Chanukah

Chanukah, the Jewish festival of rededication, also known as the festival of lights, is an eight day festival beginning on the 25th day of the Jewish month of Kislev. Chanukah is probably one of the best known Jewish holidays.

Related to the holiday is the lighting of candles. The candles are arranged in a candelabrum called a menorah that holds nine candles: one for each night, plus a shammus (servant) at a different height. On the first night, one candle is placed at the far right. The shammus candle is lit and three berakhot (blessings) are recited. After reciting the blessings, the first candle is then lit using the shammus candle, and is placed in its holder. Each night, another candle is added from right to left. On the eighth night, all nine candles are lit.

It is traditional to eat fried foods on Chanukah because of the significance of oil to the holiday. Among Ashkenazic Jews, this usually includes latkes. The traditional gift of the holiday is "gelt," small amounts of money.

Another tradition of the holiday is playing dreidel, a gambling game played with a square top. Most people play for matchsticks, pennies, M&Ms or chocolate coins. The traditional explanation of this game is that during the time of Antiochus' oppression, those who wanted to study Torah, an illegal activity would conceal their activity by playing gambling games with a top whenever an official or inspector was within sight.

Wishing all JCHC residents and their families a joy filled, healthy and happy Chanukah!
Keeping Healthy for the Holidays

By the first of December, the holiday season is already well underway. It’s a season of feasts and parties, tempting desserts, and freely flowing drinks. Combine this steady eating with harsh and discouraging weather, and it is not uncommon to suddenly pack on a few extra pounds. Fortunately, there are ways to both enjoy the holidays and stay fit well into the new year.

Despite our best intentions to eat light, it is near impossible to resist a full holiday table with all the trimmings. The trick is not to “save” your appetite before the big meal. Don’t skip breakfast and lunch. Instead, have four to six mini-meals throughout the day to sustain your metabolism and keep burning calories. Then you will be less likely to overeat.

To increase a feeling of fullness and reduce your appetite, eat water-based foods that are low in calories, such as brothy soups, fruits, and vegetables. Also, when dinner arrives, eat slowly. It takes at least 20 minutes for your stomach to signal to your brain that it is full.

Invited to a holiday potluck? Volunteer to bring a healthy dish. Do you enjoy preparing the same traditional family recipes year after year? You can modify the recipes with new ingredients. Substitute applesauce for cooking oil or make stuffing with whole wheat bread rather than white.

Maintaining an exercise routine may be the most important factor in staying fit. Make a point of exercising before the big meal or holiday party. Often you can even find holiday-themed community events like Turkey Trots or Jingle Jogs. Traveling? Include exercising in your travel plans. And if the weather outside is frightful, move your routine indoors, perhaps even trying new workouts such as stationary bikes, yoga, or volleyball.
Manager’s Corner

Management and staff hope that all of our residents had a happy and fulfilling Thanksgiving. As we continue to make upgrades and improvements, we ask that our residents be mindful when walking through areas of construction. Building one elevator repairs should be finished shortly. We now have new access cards for the building; please let us know as soon as possible if your card is not working properly. Please see Laura Berkin-Resident Services Coordinator, if you need someone to go food shopping for you, need additional housekeeping, laundry, weekend meals or companionship.

In your planning for the upcoming holidays, keep in mind that if the weather is not good be careful and don’t drive if not necessary.
Happy December Birthday

B Boris Reynus  Dec 03
T Tessie Schpiro  Dec 04
R Ralph Loschialpo  Dec 10
R Ronald Rames  Dec 14
A Alice McNealy  Dec 16
J Jutta Oppenheimer  Dec 16
S Saul Brazer  Dec 24
B Bica Bercovici  Dec 27
J Joan Bender  Dec 27
D Dolores Lederman  Dec 28

Jewish Federation Plaza
Upcoming December Events:

- CEO Chat
- Art Class
- Life-Long Learning
- Choral Group
- Tai Chi Chih
- Movies
- Gamefest
- Floral Design Workshop
- Meditation & Relaxation
- Painting in the Recreation Room
- Poetry Workshop
- Hirschhorn presents: Rembrant’s Fascination & Affection for the Jewish People and the Bible
- Book Club
- Social Worker Program
- JCC Chanukah Party
- JCHC Chanukah Party
- Kid’s Concerts n’ Cookies: Suburban Torah Pre-school
- Exercise with Tami
- Kentucky Fried Chicken in Caldwell and Willowbrook Mall
- Newark Museum
- Lunch at Eppes Essen

And much, much more. Please be sure to check your calendar for times and locations of each event.

JCHC Hanukkah Party

Monday, December 22\textsuperscript{nd}
12:00 p.m.
The party will take place at the JCC

All are invited to attend!
Residents remembered Veteran’s at the 2014 Veteran’s Day Product Drive.

Plaza residents conducted a drive in honor of Veteran’s Day to help Veterans in need.

A special thank you to Gert Freeman for putting together the Veteran’s goody donation event. She shopped, collected and delivered over 5 cartons to the VA. Many thanks for always having good taste & being there when she is needed.

The Plaza Poetry Workshop is a creative, fun experience for all participants.

Residents learned about food safety by
A Letter from Judy Solomon

Hi

Having just welcomed the coming of autumn—it seems as if winter is jumping the gun and warning us of its early arrival.

November has been a busy month, keeping us busy with arts and crafts projects, the “Traveling Stage”, and a trip to Mt. Airy Casino as well as Choral Group practice, meditation and all of our other activities. I must apologize for our disappointing birthday party meeting’s lack of entertainment.

The busiest part of November—Thanksgiving is always meaningful. I hope your holiday and celebration were all you wished for.

December has us looking forward to the Tenants Association New Year’s Eve Party. All members are being invited. The invitations are forthcoming.

Happy Holidays........

Judy
Hanukkah???

Hanukkah has only five letters in the original Hebrew. In English, however, there are at least seventeen other ways to spell “Hanukkah.” Can you guess what they are?

1. ___ ___ N N ___ K __
2. ___ H ___ ___ N ___ ___ A ___
3. ___ ___ ___ U ___ A
4. ___ H ___ ___ K ___ H
5. C ___ ___ U K ___
6. ___ N N ___ ___
7. H ___ ___ N ___ ___ A ___
8. ___ A ___ ___ K ___
9. ___ A ___ U ___ A ___
10. K ___ ___ K ___ ___ ___
11. ___ H ___ ___ ___ K A
12. K ___ ___ ___ U ___ ___ H
13. ___ A N ___ ___ ___
14. ___ H ___ N U ___ ___ H
15. ___ ___ N ___ K K ___ ___
16. ___ ___ A ___ ___ K K A ___
17. CH ___ NNU ___ ___

Bingo!

Bingo is celebrated throughout December in senior centers, church halls and community centers because December is Bingo Month. The game dates all the way back to 1530, when Italians played a game called Lo Giucco del Lotto d’Italia.

Some even say that this game was used to fight government corruption. Instead of winning a pot of money, those holding winning numbers were elected as local leaders.

The French first introduced a playing card full of numbers. Then in the 1800s, the Germans used the game as a tool to teach children math and spelling. It first appeared in America in 1929 at a carnival near Atlanta, Georgia, where it was called “Beano.” When an excited winner shouted out the word bingo by mistake, an entrepreneur named Edwin S. Lowe overheard the faux pas, renamed the game, and employed a Columbia University mathematician named Carl Leffler to create 6,000 randomly numbered bingo cards. Leffler purportedly went insane from the task. A Catholic priest asked Lowe to show him the game as a way of raising money for the church. Bingo has been a church hall mainstay ever since.
## December 2014 PLAZA Calendar

The Calendar is subject to change.

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<th>Sunday</th>
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<tr>
<td><strong>HAPPY HOLIDAYS</strong></td>
<td><strong>10:15 TOWN BUS</strong></td>
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<td><strong>10:45 Livingstone Mall</strong></td>
<td><strong>10:15 Trader Joe's Millburn</strong></td>
<td><strong>9:00 SHOPRITE</strong></td>
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<td><strong>11:00 EXERCISE</strong></td>
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<td><strong>11:00 Move Today &amp; Walking Club</strong></td>
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<td><strong>10:00 SHOPRITE</strong></td>
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<td><strong>2:00 CURRENT EVENTS</strong></td>
<td><strong>2:00 SOCIAL WORKER PROGRAM</strong></td>
<td><strong>2:00 LIFE-LONG LEARNING</strong></td>
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<td><strong>7:15 BINGO</strong></td>
<td><strong>7:00 FLORAL DESIGN</strong></td>
<td><strong>7:00 CEO CHAT</strong></td>
<td><strong>7:00 RELIGIOUS SERVICE</strong></td>
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<td><strong>11:00 CHANUKAH PARTY</strong></td>
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<td><strong>1ST DAY OF WINTER</strong></td>
<td><strong>10:15 TOWN BUS</strong></td>
<td><strong>11:00 EXERCISE</strong></td>
<td><strong>10:00 ART CLASS</strong></td>
<td><strong>CHRISTMAS OFFICE &amp; DINING ROOM CLOSED</strong></td>
<td><strong>9:00 SHOPRITE</strong></td>
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<td><strong>11:00 BRUNCH</strong></td>
<td><strong>11:00 TOWN BUS</strong></td>
<td><strong>2:00 CURRENT EVENTS</strong></td>
<td><strong>10:15 KOHL'S, RT. 22</strong></td>
<td><strong>NEW YEAR'S EVE</strong></td>
<td><strong>10:00 SHOPRITE</strong></td>
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**NEW YEAR'S EVE**

**10:45 ESSEX GREEN**

**11:00 MOVE TODAY & WALKING CLUB**

**1:30 CHORAL GROUP**

**7:15 BINGO**