

Village Press

The Newsletter for Village Apartments



Celebrating February

Library Lovers Month

Bird-Feeding Month

Spunky Old Broads Month

Groundhog Day

February 2

Weatherman's Day

February 5

XXIII Winter Olympics

February 9–25

Sweet Heart's Day

February 14

President's Day

February 19

Erev Purim

February 28

XXIII Winter Olympics

From February 9–25, the world's greatest athletes will compete for gold medals and glory at the XXIII Winter Olympics. South Korea will host the winter games in Pyeongchang, a city in Gangwon Province, high in the Taebaek Mountains of the north.

Chief among the battles to play out on snow and ice will be the contest for men's hockey gold. For the past five Winter Olympics, players from the National Hockey League have participated in the Olympics. This year the NHL is not building a break into its schedule to allow players to compete in the Olympics, a matter that is not sitting well with the athletes. The USA hopes to compete with Russia, Canada, Sweden, and Finland for the coveted medal.

Elsewhere on the ice, Russia's 17-year-old Evgenia Medvedeva is favored for gold in women's figure skating, but 17-year-old American Karen Chen is an up-and-coming phenom who might surprise the world. On the men's side, American Nathan Chen could take gold if he continues to impress with innovative new jumps.

On the slopes, Americans Lindsey Vonn and Mikaela Shiffrin are poised to make a run for gold in downhill skiing. Shaun White, red-haired maestro of the snowboard half-pipe, has been a fan favorite since he took gold in 2006.

Canada took gold in men's and women's curling in 2014. Will they repeat? While Germany swept all luge events in the Sochi Olympics, the Austrians will provide stiff competition this time. In bobsleigh, Nigeria will attempt to field its first-ever team as three former women's track stars introduce the cool sport to the African continent. And beyond sports, South Korea is introducing innovative technological advances to the Olympics—virtual reality will change the way we watch the games. These Winter Games are sure to offer both sport and spectacle.



Manager's Corner



Movies are back!

Movies will resume in the New Community Room on Tuesdays at 7:00 pm and Sundays 1:30 pm and 7:00 pm.



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.

UPCOMING EVENTS:



- JCHC University: Accidental Scientific Discoveries @ Plaza
- Lunch Club
- Religious Services
- Exercise with Tami
- Trivia & Word Games
- Floral Design Workshop
- Red Lobster
- Current Events
- Trader Joes Florham Park
- Knitting Club
- Poetry Workshop
- Essex Green & Kmart
- JCHC University: Staying Vital & Independent @ B'nai B'rith
- Rt 10 & Farmer's Market
- Barnabas Health: Go Red for Cardiac Health with light refreshments
- Lunch at Hobby's
- EZ Ride Transportation Program
- Wegman's Lunch & Shopping
- Watchung Mall
- Congregate Lunch Program

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

HAPPY FEBRUARY BIRTHDAY



Gertrude Gunther – Feb. 2
Romualk Bulas – Feb. 2
Leona Schutz – Feb. 3
Allan Strauss – Feb. 4
Doris Feierman – Feb. 11
Sam Schein – Feb. 26
Patricia Sterling - Feb. 29

Residents enjoyed learning useful cooking tips for 1 or 2 people.



Dietitian Jackie Philbin provided an informative nutrition program for residents.



Preventing the Flu: Good Health Habits Can Help Stop Germs



1. Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. Cover your mouth and nose

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

6. Practice other good health habits

Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

February JCHC University Courses

Monday, February 5, 2018

1:00 p.m.

Location: Plaza

“Accidental Scientific Discoveries”

Presenter: Mark Grebenau

A.A., B.A. M.S., M.B.A. JD, M.D., Ph.D.

Course Description:

Many scientific discoveries were made by “accident,” which is to say that the outcome was not intended, but the significance of the outcome was appreciated by a perceptive scientist. This presentation will describe several such outcomes.

Monday, February 12, 2018

1:00 p.m.

Location: B’nai B’rith

“Staying Vital and Independent”

Presented by: Karen Frank R.N.

Course Description:

We all want to stay active and independent as we age. But what exactly does that mean? How do we make our dreams come true?

All are invited to attend.

Transportation is Free.

Please check your building’s activity calendar for the bus pickup time.

FEBRUARY 2018 VILLAGE Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:15 EXERCISE 10:30 Wegman's Rt 10 & Lunch 12:00 Congregate Lunch 7:00 BINGO	2 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	3
4 1:30 MOVIE 7:00 MOVIE	5 12:00 LUNCH CLUB 12:30 JCHC University: Accidental Scientific Discoveries @ Plaza 2:00 Exercise with Tami	6 9:15 Exercise 10:00 Shoprite 12:00 Congregate Lunch 2:30 Floral Design Workshop 5:30 Trivia & Word Games 7:00 Movie	7 10:30 Livingston & Short Hills Malls 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	8 9:15 EXERCISE 11:15 Red Lobster 12:00 Congregate Lunch 7:00 BINGO	9 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	10
11 1:30 MOVIE 7:00 MOVIE	12 12:00 LUNCH CLUB 12:45 JCHC University: Staying Vital & Independent @ BB 2:00 Exercise with Tami	13 9:15 Exercise 10:00 Stop & Shop 12:00 Congregate Lunch 5:30 Poetry Workshop 7:00 Movie	14 10:30 Rt 10 & Farmer's Market 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	15 9:15 EXERCISE 10:30 Essex Green & Kmart 12:00 Congregate Lunch 7:00 BINGO	16 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	17
18 1:30 MOVIE 7:00 MOVIE	19 President's Day Office & Dining Room Closed	20 9:15 Exercise 10:00 Shoprite 12:00 Congregate Lunch 5:30 Barnabas Health: Go Red for Cardiac Health with light refreshments 7:00 Movie	21 10:30 Walmart & Rt 22 Shopping 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB 7:00 TENANT ASSOCIATION MEETING	22 9:15 EXERCISE 11:15 Lunch at Hobby's 12:00 Congregate Lunch 7:00 BINGO	23 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	24
25 1:30 MOVIE 7:00 MOVIE	26 10:30 Trader Joes Florham Park 12:00 LUNCH CLUB 2:00 Exercise with Tami	27 9:15 Exercise 10:00 Stop & Shop 12:00 Congregate Lunch 5:30 EZ Ride Transportation 7:00 Movie	28 Erev Purim 10:30 Watchung Mall, Rt 22 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB			