

# Plaza Press

The Newsletter for Jewish Federation Plaza



## Celebrating May

**Older Americans Month**

**Inventors Month**

**Gifts from the Garden Month**

**Lag B'Omer**  
*May 3*

**Yom Yerushalayim**  
*May 13*

**Mother's Day**  
*May 13*

**Shavuot**  
*May 20-21*

**Ride a Unicycle Day**  
*May 20*

**Memorial Day (U.S.)**  
*May 28*

## Shavuot

The Torah was given by G-d to the Jewish people on Mount Sinai more than 3300 years ago. Every year on the holiday of Shavuot we renew our acceptance of G-d's gift, and G-d "re-gives" the Torah.

The word *Shavuot* means "weeks." It marks the completion of the seven-week counting period between Passover and Shavuot.

The giving of the Torah was a far-reaching spiritual event—one that touched the essence of the Jewish soul for all times. Our sages have compared it to a wedding between G-d and the Jewish people. *Shavuot* also means "oaths," for on this day G-d swore eternal devotion to us, and we in turn pledged everlasting loyalty to Him.

In ancient times, two wheat loaves would be offered in Holy Temple. It was also at this time that people would begin to bring *bikkurim*, their first and choicest fruits, to thank G-d for Israel's bounty.

The holiday of Shavuot is a two-day holiday, beginning at sundown of the 5th of Sivan and lasting until nightfall of the 7th of Sivan. (In Israel it is a one-day holiday, ending at nightfall of the 6th of Sivan.)

- Women and girls light holiday candles to usher in the holiday, on both the first and second evenings of the holidays.
- It is customary to stay up all night learning Torah on the first night of Shavuot.
- All men, women and children should go to the synagogue on the first day of Shavuot to hear the reading of the Ten Commandments.
- As on other holidays, special meals are eaten, and no "work" may be performed.
- It is customary to eat dairy foods on Shavuot. Among other reasons, this commemorates the fact that upon receiving the Torah, including the kosher laws, the Jewish people could not cook meat in their pots, which had yet to be rendered kosher.
- On the second day of Shavuot, the Yizkor memorial service is recited.

## May is Older Americans Month



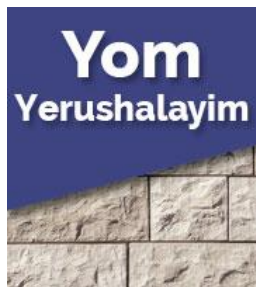
Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, "Engage at Every Age" emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

While Jewish Community Housing Corporation provides services, support, and resources to older adults year-round, Older Americans Month offers an opportunity for us to provide specialized information designed to help older adults take control of their health and safety in order to live longer, healthier lives.



## Yom Yerushalayim



Yom Yerushalayim —Jerusalem Day — is the most recent addition to the Hebrew calendar. It is celebrated on the 28th day of Iyar (six weeks after the Passover seder, one week before the eve of Shavuot). Although Jerusalem has been considered the capital city of the Jewish people since the time of King David — who conquered it and built it as the seat of his monarchy in approximately 1000 B.C.E.—there has never been a special day in honor of the city until the Israeli army took over the ancient, eastern part of the city on the third day of the Six-Day War in June 1967.

Shortly after the Six-Day War, “a municipal unification” of the two sections of the city took place, ending 19 years of separation between predominantly Arab and Jewish suburbs of Jerusalem, following the War of Independence in 1948.

## Plaza Pizza Party

**Jewish Federation Plaza residents are invited to join us for a Pizza Party. Come down for a slice of pizza, live music and fun.**

**Entertainment by: Larry Cutrone**

**Thursday, May 10, 2018  
1:00 p.m.**

***If you plan to attend, please drop your reservation form in the box near the office.***

**Deadline to RSVP: Friday, May 4, 2018**

## Manager's Corner



May 13<sup>th</sup> is Mother's Day. I'd like to wish all the Mom's a Happy Mother's Day.  
No matter how young or old a mother's job is never done.



Memorial Day is May 28<sup>th</sup> – The office and dining room will be closed.  
I'd also like to specifically honor those who died in military service.

Thank you!

We will always remember you!

# THE PLAZA TENANTS ASSOCIATION

Greetings,

It's that time of year again – time to elect officers and board members for the Tenants Association for the next year – June 1, 2018 – May 31, 2019.

The following slate of officers and board members recommended by the nominating committee of the Tenants Association has been approved by the Tenants Association Board.

At a general meeting on May 24, the slate will be presented to the membership of the Tenants Association for their approval.

## Officers:

President – Joan Bender  
Vice President – Rhoda Morris  
Treasurer – Dolores Lederman

## Board Members:

Elaine Botterman  
Judi Cohen  
Carole Golden  
Lucille Jacobs  
Jackie Kaufman  
Ethel Kendler  
Wanda Robinson  
Mickey Spector

## UPCOMING EVENTS



- Pizza Party with music by Larry Cutrone
- Life Long Learning
- Sands Casino
- Plaza Men's Club
- Movies
- Floral Design Workshop
- Our Stories
- Exercise with Tami
- Current Events
- Leo the Therapy Dog
- Religious Services
- Rt 10 & Farmer's Market
- BINGO
- Essex Green & Kmart
- Short Story Group
- Senior TV Movies
- Book Club
- Livingston & Short Hills Malls
- Newark Museum
- Red Lobster
- Cracker Barrel, Mt. Arlington
- Tenant Association Meeting
- Seeing Eye Puppy Visit
- Hamilton Sculpture Gardens
- Rabbi Study Group
- Walmart & Rt 22 Shopping

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

1<sup>st</sup> graders from the Salem Drive Elementary School volunteered their time to provide a delightful program for Plaza residents.



The highly entertaining Hagit provided a Passover program at Jewish Federation Plaza.



### Know Your Numbers

**Free Blood Pressure Screening**  
by the West Orange Health Department

**Tuesday, May 1, 2018**  
**10:00 a.m.**  
**Promenade**

All are invited to attend!



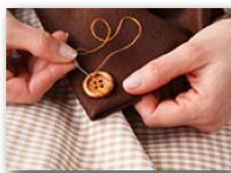
## Victoria, Victorious

Queen Victoria's rule over the United Kingdom was so strong that the time period under her monarchy became known as the Victorian Era. Her 63 years of rule lasted from 1837 to 1901, during which England greatly expanded its empire and became a world leader in both industry and economy. She also survived several assassination attempts and guided Britain through the Great Famine of 1845. Her most lasting contribution may have been establishing the monarchy as a mainstay of English culture. When Victoria ascended the throne at age 18, many believed that England should no longer be ruled by a king or queen. During her rule, Victoria so influenced British society that the monarchy became a permanent fixture. If you, like so many others, adore British royalty, then get ready for Victoria Day on May 22.

Victoria Day was established in Canada in 1845 as a means of unifying English and French Canadians. Both cultures understood and appreciated a monarchy, and loyalty to the queen was an important means for Canadians to distinguish themselves from the Americans to the south, who prided themselves on their revolution against a monarchy. The original date was May 24, the birthday of the queen. Other parts of England's vast Empire celebrated May 24 as Empire Day, but Canadians chose to honor Queen Victoria. She was, after all, Canada's "Mother of Confederation," the leader who urged Canadian unity and independence.

While the date of Victoria Day may have changed to the Monday nearest the queen's birthday, it is still a day to celebrate everything royal. Indeed, *anglophilia* seems to have reached an all-time high now that young royals Princes William and Harry are marrying and starting families of their own. Brits are even conquering the television with hit shows like *Downton Abbey*, *Victoria*, *The Great British Bake Off*, and *The Crown*.

## Everything Old Is New Again



Mending clothes is a lost art. Rather than patch holes or sew popped seams, Americans prefer to buy entirely new garments. The average American throws out 81 pounds of clothes each year, leading to 13 million tons of textiles sitting in our landfills. I Need a Patch for That Day, on May 21, is a day to reverse this trend. Recycled clothing is suddenly trendy. Outdoor clothing manufacturer *Patagonia* has been a leader in the sustainable clothing movement, making fleece out of plastic bottles and asking customers to buy fewer of their clothes. When garments get worn, they provide mending services in their repair shop, even reselling used clothing via their website. The Seattle company *Evrnu* has taken recycled clothing a step further. They take old garments, break down the fibers to the molecular level, and spin brand new fibers to make new clothes. Who needs a patch with technology like this?

## HAPPY MAY BIRTHDAY



Margot Solodar	5/03
Linda Boros	5/03
Kenneth Herskovits	5/05
Marlene Hyatt	5/16
Theodore Greenfield	5/16
Alyce Atkins	5/18
Joseph Greenfeld	5/24
Roberta Atti	5/24
Helen Mandel	5/28
Arline Rubin	5/31

## May Plaza Transportation Pick up Times

(Schedule is subject to change)



Thu, May 03	Livingston Mall <b>10:45</b>
Mon, May 07	Trader Joes, <b>10:45</b>
Wed, May 09	Essex Green <b>10:45</b>
Thu, May 10	Red Lobster, Rt 22 <b>10:15</b>
Mon, May 14	Sands Casino <b>8:45</b>
Tue, May 16	Rt 10 Farmer's Market <b>10:45</b>
Thu, May 17	Cracker Barrel, <b>10:45</b>
Wed, May 23	Livingston Mall <b>10:45</b>
Thu, May 24	Newark Museum <b>10:15</b>
Wed, May 30	Walmart, Rt 22 <b>10:15</b>
Thu, May 31	Hamilton Sculpture Gardens <b>(TBA)</b>

## Weekend Movie Requests

If you are interested in seeing a special movie title during weekend movies at Plaza, please stop by the Concierge desk and pick up a movie request form. We will do our best to place your movie title in the queue.

Although, we cannot guarantee that your movie will be featured, we will try to add your movie title to the pending list.

Please note, all residents have equal opportunity to request films. Consequently, all films ordered may not be to your liking. If this is the case, you may have to patiently wait until a film title which you like becomes available.



## Plaza Dinner Pick Up for Trips



Attention Plaza Residents:

If you are going on a trip or if you plan to be away at dinner time, you must call the concierge desk, in advance, to arrange for a dinner pick up. Please note, we will no longer check the trip list to schedule dinner pickups for residents that have registered for trips.

If you do not call in advance to arrange for dinner pick up, special arrangements will not be made.

Thank you for your cooperation in this regard!

# MAY 2018 PLAZA Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Program Location Codes</b></p> <p>1. Recreation Room 2. Promenade 3. Dining Room</p> <p><i>Note: Location is subject to change</i></p>		<p><b>1</b></p> <p>10:00 WO Health Dept Blood Pressure Screening 2 11:00 EXERCISE 2 1:00 Social Worker presents "Balance Class with Tami" 2 2:00 CURRENT EVENTS 1</p>	<p><b>2</b></p> <p>11:00 Stretch with Patty 2 12:15 Life-Long Learning 3 1:30 CHORAL GROUP 1 3:00 Floral Design Workshop 1 7:00 BINGO 3</p>	<p><b>3 Lag B'Omer</b></p> <p>10:45 Livingston Mall 11:00 Exercise 2 3:00 Plaza Men's Club 1</p>	<p><b>4</b></p> <p>9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT 3</p>	<p><b>5</b></p> <p>9:30 SHABBAT SERVICE 1 11:00 KIDDUSH 3 7:00 MOVIE 1</p>
<p><b>6</b></p> <p>11:00 BRUNCH 3 2:00 MOVIE 1</p>	<p><b>7</b></p> <p>10:15 TOWN BUS 10:45 Trader Joes, Florham Park 11:30 TAI CHI 2 6:45 Life-Long Learning 1 7:00 BINGO 3</p>	<p><b>8</b></p> <p>11:00 EXERCISE 2 2:00 CURRENT EVENTS 1</p>	<p><b>9 10:45 Essex Green &amp; Kmart</b></p> <p>11:00 Stretch with Patty 2 12:15 Life-Long Learning 3 1:30 CHORAL GROUP 1 7:00 BINGO 3</p>	<p><b>10</b></p> <p>10:15 Red Lobster, Rt. 22 11:00 Exercise 2 1:00 Plaza Pizza Party featuring Larry Cutrone</p>	<p><b>11</b></p> <p>9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT 3</p>	<p><b>12</b></p> <p>9:30 SHABBAT SERVICE 1 11:00 KIDDUSH 3 7:00 MOVIE 1</p>
<p><b>13 Yom Yerushalayim Mother's Day</b></p> <p>11:00 BRUNCH 3 2:00 MOVIE 1</p>	<p><b>14 8:45 Sands Casino</b></p> <p>10:15 TOWN BUS 11:30 TAI CHI 2 6:45 Life-Long Learning 1 7:00 BINGO 3</p>	<p><b>15</b></p> <p>10:30 Tenant Association New Residents' Coffee 3 11:00 EXERCISE 2 2:00 CURRENT EVENTS 1</p>	<p><b>16 10:45 Rt. 10 &amp; Farmer's Market</b></p> <p>11:00 Stretch with Patty 2 12:15 Life-Long Learning 3 1:30 CHORAL GROUP 1 7:00 BINGO 3</p>	<p><b>17 10:45 Cracker Barrel, Mt. Arlington</b></p> <p>11:00 Exercise 2 1:00 Leo the Therapy Dog Visit 2:00 Our Stories 1 7:00 Book Club 1</p>	<p><b>18</b></p> <p>9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT 3</p>	<p><b>19</b></p> <p>9:30 SHABBAT SERVICE 1 11:00 KIDDUSH 3 7:00 MOVIE 1</p>
<p><b>20 Shavuot Day 1</b></p> <p>11:00 BRUNCH 3 2:00 MOVIE 1</p>	<p><b>21 Shavuot Day 2</b></p> <p>Office Closed Dining Room Open Religious Services following Dinner including Yizkor Memorial Services</p>	<p><b>22</b></p> <p>11:00 EXERCISE 2 2:00 CURRENT EVENTS 1</p>	<p><b>23</b></p> <p>10:45 Livingston Mall 11:00 Stretch with Patty 2 12:15 Life-Long Learning 3 1:30 CHORAL GROUP 1 7:00 BINGO 3</p>	<p><b>24</b></p> <p>10:15 Newark Museum 11:00 Exercise 2 2:00 Short Story Group featuring Pearl Kaufman 1 6:30 Tenant Association Meeting 1</p>	<p><b>25</b></p> <p>9:00 SHOPRITE 10:00 SHOPRITE 1:00 ONEG SHABBAT 3 7:00 RELIGIOUS SERVICE 1</p>	<p><b>26</b></p> <p>9:30 SHABBAT SERVICE 1 11:00 KIDDUSH 3 7:00 MOVIE 1</p>
<p><b>27</b></p> <p>11:00 BRUNCH 3 12:45 Seeing Eye Puppy Visit 2 2:00 MOVIE 1 Gamefest after Movie 2</p>	<p><b>28 Memorial Day Office &amp; Dining Room Closed</b></p>	<p><b>29</b></p> <p>11:00 EXERCISE 2 1:15 Rabbi Study Group 2:00 CURRENT EVENTS 1</p>	<p><b>30</b></p> <p>10:15 Walmart, Rt. 22 11:00 Stretch with Patty 2 12:15 Life-Long Learning 3 1:30 CHORAL GROUP 1 7:00 BINGO 3</p>	<p><b>31</b></p> <p>TBA: Hamilton Sculpture Gardens 11:00 Exercise 2</p>		