

# Village Press

The Newsletter for Village Apartments



## Celebrating August

**Read-a-Romance Novel Month**

**What Will Be Your Legacy?  
Month**

**International Clown Week**  
*August 1–7*

**Twins Days**  
*August 4–6*

**Lighthouse Day**  
*August 7*

**Social Security Day**  
*August 14*

**Bad Poetry Day**  
*August 18*

**Kiss and Make Up Day**  
*August 25*

**Love Litigating Lawyers Day**  
*August 31*

## The Art of Art Appreciation

August 11 is Worldwide Art Day, so whether you paint, draw, sculpt, take photographs, play a musical instrument, write, or dance, this is a day to revel in the beauty of art. For centuries, people have asked, “What is art?” Early critics believed that art was simply imitation—a painting of a flower or sculpture of a dancer—but art is much more than that. It is the application of human skill and imagination to create something wholly new, a work of beauty and harmony, a revelation of truth, a connection of feeling and self-expression. Truly, art is as diverse as its makers. So what is art? You’ll know it when you see it—and may surprise yourself when you make it.

While not everyone may be a famous artist, anyone can create art. And August 8 is the Date to Create. We consume every day: we eat food, watch television, and buy clothes and other goods. This is the day to not be a consumer but a creator. Creation is the bringing of something new into existence, and it is an empowering experience. Whether you paint a masterpiece or build a makeshift centerpiece out of tissue paper and empty bottles, your creation will take on a life of its own as a form of creative self-expression.

If you’re still looking for inspiration as an artist, you can spend the month of August enjoying the work of others, for August is American Artist Appreciation Month. Georgia O’Keeffe painted flowers. Norman Rockwell illustrated idyllic scenes of American life. Aaron Douglas created inspiring murals. And these are just visual artists. There is an endless wealth of writers, singers, and dancers to awe and inspire you.

Are you intimidated by art? Does visiting a museum or jazz club scare you? Just as creating art is an individual expression, enjoying art is also a personal experience. There are no right or wrong ways to enjoy art. If you’d rather stay at home, then grab your box of crayons and a coloring book on August 2, Coloring Book Day. For many, this type of artistic expression is just the right fit.



# Manager's Corner



The Building Manager will be on vacation starting Monday, July 31. There will be an employee from the JCHC filling in, at scheduled times.

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## Weekly Generator Testing

Our new generator will be tested once a week. Every Monday, the generator will run for approximately 15 - 20 minutes at 10:00 am. This test is needed to ensure our generator is operational and ready for any unplanned/planned emergencies. The JCHC must also test weekly to comply with all State regulations. The day of testing may change weekly, if needed, due to the air quality on that day.

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## Village Renovations

PHASE 1: 12 New One Bedroom Apartments, New Lounge Area and Stair Tower Addition - On Going

PHASE 3: July 24, 2017, Renovations have begun to the office, dining room, storage room, 1<sup>st</sup> floor bathroom and relocation of new mailboxes. Be careful when walking near or around any construction site. Please be aware of your surroundings on the 1<sup>st</sup> floor, at all times.

## Upcoming Events



- Exercise with Tami-1<sup>st</sup> Floor Lounge
- Current Events-1<sup>st</sup> Floor Lounge
- Knitting Club-1<sup>st</sup> Floor Lounge
- Religious Services-1<sup>st</sup> Floor Lounge
- Newark Museum Jazz in the Garden
- Walmart & Rt 22 Shopping
- Lunch Club-Lunch Delivered
- Sands Casino
- Trader Joes, Millbur
- Tuesday Programs at B'nai B'rith with free transportation
- Flip Peters Entertainment & Light Refreshments
- Trivia -1<sup>st</sup> Floor Lounge
- Poetry Workshop
- Live Music & Entertainment featuring George Tuzzio
- Pier Village, Long Branch
- Kohls Senior Discount Day
- Livingston & Shorthills Malls
- Lake Hopatcong for lunch
- Red Lobster
- Tinton Falls

Check your calendar for dates and times of all events.

## TUESDAY EVENTS UPDATE

Due to building renovations, Tuesday programs on August 8th, 22nd & 29<sup>th</sup> will take place at B'nai Brith. **Free transportation will be provided for all interested residents. You must sign up for transportation in advance.**

All are invited to attend the Poetry Workshop in August at B'nai Brith.



## Happy August Birthday



August 05: Sam Hoffman  
August 07: Robert Zellan  
August 09: Vivian Marse  
August 12: Marjorie Johnson  
August 20: Dina Lafond  
August 21: Marc Pressel  
August 25: Jeanne Ginsberg  
August 31: Kathleen Zahedi

## 10 Summer Health Tips for Seniors



1. Drink plenty of liquids. Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated.
2. Avoid caffeinated and alcoholic beverages. Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.
3. Dress appropriately. Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.
4. Sunblock. When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.
5. Stay indoors during extreme heat. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.
6. Air conditioning. If you do not have air conditioning in your home, go somewhere that does. A movie theater, the mall a friend or relative's home or a community senior center are all good options.
7. Avoid extreme outdoor heat. If you need to get out of the house and don't drive, call a taxi, a friend or a transportation service. Do NOT wait outside for the bus in extreme heat.
8. Take a cool shower or bath. If you are absolutely unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.
9. Keep your home cool. Temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time.
10. Signs of heat stroke. Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.

## Drinking the Stars



It was on August 4, 1693, that a young Benedictine monk named Dom Pierre Pérignon discovered that his batch of wine was filled with bubbles. This was the undesired byproduct of refermentation. As the weather cooled in the fall, fermentable sugars in the bottles would go dormant, only to awake in the warming weather and begin to referment. It was Pérignon's job as cellar master of his abbey in the Champagne region of France, to mind the wine cellars and rid the wine of bubbles. Often, the pressure would grow so great inside a bottle that one would explode, leading to a chain reaction of exploding bottles, which could ruin an entire cellar. The wine in these explosive bottles was dubbed "*le vin du diable*," or "the devil's wine." But after tasting the ruined wine, Pérignon exclaimed to his fellow monks, "Come quickly! I am drinking the stars!" On that day, legend has it, French champagne was born.

Leave it to the English to try and steal the French's thunder. Some contend that in the 17th century, 20 years before Pérignon, an English doctor named Christopher Merret recorded the recipe for a champagne-like beverage in a paper presented to the Royal Society. Apparently, English cider makers had been purposefully adding sugar to their wine, simulating the refermentation process, to create sparkling, crisp drinks almost identical to the French champagne.

Regardless of history, French champagne and the name *Dom Pérignon* dominate the market. Yet many other countries continue to produce their own sparkling wines. Italy has Prosecco. Spain has Cava. Germany has Sekt. Even America has its own sparkling wines. But no one is likely to pop a bottle of English *Merret* on New Year's Eve. The French have made sure to protect the name *champagne*, even signing treaties with neighboring countries to assure that true champagne can only come from the Champagne region of France. So the next time you take a sip of the bubbly, think of young Dom Pérignon "drinking the stars."



# AUGUST 2017 VILLAGE Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 Tisha B'Av</b> 9:15 Exercise 10:00 Stop & Shop Shopping	<b>2 10:30 Walmart &amp; Rt 22 Shopping</b> 12:00 LUNCH CLUB (Lunch Delivered) 2:00 CURRENT EVENT- 1 <sup>st</sup> floor Lounge 4:00 KNITTING CLUB- 1 <sup>st</sup> floor Lounge	<b>3 9:15 EXERCISE</b> 10:30 Jazz in the Garden (Program goes inside/air conditioned if it's very hot)	<b>4 12:00 LUNCH CLUB (Lunch Delivered)</b> 1:30 RELIGIOUS SERVICE - 1 <sup>st</sup> floor Lounge	5
6	<b>7 8:30 Sand's Casino</b> 12:00 LUNCH CLUB (Lunch Delivered) 2:00 Exercise with Tami-1 <sup>st</sup> floor Lounge	<b>8 9:15 Exercise</b> 10:00 Shoprite Shopping 3:00 at BB: Flip Peters Entertainment & Light Refreshments (Must sign up for free transportation 2:45 pickup)	<b>9 12:00 LUNCH CLUB (Lunch Delivered)</b> 2:00 CURRENT EVENT- 1 <sup>st</sup> floor Lounge 4:00 KNITTING CLUB- 1 <sup>st</sup> floor Lounge	<b>10 9:15 EXERCISE</b> 10:30 Pier Village Long Branch	<b>11 12:00 LUNCH CLUB (Lunch Delivered)</b> 1:30 RELIGIOUS SERVICE - 1 <sup>st</sup> floor Lounge	12
13	<b>14 12:00 LUNCH CLUB (Lunch Delivered)</b> 2:00 Exercise with Tami-1 <sup>st</sup> floor Lounge	<b>15 9:15 Exercise</b> 5:30 Trivia -1 <sup>st</sup> Floor Lounge	<b>16 10:00 Stop &amp; Shop Shopping</b> 12:00 LUNCH CLUB (Lunch Delivered) 2:00 CURRENT EVENT- 1 <sup>st</sup> floor Lounge 4:00 KNITTING CLUB- 1 <sup>st</sup> floor Lounge	<b>17 9:15 EXERCISE</b> TBA Lake Hopatcong for lunch	<b>18 12:00 LUNCH CLUB (Lunch Delivered)</b> 1:30 RELIGIOUS SERVICE - 1 <sup>st</sup> floor Lounge	19
20	<b>21 10:30 Trader Joe's Millburn</b> 12:00 LUNCH CLUB (Lunch Delivered) 2:00 Exercise with Tami-1 <sup>st</sup> floor Lounge	<b>22 9:15 Exercise</b> 10:00 Shoprite Shopping 2:30 at BB: Poetry Workshop (Must sign up for free transportation 2:15 pickup)	<b>23 10:30 Kohl's Senior Discount Day</b> 12:00 LUNCH CLUB (Lunch Delivered) 2:00 CURRENT EVENT- 1 <sup>st</sup> floor Lounge 4:00 KNITTING CLUB- 1 <sup>st</sup> floor Lounge	<b>24 9:15 EXERCISE</b> 10:45 Red Lobster Rt 46	<b>25 12:00 LUNCH CLUB (Lunch Delivered)</b> 1:30 RELIGIOUS SERVICE - 1 <sup>st</sup> floor Lounge	<b>26 8:00 Senior TV Movie</b>
<b>27 8:00 Senior TV Movie</b>	<b>28 10:30 Rt 22 Shopping</b> 12:00 LUNCH CLUB (Lunch Delivered) 2:00 Exercise with Tami-1 <sup>st</sup> floor Lounge	<b>29 9:15 Exercise</b> 10:00 Stop & Shop Shopping 2:30 at BB: Live Music Entertainment with George Tuzzio (Must sign up for free transportation 2:15 pickup)	<b>30 10:30 Livingston &amp; Short Hills Malls</b> 12:00 LUNCH CLUB (Lunch Delivered) 2:00 CURRENT EVENT- 1 <sup>st</sup> floor Lounge 4:00 KNITTING CLUB- 1 <sup>st</sup> floor Lounge	<b>31 9:15 EXERCISE</b> 10:30 Tinton Falls		