



Elly Bauman -
Executive Director

A little-known fact about me is that I LOVE country music. Dierks Bentley, one of my favorite artists, has a song entitled “Living”. The chorus:

Some days you just breathe in
Just try to break even
Sometimes your heart’s poundin’ out of your chest
Sometimes it’s just beatin’

Some days you just forget
What all you’ve been given
Some days you just get by
And some days you’re just alive
Some days you’re livin’
Some days you’re livin’

With everything happening around us, it might be hard to take a step back from the news and go out and live. We need to breathe in, be thankful for what we have, and keep living. At Park Plaza, we offer many programs and activities that allow you, our residents, to learn something new, meet new people, and build long-lasting friendships. I encourage each of us to take advantage of these activities and programs and put ourselves out there so other people can get to know us.

As we turn the calendar to November, my thoughts turn to Thanksgiving – time with family, good food, and, of course, the Macy’s Thanksgiving Day Parade. With the holiday right around the corner, I am even more conscious of all that is good and plentiful in my life and the lives of my loved ones. At this time of Thanksgiving, let’s all stop and be mindful of all we’ve been given and just keep livin’!

Happy Thanksgiving!

SHABBAT TIMES

NOVEMBER

CANDLE LIGHTING

HAVDALAH

Nov 3-4

4:38-4:58pm

6:25pm

Nov 10-11

4:14-4:34pm

5:18pm

Nov 17-18

4:08-4:28pm

5:12pm

Nov 24-25

4:03-4:23pm

5:09pm

NOVEMBER 2023

Lee Friedman 11/6

Ann Kulwin 11/7

Miriam Harris 11/18

Earl Newman 11/8

Susy Weiss 11/9

Ethel Silverstein 11/15

Shimon (Jerry) Sosnow 11/26

Alan Busch 11/28

Evelyn Yellin 11/28

Seymour Lepp 11/29

Leah Rosman 11/29



MAZEL TOV



Harriet and Walter Richtman on the engagement of their granddaughter



Sue and Lothar Kahn on the birth of twin great-grandchildren



Ethel Silverstein on the birth of a great-granddaughter



Sue and Lothar Kahn on their 71st wedding anniversary



Mort Harris on his 101st birthday!



WELCOME TO PARK PLAZA

Sarah & Seymour Rabens

Marsha Cohen

Helen Stopek



IN MEMORIAM

Eva Lob



TARGET YOUR CORE

By: Miriam Allen, OTR/L, Manager RPI Therapy



In order for something to be steady, it requires a sturdy foundation. Our bodies are similar to trees with our trunk standing tall in the middle and our limbs branching out from that trunk. Just like in a tree, the stronger the trunk is, the more secure the branches are. In our bodies, our core, which includes our trunk muscles- both the abdominal muscles in the front and the muscles in the back, provides that important stable place from which all other movement comes from. Core strength is important because it stabilizes the center of the body and provides the stable foundation from which all the rest of our movements stem.

Some Signs of a Weak Core Can Include:

- **Low Back Pain-** as other muscles need to work harder to hold your body up this can lead to pain in back muscles that are not being used correctly.
- **Poor Posture-** your core is responsible for keeping your body upright and straight.
- **Bad balance-** weakness in your core affects your ability to stay balanced when sitting and standing.
- **Low endurance-** as different muscles are working harder to hold you up, doing regular everyday activities will become more taxing.
- **Shortness of Breath-** poor core strength can lead to ineffective use of the respiratory system as your lungs and ribs don't have enough room to fully expand.
- **Overall body weakness-** poor core strength leads to decreased effectiveness of other muscle usage leading to overall body weakness.

What To Do:

- **Walk-** walking is a great way to maintain core body strength as your body needs to hold itself up to let you walk.
- **Practice sitting and standing with improved posture**
- **Specific exercises to improve the strength in your core**

If you are concerned about your core strength, visit us at RPI Therapy for an individualized exercise regimen to improve your core strength and positively impact your everyday activities.



FROM THE RABBI'S DESK



**Rabbi Eitan
Allen**

I usually shy away from current events. However, we are living through hard and unusual times. Our beloved country of Israel is at war. So many lives have already been lost and so many people are in harm's way. So many of our residents have grandchildren serving in the IDF, I myself have two nieces both of whom have husbands who are on active duty. As I write these words there are two hostages, Yocheved Lifshitz, 85, and Nurit Cooper, 79, who have just been

released. We do see miracles and there are many more such miracles needed. As the War nears its third week it is easy to become complacent and tired of the endless news. What a person chooses to consume in terms of news is their choice but one thing remains true we cannot arrest our concern for the situation. Our brothers and sisters are in harm's way and we cannot let our guard down. There are many ways to show our care and concern. Here are just a few: Prayer, solidarity actions, donations.

Prayer: both public and private. There are two Minyanim daily with extra Tehilim for Israel and both morning and afternoon services come join us to raise your voice in prayer for Israel. Private prayer can be offered in any language, when we speak to G-d He listens.

Solidarity actions: we had letter writing to soldiers and will have other opportunities to show solidarity.

Donations: There are so many worthy causes to support the many needs in Israel right now. A list of places to donate was sent out in the weekly email and can be furnished upon request.

These 3 and many more can help at this time. Every action that fosters peace in our community can be dedicated to Israel. Friendless and concern for others can be a merit as well.

Although we are far away we are close in spirit. Let us rally the power of our community and let us pray for the captured among our people for a speedy return. May Hashem shower us and all of Israel with peace at this time.



Crafts



A Wonderful World



NOVEMBER

Sunday

Monday

Tuesday

Wednesday



GIVE
Thanks



1
Kosher donu
delights: A t
Dunkin Donu
2:0
Alan Kaye Du
Back Din

5 Cheshvan 21

Ada Trio @ 1:45 pm -
Back Dining Room

6 Cheshvan 22

7 Cheshvan 23

8
Broadway
Company -
at 11
Jeff Winter
Back Din

12 Cheshvan 28

Daniela Bisenius violin duo
@ 1:45 pm - Back Dining
Room
Rummy Q Tournament @
6:45 pm – 2nd Floor
Aviary Lounge

13 Cheshvan 29

14 Kislev 1

15
Trip to
Chicago P
Depart
Carlo Basile
Letitia flam
6:45pm Multi

19 Kislev 6

Maya Kramer Musical Bingo @
1:45 pm Back Dining Room
Art Workshop with Michelle
Drucker @ 2:45pm – 2nd Floor
Aviary Lounge
Joe Eng's student recital @
3:30 pm Multi Purpose Room

20 Kislev 7

21 Kislev 8

22
Lyric Opera:
the Re
Yan Skladman
pm Back D

26 Kislev 13

Norbert Wojcik piano
@1:45 pm - Back Dining
Room

27 Kislev 14

28 Kislev 15

Magic with Greg The
Magician @ 1:45pm –
TV Room

29
Outing: Rive
Des Plaines,
Steve Gibbo
Carlo Basile
pm - Back D

2023

Wednesday

Thursday

Friday

Saturday

Cheshvan 17
ts and other
rip to Koshers
ts on Devon @
0 pm
uo @ 6:45pm
ng Room

2

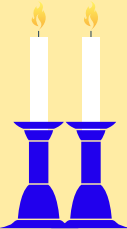
Cheshvan 18

3

Cheshvan 19

CANDLE LIGHTING

4:38-4:58 PM



4

Cheshvan 20

HAVDALAH

6:25 PM



Cheshvan 24
In Chicago -
Bus Departs
45 am

@ 6:45pm -
ing Room

9

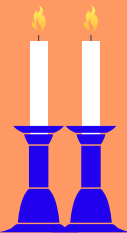
Cheshvan 25

10

Cheshvan 26

CANDLE LIGHTING

4:14-4:34 PM



11

Cheshvan 27

HAVDALAH

5:18 PM



Kislev 2
Northtown
ublic Library
@ 1:30 pm
guitar and
enco dancer
Purpose Room

16

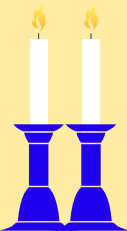
Kislev 3

17

Kislev 4

CANDLE LIGHTING

4:08-4:28 PM



18

Kislev 5

HAVDALAH

5:12 PM



Kislev 9
Daughter of
giment

piano @ 6:45
ining Room

23

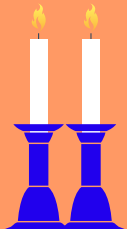
Kislev 10

24

Kislev 11

CANDLE LIGHTING

4:03-4:23 PM



25

Kislev 12

HAVDALAH

5:09 PM



Kislev 16
rs Casino in
IL @ 12:30
ns violin and
guitar 6:45
ining Room

30

Kislev 17

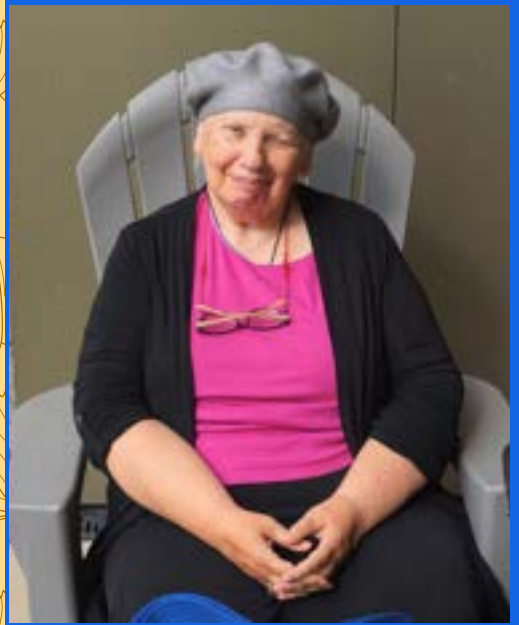
**November Birthday
Party @ 1:45 pm - Back
Dining Room**



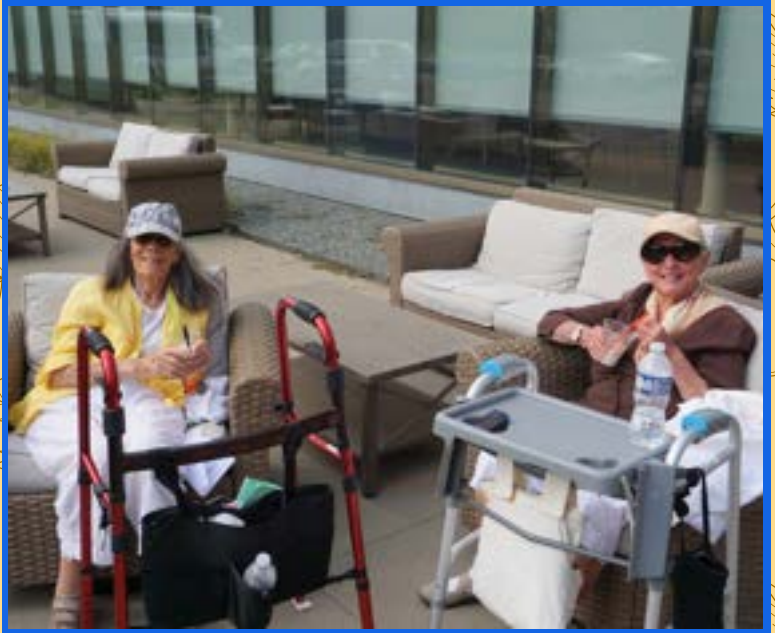
Pizza In The Hut!



Pizza In The Hut!



Pizza In The Hut!





Happy Birthday!



Birthday Party



-  **Wednesday, November 1st - Kosher Donuts and other delights: A trip to Kosher Dunkin Donuts on Devon Ave - Depart at 2:00 pm**
-  **Thursday, November 2nd - Allan Kaye duo @ 6:45pm - Back Dining Room**
-  **Sunday, November 5th - Ada Trio @ 1:45 pm - Back Dining Room**
-  **Wednesday, November 8th - Broadway In Chicago – Company @ 2:00 pm.
Bus Departs @ 11:45 am**
-  **Wednesday, November 8th - Jeff Winter @ 6:45pm - Back Dining Room**
-  **Sunday, November 12th - Daniela Bisenius violin duo @ 1:45 pm - Back Dining Room**
-  **Sunday, November 12th - Rummy Q Tournament @ 6:45 pm – 2nd Floor Aviary Lounge**
-  **Wednesday, November 15th - Carlo Basile guitar and Letitia flamenco dancer @ 6:45 pm - Multi-Purpose Room**
-  **Sunday, November 19th - Maya Kramer Musical Bingo @ 1:45 pm - Back Dining Room**
-  **Sunday, November 19th - Art Workshop with Michelle Drucker @ 2:45 pm – 2nd Floor Aviary Lounge**
-  **Sunday, November 19th - Joe Eng's student recital @ 3:30 pm - Multi Purpose Room**
-  **Wednesday, November 22nd - Lyric Opera: Daughter of the Regiment**
-  **Wednesday, November 22nd - Yan Skladman piano @ 6:45 pm - Back Dining Room**
-  **Sunday, November 26th - Norbert Wojcik piano @ 1:45 pm - Back Dining Room**
-  **Wednesday, November 29th - Rivers Casino in Des Plaines, IL @ 12:30**
-  **Wednesday, November 29th - Steve Gibbons violin and Carlo Basile guitar @ 6:45 pm - Back Dining Room**
-  **Tuesday, November 28th - Magic with Greg The Magician @ 1:45 pm – TV Room**

Thursday, November 30th
November Birthday Party
@ 1:45 PM - Back Dining Room

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