



# THE POLO EXPRESS

JULY/AUGUST 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  
Marquis Rousseau, 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

Joshua Bartram, 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,

During this summer we will have lots of great events for you!

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 want to introduce our new Assistant Property Manager Marquis!! We are excited to have you part of our Polo Trace community! Welcome to the team!

Sincerely,

Your Management Team,

Akamie Insardi, Marquis Rousseau, 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)



# HOA EVENTS

## Dance Lessons!



A dance class you don't want to miss out!

Whether you're a beginner or an advanced dancer, this class is for everyone! No partner necessary.

Come learn 2 Latin dances with 2 of the most talented instructors from one of the best dance studios: Fred Astaire!

**Date:** Wednesday, July 12, 2023

**Time:** 7:00 - 8:00pm

**Location:** Social Hall

**Cost:** \$20 per person



**Please click on the flyer or scan the QR code to make your payment**

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



**FRED ASTAIRE**  
DANCE STUDIOS





# HOA EVENTS

## Sip & Paint Night

Join us for some wine while you get creative painting this masterpiece canvas! "Island Nights"  
The instructor will lead you step by step!  
Includes a glass of wine plus all equipment and materials. No artistic experience needed!



For those who are attending, we will have 6oz glasses of wine for \$5 each and 1/2 off bottles of wine!

Thursday, July 20, 2023  
7:00pm in the Social Hall

Cost: \$40 per person

**Deadline to register: July 8th.**

A minimum of 10 people is needed to hold the class.

Click on flyer or QR code to make your purchase.  
RSVP: [lifestyle@polotracehoa.com](mailto:lifestyle@polotracehoa.com)





# HOA EVENTS

## BINGO NIGHT

*Join us for a fun night and have a  
chance to win some cash!!!*

**FRIDAY, JULY 28, 2023**

**7:00 PM - 9:00 PM**

**LOCATION: CLUBHOUSE SOCIAL HALL**

**\$5 each card.**

**Cash only, no checks. Purchase the same day of  
event starting at 6:30pm.**

**ALL MONEY WILL BE DISTRIBUTED TO THE WINNERS!**

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



# 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](http://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](mailto:polotracetennis@gmail.com)



# TENNIS & PICKLEBALL

## PICKLEBALL POLO TRACE

Rules of Open Play Tuesday & Thursday (8.00-11.00 am)

Open play games is first to 11 points two clear at 10 all, win by one.

Paddle rack system will be used to determine order of play in order to ensure nobody jumps ahead of the rest of the players waiting for a court. This is meant to be a social mixer, please don't plan to play with a specific partner!

Winners will stay on court and split, losers will come off the court and put their paddles in the rack.

Once 8 paddles or more are waiting, all 4 players must leave the court once their game is completed.

Every player has to bring two balls for open play.

If a player would like to play only with their group of friends, they can do that outside the 8.00-11.00 am open play.

Courts 1 and 2 will be used for advanced players (3.5 and above) and courts 3 and 4 will be used for beginners and intermediate players (below 3.5)

The spirit of Open Play is that everyone gets to play with different players in a recreational and fun setting. Players learn from playing with others. Do not try to manipulate the rotation of courts or paddles to get a more competitive game. Open Play is about fun, not competition. When the opponents are unequal in skill, do not always play the ball to the weaker player just to score points. That is a competitive strategy that is meant for tournament or skill level play and is no fun for the player who is being targeted. Likewise, not playing the ball to the stronger player, makes the game no fun for that other player. If you are the strongest member of the group, focus on shots that will improve your overall game, like the 3rd shot drop and the dinking short game, important skills to practice as you move up the skill ladder intentionally hitting an opponent with the ball to score a point is a strategy for competitive play. Refrain from using it in Open Play!

All players are more than welcome to come for a free evaluation. Please contact Eden Lica at 516-253-9697 or [polotracetennis@gmail.com](mailto:polotracetennis@gmail.com)

This will help you know which courts to go to.



# 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.

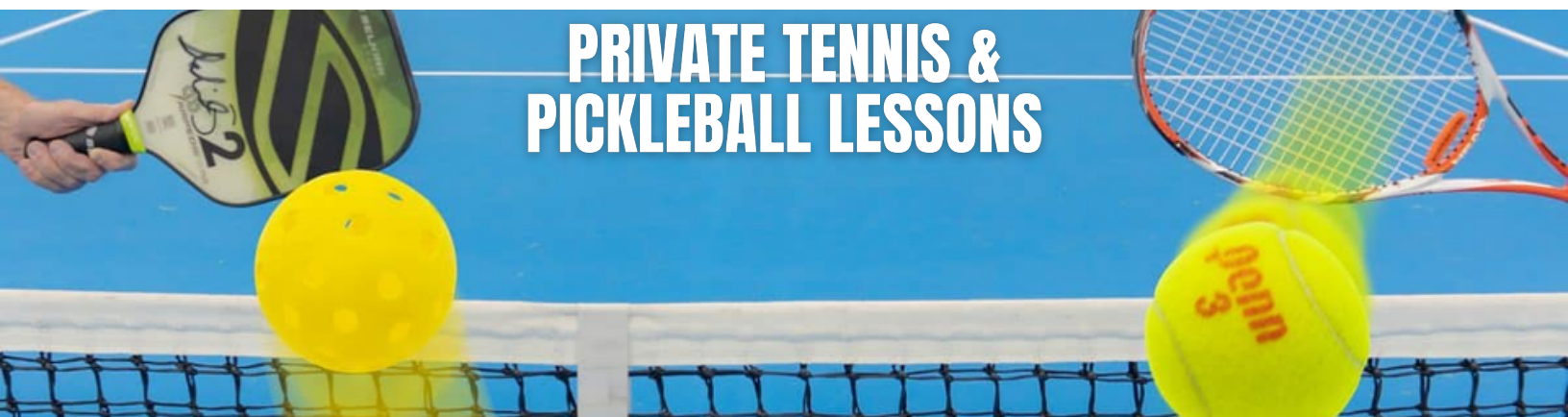
Space is limited to a maximum of 16 players.

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

## *The Palms* AT POLO TRACE

### ***Have you heard?***

The restaurant has a “secret menu”; offerings not listed but available! Try our:

**BLT** - Thick sliced Challah bread loaded with crisp romaine, beefsteak tomatoes and applewood smoked bacon!

**Gluten Free Offerings** - Gluten-Free Bun, Gluten-Free Wrap, and a Gluten Free Cauliflower Pizza Crust! We even have Lettuce Cups!

**Vegetarian Offerings:** Try our Plant Based Beyond Burger on any of your favorite sandwiches! Ask your server about what other options we have on the menu that fit your dietary restrictions.

We can even modify several dishes to make them completely Vegan! Please do not hesitate to reach out to us with any special request to make your meal memorable!

The restaurant also has specials daily! Come check out our Chef created Soup, Pizza, and Cheesecake flavors!

### ***Want to take your salad to the next level?***

Add any protein to it: Grilled Chicken, Broiled Salmon, Grilled Shrimp or a Beyond Burger! You can even get a scoop of your favorite deli salad: Tuna, Chicken or Shrimp Salad.



# 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 - T H U R S D A Y  
1 2 : 0 0 P M - 8 : 0 0 P M

F R I D A Y - S A T U R D A Y  
1 2 : 0 0 P M - 9 : 0 0 P M

S U N D A Y B R U N C H  
1 1 : 0 0 A M - 4 : 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](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!*





# FITNESS

## BALANCE TESTING

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1. Falls are a leading cause of hospitalization
2. Come and get your balance screen by a licensed Physical Therapist
3. Learn what your fall prediction score is and how to migrate it

**Thursday, July 6th**  
**12:00 PM - 3:00 PM in the**  
**Fitness Studio**

**Please sign up by emailing**  
**[marni@totalhealthsystemsinc.com](mailto:marni@totalhealthsystemsinc.com)**

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