# the villa's

Now there are more overweight people in America than average-weight people. So overweight people are now average. Which means you've met your New Year's resolution.

JAY LENC

THE INDEPENDENT COMMUNITY NEWSPAPER SERVING THE VILLAS AT FIVE PONDS

VOLUME FOURTEEN, ISSUE ONE

JANUARY 4, 2019



#### HOLOGAUST CHILD SURVIVOR, DAN GOLDSMITH • DOLORES DUGAN

ON **SUNDAY, MARCH 10, 2019 at 7 PM** in the Clubhouse Ballroom Dan Goldsmith—a very dynamic speaker—will discuss his experiences as a "**Child Survivor of the Holocaust.**"

He will give a personal account of what he experienced as a child growing up during WWII. His compelling story will provide attendees with a better understanding of the events that transpired during that tragic historical time period. You will surely be moved by what you hear! *Beverages will be served after presentation.* 

Cost: \$5 pp (non-refundable.) Please make check payable to "The Villas at Five Ponds Social Committee." Send or deliver check no later than **February 28**, **2019** to: Dee Dugan, 310 Club House Lane, 215-518-9113.

DA	N GOLDSMITH PROGRAM
Name	
Number of Guests	Total enclosed (\$5 p/p) \$



The Lunch Bunch
Invites You to...

Pelebrate

Washington's

Birthday

...by spending the afternoon

with his wife, "Martha."

Please join us on **Thursday**, **February 7, 2019** at noon in

our lovely Clubhouse Ballroom.

A buffet luncheon of soups (Rotisserie Chicken and Minestrone); chopped Pollo E Pepe Salad (chicken); Stromboli (Spinach with Cheese); and Dessert (Cheesecake) will be served.

**After lunch, our** "Martha Washington" will give an entertaining presentation followed by dessert.

Make your non-refundable check of \$22 payable to *The Villas at Five Ponds Social Committee.* Drop your check off to Sue Szabo at 243 Fairway Drive no later than **January 20th.** When submitting your check we will take table requests of 10 or less.

Any questions, please call one of your hostesses:

Lorraine Incollingo 215-674-0817; Sue Szabo 215-444-0677 and Diane Polsky 203-733-3929. ■ THE VILLAS AT FIVE PONDS EXECUTIVE BOARD

#### TD BANK AFFINITY PROGRAM CAN EARN MONEY FOR US!

As a reminder to all new and longtime residents The Villas at Five Ponds has an Affinity Program with TD Bank. Essentially, once a year The Villas at Five Ponds has the potential to receive a check from TD Bank based on it's residents non-commercial accounts at TD bank.

Note: Be aware, no one at Five Ponds or at our management company have any information about any individual account.

Here what we ask:

- If you already have an account(s) at TD bank—no matter which branch that account was opened—please go into the TD Bank Branch at 450 York Road, Warminster, PA (right before Taco Bell) and tell the Associates there you would like your account added to the Villas at Five Ponds Affinity Program.
- If you open a new account(s)... the same action is requested.

#### **RECYCLING HOLIDAY TREES & REMOVING DECORATIONS**

EnviroGreen will be recycling Christmas trees again this year. They will chipping trees the week of January 7th and also the week of January 14th, 2019. Trees need to be out at the curb, not the street, by early morning on 7th or 14th. Because of weather we cannot be sure which day during the week the trees will be picked up.

Note: Please make sure it is just the tree, no ornaments, lights, stands, plastic wrap etc. Additional Note: Decorations associated with Christmas and Hanukkah on lawns should be removed by January 15th, 2019.

#### **SNOW PLOWING**

If you have not already done so, please look over your property, and remove or move any object that could be in "harm's way," from a snow

The world's most respected brand is the Real Estate market leader. Your neighbor and friend, Joan Leinweber Joan Leinweber REALTOR® 215-355-5100 ext 2982 office Cell: 215-915-0377 cell joanhl@comcast.net **HomeServices** Fox & Roach, NEW OFFICE! REALTORS\* 1122 Street Road Southampton, PA 18966 er of the franchise system of BHH Affiliates, LLC plow and/or a tractor that will need to go up down your driveway and behind your garage in order to clear snow away. Some examples would be:

- A downspout extension that extends onto the driveway.
- A flower pot that is right next to where the black top ends and the grass or mulch begins.
- Things left on the low walls that line some driveways.
- A decorative statue that is sitting near the black top edge.
- Pathway lights that are installed up against the edge of a cement walkway.

It is things like these that get damaged or ruined—in most cases not by the plow hitting them, but the snow that comes off the edge of a plow blade or a tractor blade or out of a snow blower chute.

These things cannot be seen when there is 6+ inches of snow accumulation at the storms end and should be removed beforehand.

#### **ICE MELTERS**

We are told that various ice mitigation products are on the shelves of Wal-Mart, Loews, Home Depot and many other similar stores, for several weeks. Please read the ingredients, prior to purchasing, "rock salt" is not recommended for use on your cement.

If you have not already done so, we recommend you purchase a few containers to keep in your garage for your personal use as suggested in Appendix P.

#### **SNOW STORAGE**

If it is believed the "back up" areas of our driveways are too full of snow, and another large storm is predicted; a decision, at extra cost, could be made to send two big loaders with buckets onto to each driveway prior to the new storm to lift the old snow in the "back up" area out and move it to the front lawns near the street. Thus, leaving the "back up" areas more open for the predicted new storm's snow to be plowed.

 We are hopeful this will alleviate purposely "pushing snow" against homes, because now there will be a more open place to plow the new snow.

#### **SMOKE DETECTOR BATTERIES**

As a reminder to all—replacement of back up batteries for smoke detectors is a home owner responsibility. This is not part of the Fire Department's responsibilities.

The Villa's Voice Publisher/Owner:

Ron Dorfman

Design, Graphics, Advertising 97 Villa Drive, 215.328.9255 RonaldDorfmanDesign@comcast.net www.RonaldDorfmanDesign.com

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Ronda S. Dorfman, Editor & Special Assignments

Al Wiesner, *Editorial Cartoonist All staff can be reached via email at:*RonaldDorfmanDesign@comcast.net

E O CE

The Villa's Voice newspaper is an independently owned and operated enterprise providing information as a public service.

All views expressed in credited columns are those of the individual writer(s). They are not necessarily the opinions of *The Villa's Voice* staff, The Villas at Five Ponds management company, Board or of the VFP Association.

As our community members, your comments and remarks are invited on any shared topic of interest.

~The Villa's Voice Staff

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# Fntertainment

# The Villas at Five Ponds ght at the Movies

Please Mark Your Calendars!

#### By Popular Request! Friday, January 18, 2019

Check-in begins at 7 PM Movie starts promptly at 7:30 PM Featured Comedy Film: "My Favorite Year" Refreshments will be served.

**Reservations Required • No Walk-Ins** Deadline for reservations: Fri., Jan. 11 Cost: \$2 per person

Residents

Based on a true story, this hilarious movie features the week when Errol Flynn, who really knew how to party, is scheduled to appear on Sid Caesar's Show of Shows. Knowing his reputation for debauchery, a young writer on the show, Mel Brooks, was assigned to babysit Flynn and make sure that he showed up for the live broadcast. Peter O'Toole, as the fictitious Alan Swann, forces Mark Linn-Baker as Benjy Stone (the Mel Brooks part) to chase him around New York, while sharing great comedic moments with Lainie Kazan (playing Benjy's mother from Brooklyn), Lou Jacobi as Uncle Morty, and Selma Diamond. (Sample: While in the Ladies restroom, Selma says indignantly "This is for ladies only!" Swann, after unzipping his fly: "So is this mum, but every once in a while I have to run some water through it". This is truly one of the great comedies of all time and you'll be quoting some of the dialogue to your friends. Starring Peter O'Toole, Mark Linn-Baker, Lainie Kazan, Lou Jacobi and Selma Diamond.

Send your non-refundable payment made out to "Villas at Five Ponds Social Committee" to Susan Budman, 13 Five Ponds Circle, 215-858-3614; or you can put it in the drop box at the Clubhouse.

Name		Phone	
	Number of people Amount \$_		
	We would appreciate any help in setting <b>Please check here</b> $\Box$ if you would like		
	<b>Questions?</b> Contact Susan Budman, 21	5-858-3614; or Gail Saifer	

#### TOYS FOR TOTS. 2018

■ Maxine Dubin & Marion Gittis

THANK YOU to all the people who helped make our Toys for Tots event successful.

Our committee included Elaine Vizza, Joyce Van Ness, Barbara Feldman, Phyllis Warshaw, Holly Green, Lorraine Incollingo, Kathy Carson, Janet Lynch, Mary Langdon, Kathy Hitchiner, Joyce Brown, and Diane Polsky.

The room set-up was coordinated by Fran Foley, Ed Langdon, and Bill Van Ness. Rose Elizabeth and her talented singing partner provided wonderful holiday entertainment; and Lorraine Incollingo created the beautiful center pieces.

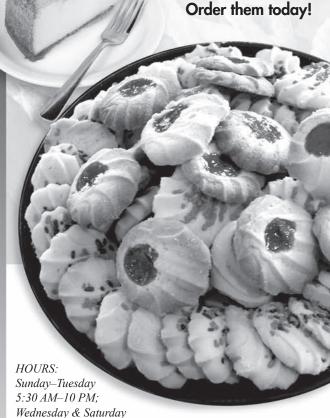
Thank you to those who helped with transporting the bikes: Berny Dubin, Rich Gittis, Sam Feldman, Frank Reale, Bill Van Ness and Len Jaffee. We would also like to thank those who donated toys and a special thanks to those who gave so generously that we were able to purchase 15 bikes and helmets.

Thank you anyone we missed and hope you enjoyed yourselves.

# Greetings & Best Wishes for a Healthy, Happy New Year!

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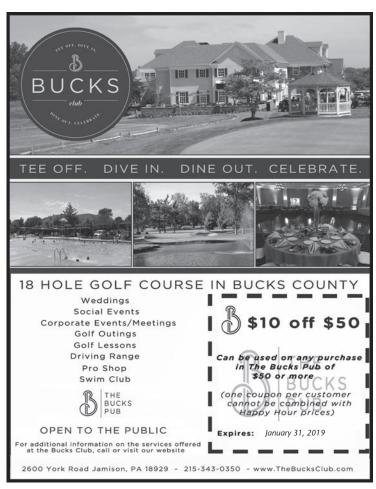




5:30 AM to midnight

#### **DINER & RESTAURANT**

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# ANOTHER DAY

Featuring items to delight and entertain. Submitted by residents and friends of The Villa's at Five Ponds, Warminster, PA. \*(Title inspired by Tony Martella.)

#### THE WIESNER VIEW - AL WIESNER





#### HAMPIONS BURT KORN

CONGRATULATIONS to Eileen Lerro and Ed Langdon for winning the championship of the 2018 Fall Shuffleboard

It was an exciting season with 16 teams (32 players and 5 alternates) participating. The championship games were a tough fight but they came though defeating Chuck Vincellete and Howard Utain.

We are looking forward to the 2019 Winter Shuffleboard Season.

SEE SIGN-UP information for next season's League Start-up on Page 13!

> **Champions** Eileen Lerro & Ed Langdon



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#### HELP IS AVAILABLE! - MARY LANGDON

IF YOU ARE RECOVERING from an illness or are home-bound we would like to help. Would you like a visit? Need errands run?

Please consider using Helping Hands. We have "Hands" ready to assist the needs of our residents. Contact Mary Langdon, 30 Villa Drive, 215-441-8093, edmaryl@verizon.net.



#### HELPING HANDS **CLUB** Mary Langdon, Chair

TO OUR NEIGHBORS who are celebrating a birthday or anniversary during the month of January, the Helping Hands Club of The Villas at Five Ponds wish you a happy day.

• Condolences to the families of our neighbor and friend, Ken Kaufman; and to Andrea Auerbach, who lost her dear mother, Joyce Perlman.

Please tell us if you know of anyone who is ill/ hospitalized, lost a loved one, or just needs a "helping hand." You may contact any of the following residents:

Lana Skwer	215-328-6227	Reba Grossman	215-675-5883
Nancy Harrison	215-443-8887	Bev Kelly	215-672-6348
Joyce Van Ness	215-441-4691	Cheryle Goldberg	215-682-7733
Lorraine Incollingo	215-674-0817	Bill Van Ness	215-441-4691

#### ports News • Trips • Events • Special Presentations



JAKE SAMSON

#### WHAT IS THE BEST SPORTS MONTH?

■ JAKE SAMSON, THE VILLA'S VOICE GUEST SPORTS REPORTER

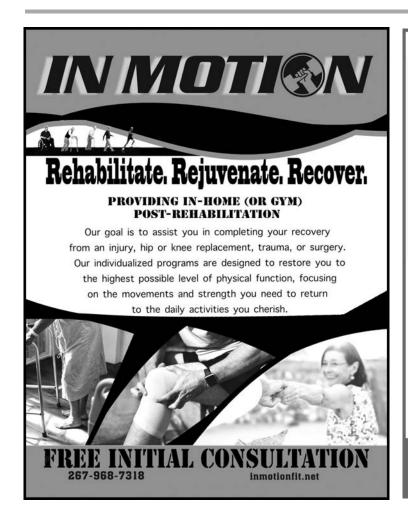
AS WE RING IN ANOTHER new year, I felt like a great topic to discuss would be a debate that I have gotten into with numerous friends and family members. Which month features the best sporting events? As we head towards 2019, these are the top three months to look forward to when it comes to sporting events.

**#3 March.** The third month of the year is also the third best month when it comes to sporting events. The first thing I think of when it comes to March is college basketball's 64 team playoff system, otherwise known as March Madness. Being a huge college basketball fan myself, those first two rounds that go from Thursday-Sunday in mid March; I will rarely leave my couch. Storylines are fantastic as little-known colleges come out and take down powerhouse programs, there is nothing like it. Along with that, basketball and hockey regular seasons are beginning to wind down as they head towards the playoff push. Plus, people are starting to smell the peanuts and crackerjack as baseball spring training is finishing up and the regular season is quickly approaching.

**#2 April.** There are times when I will put this month first, but after really thinking it through, I have to put it at #2. "March Madness"

actually ends in April, with the final 4 taking place on the first Saturday in April, and the championship game taking place the next Monday. Baseball season is beginning, and everyone has a clean slate and has hope that their team can compete for a World Series. The Masters is normally the second weekend of April, capturing even the casual or non-golf fan into watching a beautiful weekend in Augusta, GA. Playoffs are in full swing in the NHL and NBA, most likely you will have a team to root for in one of those leagues with the large number of teams that make the playoffs in those respective leagues. Finally, the NFL draft is at the end of April, where college stars begin their journeys in the big leagues.

**#1 October.** I really debated on this one, but the sheer number of sports being played at this time makes October the top sports month. NBA and NHL seasons are kicking off in mid October. The MLB playoffs and the World Series take place in this great month as there is seemingly a game on every night. College basketball kicks off their season in this month, as well. On top of that, college football heats up, as rival teams really start to play each other as you get into week 5 or 6 of the NCAA season as conference play begins. The NFL is also in full swing, as contenders begin to separate themselves from pretenders in their long road to the Super Bowl in February. Overall, despite some bigger games happening in April/March and others, being the only month with all four major sports being played (unless the World Series hits November), along with college basketball and football, October reigns supreme as the top sports month. Hope you all are looking forward to a great 2019!





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# Glancing Subjects HINTS · TIPS · POINTERS

#### WHY A TRUST?

RONALD J. GORDON, Esq.

CLIENTS ARE SOMETIMES given the advice (not usually by me) to set up a Trust to "avoid probate" without really understanding what probate is or what the costs are in setting up or administering a Trust.

Probate is the process of filing (or probating) a Will after a person passes away. The probate process is the administration of the estate which includes determining what the assets are, paying bills and Inheritance Taxes and making distributions to the beneficiaries. In Pennsylvania it is not an expensive process and is generally not complicated. In other states (such as Florida) the probate process is expensive which is why Trusts are very common with Florida residents. Also, the tax laws are such that many "snowbirds" become legal residents of

Florida because of tax savings which often involve placing your assets in a "revocable" Trust

More often than not, Trusts are used in estate planning (and when drafting Wills) when you are dealing with minor children or incapacitated parties. Money we leave to grandchildren are often held for them "in Trust" until they reach a particular age. During that time your Trustee can use the money for the benefit of those grandchildren whether it be for educational, health or other purposes. Trusts are often established for incapacitated parties, such as those receiving Federal, State or local benefits, so as to not affect the ability of that person to continue to receive those benefits. Trusts are also used to protect those who may not be incapacitated but otherwise have other issues (drugs, gambling, etc.) that would warrant the establishment of the Trust so

as to allow someone else to handle money on that persons behalf. It should also be noted that Trusts often do not provide asset protection or additional protection from creditors such as Medicaid.

None of this means that a Trust may not be appropriate in some situations. Properly drafted, it may provide asset protection and may also provide proper asset management. The important thing is to make sure that you speak with a qualified licensed professional, specifically one who specializes in tax law and the preparing and drafting of these documents.

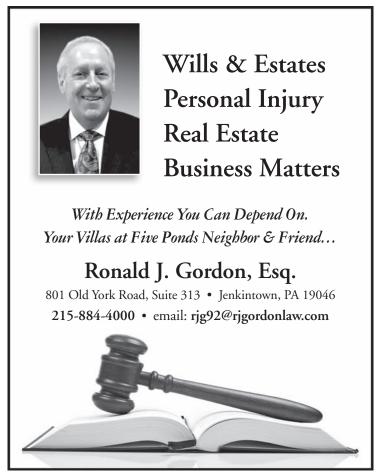
*Next Month: The Trust Nightmare!* 

NOTE: All views expressed in credited columns are those of the individual writer(s). They are not necessarily the opinions of *The Villa's Voice* staff, The Villas at Five Ponds management company Board or of the VFP Association. Always check with your own selected councel for actual advice. ~V V Editor & Publisher

THE VILLA'S VOICE WEBSITE is available online at www.TheVillasVoice.com
THE VILLAS AT FIVE PONDS COMMUNITY WEBSITE is available at www.TheVillasAtFivePonds.org

Password to secured area is available to residents by request.





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"The Villas at Five Ponds" has a vibrancy all its own - and a true sense of community. I have been fortunate to witness it firsthand; not only through helping my clients buy and sell several properties at Five Ponds, but also by spending time with several family members & friends who live there. I would welcome the opportunity to meet with you to share more details and provide a free valuation and market overview on your home and local market activity. You will also learn about the fully customized and energetic approach I use to sell homes. All sellers are unique, but they share one goal: to sell their home quickly at the best possible price. Put my knowledge and service to work for you! Please contact me when you are considering a move.

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#### SOCIAL COMMITTEE NEWS

AILEEN SALUS, CHAIR

WISHING EVERYONE a happy and, especially, healthy 2019; and, looking forward to greeting friends and neighbors at the New Year's Day lunch, which has been planned by Parties Plus and headed by Selma Fisher.

We are extremely fortunate to live in a community that has a Board comprised of a group of residents who take their jobs seriously and act responsibly on behalf of all the members of the community. This is a good time to take a moment to thank Rick Rodgers, Mark Schwartz, Joel Mickelberg, Tina Ruditsky and Paul Luff for a job well done all year round.

I also want to thank all of the people who volunteer their time and hard work for the various committees. We are lucky to have so many people in our community who bring their skills to help plan new and interesting functions for us.

With that said, please contact Joyce Van Ness who is forming a Knitting and Crocheting group that will meet the second Wednesday of every month at 7 PM, in the clubhouse.

Contact Sue Gordon or Ann Leskowitz to attend Movie Night on Friday, January 18.

On Sunday evening, March 10, Diane Polsky has arranged a speaker to discuss the Holocaust. See details on the first page of this month's Villa's Voice.

If you have ideas for programs or events or you want to get involved in any of the clubs, please contact me.

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#### **Social Committee**

Chair

Aileen Salus, 104 Villa Drive 215-441-9339; asalus1945@gmail.com

Treasurer

Richard Gittis, 9 Fairway Drive 215-672-7225; richiesg@verizon.net

Recording Secretary: Merryl Pelberg, 103 Villa Drive 215-443-8588 merrylpelberg@gmail.com

#### Calendar

Chair.

Aileen Salus, 104 Villa Drive 215-441-9339; asalus1945@gmail.com



#### **Brunch Club**

Co-Chairs:

Maxine Dubin, 195 Fairway Drive 215-674-5916; maxineD5@gmail.com Marion Gittis, 9 Fairway Drive

Marion Gittis, 9 Fairway Drive 215-672-7225; richiesg@verizon.net

#### **Day Trips Club**

Co-Chairs:

Reba Grossman, 235 Fairway Drive 215-675-6883; bubbyreba2@gmail.com Barbara Kains, 114 Villa Drive 215-444-9908; bubbiepete@comcast.net

#### **Helping Hands Club**

Chair

Mary Langdon, 30 Villa Drive 215-441-8093; edmaryl@verizon.net

#### **Lunch Bunch Club**

Co-Chairs:

Penny Barenbaum, 160 Fairway Dr. 215-957-6116; pbarenbaum@gmail.com Lorraine Incollingo, 207 Fairway Dr. 215-674-0817



#### Men's Club

Co-Chairs:

Berny Dubin, 195 Fairway Drive 215-674-5916

ourinsuranceman@gmail.com

Ed Hetzelson, 193 Fairway Drive 215-674-5684; ed\_hetz@yahoo.com

Kerry Seiden, 53 Villa Drive 215-674-3333; kerimado@aol.com

#### **Movie Club**

Co-Chairs:

Sue Gordon, 21 Five Ponds Circle 267-968-0705

suegordon116@gmail.com

Anne Leskowitz, 42 Villa Drive 215-674-8365; anne.leskowitz@gmail.com

#### **Parties Plus**

Co-Chairs:

Maxine Dubin, 195 Fairway Drive 215-674-5916; maxineD5@gmail.com

Selma Fisher, 86 Villa Drive 215-444-9921 selma@fisherpresents.com

Cheryle Goldberg, 120 Fairway Drive 215-682-7733; cherrick55@comcast.net

#### **Program Club**

Co-Chairs:

Diane Polsky, 84 Villa Drive 215-441-5753; dpolsky@gmail.com

Barbara Feldman,

304 Clubhouse Lane; 215-343-5112 bjacobsfeldman@verizon.net

#### Women's Group Club

Co-Chairs:

Janet Lynch

101 Villa Drive; 215-802-0282 jmlynch54@aol.com

Joyce Van Ness 330 Clubhouse Lane; 302-359-4764 joycevanness@yahoo.com



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This section features personal community messages, joyous extended family notes, and special events. Your free listing is welcomed. Please provide information and/or photo via email by the 15th of the month preceding publication. Send to: RonaldDorfmanDesign@ comcast net

# GOODNEVVS in the Neighborhood

#### INTRODUCING A 4TH GREAT GRANDCHILD!



BEV & LARRY SAMSON announce with great joy the birth of their fourth great grandchild, Liel Rose, the first child of their granddaughter Sarah and husband Jake, on November 18th in Jerusalem, Israel. Liel is pictured above with her cousins who are Bev and Larry's other great grandchildren.

#### ANNUAL BREAKFAST

BEFORE THE HOLIDAYS, and in advance of the snowbirds traveling south, this group was seen recently enjoying breakfast at The Red Lion. From left, center (clockwise) are Burt Korn, Ed Langdon, Barry Moskovitz, Jim Carson, Bill Van Ness, Allen Bornstein, Paul Elmstrom, Bill Cohen, and appearing to be stuck with the tab, John Marricone.



#### **BIRTHDAY & ANNIVERSARY** GREETINGS - CHERVLE GOLDBERG

THANKS TO EVERYONE for your wonderful cooperation in sending me all of the birthdays and anniversaries before I left for my Florida vacation. All of the cards for January, February, March & April will be distributed while I'm gone, and we'll renew the birthday & anniversary listing section in The April issue of The Villa's Voice. Stay well and I'll see you when I return in April!





#### FIVE PONDS SINGLES - AILEEN SALUS

ON WEDNESDAY, December 12 a group of Five Ponds Singles had a very enjoyable day at the Philadelphia Museum of Art to see the Dior Fashion exhibit and the Victorian Dolls exhibit. Following the tour, we had a delicious lunch at Jack's Firehouse in the Fairmount section

Meetings are held on the first Wednesday of every month at 7 PM in the Ballroom. New members are welcome. Come out and join us!

#### • BIRTHDAYS & ANNIVERSARIES



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#### 2019 WINTER

SHUFFLEBOARD LEAGUE - BURT KORN

WE WILL BE MEETING on Monday January 7th at 6 PM in the clubhouse to pick teams for the 2019 Winter League. The league will start on Monday January 14th.

Schedules will be sent by email and posted in the clubhouse. The cost will be the same as last year's winter league (\$5 pp) The top teams will be awarded cash prizes. Teams cannot consist of the same players from either league for at least one previous year.

We need alternates, but they cannot win, so they do not have to pay. If you want to play and cannot be there that night, notify someone else who can sigh-up and pay for you,

Need more information? Contact Burt Korn at 267-282-5127.



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#### **MAIL BOXES**

REPAIR OR REPLACEMENT. Please call Larry McKeogh 215-672-7087.

#### SERVICES & MISC

AUTO DETAILING. Your car or SUV will look great! Call Villa resident Jon Utain, 267-770-9681.

GAIL THE SHOE LADY. I can stretch shoes, make hammer toe and bunion pockets. \$5 pair. Call Gail Wiener 215-293-0506.

I CAN HELP YOU get the correct insurance. Home owners, Auto, Umbrella, Long Term Care & Life. Berny Dubin 215-722-2427.

LIVEN UP ANY PARTY with caricature souvenirs for all your guests. Over 35 yrs experience at surprise birthdays, weddings, & corporate events. Al Wiesner, 215-441-5108.

NEED A NEW BATTERY for watch or car remote fob? Reg. \$4; Lithium \$6 (installed). 20 yrs. exp. Selma Fisher, 86 Villa Dr., 215-444-9921.

NEED A RIDE or DRIVER? 5 Ponds resident will drive your car or mine to and from PHL, NWK, JFK airports, cruise terminals, theater, etc. Call Paul at 215-833-6000.

PERSONAL SERVICES. Gardening, weeding, errands, food shopping, dog walking, animal sitting, cleaning, technical help, maintenance, no job too small. Call Rob Platt: 215-294-0383. Rate: \$20 per hour.

#### PUBLISHING/DESIGN HELP

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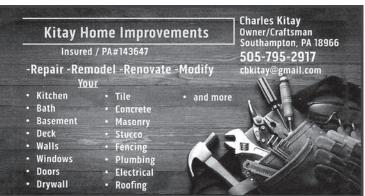
**LISTINGS** are FREE to Villas at Five Ponds residents—space permitting. Sell your item or promote your service HERE!

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\*\*NON-COMMERCIAL, non-politcal PUBLIC SERVIC MESSAGES are FREE to area organizations, churches, schools, and public health services—space permitting. Send to: RonaldDorfmanDesign@comcast.net







ON DECEMBER 7th we held our annual fund-raiser. The "Toys for Tots" program at Five Ponds has had tremendous success, and this year, through generous funding and donations, were able to provide numerous bicycles and toys for the area's needier children.

# Health effitness News · Tips · Special Events

#### A NEW YEAR-A NEW YOU!

■ JIM SPRINGER, BS, CSCS, THE VILLA'S VOICE GUEST REPORTER

GETTING STARTED WITH *your own* Personalized Exercise Program! Whether you are currently doing some type of formal exercise or not, we all know that moving our bodies in a variety of ways and motions is good for maintaining our health, independence, and burning calories (which helps keep the extra weight off).

In this article, I want to help each one of you get started from scratch with your first exercise program. If you read this far, then you have taken an important first step So let's jump right in.

**Preparation.** Start taking action by setting aside a few minutes to get your plan together. For beginners—(anyone starting an exercise program for the first time, or if you have been off the exercise bandwagon for a year or more) the first step is to get your physician to clear you to begin exercising.

Next, it's time to *identify your short-term and long-term goals*. Yes, actually write them down. If you are working with a trainer, definitely share your goals with them. After setting some goals it's time to plan out your program.

Keep in mind there is no perfect program. Any exercise is better than nothing at all. And your program should be ever changing. It is also important to enjoy your program. I understand that not all of us love exercising. If that was the case personal trainers would not be in business. We wouldn't need motivational speakers such as health coaches. But there is clearly a need for us.

Let's get back to *planning your exercise program*. Look first at Resistance Training. Do you like free weights or using machines? Begin by doing whichever one you prefer. There is no right or wrong choice. For heart health you need to do some form of cardio. So do

you enjoy swimming, biking, simply walking? They are all good choices. Not doing any form of cardio is the only bad choice.

Identify your weaknesses. When putting your program together you need to look for and identify any of your weaknesses. Is it getting out of low chairs? Then you need lower body strength. Are you coming back from a major injury or medical event? If so, your program has to take that into consideration. You may even need to work around certain issues for safety reasons just to get started. Do you unfortunately suffer from a chronic condition such as Multiple Sclerosis or Parkinson's that require you to adjust certain parameters of your program? If so, these also must be considered.

Once you have completed the above and have designed your program its now time to get started! Remember to start out with weights that are on the lighter side, and build up your speed and time gradually when it come to doing cardio. Train according to your goals. After 6–8 weeks it may be time to progress your program to the next level. By March, I should have the follow-up article to this ready to go. That will focus on updating and progressing your current program to the next level.

Jim Springer, BS, CSCS. www.inmotionfit.net. inmotionfit2004@gmail.com.

Feel free to contact Jim with any questions regarding program design, program set-ups and the Personal Training and Post-Rehab services his company provides.

Join Jim Springer from In Motion for an interactive lunch and learn on Feb 7, 2019. Finally understand how to begin your personal exercise program. This event will be taking place at the Five Ponds Golf Club and is open to the public. The non-member chamber rate is \$40. See their website www.bucksmontchamber.com for more info and to register.





#### **COMING EVENTS**

**February 2019**February **3.** *Men's Club,* 5 PM. February **6.** Singles Meeting. February 7. Lunch Bunch, Ballroom.

February 13. Knitting/ Crocheting Group, 7 PM. February 23. Private Party. February **27.** Cooking Club #1.

March 2019 March 10. Holocaust Speaker. Ballroom, 7 PM.

#### **April 2019** April **24.** Mount Airy

Casino Trip.

May 2019

May 5. The Cher Show, NYC.





NOTE: Card games may not be played in the Ballroom when meetings on the calendar are listed as such. i.e.: Singles meetings, Clubhouse meetings, Food Club and book club meetings.

### **NUARY 2019**

Aileen Salus, (215-441-9339)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
S M T  2 3 4  9 10 11 16 17 18	MBER 2018  W Th F S  1 5 6 7 8 1 12 13 14 15 3 19 20 21 22 5 26 27 28 29	<b>7</b> New Years Day Brunch	2 Art Class, 10 AM Singles Meeting Ballroom. 7 PM	3 Yoga, Ballroom 10:30 AM	4	5
6	7 Water Zumba, 6 PM	8 Tilly Mint's Tea	9 Art Class, 10 AM Knitting/ Crocheting Group, 7 PM	<b>10</b> Yoga, Ballroom 10:30 AM	17	12
13	<b>14</b> Water Zumba, 6 PM	<i>15</i>	<b>16</b> Art Class, 10 AM	77 Yoga, Ballroom 10:30 AM	18 Movie Night	19
20	21 Water Zumba, 6 PM	22	23 Art Class, 10 AM Women's Club Social	<b>24</b> Yoga, Ballroom 10:30 AM	25	26
27	28 Water Zumba, 6 PM	29 Cooking Club #1	<b>30</b> Art Class, 10 AM	37 Yoga, Ballroom 10:30 AM	3 4 5 6 *** 10 11 12	ARY 2019 W Th F S 1 2 6 7 8 9 13 14 15 16 20 21 22 23 27 28