Rosh Hashanah

Rosh Hashanah occurs on the first and second days of Tishri. In Hebrew, Rosh Hashanah means, literally, "head of the year" or "first of the year." Rosh Hashanah is commonly known as the Jewish New Year. This is a time to begin introspection, looking back at the mistakes of the past year and planning the changes to make in the new year. More on this concept at Days of Awe.

The name "Rosh Hashanah" is not used in the Bible to discuss this holiday. The Bible refers to the holiday as Yom Ha-Zikkaron (the day of remembrance) or Yom Teruah (the day of the sounding of the shofar). The holiday is instituted in Leviticus 23:24-25.

The shofar is a ram's horn which is blown somewhat like a trumpet. One of the most important observances of this holiday is hearing the sounding of the shofar in the synagogue. A total of 100 notes are sounded each day. There are four different types of shofar notes: tekiah, a 3 second sustained note; shevarim, three 1-second notes rising in tone, teruah, a series of short, staccato notes extending over a period of about 3 seconds; and tekiah gedolah. The Bible gives no specific reason for this practice. One that has been suggested is that the shofar's sound is a call to repentance. The shofar is not blown if the holiday falls on Shabbat.

No work is permitted on Rosh Hashanah. Much of the day is spent in synagogue, where the regular daily liturgy is somewhat expanded. In fact, there is a special prayerbook called the machzor used for Rosh Hashanah and Yom Kippur because of the extensive liturgical changes for these holidays.

(continued on pg 2)
Rosh Hashanah
(continued from pg 1)

A popular observance during this holiday is eating apples dipped in honey, a symbol of our wish for a sweet new year. We also dip bread in honey (instead of the usual practice of sprinkling salt on it) at this time of year for the same reason.

Another popular practice of the holiday is Tashlikh ("casting off"). We walk to flowing water, such as a creek or river, on the afternoon of the first day and empty our pockets into the river, symbolically casting off our sins. Small pieces of bread are commonly put in the pocket to cast off. This practice is not discussed in the Bible, but is a long-standing custom. Tashlikh is normally observed on the afternoon of the first day, before afternoon services. When the first day occurs on Shabbat, many synagogues observe Tashlikh on Sunday afternoon, to avoid carrying (the bread) on Shabbat.

Religious services for the holiday focus on the concept of G-d’s sovereignty. The common greeting at this time is L'shanah tovah ("for a good year"). This is a shortening of "L'shanah tovah tikatev v'taihatem" (or to women, "L'shanah tovah tikatevi v'taihatemi"), which means "May you be inscribed and sealed for a good year."

You may notice that the Bible speaks of Rosh Hashanah as occurring on the first day of the seventh month. The first month of the Jewish calendar is Nissan, occurring in March and April. Why, then, does the Jewish "new year" occur in Tishri, the seventh month?

Judaism has several different "new years," a concept which may seem strange at first, but think of it this way: the American "new year" starts in January, but the new "school year" starts in September, and many businesses have "fiscal years" that start at various times of the year. In Judaism, Nissan 1 is the new year for the purpose of counting the reign of kings and months on the calendar, Elul 1 (in August) is the new year for the tithing of animals, Shevat 15 (in February) is the new year for trees (determining when first fruits can be eaten, etc.), and Tishri 1 (Rosh Hashanah) is the new year for years (when we increase the year number. Sabbatical and Jubilee years begin at this time).

Wishing all Residents
A Happy, Healthy and Sweet New Year
Ann Marie Bass, Site Manager Appointment Announcement
Jewish Federation Plaza

Please join me in welcoming Ann Marie Bass as the new Site Manager of Jewish Federation Plaza. Ann Marie has been a valued JCHC team member for the past year, and has served in a variety of positions. With over 15 cumulative years of experience in areas of management, senior services and housing, Ann Marie will bring her attention to detail, customer service and problem solving to all of us at Jewish Federation Plaza.

We encourage all of the residents to come to the Management/Resident Meeting, scheduled for September 16 at 1 pm, in the dining room.

I would like to take this opportunity to thank Judy Solomon, President of the Tenant Association and all of the residents for their patience and understanding during the recent transition of site managers. It has been a pleasure for Cheryl Kasye, Site Manager, Village, Terrence Roselle, Regional Facilities Director, Mitchell Goldberg, Regional Dining Director and myself, your COO, to be ‘hands on’ at the Plaza this past month.

Regards,
Laurie

Laurie Loughney, Chief Operating Officer

Sci-fi movie series for SENIOR TV
subscribers only
7PM Channel 12
Tuesday September 2nd
The Island Earth

Tuesday September 9th
Rocket Ship X-M

Tuesday September 16th
The Day the Earth Stood Still

Enjoy these movies from the comfort of your own home

Renee Fisher 9/01
Hyesook Kim 9/02
Mildred Podnos 9/10
Najafabadi Ghalili 9/13
Marlene Mankoff 9/19
Sophie Lubka 9/20
Ruth Aron 9/26
Mae Chesloff 9/27
Sarah Levitt 9/28
Laura Berkin, Plaza Resident Service Coordinator was honored at the Professional Advisory Committee meeting on August 7. Along with Fire Chief Longo and Marnie Keane, JFS Social Worker, the team met to discuss providing resident service referrals for your safety and good well being.

Laura can be reached at 973-530-3970 or see her in her office on the Promenade.

Poet and motivational speaker Rose Mitchell uplifted and inspired residents.

Multi-talented performer Aaron Seglen entertained Plaza residents.

UPCOMING EVENTS:
- Floral Design Workshop
- Art’s Unbounded Art Class
- Comfort Keepers Nutrition & Food Safety
- Emergency Preparedness Program
- Poetry Workshop
- JCC University Film Series
- West Orange Farmer’s Market
- Mt. Airy Lodge Resort & Casino
- Shofar Factory at JCC
- US Israel Relations at JCC
- Stroke Prevention
- Tenant Association Birthday Party
- Long Branch, NJ
- World Market, Rt 10
- Barnes Museum, Philadelphia
- Tai Chi Chih
- Current Events

And much more….please check your calendar for dates and times of all events.
PLAZA Resident/Family BBQ  
August 11, 2014

The annual resident/ family BBQ was held on a beautiful August night. The dining room and patio were festive with balloons, bubbles and flowers. Residents enjoyed the old favorites played by a strolling accordion player. Mitchell and Richard were Chefs extraordinaire! Everyone enjoyed huge helpings of hot dogs, hamburgers and lots of sides. Resident’s families included children, grandchildren and great grandchildren!
**A Letter from Judy Solomon**

Hi!

First, I'd like to introduce myself to those of you who do not already know me. I am Judy Solomon, a Plaza resident for three and a half years and your new Tenant’s Association President.

It is my pleasure to congratulate Ann Marie Bass on becoming the new Jewish Federation Plaza Site Manager. I know that everyone here is delighted that someone we know and respect is going to be here for all of us.

We will be remembering Bubbe’s Bazaar for quite awhile. Thanks to Sandye Garrison and her many minions for this fun fund raiser.

I know that we are looking forward to September and all the new things that await us. Happy Holiday Rosh Hashanah plans are progressing.

May this New Year be a happy and healthy one!

Judy

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**Friday Farmers Market Comes to Plaza**

On Friday, August 22 from 11:00 a.m. to 1:00 p.m., the Promenade at Jewish Federation Plaza was turned into a colorful farmers market. Residents browsed and bought fresh organic fruits and vegetables including string beans, tomatoes, bell peppers, summer squash, lettuce, onions and corn (with some juicy slices of cantaloupe as a special treat). The produce came to us through the JCHC’s participation in Tuv Ha’aretz (“good of/from the land”), a cooperative program which is administered by the JCC MetroWest.

Tuv Ha’aretz is a community supported agriculture (CSA) program that connects (and supports) area farms with communities who have access to farm-fresh produce at competitive prices. The JCHC has a share in this CSA and gets beautiful, sustainably grown produce from Central Valley Farm in Asbury, N.J. We also sold small bouquets of summer flowers and loaves of challah.

Residents also enjoyed sharing their special recipes with each other and their stories about family picnics and special events around food. Resident volunteers Judy Solomon and Mickey Spector helped get everything set up along with Site Manager Ann Marie Bass and Dell Sahl, our administrative assistant. The Farmers Market was such a hit that we’re looking at putting another one together for some time in September.

You’ve heard of the farmer in the dell? How about Dell in the Farmers Market?

Mickey Spector (in blue) and Judy Solomon help residents’ select fresh flowers and produce at our Friday Farmers Market.
What Did I Miss?

I was in my compact Nissan this morning on the way to our Margulies Senior Center. A familiar road I travelled several times a week. I had put a CD in my player, I needed a change from the dreadful news throughout the world. It was one I received at my nephew’s beautiful wedding ceremony; a gift from the bride and groom. The love songs I was listening to were selected by the couple as a commemoration of their joyous union.

My shoulders started swaying gently as I was driving; it was a Bruce Springsteen number, he of the hoarse voice. He was singing "jersey girl", certainly a popular number, as demonstrated by the roars and screams of the young people who attended this particular concert. As I listened, I was transfixed by the song, the rhythm and the scene I pictured. My attention was riveted to the melody, my body swayed and I felt as though I was part of that adoring crowd.

I had never attended such a concert, never worshipped at such close proximity or seen in person any of the idols of my younger years. Frank Sinatra was such a star in those years, but he was a television figure, you were never captivated by his sweating, swaying torso in tight dungarees; Elvis was probably the parallel to a Bruce Springsteen, but I was a mature person in those days and it was left for my children to worship his gyrating body.

So here I am, an aging relic of the twenties, on my way to hang out at my senior group and I felt for a moment or two as though I was a screaming teenager adoring a musical hero of today.

Silly, huh?

Evelyne Lerner

A Cutlet Above the Rest

Schnitzels are an ever popular part of Swiss cuisine, but the Wiener schnitzel is something separate and special. This national dish of Austria enjoys its own holiday on September 9. Schnitzels are simply boneless fillets of meat covered with flour, eggs, and bread crumbs, which are then fried. However in the capital of Austria, Vienna (called Wien in German, hence the term Wiener), the schnitzel must be made of veal. In fact, the recipe is protected by law, and restaurants in Austria are forbidden to call the dish Wiener schnitzel unless it is made in the traditional fashion with lemon, capers, anchovies, and a side of potatoes.

Self U

Interested in a little self-improvement? Self University Week is September 1–7. “MOOC” stands for Massive Online Open Courses, and this means that anyone can open a computer and join a course for free online. You no longer have to spend thousands of dollars to receive an education at top universities like Harvard, Yale, Stanford, Duke, UCLA, and others that have joined the MOOC movement.

Professors have videotaped their lectures and have even provided required reading, homework, and final exams. With thousand of people enrolled in these free courses, students cannot expect one-on-one contact with their teachers, but students can easily chat online with other students. Will you earn a degree? Not quite. Some professors offer certificates of completion, but these are not official certificates from the university itself. The goal of MOOC is not to hand out degrees but to offer high-quality education to the far reaches of the globe. Do you want to learn Italian? Build a solar panel? Learn how to write good comedy? It’s now all there for you at the touch of a button.
We’re Shining the Spotlight on Our Wonderful Resident Volunteers

At Jewish Federation Plaza, we have so many interesting residents that we had to tell everyone about them! This month, we are sharing some insights about the following folks and their volunteer activities that benefit everyone in our community.

Mickey Spector Loves to Play Around
When Mickey Spector moved into Jewish Federation Plaza in February 2012, she saw the opportunity to start something that would foster deeper camaraderie and fellowship among our residents and Game Fest was born. This monthly Sunday afternoon session of games is open to all residents who want to drop in and enjoy some friendly competition. Game Fest takes place on the fourth Sunday of the month in the Promenade, right after the 2pm movie.

“We play word games, rummy cube, trivia games, cards—whatever participants want to do,” explained Mickey. She added that regular groups have formed for some of the games while some residents just come “to hang out.”

Other gaming activities have sprouted out of Game Fest; there’s Bingo two evenings a week and Mickey organized a steady poker game. “I wanted to play so I taught a few people and now we play poker regularly. I’m of the mind that if you want something badly enough you just make it happen. Now I’m also reaping the benefits along with other residents.” Other extemporaneous games are popping up now that residents are in the loop; there is a canasta game, some people are looking for mah jong players, and other residents play pinochle or bridge with friends in their apartments.

Most important, Mickey notes that her original goal of Game Fest is working. “Game Fest has brought people together more. Through these activities, some of the residents have become friends.”

Need a Bingo Card? Ask Esther Torres

Esther Torres got involved with our Bingo games a couple of years ago, as the money collector and card distributor. At the time, there was only one game a week (on Wednesdays) but she added another game due to Bingo’s popularity; she says it’s not unusual to have about 18 people show up to play on Monday and Wednesday evenings. Esther works the Monday evening game, collecting money and handing out cards as other residents help with other tasks such as calling the numbers.

“People really enjoy it,” she notes. “We get to socialize and have fun.”
**How Does Candiano Luzzi’s Garden Grow? HUGE!**

Candiano, a native of Italy, grew up with a big garden where his parents grew all types of vegetables. When he came to the U.S. at the age of 23, he kept up the family tradition as best he could.

“At first, my wife and I rented so we were limited but we planted a small garden in our first home. Over the years, we were able to plant larger gardens. I love it.”

After moving to Jewish Federation Plaza in 2006, Candiano started growing a few kinds of tomatoes behind the building and every year he added more crops until it blossomed into what is there today—an elaborate 10x22’ community garden where he grows “a little bit of everything”: peppers, cucumbers, lettuce, tomatoes, potatoes, broccoli rabe and squash, which is, unfortunately, a favorite of pilfering woodchucks.

When woodchucks are not stealing the vegetables, Candiano shares the fruits of his labors with fellow residents who enjoy them very much. He also bought and planted a persimmon tree five years ago (this year’s yield is low due to the weather) and he has added flowers to his horticulture selection.

Candiano says gardening is his special time. “I love it and enjoy it every day. To watch a plant grow from a little seed is a joy.”

**Calling all Book Worms!**

*Plaza Librarian Helen Mandel Keeps Our Books Circulating*

Long-time resident Helen Mandel has always loved to read. Now she makes sure our lending library, which is open every Tuesday evening, is always stocked with good books.

“I felt I should be involved with community life in some way so when the prior librarian was giving up the position, I took over,” said Helen, who has now been at the helm for 10 years.

She and her assistants (Dolores Lederman and Alyce Atkins) make sure that all books are properly checked out and returned by residents with a carefully recorded journal. The system, which had been in place prior to Helen becoming librarian, allows the women to make sure that what goes out comes back. “We are the only JCHC community that runs a true lending library,” Helen said.

Helen and Dolores go through the Doubleday brochure every month and make selections, paid for by donations from residents and a stipend from Jewish Federation Plaza. They try to buy books in both regular and large print versions—the Plaza library has a section for each—so that all residents can take advantage of the library. When asked how they know what to order, Helen says, “After a while you understand who reads what and what residents want.” Given the volume of books being checked out every week, we’d say our librarian is spot on!
**Book Club Devotee Gert Freedman**

“I love reading and I’ve always belonged to a book club, so when I found out we didn’t have one here I started it,” said Gert Freedman, who started our book club in September 2012.

As leader of the book club, Gert generally picks up to 12 titles and the members then vote on about six at a time as the lineup. She facilitates the book discussions at the meetings which are held every four to six weeks.

“We read all sorts of books and bring in current events to the book discussions whenever possible,” said Gert. She keeps in touch with the West Orange Public Library to find out what other area book clubs are reading and she occasionally mixes in old favorites with the more contemporary titles.

She noted that participation is open to anyone who enjoys books, even those who might have trouble reading. “One of the women gets books on tape and we are delighted that she’ll be able to join us. I know she’s very excited about it as well.”

Gert is also the 1st vice president of our Tenants Association and has put her private catering experience to good use for our residents as hospitality chair. She prepared a wonderful Mothers Day luncheon this year and is working up the menu for our New Year’s Eve party. She also baked dozens of cakes and cookies for our Bubbe’s Bazaar, which all sold out; not a crumb was left behind.

**Judy Solomon: Our New Tenant Association President**

Judy Solomon, our newly elected Tenant Association president, has noticed something very special about our community that she says will inform her goals this year:

“There are a lot of people here at Plaza, we’re like family. So it’s important that we create activities that the community we are part of—our family here—can participate in. I hope to continue keeping tenants as interested in what’s going on in our community as possible and give them reasons to get out and mingle with each other.”

Judy, who also sets up our oneg Shabbats every week, works at different activities throughout the year, and sees the need for less mobile residents to get out more. She says that the communal dining room is one great way to get people to leave their apartments and socialize together.

“It’s important to help our residents stay active and involved. Sometimes that means building the program ourselves,” said Judy. In addition to being the sounding board for residents’ concerns, questions or needs, the Tenant Association creates and distributes welcome packets for new residents, runs movie night, and provides parties and special events for residents.
**Joan Bender Guides Residents to Their Happy Place**

When retired psychotherapist Joan Bender suggested leading a guided meditation program to our site manager last year, the answer was an enthusiastic “yes!” But it’s nowhere near the excitement her sessions have generated among our residents who participate in this bi-weekly program. Joan leads the group, which started in January, every other Tuesday evening.

“I had done guided imagery with my patients and thought it might be something fun to do here, and it was something that would give back to others,” said Joan. About 20 people come to each class.

Joan says she always starts with breathing and body relaxation exercises, then leads the group into guided imagery to further relax. “Residents have come back and told me that they use the deep breathing or their own guided imagery in stressful situations to relax and this delights me to no end.”

She uses about four different imagery meditations per class, such as guiding participants to imagine floating on a leaf down a creek, flying on a cloud, or going back to a particularly happy time in their lives. She sets the scene and turns it over to the group to deepen their meditation and their experience.

“The residents definitely look forward to our sessions and for me, it’s very fun and rewarding.”

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**Lights, Camera, Sandye Garrison!**

Sandye Garrison has been applying the skills from her career at Paramount Pictures to bringing great events to our community. The immediate past president of our tenants association (and long-time board member), Sandye has “produced” many successful programs at Plaza that we’ve all enjoyed during her 11 years here.

Most recently was our Bubbe’s Bazaar fundraiser to benefit our tenants association (she put together the first one a few years ago). She tirelessly solicited donations of gift certificates from area restaurants and asked our residents to donate items in excellent condition that they no longer needed; over 200 items were donated and sold at great prices, and Gert Freedman donated many delicious baked goods to help the cause. “We worked very hard but it was worth it,” noted Sandye.

She has also been instrumental in creating our big New Year’s Eve party, Mothers Day and Fathers Day celebrations, and our Masquerade Ball. She also puts on the annual Plaza Academy Awards night with fun, original award categories and miniature Oscar statues. “Everyone goes home a winner,” she said.

Never content to just sit, Sandye started the Walking Club three years ago, securing a volunteer from the JCC MetroWest to lead participants in aerobic and resistance exercises and a walking route on the Promenade. The Walking Club meets every Wednesday at 11:00 a.m.

In a nod to her career, she also brought movies to Plaza twice a week (Saturday evening and Sunday afternoon), showing a variety of film genres. She prepares director’s notes and often leads a discussion on the film’s topic for anywhere from 50-70 movie goers. Even our buddy system owes its inception to Sandye. “This is a real community; we care about each other. It’s a blessing to be here and I’m always ready to do anything for this building.”
HAPPY BIRTHDAY WISHES

To:  
Elaine Botterman

From:  
Marlene Hyatt
Dolores Lederman
Helen Mandel
Rachelle Chriss
Marion Brod
Ilse Frank
Marlene Mankoff

To:  
Doris Markowitz

From:  
Ilse Frank

To:  
Marion Klein

From:  
Rhoda Morris

To:  
Phyllis Bauer

From:  
Rhoda Morris

GET WELL WISHES

To:  
Sandye Garrison

From:  
Rhoda Morris
Clara Beckerman & Aggie
Marion Brod
Norma Tooter
Thelma Gottlieb
Shirley Magnus
Wanda Robinson
Mickey Spector
Dolores Lederman
Evelyn Lerner
Millie & Joe Podnos
Rachelle Chriss
Linda Israel
Florence Widelitz
Carole Golden
Joan Bender
Bea Gerwitz
Marty Livenstein
Doris Markowitz

To:  
Shirley Magnus

From:  
Mickey Spector
Thelma Gottlieb
Wanda Robinson
Carole Golden
Joan Bender
Bea Gerwitz
Marty Livingstein

GET WELL WISHES

To:  
Dorothy Kleinert

From:  
Linda Israel

MAZEL TOV

To:  
Ethel Kendler
on the birth of her
great grandchild

From:  
Dorothy Kleinert

To:  
Kenny Luzzi
on grandson's marriage

From:  
Marlene Hyatt

To:  
Doris Markowitz
on grandson's marriage

From:  
Mickey Spector
Thelma Gottlieb
Shirley Magnus
Wanda Robinson
Carole Golden
Joan Bender
Bea Gerwitz
Marty Livingstein
MAZEL TOV

To:
Phyllis Gallertiens
granddaughter Alyssa's
marriage to Michael

From:
Marlene Mankoff

REMINDERS:

You will be receiving your High
Holiday Booklet within the next
few days. Please be sure to
refer to the booklet for dates
and times of all Religious
Observances.

We would like to thank Marcia
Feldman for her help in
developing this year's High
Holiday Booklet.

Don’t forget to sign up for the
2014 Fall JCHC University Film
Series if you have not already
done so.

Satisfy the Sweet Tooth

Why is it that after a big meal
we still crave something more?
Not another helping of meat
and potatoes. Not salad.
Something sweet.
Dessert!

Some scientists say that it’s
simply a matter of
conditioning—that we’ve been
trained to eat dessert after
dinner since childhood. Others
believe that it’s a matter of brain
chemistry. Eating sugar enables
the absorption of amino acids,
and these amino acids increase
serotonin, which is a powerful
chemical in our brains that
makes us feel happy. What is
worse, depriving ourselves of
dessert only makes us want
them more.

You won’t need to deprive
yourself on September 4,
Eat an Extra Dessert Day.

Remember, desserts eaten in
moderation can be part of a
healthy diet. Or, instead of
unhealthy sweets like cookies
and cake, opt for fruits, which
contain natural sugars.

Go for the Gusto

Sometimes keeping a
positive attitude is easier said
than done. How do we stay
positive? Children may be
some of our best models of
enthusiasm. Everything is
new to them, and they often
greet the world with
boundless enthusiasm.

During International
Enthusiasm Week from
September 1–7, don’t feel
faded; instead welcome a little
bit of naiveté into your life and
enjoy being mystified and
dazzled. Enthusiasm, in some
respects, requires a little bit of
magic and dreams, freedom,
and possibility. For the first
week in September, walk
around starry-eyed and see if
your enthusiasm becomes
contagious.

LIBRARY DONATIONS

From:
Helen Boll
Sarah Moskowitz
Ron Rames
Norma Tooter
Florence Widelitz

Donations

Max Kleinman
Ben Lorber

Donate to the Library
Mixed-up Rosh Hashanah

Unscramble the letters to reveal a word associated with Rosh Hashanah.

1. IRHSTI ____________________
2. NEHTVES ____________________
3. FOSRAH ____________________
4. LMENSO ____________________
5. YDAS FO WEA __________ __________
6. SYREPR A ____________________
7. TESESNSEW ____________________
8. TERS ____________________
9. NAAHS VOAT __________ __________
10. GEMTUJDN ____________________
11. MEMRBNACEER ____________________
12. LDAHOIY ____________________
13. WESHIJ ____________________
14. PELPSA ____________________
15. CHLITSHA ____________________
16. DEAH FO HET E RAY __________ __________
17. NYEHO ____________________
18. LAHCLAH ____________________
# September 2014 PLAZA Calendar is subject to change

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**Notes:**
- **September 11th Observed**
- Rosh Hashanah, 1st Day Office Closed
  - 6:30 Candle Lighting
  - 7:00 Religious Service
- Rosh Hashanah, 2nd Day Office Closed
  - 6:30 Candle Lighting
  - 7:00 Religious Service