

# MENORAH PARK CAMPUS NEWS

Menorah Park Center for Senior Living Community Newsletter

June 2011

## Community Invited to New Aging Resources Center Debut

As experts in the field of aging, Menorah Park is launching the Aging Resources Center, a new community program that will provide comprehensive information on a wide array of topics. We have heard from many in the community that it is often challenging to know exactly where to look or go for help or guidance when they need it the most. The program is designed



to help people live life to the fullest by being informed and having opportunities to plan. We invite all in the community to the Center's inaugural event with international expert Dr. Bob Binstock, former director of a White House task force on older Americans. He will answer the questions:

Can you count on Social Security? Can it meet your needs? Are changes in Medicare and Medicaid likely? If so, with what consequences to you? Is buying long-

term care insurance a wise move? What are the issues for you to consider?

**June 16, 6:30 p.m.**  
**Menorah Park Saltzman Auditorium**

RSVP to [bsilver@menorahpark.org](mailto:bsilver@menorahpark.org), or call 216-839-6678.

## Fired up for a Flambé Throw Down!



Out of the fire will come a pan full of deliciousness on June 29th at 2:30 p.m. in the auditorium at Menorah Park. Join us for a heated interactive Crepe Flambé Cook-off! Visitors, staff and residents will watch with excitement during the too-hot-to-handle preparation of various

dishes, then taste the extravagant Crêpe creations prepared by our celebrity chefs.

Contestants Tom Steinmetz represents The R.H. Myers Apartments as the defending champion, but Menorah Park Chef Richard Farkas and Stone Gardens Chef Anthony Folisi plan on giving him a fiery challenge with hopes of having one of their names engraved on the big trophy that will declare them the Top Chef of Flambé. Cameras will project the food preparation, with lots of comic relief supplied by guest host Bob Agrast, Food Services Director, as the chefs fire up their pans. Each will present a sample plate to the celebrity judges, along with a delicious four-ounce bowl for each member of the audience. You won't want to miss this event, and perhaps you'll even walk away with a secret recipe!



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## From The Administrator's Desk

### Heart to Heart Sharing from Across the Miles



**Richard Schwalberg,**  
**Menorah Park**  
**Administrator**

Our successful Gam Yachad Project involves many of our elderly clients from all over campus Skyping with Jews who reside in other countries. They share Jewish religious traditions and customs, synagogue services, holiday celebrations, unique aspects of each country, and much more. To date, our clients have Skyped with people in Montreal; Paris; Leeds, England; Johannesburg, South Africa; Victoria, Australia and Jerusalem.

Each of these sessions has been a unique sharing in both good, and some very difficult areas. I take this opportunity to share a very special moment from a recent repeat Skype session with Maimonides Geriatric Centre of Montreal. The group asked us to describe our upcoming Holocaust Remembrance Program; they shared their respective plans as well. One of the Montreal clients, Nathaniel Levy, asked our group if he could share his personal experience with us during the Holocaust.

Mr. Levy described his stay in a concentration camp as a young boy. This, of course, was very moving. He next asked if he could read a poem that he wrote, which I want to share with you, titled "A Reason to Live". As you can see from Mr. Levy's poem, our clients were truly touched. What special wisdom shared by our new friend in Montreal, via the Gam Yachad Project.

### A REASON TO LIVE *by Nathaniel Levy*

When we were pushed onto the train like animals,  
My Mother said, "find a reason to live."

When they called us dirty Jews and spit at us,  
My Mother said, "find a reason to live."

When they shaved our heads and stripped us naked,  
My Mother said, "find a reason to live."

When they starved us, and laughed because we were hungry,  
My Mother said, "find a reason to live."

When we listened to the gunshots one by one,  
My Mother whispered, "find a reason to live."

When we saw my father's body being dumped into a ditch,  
My Mother cried, "find a reason to live."

When my little sister was put on the line for the showers,  
My Mother was silent, but her eyes said, "find a reason to live."

When they came for my mother, she stood straight and tall.  
"Find a reason to live," she shouted.

"Why?" I asked.

"You will know," were the last words she said.

Now, I am sitting at the Shabbat table with my children and their children.

We sing songs, we laugh, and we thank Hashem for all that we have.

I close my eyes. I see my mother's face.

I tell her, "now I know, this was my reason to live."

### Traditions from a Distance



Newly arrived Stone Gardens resident Israel S. Kirsch, who studied the Talmud with a group of his retired friends every day in Brooklyn,

NY, for more than a decade, continues the tradition from a distance, Skyping with the Flatbush Synagogue from the computer lab at Menorah Park on a daily basis.

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# One Person with One Heart



**Rabbi Ephraim Karp,  
Director of Spiritual  
Living**

Remembering to our Passover Seders we can probably all recall the “Dayeinu” song. Each verse mentions a different stage of the Jewish people’s journey from Egypt to the land of Israel. At each verse we comment, “Dayeinu”, “it would have been enough”. This refers to our great appreciation for the miracles that G-d did for us, any one of which would have been enough for us to give praise and thanks to G-d!

One of the verses refers to the holiday of Shavuot, and states, “If G-d had brought us to Mount Sinai, but not given us the Torah, Dayeinu, it would have been enough.” What kind of a miracle is this? What was the point of coming to Mount Sinai without receiving the Torah?

The answer is found in the verse in the Torah that describes the encampment at Mount Sinai: “And they came into the Sinai desert and they camped (plural) in the desert; and Israel camped (singular) there in front of the mountain.” Rashi explains that the use of the singular word “camped” in

Hebrew teaches us that this encampment was unique. Here the Jewish people encamped “as one person with one heart”. The unity of the Jewish people was so strong it was as if they were all one single person.

This still leaves us with a question. Is Jewish unity such a challenge that it is considered a miracle worthy of praising and thanking G-d as much as the giving of the Torah? The truth is that the unity that binds us together so strongly that we are considered as one person with one heart is a challenging miracle indeed. Nonetheless, it is a miracle that we can recognize and aspire to. When we are able to see our own heart reflected in another, whether they are members of our congregation, whether they subscribe to our theology or way of life, whether they appear similar to us or not, then we can truly feel that our deliverance from the slavery of Egypt has arrived!

As Shavuot comes and goes and the warmer weather graces our lives, let us strive to remember that experience at Mount Sinai. Let us strive to remember that it is the single heart we all share that brings us in relationship to G-d. And it is that relationship that reminds us what our journey is really all about.

# Poet, Parent, Pal ... Dad



Poet, pal, MP volunteer, dad and grandpa, David Munitz discovered Menorah Park when visiting a friend recovering from an operation. He said he sensed something very different about this campus, something of great value. It has to do with the emphasis on caring. He decided to be a volunteer here.

David has two adult children and two grandchildren. His advice for any father is, “Don’t make idle threats, stick to you guns, and be a parent, not a friend”. He said kids have enough friends; they need their parents to be parents. He enjoys every moment with his children and grandchildren. David’s love of writing may have helped him get through the trials and tribulations of being a parent, and even now, gives perspective when remembering his own dad, of blessed memory. David writes daily with joy. He writes poetry, fiction and non-fiction.

Menorah Park encourages residents and volunteers to keep a journal, to record their joys, write their feelings, their thoughts, their wishes and their dreams.

## Dad

By David Munitz

*Somewhere between a gravy-stained tie,  
And a very non-hip old man presides my Dad.  
He dresses as a nerd, suit and shined shoes,  
Rules, groundings for things I’m sure I didn’t do. Dad.  
He never seemed to get my music or texting.  
“Get a haircut, tuck in your shirt,” perplexing. Dad.  
“Do your homework, do your chores, don’t slam the doors.”  
“Watch your little sister, wash my car,” rules galore. Dad.  
“Drive slow, is your homework done, pick a school.”  
He taught about life, how to act, about following rules. Dad.  
He showed me what love is in every way, every day.  
I’m a good man today because of him. I’m proud to say,  
“I love you Dad.”*



**Menorah Park  
Board members  
joined residents  
to kick off  
the summer  
BBQ season.  
Pictured here  
are Howard  
Danzinger and  
Jim Samuels.**

# Daring to D.R.E.A.M. Nets Excellence Award

Thousands of dreams have come true at Menorah Park since the inception of the D.R.E.A.M Program six years ago. For that reason, Menorah Park recently received the Association of Jewish Homes and Services for the Aging (AJHSA) Annette W. & Herbert H. Lichterman Fund Outstanding Programming Award.

“This unique program is truly a best practice that can be held up as a model to be learned from or followed,” stated Carol Saltzman, AJHSA President who said that the award panel voted unanimously to honor the D.R.E.A.Ms (D.are to R.each E.very A.mazing M.oment) program in this way.

There is a deep understanding at Menorah Park that as we all approach our mature years of life, we assess accomplishments, and the dreams and desires that remain on our personal “bucket lists”. Having dreams fulfilled gives us deep personal satisfaction, comfort, and delight.

The D.R.E.A.M Team has the sole mission of helping dreams come true. Dreams are presented and discussed, then delegated to team members who have ideas, connections and the resources to bring them to fruition. Relaying the stories behind each dream frequently results in overwhelming community support.

We go the proverbial extra mile to communicate the details



**Menorah Park Director of Volunteers Vicki Snyder accepted the award on Menorah Park's behalf from Lynn Wolf who bestowed the award in memory of her parents.**

of the miracles of our residents' dreams coming true. The positive power of what happens when one simply listens to others and cares enough to get involved has been captured by our community as well. People discover the truth and beauty of aging and the possibilities that continue to unfold in miraculous ways; embracing the mission to bring joy to each individual who has a dream.

*continued on page 5*

## Speaking of Speech Therapy...

*By Volunteer Helene Weinberger*

According to Gina Albano, Menorah Park Speech Language Pathologist, the variety of functions speech therapists perform at Menorah Park for residents and rehab clients focus on cognitive and memory problem solving. People returning to their homes must re-learn how to deal with emergencies such as calling 911, and what to do in the event of a fire. Frequently, when people come from a hospital stay, they experience confusion issues or need to review normal activities such as handling checkbooks, planning for appointments, time concepts, and medication administration. The “hospital confusion” can have many different causes - from bladder infections to stroke, and overall body de-conditioning.

Aphasia, which speech therapists frequently deal with, is a major problem. The issues may be anything from not remembering the word for an object like pillow, while fully understanding its function, to being unaware of a pillow's function or name. Some people slur their words, or they speak too softly. The expertly trained and talented therapists also work with individuals who have problems swallowing. They perform tests that appraise the patient's swallowing ability, adjusting food texture to individual safety needs. Call 216-595-7345 for more information on our Speech Therapy Programs.

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**Menorah Park Home Health Services**  
27100 Cedar Rd.  
Beachwood, Ohio 44122  
www.menorahpark.org

Menorah Park Home Health Services knows recovery from an illness or injury is accomplished more quickly when surrounded by people you love in the comfort of home. Our professional staff has the expertise to manage your medical condition and the compassion and respect to guide you towards your recovery goals. And we offer soup for added comfort too!

**We offer:**

- **Skilled Nursing** - Post-hospital and physician-referred skilled nursing services
- **Therapy** - Physical, occupational and speech therapies
- **Medical Social Work** - Referrals and connections to community resources
- **Home Health Aide Services** - Assistance for safe & effective personal care

We are Medicare, Medicaid and PASSPORT certified. We are an approved provider for most private insurances. We will be happy to work with you and your insurance company.

# Excellence in Dementia Care Through Action

Imagine a book filled with pages, covered with words of a life lived. The words on the pages are fading, disintegrating. In time, only the cover of the book will remain. This Book represents a person with dementia.

Menorah Park has led a break-through journey into excellence in dementia care since 1989; one of the first accomplishments of its type in the country. The success of initial programs clearly demonstrated the need for expanded care services for the growing number of persons being diagnosed with Alzheimer's disease and other forms of dementia. To ensure that the social model-of-care philosophy that was instituted then for dementia specific pavilions was maintained and always improving, the Dementia Excellence Committee was formed. The committee meets monthly to share and discuss new information and ideas for positive, practical application and best practices in dementia care.

According to Cheryl Lukasik, Menorah Park's Associate Director of Nursing who heads the Dementia Excellence Committee, "We go the extra step to provide more dementia training to our nursing assistants who work with dementia residents. Our Dementia Excellence Committee sponsors them for further education to enhance the quality of life

for our dementia residents and their families." She said many staff recently became dementia certified, a specialty title in training for dementia, and almost everyone on the committee, which seats about 18 people, including nursing staff and social workers, is now certified. CDP certified (Certified Dementia Practitioner) shows a commitment to caring for residents with Dementia.

"The CDP certification allows us to better enhance the lives of our residents through expertise and training," she said. The process is geared towards dementia patients, their behaviors, background, bathing, and many different situations they may encounter. There are different degrees of dementia on campus; we train to work with all of them. "We are always striving to stay on the cutting edge and be a step ahead, always seeking new opportunities and ideas, brainstorming for different ways we can utilize committee funds to improve dementia excellence," she said.

The committee also hosts two informational seminars each year for the general community. In addition to the Menorah Park Dementia Excellence Committee, various campus social workers offer family support-groups, and staff supports the Alzheimer's Walk by participating. Part of new staff orientation involves a session on the many aspects of dementia.

**Dementia Excellence: Person Centered Care is on June 17, from 8:30 a.m. to 4:30 p.m. on the Menorah Park Campus. Call 216-360-8216 for more information.**

## Thanks for a GREAT First Year

*The Menorah Park Adaptive Living Shoppe would like to thank all of our customers for making our first year a great success!*



We invite you to come in to the store and use this coupon for 10% off of your next purchase.

Expires 6/30/2011 Not valid on rentals or CareLink services

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## Daring to D.R.E.A.M. *continued from page 4*

In recent months, national media took notice when we arranged a call from an American Idol judge and notorious rock star. The media helped us show the world when a legally blind resident in his '90's, and a resident who began to paint beautiful works late in life had dreams to display in stunning art galleries for the first time and appear on television. News of 13 couples who dreamed of renewing long-time wedding vows went international, as did coverage of an 88 year old woman whose dream to be a star came true when she got a part in a national TV commercial after sharing her dream with the D.R.E.A.M Team. Next month, you will read about a DREAM helicopter ride!

We thank the community for its ongoing support. We thankfully appreciate the Enid & David Rosenberg Dream Fund, the Hortense Meyer Family Dreams Fund and the Menorah Park Foundation for generous support.

To tell us your dream, or for more information, call 216-831-5452, ext. 299.

# Can Your Brain Exercise?



*Shirley Newmark, Jean Kaplan and Lila Newman exercise their funny bones as they exercise their brains.*

“Use it or lose it” means not only staying sharp by reading books, doing puzzles and other sorts of memory enhancers, but also looking at the activities we’ve been doing and switching them up a bit. Moving from one’s comfort zone enhances the memory. Imagine our favorite store, rearranging all the aisles. Our brains would have to shift from automatic motion and work to figure out the changes. The Memory Enhancement Program at The R.H. Myers Apartments, led by volunteer Lori Raichilson every Wednesday at 3:00 p.m. can help. The class is a hoot and a half, filled with entertaining, laughter-filled, enjoyable exchanges and a perfect way to gain a brain workout.

The group began last September. A teacher by training, Lori is skilled and does research to prepare for each class. “It’s always a surprise to see what she comes up with. I’m

amazed at what she does,” exclaimed R.H. Myers Service Coordinator Dolly Bhee, R.N.

Through a series of activities, the group works on a variety of left and right brain skills for the logical and creative aspects of our thought processes. She maintains a high level of interest and enjoyment by using the same principles for each class with four to five different activities.

Lori began one particular class by placing photos of well-known personalities on a board along with unfamiliar faces that the group was asked to name later during the class. In a game of Boggle, the group found words from a jumble of letters using the non-dominant hand to circle the letters and record the slew of words.

The group went on to math. “How many seconds are in a day?” She urged the class to break the task down into logical steps; pointing to the calculator in her hand.

“Come on you sly ones, I know it’s in there,” she joked as the group came to the last step and reported 86,400 second are in a day.

Back to the pictures on the board; each and every one was identified. “You’ve gotten much better at this, see the practice is working. The next test will be if we can

remember them next week,” she said.

Then they worked as a team, each adding thoughts one after another to gain the answer in Pictionary, drawing with their non-dominant hands.

Lori explained that there is comfort in knowing that we all need to work on our memories. Those memory blip moments begin in our 30s as we lose neurons. We can regenerate by varying some of our activities so we challenge our brains. Some are right brain dominant and some left; activities are more or less challenging depending on individual strengths. “If you don’t succeed as much in one area, you will succeed in another. Everyone is supportive in the group, whether new or a long timer, it’s a friendly bunch with a great sense of humor,” she said.

Variety is the spice of life, so spice it up through Lori’s program, and change daily habits! When you read a book, create opportunities to recall and retell highlights. Listen to a book on CD to strengthen your focus and attention and improve your listening skills. Changing your routine is a good brain challenge and a great first step. For more information or to volunteer for programs such as these, contact Dolly at 216-831-5492, ext. 175.



Join us in honoring those who have embraced the gift of knowledge at the fifteenth annual **Rose Institute Achievement Ceremony on Wednesday, June 15 at 2:30 p.m. in the Menorah Park Auditorium.** You’ll be among the first to learn of the two surprise winners of the Valedictorian and Rose Awards. Details of these honorees will be included in the July Campus News.

# Blogging on the Ball at Stone Gardens



Stone Gardens is embracing the 21st century with gusto. In addition to their hardcopy newsletter Montage, there is also an email version of it which, if you supply an email address, will arrive in your inbox every month. Not only does receiving the e-zine save trees, but it arrives sooner and is

in beautiful color. Check out Stone Gardens entertaining and informative blog about life at Stone Gardens.

Noah Budin, the Assistant Director of Activities at Stone created and maintains the blog. There are new posts to the blog on average about once a week.

“I realized very quickly that this blog needed to be very visual,” said Budin, “so I started posting lots of photos and video, especially from our special events and outings.”

Recent video blogs include footage from their “Royal Ball” and a trip to the Cleveland Zoo Rainforest.

You can find the blog at <http://stonegardensmenorah.blogspot.com>. Subscribe to it (at no cost) and receive new posts in your email inbox. Join us!

## All Hooked Up

*By Volunteer Helene Weinberger*

Today a huge piece of equipment entered my world! It is actually a small item to wear around the neck. It's an emergency alert system. Now, I can be protected outside, almost anywhere in the world. One of the great benefits is that I can take a shower wearing the necklace - since many senior accidents do occur in the shower.

Here's how easy it was: I completed an emergency contact form. The installer told me that if I intend to make use of

## Community Invited to Wiggins' Concierge Vendor's Fair

Menorah Park Campus, just off Cedar Road in Beachwood, is a great central location for important gatherings and events for all residents, family, staff, clients and the community at large. Jenna Gerling Haffey, Wiggins Place Community Concierge, is bringing the 2011 Concierge Vendor Fair here on Wednesday, **June 29th from 10:00 a.m. to 2:00 p.m.**

According to Jenna, “The success of the fabulous Cleveland Rocks Concierge Vendor Fair held last May at Wiggins Place compelled us to do it again! We are thrilled to help facilitate this exciting event connecting our senior adults and the community to all of the great things Cleveland has to offer.”

Last year reps from The Cleveland Play House, The Cleveland Orchestra, The Cleveland Museum of Natural

## At 102, Sara Pollak is a Tribute to Women Young and Young at Heart



One would never guess R.H. Myers resident Sara Pollak to be almost 103! This feisty, intelligent, and active woman is a tribute to healthy aging of mind, body and soul.

Last month, Julie Shippman of Act Three, an organization

that helps women of all ages to overcome obstacles and live their lives to the fullest, interviewed Sara for a documentary and for inclusion in Julie's book. During the interview, Sara's love of Scrabble, cooking, and reading was highlighted. We'll supply more info on where to find this interview soon!

the “cell-phone” like device outside of the home, I would need to purchase a charger. The cost is nominal. The client must follow instructions about the length of time needed for charging, and the time that it will work without re-charge. In my personal opinion this item is an excellent safety precaution to wear inside and to carry along - for any travel outside, either by foot, by car, or by plane. While it is always my preference to end a day with some spiritual moment, last night I felt it was more important to rehearse the alert's function and how to operate it, now that I am all hooked up!

Call MPAL for more info: 216-450-5566

History, The Maltz Museum, The Cleveland Pops, Positively Cleveland, and more attended. “We received wonderful feedback and good reviews on the fair. Attendees included staff, volunteers, campus residents, and guests from the community,” Jenna said. This year, reps from The Musical Theatre Project, Western Reserve Historical Society, The Cleveland Play House, The Cleveland Orchestra, The Cleveland Museum of Natural History, The Cleveland Pops, Positively Cleveland, The Adaptive Living Shoppe of Menorah Park, and more will be available.

Come, get connected on June 29th! If you are interested in attending, or being a vendor at this great event, please contact Jenna at 216-704-0276 or email [jhaffey@menorahpark.org](mailto:jhaffey@menorahpark.org).

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One Campus, Many Solutions, One Person at a Time

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Menorah Park Campus News

## June - Menorah Park Skilled Nursing Home Activities / Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>* Reservations Required</b></p> <ul style="list-style-type: none"> <li>• All Outings at 10:30 a.m. Except When Noted</li> <li>• All Services in Synagogue</li> <li>• All High Teas in Front Lobby</li> <li>• RCAC = Rosenbluth Creative Arts Center</li> <li>• MBR = Miller Board Room</li> <li>• All programs in the auditorium unless specified</li> </ul> <p><i>Please note, activities are subject to change</i></p>			<p><b>1</b> Yom Yerushalayim Shir Chodosh One- Man Band 2:45 p.m.</p>	<p><b>2</b> Judaism 101 Graduation 10:30 a.m. Music Time with Holly Prather 2:45 p.m.</p>	<p><b>3</b> Oneg Shabbat 2:45 p.m.</p>	<p><b>4</b> Shabbat Services 9:00 a.m. Kiddush 11:30 a.m.</p>	
			<p style="text-align: center;">Outing Weinberg 1 &amp; Friedman Jerusalem Day</p>	<p style="text-align: center;">Brio Weinberg 2</p>	<p style="text-align: center;">Outing Fairmount 1</p>		
<p><b>5</b> Violin Recital 2:45 p.m.</p>	<p><b>6</b> Distance Learning 2:30 p.m. The Reserve Chorus of the Singing Angels 7:00 p.m.</p>	<p><b>7</b> Shavuot Oneg 2:45 p.m.</p>	<p><b>8</b> Shavuot Services 9:00 a.m.</p>	<p><b>9</b> Shavuot Services 9:00 a.m. Yizkor 10:30 a.m.</p>	<p><b>10</b> Clown Troupe 10:30 a.m. Oneg Shabbat 2:45 p.m.</p>	<p><b>11</b> Shabbat Services 9:00 a.m. Kiddush 11:30 a.m.</p>	
			<p style="text-align: center;">Outing Weinberg 1 &amp; Friedman</p>	<p style="text-align: center;">Outing Fairmount 1</p>	<p style="text-align: center;">Ruby Tuesdays Heights</p>		
			Shavuot				
<p><b>12</b> Popular Tunes with Mary Beth Ions 2:45 p.m.</p>	<p><b>13</b> Distance Learning 2:30 p.m.</p>	<p><b>14</b> Russian Club w/Fira 10:30 a.m. High Tea with Cliff 3:00 p.m. Menorah Café 5:00 p.m.</p>	<p><b>15</b> RILLL Achievement Ceremony 2:30 p.m.</p>	<p><b>16</b> Residents' Council 10:30 a.m.</p>	<p><b>17</b> Father's Day Breakfast Special with Bob Orlandi 8:00 a.m. Men's Club RCAC • 10:30 a.m. Oneg Shabbat • 2:45 p.m.</p>	<p><b>18</b> Shabbat Services 9:00 a.m. Kiddush 11:30 a.m.</p>	
			<p style="text-align: center;">Cleveland Metroparks Zoo Fairmount 2</p>	<p style="text-align: center;">Picnic in the Park Beachwood</p>	<p style="text-align: center;">Outing Weinberg 1 &amp; Friedman</p>	<p style="text-align: center;">Botanical Gardens Weinberg 2</p>	<p style="text-align: center;">Outing Fairmount 1</p>
<p><b>19</b> Music with Lisa and Greg Bell 2:45 p.m.</p>	<p><b>20</b> Distance Learning 2:30 p.m.</p>	<p><b>21</b> Russian Club Fairmount 1 • 10:30 a.m. Drumming Fairmount 2 • 10:30 a.m. Wine Tasting in Pearl's 2:45 p.m. Claddagh Irish Pub Beachwood</p>	<p><b>22</b> Cabaret Lounge with David Ulmana 2:45 p.m. Family Picnic Heights &amp; Weinberg 2 5:00 p.m.</p>	<p><b>23</b> Russian Folk Dancers 10:30 a.m. The Gold Coast Follies 2:45 p.m.</p>	<p><b>24</b> Story Time with Fundamentals Library • 10:30 a.m. Oneg Shabbat 2:45 p.m.</p>	<p><b>25</b> Shabbat Services 9:00 a.m. Kiddush 11:30 a.m.</p>	
			<p style="text-align: center;">Outing Weinberg 1 &amp; Friedman</p>	<p style="text-align: center;">Outing Euclid</p>	<p style="text-align: center;">Pizza Hut Heights</p>		
<p><b>26</b> Bagel Brunch 10:00 a.m. Kaleidoscope 2:45 p.m.</p>	<p><b>27</b> Morning Movie 10:00 a.m. Distance Learning 2:30 p.m.</p>	<p><b>28</b> Russian Club - Movie 10:30 a.m. Birthday Party with Bob &amp; Shelly Orlandi 2:45 p.m.</p>	<p><b>29</b> Throw Down 2:30 p.m.</p>	<p><b>30</b> High Tea with Ilya 3:00 p.m.</p>	<p>Residents enjoy the opportunity to participate in more than 5000 planned activities and outings annually. This calendar highlights a small sampling of what we offer this month.</p>		
			<p style="text-align: center;">Bravos Fairmount 2</p>	<p style="text-align: center;">Captain's Game Fairmount 1</p>	<p style="text-align: center;">Ho Wah Weinberg 2</p>		

To offer your feedback on this newsletter, please e-mail [sgavanditti@menorahpark.org](mailto:sgavanditti@menorahpark.org) or call 216-839-6687.