



THE MAINLANDER

The Newsletter of The Mainlands Sections 1 & 2 Civic Association, Inc.
4301 Mainland Drive - Tamarac, FL 33319

(954) 731-3227 – Office Hours: Monday-Friday 9:30 AM to 12:00 PM
www.mymainlands1-2.org – office@mymainlands1-2.org

March 2024

Weekly Events

Mon - Wed- Fri	Pool Fitness	10 AM-11 AM	Pool A
Monday	Bible Study	10 AM-11:30 AM	CH
Monday	Movies	7:00 PM	CH
Monday - Friday	Pentanque	9:30 AM	Petanque Court
Monday	Whist	7:00 PM	Admin Bldg
Tuesday	Mah-Jongg	12 PM - 3:00 PM	Admin Bldg
Wednesday	Billiards Club	6:00 PM	CH
Thursday	Ballroom Dancing	1:00 PM	CH
Friday	Shuffleboard	10:00 AM	CH



HAPPY
ST. PATRICK'S
DAY

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March 2024

Monthly Events

Saturday	03/02	Rummage Sale	9:00 AM - 1:00 PM	CH
Sunday	3/10	Broward POPS Spring Concert	11:00 AM - 2:00 PM	CH
Tuesday	3/12	Social Committee Planning Meeting	6:00 PM	CH
Sunday	3/17	St. Patrick's Potluck Dinner	5:00 - 7:00 PM	Admin Bldg
Tuesday	3/19	Primary Elections	7:00 AM – 7:00 PM	CH
Tuesday	3/19	Board Meeting	7:00 PM	Admin Bldg
Thursday	3/21	Book Club	2:00 PM	Admin Bldg
Thursday	3/21	Men's Club	5:00 PM	CH
Sunday	3/24	Pancake Brunch	9:00 AM - 12:00 PM	CH

Coming Attractions

Sunday	04/07	Pancake Brunch	9:00 AM - 12:00 PM	CH
Saturday	4/13	Potluck Dinner	5:00 PM – 7:00 PM	CH
Tuesday	4/16	Board Meeting	7:00 PM	CH

A message from the Vice President...

“ Service to others is the rent you pay for your room here on earth..”

Muhammad Ali

Those certainly are words that should be in everyone’s vocabulary and in everyone’s heart, especially when living in a senior community such as ours.

There is always someone to help, someone in need and someone looking for just one moment of your time. When you provide such a “service to others,” you are the one who benefits the most.

As a board, we are trying our best to provide service to all our residents and we look forward to being able to help in any way we can. What we ask in return is that you give something as well. Attend a planned function. Give a neighbor a ride. Volunteer for one of the events. Join a class or club or just come and enjoy. We would love to see you. And, guess what... that’s all the rent there is to pay!

Be well and stay safe... Pam



SHARING THE LOVE WITH RESIDENTS ON VALENTINE'S DAY



POT LUCK DINNER WITH OUR RESIDENTS IN THE CLUBHOUSE



CITY OF TAMARAC REPAVING PROJECT IN OUR COMMUNITY



CELEBRATING THE BIRTHDAY OF
OUR IRRIGATION SPECIALIST OF
20 YEARS OF SERVICE

MAINLANDS ALL-STARS

Ballroom Dance Lessons—1 pm M1&2 Clubhouse

March 7th, 14th and 28th

Donation of \$2 goes toward ballroom party.

All are welcome—partners not necessary.

Book Club— 2 pm M1&2 Admin Bldg

March 21st—Reviewing novel—”This Magnificent

Dappled Sea” by David Biro

Next book will be: “The Oracle of Stamboul” by

Michael David Lucas

All are welcome to attend

2024 BOARD OF DIRECTORS

President	Karen Dewar	kdewar@mymainlands1-2.org
Vice President	Pamela Bushnell	pbushnell@mymainlands1-2.org
Secretary	Felicia Gray-Speaks	fspeaks@mymainlands1-2.org
Treasurer	Nancy Major	nmajor@mymainlands1-2.org
Director	Andre Boisson	aboisson@mymainlands1-2.org
Director	Theodore Byers	tbyers@mymainlands1-2.org

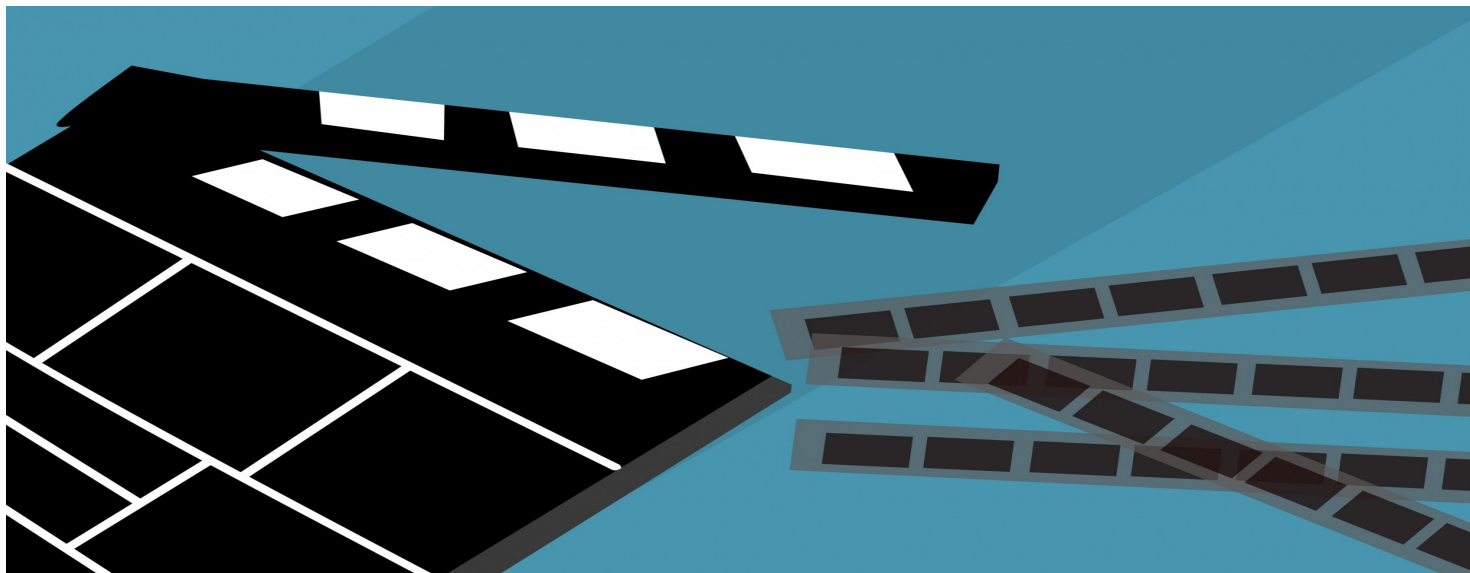
Photographer David Brutovsky

Mainlands 1&2 Civic Association, Inc.

4301 Mainland Drive Tamarac FL 33319

Office Hours: Monday to Friday from 9:30am to 12:00 noon

For Assistance, please email at: office@mymainlands1-2.org or call: 954-731-3227



MARCH MONDAY MOVIES

Movies start at 7pm

\$1.00 donation requested for refreshments and beverage.

3/04/24	132 min	<u>"MILLION DOLLAR BABY"</u> With: Clint Eastwood, Hilary Swank, Morgan Freeman	PG13	Drama
<i>A light dinner will be served at 6:30</i>				
3/11/24	100min	<u>"QUEEN BEES"</u> With: Ellen Burstyn, James Caan, Ann Margaret, Loretta Devine	PG13	Romantic Comedy
3/18/24		<u>NO MOVIE DUE TO PRIMARY ELECTIONS</u>		
3/25/24	95 min	<u>"LILIES OF THE FIELD"</u> With: Sidney Poitier, Lilia Skala, Stanley Adams	PG	Classic

SATURDAY, MARCH 2nd 9AM - 1PM



Bargains Galore!!!

Join us in the clubhouse to find a treasure you didn't even know you were looking for!

THE BROWARD POPS ORCHESTRA

**WILL BE PERFORMING THEIR DRESS REHEARSAL
SPRING CONCERT ON SATURDAY, MARCH 10TH FROM
11am to 2pm IN THE CLUBHOUSE. PLEASE USE BACK
POOL ENTRANCE AND BRING A FRIEND OR NEIGHBOR
TO ENJOY THIS PERFORMANCE.**





Sunday, March 17th

5-7PM IN THE MAINLANDS 1&2 ADMIN BUILDING

Join us by bringing a food item of your choice to share. Salad, vegetable, casserole or dessert. We hope you will bring us something from your cultural heritage for all to try. Traditional Corned Beef and Cabbage & non-alcoholic beverages will be provided. A donation of \$2.00 per person would be appreciated to cover their cost.

Please call the office or email to confirm your attendance.
954-731-3227 office@mymainlands1-2.org

WE HOPE TO SEE YOU THERE !!!

Sunday Brunch is back !



At the Mainlands 1&2 Clubhouse on March 24th
Join us as we make our way back to normalcy!
We will be serving pancakes, eggs, toast, ham or
sausage, juice and coffee.

Donation—\$5.00 each

Serving—9am to noon

HOPE TO SEE YOU HERE



VETERANS REALTY
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 Realtor®
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 3321 N. Dixie Hwy, Suite 2
 Pompano Beach, FL 33064
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MAINLANDER ADVERTISING RATES – 2024

FULL PAGE (8 1/2 x 11)	1 Year	\$451	(\$41 per ad)
	6 Months	\$242	(\$42 per ad)
	1 Month	\$ 45	
HALF PAGE	1 Year	\$341	(\$31 per ad)
	6 Months	\$192	(\$32 per ad)
	1 Month	\$ 35	
QUARTER PAGE	1 Year	\$231	(\$21 per ad)
	6 Months	\$132	(\$22 per ad)
	1 Month	\$ 25	
BUSINESS CARD	1 Year	\$154	(\$14 per ad)
	6 Months	\$ 90	(\$15 per ad)
	1 Month	\$ 20	

For further advertising information contact Pam (pbushnell@mymainlands1-2.org)

* Mainlands 1 & 2 Civic Association, Inc. does not endorse nor assume responsibility for the acts of any advertisers. It is the sole responsibility of the persons(s) contracting or dealing with any advertisers to determine whether they conform to City, County and/or State Regulations.

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WEST BROWARD INTERNAL MEDICINE

Care with compassion



Shahrad Mabourakh MD

Davita Mabourakh Hodges, MD

Patricia Perez, Nurse Practitioner

Matthew Wolland, Nurse Practitioner



West Broward Internal Medicine
proudly announces the addition
of Dr. Davita Mabourakh Hodges, MD.

Board certified Internal Medicine
and Geriatric Medicine Physician



Geriatric
Specialist



General Internal
Medicine



Preventive
Care

Hablamos Español

Tamarac



6451 W Commercial Boulevard,
Tamarac, FL 33310



954-720-1414

Plantation



201 NW 82nd Avenue, #307,
Plantation, FL 33324



954-474-5666

Humana

M Memorial
Healthcare System



Medicare **Florida
Blue**

We are taking new patients
Call us for an appointment!

Turning 65 or new to Medicare?

You may qualify for \$3,300 a year to help pay for essentials like eligible groceries, rent and utilities



Medicare Advantage plan with an allowance for costs of daily life

The Healthy Options allowance* gives qualifying members with Medicare more freedom and has many different uses. It can help you pay for the things you need to be your healthiest. These include rent or mortgage, utilities, bathroom safety devices, healthy food, over-the-counter health items and more.

Each month, a Healthy Options allowance of \$275 is loaded onto a prepaid card. Unspent money doesn't roll over to the next month. To pay for purchases, just swipe it at the register at participating stores.

New for 2023—one card for plan allowances

The Healthy Options allowance will automatically be loaded to the new Humana Spending Account Card, so you only have one card to keep track of for allowances included in your plan.

Call a licensed Humana sales agent



Isela Rebolledo-Perry

754-732-4805 (TTY: 711)

Monday – Friday, 8 a.m. – 5 p.m.

En español? Llame al 754-732-4805 (TTY: 711)

IREBOLLEDOPERRY@HUMANA.COM

Humana®

**A more human way
to healthcare™**

* Allowance amounts cannot be combined with other benefit allowances, used to purchase Medicare-covered prescriptions or converted to cash. Limitations and restrictions may apply.

Humana is a Medicare Advantage HMO, PPO and PFFS organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Humana is a Coordinated Care HMO SNP plan with a Medicare contract and a contract with the state Medicaid program. Enrollment in this Humana plan depends on contract renewal. Sponsored by Humana Medical Plan, Inc. and the State of Florida, Agency for Health Care Administration. Applicable to Humana Gold Plus SNP-DE H1036-304 (HMO D-SNP). **At Humana, it is important you are treated fairly.** Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion or language. **English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **877-320-1235**