

# Village Press

The Newsletter for Village Apartments



## Celebrating January

**Tu B'Shvat**

**Change Your Stars Month**

**Book Blitz Month**

**First Foot Day**

*January 1*

**World Braille Day**

*January 4*

**Bubble Bath Day**

*January 8*

**International Kite Day**

*January 14*

**Thank Your Mentor Day**

*January 18*

**Activity Professionals Week**

*January 21–27*

**Tu B'Shvat**

*January 31*

## At Your Leisure

January 1st rings in more than the new year; it's also the start of Hobby Month, so you should add practicing a new skill to your list of New Year's resolutions. One of the trendiest new hobbies is hand-lettering. This hobby might sound simple at first. You are, after all, just drawing letters as opposed to writing them. But as you let your imagination take over, you may find that your highly decorative and detailed lettering demands fine-tuned attention and a wide variety of tools: rulers, grid paper, and archival-quality pens of different weights and colors. Also in vogue is the hobby of bullet journaling. Your diary no longer desires a long and rambling narrative about your day. Instead, bullet journaling features lists and short phrases that capture your thoughts. These journals become to-do lists, sketchbooks, notebooks, diaries, and organizational systems. Of course, they can be embellished with colorful flourishes to make them as wonderfully unique as you are.

If arts and crafts aren't your thing, then there are plenty of hobbies in the kitchen. Currently, pickling and fermenting food is all the rage. To pickle something, preserve it in a salty brine or acid like vinegar or lemon juice. Fermented foods call for submerging your veggies in a brine, whey, or even a store-bought starter culture. Fermentation has one advantage over pickling: it creates beneficial bacteria that aids in digestion, preserves the vitamin content of foods, and also suppresses the growth of harmful bacteria. Another trendy hobby akin to fermentation is brewing beer at home. Whereas the by-product of fermented foods is beneficial bacteria, the by-product of fermenting water, malt, hops, yeast, and sugar is beer.

For hobbyists looking to get outdoors, flower arranging is now à la mode. Arrange flowers by color, size, height, and shape to create the perfect bouquet. The Japanese even have a name for their ancient tradition of artistic flower arrangements: *ikebana*.



## Manager's Corner



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*Wishing all our residents, family members and friends a  
Very Happy and Healthy New Year!*



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### *Tips for Winter:*

- When outdoors, remember to dress warmly.
- Wear loose fitting, layered, lightweight clothing. Mittens are warmer than gloves because fingers generate warmth when they touch each other.
- Always wear a hat to protect against heat loss since about 30% of body heat loss is through the head.  
To avoid slips and falls, wear boots that are non-skid.
- If you use a cane, replace the rubber tip before it is worn smooth or it will become slippery especially when it gets wet.
- Keep your thermostat set to at least 65 degrees to prevent hypothermia.
- When the temperature remains at 65, even if you are not at home, you can help to prevent freezing pipes by maintaining a high enough temperature within your walls.

It is always best to remain indoors during any bad winter weather. Remember, when there is snow/ice on the ground, please wait until the sidewalks are cleared of snow/ice and salting is completed before going outdoors.

Have a safe and warm winter season.



- Floral Design Workshop
- Watercolor Painting
- Movie at SOPAC
- Essex Green & Kmart
- Lunch at Hobby's
- Exercise with Tami
- Livingston & Shorthills Malls
- Poetry Workshop
- Lunch Club
- Whole Foods & Target, Union
- Food Shopping
- Cooking for One or Two
- Farmer's Market, Rt 10
- Rt 10 Shopping: Nordstrom Rack, Marshalls, World Market
- Kid's Cookies n' Concerts: Ohab Shalom
- Crossword Fun
- Trader Joes Millburn
- Knitting Club
- Current Events
- Bingo
- Montclair Art Museum
- Live Music Entertainment Featuring Carol Erickson
- Walmart & Rt 22
- Burlington Coat & IHOP

Check your calendar for dates and times of all events.

## Happy January Birthday



Jan 04 Mildred Budin  
 Jan 06 Regina Atkinson

Village Kid's Cookies n' Concerts featuring Congregation Beth El.



# JANUARY 2018 VILLAGE Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 New Year's Day Office &amp; Dining Room Closed</b>	<b>2</b> 10:00 Shopping 12:00 Congregate Lunch 2:30 Floral Design Workshop <b>5:30 Watercolor Painting in the Dining Room</b>	<b>3</b> 12:45 Movie at SOPAC <b>12:00 LUNCH CLUB</b> 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	<b>4</b> 11:15 Lunch at Hobby's <b>12:00 Congregate Lunch</b> 7:00 BINGO	<b>5</b> <b>12:00 LUNCH CLUB</b> 1:30 RELIGIOUS SERVICE	<b>6</b>
<b>7</b>	<b>8</b> 10:30 Rt 10 Shopping & Farmers Market <b>12:00 LUNCH CLUB</b> 2:00 Exercise with Tami	<b>9</b> 10:00 Shopping 12:00 Congregate Lunch <b>5:30 Poetry Workshop</b>	<b>10</b> 10:30 Livingston & Short Hills Malls <b>12:00 LUNCH CLUB</b> 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	<b>11</b> 10:30 Whole Foods & Target in Union <b>12:00 Congregate Lunch</b> 7:00 BINGO	<b>12</b> <b>12:00 LUNCH CLUB</b> 1:30 RELIGIOUS SERVICE	<b>13</b>
<b>14</b>	<b>15 Martin Luther King Day Office &amp; Dining Room Closed</b>	<b>16</b> 10:00 Shopping 12:00 Congregate Lunch <b>5:30 Cooking for 1 or 2 by Jackie Philbin</b>	<b>17</b> 10:30 Wegman's Rt 10 & Lunch <b>12:00 LUNCH CLUB</b> 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	<b>18</b> 10:30 Rt 10 Shopping Amazing Savings, Nordstrom Rack Marshalls, World Market <b>12:00 Congregate Lunch</b> 7:00 BINGO	<b>19</b> <b>12:00 LUNCH CLUB</b> 1:30 RELIGIOUS SERVICE	<b>20</b>
<b>21</b> <b>10:00 Kid's Cookies n' Concerts Obey Shalom</b>	<b>22</b> 10:30 Trader Joe's Millburn <b>12:00 LUNCH CLUB</b> 2:00 Exercise with Tami	<b>23</b> 10:00 Shopping 12:00 Congregate Lunch <b>5:30 Crossword Fun</b>	<b>24</b> 10:30 Essex Green & Kmart <b>12:00 LUNCH CLUB</b> 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	<b>25</b> 11:15 Montclair Art Museum <b>12:00 Congregate Lunch</b> 7:00 BINGO	<b>26</b> <b>12:00 LUNCH CLUB</b> 1:30 RELIGIOUS SERVICE	<b>27</b>
<b>28</b>	<b>29</b> 10:30 Walmart & Rt 22 Shopping <b>12:00 LUNCH CLUB</b> 2:00 Exercise with Tami	<b>30</b> 10:00 Shopping 12:00 Congregate Lunch <b>5:30 Carol Erickson Entertainment</b>	<b>31 Tu B'Shvat</b> 10:30 Burlington & IHOP for lunch <b>12:00 LUNCH CLUB</b> 2:00 CURRENT EVENTS 4:00 KNITTING CLUB			