

Village Press

The Newsletter for Village Apartments



Celebrating October

Shemini Atzeret

Simchat Torah

Breast Cancer Awareness Month

Shemini Atzeret
October 1

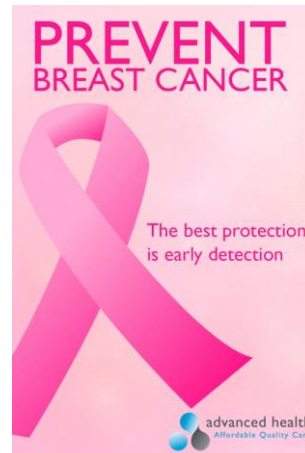
Simchat Torah
October 2

Columbus Day
October 8

Mulligan Day
October 17

International Artists Day
October 25

Breast Cancer Awareness



This October, JCHC is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the most common kind of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point. National Breast Cancer Awareness Month is a chance to raise awareness about the importance of detecting breast cancer early.

The good news is that most women can survive breast cancer if it's found and treated early.

If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them. If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

You can help to make a difference! Spread the word about mammograms, and encourage your friends and families to get involved.



Manager's Corner



We 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 the machines to 30 minutes to allow
other resident to use.
Please use the sanitizer wipes to wipe down the machines when done.



October 10, 2018

2:30 PM – 4:00 PM

SHEMINI ATZERET & SIMCHAT TORAH



Shemini Atzeret is the final day of festivities at the end of Sukkot. It is followed by Simchat Torah, the holiday that marks the conclusion of the annual reading of the Torah and its beginning again--amid dancing, song, and celebration.

HAPPY OCTOBER BIRTHDAY



Oct. 1 Lore Trytell
Oct. 6 Pearl Morgan
Oct. 6 Rose Wierzbicki
Oct. 18 Verna Pasternack
Oct. 27 Juanita Lester

JCHC University



October Courses:

Mon Oct 15 **How to Have a Happy**
2:00 pm. **New Year at Plaza**
 By Karen Frank

Mon Oct 29 **Yiddish Literature**
2:00 pm **at Lester**
 By Bennett Muraskin

Transportation is free for all JCHC University courses. Please sign up for transportation at the bulletin board.

JCHC CHORAL GROUP



The JCHC Choral Group is scheduled to begin on Wednesday, October 10th. The Choral Group meets at Jewish Federation Plaza every Wednesday at 1:00 p.m.

"If you enjoy singing, you are invited to join the Choral Group," says Choral Group Director Ronnie Weinstein. "You don't have to be a great singer. For a fun new experience, come out and join us."

AARP® Smart Driver Class

Monday, October 29, 2018
The Village Apartments
110 Vose Ave., South Orange
9:00am-3:00pm

(Continental breakfast provided, please bring your lunch)

\$15.00 – for **AARP**® members
\$20.00 – for non-members

Cars have changed. So have traffic rules, driving conditions, and the roads you travel every day. Even the most experienced drivers can benefit from brushing up on their driving skills.

By taking the AARP Smart Driver course you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment.

Participants receive a certificate upon completion for a premium reduction for 3 years from their insurance carrier.

(Call your insurance carrier to determine your specific discount for completing a 'Defensive Driving' class).

The Smart Driver Class is open to all area seniors.
There are **NO** tests to pass.
NJ MVC points may be removed.



Pre-registration is mandatory; class size is limited.

To register call:
The Village Apartments
973 763-0999
By October 15

Upcoming Events



- JCHC University: How to Have a Happy New Year
- Tenant Assoc. Meeting
- JCC Molly Burak Lecture
- Pier Village Long Branch
- Poetry Workshop
- Lunch Club
- Walmart & Rt 22
- Sands Casino
- Barnabas Flu Clinic
- Rt 10 & Farmer's Market
- JCC Ritzer Memorial Lecture
- Essex Green & Kmart
- JCHC University Yiddish Literature
- Celtic Harp with Faye
- AAARP Driver Safety Program Pre-registration required
- Lunch Club
- Judy Ebright presents Grounds for Sculpture
- Food Meeting with Mitchell
- Exercise with Susan
- Floral Design Workshop
- Knitting Club
- Broadway Musical Program

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

All in attendance had a blast at the Tenant's Association Summer Bash.



August Village Summer Bash.



NEW JCHC LONG DISTANCE TRIP POLICY

Effective immediately, 10 participants must be in attendance for any JCHC trips which are not local.

All expenses for the long distance trip will be divided among trip participants to determine the actual trip cost.

Thank you!

OCTOBER 2018 VILLAGE Calendar is subject to change

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|---|--|--|--|--|------------------------------|
| | 1 Shemini Atzeret, Yizkor Office Closed Dining Room Open 1:30 Services | 2 Simchat Torah Office & Dining Room Closed | 3 10:00 Shoprite 10:30 Essex Green & Kmart 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB | 4 9:30 Exercise 11:15 JCC Molly Burak Lecture 12:00 Congregate Lunch 7:00 BINGO | 5 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE | 6 7:00 GAME NIGHT |
| 7 1:30 MOVIE 7:00 MOVIE | 8 Columbus Day 12:00 LUNCH CLUB 2:00 Exercise with Susan 1:30 JCHC University: How to Have a Happy New Year @ Plaza 3:30 Manager's Meeting with Residents | 9 9:30 Exercise 10:00 Stop & Shop 12:00 Congregate Lunch 5:30 Poetry Workshop 7:00 Movie | 10 10:30 Livingston & Short Hills 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 2:30-4:00 Barnabas Flu Clinic 4:00 KNITTING CLUB | 11 10:00 Pier Village Long Branch 9:30 Exercise 12:00 Congregate Lunch 7:00 BINGO | 12 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE 3:00 Food Meeting with Mitchell | 13 7:00 GAME NIGHT |
| 14 1:30 MOVIE 7:00 MOVIE | 15 8:30 Sands Casino 12:00 LUNCH CLUB 2:00 Exercise with Susan 7:00 Tenant Association Meeting | 16 9:30 Exercise 10:00 Shoprite 12:00 Congregate Lunch 4:00 "Celtic Harp" with Faye Fishman 7:00 Movie | 17 10:30 Rt. 10 & Farmer's Market 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 3:00-5:00 Ribbon Cutting RSVP Required 4:00 KNITTING CLUB | 18 9:30 Exercise 11:15 Lunch at Hobby's 12:00 Congregate Lunch 7:00 BINGO | 19 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE | 20 7:00 GAME NIGHT |
| 21 1:30 MOVIE 7:00 MOVIE | 22 11:15 JCC Ritzer Memorial Lecture 12:00 LUNCH CLUB 2:00 Exercise with Susan | 23 9:30 Exercise 10:00 Stop & Shop 12:00 Congregate Lunch 2:30 Floral Design Workshop 4:00 I Love Lucy in Activity Room 7:00 Movie | 24 10:30 Walmart & Rt 22 Shopping 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB 7:00 Broadway Musical Program | 25 9:30 Exercise 10:30 Trader Joes Florham Park 12:00 Congregate Lunch 7:00 BINGO | 26 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE | 27 7:00 GAME NIGHT |
| 28 1:30 MOVIE 7:00 MOVIE | 29 9:00-3:00 AARP Driver Safety Course Pre-registration Required 12:00 LUNCH CLUB 1:00 JCHC University: Yiddish Literature @ Lester 2:00 Exercise with Susan Dining Room Today | 30 9:30 Exercise 10:00 Shoprite 12:00 Congregate Lunch 3:00 Hirschhorn: Grounds for Sculpture Judy Ebright 7:00 Movie | 31 10:30 Burlington & IHOP for lunch 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB | | | |