

DUNES LINES

Happenings in The Villas of Ocean Dunes

January 2026

Issue 32

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Missed seeing an issue of the Dunes Lines?
All issues of the Dunes Lines are posted on
the Ocean Dunes website:

www.oceandunesflorida.com

No password is needed.

Inspirational Quote of the Month

Submitted by Suzanne Felix

“What we once enjoyed and deeply loved
we can never lose, for all that we love
deeply becomes a part of us.” — Helen
Keller.

Ongoing Events

Pickleball

Tuesday, Thursday and
Saturday 8:30AM

Tuesday, Thursday and
Sunday 6:00PM

Meet at the tennis courts. All
levels welcome. Rackets are
available to borrow.

Mens Poker

Thursday 7PM at the pool

Rummicube

Tuesday and Thursday at
1PM at the pool

Book Club

January 27 - 7PM

My Friends by Fredrick Backman

Water Exercise

Mondays and Thursdays at
9:30AM, weather permitting.



Welcome New Neighbors!



1406 Francis & Laura Santituro
1409 David Wasson

Picture of the Month

Submitted by Maureen Watson



Save the Date

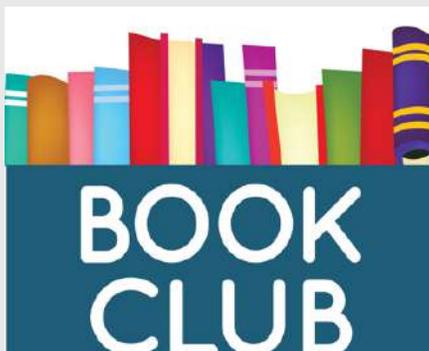
Starting January 6 Water Exercise with Jerry

9:30 Weather permitting



January 24 Annual Meeting

The Annual Meeting will take place at 9AM, Saturday January 24 at the Jupiter Rec Center. If you cannot attend, please give your proxy to Peggy or to a neighbor who is attending.



January 27 - My Friends by Fredrick Backman

February 24 - Berry Pickers by Amanda Peters

March 31 - Hello Beautiful by Ann Napolitano

April 28 - The Wedding People by Alison Espach

Help Needed

Block Captain

A new Block Captain is needed for the **1400 block**. If you are interested, please contact Peggy.

Superbowl/March Madness Pools

Unfortunately Pam will not be here this year to run the pools. We need someone to step up and take over if the pool is to continue. Contact Peggy if you are interested.

Christmas Tree Disposal

January 8

All Christmas trees will be picked up by the landscape company at no charge on January 8th. Have your tree placed near the dumpster corral. If the tree is not out by this date, it will be the responsibility of the owner or tenant to take it to the town dump. **DO NOT PUT THE TREE IN THE DUMPSTER!**



Wellness Tip of the Month

STRENGTHEN YOUR BONES

Did you know by the time you hit forty, your bone density starts to decline? Women are four times more likely to experience bone loss and up to 15% of that loss can occur perimenopause. However, bones are dynamic and adaptive and while having strong bones won't stop you from tripping or falling, it can protect you from fractures if you do.

Here are ways to build stronger bones:

1. **DO HIGH IMPACT CARDIO.** Jumping rope, jogging, hiking, playing tennis and pickleball are all weight-bearing exercises that improve bone density. The more “good stress” you can safely put on your bones helps them meet the demands put on them.
2. **ADD STRENGTH TRAINING.** Muscles and bones work together. As muscles pull against bones, the force signals the bones to get stronger. Resistance exercise helps you build a more resilient musculoskeletal system. Some exercises to do are push-ups, squats, holding a plank for at least 30 seconds and glute bridges.
3. **EAT MORE CALCIUM.** Calcium is essential for maintaining strong bones. You can obtain calcium in plant-based milk and orange juice, tofu, leafy greens, and almonds to name a few.
4. **UP YOUR INTAKE OF VITAMIN D AND OTHER BONE BUILDERS.** While calcium is essential for bone-building, Vitamin D helps the body absorb calcium from food. It is often called the “sunshine vitamin” since your skin can make it via UV exposure. Other sources of Vitamin D are fatty fish such as salmon and canned tuna, and egg yolks and milk.
5. **PRACTICE BALANCE AND GOOD POSTURE.** Balance is the key to stability and coordination which reduces the risk of falls. It also strengthens your core, which helps protect your spine and hip bones. Add one-sided moves like single leg lifts and tree pose to your routine and hold for at least 30 seconds on each leg. You can also try balancing on one foot as you brush your teeth in the morning and evening.

The CDC recommends a bone-density (DEXA) scan for women 65 and older to screen for osteoporosis. Also, prunes are a surprising bone booster. Prunes are rich in vitamin K, and eating five to six per day can preserve bone density and are rich in magnesium and antioxidants. As we start the new year, it's time to change, or improve habits that will keep your skeleton sturdy. Wishing everyone a healthy and happy new year!!

Pet of the Month

Ruby

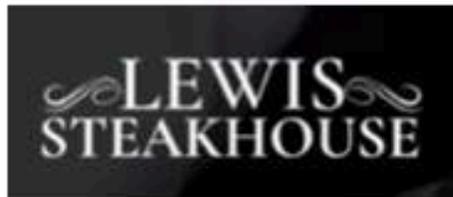


Happy Holidays everyone. It's me Ruby. I know you are all wondering what took me so long to introduce myself but as the saying goes "Better Late Than Never". I was born on a ranch in Kingsville, Texas and I spent my first year and a half there living with dogs, cats and chickens. When my previous owners could no longer care for me, I ended up in an animal shelter. Lucky for me the shelter contacted a Labrador Retriever rescue group in the northeast and I traveled for three days across the country to my new home in New York.

I settled in easily with my new family known to all of you as Penny and Greg. Less than a year later, we moved to Florida and since then life for me has been one big great adventure. My adventures include trips to the beach where I swim in the ocean and the FIND dog park where I run with all the other dogs. My favorite adventure however is walking around Ocean Dunes getting treats from other nice dog owners and meeting all my doggie friends every day. I hate to brag but I have been seen kissing Wilson, flirting with Danny, and playing with Molly and my bestie Gia. They are just a few of the many doggie friends I have made in this Community.

My Mom and Dad say they lucked out with me because I am so well behaved. I think that I am the lucky one - swimming, running with my friends, getting treats, boyfriends, girlfriends - what more could a girl ask for?

The Dunes Gourmet



Lewis Steakhouse
6390 W. Indiantown Rd.
Jupiter, FL 33458
(561)277-9188



As the newest venture under the Okeechobee Steakhouse enterprise, Lewis Steakhouse proudly carries the torch of culinary excellence to Jupiter, Florida.

Just step into the 130-seat restaurant, adorned with classic decor reminiscent of the Legendary Okeechobee Steakhouse. High-back booths ensure a sense of privacy, while the full bar invites you to relax and unwind in an enchanting atmosphere that captures the spirit of timeless hospitality.

The menu revolves around the world-renowned Dry Aged Prime steaks, a hallmark of both the Lewis family and Okeechobee Steakhouse. While celebrating these culinary gems, Lewis Steakhouse also boasts select signature dishes that set them apart, offering a culinary journey like no other in Jupiter.

Lewis Steakhouse is open Monday through Saturday 4:00pm to 10:00pm and Sunday 4:00pm to 9:00pm. Happy Hour daily 4:00pm to 6:00pm. Call for a reservation.

Recipe of the Month

Submitted by Tara DeCoursey

Sausage and Cream Cheese Pinwheels

allrecipes.com

submitted by brandi03



Three simple ingredients whip up a delicious, easy appetizer to bring to any party... or perhaps to an Ocean Dunes Friday night mixer???

INGREDIENTS

- 1 pound bulk pork sausage
- 2 (8 ounce) packages refrigerated crescent rolls
- 1 (8 ounce) package cream cheese, softened

DIRECTIONS

Step 1: Cook and stir sausage in a large skillet over medium-high heat until browned and crumbly, about 10 minutes; drain and discard grease.

Step 2: Spread dough from one package crescent rolls out onto a work surface; pinch perforations together to create a single sheet of dough.

Step 3: Spread 1/2 of the cream cheese over dough, leaving a 1/2-inch margin on each edge. Sprinkle 1/2 of the cooked sausage evenly over cream cheese.

Step 4: Starting at a long edge, roll dough around filling into a log; wrap in plastic wrap or parchment paper. Repeat to make and wrap a second roll. Refrigerate rolls until firm, at least 1 hour.

Step 5: Preheat the oven to 375 degrees F (190 degrees C). Remove rolls from the refrigerator and unwrap. Cut rolls into 1/2-inch-thick slices and place onto a baking sheet. Bake in the preheated oven until golden brown, 10 to 15 minutes.



Shaken AND Stirred!

Submitted by Tara DeCoursey

It's no secret we tend to devote a lot of our content to food – recipes, restaurant recommendations, etc., so how about including beverage recipe suggestions to round things out? I encourage you all to submit your favorite alcoholic or non-alcoholic drink recipe; in the meantime, Christmas might be over, but I say keep stirring up those Mistletoe Mojitos ALL YEAR LONG! And if “Dry January” is your thing, check out the mocktail version!

Mistletoe Mojito

source: [Everyday Recipes](#)

Ingredients for 1 cocktail:

2 oz white rum	6-8 fresh mint leaves
1 oz lime juice	2 oz cranberry juice
1 oz simple syrup	club soda
	ice cubes

Directions:

1. In a glass, muddle mint leaves with lime juice and simple syrup to release the mint's aroma.
2. Fill the glass with ice cubes and pour in the white rum and cranberry juice
3. Top with club soda and gently stir to combine.
4. Garnish with some fresh cranberries, a lime slice and a sprig of mint for a festive look. Salud!

Not Very Merry Mojito (just kidding!)

source: [anonymous](#)

Ingredients for 1 mocktail:

½ lime, chopped
8 mint leaves
1 oz non-alcoholic rum
2oz pomegranate juice
Soda water
Pomegranates and mint to garnish

Directions:

5. Muddle the lime in your glass to release the juices. Clap the mint together in your hands and add it to the glass.
6. Fill your glass with ice and add the non-alcoholic rum, and the pomegranate juice. Top with soda water, stir gently, garnish with pomegranate anils and mint, then serve.

Note: you can add a little sweetener to this if you wish!

“You’re So Golden!”

Since the Golden Globe nominations were recently announced, here’s a look at some of the top category leaders for you to enjoy!

Best Motion Picture: Comedy or Musical: One Battle After Another is nominated for NINE Golden Globe Awards - more nominations than any other film this year. This film is classified as an American black comedy action thriller (that’s a mouthful!). But what a cast!! It stars Leonardo DiCaprio, Sean Penn, Benicio del Toro, Regina Hall, Teyana Taylor and Chase Infiniti. The film is inspired by Thomas Pynchon’s novel, *Vineland*, and the movie follows an ex-revolutionary who is forced back into his former combative lifestyle when he and his daughter are pursued by a corrupt military officer. **Watch at home by renting on Amazon Video, Apple TV, YouTube, Fandango At Home, and Plex.**

Best Actress Motion Picture - Drama: After The Hunt is a psychological thriller film starring Golden Globe nominee Julia Roberts, along with Ayo Edebiri, Andrew Garfield, Michael Stuhlborg and Chloe Sevigny. The film follows Alma (Julia Roberts), a respected, well-liked professor at Yale University who is caught in a sexual abuse accusation involving one of her students and a colleague. **Watch now on Amazon Prime Video.**

Best Television Series: Drama: The Pitt is an American medical procedure drama that won 5 Emmy Awards after its first season, and is now nominated for a Golden Globe as Best Television Series - Drama; with a nomination in Best Actor category for its lead male actor, Noah Wylie. Season 2 is about to debut January 8th, 2026. The series follows emergency department staff as they attempt to overcome the hardships of a single 15-hour work shift at the fictional Pittsburgh Trauma Medical Center all while having to navigate staff shortages and underfunding. Each episode of the season covers approximately one hour of the work shift. **Streaming only on HBO Max.**

Best Television Limited Series: All Her Fault is a mystery thriller limited series for Peacock starring Sarah Snook, Jake Lacy, and Dakota Fanning. It’s based on the 2021 novel by Andrea Mara. This riveting series begins with Marissa Irvine (Sarah Snook), going to pick up her young son from his first playdate with a boy at his new school. However, the woman who answers the door has never seen or heard of either Marissa or her son - thereby beginning every parent’s worst nightmare. As Marissa and her husband begin a desperate search for their son, their family starts to come apart at the seams. **Watch now on Peacock.**

Christmas in the Dunes



December Social



Thank you Suzanne & Jan!
It was a fun evening!

Worth Repeating

Block Captains

100	Tom Cuomo	tom.cuomo@gmail.com
200	Jill Van Dresser	jvandresser@comcast.net
300	Don Wilson	doglwi520@gmail.com
400	MaryAnn Coluccio	coluccio@comcast.net
500	Cheryl Venet	venetcheryl52@gmail.com
600	Geri Daniels	redbaroness624@hotmail.com
700	Jayne Daversa	jayne.daversa@yahoo.com
800	Ilene Arons	iga1123@yahoo.com
900	Carol Kelley	kelleycjip@aol.com
1000	Carol Kelley	kelleycjip@aol.com
1100	Donna Malkentzos	capemayscorp@gmail.com
1200	John Peters	jmpeters@bellsouth.net
1300	Phil Watson	Watsonplw@gmail.com
1400		
1500	Jan & Bill Ross	janandbill@aol.com

Hotwire

For ANY Hotwire issues call 800-355-5668.

Gates

The Resident Service number for Envera is **877-936-8372**. Please add this to your phone contact information. This is the number that Envera will use if they need to call you. **It may also be used to report a problem with the gate** and to add visitors to your list if you do not have access to the App or to a computer.

Help Keep Ocean Dunes Beautiful

Please do not throw cigarette butts or other debris into the lake. Pick up after your dog and dispose the waste properly. Do not leave it on your neighbors property.

Dumpster Etiquette

Please place all trash in the appropriate container.

All cardboard boxes should be collapsed before disposing them.

If recycling is full or something is too large to fit in the recycle bin please deposit it in the regular garbage bin.

DO NOT LEAVE ANYTHING ON TOP OR OUTSIDE THE BINS

No plastic bags are allowed in the recycle bins.

Landscaping

If you do not want a plant or a hedge trimmed, please see Peggy. She will give you a red reflector to put in front of it.

Don't be left in the dark!

For those walking or driving in Ocean Dunes at night, if there is a lamp post that isn't working, please take note of its location and send an email to Peggy at: manager@oceandunesflorida.com.

SMILE You're on Camera



The pool area and tennis courts are now under 24-Hour video surveillance. All activities are being recorded, and you are being videotaped.

The video recording is for surveillance purposes only. The Association does not provide security or protection services. You are responsible for your own safety and should remain aware of your surroundings at all times.

Keep the Dunes Beautiful

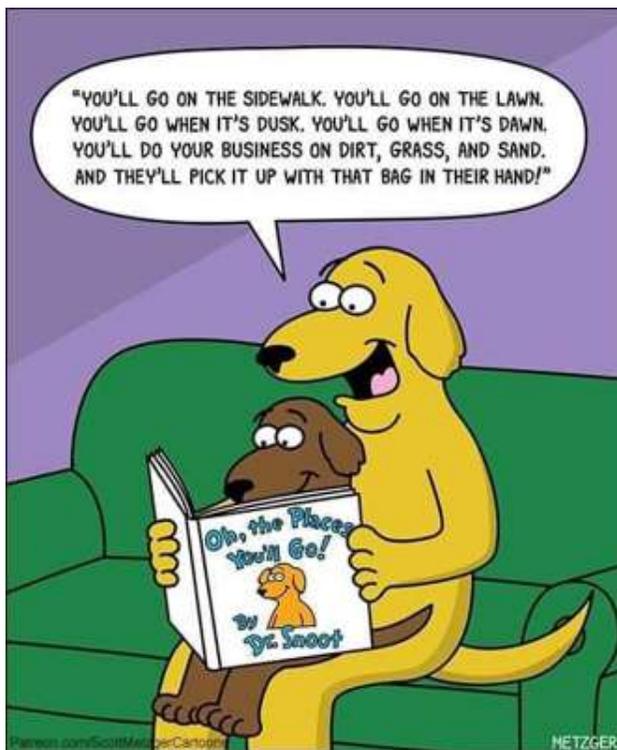
There is no Maid service at the pool!

Please clean up after yourself. All litter should be placed in the trash cans. Umbrellas should be closed when you leave to prevent damage to them. Please rinse off any sand before entering either the pool or the spa. Sand damages the filters. If you turn the fans or the TV on please shut them off when you leave. If no one is at the pool when you are leaving and you see them on, please turn them off.

A Reminder:

Please hold the pool gate until it is shut.

Please do not let the pool gates slam. Aside from being annoying, it will damage the gate.



Please pick up after your pet

So you walk your dog and he/she poops. You pick it up in a poop bag, tie it in a neat knot, and place it on top of the bag dispenser and you think your job is done. **WRONG!** Take it to the dumpster, now your job is done.



Games Available at the Pool and by the Tennis Courts

There are a variety of games in the cabinet located under the books at the pool. Feel free to borrow one. Play at the pool or bring it home to play. Just be sure to return it to the cabinet when you are done with it. If you have a game or puzzle you no longer want place it in the cabinet for others to enjoy. A Giant Connect Four game is available to play at the pool. Please be sure to put the discs back on the holder.

At the tennis courts, in the bin with the bocce balls is a mini version of cornhole. It is for everyone's use. Please be sure to return the pieces to the bin when you are done playing and close the bin to prevent water from ruining the equipment. The horseshoes have been replaced and can be found in the horseshoe pit.

Refrigerator Rules



Anything left in the refrigerator will be discarded.

Do not put any carbonated beverage in the freezer. It will explode and create a mess.

Bulk Pickup

Call Waste Management at 866-724-2989.

Service address: 1305 Ocean Dunes Circle

Account Name: Villas of Ocean Dunes

Tell them what you are leaving and where it will be left.

You will be given a ticket #. Please give this number to Peggy.

Reminders to all Residents

ALL changes to the exterior of your home require Board approval. An Architectural Change form must be submitted to Peggy **before** doing any work. This form may be downloaded from the Villas of Ocean Dunes website.

Dumpsters

Contractors are to haul away any debris they create. Please tell them that they are not to use the garbage bins!

Bags with cans and bottles must never be placed in the recycle bins. Empty the bags!

Cardboard boxes must be collapsed. If they are too large they should be placed in the large dumpster.

Parking

Parking is a huge issue in the community. Please use your assigned spots. Guest spots are not for the use of owners on a constant basis. There is overflow parking at the tennis court or at the pool.

No street parking is allowed. Emergency vehicles, waste management trucks and your neighbors need to be able to pass. Do not leave your car in the street overnight!

Tennis Courts

No pets, roller skaters, baby carriages or bicycles are allowed on the tennis courts at any time. They damage the court surface.



Help Out Big Dog Ranch

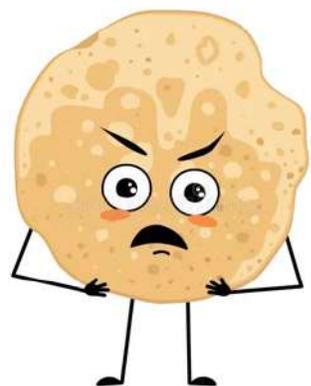
Home - Big Dog Ranch Rescue



BIG (and little) DOG RANCH RESCUE DONATIONS

If you have any bed linens, towels, rags, small rugs, bath rugs or blankets that you do not need, please donate to this local dog rescue site. Drop them off on the front porch of 1005. Or, you can call me to pick up from you. Carol 561-758-3361. If I don't answer, please leave a message. I will take all donations (year round) to the rescue site in Loxahatchee. They constantly need these items.
Unopened treats also needed.
Thank you so much for your consideration and caring spirit.

Carol Kelley 1005



Once upon a time, there was a woman named Pancake Patty. She didn't always have that name, it used to be simply, "Patty". But she thought it was a good idea to walk through the automobile gate entrance to her community instead of using the pedestrian gate.

The end.



A Note from the Editors

Thank you to all our contributors.
Without you, this newsletter
would not be possible.



Ideas for Contributions:

Pet of the month: Highlight your special pet. All pets welcome to submit. How about you cat lovers out there? Send pictures and a brief bio of your pet.

Dunes Gourmet: Eat some place interesting? Take some pictures of the food. You can describe it if you like.

Recipe of the Month: Share a favorite recipe.

Classified: Have something you want to sell or give away? looking to rent? It's free and you and you will have a wider audience than just posting by the pool.

Items Of Interest: Go someplace fun that you would like to share? Have a cute joke? Have pictures of the community that you would like to share? These are just a few ideas.

Pictures: Share a favorite photo.

