

PLAZA PRESS

The Newsletter for Jewish Federation Plaza



Celebrating December

Chanukkah
December 16-24

National Tie Month

**Computer Science Education
Week**
December 8-14

Eat a Red Apple Day
December 1

Sachertorte Day
December 5

**Pearl Harbor
Remembrance Day**
December 7

First Full Day of Hanukkah
December 17

Christmas Day
December 25

Kwanzaa
December 26



Happy Chanukah!

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 shammas (servant) at a different height. On the first night, one candle is placed at the far right. The shammas candle is lit and three berakhot (blessings) are recited. After reciting the blessings, the first candle is then lit using the shammas 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 Berkín-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



Boris Reynus	Dec 03
Tessie Schapiro	Dec 04
Ralph Loschialpo	Dec 10
Ronald Rames	Dec 14
Alice McNealy	Dec 16
Jutta Oppenheimer	Dec 16
Saul Brazer	Dec 24
Bica Bercovici	Dec 27
Joan Bender	Dec 27
Dolores Lederman	Dec 28

JCHC Hanukkah Party

Monday, December 22nd
12:00 p.m.

The party will take place at the
JCC

All are invited to attend!

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.

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

Hanukah???

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 is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY HOLIDAYS	1 10:15 TOWN BUS 10:15 Walmart & Rt 22, Christmas Tree Shop 11:30 TAI CHI 7:00 Life-Long Learning 7:15 BINGO	2 11:00 EXERCISE 2:00 CURRENT EVENTS 6:00 LIBRARY 6:45 Meditation & Relaxation	3 10:45 Livingston Mall 11:00 Move Today & Walking Club 12:15 Life-Long Learning 1:30 CHORAL GROUP 3:00 Floral Design 7:15 BINGO	4 10:15 Trader Joes Millburn 11:00 Exercise 2:00 Painting in the Recreation Room 7:00 CEO Chat	5 9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT 7:00 Religious Service	6 9:00 SHABBAT SERVICE 11:00 KIDDUSH 7:00 MOVIE
	7 11:00 BRUNCH 2:00 MOVIE	8 10:15 TOWN BUS 10:45 Essex Green 11:30 TAI CHI 7:00 Life-Long Learning 7:15 BINGO	9 11:00 EXERCISE 1:00 Social Worker Program 2:00 CURRENT EVENTS 6:00 LIBRARY	10 9:00 Art Class 10:45 Rt. 10 Nordstrom, TJ Maxx Irving's & Farmer's Market 11:00 Move Today & Walking Club 12:15 Life-Long Learning 1:30 CHORAL GROUP 7:15 BINGO	11 10:15 Newark Museum 11:00 Exercise 2:00 Hirshornn "Rembrandt's Fascination & Affection for Jewish People & the Bible" 7:30 Book Club	12 9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT
14 11:00 BRUNCH 2:00 MOVIE	15 10:15 TOWN BUS 11:30 TAI CHI 12:30 JCC Chanaukah Party 7:15 BINGO	16 11:00 EXERCISE 1:15 Rabbi Study Group 2:00 CURRENT EVENTS 6:00 LIBRARY 6:45 Meditation & Relaxation	17 Chanukah, 1st Day 10:45 Paramus Mall featuring LL Bean 11:00 Move Today & Walking Club 12:15 Life-Long Learning 1:30 CHORAL GROUP 7:15 BINGO	18 11:00 Exercise 11:30 Kentucky Fried Chicken, Caldwell & Willowbrook Mall 1:15 Kid's Concerts n' Cookies: Suburban Torah Pre-school 2:30 Poetry Workshop	19 9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT	20 9:00 SHABBAT SERVICE 11:00 KIDDUSH 7:00 MOVIE
21 1st Day of Winter 11:00 BRUNCH 2:00 MOVIE	22 10:15 TOWN BUS 11:30 TAI CHI 12:00 JCHC Chanukah Party @ JCC 7:00 Life-Long Learning 7:15 BINGO	23 11:00 EXERCISE 2:00 CURRENT EVENTS 6:00 LIBRARY	24 9:00 Art Class 10:15 Kohl's, Rt 22, Watchung 11:00 Move Today & Walking Club 1:30 CHORAL GROUP 7:15 BINGO	25 Christmas Office & Dining Room Closed	26 9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT	27 9:00 SHABBAT SERVICE 11:00 KIDDUSH 7:00 MOVIE
28 11:00 BRUNCH 2:00 MOVIE Gamefest after Movie	29 10:15 TOWN BUS 10:45 Eppes Essen 11:30 TAI CHI 7:15 BINGO	30 11:00 EXERCISE 2:00 CURRENT EVENTS 6:00 LIBRARY	31 New Year's Eve 10:45 Essex Green 11:00 Move Today & Walking Club 1:30 CHORAL GROUP 7:15 BINGO			