

# THE WAVE

May 2024

# CRESSWIND®

PALM BEACH AT WESTLAKE

SET YOURSELF **FREE**

lovely  
**MAY**

## FLORIDA NATIVES

At Cresswind



**Silver Buttonwood Trees**  
(*Conocarpus Erectus* Var. *Sericeus*)  
This tree is famous for its unique silver color. Makes a beautiful focal point in the garden. Can be easily maintained.



**Sunshine Mimosa** (*Mimosa Strigillosa*)  
Low growing ground cover, flowers throughout the year, attracts butterflies



**Fire Bush** (*Hamelia Patens*)  
This plant gets its name from its bright orange flowers. Blooms all year. Make a great privacy hedge.

15730 Cresswind Place  
Westlake, FL 33470

[www.cresswindpalmbeachhoa.com](http://www.cresswindpalmbeachhoa.com)

☎ 561-247-7590

# Outings.....

**CRESSWIND**

PALM BEACH AT WESTLAKE

## South Florida Animals

GUIDED TOUR AT GREEN CAY NATURE CENTER

12800 Hagen Ranch Rd, Boynton Beach, FL 33437

Thursday, May 30th

10AM | \$5 pp

(Payment collected upon arrival - checks payable to PBCBOCC)

This program will explore the lives of various animals we have here in south Florida and includes a wetland walk to search for some. Get an up close look at some of them!



# Featured Event

## Mamma Mania

Saturday, May 11th  
at the Crosswind Clubhouse

B.Y.O.B



**\$30 PER PERSON**

**(INCLUDES APPETIZERS & DESSERTS)**

'Mamma Mania' an interactive Mamma Mia Tribute experience. A cast of Broadway performers who truly bring the experience to life, filling the Evening with song, dance, comedy, and audience participation.

# MAY 2024

SET YOURSELF FREE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5</b> 10:30AM Slow Flow Vinyasa Yoga <b>2PM</b> National Lemnada Day <b>Happy Cinco de Mayo!</b>	<b>6</b> 1PM Picasso Art Club <b>4PM</b> Zumba <b>6PM</b> Poker Club <b>6:30PM</b> Canasta Club	<b>7</b> 10:30AM Chair Yoga <b>3:30PM</b> Bingo <b>6:30PM</b> Gun Club	<b>1</b> 11:30AM Lunch & Learn <b>12PM</b> Canasta Club <b>4PM</b> Happy Hour Bocce <b>6PM</b> Ceramics <b>6:30PM</b> Dealer's Choice Poker	<b>2</b> 10:30AM Gentle Hatha Yoga <b>4PM</b> Tai Chi	<b>3</b> 9:30AM Intro to Strength & Fitness <b>TRY A FREE CLASS</b>	<b>4</b> 8AM Road Race <b>10AM</b> Watercolor Class <b>7PM</b> Musical Bingo
<b>12</b> 10:30AM Slow Flow Vinyasa Yoga <b>Happy Mothers Day</b>	<b>15</b> 10AM Gun Club Outing - PBS Range Pistol Shooting <b>6PM</b> Zumba <b>8PM</b> Poker Club <b>8:30PM</b> Canasta Club	<b>14</b> 10AM New Resident Orientation <b>10:30AM</b> Chair Yoga <b>10:30AM</b> Chair Yoga <b>11AM</b> Crochet & Knitting Club <b>2PM</b> Tech Tuesday <b>6:30PM</b> Dementia Support Group	<b>8</b> 1PM Canasta Club <b>4PM</b> Happy Hour Bocce <b>6PM</b> Ceramics <b>5:30PM</b> Wine Down Wednesday	<b>9</b> 9AM - 5PM Elle Facials <b>10:30AM</b> Gentle Hatha Yoga <b>4PM</b> Tai Chi <b>6:30PM</b> Dealer's Choice Poker	<b>10</b> 10AM Fire Safety <b>10AM</b> Fire Safety	<b>11</b> 8AM Road Race <b>8:30AM</b> Outing - PBS Range Outing - PBS Range <b>10AM</b> Watercolor Class <b>7:30PM</b> Maranatha Maria
<b>17</b> 10:30AM Slow Flow Vinyasa Yoga <b>6AM - 12PM</b> Pickleball Tournament	<b>20</b> 10AM Gun Club Outing - PBS Range Shooting Sport Club <b>1PM</b> Picasso Art Club <b>6PM</b> Zumba <b>8PM</b> Poker Club <b>8:30PM</b> Canasta Club	<b>21</b> 10:30AM Chair Yoga <b>11:30AM</b> Lunch & Learn <b>2PM</b> Tech Tuesday <b>3:30PM</b> Bingo <b>7:30PM</b> Line Dancing - 4 Week Series	<b>15</b> 10AM Book Club <b>10AM</b> Tech Talk <b>1PM</b> Canasta Club <b>4PM</b> Happy Hour Bocce <b>6PM</b> Ceramics <b>6PM</b> Book Club <b>6:30PM</b> Club Crawl <b>8:30PM</b> Dealer's Choice Poker	<b>16</b> 9AM - 5PM Vitale Dog Grooming <b>10:30AM</b> Gentle Hatha Yoga <b>4PM</b> Tai Chi <b>5:30PM</b> Women's Club <b>7PM</b> Men's Club Meeting	<b>17</b> 10AM Fire Safety <b>10AM</b> Fire Safety	<b>18</b> 8AM Road Race <b>8AM - 12PM</b> Pickleball Tournament <b>9AM - 5PM</b> Elle Facials <b>10AM</b> Watercolor Class <b>2PM</b> Meditation in Medicine
<b>26</b> 10:30AM Slow Flow Vinyasa Yoga <b>2PM</b> Movie/Matinee	<b>27</b> 1PM Memorial Day Pool Party <b>6PM</b> Zumba <b>8PM</b> Poker Club <b>8:30PM</b> Canasta Club	<b>28</b> 10:30AM Chair Yoga <b>1PM</b> Crochet & Knitting Club <b>2PM</b> Tech Tuesday <b>7:30PM</b> Line Dancing - 4 Week Series	<b>22</b> 1PM Canasta Club <b>4PM</b> Happy Hour Bocce <b>6PM</b> Ceramics <b>6:30PM</b> Dealer's Choice Poker	<b>23</b> 10:30AM Gentle Hatha Yoga <b>4PM</b> Tai Chi	<b>24</b> 10AM Gun Club Outing - PBS Range Pistol Shooting <b>6:30PM</b> Club Crawl Shabbat Potluck	<b>25</b> 8AM Road Race <b>10AM</b> Watercolor Class <b>2PM</b> National Wine Day
			<b>29</b> 1PM Canasta Club <b>4PM</b> Happy Hour Bocce <b>6PM</b> Ceramics <b>6:30PM</b> Dealer's Choice Poker	<b>30</b> 10AM Green Day Nature Center <b>10:30AM</b> Gentle Hatha Yoga <b>4PM</b> Tai Chi	<b>31</b> 4PM Gun Club Outing - PBS Range Competition <b>7PM</b> LCR Club	



# MIX & MINGLE



## Wine Down Wednesday



**WHO IS CRESSWINDS MASTER ITALIAN CHEF?**



**B.Y.O.B.**



**WEDNESDAY, MAY 8TH  
5:30PM - 7:30PM  
CRESSWIND CLUBHOUSE**

*Bring & Share  
Your Favorite Italian Recipe!*



# HIGHLIGHTED EVENTS

**MUSICAL BINGO**

**8**

Saturday, May 4th  
7PM | \$10 per person  
Cresswind Clubhouse

Prizes, Snacks, & Water included  
You are welcome to B.Y.O.B

**TECH TALK**  
WITH TORRENCE MACK

Presented By **TDM TECHNOLOGIES INTERNATIONAL**

Wednesday, May 15, 2024  
10 AM - 11 AM  
Cresswind Palm Beach Clubhouse

Operating across 30 counties in Florida, TDM Technologies Intl has established a solid presence in the region. The organization's comprehensive classes offer hands-on instruction in various aspects of technology, including computers, smartphones, tablets, internet usage, social media, and digital communication tools. TDM Technologies Intl creates a supportive and engaging learning environment.

Sponsored by: **Humana**  
Instructor: Torrence Mack  
[www.tdmtechps.com](http://www.tdmtechps.com)  
Must Pre-Register

**MEMORIAL DAY**

**B.Y.O.B**  
(Bring your own Beverage)

**POOL PARTY**

**LIVE MUSIC**

MONDAY, MAY 27TH  
Starts at 1 PM

Celebrate Memorial Day AND the beginning of SUMMER, at the Cresswind POOL PARTY! Enjoy the beautiful sunshine with Live Music, Bubba's Hangover Diner Food Truck, and fun pool games.

**See You Poolside!**

**MEMORIAL DAY**  
honor \*  
AND  
\*remember

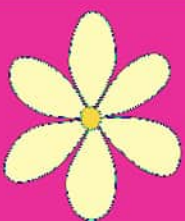
**MOVIE MATINEE**

SUNDAY, MAY 26TH  
2:00PM  
CRESSWIND CLUBHOUSE

**THE HURT LOCKER**

honoring  
ALL THOSE  
WHO SERVED

FREE ENTRY  
AND...





# Fitness



For easier viewing visit:

[www.cresswindpalmbeachhoa.com](http://www.cresswindpalmbeachhoa.com)



**Gentle Path**  
**YOGA**

Every Thursday  
Fitness Room  
10:30 AM

Email Coco to ask questions and/or register:  
[colleenforlizzi@verizon.net](mailto:colleenforlizzi@verizon.net)

**FREE classes**  
(Donations are accepted for chosen monthly charity)

Gentle yoga is performed at a slow pace, with less intense postures, and includes extended time for meditation, yoga breath work, and relaxation. Gentle yoga relieves stress, increases flexibility, calms the mind, and strengthens the body and balances overall mood.

This class has no prerequisites or stretching-soreness poses and no equipment requirements or any mats. This practice does not include any standing poses. Please to wear athletic wear you are used to bring water back to your beds.

## E G Y M



**SLOW FLOW VINYASA YOGA**

Every Sunday | 10:30 AM  
Fitness Room

Email Coco to ask questions and/or register:  
[colleenforlizzi@verizon.net](mailto:colleenforlizzi@verizon.net)

**FREE classes**  
(Donations are accepted for chosen monthly charity)

Slow flow yoga links the breath, movement and poses together, slow flow is a great class for the most basic postures so that students understand the foundation of all the different types of poses. Poses are held into different variations such as standing, seated, floor, inversions, balances, balancing and more.

This class focuses on slow controlled movements while flowing from one posture to the next using breath. Our practice includes a warm-up, combination of strength, balance and flexibility poses, cool down, and final pose, savasana.

No class fee any while taking a class. Cash is not used unless you experience. All classes are held in a soft carpeted room for ambience.

**TAKE THINGS ZUMBA**

**ONE STEP AT A TIME**

Join Class with BETTY  
Mondays 6:00pm

**Chair Yoga (All levels)**

EVERY TUESDAY @ 10:30AM  
CRESSWIND CLUBHOUSE


Chair yoga involves modifying yoga poses so they can be done while seated. With the support of a chair, the benefits of yoga become accessible to even more people, regardless of age, flexibility level, injuries, or mobility issues. Chair Yoga has benefits of regular yoga, such as helping with stress, pain, and fatigue and can also help with joint lubrication and balance.

This class is a slow moving class with mindful stretches and joint openers, all at your own pace. We will work from head to toes with a focus on breath to movement while releasing stale energy. And.....of course soft popular music for ambience!



**FREE CLASSES**  
(DONATIONS ARE ACCEPTED FOR CHOSEN MONTHLY CHARITY!)

**EMAIL COCO TO ASK QUESTIONS AND/OR REGISTER:**  
[COLLEENFORLIZZI@VERIZON.NET](mailto:COLLEENFORLIZZI@VERIZON.NET)



**TAI CHI**

THIS 8-FORM PROGRAM HAS BEEN PROVEN TO REDUCE FALLS AND FALL RISK. OTHER BENEFITS INCLUDE MENTAL WELL-BEING, BALANCE, PERSONAL INDEPENDENCE, AND QUALITY OF LIFE.

Tai Chi for Arthritis has been proven to improve movement, strength, flexibility, and relaxation.

Every Thursday  
4 pm to 5 pm  
Cresswind Clubhouse

8 Classes: \$64 (No Expiration)  
OR  
\$10 per class

For More Info Contact, Maureen McCarthy:  
[theartofbalance7@gmail.com](mailto:theartofbalance7@gmail.com)

The Art of Balance, LLC.



**STRENGTH & FITNESS**

All Fitness Levels are invited to come out!

Try a **FREE Class**  
Friday, May 3rd | 9:30AM  
Cresswind Group Fitness Room

Fun filled hour of burning calories and toning muscles  
with Instructor **Lens Georges**

Weekly Time & Date - To be Announced



For More Information Email:  
[Melefit.Lens@gmail.com](mailto:Melefit.Lens@gmail.com)

*New Class* Coming Soon...

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# STRENGTH & FITNESS

All Fitness Levels are invited to come out!

**Try a FREE Class**

**Friday, May 3rd | 9:30AM**

**Cresswind Group Fitness Room**

**Fun filled hour of burning calories  
and toning muscles!**

**with Instructor Lens Georges**

**Weekly Time & Date - To be Announced**

Try a  
FREE Class  
May 3rd



**For More Information Email:  
[Melefit.lens@gmail.com](mailto:Melefit.lens@gmail.com)**



# NEW CLUBS

## LCR CLUB

(LEFT CENTER RIGHT DICE GAME)

GAME ON, FOR THE THRILL OF IT!

# Game Night

At Cresswind Clubhouse  
LAST FRIDAY OF THE MONTH  
7PM - 9PM

STARTING  
MAY 31ST

For more information contact:  
Joe Siegel



# SUPPORT

## Dementia Support Group

*Starting  
May 14th*

2ND TUESDAY OF THE MONTH

6:30PM - 7:30PM

CRESSWIND CLUBHOUSE - ART RM.

SUPPORT GROUP FOR FAMILY MEMBERS WITH  
A LOVED ONE ON A DEMENTIA JOURNEY!

FOR MORE INFORMATION, CONTACT NANCY:  
[NANCYWISPORT3323@GMAIL.COM](mailto:NANCYWISPORT3323@GMAIL.COM)



# NATIONAL DAYS

## NATIONAL LEMONADE DAY

May 5th  
2PM

~ While supplies last ~

Stop by the Cresswind Palm Beach Clubhouse  
between 2pm - 3pm



## National Wine Day

May 25th  
2PM



~ While supplies last ~

Stop by the Cresswind Palm Beach Clubhouse  
between 2pm - 3pm

# EDUCATIONAL



**Fire Extinguishers**  
Keep a fire extinguisher in high risk area such as kitchen. Make sure it is in proper working order and know how to use it.

**Smoke Alarms**  
Have a smoke alarm in every room. Test the alarms every month and replace the batteries every two years. Replace the entire alarm ten years after the date of manufacture.

**Sprinkler Suppression**  
Inspect the gauges in dry, pre-action, and deluge systems as often as once a week. Wet pipe system gauges can go a month between inspections. The full system can be assessed yearly.

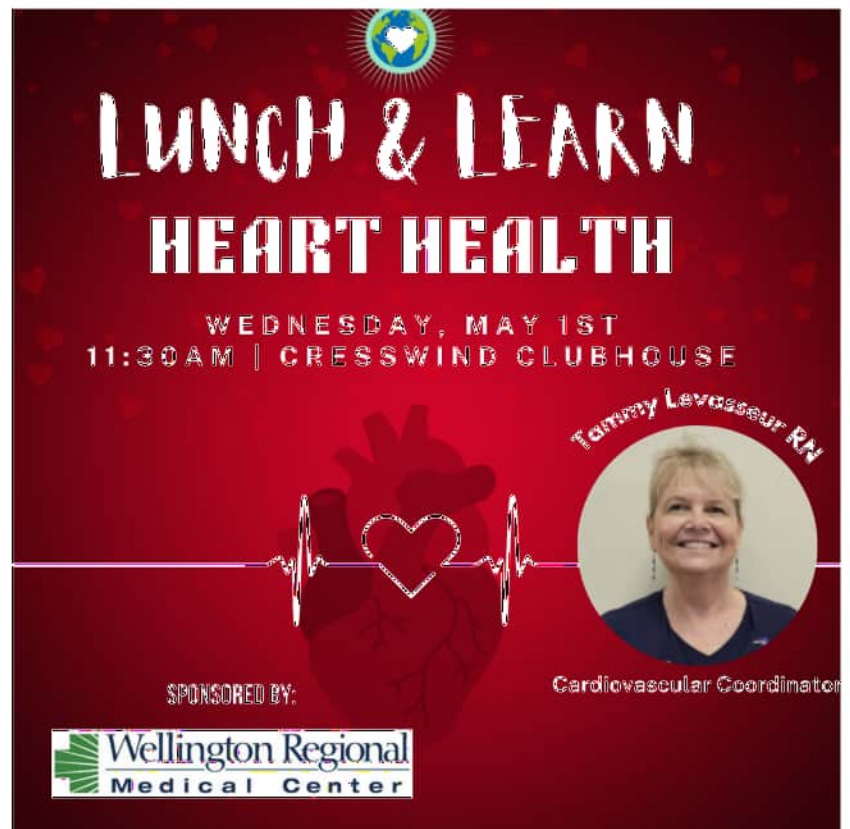
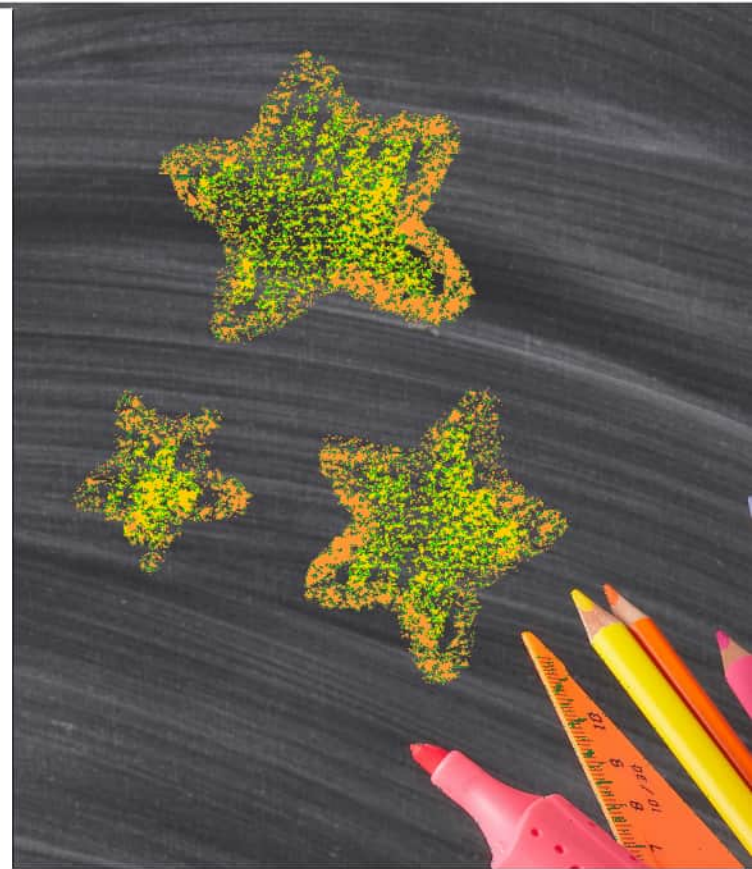
**Fire Safety**  
**Stay Aware & Stay Safe**  
FRIDAY, MAY 10, 2024 | 10 AM

**Maintain Electronics**  
Clear oven and dryer regularly. Have an electrician check the wiring in the home every four years. Always be on the look out for fraying wires.

**Protect Valuables**  
Keep valuables in a fireproof safe that will be accessible after a fire. This will prevent delays when exiting the building.

**Make a plan**  
Know two ways to exit each room and have a designated meeting place. Assign tasks such as calling 911 and accompanying minors who may have trouble getting out of the house. Practice this plan regularly.


**MUST PRE-REGISTER**



**LUNCH & LEARN**  
**HEART HEALTH**


WEDNESDAY, MAY 1ST  
11:30AM | CRESSWIND CLUBHOUSE

*Tommy Levasseur RN*



Cardiovascular Coordinator

SPONSORED BY:



# New at Cresswind?

**CRESSWIND**

PALM BEACH AT WESTLAKE

## NEW RESIDENT ORIENTATION

For all New Cresswind Palm Beach Homeowner's, please come to our beautiful Clubhouse for an orientation. Meet your Lifestyle Director, property management team, and clubs chairs. We want to assist with questions you may have coming into the community and provide you with helpful information to enhance your Cresswind Palm Beach experience.



**DATE**

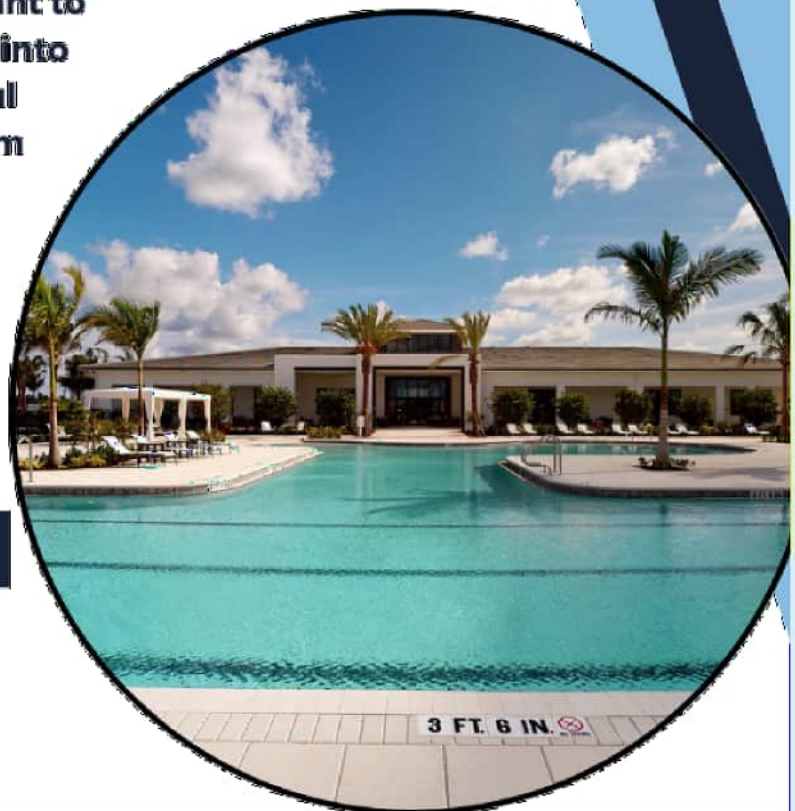
**2ND TUESDAY OF EVERY MONTH  
TUESDAYS, APRIL 9TH & MAY 14TH**



**TIME**

**10 AM**

**AT CRESSWIND CLUBHOUSE**



**REGISTRATION NOT REQUIRED**

**FOR INFORMATION CONTACT**

**CRESSWINDPBLD@LANGMANAGEMENT.COM**



# BINGO

AT CRESSWIND

TUESDAY, MAY 7TH AND 21ST  
3:30 PM - 5:00 PM  
Cresswind Clubhouse

**CASH PRIZES!!!**  
**10 GAMES PER CARD**

**\$5**  
**CASH PER**  
**CARD AT**  
**DOOR**

Sponsored by:

**Humana**



**Promo Flagstar Savings Plus**

Let the numbers do the talking. **5.55%<sup>1</sup> APY<sup>1</sup>**

Get a guaranteed savings rate for 5 months when you open a Promo Flagstar Savings Plus account.



**You have the power to make a positive change—** like getting a stellar savings rate when you open a Promo Flagstar Savings Plus account **5.55% APY<sup>1</sup>**—guaranteed—for the first 5 months. After that, your money will continue to grow at the posted—but still great—variable rate for this account.

**Here's how you can earn 5.55% APY<sup>1</sup> for 5 months:**

- Open a Promo Flagstar Savings Plus account **5.55% APY<sup>1</sup>** guaranteed for the first 5 months with an opening deposit of **\$25,000** or more at [Flagstar.com/openup](http://Flagstar.com/openup) or your local branch.
- Must be new money or maturing CDs.

  
**America's Best  
 Regional Bank 2024**  
For More Info Visit [www.aacsb.com](http://www.aacsb.com)

  
**Free Access to  
 \$6,000+ ATM<sup>2</sup>**  
Through ATM network. Excludes  
 global requests.

  
**24/7 Account Access**  
Online, on your phone, and with  
 digital checks<sup>3</sup>



**VIALETTE FERREIRA**  
 Assistant Vice President  
 Branch Banking Leader

**PHOTOGRAPHY BY ANDREW GARDNER**  
 IN STUDIO PHOTOGRAPHY.COM  
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 WESTON, FL 32789



<sup>1</sup> We reserve the right to change account benefits at any time without notice. Certain restrictions may apply. Please see the complete Disclosure Guide for additional details. Deposit rates are based on a maximum deposit.

<sup>2</sup> Annual Percentage Yield (APY) is subject to up to 10% withdrawal. The 1% withdrawal feature on certain money market accounts features an APY of 5.55% (APY) percentage yield of 100%. Total minimum opening deposit by electing the 10% withdrawal feature on certain money market accounts is \$25,000 and there is a "New Money" which is defined as money that is not subject to deposit history. Flagstar Bank account (except maturing CDs) withdrawals of 10% require a 7-day advance notice. 5% days of the approval date, and a 10-day advance notice for the 10% withdrawal. Interest paid may be imposed by requests placed within 70 days. The 5.55% APY is guaranteed for the first 5 months after account opening. After the promotional period, the account will earn the posted interest rate of the Flagstar Savings Plus account, which is a variable rate and subject to change. A maintenance charge of \$5 will be imposed on your account for the coverage of collected interest if the account does not have a 100% FDIC. The charge may be waived if the account is linked to any Flagstar Bank personal checking account that is eligible for public utility, loan or any other savings. Personal accounts only. Withdrawals over \$25,000 may apply. If you are a Florida bank client, please contact your Florida Client Group for help.

<sup>3</sup> Currency conversion fee may apply to international use in the U.S.

<sup>4</sup> Not all services reported. Available for eligible personal and business checking and savings accounts nationwide only. Excludes certain states and accounts with only auto bill payment or personal credit card billing app.