

# Village Press

The Newsletter for Village Apartments



## 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.





## Manager's Corner



Hope all of our residents are enjoying the New Exercise Room!

Village Fitness is open from 8:30 am – 9:30 pm.

Please limit your time on machines to 30 minutes to allow other residents to use.

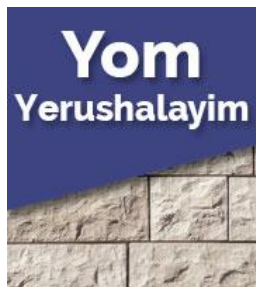
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The Village family BBQ will be held on Thursday, May 31. If you plan on attending, please return the reservation form to the office by May 17.

**Have a Happy, Healthy and Safe Memorial Day!**

## 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.

## Village Apartments Family BBQ

**Village residents and their family & friends are invited to attend the Village Family BBQ. Join us for food, fun and music. The cost will be \$5.00 per invited guest.**

**Entertainment by: Eric**

**Thursday, May 31, 2018  
2:30 – 4:00 p.m.**

***Please RSVP at the office by May 16<sup>th</sup>***

## HAPPY MAY BIRTHDAY



**May 10: Stuart Goldstein**  
**May 13: Elizabeth Archer**  
**May 17: Ed Goldberg**  
**May 21: Barbara Gelman**  
**May 25: Sandy Lublin**  
**May 29: Irwin Mann**  
**May 30: Lenore Berkman**

## May Village Transportation Pick up Times

(Schedule is subject to change)



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

## Lucky Lindy



On May 20, 1927, Charles Lindbergh pointed his *Spirit of St. Louis* airplane down the runway of Roosevelt Field, Long Island, and 33 1/2 hours later he landed in Paris, France. A crowd of 100,000 greeted him as a hero. Lindbergh had become the first person to fly solo across the Atlantic Ocean. Before becoming a national hero, Lindbergh was a mail pilot. He had heard of a promotion, offered by a New York hotelier: the first person to fly from New York to Paris would be awarded a prize of \$25,000. Many attempted the flight and failed, but Lindbergh would succeed. He supervised the building of a custom plane. With four sandwiches, two canteens of water, and 451 gallons of gas, he made the flight and etched his name into the history books.

## UPCOMING EVENTS



- Live music by Larry Cutrone
- Sands Casino
- Knitting Club
- Movies
- Floral Design Workshop
- Poetry Workshop
- Exercise with Tami
- Lunch Club
- Current Events
- Religious Services
- Rt 10 & Farmer's Market
- BINGO
- Essex Green & Kmart
- Congregate Lunch Program
- Senior TV Movies
- Village Family BBQ
- Livingston & Short Hills Malls
- Newark Museum
- Barnabas Sleep Center  
Problems Falling & Staying Asleep
- Red Lobster
- Cracker Barrel, Mt. Arlington
- Tenant Association Meeting
- Hirschhorn: Singalong with  
Great Jewish Songwriters
- Hamilton Sculpture Gardens
- Colorectal Cancer Prevention
- Walmart & Rt 22 Shopping

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

Performer Rhonda Denet entertained residents with a "Mostly Motown" review.



The wonderful Hagit provided a Passover program at Village Apartments.



Do you have difficulties in getting a good, restful night's sleep?

You are cordially invited to attend a presentation by  
**"Problems Falling and Staying Asleep"**  
**Barnabas Sleep Center**  
**Tuesday, May 15<sup>th</sup>**  
**5:30 p.m.**  
**Dining Room**

All are invited to attend!

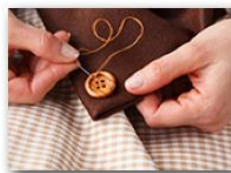
## Victoria, Victorious

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?

# MAY 2018 VILLAGE Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:30 Exercise 10:00 Shopping 12:00 Congregate Lunch 5:30 Live Music Larry Cutrone 7:00 Movie	<b>2</b> 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	<b>3 Lag B'Omer</b> 9:30 Exercise 10:30 Livingston Mall 12:00 Congregate Lunch 7:00 BINGO	<b>4</b> 11:00 Yoga with Tami 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	<b>5</b>
<b>6</b> 1:30 MOVIE 7:00 MOVIE	<b>7</b> 10:30 Trader Joes, Florham Park 12:00 LUNCH CLUB 2:00 Exercise with Tami	<b>8</b> 9:30 Exercise 10:00 Shopping 12:00 Congregate Lunch 2:30 Floral Design Workshop 5:30 Poetry Workshop 7:00 Movie	<b>9</b> 10:30 Essex Green & Kmart 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	<b>10</b> 9:30 Exercise 10:30 Red Lobster, Rt. 22 12:00 Congregate Lunch 7:00 BINGO	<b>11</b> 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	<b>12</b>
<b>13 Yom Yerushalayim Mother's Day</b> 1:30 MOVIE 7:00 MOVIE	<b>14</b> 8:30 Sands Casino 12:00 LUNCH CLUB 2:00 Exercise with Tami	<b>15</b> 9:30 Exercise 10:00 Shopping 12:00 Congregate Lunch 5:30 "Problems Falling & Staying Asleep" Barnabas Sleep Center 7:00 Movie	<b>16</b> 10:30 Rt. 10 & Farmer's Market 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	<b>17</b> 9:30 Exercise 10:30 Cracker Barrel, Mt. Arlington 12:00 Congregate Lunch 7:00 BINGO	<b>18</b> 11:00 Yoga with Tami 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	<b>19</b> 8:00 Senior TV Movie
<b>20 Shavuot Day 1</b> 1:30 MOVIE 7:00 MOVIE	<b>21 Shavuot Day 2</b> Office Closed 12:00 LUNCH CLUB	<b>22</b> 9:30 Exercise 10:00 Shopping 12:00 Congregate Lunch 5:30 Hirschhorn Singalong with Great Jewish Songwriters: Melissa Schaffer 7:00 Movie	<b>23</b> 10:30 Livingston Mall 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB 7:00 Tenant Association Meeting	<b>24</b> 9:30 Exercise 10:30 Newark Museum 12:00 Congregate Lunch 7:00 BINGO	<b>25</b> 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	<b>26</b>
<b>27</b> 1:30 MOVIE 7:00 MOVIE	<b>28</b> Memorial Day Office & Dining Room Closed	<b>29</b> 9:30 Exercise 10:00 Shopping 12:00 Congregate Lunch 5:30 Colorectal Cancer Prevention 7:00 Movie	<b>30</b> 10:30 Walmart, Rt 22 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	<b>31</b> 9:30 Exercise TBA: Hamilton Sculpture Gardens 12:00 Congregate Lunch 2:30 Family BBQ 7:00 BINGO		