

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.

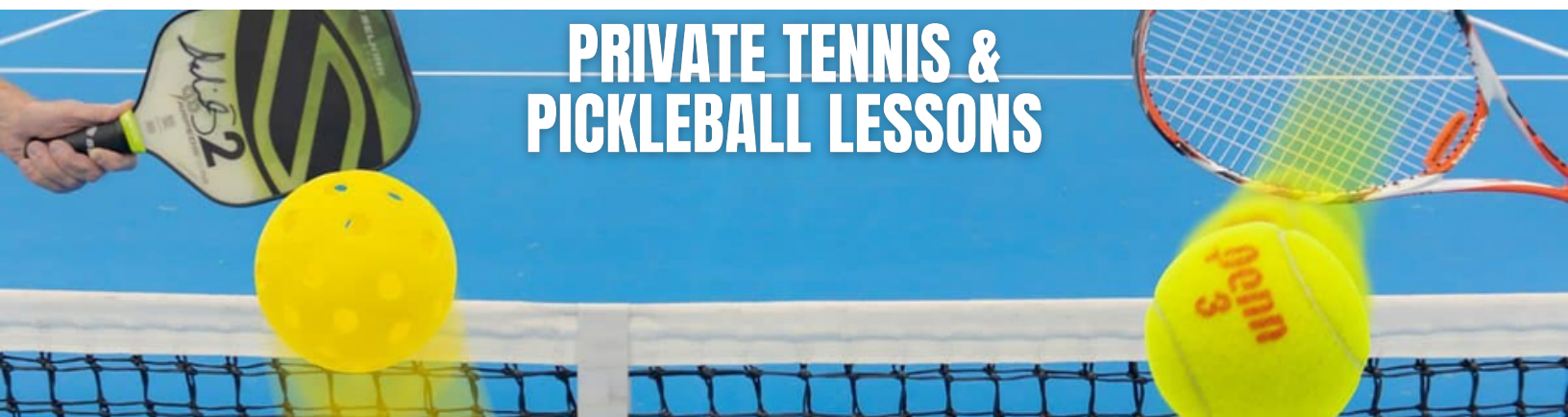
Space is limited to a maximum of 16 players.

Register today to reserve your spot!

Email or call:

polotracetennis@gmail.com

(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

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

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. 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.



THE PALMS

The Palms AT POLO TRACE **Cinco de Mayo Specials**

For the Table

Chicken Wings

Chili spiced crispy jumbo wings served your way...buffalo, BBQ, chili lime or naked 13

Avocado Salsa

Served with baked corn chips 6

Tuna Tostada

Crispy Corn tortilla topped with avocado salsa, corn, grape tomatoes, ginger soy tuna and cilantro 12

Salads

Add to any salad:
grilled Chicken breast 6 / grilled salmon 9

Caesar Salad

Crisp romaine, anchovy dressing, Parmegiano-Reggiano and garlic croutons
7 / entrée size 13

House Chopped Greek

Tomato, onion, cucumber, crumbled feta, olives and romaine tossed in a Greek vinaigrette
7 / entrée size 13

The North Palm Beach

Jumbo lump crab, shrimp salad, chopped romaine, avocado, roasted corn, sunflower kernels, vine ripe tomato and balsamic vinaigrette 20

Handhelds

Oak Room Cheeseburger
Hand-pressed fresh Certified Angus Beef topped with melted Tillamook cheddar 14

The Yardbird

BBQ Chicken breast, Tillamook cheddar, applewood bacon, crispy onions and lettuce on a toasted bun 15

Tacos Your Way

Three Corn Tortilla Tacos with Cilantro Rice & Black Beans 12

Choice of:

Carnitas

Seasoned Beef

Grilled Chicken

Veggie

Quesadilla

Flour Tortilla, onions, peppers, and melted cheese, served with pico de gallo, avocado salsa, sour cream 13

Choice of:

Chicken

Seasoned Beef

Veggie

Entrees

Faroe Island Salmon

Lightly seasoned and broiled, served over sweet potato curry noodles with, broccoli, tomatoes, and cilantro 26

Roasted Chicken Piccata

All-natural semi boneless breast, lemon caper sauce, roasted potatoes, broccoli 22

Meatballs Pomodoro

San Marzano tomato, garlic, fresh basil, grated parmesan 19

Dessert

Pineapple Tres Leche

A rich sponge cake soaked in three milks topped with pineapple and whip cream 12



THE PALMS

**THE PALMS WILL BE HOSTING A TASTING EVENT ON
FRIDAY, MAY 5TH STARTING AT 4:30PM.**

YOU DON'T WANT TO MISS OUT!

WE WILL HAVE GIVEAWAYS, PRIZES, PROMOS, ETC...

**TEREMANA TEQUILA PRODUCED AND FOUNDED BY
DWAYNE "THE ROCK" JOHNSON.**





THE PALMS

*Thank you for allowing us to become part of your neighborhood.
As an appreciation for welcoming us to the Palms at Polo Trace we are offering a
specially priced Mother's Day Brunch from 10-3pm on May 14th.*

*Thank you for your support!
Your management team at the Palms,
Matty, Jorge, Kevin and Chris*

Reservations are highly recommended, Please call 561-639-7936

MOTHER'S DAY BRUNCH BUFFET

\$29.95 adults \$9.95 kids

Mimosas and Bloody Mary's \$5

Full Bar Available

OMELET STATION

Cheese | onion | peppers | mushrooms | Spinach | ham | bacon

EGGS BENEDICT

WAFFLES

Maple syrup | berry compote | whipped cream | toasted pecans

SMOKED SALMON

*Red onion | cucumber | chopped egg | capers | cream cheese
assorted bagels*

FRESH FRUIT PLATTER

YOGURT

With granola

CROISSANTS, BREADS, ASSORTED MUFFINS AND PASTRIES

SALAD BAR

*Fresh greens | tomato | cumber | croutons | pickled onion | parmesan cheese
tuna salad | citrus vinaigrette | ranch dressing*

SHRIMP COCKTAIL

CARVED ROAST SIRLOIN OF BEEF

Horseradish cream and red wine demi glace

BUTTERMILK BATTERED CHICKEN STRIPS

BAKED SALMON

Lemon caper butter

SIDES

Bacon | sausage | fingerling potatoes | roasted vegetables

ASSORTED PASTRIES & COOKIES

Taxes and Gratuity are an additional charge

Non HOA Card Event

Credit Card and Cash only



THE PALMS

SMASH BURGER NIGHT AT THE PALMS

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

- Smash Burger
- Chicken Sandwich
- Vegetarian Smash Burger
- Hot Dog



All sandwiches served with your choice of any
side and a non-alcoholic beverage

NOW Thursdays
From 4:00pm to close!

The Palms
AT POLO TRACE



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
1 2 : 0 0 P M - 9 : 0 0 P M

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		
	10:30 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 or by contacting the fitness vendor at info@totalhealthsystemsinc.com.

Visit 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

PRIVATE EVENTS SPACE RENTAL AT POLO TRACE

Stay Connected



@polotrancelifestyle
@thepalmsatpolotrace



@polotrancelifestyle



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