





www.sl4recdistrict.com
Our New
Website

#### A NOTE FROM MARIAN!

February is for Lovers and we Love you at Phase 4.

We are looking forward to a time soon when we will be able to start all our fun activities that we are used to.

We are having a very successful massive Pfizer vaccination of all residents of Sunrise Lakes Phase 1,2,3 and 4 at our beautiful clubhouse. It was set up by Sunrise Fire Department in collaboration with Florida Department of Health-Broward County.

These wonderful people provided us with this fabulous service. Steve Salkin and our whole staff did a great job in coordinating this program.

Exercise classes are ongoing - they are being held in the shuffleboard courts behind main clubhouse during the vaccinations.

The GYM and Pools are open in a limited schedule during pandemic. See me with any questions.

Looking forward to a bit of Normality.

Marian

#### GYM HOURS AND DAYS:

TUESDAY, THURSDAY, FRIDAY, SATURDAY, SUNDAY 9:15 - 4:45

(8)PEOPLE MAXIMUM PER 1 HOUR WITH RESERVATIONS

FOR RESERVATIONS PLEASE CALL:

(954) 748-3230 EX. 1 OR 3

MON. - FRI. 9:00 AM - 1:45 PM

YOU MUST WIPE DOWN EVERY MACHINE BEFORE AND AFTER YOU

USE IT – MASKS ARE MANDITORY AT ALL TIMES.

YOU MUST BE 6 FT APART

**QUESTIONS: CALL MARIAN (954) 748-3230 EX 3** 

Important ?	Numbers for Sunrise
City Hall	(954) 741-2580
Fire Rescue/Police (non-emergency)	(954) 764-4357
Leisure Services	(954) 747-4600
Post Office	1-800-275-8777
Senior Center	(954 746-3670
Social Security	1-800-772-1213

#### DISCLAIMER

Reference In This Publication To Any Products/ Service Does Not Constitute An Endorsement Or Recommendation By Sunrise Lakes Phase 4 Recreation District, Who Is Not Responsible For any Contents Referenced Herein.

FOR CLUB INFO CALL Bowling Social Club, Mixed Le	aque
Harvey Soufrine	954-224-6136
Barry Fox	954-747-9937
Golf Club	
Stan Leibowitz	954-707-0271
Women 's Club	
Debra Singh	954-826-4573
Social Club	
	954-747-9937
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Bob Mendelow	954-591-9088
Computer Club	0517100010
David Braverman Latin Club	954-746-9040
Pedro L Guerad	210 525 0444
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International Club	054 000 0474
Monica Portela	954-393-9174
Bridge Club	
Marianne Arcella	954-747-8942
Travel Club	
Jasmin	954-888-8405
The Ebony Culture and Travel	Club
Lafern, Christian	954-682-5917

#### Sunrise Lakes Phase 4 Phone Numbers and Extensions Main Number (954) 748-3230 Ticket Office Press #1 Press #2 Security Press =3 Social Director Maintenance Clubhouse Only Press #4 Golf Shop Press #5 Nob Hill Guard House (954) 572-4338 911 Sunrise Police 695-9200 Sunrise Management Campbell Property Management Co. 739-1600 Inc 3 Website Sunriselakes4-3.com 718-9903 CCM Consolidated Community Mgmt. 954-792-6000 Castle Groop Mgmt. (800) Com-Cast Cable—(Comcast) (954) 578-7514 Satellite I Satellite II 578-7742 Satellite III 578-7421 578-7174 Satellite IV 578-5409 Satellite V Website: www.sHrecdistrict.com



#### **POOL OPENING SCHEDULES**

POOL	TIME	DAYS	CLOSED
MAIN POOL	9:15 - 4:45	TUESDAY, THURSDAY, FRIDAY, SATURDAY, SUNDAY	MONDAYS & WEDNESDAYS
SATELLITE 1 *	9:15 - 4:45	MONDAY, WEDNESDAY, FRIDAY, SATURDAY, SUNDAY	TUESDAYS & THURSDAYS
SATELLITE 2 **	9:15 - 4:45	MONDAY, WEDNESDAY, FRIDAY, SATURDAY, SUNDAY	TUESDAYS & THURSDAYS
SATELLITE 3	9:15 - 4:45	MONDAY, WEDNESDAY, FRIDAY, SATURDAY, SUNDAY	TUESDAYS & THURSDAYS
SATELLITE 4 **	8:15 - 3:45	MONDAY, WEDNESDAY, FRIDAY, SATURDAY, SUNDAY	TUESDAYS & THURSDAYS
SATELLITE 5 *	8:15 - 3:45	MONDAY, WEDNESDAY, FRIDAY, SATURDAY, SUNDAY	TUESDAYS & THURSDAYS

\* NOTE: SATELLITE 1 & 5 WILL BE AVAILABLE ON ALTERNATE MONTHS: SEPTEMBER, NOVEMBER, JANUARY

\*\* NOTE: SATELLITE 2 & 4 WILL BE AVAILABLE ON ALTERNATE

MONTHS: AUGUST, OCTOBER, DECEMBER

#### PLEASE NOTE:

POOL USAGE WILL BE FOR RESIDENTS ONLY, NO GUESTS ALLOWED.

MASKS MUST BE WORN ON POOL DECK. SOCIAL DISTANCING MUST BE COMPLIED WITH.

EACH POOL HAS ITS OWN OCCUPANCY LIMITS AND RULES WILL BE INFORCED.



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- 6. Deeds

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The hiring of an attorney is an important decision that should not be based solely upon advertisements before you decide, ask us to send you free written information about our qualifications and experience.



KEN VIENNEAU REALTOR® Sales Associate

954.850.5160 kenvienneau.realtor@gmail.com

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BARBARA TENZER Real Estate Broker

954.235.8224

Realtyqueen@yahoo.com

### **JUST SOME OF OUR SOLDS**

135	2/2	\$100,000	93	2/2	\$75,000	84	2/2	\$59,900
199	2/2	\$128,900	168	2/2	\$74,000	132	2/2	\$58,500
207	2/2	\$92,999	119	2/2	\$70,000	170	1/1	\$55,000
120	2/2	\$78,000	177	2/2	\$69,900	72	2/2	\$54,900
135	2/2	\$74,900	154	1/1	67,00	116	2/2	\$53,000
124	2/2	\$127,000	97	2/2	\$65,00	138	1/1	\$52,900
125	2/2	\$79,000	178	2/2	\$60,000	138	1/1	\$34,000
135	2/2	\$99,000	77	2/2	\$59,900	119	1/1.5	\$42,000
133	1/1	\$45,000	12	2/2	\$59,000	116	1/1	\$39,000
89	1/1	\$54,900	116	2/2	\$84,000	110	1/1	\$47,000
125	2/2	\$92,000	198	2/2	\$109,000	191	2/2	\$125,000

### **SOME OF OUR ACTIVE LISTINGS**

214	2/2	\$139,000	F Riviera	215	1/1	\$1,000 PH-4 Rental
85	1/1	\$53,000	PF	131	1/1	\$41,900
192	2/2	\$135,000	F Riviera	15	2/2	\$98,900
			F Portafino	200	2/2	\$144,000 F



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This testimonial illustrates what the Moss Team is about when we say,

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# THE MOSS TEAM ALWAYS GOES THE EXTRA MILE!

This is to let you know how lucky we are to have chosen you and the Moss Team as Dear Mr. Merv Moss, our Real Estate agent for the purchase of our first condo in Sunrise, Florida. In the entire process you made it easy for us, leaving no room for stress due to your great communication skills and meticulous attention, experience and professionalism. Actually, you did more than your best to help us getting the loan pre-qualification, searching for the condo, making the offer and successfully closing the deal.

For this reason, we would be more than happy to recommend you, Mr. Merv Moss and the Moss Team without reservation, as a real estate agent for any prospective home buyer. Thank you and the Moss Team for your outstanding job!

Sincerely yours.

Ernst & Marie Norma Alphonse

ANOTHER HAPPY CLIENT. LET THE MOSS TEAM MAKE YOU HAPPY TOO!

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LET'S ALL BE SAFE Happy Valentine's Day

MERV MOSS

(954) 444 - 7151

REAL ESTATE ASSOCIATE

IERVMOSS@REMAX.NET

### The Moss Team Sunrise Lakes Featured Listings

LET'S ALL BE SAFE Happy Valentine's Day

PHASE 4		2/1.5	2ND FLOOR CORNER UNIT COMPLETELY REMODELED, LAMINATE FLOORS WATER VIEW FROM PATIO, JUST LISTED,	WON'T LAST	\$95,777
PHASE 4		2/2	3RD FLOOR, DESIRABLE FAIRWAYS-NEWEST BLDG RIVERIA MODEL!! PICTURESQUE VIEWS!		\$169,777
PHASE 4		2/2	2ND FLOOR LUXURY-WATER & GOLF VIEW-SHORT WALK TO POOL!		\$110,777
PHASE 4	SOLD	2/2	RIVERIA-COMPLETELY REMODELED-TOP OF THE LINE - ONE OF HIGHEST PRICES	SOLD	\$179,900
PHASE 4	SOLD	2/2	LIDO GROUND FLOOR - SOLD IN 1 DAY	SOLD	\$127,777
PHASE 4	SOLD	2/2	2ND FLOOR, MONTE CARLO - REMODELED, WATER VIEW - WON'T LAST	SOLD	\$117,777
PHASE 4	SOLD	2/2	2ND FLOOR WATERVIEW	SOLD	\$114,777
PHASE 4	SOLD	2/2	2ND FLOOR MONTE CARLO - GREAT WATER VIEW	SOLD	\$109,777
PHASE 4	PENDING	2/2	2ND FLOOR LUXURY - ACROSS FROM CLUBHOUSE-NICE VIEW	PENDING	\$114,777
PHASE 4	PENDING	2/2	2ND FLOOR, MONTE CARLO - TILE FLOORS THROUGHOUT, NEWER, WATER VIEW, WASHER/DRYER	PENDING	\$114,777
PHASE 3		1/1.5	TOP FLOOR CORNER LUXURY-COMPLETELY REMODELED ACROSS FROM CLUBHOUSE, WON'T LAST		\$85,777
PHASE 3		2/2	LUXURY - 3RD FLOOR, CORNER, FLORIDA ROOM - UPDATED - WON'T LAST!		\$93,777
PHASE 3		2/2	3RD FLOOR, MOVE IN CONDITION-UPDATED IMPACT WINDOWS-WON'T LAST!		\$92,777
PHASE 3	SOLD	1/1.5	GROUND FLOOR, LUXURY ALL UPDATED, PRIVATE ENTRANCE, WON'T LAST	SOLD	\$69,900
PHASE 3	SOLD	1/1	2ND FLOOR HANDY MAN SPECIAL-WATER VIEW-WON'T LAST - SOLD IN 2 DAYS!!	SOLD	\$39,777
PHASE 3	SOLD	2/2	LUXURY - 2ND FLOOR, CORNER, FLORIDA ROOM - UPDATED, MUST SEE!	SOLD	\$105,000
PHASE 2	SOLD	1/1	2ND FLOOR, COMPLETELY REMODELED, CAN RENT OUT AFTER ONE YEAR	SOLD	\$74,777
PHASE 1	SOLD	2/2		SOLD	\$75,777

### OTHER AFFORDABLE UNITS AVAILABLE The Moss Team does it all!

Our legal team is available for all your Real Estate needs. Need a Mortgage? Qualified mortgage brokers available to assist you.

5000 158/204 SOLD SOLD SOLD SOLD 85/201 203/406 85/309 187/206 456 212 198 207 207/206 208/103 212/305 128/201 208/108 176/307 208/205 88/310 37/206 Hundreds and hundreds of closed sales in Sunrise Lakes! 

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We Need To Talk!

\$ We are talking Millions in \$ Condos LISTED and SOLD

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# RACHEL GREEN REAL ESTATE ASSOCIATE

Marketing Specialist - MA Degree in Media Ecology Member Ft. Lauderdale Bd. of Realtors, FL Assoc. of Realtors, Nat'l Assoc. of Realtors Ph: 954-729-4908

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I KNOW SUNRISE LAKES! ANYTHING YOU NEED TO KNOW

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I live in PHASE 4

I am committed to making the sales process smooth, and stress-free for you, from negotiating the contract through closing day

> CERTIFIED STAGING PROFESSIONAL

#### SUNRISE LAKES PHASE 4 CURRENT LISTINGS

Bldg. 215 Priced to sell, W/D, balcony-water view 2/2 \$ 76,900

#### PENDING SALE

Bldg. 183 One of largest SF condo in Phase 4, Water view 2/2 \$119,900

#### SOLD IN 2020 IN PHASE 4

SOLD IN	2020 IN PHASE 4	
Bldg. 200	1st fl Portofino model, balcony, laundry room	2/2 \$140,000
	1st fl, corner upgraded, with balcony	3/2 \$165,000
	Beautiful condo, great bldg. you'll want to stay	2/2 \$145,000
	Newer A/C, fire sprinklers, hurricane shutters	2/2 \$124,900
Bldg. 192	One of largest SF condo in Phase 4, Water view	2/2 \$120,000
Bldg. 209	BEAUTIFULLY UPGRADED, balcony-water view	2/2 \$138,000
Bldg. 169		1/1.5 \$ 83,000
	GORGEOUS everything redone, balcony, W/D	1/1 \$ 77,000

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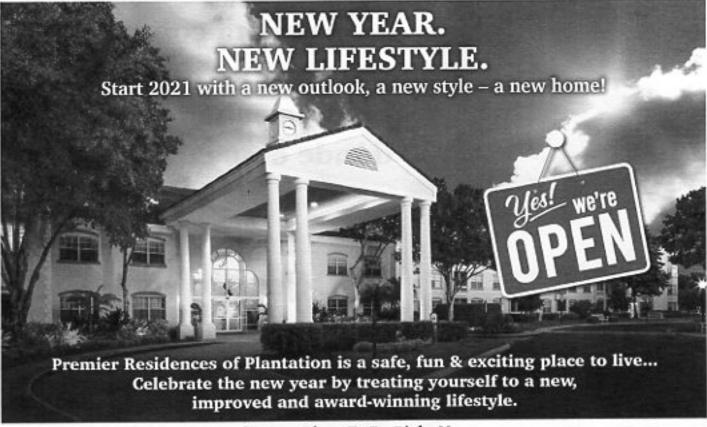




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#### Natacha Dueñas

I am a realtor with many years of experience, I speak English and Spanish...

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# Patient Testimonial: After 20 years of headaches, I woke up with no pain!

by Dr. Yolanda Cintron

assiel: How do you feel today, the day after your full mouth reconstruction surgery?

Martha: I feel 100 percent better, after 20 years of headaches and doctors and just thinking that I was going crazy. I woke up this morning and I have no pain; it's amazing,

Massiel: How many doctors have you seen regarding the same issues, your headaches and the pain?

Martha: Well, this whole process started about 20 years ago. I'd go to an ENT [ear, nose, throat doctor], I'd go to my regular doctor, and if I had a sinus infection where I couldn't breathe and had an excruciating headache, then they'd prescribe some antibiotics and it'd get a little better and I'd go about my business. Then, about six weeks later, I'd have to go back and get more antibiotics because it would recur. Finally, I went to a doctor who ended up giving me prednisone. All this time, I am having oral care; I'm going to my dentist every six months; I'm checking my dental records, so it's not like I was negligent in my dental health.

Then about six months ago, I started having excruciating headaches that would take over my left eye and come up over the left top of my head, down left throat side, down into my left shoulder and upper torso. I even thought I had a brain tumor.

So, I went to my regular doctor and all my scans, including CT, blood tests, you name it, came back normal because I'm basically a healthy person. But I insisted on a referral to an ENT doctor and at that time he did a CT scan on me and said, "Well, you have a slightly deviated septum but it shouldn't be causing the problems that you have; there are no polyps, you look good to me!"

So, then I went to my eye doctor and she said, "On your left eye, does anyone in your family have glaucoma?" to which I replied no. She said, "Well you're showing signs of degradation in your left optic nerve." So that scares me. Not only am I going to lose my sight, but I have these tremendous headaches that just won't go away.

Next, I go to a neurologist and he does some tests and says,

"You're fine, I don't know what's wrong with you. It must all be in your head." I then saw my dentist as I was having severe pain with several teeth but I had just seen her a week before; she says, "I don't understand what's going on with you, something's not right, but those two upper left teeth look like they need some extra work of some sort. I'm going to send you to an endodontist (root canal specialist)." I already had four root canals done and I didn't know the difference between a root canal and a crown but I knew I had a lot of dental work in my life because my teeth have always been bad.

I walk into the endodontist's office and he grabs his tools and tells me I need two more root canals after seeing my X-rays; he starts drilling and that's when I got up and said, "I can't do this anymore; I can't even stand the pain of fixing it." I went home, crying; I was real upset and thought I was dying; it was just so painful all the time.

A couple of days pass and I go to have my monthly massage and there was a magazine on the fable of the waiting area called Natural Awakenings and the article titled "Mouth Matters" and it just so happened to be written by Dr. Yolanda Cintron. When the massage was done, I went home, read the article and thought, "You know, this sounds kind of off the wall... I wonder if it's really true." I decided to pursue it. I called her and she said, "You can come to my office for an evaluation and we can really figure out if it's in your head or not."

Well, I came over to her office in Fort Lauderdale (we live all the way in Cape Coral which is about three hours away so it's not an easy trip) and she examined me and explained to me some of the issues that she saw in my mouth; at that point, I cried, because I thought if this is really true, I'm not crazy!

So anyway, I came back, she fixed me up and it's the first day after the surgery and I have NO pain.

For more information or to book an appointment, call 954-938-4599 and/or visit GoNaturalDentistry.com. We will take care of your needs and get you healthy again—pain free!

Love,

Dr. Yolie

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#### February 2021



Mon Tue Wed Thu Fri Sat Sun Don't Forget 10:00 AM and 11:00 10:15 AM 10:00 AM 10:15 AM Zumba **Our Website** Chair Aerobic 11:00 AM AM **Boot Camp** Chair Yoga Chair Aerobic www.SL4recdistrict.com 9:30 AM INC 2 CAPT'S ZOOM MTG IN THE CLUBHOUSE 12 10:00 AM INC 3 CAPT'S MTG ZOOM MTG IN THE CLUBHOUSE 14 15 16 17 9:30 AM INC 1 9:30AM INC 1 CAPT'S BOARD REC BOARD MTG ZOOM MTG **ZOOM MEETING** 9:30 AM HAPPY VALENTINE'S DAY IN THE CLUBHOUSE IN THE CLUBHOUSE ZOOM MTG IN THE CLUBHOUSE 21 26 9:30 AM INC 3 9:30 AM INC 2 BOARD BOARD ZOOM MTG ZOOM MTG IN THE CLUBHOUSE IN THE CLUBHOUSE 28



# ARE YOU THINKING TO BUY OR SELL?? PLEASE CONTACT ME!

#### AGENT WITH LARGE EXPERIENCE AND INTEGRITY!

I specialize in happy transactions! I've been a Phase IV resident for 8 years. I know the market and the Sunrise Lakes transaction process cold!

If you refer business to me, you will be helping cancer patients and their families. I'm a founder of a Non-Profit organization (MISION REMA) that help people with cancer, your referrals allow me to contribute with a portion of my RE transaction earnings.... Together we can help!

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RE/MAX Realty Associates 10175 W. Sunrise Blvd. Plantation, FL 33322 954.368.8000 Office 954.368.8046 Fax



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# \$50 monthly allowance for groceries



The Healthy Foods Card provides money to purchase approved food at participating stores

For qualified members the Humana Gold Plus SNP-DE H1036-103A (HMO D-SNP) includes a Healthy Foods Card to help pay for groceries at participating stores.

- Each month, the Healthy Foods Card is automatically loaded with \$50; unspent dollars don't roll over to the next month.
- Shop at participating stores, including Walgreens, Walmart and others, for approved foods and drinks.
- Scan the barcode on the back of the Healthy Foods Card at the checkout to pay for purchases.

#### Call a licensed Humana sales agent

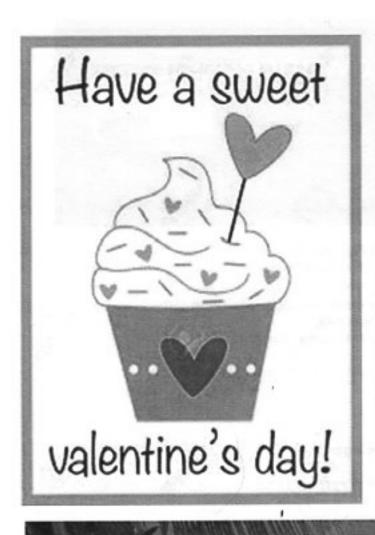


Luis Gonzalez
754-801-7287 (TTY: 711)
Monday - Friday, 8 a.m. - 5 p.m.
LGonzalez34@humana.com
humana.com/lgonzalez
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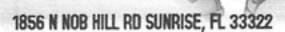


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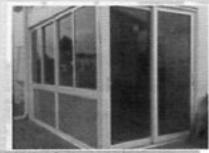
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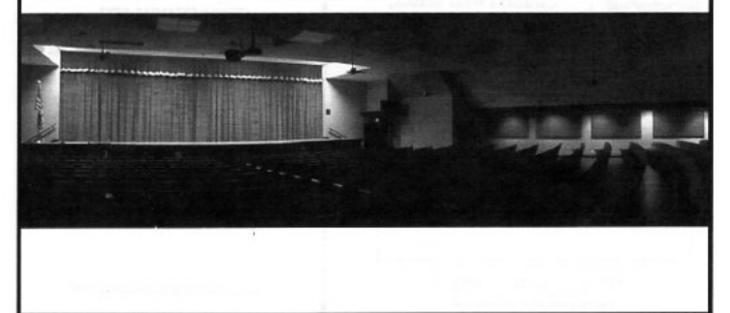
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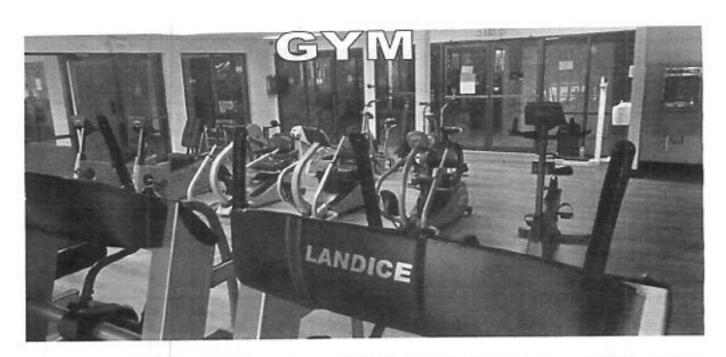
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Welleby Plaza Publix	1st -Sawgrass, Walmart & Target 2nd -Broward, Mall	Nob Hill Plaza (Doris)
	3rd -Sawgrass, Walmart, Marshalls 4th -Coral Springs Mall	Walgreens-Sunrise Blvd./ Nob Hill
Walmart  Lincoln Pk (44th st.)  Aldi's Oakland Park/University	Depart 9:15 am -10:30 am Return 12:45 pm -2:15 pm  NO BUS SERVICE ON  JULY 4TH, THANKSGIVING, CHRISTMAS DAY, NEW YEAR'S DAY	Bravo Shopping Center Jacaranda Square Walmart Food Center Jacaranda Plaza
Bus 1 Depart Return 9:00 am 11:00 am 10:30 am 12:00 pm 1:00 pm 2:20 pm	Festival Market  March 31st, June 30th, Sept 29th,  Dec 29th  Depart 9:00 am-Return 1:00 pm	Depart Return 9:00 am 11:00 am 10:30 am 12:00 pm 1:00 pm 2:20 pm Bus Llason Inc. 1

#### **BUS SCHEDULE SUNRISE LAKES PHASE 4 INC 2**

MONDAY	FRIDAY	Sawgrass/Walmart & Target Library & Senior Center 2nd: Broward Mall		
Nob Hill Plaza/Doris Dunkin Donuts	Welleby Plaza First Bank Wells Fargo Publix			
Walgreens Sunrise & Not	Hill Pine Plaza	3rd: Sawgrass/Walmart & Marshall's		
	CVS Oakland & Hiatus	4th: Sawgrass/Target Walmart		
Jacaranda Plaza Steinmart/Dollar Tree	Lincoln Park Shopping Center	Marshall's		
Jacaranda Square	Lowe's Walmart University & Oakland	5th: Festival Flea Market DEPART 9:30 RETURN 2:00		
Walmart Food Center		Festival Flea Market Dates		
Bravo Supermarket		JANUARY 29TH APRIL 29TH JULY 29TH SEPTEMBER 30TH		
MONDAY WEDNESDAY F	RIDAY	DECEMBER 30TH		
Depart Return				
9:00 10:45				
10:00 11:45				
12:05 2:00		Carole Karlin 954-840-8604 973-951-8343		
		Monica Portela 347-692-6181 Se Habla Espanol		

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NO BUS SERVICE: JULY 4TH, THANKSGIVING, CHRISTMAS & NEW YEAR'S DAY

#### **Bus Schedule** Sunrise Lakes Phase 4 Inc. 3

Effective October 2020

Bus Chairman Inc. 3 - Sandy Hurwitz - (954) 253-0842

No Bus Service on July 4th, Thanksgiving, Christmas, and New Years

Monday & Friday	Thursday
Depart Return	Depart Return
9:00 am 10:45 am	9:00 am 10:45 am
10:00 am 11:45 am	10:00 am 11:45 am
12:05 pm. 2:00 pm	12:05 pm. 2:00 pm
Welleby Plaza	Nob Hill Plaza
Publix-Dollar Store-	Doris
Wells Fargo Bank	
	Nob Hill Pavilion
Sunrise Sr. Center	Walgreens
(Oakland Park & University) Aldi	Jacaranda Square Walmart-Bealls
Sunrise Town Center	Jacaranda Plaza
Walmart	Publix-Dollar Store

1st Wed. of Month	2nd & 4th Wed. of
Depart Return	Month
9:00 am 10:45 am 10:00 am 11:45 am 12:05 pm. 2:00 pm	9:30 am 1:00 pm 11:00 am 2:00 pm
Sawgrass Square Ross-Michaels-First Watch Café-Home Goods-Publix	Sawgrass Mall Walmart at Sawgrass Target-Mall
3rd Wed. of Month Depart Return 9:30 am 1:00 pm 11:00 am 2:00 pm  Broward Mall Macy's	5th Wed. of Month ASK SANDY!  Depart Return 9:00 am 1:00 pm  Festival Market (Flea Market)

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