

# Plaza Press

The Newsletter for Jewish Federation Plaza



## Chanukah



### Celebrating December

**Write a Friend Month**

**Bingo Month**

**Safe Toys and Gifts Month**

**Eat a Red Apple Day**

*December 1*

**International Volunteer  
Day**

*December 5*

**Hanukkah**

*December 12–20*

**Look for an Evergreen Day**

*December 19*

**Christmas Day**

*December 25*

**Make Cut-Out  
Snowflakes Day**

*December 27*

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 berachot (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!



## *Manager's Corner*



Season's Greetings  
&  
Happy New Year



## December Upcoming Events



- CEO Chat
- Manager's Meeting
- Plaza Hanukkah Celebration
- Chair Zumba with Benita
- Life Long Learning
- Exercise Class Holiday Party
- Tai Chi Chih
- Kid's Cookies n' Concerts:  
Jewish Learning Center
- Floral Design Workshop
- Plaza Men's Club
- Etz Chaim Hanukkah  
Program
- Art in Advertising with Judy  
Ebright
- Resident's Birthday Party
- JCC Hanukkah Concert
- Our Stories
- Book Club
- Rabbi Study Group
- Newark Museum
- Seeing Eye Puppy Visit
- Gamefest
- Movies
- Current Events
- Cracker Barrel, Mt. Arlington
- Short Story Group

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

## Life Long Learning

All residents are invited to attend free Life Long Learning sessions. Each of these sessions will take place here on the premises of Jewish Federation Plaza.

**The schedule for February:**

**Monday's at 6:45 p.m.  
Dec 4,11,18**

**Wednesday's at 12:15 p.m.  
Dec 6, 13, 20, 27**

## New Religious Service



Beginning on December 8<sup>th</sup>, on the 2<sup>nd</sup> Friday of each month, we have a guest for Friday night dinner who will conduct a religious service at 7:00 p.m. in the Plaza Recreation Room.

All are invited to attend

## Happy December Birthday



<b>Boris Reynus</b>	<b>Dec 03</b>
<b>Tessie Schpiro</b>	<b>Dec 04</b>
<b>Ralph Loschialpo</b>	<b>Dec 10</b>
<b>Preeti Cholera</b>	<b>Dec 11</b>
<b>Ronald Rames</b>	<b>Dec 14</b>
<b>Sylvia Brams</b>	<b>Dec 18</b>
<b>Joan Bender</b>	<b>Dec 27</b>
<b>Dolores Lederman</b>	<b>Dec 28</b>

## JEWISH FEDERATION PLAZA HANUKKAH CELEBRATION

**THURSDAY, DECEMBER 7<sup>TH</sup>  
12:30 P.M.**

**Location: Dining Room**

**JOIN US FOR FUN AND  
REFRESHMENTS**

**ALL ARE INVITED TO ATTEND**

## Exercise with Tami Holiday Party



**Tuesday, December 19<sup>th</sup>  
10:30 a.m.**

**Recreation Room**

**Note:**

**This event is open to  
Exercise Class Members Only.**

## A Happy Birthday Wish



**To:**  
Pearl Berkowitz

**From:**  
Marlene Hyatt

**To:**  
Ethel Kendler

**From:**  
Sarah Moskowitz  
Jackie Kaufman  
Rachelle Chriss

**To:**  
Thelma Gottlieb

**From:**  
Sarah Moskowitz  
Jackie Kaufman

## A Happy Birthday Wish



**To:**  
Evelyne Sperling

**From:**  
Rhoda Morris

**To:**  
Esther Torres

**From:**  
Rhoda Morris

## Congratulations



**To:**  
Helen Mandel  
for being awarded  
"Woman of Valor"  
by  
Hillside Union Hadassah

**From:**  
Dolores Lederman  
Marion Brod  
Elaine Botterman  
Marlene Hyatt  
Rachelle Chriss  
Lucille Jacobs  
Marlene Mankoff

## Condolence



*Our Deepest  
Sympathy*

**To:**

Seymour Taub  
on the loss of  
his brother

**From:**

Sophie Lubka  
Artie Greenberg  
David Miller  
Stuart Block

**To:**

The Berenson Family  
on the loss of  
their mother

**From:**

Clara Beckerman & Aggie  
Gert Freeman  
Jackie Kaufman  
Rhoda Morris

**To:**

Walter Schauben  
on the loss of  
your sister

**From:**

Marlene Hyatt

## On Top of Technology



December 3 is Roof Over Your Head Day, a day to give thanks for the gift of shelter. The biting cold and driving snow of winter are sober reminders of the warmth and safety that a good roof can bring. Nowadays, however, roofs provide more than overhead shelter. Technological advances allow roofs to provide us with renewable energy, a cleaner environment, and even fresh food.

Entrepreneur Elon Musk is best known for his company Tesla, its electric cars, and his aspirations to colonize Mars. Lesser known, but just as visionary, is his work to produce a new kind of roof. Tesla is designing solar glass roof shingles that look exactly like traditional roof shingles, but with the benefit of harnessing the sun's power and turning it into valuable energy to run a home. The durable glass is specially designed to withstand hailstones falling at over 100 mph. At \$42 per square foot, these tiles are much costlier than the average asphalt shingle, which costs \$5 per square foot. And while these tiles also cost more than the large, rectangular solar panels now perched atop many roofs, they look nicer and more natural than the clunky rooftop panels.

Another innovative roof option is the "green roof," where shingles are completely eschewed for a roof composed of soil, plants and shrubs. Residential home owners and urban building managers are opting for living rooftop gardens, where plants help clean the air, manage stormwater runoff, reduce air conditioning and heating costs, absorb heat, provide habitat for birds and animals, offer park space for people, and even provide fresh fruits and vegetables via rooftop farms. Innovations do not stop at green roofs; there are also designs for green walls, bridges, and railroad tracks. In all of these cases, success depends on the expertise of the engineer in considering a roof's ability to retain moisture, allow drainage, prevent erosion, repel pests, and determine which plants will be most successful. In the near future, homes will provide more than just a roof over our heads.

## Operation Santa Paws



The December holiday season may be one of good cheer for humans, but a group of animal lovers has made sure that the warmth of the season extends to pets as well. In 2001, Justin Rudd spearheaded a movement to solicit donations to animal shelters during the holiday season. Since then, every December, animal shelters and rescue groups participate in Operation Santa Paws, an effort to collect toys, treats, and supplies for neglected and abandoned animals, especially those pets given as gifts and then left out in the cold. Providing a happier holiday season for sheltered and rescued animals can even increase the likelihood of adoption.

## Sticky Business



Begin December 17 with pancakes, waffles, or French toast covered in a puddle of maple syrup because it's Maple Syrup Day. Maple syrup typically comes from sugar maple, red maple, or black maple trees. In cold climates, these trees store starch in their trunks and roots. When the weather warms, this starch is converted to sugar and then rises in sap to feed the tree. Maple sap is collected by boring a hole into the tree trunk and attaching a *spile*, or tap, through which the sap "runs." This dripping sap is collected and boiled down to remove excess water and create a concentrated syrup. It takes almost 40 gallons of maple sap to create one gallon of maple syrup. In South Korea, the sap is not even boiled down to syrup. Instead, maple trees known as *gorosoe* are tapped and the sap is drunk fresh from the tree. In some regions of South Korea where the sap is believed to have health and spiritual benefits, people drink as much as five gallons at once. It is also an economic boon. The city of Hadong alone produces 317,000 gallons of sap, which fetches between \$6 and \$7 a gallon.

# DECEMBER 2017 PLAZA Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Program Location Code</b>                      1. Recreation Room                      2. Promenade                      3. Dining Room  <i>Note: Location is subject to change</i></p>					<p><b>1</b>                      9:00 SHOPRITE                      10:00 SHOPRITE                      1:00 ONEG                      SHABBAT <b>3</b></p>	<p><b>2</b>                      9:30 SHABBAT SERVICE <b>1</b>                      11:00 KIDDUSH <b>3</b>                      7:00 MOVIE <b>1</b></p>
<p><b>3</b>                      11:00 BRUNCH <b>3</b>  <b>12:30 Chair Zumba with Benita 2</b>                      2:00 MOVIE <b>1</b></p>	<p><b>4</b>                      10:15 TOWN BUS  <b>10:45 Essex Green</b>  <b>11:00 Manager's Meeting 3</b>                      11:30 TAI CHI <b>2</b>                      6:45 Life-Long Learning <b>1</b>                      7:00 BINGO <b>3</b></p>	<p><b>5</b> 10:00 WO Health Dept Blood Pressure Screening                      11:00 EXERCISE <b>2</b>                      1:00 Health Literacy: How to Understand, Communicate &amp; Practice Good Health with Jeanne Bursten <b>2</b>                      2:00 CURRENT EVENTS <b>1</b>                      4:00 Kid's Cookie Chanukkah Concert featuring Jewish Learning Center <b>1</b>                      7:15 CEO Chat</p>	<p><b>6</b> 10:45 Rt 10 &amp; Farmers Market Shopping                      11:00 Move Today &amp; Walking Club: <del>Cancelled Today</del>                      12:15 Life-Long Learning <b>3</b>                      1:30 CHORAL GROUP <b>1</b>                      3:00 Floral Design Workshop <b>1</b>                      7:00 BINGO <b>3</b></p>	<p><b>7</b>                      10:45 Bergen Town Mall                      11:00 Exercise <b>2</b>  <b>12:30 Plaza Hanukkah Celebration with Tuvia</b>                      3:00 Plaza Men's Club <b>1</b></p>	<p><b>8</b>                      9:00 SHOPRITE                      10:00 SHOPRITE                      1:00 ONEG                      SHABBAT <b>3</b>                      7:00 RELIGIOUS SERVICE <b>1</b></p>	<p><b>9</b>                      9:30 SHABBAT SERVICE <b>1</b>                      11:00 KIDDUSH <b>3</b>                      7:00 MOVIE <b>1</b></p>
<p><b>10</b>                      11:00 BRUNCH <b>3</b>                      12:30 Seeing Eye Puppy Visit <b>2</b>                      2:00 MOVIE <b>1</b></p>	<p><b>11</b> 10:15 TOWN BUS                      10:45 Trader Joe's Westfield                      11:30 TAI CHI <b>2</b>                      6:45 Life-Long Learning <b>1</b>                      7:00 BINGO <b>3</b></p>	<p><b>12</b>                      11:00 EXERCISE <b>2</b>                      1:00 Peripheral Artery Disease Awareness <b>2</b>                      2:00 CURRENT EVENTS <b>1</b></p>	<p><b>13 Hanukkah, Day 1</b>                      10:45 Livingston &amp; Short Hills Malls                      11:00 Move Today &amp; Walking Club <b>2</b>                      12:15 Life-Long Learning <b>3</b>                      1:30 CHORAL GROUP <b>1</b>                      7:15 Etz Chaim Hanukkah Program <b>1</b></p>	<p><b>14 Hanukkah, Day 2</b>                      10:15 Newark Museum                      11:00 Exercise <b>2</b>                      2:00 Art in Advertising with Judy Ebricht                      7:30 Resident's Birthday Party</p>	<p><b>15 Hanukkah, Day 3</b>                      9:00 SHOPRITE                      10:00 SHOPRITE                      1:00 ONEG                      SHABBAT <b>3</b></p>	<p><b>16 Hanukkah, Day 4</b>                      9:30 SHABBAT SERVICE <b>1</b>                      11:00 KIDDUSH <b>3</b>                      7:00 MOVIE <b>1</b></p>
<p><b>17 Hanukkah, Day 5</b>                      11:00 BRUNCH <b>3</b>  <b>12:30 Chair Zumba with Benita 2</b>  <b>2:00 Tenant Assoc. Hanukkah Party 3</b></p>	<p><b>18 Hanukkah, Day 6</b>                      10:15 TOWN BUS                      12:15 JCC Hanukkah Concert                      11:30 TAI CHI <b>2</b>                      6:45 Life-Long Learning <b>1</b>                      7:00 BINGO <b>3</b></p>	<p><b>19 Hanukkah, Day 7</b>  <b>10:30 Exercise Class Holiday Party (Class members only) 1</b>                      2:00 CURRENT EVENTS <b>1</b>                      6:30 Meditation &amp; Relaxation <b>1</b></p>	<p><b>20 Hanukkah, Day 8</b>  <b>10:45 Essex Green</b>                      11:00 Move Today &amp; Walking Club <b>2</b>                      12:15 Life-Long Learning <b>3</b>                      1:30 CHORAL GROUP <b>1</b>                      7:00 BINGO <b>3</b></p>	<p><b>21</b> 10:15 Walmart &amp; Rt 22 Shopping                      11:00 Exercise <b>2</b>                      1:00 Leo the Therapy Dog Visit <b>2</b>  <b>2:00 Our Stories 1</b>  <b>7:00 Book Club 1</b></p>	<p><b>22</b>                      9:00 SHOPRITE                      10:00 SHOPRITE                      1:00 ONEG                      SHABBAT <b>3</b></p>	<p><b>23</b>                      9:30 SHABBAT SERVICE <b>1</b>                      11:00 KIDDUSH <b>3</b>                      7:00 MOVIE <b>1</b></p>
<p><b>24</b>                      11:00 BRUNCH <b>3</b>                      2:00 MOVIE <b>1</b>                      Gamefest after Movie <b>2</b></p>	<p><b>25 Christmas Office &amp; Dining Room Closed</b></p>	<p><b>26</b>                      11:00 EXERCISE <b>2</b>  <b>1:15 Rabbi Study Group 3</b>                      2:00 CURRENT EVENTS <b>1</b></p>	<p><b>27</b> 10:15 Whole Food &amp; Target in Union                      11:00 Move Today &amp; Walking Club <b>2</b>                      12:15 Life-Long Learning <b>3</b>                      1:30 CHORAL GROUP <b>1</b>                      7:00 BINGO <b>3</b></p>	<p><b>28</b>  <b>10:15 Cracker Barrel in Mt. Arlington</b>                      11:00 Exercise <b>2</b>  <b>2:00 Short Story Group featuring Pearl Kaufman 1</b></p>	<p><b>29</b>                      9:00 SHOPRITE                      10:00 SHOPRITE                      1:00 ONEG                      SHABBAT <b>3</b></p>	<p><b>30</b>                      9:30 SHABBAT SERVICE <b>1</b>                      11:00 KIDDUSH <b>3</b>                      7:00 MOVIE <b>1</b></p>
<p><b>31</b> 11:00 BRUNCH <b>3</b>                      2:00 MOVIE <b>1</b>  <b>6:00 Tenant Assoc. New Year's Party 3</b></p>						