

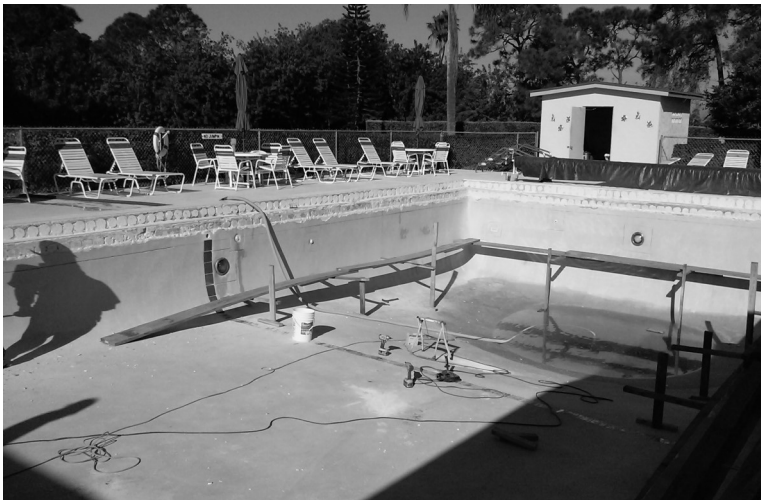
CAMBRIDGE AT HERITAGE RIDGE SOUTH



OFFICIAL PUBLICATION OF HERITAGE RIDGE SOUTH PROPERTY OWNERS ASSOCIATION

FEBRUARY 2017

NEW OVERHAUL FOR OUR SWIMMING POOL



Our swimming pool has had a new makeover and facelift and looks brand new. Stop down and take a look. It should be ready for your enjoyment soon.

ANNUAL FLEA MARKET

Our annual flea market will be held on February 25, 2017, 8 a.m. until 1 p.m. at the Cambridge Clubhouse. All proceeds go into the Cambridge general fund which helps keep our assessments down. Save the date for fun, food and some great bargains.

Sellers set up is Friday, February 24 from 10 to 2 p.m. Baked goods will be accepted Friday 10-12 and Saturday morning. Please label baked items and put in clear plastic.

We need plenty of help to set up the White Elephant tables on Thursday, February 23, starting at 9 a.m. and finishing on Friday, February 24.

This year's market will again be chaired by Linda and Ernie Neeld (678-327-9458 or 561-310-9796).

We need items for our White Elephant table. If you are just moving in and have items that you do not want or just spring cleaning your present home, please remember our Flea Market. Items can be put in the clubhouse near the ceramics room door. All items should be in GOOD, SELLABLE condition.

We thank all of our volunteers that help to make this the successful, profitable and fun event that it is.



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Office Hours: Monday thru Friday
9:00 a.m. to 10:00 a.m.



Editor, Judy Ricker

Health News **Peggy Caye**
Sunshine Club **Maureen Dalton**
Lunch Bunch **Bea Clock**
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DIRECTORS CORNER

It can be a difficult job trying to keep on top of all of the property owner's information, i.e. mailing addresses, contact information, emergency information, e-mail addresses, phone numbers, etc.

It is your responsibility to provide us with true, accurate and complete information. Obtaining the proper mailing address on your information will stop the annual mailing packet and any other mailings from being returned to the association as undeliverable and no way for us to contact you.

This could result in you not paying your annual assessments on time (by January 31st of each year) and hence, a lien being put on your property.

We would like to thank all of the volunteers that made the annual picnic held on January 14th the successful event that it was. Cambridge has always depended on its volunteers to help with the many aspects of keeping our community the great place that it is. Bob Souza, President

NOTARY: Free notarization of documents is available by Jim Ricker. Please call 772-546-4640

BLOOD PRESSURE CLINIC Wednesdays, 10-11:30 a.m. in the clubhouse.



The combination to the lock on the shuffleboard closet is posted on the bulletin board outside of the office.

C-BREEZE DEADLINE IS ON THE 20TH OF THE MONTH

Submissions may be made in writing to the Clubhouse Suggestion box or the basket in the office and must be signed. All material is subject to editing for content, grammar and spelling. E-mail: jazr49@aol.com and list subject as C-Breeze.

I would like to give a big thank you to Jodene Rasile for chairing the community picnic last Saturday. She had a great crew to assist her in the various tasks that needed to be done. I know she's organized and keeps lists, so hopefully next year when she calls you, you'll be ready with a "yes". Lyn Chamberlin, Entertainment Director

We are going to be delivering the C-Breeze again to all homes. We have been rounding up volunteers to stuff, and deliver the newsletter to your home. The C-Breeze will still be sent out by e-mail as well as being delivered. Hand delivery will be during the months of October through May. June and September will be sent via e-mail with a limited number of copies printed and available in the clubhouse. There will not be a publication for July and August.

WELCOME WAGON

The following new owners have recently joined our community.



- Olsen, Jim & Joyce - 8034 Saratoga
- Hurt, Thomas & Alicia - 7017 Delegate
- Hammitt, Patti - 8041 Homestead
- Welbes, Clarence & Gilda - 7020 Delegate

Information gathered herein is from sources considered reliable. Accuracy, however, cannot be guaranteed. All humorous stories and jokes appearing here are intended for entertainment purposes only and are not meant to disrespect or harm any group or individuals. Ads appearing in this paper are not to be considered as an endorsement or validation by C-Breeze for products or services offered. **Articles must be signed and approved by the Board of Directors.**

UP AND COMING EVENTS



Our next breakfast will be on Sunday, February 5th from 8:00 til 10:30 a.m. Come join us for a great breakfast and comradery. COINS AND SMALL BILLS APPRECIATED.



THE NEXT MONTHLY BOARD OF DIRECTORS MEETING WILL BE HELD ON WEDNESDAY, FEBRUARY 15TH AT 7:00 P.M. AT THE CLUBHOUSE. .



DINNER DANCE
Saturday, February 18th

Menu: Half chicken dinner
Music by: Roger and Jennifer

Doors open at 5:30 and dinner will be served at 6:15. Tickets are available from your block captain or Lyn Chamberlin (817-909-0543). Tickets will also be available Monday-Friday at the office from 9-10 a.m. Tickets will be \$13.00 .

NOTE: Anyone that is new to our community; **please bring your own drinks and glasses.** Proper attire please. So come out and dance the night away.

HEADS UP FOR MARCH DINNER DANCE: Big T will be providing music for us on **FRI-DAY, MARCH 3.** This is a different day of the week and earlier in the month than dinner dances are usually held. Big T, as well as the clubhouse, had scheduling conflicts.

ANNOUNCEMENTS



CAMBRIDGE LUNCH BUNCH
Marty Scheuermann &
Bea Clock

Tuesday, February 14th at 11:30 a.m., we will be dining at the Gallery Grill in Tequesta. 383 Tequesta Drive. Drive south on US1, then at Tequesta Drive, turn right, continue over the railroad tracks until you see a shopping plaza on your right. The plaza is in an "L" shape. The Gallery Grill will be towards the left in the corner. Remember to call Bea Clock at 772-545-2729 for your reservation by Sunday, February 12th.. We must have reservations as it will be Valentine's Day. If anyone is in need of a ride or would car pool, call either Bea Clock or me, Marty Scheuermann,-772-546-9037 and we will do our best to get you there.

Bon Appetite'



The next fashion show meeting will be held Tuesday, February 7 at 10:00 at the clubhouse. We are in need of male

servers and escorts. The Fashion Show has always been one of Cambridge's greatest events. Please join us and help support this important annual community event. The Fashion Show is on March 25th. Libby Jensen, Chairperson

LINE DANCING, THURSDAYS at 6:30 p.m. until 7:30 p.m for singles and 7:30 p.m. until 9:00 p.m. for couples. Cost is \$5.00 per person. Come on out and have some fun with us. Any questions contact Nancy Bochynski at 772-546-5398

We would like to thank our friends for the cards, phone calls and support of sympathy during the passing of our daughter. God Bless you all.
Dan and Bea Clock



HEALTH NEWS

By Peggy Caye

ASSESSING YOUR DRIVING

Is there a way to know when to stop?

Many older adults eventually experience declines in vision, hearing, reaction time or mental function that has some effect on driving ability. But whether it's enough to hang up the keys is a complicated question with potentially serious consequences. For many older adults, the automobile is seen as a crucial link to independence and vitality—but safety of the driver, other drivers, passengers, pedestrians or others also is of serious concern.

There's no cutoff age or single test that can determine whether you or a loved one is still reasonably safe on the road. Determining driving fitness is a process in which many factors are reviewed. In the end, it may be up to you or a loved one to make the responsible choice for your own safety and the safety of others.

Encouraging an assessment. Age alone isn't a good indicator of safe driving ability. Many older adults drive safely. Others are aware of their limitations and self-restrict their driving by driving less, staying on familiar routes or avoiding nighttime driving. Left turns at intersections are particular danger zones for older drivers, and some older adults modify their driving routes to avoid them.

However, older drivers are involved in more fatal accidents per mile driven than any other group of adults, and drivers over the age of 75 have more traffic violations and nonfatal collisions than do younger drivers.

In the U.S., each state has different rules for how older adults are evaluated for driver safety, with some having very strict licensing renewal requirements, and others having few requirements.

Taking steps to determine if you should be behind the wheel may be up to your own sense of responsibility—or that of a spouse or other family member or friend. Signs for when you or a loved one may need assessment include:

- Having a history of falls over the past year or two.
- Being in motor vehicle accidents or having traffic violations in recent years.
- Experiencing near misses or other driving scares, getting lost, or violating traffic rules, such as going through a stop sign.
- Having difficulty with visual tasks such as reading a label, with cognitive tasks such as problems with language or memory, or with physical tasks such as walking or getting into and out of a chair.
- Taking medications that can cause drowsiness or impairment, such as antidepressants, antihistamines, sleeping pills, anti-anxiety medications or pain medications, to name a few.
- Having medical conditions, such as heart problems, diabetes, dizziness and balance problems, a history of seizures, and many other problems that could impact driving ability.

If you think you or a loved one needs an assessment of driving fitness, a good place to start is with your doctor. Your doctor will have the details needed to take a thorough look at your medical history as it relates to driving. Your

doctor and pharmacist also can look at which medications you take and whether they might impair your driving. Importantly, your doctor may be able to make adjustments to your health care—such as a change in medications—that can help improve your ability to drive safely.

Your doctor can perform numerous tests, such as for mobility, vision, hearing and cognitive function. Several tests are available to help health providers assess and evaluate driving fitness.

An evaluation for driving safety doesn't mean that you'll have your keys taken away if you don't perform well. An assessment can be a trigger to improve your driving so that you can safely drive. That may include attending a driving safety course for older adults, such as the AARP Smart Driver course, or similar courses offered by AAA.



SUNSHINE CLUB

By Maureen Dalton

Please call Maureen Dalton (772-546-5757) when you know of a friend or neighbor who is hospitalized or very ill at home so a card can be sent. Our thoughtfulness may help cheer them during their illness.

Bob Mock - surgery
Bob Frederick - surgery
Wanda Bellow - hospitalized

Condolences to Faye Bales upon the passing of her sister.
Condolences to the family of Jon Spangenberg.

I ♥ Book Club Attention book lovers/book worms: We will be meeting in the Clubhouse at 1:00 p.m. on the second Thursday of each month. Feel free to call Kathy Burell with any questions (772- 245-8099)

Quilters!

The quilting group is once again meeting at the clubhouse Tuesdays at 9:00 am to 1:30-2:00pm. Please join us whether you're a novice or an accomplished seamstress. Questions, call: Ruth Wintle 603-557-2782

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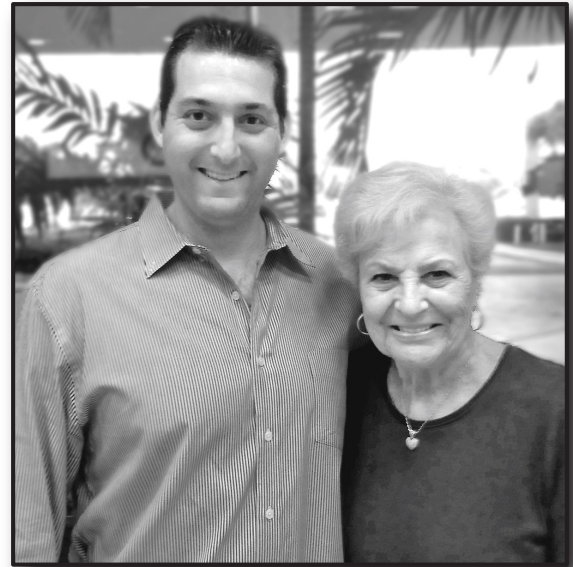
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NEIGHBORHOOD CRIME WATCH

By Joe Chippari



Only 2 things to comment on this month. The 1st had to do with a newspaper and TV report. There were multiple cars broken into in various Stuart neighborhoods. It appears that 99% of the vehicles were left unlocked. One of the owners made a comment that parking in a lit area would make it OK to leave it unlocked. Well he found out otherwise. Please if you don't already do it, always keep your car locked no matter how safe you feel the area is.

The second had to do with one of our residents. He called me and advised me he had one of those warnings that his computer had a virus that would destroy his files. It suggested he not turn off the computer and call the toll-free number listed to get required corrective action. The resident was hesitant but called. After being asked several personal questions he decided to hang up. His computer was never in any danger but his pocket book was. He got the message while on Facebook so please don't fall for this scam. If you would like, give me a call and I'll see if I can help you out of any potential problem.

Stay safe & scam free

SHUFFLEBOARD RESULTS



1/4/17 - Won 1 of 3 vs Ridgeway

Teams: Sharon Carpenter/Norma Bonilla
Brownie Stuart/Len Rutkowski
Harriett Cooper/Ed Parker

1/11/17 - Won 3 of 3 vs Riverland

Teams: Sharon Carpetner/Len Rutkowski
John Knapp/Harriet Cooper
Pat Knapp/Brownie Stuart

1/18/17 - Won 3 of 3 vs Woodbridge

Teams: Harriet Cooper/Stan Mielnicki
John Knapp/Norma Bonilla
Pat Knapp/Ed Parker

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