

Village Press

The Newsletter for Village Apartments



Celebrating January

Braille Literacy Month

Soup Month

Fruitcake Toss Day

January 3

Cuddle Up Day

January 6

Make Your Dream Come

True Day

January 13

Popcorn Day

January 19

Tu B'Shvat

&

Martin Luther King Jr. Day

January 21

Puzzle Day

January 29

New Year, Lasting Traditions

Another new year begins, and all around the world people will be popping champagne, singing "Auld Lang Syne," and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year's traditions year after year?

Bubbly champagne is the drink of choice on New Year's. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during the holidays.

Scotland's national poet Robert Burns penned the words to "Auld Lang Syne" in 1788 and sent them to the Scots Musical Museum, requesting that his lyrics be set to an old Scottish folk tune. The phrase *auld lang syne* roughly translates to "for old times' sake," and, fittingly, the nostalgic song is about preserving friendships. The tune was often sung at funerals, farewells, and other group celebrations. It finally made it to America in 1929, when the Guy Lombardo Orchestra played it at a New Year's celebration in New York's Roosevelt Hotel.

No New Year's party is complete without a kiss at the stroke of midnight. In ancient times, the winter darkness was the domain of evil spirits. At New Year's masquerade balls, scary masks were torn off at midnight, and a kiss was shared as an act of purification to chase away malign spirits. For centuries, New Year's has been a time of celebration, nostalgia, and hope.



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.

Happy New Year 2019

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Upcoming Events



See calendar for dates and times of all events.

- Life Long Learning
- Poetry Workshop
- JCHC University: @ Lester
- Challenges Confronting the New Congress
- Trader Joes, Millburn
- Arts Unbound
- Broadway Musical Program
- JCHC University @ B'nai B'rith: Irving Berlin
- Knitting Club
- Exercise with Susan
- Religious Service
- Lunch Club
- Live Music with Joel & Francine
- Hirschhorn Program
- BINGO
- Game Night
- JCHC University @ Village: "Don Quixote"
- Movies

Note: Check your monthly calendar of events for dates and times of all programs.

Happy January Birthday



Jan 06 Regina Atkinson
Jan 13 Laura Zakian

Kid's Cookie's n' Concerts Hanukkah Celebration featuring children of Temple Beth-el.



JANUARY 2019 VILLAGE Calendar subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day Office & Dining Room Closed	2 10:30 Essex Green & Kmart 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	3 9:30 Exercise 10:30 Manhattan Bagel 12:00 Congregate Lunch 7:00 BINGO	4 11:00 Floral Design 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	5 7:00 GAME NIGHT
6 1:30 MOVIE 7:00 MOVIE	7 12:00 LUNCH CLUB 2:00 Exercise with Susan 1:15 LIFE LONG LEARNING AT LESTER	8 9:30 Exercise 10:00 Shoprite 12:00 Congregate Lunch 5:30 Poetry Workshop 7:00 Movie	9 10:30 Livingston Mall 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	10 9:30 Exercise 10:30 Trader Joes Millburn 12:00 Congregate Lunch 7:00 BINGO	11 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	12 7:00 GAME NIGHT
13 1:30 MOVIE 7:00 MOVIE	14 12:00 LUNCH CLUB 1:15 LIFE LONG LEARNING AT LESTER 2:00 Exercise with Susan	15 9:30 Exercise 10:00 Stop & Shop 12:00 Congregate Lunch 6:15 JHC University: Challenges Confronting the New Congress 4:00 Live Music with Joel & Francine	16 10:30 Rt. 10 & Farmer's Market 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	17 9:30 Exercise 10:30 Newark Art Museum 12:00 Congregate Lunch 7:00 BINGO	18 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	19 7:00 GAME NIGHT
20 1:30 MOVIE 7:00 MOVIE	21 Tu B'Shvat & Martin Luther King Day Office & Dining Room Closed	22 9:30 Exercise 10:00 Shoprite 12:00 Congregate Lunch 4:00 ARTS UNBOUND 7:00 Movie	23 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 2:30 JHC University @ B'nai B'rith: Irving Berlin 4:00 KNITTING CLUB 7:00 Broadway Musical Program	24 9:30 Exercise 10:30 Walmart Cedar Knolls 12:00 Congregate Lunch 7:00 BINGO	25 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	26 7:00 GAME NIGHT
27 1:30 MOVIE 7:00 MOVIE	28 12:00 LUNCH CLUB 1:00 Exercise with Susan 2:00 JHC University at Village: "Don Quixote"	29 9:30 Exercise 10:00 Stop & Shop 12:00 Congregate Lunch 4:00 Hirschhorn Program 7:00 Movie	30 10:30 Target & Whole Foods Union 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	31 9:30 Exercise 10:30 Burlington & IHOP for lunch 12:00 Congregate Lunch 7:00 BINGO		