



# 360 CONDO NEWSLETTER

Volume 7 Issue 9

A Monthly Newsletter for the Residents of the 360 Condominium Association

December 2020



**Condominium Association, Inc.**  
7900 Harbor Island Drive  
North Bay Village, FL 33141

### ASSOCIATION OFFICERS

President ..... Jorge Gonzalez  
Vice President ..... Arlene Martin  
Secretary ..... John Batista

### PROPERTY MANAGEMENT

Property Manager ..... Jason Apolinario  
Chief Engineer ..... Gilbert Cabrera

### IMPORTANT NUMBERS

Main ..... 305-397-8196  
Fax ..... 305-763-8304  
Guardhouse ..... 305-763-8239

### OFFICE HOURS

Monday - Friday ..... 9:00 am - 5:00 pm



Published monthly at no cost for the 360<sup>o</sup> Condominium by Coastal Group Publications, Inc. Contact CGP at (305) 981-3503 or [www.cgpnewsletters.com](http://www.cgpnewsletters.com) to ADVERTISE in one of our newsletters or to get a FREE newsletter for your property.



**TIS' THE SEASON TO BE JOLLY**

*The Holiday spirit certainly has all of us here on the 360 staff feeling pretty happy and jolly. Here's hoping the spirit has caught you as well. From all of us to all of you, have a very Happy Holiday season and a Happy New Year.*

*WE WISH YOU -HAPPY- Holidays -AND- A GREAT NEW YEAR*

## HEALTHY HOLIDAYS

Do you find your belly wiggling like a bowl full of jelly every January? It can be hard to keep from overindulging when you are faced with a December full of buffets, cookies, and holiday dinners. But there are ways to battle the holiday bulge!

Exercise is an important part of anyone’s healthy lifestyle. During the holidays it is even more important to include exercise in your busy day. There is a stronger tendency to skip your daily walk, aerobics workout, or swim during winter. There are fewer daylight hours and there are additional activities that demand your time. Taking time for yourself every day, however, will reduce stress and help you to stay fit and trim.

As for the eating, remember that the key to success is moderation. You don’t have to deprive yourself of all those holiday goodies. Just keep portions reasonable and opt for some healthy substitutes. If you are invited to a holiday gathering, try to eat something healthy before you go. You won’t be starving and tempted to eat everything available. Take small portions of everything you wish to taste and eat slowly.

Substitutions can help also. Instead of very high-fat eggnog, drink cranberry juice. Avoid fried foods and choose fresh fruits and vegetables instead. Munch on pretzels in place of chips, and choose a couple of cookies instead of the cheesecake.

If you find yourself at a dinner party with a host or hostess that insists on second helpings, make your first serving a small one. When you return for more, your second serving will bring your total intake up to one normal sized portion. Offer to bring a dish or two and make it healthy and low-fat.

As for your own holiday baking and food preparation, remember your limits and your weaknesses. If you have a tendency to eat handfuls of cookies, make batches to give away. Keep only a few for yourself. As your schedule gets more hectic, remember to take time to eat three meals a day, and allow for time to plan for healthy meals.

A little planning and extra attention to including exercise in your day will be all it takes to avoid gaining those extra pounds this holiday season. You will enjoy your happy and healthy holidays even more!

# DIAMOND REMODELERS

## Full Service Contractors

We are committed to the fulfillment of your home improvement needs with an eye towards increasing the value of your real estate asset. Whether you are remodeling a kitchen, bathroom, complete residence or room addition; we are the *Miami Beach Experts*, **family owned for 30 years.**

*specializing  
in condo &  
apartment interiors*

**Jeff Diamond & Anthony Lasorsa**  
**305-865-9005**  
[www.diamondremodelers.com](http://www.diamondremodelers.com)  
[jeff@diamondremodelers.com](mailto:jeff@diamondremodelers.com)

## Kitchen & Bathroom Remodeling

Satisfaction and Quality Guaranteed

### REMODELING • INSTALLATIONS

- Kitchen / Bathroom
- New & Resurfaced Cabinets
- Cabinets / Vanities
- Custom Baseboards / Crown Mouldings
- Granite / Marble / Mica Counter Tops
- All Types of Tiles & Marble Installed

**“Your Experienced  
Handyman”**

### PAINTING & SERVICES UNLIMITED

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Painting, Condo, House, Apt. Roof Painting</li> <li>• Popcorn Ceiling Removal</li> <li>• Smooth Ceilings</li> <li>• Framing, Drywall &amp; Finishes</li> </ul> | <ul style="list-style-type: none"> <li>• Full Service Contractors</li> <li>• Plumbing &amp; Electrical Service</li> <li>• Doors / Windows</li> <li>• Mirror Installation</li> </ul> |
|---|---|



Painting & Services Unlimited Lic. CC94BS00437 • Lasora Enterprises, Inc CGC031497  
Licensed & Insured General Contractor

- Design & Management Services
- No Job Too Small
- Free Estimates
- Service & Quality at Reasonable Prices
- Commercial & Residential
- Habla Español

**15%  
Off**

any  
remodeling  
job!

**10%  
OFF**

Any  
Service

Valid With Coupon.  
Not To Be Combined  
With Other Offers.  
Exp 1/31/2021

## Recipe for Latkes

- 4 medium potatoes
- 1 medium onion
- 2 eggs
- 3/4 cup matzah meal (flour or bread crumbs can be substituted)
- salt and black pepper to taste
- vegetable oil

Shred the potatoes, onion and bell pepper into a large bowl. Press out all excess liquid. Add eggs and parsley and mix well. Add matzah meal gradually while mixing until the batter is doughy, not too dry. (you may not need the whole amount, depending on how well you drained the veggies). Add a few dashes of salt and black pepper (don't taste the batter - it's really gross!). Don't worry if the batter turns a little orange, that will go away when it fries.

Heat about 1/2 inch of oil to a medium heat. Form the batter into thin patties about the size of your palm. Fry batter in oil. Be patient: this takes time, and too much flipping will burn the outside without cooking the inside. Flip when the bottom is golden brown.

Place finished latkes on paper towels to drain. Eat hot with sour cream or applesauce. They reheat OK in a microwave, but not in an oven unless you cook them just right. If you'd like to try something a little different, add some bell peppers, parsley, carrots, celery, or other vegetables to the batter to make veggie latkes!



PATRICKJAIMEZ PA



**Mobile (786)-277-7355**  
**Direct (305)-459-5019**  
**patrickjaimez@gmail.com**

**COLDWELL BANKER**  
**GLOBAL LUXURY**

**www.patrickjaimez.com**

Hablo Español / Falo Português  
 Selling Real Estate for over 20 years!

## DON'T LET COVID-19 STALL YOUR SALE

*My exclusive marketing program will reach buyers quickly and virtually through:*

Property Video Tour

Online Advertising

Social Media Posts

Property Website

Customized Email Distribution

Virtual Showings

**CONTACT ME TODAY TO TELL YOU ABOUT HOW I CAN GET THE MOST ONLINE ATTENTION FOR YOUR PROPERTY.**

**Call me today for a FREE, no cost obligation, comprehensive market analysis of your property.**



**Public Adjusting Services**  
 Professional Insurance Claim Representation

## GOT HURRICANE DAMAGE?

## GET HELP NOW!

**TIME IS RUNNING OUT TO GET PAID ON YOUR CLAIM**

**WAS YOUR CLAIM DENIED OR UNDERPAID?**

**NO RECOVERY, NO FEE!**

**DON'T MISS THE DEADLINE**

**FREE SECOND OPINION INSPECTION**

**LOCAL PUBLIC ADJUSTERS READY TO INSPECT**

**CALL US TODAY FOR ANY TYPE OF CLAIM!**

**MIAMI-DADE (305) 396-9110**  
**BROWARD (954) 376-6991**  
**PALM BEACH (561) 404-3069**

**STELLARADJUSTING.COM**

2450 NE MIAMI GARDENS DR. SUITE 200, MIAMI, FLORIDA 33180

THIS IS SOLICITATION FOR BUSINESS. IF YOU HAVE HAD A CLAIM FOR AN INSURED PROPERTY LOSS OR DAMAGE AND YOU ARE SATISFIED WITH THE PAYMENT BY YOUR INSURER, YOU MAY DISREGARD THIS ADVERTISEMENT.

## BLINDS & SHADES

**FREE SHOP AT HOME SERVICE**

**WE BEAT ANY ESTIMATE**  
**BLINDS, SHADES, SHUTTERS**

**FREE MEASURING & INSTALLATION**

**FAST SERVICE, LOWEST PRICES GUARANTEED!**

**20% OFF Motorized Shades**  
 exp. 2/28/21  
 must present coupon

**MOTORIZED SPECIALIST**  
 VERTICALS REPAIRED & CLEANED  
 SHADES REPAIRED & CLEANED

**We Also Do REPAIRS**  
 VERTICAL TRACKS REPAIRED



**305-469-8162 WE SHOW UP! 25 Years in Biz**



**365 ABUNDANCE**  
YOU ARE OUR FIRST PRIORITY

## ALEXANDRA MUNOZ

Owner & Head Trainer

**LET'S CONNECT!**

(786) 564-3226

Alexandrabmunoz365@gmail.com

@365Abundance

Facebook.com/365abundance

PERSONAL & GROUP FITNESS TRAINING  
 MIAMI, FL - ZOOM AVAILABLE  
 ALL FITNESS LEVELS WELCOME  
 PLEASE CONTACT ME FOR RATES & AVAILABILITY

# BRIE PUFF PASTRY

Enjoy a Brie Puff Pastry before your Holiday Dinner this year

**Ingredients:**

- 1 round (13.2 oz) Brie Cheese
- ½ cup crumbled blue cheese
- 1 sheet frozen puff pastry, thawed
- ¼ cup apricot jam
- ½ cup slivered almonds, toasted
- 1 large egg, lightly beaten
- Assorted crackers of your choice



- 1) Pre-heat oven to 400 degrees. Cut Brie horizontally in half. Sprinkle bottom half with blue cheese; replace top.
- 2) On a lightly floured surface, roll pastry into a 14-in. square. Trim corners to make a circle. Spoon jam onto center of pastry; sprinkle with almonds. Top with Brie.
- 3) Lightly brush edges of pastry with beaten egg. Fold pastry over cheese, pinching edges to seal; trim excess pastry as desired.
- 4) Transfer to an ungreased baking sheet, seam side down. Brush pastry with beaten egg. Bake until golden brown, 20-25 minutes.
- 5) Immediately remove from pan to a serving plate; let stand 45 minutes before serving. Serve with crackers.

**45 DAY LISTING AGREEMENT!**

**Fernando Rizzo**  
352-256-2203

"Work with a Professional"

**Let's ZOOM!**

**My urgency is to \$ell your home!**

**I GET PAID WHEN YOU GET PAID**

**Fernando@RizzoTheRealtor.com**

**One Dollar Emergency Dental Visit Including Necessary X-Rays**

**NEW PATIENTS ONLY.**

*Meet Your Neighborhood Dentist*  
**Dr. Edy A. Guerra**

Over 20 years in Surfside / Bay Harbour / Bal Harbour

**Two Locations to Better Serve You**

9456 Harding Ave.      4011 W. Flagler St.  
Surfside, FL 33154      Coral Gables, FL 33134

**(305) 866-2626**

<http://www.dentistsurfside.com/>