

Coco Wood Lakes

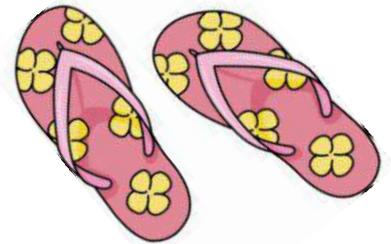
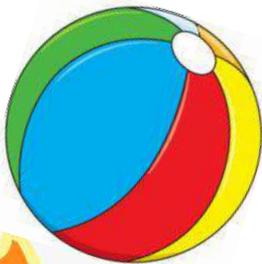
N E W S L E T T E R

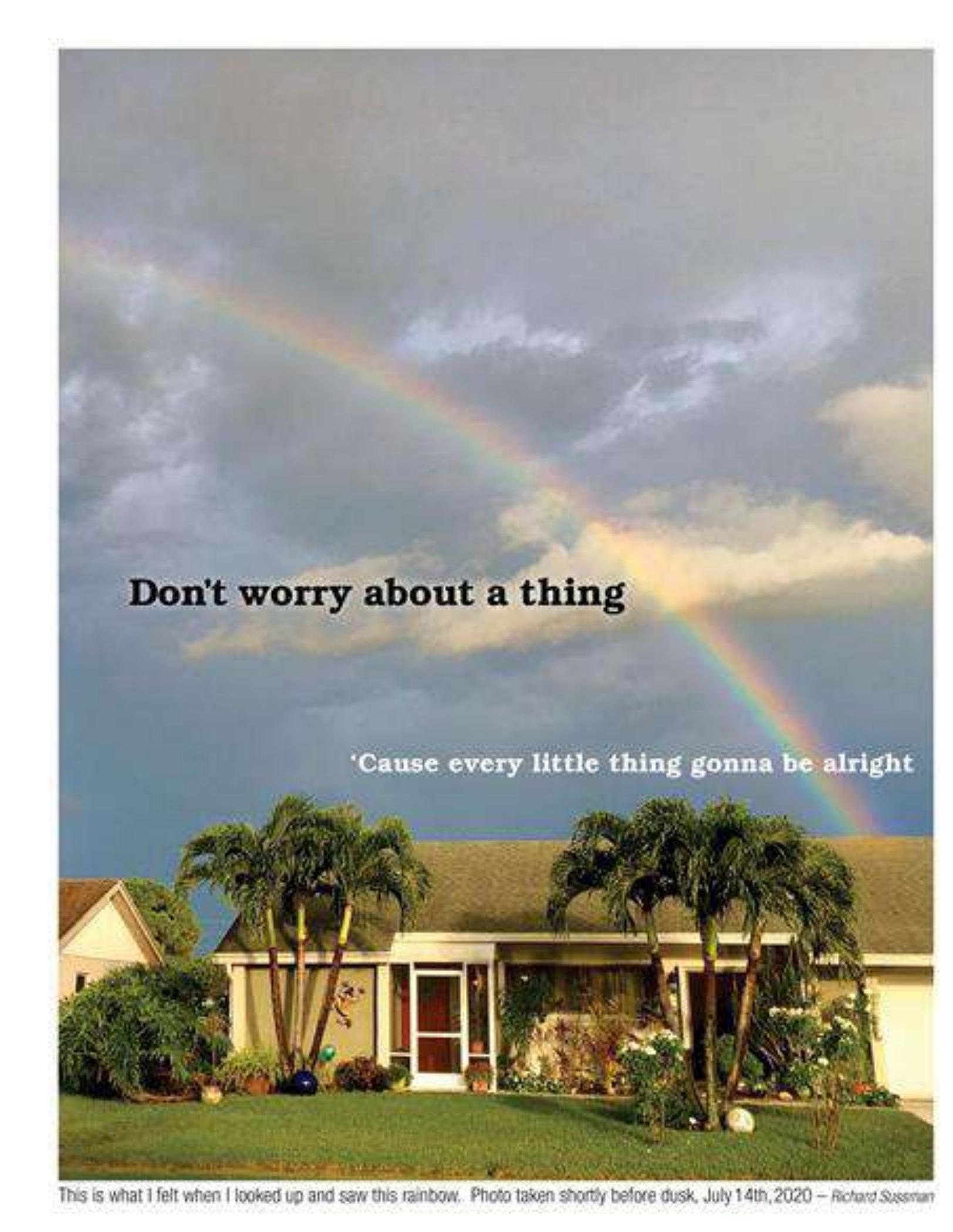
WATCH CHANNEL 63 for updates



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A photograph of a single-story house with a light-colored exterior and a dark roof. In the foreground, there is a green lawn with several palm trees and some bushes. The sky is filled with dark, heavy clouds, and a vibrant rainbow is visible, arching from the right side of the frame towards the center. The overall mood is serene and hopeful.

Don't worry about a thing

'Cause every little thing gonna be alright

This is what I felt when I looked up and saw this rainbow. Photo taken shortly before dusk, July 14th, 2020 — Richard Sussman

Manager's Quarantine Things To Do

Start a journal



Learn an instrument (don't disturb the neighbors!)

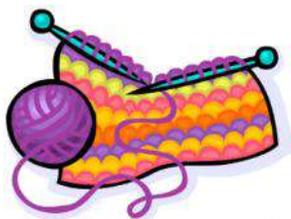


Watch some old movies you never had time to see



Meditate

Start a skin care routine (face masks are here to stay! - Moisturize ladies!!)



Learn to Knit or Crochet

Organize those junk drawers and cabinets

Use Zoom or Skype to see friends and loved ones!

Start an at-home workout routine



Make some cocktails!



Set some personal goals and go after them!



Try moving in slow-motion. It's OK to laugh at yourself sometimes

Look at yourself in the mirror and try to draw a self-portrait

Make a list of all the things you are grateful for—keep it handy for when you feel sad

COVID TESTING FOR HOMEBOUND & ELDERLY

Palm Beach County Fire Rescue, with the support of the Palm Beach County Division of Emergency Management and the Florida Division of Emergency Management will begin the testing of homebound residents the week of May 18. Residents eligible for the new testing option include homebound elderly or individuals with disabilities who are experiencing symptoms of COVID-19 and cannot leave their homes to access one of the drive-up or walk-up test collection sites.

Fire Rescue will provide vehicles and health professionals to collect specimens using nasal swabs. Fire Rescue crews will follow all infection control recommendations of the Centers for Disease Control and Prevention (CDC).

Residents who believe they are eligible for the in-home testing option should call 561-712-6400 for a pre-qualifying assessment. The testing line is open from 8AM to 5PM Monday through Friday.

For the latest information on other testing options and the latest news about Palm Beach County's response to COVID-19, go to WWW.PBCGOV.COM.



What are the symptoms of COVID-19?

Older adults and people who have severe underlying medical conditions like heart, lung disease, diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms.

How does COVID-19 spread?

Person-to-person spread

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. COVID-19 may be spread by people who are not showing symptoms.

The virus may be spread in other ways

It may be possible that a person can get COVID-19 by **touching a surface or object that has the virus on it** and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.

Spread between animals and people

At this time, the risk of COVID-19 spreading **from animals to people** is considered to be low.

It appears that the virus that causes COVID-19 can spread **from people to animals** in some situations. CDC is aware of a small number of pets worldwide, including cats and dogs, reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19.

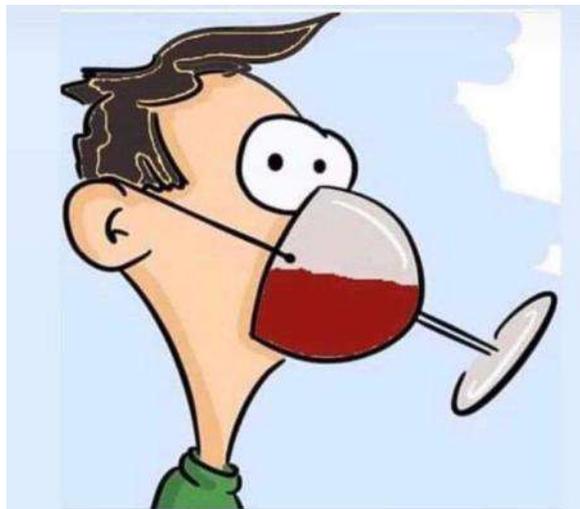
Protect yourself and others

The best way to prevent illness is to avoid being exposed to this virus.

- **Maintain good social distance** (about 6 feet).
- **Wash your hands** often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- **Routinely clean and disinfect** frequently touched surfaces.
- Cover your mouth and nose with a **cloth face covering** when around others.

The Wine Guru

It has certainly been a "White Wine" summer with the extreme heat we have each day. Any on the following list qualify for a good white wine. Just make sure they are WELL CHILLED. That keeps them refreshing on your palate. Riesling's, both sweet or dry, Sauvignon Blancs, Pinot Grigios and of course, my favorite, Chardonnay make for a nice treat at day's end. Several weeks ago, I was perusing the wines at Publix and came across a brand I hadn't had for years. You will recognize the name, Yellow Tail from Australia. So I chose a 2019 Chardonnay and was not disappointed. It is delightful with full body and aroma on the palate. And talk about a bargain! The 1.5 liter retails for \$9.84 and the 750ML sells for \$4.99. This also applies to their other varieties and the price is basically the same in the area wine shops. If you are totally against white wines, then I will suggest a rose' which can be sweet like a Moscato or dry like most of the other rose's on the shelf. Again, make sure they are well chilled. Most of all, enjoy and drink responsibly.



Also available in white!

Usually by this late summer date, we have booked an entire year of entertainment and events for the upcoming season. Sadly that has not happened nor do we know what will transpire in the next several months due to the Covid-19 crisis. We are on top of the situation and will keep you posted as to the status of our beloved social activities. Keep your fingers crossed that we will be able to have some type of entertainment or events in 2021.

"The Four of Us"

Pat Babcock, 561-499-6106



Laura Chontos, 561-496-5810

Linda Richard, 631-356-4777

Nancy Gault, 224-565-3798

SFWMD 3-Day-A-Week Watering

No watering from 10am to 4pm

IF YOUR ADDRESS ENDS IN...	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1, 3, 5, 7, 9							
0, 2, 4, 6, 8							

Properties with no address number follow Even schedule

OK...Now What?

Let's see....you've finished rearranging the closets, cabinets, filing cabinets, garage (!), finished every jig-saw puzzle and your computer refuses to play cards with you anymore, plus it's now too hot to do anything in the yard...so now what is there to do!

Well, there is always that TV set sitting there, but there's not much worth watching. Ah, but there is - and a great deal is free. Just ask XFINITY for "Free Movies" and you'll be presented with a menu asking what type of movie you'd like. Action? Romantic, Comedy? SciFi?

Another option is the newly offered Peacock Channel which has an extremely wide selection of shows, movies and series for free.

If you don't mind spending a few extra dollars, there are all those premium channels with all those special series not available anywhere else.

One option I like is going to the Library. Yes, they still print books. Remember the joy of reading? You can choose from a wide variety of subject matter, both old and new. They also have a large video selection of domestic and foreign films plus a wide selection of TV shows and series. You can revisit "The Sopranos" or "Rome" or "The Tudors" or "Seinfeld" or "Sex and the City" and many more.

Here is a list of films I've enjoyed recently and would have shown at my Movie Matinees.

"Midway" (2019 version), "The Goldfinch", "Harriet", "Little Women" (2019 version), "Bombshell", "Marriage Story", "Mary Shelley", "Parasite", "I Still Believe", "The Longest Ride", "1917", "Knives Out", "Hustlers", "The Art of Racing in the Rain", "Downton Abbey", "The Good Liar", "Vice", "Where'd You Go, Bernadette", "Once Upon a Time in Hollywood" and, for guilty pleasure fun, "Shazam!" and "Spider-Man, Far From Home".

One more thing to consider is to write your autobiography. I belong to a group called Silver Scribes that will help you publish it for your family to enjoy. They can find out not only your story, but can learn about your family's history as well. Where is your family from, why did they leave, when did they arrive here, times of joy, times of sorrow, achievements and everything that brought your family to today. Plus, you can integrate photos that will help illustrate and illuminate your story. You'll have fun and your family will find it way more interesting than some DNA tracing report on a pie-chart.

YouTube. You have to be careful with this one. Once started, you may find you've spent the entire day going from item to another. It's "dangerous" enough on your computer, but when you bring it up on your TV....WOW!

I hope this article has provided you with some ideas for passing the time while you're at home. Personally, I view the movies at night and work on the other things during the day. My autobiography is coming along and has shown me what a crazy, exciting life I've had so far - and will (fingers crossed) continue to have.

Take care and wash those hands.

Tony Janik
The movie guy

Thankful for...Puzzle

See CocoWoodLakes.com under Newsletters for the answers to this months' puzzles.

Find and circle all of the people and things to be thankful for.
The remaining letters spell a secret message.

S E O M R A I N B O W S M E P E M U S I C O
P Y A M D N A R G L V O L U N T E E R S S R
S E S S A L G E Y E D E H E A R I N G C E A
R S E R A L C W D E S I S T E R S N H T S A
Y I P E S G R A E O U M B M O B U O A E S L
I G A W G N E R R L O E A M G F O W B N E E
C H R O R C F R O E A F E R A L N U R I N S
E T E L A O R V U C G M S B T A O S O H D E
S H N F N M E T H T Y I L R E P H A M S N V
S E T E D P H E E P A E V L E W H S U N I T
M L S L P U S O P N S N C E A H R O H U K H
I E R N A T S A L S R H L R R E T O N S F R
L C I O N E H I I I I E M U H S R O S E O I
E T A I A R H N N L D S T C F E S H R M S T
S R H S H S G D D G H A A N T I T E A B T N
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E C E V P N E O W O T N G S A L T U H R A A
P I R E E N E E O T G U G F Y L I M A F U T
H T F L A O R I R K A G N I H T O L C E N N
S Y H E C S A V R L S A M T S I R H C E B R
O S E T E F I L S F A P L A C E T O L I V E

ACTS OF KINDNESS
A PLACE TO LIVE
BEACHES
BEAUTIFUL NATURE
BLESSINGS
BOOKS
BROTHERS
CARE GIVERS
CHILDREN
CHRISTMAS
CLEAN WATER
CLOTHING
COMPUTERS

ELECTRICITY
EYEGLASSES
EYESIGHT
FAITH
FAMILY
FLOWERS
FOOD
FREEDOM
FRESH AIR
FRIENDS
FUN
GOOD HEALTH
GRANDMA

GRANDPA
HAPPY MEMORIES
HEARING
HOLIDAYS
HUMOR
INTERNET
LAUGHTER
LIFE
LOVE
MUSIC
NURSES
PARENTS
PEACE

PETS
RAINBOWS
SCHOOL
SINGING
SISTERS
SMART PHONES
SMILES
SUNSHINE
TEACHERS
TELEVISION
VOLUNTEERS
WARM SHOWERS

SUDOKU

	8				1			2
					4			1
	2	3		6	8	7		
								7
7				3		1		4
	6				9		3	
2		6						3
			2		7			
	5		6			9		

easy

MEDIUM

		6		2				
	8		9			6		5
		4			8	7		
							9	
	6	7	8		9			
				4		2		
3	7							
	5				3		1	9
				5				2

5 mistakes to avoid with your mask





MISTAKE #1
Not washing your hands



MISTAKE #2
Not covering your nose and mouth



MISTAKE #3
Touching or adjusting mask



MISTAKE #4
Masking too late, removing it too soon




MISTAKE #5
Reusing old/dirty masks

**Think Safe
Be Safe**

BOARD OF DIRECTORS

- | | |
|-----------------|----------------|
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Coco Wood Lakes

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www.CocoWoodLakes.com

OFFICE HOURS
M – F 8AM – 5PM
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15% OFF For Seniors

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FREE Veterinary Exam

Free veterinary exam is for new customers only and does not include any specialty or emergency situations, 15% off for seniors with valid ID off all services not including any prescribed medicines. \$20 Off any complete annual vaccination package not to be combined with any other discount or offer. All promotions will expire December 31, 2019. Delray Animal reserves the right to change or modify promotions without notice. Please visit our website for more promotions.

JUST SOLD BY JILL & PERRY!

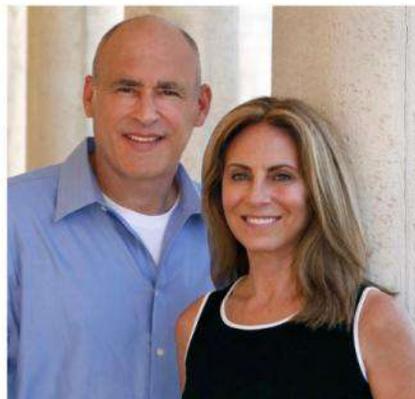


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SOLD FOR \$317,000**

CONSIDERING A MOVE?

Whether you're looking for the perfect home to suit your lifestyle or want to sell your home for the best return, you can count on us to carefully guide you through the entire process. WE ARE STAGING, MARKETING, AND NEGOTIATING EXPERTS, and we provide personal services to meet your individual real estate needs.

JILL TARLOW & PERRY FREEDMAN * LANG REALTY
561.797.5362/561.704.3851



Coco Wood Lakes HOA does not endorse or recommend any advertisers.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Use of the Fitness Center, is by appointment for RESIDENTS only by calling 561-495-1133. The fitness center will be open Monday-Friday from 8:30am-4:30pm.</p> <p>Use of the pool is open for RESIDENTS only. Hours of operation are from 9am to 2pm on Monday, Wednesday and Friday.</p>						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	<p>When a Board meeting is scheduled, all meeting information will be provided to members via the CWL website, Channel 63 and posted at the Clubhouse.</p>				