



Wishes you a **Happy New Year!**
May it be prosperous and full of good
health and happiness!

BONNE ANNÉE FROHES NEUES JAHR
SHINÉ JILIIYIN BAYRAN MÄND ХҮРГЭ
GELUKKIG NIEUWJAAR Καλή Χρονιά
 MUTLU YILLAR GODT NYTTÅR 세례 복 많이 받으세요
FELICIAN NOVIAN JARON
 明けましておめでとうございます GOTT NYTT ÅR

2017

新年好 FELIZ ANO NOVO KIA HARI TE TAU HOU
BOLOBOLO UJ ERET SUGENG WARSA ENOGAL
 NAV VARSH KI SUBHKAMNA TASHI DELEK OLEHLEGT NYTT ÅR
 FELICE ANNO NUOVO HAPPY NEW YEAR
CHÚC MỪNG NĂM MỚI BAMBAMBOU
 FELIZ AÑO NUEVO كل عام وانتم بخير
HAUOLI MAKAHIKI HOU С Новым Годом SELAMAT TAHUN BARU

IRA CONTRIBUTIONS

The 2017 contribution limit for Traditional or Roth IRA's is \$5,500 (\$6,500 if you're age 50 or older) or your taxable compensation for the year. You can contribute up to the limit unless you earn less than that amount. You cannot contribute more than your taxable compensation for the year. The IRA contribution limit does not apply to rollover contributions. Click on the link below for more information on IRA contributions:

<https://www.irs.gov/retirement-plans/plan-participant-employee/retirement-topics-ira-contribution-limits>

Start your year off right and make your IRA contributions early!

We're back on
Social
Networks ...

LinkedIn



Look for Walter Priebe on all the above sites. We look forward to hearing from you.

IMPORTANT UPDATE

Our emails have been updated to the following:

Walter@priebeinvestmentplans.com

Rosie@priebeinvestmentplans.com

As always, you will be able to reach us at the current email you may have for us with Newbridge Securities. However, please do make a note of the change.



Start your year off right!

Get the exercise your body needs. **The Right Exercises for Seniors.**

Senior fitness requires exercise, but it must be the correct exercise. If seniors exercise incorrectly they can cause great harm. Here are the right exercises for seniors.

There are four basic components to correct exercise for seniors that will lead to healthy living: cardio, strength, flexibility and balance.

Cardio Training For cardio training this is any activity that increases the heart rate. Good exercises that are appropriate for seniors include: walking, swimming and bike riding. Becoming involved in this form of exercise three or more times per week is essential.

Strength Exercise As we age our muscles slowly begin to decline in their size. The more a muscle is not used the more it will shrink. As a senior it is important to exercise with light weights a few times each week to keep muscles strong. The best types of weights are those made of rubber. These are less likely to cause damage if dropped and while in use.

Flexibility and Stretching Exercise For good posture and healthy joints it is important for seniors to undertake a few minutes each day or every other day a regime of stretching exercises. Exercises that involve stretching help keep the body flexible.

Balance This is an area of exercise that is often overlooked, yet very important. Slip and fall accidents are the number one category of injury for the elderly. The single limb stance is a balance exercise you can do right at home. Hold on to a chair and balance on one leg. This is a great place to begin to feel your center of gravity over your ankles. This is your goal, maintaining your center over your ankles. Try a few seconds balancing on each foot. Work up to a minute if you can. Then begin to hold on with one hand, then one finger and finally try to let go completely.”

(Source: www.seniorlist.com)



Walter is Back On Sunday Mornings!

Please tune in to WBZT 1230 on your AM dial from 9am - 11am.

If you miss a live show, go to our website where they are all archived for your convenience. You can find them under the **ABOUT US** tab.

Have you been on our website lately?

If not, please do visit www.priebeinvestmentplans.com

Click on the **RESOURCES** tab to view new informative videos, such as:

-‘**The Value of a Bond**’

-‘**American Tax Burden**’

-‘**Behavioral Finance**’

-‘**What Is an Annuity?**’

Please contact us if you have any questions or concerns.

Client Celebrations!

*"May Your Birthday Be Wrinkle-Free and
Your Age Be Permanently Pressed"*

Client Birthdays

Rita Barnes
Sergio Castillo
Beatrice Cronin
Joseph Cisario
Ann Demarais
Dorothy Del Favero
Jerry Dick
Kay Dick
Saul Ehrenpreis
Elfriede Goodwin
Anthony Gerardi
Pam Hardie
Jose Lara
Lori Sitton
Edese Sainmervil
Carol Singer
Janice Wiles



Wedding Anniversaries

Bob & Kathern Di Stefano
Anthony & Karen
Waterhouse
Viren & Doli Patel
Alvin & Bryan Jagoda
Stewart & Irene Jacobs
Martin & Sindee Winkler
Peter & Jean Whitney
Wayne Perkins & Janice
Wiles



This newsletter is for illustrative purposes only and is not indicative of any investments. This material is not intended to replace the advice of a qualified professional adviser. The information provided is not specific investment advice, a guarantee of performance, or a recommendation. This is for illustrative purposes only. This material is not intended to provide legal, tax or investment advice, or to avoid penalties that may be imposed under U.S. federal tax laws, nor is it intended as a complete discussion of tax and legal issues surrounding tax/investment planning strategies. Securities are offered through Newbridge Securities Corp, Member FINRA / SIPC, and investment advisory services are offered through Newbridge Financial Services Group Inc., an SEC registered investment adviser. Office of supervisory jurisdiction: 5200 Town Center Circle, Tower 1, Suite 306, Boca Raton, FL. 33486. Phone 954.334.3450 Fax 954.489.2390. Specific recommendations can only be based on review of a number of suitability factors including but not limited to the investors financial profile, investment objectives, risk tolerance and the investors review of appropriate offering documents. Past performance is no guarantee of future results.

Rosie's

RECIPE CORNER

Your Detox Diet After the Holidays

The morning after overindulging, give your stomach a break. Wait until you're hungry and then start with a fiber-rich breakfast, such as oatmeal, to get your digestive system in gear. Drink plenty of water to rehydrate your body. Continue with a Greek Yogurt Parfait that includes fructose, like honey, and nuts for the energy-booster and protein you may need. The fructose will help your body burn any lingering alcohol in your system. A good lunch time option is Black Bean Chili. Drinking alcohol depletes salt and potassium levels so this hearty veggie chili will help. Then finish your day off with a quick and easy, low fat dinner such as Lemon Chicken with Rice and Artichokes and Baked Pears for dessert.

You can find great recipes for all the above by clicking the link:

<http://www.health.com/health/gallery/0,,20307139,00.html>