



Even with all the cleaning, shopping, and cooking, Passover is my favorite holiday. Pesach always conjures up memories of my family sitting around the table and enjoying the Seder together. My grandmother, of blessed memory, always made charoset using a “charoset chopper” – a mason jar with a sharp blade attached to a handle (no food processor for her). To this day, Passover charoset made with the “charoset chopper.”

Passover is the ultimate family holiday – multiple generations sitting around the table reading the Haggadah while learning and eating together long into the night. This year I hope everyone is able to make some time to spend with family whether it is on Seder night or a Chol HaMoed meal. As Passover 2024 approaches, let’s remember our past Passover tables while continuing to make new memories around our present-day tables.

This year, I will be creating new memories with my family as we celebrate together in Israel. On behalf of my family, I wish you all a Happy and Healthy Passover.

## Shabbat & Passover Times

April	Candle Lighting	Havdalah
4/5-4/6	7:01-7:21 pm	8:06 pm
4/12-4/13	7:09-7:29 pm	8:14 pm
4/19-4/20	7:17-7:37 pm	8:23 pm
4/22 (Passover)	7:20-7:40 pm	
4/23-4/24 (Passover)	8:27-8:47 pm	8:28 pm
4/26-4/27 (Passover)	7:24-7:44 pm	8:32 pm
4/28 (Passover)	7:27-7:47 pm	
4/29-4/30 (Passover)	8:34-8:54 pm	8:36 pm

## April Birthdays

Rachel Stern	4/4
Deborah Zern	4/8
Michael Weiss	4/8
Bessie Harris	4/11
Carol Mirell	4/11
Miriam Suss	4/18
Harriet Lavenda	4/27
Esther Lichtshein	4/28
Golda Rivka Clay	4/28
Phyllis Brody	4/28

HAPPY BIRTHDAY

## Welcome to Park Plaza

Fran Fogel  
Nancy Portovny  
Sharon Skidelsky

## In Memoriam

Leila Handelman  
Rabbi Mel Lifsys  
Eleanor Goodman

## Mazel Tov

- Debbie Zern on the birth of a great-granddaughter
- Simi Shandalov on the engagement of her grandson
- Bitsy Simon on the birth of a great-grandson
- Esther Lichstein on the Bat Mitzvah of her great-granddaughter and the Bar Mitzvah of her great-grandson
- Bonnie Block on the Bnai Mitzvah of her two great nephews
- Nate Rubenstein on the birth of a great-granddaughter
- Seymour Lepp on the engagement of a great-granddaughter and the Bar Mitzvah of his great-grandson
- Mr. and Mrs. Lothar Kahn on the birth of a great-granddaughter
- Lee Taxer on the marriage of her grandson
- Lee Glickman on the birth of a great-granddaughter

*congratulations!*



# Crystal Home Health with Julie



Welcome to April! Did you know.....April is Occupational Therapy (OT) Month? This vital aspect of therapy can help improve your ability to perform daily functions with greater independence. As the population of seniors continues to increase, occupational therapy offers solutions to everyday challenges.

Therapy can help seniors who want to “redesign” their lives to experience a better quality of life. Occupational therapists can address potential barriers or fears that prevent seniors from being able to experience valued life activities. This instruction in compensatory techniques for activities of daily living improves independence and lets seniors safely perform tasks without assistance.

Occupational therapists can help seniors compensate for daily challenges such as dressing, feeding, driving, and basic home management. They can also work to improve fine motor skills, coordination, and dexterity. In addition, occupational therapy can help seniors improve static and dynamic balance to facilitate independence with daily living skills.

While occupational therapy is beneficial for people of all ages, it is especially helpful to seniors who are regularly dealing with physical and mental changes. Occupational therapy can address deficits identified in functional cognitive skills such as problem-solving, complex tasks, medication management, and other cognitive skills.

Occupational therapists can make sure to provide a safe and comfortable atmosphere for you and make life a little easier. Visit Julie Petelle, Wellness Coordinator, in the Wellness Center to find out more and see if getting occupational therapy can benefit you!

Note: A physician’s order is required for occupational therapy services. Medicare and most insurance are accepted.

# From the Rabbi's Desk



Rabbi Eitan Allen

Towards the end of the month, we will celebrate Pesach. A momentous time of year filled with tradition, inspiration, and spiritual significance. One important prayer will occur on the last day of Pesach when we will recite Yizkor. Yizkor is a time of remembrance and memorial. It is also a time when we pray for the souls of our dearly departed and pledge to donate to charity in

their merit. Yom tov not only allows us to spend time with our family and friends but it reminds us of our family that is no longer here. We remember their tradition, songs, recipes, and more as we try to bring a little bit of them along with us as we celebrate.

As we celebrate another Pesach we have so many memories we bring and so much excitement and emotion that accompanies the holiday. This year in particular we cannot forget that Israel is at war and that so many soldiers are putting their lives on the line to keep Jews safe, no less important are the hostages who are still held in captivity by their cruel captors. They too must metaphorically come to our Seder and our Pesach along with those loved ones we are keeping in mind.

Our tables will be fuller, but our hearts will be richer. As we go through Passover and prepare for an uplifting Yom tov, we will bring the memories and feelings of departed loved ones and will also bring those in Israel who are prisoners and those fighting on the front lines. Let us connect fully to this time of freedom and let us connect with Hashem who makes freedom for us all. Let us hope that this Passover will usher in a time of true freedom and redemption for us and all of Israel.

Wishing everyone a Joyous and Sweet Passover

Rabbi Allen



# Orchid Show



# Happy Purim!









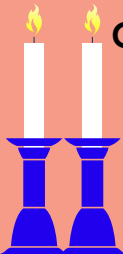





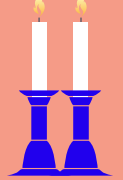


# April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
 <p><b>HAPPY PASSOVER</b></p>	<p>1 22 Adar II</p>	<p>2 23 Adar II</p>	<p>3 Ken's Dining Outing @ Gus Fried Duo @ 6 Back Dining</p>
<p>7 28 Adar II Ada Trio @ 1:45 pm - Back Dining Room</p> 	<p>8 29 Adar II</p>	<p>9 1 Nisan</p>	<p>10 Sarah's Oven for Shopping Sarah's 11:30</p> 
<p>14 6 Nisan Daniela Bisenius Duo @ 1:45 pm - Back Dining Room</p>  <p>Rosh Chodesh presentation with Kreindel Pinkus &amp; performers from Orot @ 3 pm - Room 104</p>	<p>15 7 Nisan</p>	<p>16 8 Nisan Cantor Kohan (Cantorial Program) @ 2 pm - Back Dining Room</p> 	<p>17 The N Ensemble - Back Dining Curious In the Dog Theater @</p>
<p>21 13 Nisan Alan Kaye Ensemble @ 1:45 pm - Back Dining Room</p> 	<p>22 14 Nisan CANDLE LIGHTING 7:20-7:40 PM</p>  <p>EREV PESACH</p>	<p>23 15 Nisan CANDLE LIGHTING 8:27-8:47 PM</p>  <p>FIRST DAY OF PESACH</p>	<p>24 SECOND DAY</p> 
<p>28 20 Nisan CANDLE LIGHTING 7:27-7:47 PM</p>  <p>4TH INTERMEDIATE DAY OF PESACH</p>	<p>29 21 Nisan CANDLE LIGHTING 8:34-8:54 PM</p>  <p>SEVENTH DAY OF PESACH</p>	<p>30 22 Nisan HAVDALAH 8:36 PM</p>  <p>EIGHTH DAY OF PESACH</p>	



# 2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>24 Adar II</p> <p>er Lunch 11:30 am</p> <p>dlander :45 pm - ng Room</p>	<p>4</p> <p>25 Adar II</p>	<p>5</p> <p>26 Adar II</p> <p>CANDLE LIGHTING 7:01-7:21 PM</p>  	<p>6</p> <p>27 Adar II</p> <p>HAVDALAH 8:06 PM</p> 
<p>2 Nisan</p> <p>s Brick Lunch &amp; ing at Tent @ am</p> 	<p>11</p> <p>3 Nisan</p>	<p>12</p> <p>4 Nisan</p> <p>CANDLE LIGHTING 7:09-7:29 PM</p>  	<p>13</p> <p>5 Nisan</p> <p>HAVDALAH 8:14 PM</p> 
<p>9 Nisan</p> <p>orbert @ 6:45 pm ning Room</p> <p>ncident of - Skokie @ 1:30 pm</p>	<p>18</p> <p>10 Nisan</p>	<p>19</p> <p>11 Nisan</p> <p>CANDLE LIGHTING 7:17-7:37 PM</p>  	<p>20</p> <p>12 Nisan</p> <p>HAVDALAH 8:23 PM</p> 
<p>16 Nisan</p> <p>HAVDALAH 8:28 PM</p> <p>Y OF PESACH</p>	<p>25</p> <p>17 Nisan</p> <p>Koleinu Band from Ezra Habonim Niles Township Synagogue @ 1:45 pm - Back Dining Room</p> <p>River's Casino in Des Plaines - Bus Departs @ 12 pm</p> <p>1ST INTERMEDIATE DAY OF PESACH</p>	<p>26</p> <p>18 Nisan</p> <p>CANDLE LIGHTING 7:24-7:44 PM</p>   <p>2ND INTERMEDIATE DAY OF PESACH</p>	<p>27</p> <p>19 Nisan</p> <p>HAVDALAH 8:32 PM</p>  <p>3RD INTERMEDIATE DAY OF PESACH</p>





# Park Plaza Player's Purim Shpiel



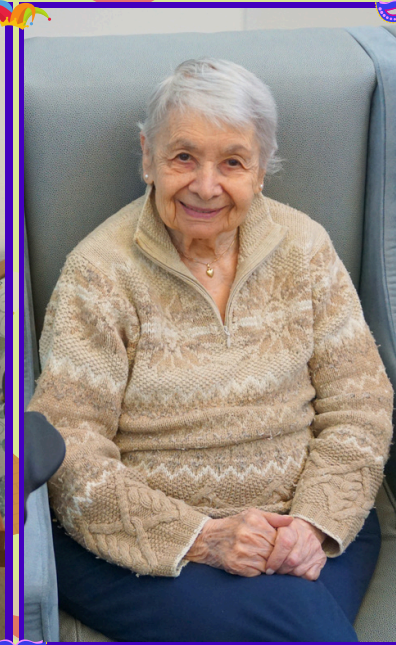


# A Purim Visit from Hillel Torah





# A Purim Visit from Hillel Torah





# Happy Birthday!!



# March Birthday Party!





 Wednesday, April 3rd

Kosher Taste of Chicago: Ken's Diner - Bus Departs @ 11:30 am

 Wednesday, April 3rd


Gus Friedlander Duo @ 6:45 pm - Back Dining Room

 Sunday, April 7th

Ada Trio @ 1:45 pm - Back Dining Room

 Wednesday, April 10th

Pre-Passover Lunch & Shopping: Sarah's Brick Oven for Lunch & Shopping at Sarah's Tent - Bus Departs @ 11:30 am

 Sunday, April 14th


Daniela Bisenius Duo @ 1:45 pm - Back Dining Room

 Tuesday, April 16th


Cantor Kohan (Cantorial Program) @ 2 pm - Back Dining Room

 Wednesday, April 17th

Play - Curious Incident of the Dog - Skokie Theater - Bus Departs @ 1:30 pm - Early Lunch @ 11:30 am

 Wednesday, April 17th

The Norbert Ensemble @ 6:45 pm - Back Dining Room

 Sunday, April 21st

Alan Kaye Ensemble @ 1:45 pm - Back Dining Room

 Thursday, April 25th

Koleinu Band from Ezra Habonim Niles Township Synagogue @ 1:45 pm - Back Dining Room

 Thursday, April 25th

River's Casino in Des Plaines - Bus Departs @ 12 pm - Passover Box Lunch will be provided



**Thursday, April 18th**  
**April Birthday Party**  
**@ 1:45 PM Back Dining Room**

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