

### Contacts

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

<u>Lifestyle</u>

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,

We had a great summer with all the events that have been happening in the community! We look forward to everyone coming back to enjoy the rest of the activities that will be happening this year!

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!

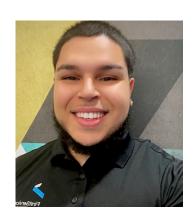
Sincerely,

Michelle Lehrer

### A Letter From Property Management







We are here to assist you with questions, concerns and issues related to the community. We look forward to seeing all of your smiling faces in the clubhouse and around the community.

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 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:

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

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

chuckygal@gmail.com

Email:



### 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 neiahborhood? 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:

richardvforgione@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 women who share your love of golf while having fun and making new friends. Social or league

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





### **GAME FUN AND CASH**

Wednesday, September 6, 2023 7 - 9pm

\$5 Each card. Cash only, no checks. Purchase the same day of event starting at 6:30pm.

RSVP: LIFESTYLE@POLOTRACEHOA.COM



### "Extraordinary Moments" Mio's interactive Mentalism Show

Mio's full-length Mentalism Show is an incredible, interactive experience that involves all the guests, as Mio reads the minds of participants, using a combination of psychology, visualization, intuition and thought transference, presenting amazing feats that cannot be explained! "If you ask me to simply read your mind, with no context, it can be quite difficult, but if I can narrow down your train of thought to a single track, I can reveal that thought!"-Mio.

Seating is limited and reservations are first come first basis. Groups of up to 10 people can be accommodated per table, no exceptions.

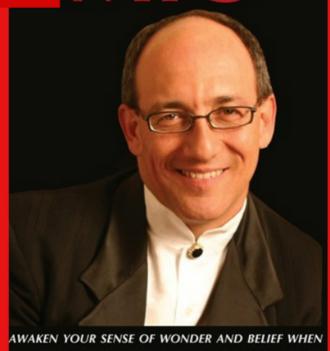
Enjoy dinner before the show at The Palms!

Reservations recommended.

Scan the QR code or click link on the flyer for your payment. For any questions please contact your Lifestyle Director Michelle at lifestyle@polotracehoa.com

### The Magic & Mentalism of

### MIO



AWAKEN YOUR SENSE OF WONDER AND BELIEF WHEN YOU EXPERIENCE THE SPELLBINDING PERFORMANCE OF MIO'S MENTALISM AND MAGIC!





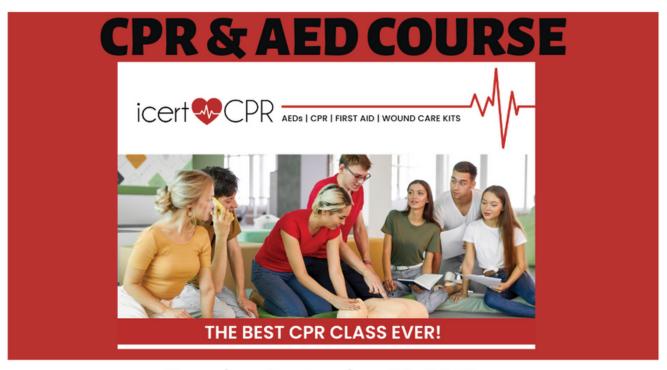
Time: 8:00 PM

**Location: Social Hall** 

Cost: \$30 per person







Tuesday, September 26, 2023 4:00pm - 6:00pm \$45 per person

Come to our Social Hall to get a two year CPR/AED Certification. Skills are taught in a dynamic group environment using AHA's research-proven practice-while watching technique, which provides students with the most hands on CPR practice time possible.

RSVP online by Friday, September 22nd. A minimum of 10 people is needed to hold this class. Link is on the weekly email flyer, or scan the QR code. Payment is through PayPal.

#### Give CPR and save a life in your community!



Give CPR and save a life. You could be the difference for your parent, spouse, child or friend. Did you know about 70 percent of out-of-hospital cardiac arrests happen in homes? If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love. The benefits of performing CPR can double or triple the chance of survival. Don't wait for someone else to step up. Learn and do CPR. You might even save someone close to you.











Doors open at 6:00 pm for selling cards. To participate you need to be 18 years of age and older. \$5 Each card. Cash only, no checks.

RSVP: LIFESTYLE@POLOTRACEHOA.COM



### From Your Racquet Sports Director



Dear Residents,

The new tennis & pickleball season is around the corner and I'm sure that you're going to make us proud again and bring more trophies for our beautiful community. With more experience, our game got better, we've learned a lot over the years and with your passion and dedication for the game, you achieved so many great things! Good luck in the new season!

Your Racquet Sports Director,

Eden Lica

### How to Book Courts

www.polotracelifestyle.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

### 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
This will help you know which courts to go to.



### TUESDAY BEGINNER & INTERMEDIATE PICKLEBALL CLINIC



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 stragedy.

For the intermediate players we will have point play, fun dynamic drills and once a month, a friendly home tournament.

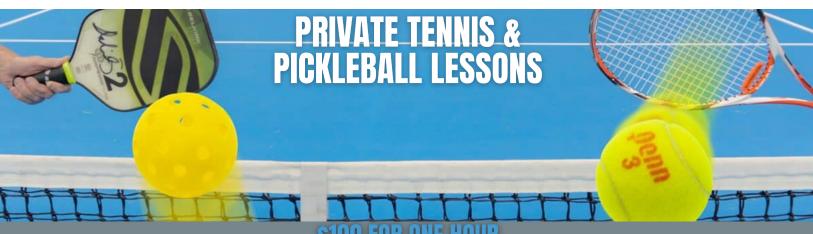
Space is limited to a maximum of 16 players.

Register today to reserve your spot!

Email or call:

polotracetennis@gmail.com

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



### \$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 Jessons!

To reserve your spot call or email at:

polotracetennis@gmail.com (561) 499-1992 (ext.202) or (516) 253-9697 www.polotracelifestyle.com



### **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.polotracelifestyle.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 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.





### TYBOR DYA BRO

Bar will be open for purchases.
Only Special Menu, Regular menu not available.
Food Tickets will be \$21.95 (++) and will include the cost of entertainment and a plate of BBQ.
(Plate includes 1 sandwich and a selection of sides).

**BBQ BUFFET** 

HAMBURGERS & HOTDOGS WITH ALL THE 'FIXINS
BBQ CHICKEN BREAST
PULLED PORK
GRILLED BEYOND BURGERS

HOUSE SALAD
POTATO SALAD
COLE SLAW
GRILLED CORN
BAKED BEANS
MAC 'N CHEESE

**FRUIT SALAD** 

\$3 CORONA SPECIAL

MONDAY September 4, 2023

12:00pm - 5:00pm

THE PALMS

DJ FROM 12:30PM - 3:30PM

Telf.: 561-639-7936

thepalms@polotracehoa.com

ADDITIONAL PLATES OF FOOD AVAILABLE FOR PURCHASE



### US OPEN WATCH PARTY

Game, Set, Match!

Join us at the Social Hall for a viewing of the Men's Finals of the US Open. Enjoy drinks and lite bites with your neighbors. Bring your friends!

Brunch menu available in The Palms till 4:00pm

Alcohol available for purchase: Cocktails not included in price

### **SERVING**

**Iga Swiatek - Polish Maczanka po Krakowsku** - Roast Chicken Sliders, pickled onions, mustard demi

Carlos Alcaraz - Crispy Chicken, Honey Dijon Aioli

Daniil Medvedev - Toasted Eggplant Dip - Roasted Eggplant, Toast Points

Katie Boulter - English Pigs in a Blanket - Beef Franks, Puff Pastry, Honey Mustard

**Novak Djokovic** - Serbian Meat & Cheese Board - Assorted Meats, Cheeses and roasted veggies



- Honey Deuce
- Frozen Cosmos

**FULL CASH BAR** 

**SUNDAY, SEPTEMBER 10, 2023** 



**4PM - 7PM** 

\$16 + Tax & Gratuity

Reservations required by emailing thepalms@polotracehoa.com, please include the name of the guests in your party and how many.



### 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









### WE ARE OPEN FOR LUNCH AND DINNER

T U E S D A Y - T H U R S D A Y 12:00PM - 8:00PM

F R I D A Y - S A T U R D A Y 12:00 P M - 9:00 P M

S U N D A Y B R U N C H 11:00 A M - 4:00 P M

MAKE YOUR RESERVATIONS THROUGH OPENTABLE

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



# HAPPY

DAILY FROM 4:30PM - 6:30PM

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





### 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

<u>Fit Camp</u> - 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.

<u>Pilates Flow</u>-A workout that combines strength training, cardio and mind body balance into one fun and dynamic workout.

<u>Stretch & Tone</u> - 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  10:30 a.m. Zumba	9:00 a.m. Yoga 10:00 a.m. Aqua Fit 10:30 a.m.	9:15 a.m. Fit Camp  10:30 a.m. Zumba	9:00 a.m. Yoga 10:00 a.m. Water Aerobics	10 a.m 1p.m. Art Club	
5		Pilates Flow		Actobles		
	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.polotracelifestyle.com or by contacting the fitness vendor at info@totalhealthsystemsinc.com.



### PRIVATE EVENTS SPACE RENTAL AT POLO TRACE

### Stay Connected



@polotracelifestyle @thepalmsatpolotrace



@polotracelifestyle



www.polotracelifestyle.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.

SWIM AND RACQUET CLUB 13405 Whistler Mountain Road Delray Beach, FL 33446