

Park Plaza Post January 2025



On behalf of the entire staff at Park Plaza, we want to thank the residents and their families who contributed to the Employee Appreciation Fund. We apologize in advance for any unintentional mistakes that may have occurred while typing this list.

Aaron Cardash, Barbara Bergman, Barry Brandes, Bella Kleinman, Bernard Bromberg, Fayge Stuhlman, Beverly Feldman, Bruce Golovan, Carolyn Mirell, Cheryl Benjamin, Cynthia Levin, Debbie Kay, Donna Puccini,

Doris Rabinovitz, Edith Feldman, Elaine & Sol Rosen, Emily Morris, Estelle Engberg, Emily Podgursky, Esther Cardash, Esther Lichtshein, Esther & Michael Weiss, Etta Katz, Evelyn Yellin, Devorah & David Stern, Fran Fogel, Frank Zimmerman, Glorian Levy, Helen Stopek, Henely Friedman, Hilda Braun, Ildelle Peaceman, Isac Kapulski, Jackie Steingold, Janice Harris, Jerome Hershstein, Jess Block, Helen & Joe Eng, Phyllis Singer (Joseph Singer), Josh Dredze (Lionel Dredze), Judith Bohrer, Ruth Shayman/Julie Tag, Ken Stein, Leah Rosman, Lee Glickman, Leona Molotsky, Leonard Drucker, Linda Kupfer, Linda Morgan, Louis Goldsmith, Marsha Cohen, Mary Kolodny, Phyllis Cohen/Matt Cohen, Maxima Wax, Michael Pearl, Nancy Lamm /Michael Fine, Miriam Goldberger, Miriam Harris, Miriam Levinson, Myrna & Marvin Cohen, Phil Rabinowitz, Carol & Phil Rosen, Phyllis Brody, Phyllis Fore, Phyllis Kaplan, Rachel Lis, Rachel Robinson, Rachel Stern, Rebecca Harris (Bessie & Mort Harris), Rita & Irv Charnowitz, Robert Abrams, Robert Reznitsky, Rose Rergricht, Sam Myers, Sandra Simon, Seymour Lepp, Shana Rabinowitz, Sharon Cohen, Sheila Dallal, Shimon Sosnow, Sol Harris, Simmie Shandalov, Sophie Block, Sorel Simon, Stuart Zelden, Bette Anderson, Maria Perez, Susan Weiss, Angel Care, Anonymous, David Rubin,

Happy 2025! Join us to ring in the new year on Sunday, January 5th at 6:45 pm for our Welcome 2025 Swing Orchestra Party. Let's celebrate all of us being healthy and happy together!

Shabbat Times

January

Candle Lighting

Havdalah

1/3 - 1/4

4:12 - 4:32 pm

5:20 pm

1/10 - 1/11

4:19 - 4:39 pm

5:27 pm

1/17 - 1/18

4:27 - 4:47 pm

5:34 pm

1/24 - 1/25

4:35 - 4:55 pm

5:42 pm

1/31 - 2/1

4:44 - 5:04 pm

5:50 pm

Announcements

January Birthdays

Doris Rabinovitz	1/1
Annetta Friedman	1/7
Sorel (Bitsy) Simon	1/7
Rose Pergricht	1/8
Carolee Taxer	1/10
Linda Morgan	1/11
Edith Feldman	1/12
Myrna Cohen	1/18
Phillip Bass	1/20
Devorah Stern	1/21
Max Kreitman	1/23
Eva Ritt	1/23
Hilda Braun	1/25
Bruce Golovan	1/31

Welcome to Park Plaza

Miriam Levinson
Mark Zissman

In Memoriam

Mary Kolodny

Mazel Tov

- ❄️ Phyllis Reifer on the birth of a great-grandson
- ❄️ Labish Bergovoy on the Bar Mitzvah of his grandson
- ❄️ Bonnie and R. Michael Myers on the Bar Mitzvah of their grandson
- ❄️ Renee Lifsics on the birth of two great-granddaughters
- ❄️ Sharon Skidelsky on the birth of a great-grandson
- ❄️ Shana Rabinowitz on the Bat Mitzvah of two granddaughters and birth of a grandson
- ❄️ R. Phillip Rabinowitz on the Bat Mitzvah of two great-granddaughters and birth of a great-grandson
- ❄️ Etta Katz on the birth of a great-grandson
- ❄️ Nate Rubinstein on the Bar Mitzvah of his great-grandson
- ❄️ Mrs. Miriam Levinson on the engagement of her grandson
- ❄️ Mashgiach Neil Harris and his wife on the birth of a grandson
- ❄️ Susan & Lothar Kahn on the engagement of their granddaughter
- ❄️ Phyllis Kaplan on the birth of a great-grandson
- ❄️ Seymour Lepp on the Bar Mitzvah of his great-grandson

Condolences

Ben Gross on the passing of his brother in law
Leah Rosman, on the passing of her brother

Crystal Home Health

Safe and Beneficial Exercise Program for Seniors



Julie Petelle
Wellness Coordinator

Exercise and nutrition are essential parts of a healthy lifestyle throughout one's life, and as we age, our requirements are ever-changing. A growing body of research illustrates how regular exercise is especially important for seniors and how more seniors are opting for an active lifestyle instead of a sedentary one.

Our biology changes as we get older, causing seniors to have different reasons for staying in shape than

younger generations. Though physical fitness provides benefits at any age, the health perks physically fit seniors enjoy are more notable. In older adults, exercise helps you live a longer, healthier, and more joyous life.

Here are some recommendations on exercise programs that work well for aging bodies:

Dance - dance is excellent movement therapy. Dancing has both physical and emotional benefits as it promotes flexibility, muscle strength, cardiovascular function, respiratory function, and the opportunity for socialization. It is especially helpful in alleviating early morning stiffness.

Tai Chi - Tai Chi is a gentle form of exercise. The movements are unhurried and precise, and the entire body moves in graceful, slow movements. Tai Chi improves flexibility, balance, and strength, thereby reducing the risk of falls. It also slows the decline of cardiopulmonary function, increases confidence, and reduces the levels of stress hormones in the body.

Walking - walking is one of the most effective and safest all-around exercises for older adults. Walking can be done almost anywhere, either in solitude or with companions. It is a good year-round activity as walkers can move indoors during the winter months. Walking has a lower injury rate than most other exercises yet strengthens the heart and lungs and improves endurance.

Incorporating exercise into your daily routine can significantly enhance seniors' health and quality of life. Always consult a healthcare provider before starting a new exercise program to ensure the activities are safe and suitable for individual health conditions. With the proper exercise, seniors can stay active, healthy, and independent for years. Exercise is medicine - natural medicine!

From the Rabbi's Desk



Rabbi Eitan Allen

Welcome to the New Year of 2025. Although not the Jewish New Year with the celebration of Rosh Hashana, nonetheless, it is a time to mark and appreciate. We are now one quarter into this century, and time is marching on and on. 2024 was a difficult year for the Jewish people as a whole, but we have emerged as proud and strong Jews who are making our mark on the world stage.

If we pull back from the larger view and focus on the individual, the new calendar year is truly momentous. In truth, none of us knows what the future holds. When it comes right down to it, no one knows how long we will live. Faced with our own mortality, it can truly be a blessing when we reach a new year.

Once again, we get to enjoy the beauty of winter with cold and beautiful flakes. We will anticipate spring and marvel as the world comes back to life and plants and animals find fresh energy in the new season. Although far off, we will experience the heat and sun of summer, which will bear down upon us until the relief of fall. As the leaves begin to fall and the cold sweeps in, we will start to experience the cycle all over again.

So as we start this year, let's be grateful for all we have. Let us cherish and give thanks for our dear families and let's give thanks for those times we can be together. Let's appreciate the wonderful community we live in and the special neighbors and friends we have in Park Plaza. There are so many wonderful programs and opportunities throughout the year here that it is truly worth looking forward to. Hope to see you at one of our many programs in 2025.

Wishing everyone a very happy and health 2025!

Warm wishes,

Rabbi Allen

Latke Making



Ice Cream



January

Sunday	Monday	Tuesday	Wednesday
			<p>1 Lecture with Rachel MA, LCPC: Create Yourself Using a 3:30 pm - R Chanukah Mu Harris @ 6:45 pm Room</p>
<p>5 5 Tevet Rosh Chodesh Tevet Program Kreindel Pinkus @ 3 pm - Room 104 Welcome to 2025 Swing Orchestra Party @ 6:45 pm - Multipurpose Room</p>	<p>6 6 Tevet</p>	<p>7 7 Tevet</p>	<p>8 Chalavi/The Bus Departs Quintet with @ 6:45 pm - E Room</p>
<p>12 12 Tevet Daniela Bisenius @ 1:45 pm - Back Dining Room</p>	<p>13 13 Tevet Lecture with Rebetzin Mindy Reiss in memory of Jennifer Levin Kaplan z"ll (Daughter of Cynthia Levin) @ 4:15 pm - 2nd Floor Avairy Lounge</p>	<p>14 14 Tevet</p>	<p>15 Skokie Commu Life of Alex Tre Oakton Commu Sk Ada Trio @ 6: Dining</p>
<p>19 19 Tevet Lakeside Flutes @ 1:30 pm - Multipurpose Room</p>	<p>20 20 Tevet</p>	<p>21 21 Tevet</p>	<p>22 Movie On AMC Sk Yan Sklad 6:45 pm Dining R</p>
<p>26 26 Tevet LeAnne Harp Concert @ 6:45 pm - Back Dining Room</p>	<p>27 27 Tevet</p>	<p>28 28 Tevet</p>	<p>29 A visit to th Library Bus 2pr Allan Kaye D pm - Back Dir</p>

2025

Wednesday


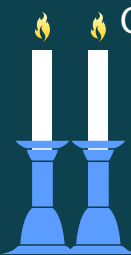
Thursday

Friday

Saturday

1 Tevet
Michael Zimmerman,
Singing Goals for
Kinder Voice @
Room 104
Music with Ruby
6pm - Back Dining
Room

2 Tevet
Musical Moments and
Refreshments with
Student Devorah
Rosenbaum @ 6:45 pm
- Back Dining Room

3 Tevet
CANDLE LIGHTING
4:12 - 4:32 PM


4 Tevet
HAVDALAH
5:20 PM


8 Tevet
Main Pizza -
@ 12 pm
with Gary Rubin
Back Dining
Room

9 Tevet

10 Tevet
CANDLE LIGHTING
4:19 - 4:39 PM


11 Tevet
HAVDALAH
5:27 PM


15 Tevet
Community Days: The
Lebek @ 1 pm -
Community Center in
Skokie
4:45 pm - Back
Room

16 Tevet

17 Tevet
CANDLE LIGHTING
4:27 - 4:47 PM


18 Tevet
HAVDALAH
5:34 PM


22 Tevet
Outing -
Skokie
with Adam
@
Back
Room



23 Tevet

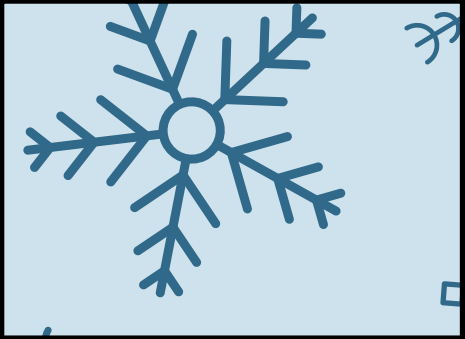
24 Tevet
CANDLE LIGHTING
4:35 - 4:55 PM


25 Tevet
HAVDALAH
5:42 PM


29 Tevet
to the Skokie
Bus Departs @
2pm
The Duo @ 6:45
Dining Room

30
January Birthday Party
@ 1:45 pm - Back
Dining Room

31 Tevet / 2 Shevat
CANDLE LIGHTING
4:44 - 5:04 PM




Chanukah Party



Chanukah Party



Chanukah Party



Happy Birthday!



Birthday Party



Wednesday, January 1st

Lecture with Rachel Zimmerman, MA, LCPC: Creating Goals for Yourself Using a Kinder Voice @ 3:30 pm - Activity Room 104 with Refreshments sponsored by Cynthia Levin

Wednesday, January 1st

Chanukah Music with Ruby Harris @ 6:45 pm - Back Dining Room

Thursday, January 2nd

Musical moments and refreshments with student Devorah Rosenbaum @ 6:45 pm - Back Dining Room

Sunday, January 5th

Rosh Chodesh Tevet program with Kreindel Pinkus @ 3 pm - Activity Room 104

Sunday, January 5th

Welcome 2025 Swing Orchestra Party @ 6:45 pm - Multipurpose Room

Wednesday, January 8th

Kosher Taste of Chicago: Chalavi/The Main Pizza on Howard St. - Bus Departs @ 12 pm - Bring money for Lunch & Tip

Wednesday, January 8th

Quintet with Gary Rubin @ 6:45 pm - Back Dining Room

Sunday, January 12th

Daniela Bisenius @ 1:45 pm - Back Dining Room

Monday, January 13th

Lecture with Rebettzin Mindy Reiss in memory of Jennifer Levin Kaplan z"ll (Daughter of Cynthia Levin) @ 4:15 pm - 2nd Floor Aviary

Wednesday, January 15th

Skokie Community Days present: The Life of Alex Trebek with Historian Jim Gibbons @ 1 pm - Oakton Community Center in Skokie - Bus Departs @ 12:30 pm - Sign up at the Front Desk- Free event

Wednesday, January 15th

Ada Trio @ 6:45 pm - Back Dining Room

Sunday, January 19th

Lakeside Flute @ 1:30 pm - Multipurpose Room

Wednesday, January 22nd

Movie Outing - AMC Theater in Skokie - Movie TBD

Wednesday, January 22nd

Yan Skladman @ 6:45 pm - Back Dining Room

Sunday, January 26th

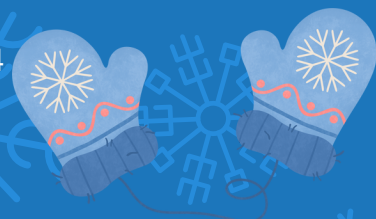
LeAnne Harp Concert @ 6:45 pm - Back Dining Room

Wednesday, January 29th

A visit to the Skokie Library - Bus Departs: 2 pm

Wednesday, January 29th

Allan Kaye Duo @ 6:45 pm - Back Dining Room



hello
WINTER



Thursday, January 30th
January Birthday Party
@ 1:45 pm - Back Dining Room

Park Plaza
a Jewish Senior Living community

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