

Paradise Gardens Section II

P.G. II is designed for residents 55 years & older and meets the exemption under the federal fair housing act.

PAR-TWO News

May, 2017

Get out of that chair!

Sitting too much can be a trigger for cancer, diabetes, heart disease and myriad other health problems. A new study is sending up yet another red flag for couch potatoes about accelerated aging.

An assessment of 1,500 older women discovered that those who got less than 40 minutes of moderate-to-vigorous exercise each day and reported more than 10 hours of daily, sedentary behavior had cells that were 8 biological years older than those of their more active contemporaries.

In addition to being physically harmful, too much sitting also could be damaging your brain. Researchers say that the more you move your body, the more alert your brain becomes. The best thing you can do to keep your brain in shape is get off the couch and head out the door for a brisk walk.

"If you had to pick one thing, one single thing that came closest to the fountain of youth," says James Fries, M.D., a pioneer researcher on healthy aging at Stanford University, "then it would have to be exercise."

Sources: The Real Fountain of Youth: Exercise

http://www.aarp.org/health/fitness/info-01-2011/the_real_fountain_of_youth.html

Keep Your Memory Strong by Walking

http://www.aarp.org/health/brain-health/info-02-2011/keep_your_memory_strong_by_walking.html

Sitting Too Much Can Age You—a Lot

<http://www.aarp.org/health/healthy-living/info-2017/sitting-too-much-can-age-you-a-lot-se.html>

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Newsletter Contributions

If you would like to submit a suggestions or news item to our newsletter, please email me at lizzy0630@gmail.com

Come meet your neighbors and participate in your community at your HOA Meetings. Next Meeting: May 17, 7:30 PM

Paradise Gardens II
1650 NW 68 Avenue
Margate, FL 33063
954 -979-6755
paradiseg2@bellsouth.net

Important Numbers

Emergency—911

Poison Control
1-800-222-1222

Condo Accounting
954-340-0033

Lawn Service (Tommy)
954-937-4414

City of Margate
www.margatefl.com

Police & Fire
Non-Emergency
954-764-4357

City Hall
954-972-6454

Code Compliance
954-972-1232

Water Department
954-972-6454

Senior Center
954-973-0300

Library
954-357-7500

Northwest Medical
Center 954-974-0400
FPL—954-797-5000

Corporate Board

President	Sharon Hevia	954-979-6755	sharhev@bellsouth.net
Vice President	Paul D'Andrea	954-605-7920	paulfda1@att.net
Treasurer	Carol McCabe	954-974-6248	realady1959@yahoo.com
Secretary	Mary Callahan	954-422-2236	marycallfl@aol.com
Director	Carol Smith	954-971-3637	smith5425@bellsouth.net
Director	Al Soler	954-960-2435	alsoler@gmail.com
Director	JoAnn Zangle		jaz149@att.net

District Directors

#1	Elsa Braren	954-960-2313	
#2	Lee Puccio	954-973-9269	
#3	Anita Mael	954-975-3949	
#4	Carol Smith	954-971-3637	smith5425@bellsouth.net
#5	Linda D'Andrea	954-520-1437	
#6	Carol McCabe	954-974-6248	Realady1959@yahoo.com
#7	Andrew Jones	954-266-4244	
#8	Marilyn Guido	954-974-8481	
#9	Marcia Mauer	954-249-5420	
#10	Madelyn Bartelme	954-917-3089	
#11	Theresa McLellan	954-972-2120	
#12	Bob McLellan	954-972-2120	TMAC6795@aol.com

Committees

Architectural	Paul D'Andrea	954-605-7920	paulfda1@att.net
Entertainment	Theresa McLellan Cindy Udemans	954-972-2120 954-801-9260	
House Manager	Al Soler	954-960-2435	alsoler@gmail.com
Newsletter	Liz Levine	954-260-1916	lizzy0630@gmail.com
Screening	Gilda Pagano Armando Perez Gili	954-970-5253 305-613-9190.	PGTWOHOI@att.net pgili58@hotmail.com
Social Club	Bob McLellan	954-972-2120	TMAC6795@aol.com

Important Reminders

You have made a personal decision to live in a community that is a registered association. Associations are governed by a set of rules. The rules are for all, no exceptions.

Parking

There are no defined parking spaces on community streets. Spaces cannot be saved. Our streets are maintained by the City of Margate and you can park anywhere as long as you:

- **Park on the correct side of the street, which is the side opposite of the No Parking signs and in the direction of the traffic flow.**
- Do not block anyone's driveway

Pool Rules

- The pool is open from dawn to dusk. No swimming after dark
- Please be considerate as to the number of guests you entertain in the pool.
- All homeowners and their guests must have tags when using the pool. Tags may be purchased at every homeowner's meeting. Anyone not having tags will be asked to leave the pool
- **Homeowners must accompany guests in the pool area**, particularly residents with children
- No food or beverages, including alcohol is allowed in the pool area.

Attention Dog Owners

- All dogs must be leashed and restrained at all times
- Do not walk your dog on anyone else's property
- **You must clean up after your dog**

Don't Feed the Mucovy Ducks

Feeding the ducks will solidify your friendship with the blunt-billed birds for life. So will leaving household trash outside in plastic bags instead of in garbage cans. It's against the law to feed the ducks in Margate and can result in fines. Muscovies get their nutrients from a natural diet of bugs and pond algae.

Personal Yard/Garage Sales

Our by-laws prohibit all yard and/or garage sales.

Paying Your HOA Dues

Pay Online at tinyurl.com/pg2pay

You can control when you pay and set reminders to pay. You can set text or set email reminders. You can pay using credit cards, debit cards or your checking account. Checking account payments are free of service fees. Credit and Debit cards will have a fee of about \$4.95. Fees vary by payment amount.

Use Direct Debit Authorization

Have your quarterly (January 1, April 1, July 1, October 1,) assessments automatically paid from your bank account. Just complete this Direct Debit Authorization Form, and enclose a voided check. Beginning with the next quarterly assessment, your payment will be automatically

Your Name: _____

Property Street Address: _____

Signature: _____ Phone: _____

Email: _____

Mail, or email it to us at:

Email: PG2@HomeOwnerUSA.com

Paradise Gardens Section Two
c/o Condo Accounting

Use Your Bank's Bill Pay

If you use your bank's bill pay, send your maintenance payments to:

Condo Accounting, Inc.

c/o CenterState Bank

P.O. Box 667944, Miami, FL 33166-9408

A Letter from the President and the Corporate Board

Happy Mothers Day to all PG II Mothers



Homeowners Meeting at May 17 at 7:30 pm. I hope to see everyone there. This will be our last meeting until Sept.

4th of July Party

We are having a 4th of July party with a 50's and 60's theme. We'll have a live band.

The party is Saturday, July 1 from 5 PM until 8 PM.

The price is \$10 per person. I'm hoping for a great turnout!

Management Company Update: As of March 31, 2017 we know longer have VIP Management Co. as our management company. We are looking at other management companies.

Our email address is: paradiseg2@bellsouth.net.

Send your suggestions, comments or complaints to this address.

Men's Club and Arts & Craft Club meetings are cancelled for May, June, July and August. Meetings will resume in September. The Men's Club will meet every Wed night at 7:00 pm. The Arts and Crafts Club will meet on the first Monday of every month at 6:30 pm. Making holiday gifts, ornaments and wreaths are on the agenda. Everyone is welcome to come and bring a friend.

Pool Rules: No food or beverages, including alcohol, are allowed in the pool area. Please abide by the rules. NO SWIMMING AFTER DARK. Please everyone take proud in your pool and try to keep it neat and clean. Put the chair back in place after using them.

Thank you,
Sharon Hevia, President

Neighborhood News

Welcome our new neighbors:

- ♦ Ismael Scott & daughter Sasha, 6770 NW 16 Street
- ♦ Thomas & Donna Johnson, 1640 NW 67 Avenue
- ♦ Jose & Luz Duran, 6795 Margate Boulevard
- ♦ Castell Enterprise, Mirtha Vasque, 6825 Margate Boulevard (investor)



Register Now for

**MARGATE
CITIZENS ACADEMY**

Classes Begin May 9th

The City of Margate invites residents and business owners to participate in Margate Citizens Academy (MCA), an eight-week interactive program designed to give an up-close look at local government. Applications are available for the next session, which will begin on Tuesday, May 9th.

Formerly called Margate Community College, MCA is free and open to Margate residents and business owners over 18 years of age. Classes will take place on Tuesday evenings from 6 to 8:30 p.m. at various City facilities. A light dinner will be served from 6 to 6:30 p.m.

Interested residents should submit an application to the City Manager's Office at Margate City Hall, 5790 Margate Boulevard, no later than Monday, May 1st. Applications are available at City Hall, 5790 Margate Blvd or can be downloaded at <http://www.margatefl.com/mca>. Apply early as class size is limited to 20 participants. For more information call 954-935-5300.



This is our last newsletter for the season.
See you in September!

May 6th
Rebels and Bandoleros:
ZZ Top and George Thorogood tribute band



Craft vendors and food trucks will open at 5:00 p.m. to 10:00 p.m. with live music starting at 6:00 p.m. to 9:00 p.m.

Along with musical entertainment, each event will also feature an eclectic mix of local craft vendors selling handmade jewelry, clothing, and gifts, and food trucks on site serving up delicious snacks, meals and desserts.

At the Margate Library

World Affairs with Ethne Chesterman **Every Wednesday 10:30 AM—12:15 PM**

World Affairs is a lecture series that discusses current affairs and is sponsored by the Friends of the Margate Catharine Library. Fee is \$2.50 per person/per session.



Understanding Social Security with Bill Curtis **Saturday, May 06 2 PM to 4 PM**

Deciding when and how to take Social Security Benefits can be confusing. This education seminar will help you understand Social Security and how to maximize its benefits.

Tertulia, May 13 2 PM—4 PM

Spanish Book Club Reading Noah Hawley Antes de la Caida

Color Coded: Wednesday, May 17, 4:30 PM—5:30 PM

Adult coloring group. Materials provided. No charge

Dr. Bob's Musical Showcase: Saturday, May 20 , 2 PM—4 PM

50's and 60's musical show

Fourth of July Party



Saturday, July 1 from 4 PM until 7 PM

at the PG II Clubhouse

Live music by Sundays at 5 playing 60's and 70's classics

4th of July picnic food including desert and beverages

\$10 per person

Ticket sales at the clubhouse every Monday night in June

from 6:30 to 7 PM at the clubhouse

You must have a ticket to attend

**Come on out and celebrate America's birthday
with your friends and neighbors!**

Cindy Udemans (954) 801-9260

Theresa McLellan (954) 972-2120

PG-II Events



Women's Arts & Crafts Club

Meetings cancelled for May, June, July and August.

See you in September!

Men's Club Meeting

Meetings cancelled for May, June, July and August.

See you in September!



Water Aerobics

Monday, Wednesday & Friday 9:30 -10:30 AM

Bring your noodle

Line Dancing

Tuesday afternoon 1:00 -2:00 PM at the clubhouse.

Come join our very own "Paradise Gardinettes" and have some good ole' country fun.



Lightning Bingo

April 13 Super Bingo winners: Rosie Smith and Edna Lawson who won 2 super bingos!

Summer Bingo Dates:

- ♦ June 8 and June 22
- ♦ July 6 and July 20
- ♦ August 10 and August 24



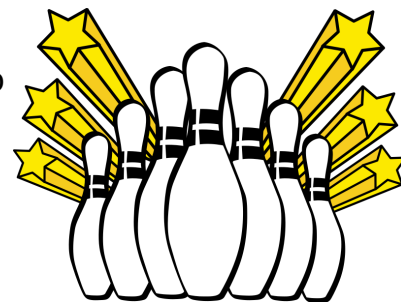
Bingo only costs \$1 to enter and includes soda, ice tea, water, and snacks and SUPER BINGO. Cake or cookies, coffee and tea are served at the end of the games. Please bring enough nickles to play the full 90 minutes. I will have rolls of nickle's available for purchase. The games start at 7:30 PM sharp ,please be at the clubhouse by 7 :15PM.

Bob McLellen , 954-972-2120, TMAC6795@aol.com

Funster's Bowling

This is the last bowling report for the year and with several weeks to go there are still a couple of teams in contention for **first place!**

Our season ending luncheon will be held on Wednesday, May 17 at 1 PM at the PG II Clubhouse. Pizza, drinks, coffee, tea and desert will be provided. All money prizes and trophies will be presented at the end of the luncheon. I hope everyone will be able to attend!



It's been a difficult year with many people suffering health problems. Let's hope everyone is fully recovered for the start of next season in September.

If you know of anyone interested in joining our league, please give them my name and phone number. We always need bowlers!

Bob McLellen , 954-972-2120, TMAC6795@aol.com

	Super Shots	Sizzling Scores
Week 27 3/29	Cindy Udemans 8-9 Gus Smolich 5-7 Mary Argenti 4-7-10 Bob McLellan 5-7	Dorothy Thomas 174-469 Cindy Udemans 189-456 Bob McLellan 198-529 John Schipani 172-502
Week 28 4/5		Cindy Udemans 192-538 Dorothy Thomas 200-514 Gus Smolich 193-535 Bob Wing 169-492
Week 29 4/12	Bill Ford 5-10 Gus Smolich 5-7 Evelyn Schipani 7-8 Maria Rozsitis 5-10	Dorothy Thomas 203-541 Mary Argenti 179-483 Ira Leeds 188-552 Bob McLellan 178-525

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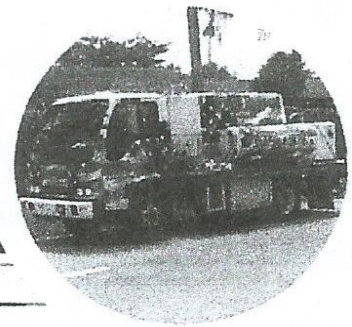
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Paul Pacitti

Wondering How Much Your Home is Worth?

How has the price of your home changed in today's market? How much are other homes in Paradise Gardens selling for?

If you're wondering what's happening to prices in your area, or you're thinking about selling your home, I'm able to help.

Just give me a call for a no-fuss, professional evaluation. I won't push you into listing with me or waste your time. I'll just give you the honest facts about your home and its value. I look forward to hearing from you. My direct line is 954-775-7542



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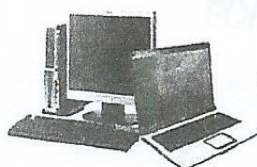
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May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 May Day Water Aerobics 9:30 AM	2 National Teacher Day Line Dancing 1 PM	3 Water Aerobics 9:30 AM Bowling Noon	4 National Day of Prayer	5 Cinco de Mayo Water Aerobics 9:30 AM	6 Kentucky Derby
7	8 Water Aerobics 9:30 AM	9 Line Dancing 1 PM	10 Full Moon Water Aerobics 9:30 AM Bowling Noon	11	12 Water Aerobics 9:30 AM	13 Bulk Trash Pickup
14 Mother's Day	15 Water Aerobics 9:30 AM	16 Line Dancing 1 PM	17 Water Aerobics 9:30 AM Bowling Luncheon 1 PM	18 Lightning Bingo 7:15 PM	19 Water Aerobics 9:30 AM	20 Armed Forces Day
21	22 Water Aerobics 9:30 AM	23 Line Dancing 1 PM	24 Water Aerobics 9:30 AM	25 New Moon	26 Water Aerobics 9:30 AM	27 Ramadan starts
28 National Burger Day	29 Memorial Day Water Aerobics 9:30 AM	30 Line Dancing 1 PM	31 Water Aerobics 9:30 AM	May's Zodiac signs 5/1-5/20 Taurus 5/21-5/31 Gemini	May's flower is Lily of the Valley	May's birthstone is Emerald