

Village Press

The Newsletter for Village Apartments



Celebrating November

Memoir-Writing Month

Diabetes Month

**Inspirational Role Models
Month**

Hockey Mask Day
November 1

**Use Your Common Sense
Day**
November 4

Fill Our Staplers Day
November 7

Dear Santa Letter Week
November 7–13

Apple Cider Day
November 18

Thanksgiving Day (U.S.)
November 24

World Day of Giving
November 26

November Has the Write Stuff

If you've ever had an idea for a novel percolating in your imagination but you've never found the time to write it, thank your lucky stars that it's November, Novel Writing Month. Thousands of people around the globe will wake up to a blank page on November 1 and attempt to write 50,000 words by the 30th. Some will have the help of an extensive outline, detailing many characters with their challenges, various settings, and exciting plots. Others will start with nothing and just let their imagination take over. The lucky ones may end up like Sara Gruen, who wrote her acclaimed novel *Water for Elephants* during 2006's Novel Writing Month.

On November 1, Author's Day, we can celebrate other published authors who started their books in November: Carrie Ryan wrote her *New York Times* zombie bestseller *The Forest of Hands and Teeth*, and Erin Morgenstern's *The Night Circus* took two November Novel Writing Months to finish her *New York Times* bestseller. Just don't end up like writer Ali Owens, who finished her 50,000 words but did so with "a lot of crying mixed with hysterical laughter." Writing, remember, should be fun.

If you need a few weeks to gather the courage to begin your novel in high spirits, wait no longer than November 15, I Love to Write Day. Most writers don't do it for the money but for the love of writing. The truth is that most books and stories don't pay the bills. Not many writers get million-dollar book contracts—pay is often sporadic at best. The real reason many people choose to write is that the effort dedicated to creating complex characters and the world they live in is incredibly satisfying in itself. So this November, don't write just because you want to sell your book; write because you have a strong passion for it. Your audience, whether that is your family and friends or thousands of adoring fans, will thank you for your efforts.



Manager's Corner



The Village Apartment's New Kosher Lunch Program - 12:00 pm

Join our new Lunch Program and enjoy three delicious and nutritious Kosher meals per week. Lunch is served every Monday, Wednesday and Friday for the low cost of \$95.00 per month.



Sign up. Eat. Enjoy!



*The Village Apartments and the Jewish Community Housing Corporation
Would like to wish all of our residents, family members and friends a
Happy Thanksgiving.*

Upcoming Events



- Floral Design Workshop
- Dr. Segal Oral Health Program
- JCC Rose Rosen Concert
- CEO Chat
- Kristallnacht @ St. Elizabeth College
- Art with Anna
- Poetry Workshop
- JCHC University @ Plaza Nutrition & Wellness Q&A
- Traveling Stage Theatre: The Harry Houdini Experience
- JCC Molly Burack Lecture
- Food Meeting with Mitchell
- JCHC University @ B'nai B'rith: Wise Aging
- Crossword Fun
- JCHC University @ Lester: The Spanish Inquisition & Expulsion of Jews from Spain
- Jazz Meets Tin Pan Alley

Please check your calendar for dates and times of all events.

November Birthday's



Nov 06	Jerry Brown
Nov 08	Richard Bliwise
Nov 11	Emily Leger
Nov 18	Matilda Nhaisi
Nov 22	Alba Abbate
Nov 25	Adam Mecinski
Nov 29	Albin Kubilus

Art with Anna watercolor paint class.



Cold Clean



Poor refrigerators. They are one of the most important parts of the kitchen—they keep our food fresh, after all—but they are never noticed until something goes wrong. They suffer spills, odors, and endless overcrowding. With the Thanksgiving holiday just days away, it makes sense that November 15 is Clean Out Your Refrigerator Day.

It's not too early to start making room for all those leftovers. According to homemaking guru Martha Stewart, the best way to clean the fridge is to turn off the fridge's power at the breaker. Throw away all spoiled or long-unused items, and put the remainder in a cooler. Let the interior of the fridge come to room temperature before removing shelves and drawers for washing. A solution of two tablespoons of baking soda per quart of hot water will both clean and deodorize. Don't use soap. It may leave behind odors that your food will absorb. When finished, turn the power back on, give it a few hours to chill, and restock the fridge. Does your fridge still smell? Add an opened box of baking soda or even add a small tray of fresh coffee grounds for a couple of days to improve the smell.

CEO Chat

**Wednesday, November 16th
4:00 p.m.
Village Apartments
Dining Room**

JCHC CEO Harold Colton-Max will be coming to meet with Village Apartments residents. You will hear more about what you as residents wanted and how those requests are being addressed. Please join us for the wonderful opportunity to share thoughts about our 'HOME' and how its services will continue to get better and better.

All are invited to attend!

JCHC University

The month of November will feature an assortment of exciting JCHC University courses. Transportation is free for all events. Please be sure to sign up for participation if you have not already done so.

**Monday, Nov 14th:
Nutrition & Wellness Q&A**

Featuring: Roberta Atti
Location: Jewish Federation Plaza

**Monday, Nov 21st:
Wise Aging**

Featuring: Karen Frank
Location: B'nai B'rith

**Monday, Nov 28th:
The Spanish Inquisition &
Expulsion of Jews from Spain**

Location: Lester



Legacy Heritage Tzedakah Fund

We at the Jewish Community Housing Corporation of Metropolitan New Jersey are fortunate to have received a grant to establish the Legacy Heritage Tzedakah Fund for our residents who reside at one of the JCHC communities. The Fund was established to help residents lead their lives in health and with dignity.

The Fund will solely be used for residents who either have no family and/or whose family is unable to assist them and are in need of financial assistance for items not available through Medicaid.

Funds up to **\$500.00** will be awarded to eligible residents depending upon demonstrated of need.

If you are interested in learning more about these funds and the application process, please contact our social worker Kathleen Silver at (973) 765-9050 ext. 1764.

NOVEMBER 2016 VILLAGE Calendar Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:15 Exercise 10:00 Shopping 12:00 Congregate Lunch 1:00 Bridge 2:30 Floral Design Workshop 5:30 Dentist Ziv Segal 7:00 Movie	2 10:30 Walmart, Panera Bread, Christmas Tree, Rt 22 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	3 9:15 EXERCISE 10:30 Essex Green & Kmart 12:00 Congregate Lunch 4:15 Live Music with Flip Peters 7:00 BINGO	4 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	5
6 1:30 MOVIE 7:00 MOVIE	7 12:00 LUNCH CLUB 11:15 JCC Rose Rosen Concert 2:00 Exercise with Tami 3:15 Manager's Meeting with Residents	8 Election Day 9:15 Exercise 10:00 Shopping 12:00 Congregate Lunch 1:00 Bridge 2:30 Art with Anna 5:30 Poetry Workshop 7:00 Movie	9 10:30 Livingston & Shorthills Mall's 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	10 8:30 Sand's Casino 9:15 EXERCISE 12:00 Congregate Lunch 7:00 BINGO	11 Veteran's Day 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	12
13 1:30 MOVIE 7:00 MOVIE	14 12:00 LUNCH CLUB 1:30 JCHC University @ Plaza Nutrition & Wellness Q&A with Roberta Atti 2:00 Exercise with Tami	15 9:15 Exercise 10:00 Shopping 12:00 Congregate Lunch 1:00 Bridge 5:30 Traveling Stage Theatre: The Harry Houdini Experience 7:00 Movie	16 10:30 Trader Joe's Florham Park 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 CEO Chat 5:15 KNITTING CLUB	17 9:15 EXERCISE 11:15 JCC Molly Burack Lecture 12:00 Congregate Lunch 3:00 FOOD MEETING WITH MITCHELL 7:00 BINGO	18 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE 3:00 Private Duty Aide meeting	19 8:00 Senior TV Movie
20 1:30 MOVIE 7:00 MOVIE 8:00 Senior TV Movie	21 12:00 LUNCH CLUB 1:30 JCHC University @ B'nai Brith Wise Aging with Karen Frank 2:00 Exercise with Tami	22 9:15 Exercise 10:00 Shoprite & Essex Green 12:00 Congregate Lunch 1:00 Bridge 2:30 Art with Anna 5:30 Crossword Fun 7:00 Movie	23 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	24 Thanksgiving Office & Dining Room Closed	25 Office Closed Dining Room Open 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	26
27 1:30 MOVIE 7:00 MOVIE	28 12:00 LUNCH CLUB 2:00 Exercise with Tami 12:45 JCHC University @ Lester "The Spanish Inquisition & Expulsion Jews from Spain	29 9:15 Exercise 10:00 Shopping 12:00 Congregate Lunch 1:00 Bridge 5:30 Bob Gold Jazz Meets Tin Pan Alley 7:00 Movie	30 10:30 Whole Foods & Target 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB			