

May 2015

VILLAGE PRESS

The Newsletter for Village Apartments



Celebrating May

Older Americans Month

Guide Dog Month

May Day/Lei Day
May 1

Kentucky Derby
May 2

Lag Ba'Omer
May 7

Wildflower Week
May 5–11

Windmill Day
May 9

Mother's Day
May 10

Yom Yerushalayim
May 17

Shavuot
May 24-25

Memorial Day
May 25

World No-Tobacco Day
May 31

Gifts from the Garden



A garden can give many gifts: beautiful flowers, fragrant smells, tasty and nourishing vegetables, the songs of birds, the buzzing of bees, moments

of quiet and peace, dirty hands, and feelings of a job well done. This May, dubbed “Gifts from the Garden Month,” it’s time to sing the praises of the often-unsung heroes of the garden: herbs.

Just about every dish we can think of tastes better with a pinch of fresh garden herbs. Thyme, rosemary, basil, oregano, parsley, sage, marjoram, lavender, mint, dill, and chives are staples in many spice cabinets. Not only do these herbs taste good but many also offer tremendous health benefits. The next time you add oregano to your marinara sauce, think about how it has the highest antioxidant content of any herb and four times that of fresh blueberries. A sprinkle of mint will brighten the flavors of a smoothie and, as studies suggest, soothe the digestive system. Sage is a must when seasoning a turkey or chicken, and its oils are known to help reduce inflammation.

Many of these herbs blossom into beautiful flowers, too. Lavender’s luscious purple spikes are heavenly to behold and to smell. Thai basil, with a strong licorice scent, grows reddish-purple flowers. Leave dill alone, and you’ll find bright chartreuse-yellow flowers atop tall stems. Pineapple sage, as the name implies, smells like pineapple and blooms deep red flowers. But remember, it takes a lot of energy to bloom, so the herbs themselves will lose some of their taste when allowed to flower. However, the flowers’ seeds will live on.

Best of all, if you have no outdoor garden space, herbs grow well in small pots. Potted herbs—watered and sunned in a kitchen or nearby window—are close at hand when they’re needed most.



Older Americans Month 2015: “Get into the Act”



Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year’s celebration is “Get into the Act,” to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can “Get into the Act.” While Jewish Community Housing Corporation provides exercise programs and a variety of health related speakers along with social services to older adults year-round, Older Americans Month offers us an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference within our community.

Spring JCHC University

We are pleased to announce that the Spring semester of the JCHC University is scheduled to begin May 2015. All residents are encouraged to attend JCHC University classes. Transportation is free. A catalog will be issued within the next few days. However, the following courses will take place as indicated below:

Monday, May 4th 1:00 p.m.

Listen n' Learn: Life & Music of Ella Fitzgerald

Presenter: Maryanne Christiano
Jewish Federation Plaza

Monday, May 11th 2:00 p.m.

A True Story of my Life in the Holocaust

Presenter: Paulette Dorflauer
Jewish Federation Plaza

Thursday, May 14th 2:00 p.m.

Deep Sea Fishing

Presenter: Andrew Donaldson
Village Apartments

Monday, May 18th 2:00 p.m.

Weather Forecasting

Presenter: Cheryl Kasye
Village Apartments

Monday, June 1st 2:00 p.m.

"Jews in America: Where Are We? What's Next? You Tell Me!"

Presenter: Chaim Lauer
Lester Senior Housing

Monday, June 8th, 1:00 p.m.

How Mindfulness Can Make You Happy

Presenter: Karen Frank
Bna Brith

Thursday, June 11st, 2:00 p.m.

Dance

Presenters: Ann Marie Bass & April Osborne
Jewish Federation Plaza

Monday, June 22nd, 2:00 p.m.

Culture of Cambodia

Presenter: Emma Redding
Jewish Federation Plaza



Manager's Corner

Have a Safe, Happy and Healthy Memorial Day!



Exciting News!



- **Don't forget..... We have a computer in the 1st floor lounge for the residents to surf the internet. Please be sure to allow everyone the opportunity to use the computer.**

Back-up Generator

This project has already begun and will continue for next eight weeks. We will continue to keep you updated on the progress. I want to thank everyone in advance for their cooperation and patience during this project.

HAPPY MAY BIRTHDAY



May 08: Donald Friedenber
May 10: Stuart Goldstein
May 13: Joan O'Connor
May 13: Carl Pfeifer
May 17: Ed Goldberg
May 25: Sandy Lublin
May 28: Marilyn Goodman
May 29: Irwin Mann
May 30: Lenore Berkman

Upcoming Events

- JCHC University: Listen n' Learn: Life & Music of Ella Fitzgerald
- Board & Card Games in the Dining Room
- Floral Design Workshop
- Exercise with Tami
- JCHC University: A True Story of my Life in the Holocaust
- Knitting Club
- Never2Late Music & Refreshments
- Poetry Workshop
- JCHC University: Deep Sea Fishing
- Moonlight Serenade Duo
- Sculpture Gardens
- JVS Blood Pressure Screening
- JCHC University: Weather Forecasting
- Food Meeting with Mitchell
- CEO Chat
- Sands Casino

See your calendar for dates and times of all events.

The Village Men's Club enjoyed their 1st meeting.
All Men of the Village Apartments are welcome to join the club. The next meeting is scheduled to take place on Wednesday, May 27th at 3:00 p.m.



MAY 2015 VILLAGE Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1:30 RELIGIOUS SERVICE 4:30-6:00 SUPPER CLub	2
3	4 12:15 JCHC University: Listen n' Learn: Life & Music of Ella Fitzgerald at Plaza 1:00 Board & Card Games with refreshments 4:30-6:00 SUPPER CLUB	5 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 2:30 Floral Design Workshop 4:00 Sheena Collumn SO Township Trustee 5:15 Scrabble with Fran Rod 7:00 Movie	6 9:30 Livingston Mall 11:00 Exercise with Tami 2:00 CURRENT EVENTS 4:00 KNITTING CLUB 4:30-6:00 SUPPER CLUB	7 Lag Ba'Omer 9:15 EXERCISE 12:00 Congregate Lunch 2:00 Never2Late Music with refreshments 7:00 BINGO	8 1:30 RELIGIOUS SERVICE 4:30-6:00 SUPPER CLub	9
10 Mother's Day	11 1:15 JCHC University A True Story of my Life in the Holocaust @ Plaza 4:30-6:00 SUPPER CLUB Mexican Theme	12 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 5:30 Poetry Workshop 7:00 Movie	13 11:00 Exercise with Tami 2:00 CURRENT EVENTS 4:00 KNITTING CLUB 4:30-6:00 SUPPER CLUB	14 9:15 EXERCISE 12:00 Congregate Lunch 1:15 JCHC University: Deep Sea Fishing by Andrew Donaldson @ Village 7:00 BINGO	15 1:30 RELIGIOUS SERVICE 4:30- 6:00 SUPPER CLUB	16
17 Yom Yerushalayim 11:30 UJA Concert	18 2:00 JCHC University Weather Forecasting by Cheryl Kasye @ Village 4:30-6:00 SUPPER CLUB	19 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 5:30 Moonlight Serenade Duo 7:00 Movie	20 9:30 Essex Green 11:00 Exercise with Tami 2:00 CURRENT EVENTS 4:00 KNITTING CLUB 4:30-6:00 SUPPER CLUB	21 9:15 EXERCISE 9:45 Sculpture Garden 12:00 Congregate Lunch JVS Blood Pressure Screening 7:00 BINGO	22 1:30 RELIGIOUS SERVICE 4:30- 6:00 SUPPER CLUB	23 Erev Shavuot
24/31 Shavuot	25 Shavuot Yizkor Memorial Day Office & Dining Room Closed	26 9:15 Exercise 10:45 Shopping 12:00 Congregate Lunch 1:00 Bridge 2:30 Food Meeting with Mitchell 4:30-6:00 SUPPER CLUB	27 9:30 Livingston Mall 11:00 Exercise with Tami 2:00 CURRENT EVENTS 3:00 Village Men's Club 4:00 KNITTING CLUB 4:30-6:00 SUPPER CLUB	28 8:30 Sands Casino 9:15 EXERCISE 12:00 Congregate Lunch 6:00 CEO Chat 7:00 TENANT MEETING	29 1:30 RELIGIOUS SERVICE 4:30- 6:00 SUPPER CLUB	30