



February is widely considered a boring or gloomy month, often labeled an "un-month" due to its short length, cold, harsh weather, and lack of significant, widely celebrated holidays between New Year's and spring. That is incorrect; there are many exciting and important events in February.

- Black History Month – Recognizing the achievements and history of African Americans.

- American Heart Month – Focusing on cardiovascular health and awareness.
- February 1–2: Tu Bishvat – A Jewish holiday known as the "New Year of the Trees".
- February 1: National Freedom Day – Commemorates the signing of the resolution that became the 13th Amendment outlawing slavery in the United States.
- February 2: Groundhog Day – A traditional U.S. and Canadian custom to predict the arrival of spring.
- February 8: Super Bowl LX – One of the biggest sporting events in the U.S., held this year on the second Sunday.
- February 11: International Day of Women and Girls in Science – Promoting full and equal access to and participation in science.
- February 12: International Epilepsy Day
- February 16: Presidents' Day

Let's not forget the most important holiday of February...Baseball Spring Training starts Wednesday, February 11th. Have a great February!

Candle Lighting Times

February	Candle Lighting	Havdalah
2/6 - 2/7	4:52 - 5:12 pm	5:57 pm
2/13 - 2/14	5:01 - 5:21 pm	6:05 pm
2/20 - 2/21	5:10 - 5:30 pm	6:14 pm
2/27 - 2/28	5:18 - 5:38 pm	6:22 pm

Announcements

February Birthdays

Jeannine Simon	2/05
Renee Lifsics	2/09
Ben Gross	2/22
Elise Rozenberg	2/22
Phyllis Singer	2/22
Paula Warnick	2/22
Ira Hantz	2/25
Sue Kahn	2/27



THERE'S
SNOWBODY
LIKE
YOU!

Mazel Tov

- ✧ Esther Lichtshein on the engagement of her great-grandson.
- ✧ R. Lee Glickman on the birth of a great-grandson.
- ✧ Emily Morris on the marriage of her grandson.
- ✧ Fran Fogel on the marriage of her granddaughter.
- ✧ Bonnie & R. Michael Myers on the birth of a great-grandson.
- ✧ Sarah & Dr. Avraham Brandes on the birth of a great-grandson.
- ✧ Sue & Lothar Kahn on the birth of a great-granddaughter.
- ✧ Nancy Lamm on the marriage of her grandson.
- ✧ Seymour Lepp on the engagement of his great-grandson.
- ✧ Barbra Bergman on the birth of a great-grandson.
- ✧ Sam and Rena Wilen on the birth of their great-grandson.

From the Rabbi's Desk



At the beginning of this month, we will celebrate the Jewish holiday of Tu B'Shvat. Tu B'Shavat is popularly known as the new year for trees. It goes without saying that the trees do not need a new year, but the Gemara says this is a legal and agricultural designation. It is customary to eat many fruits on Tu B'shvat, such as olives, dates, pomegranates, oranges, and many others. Yet, when we look outside, there is not a single fruit

on any of the trees. One rabbi said that the message of Tu B'Shvat is that although the fruits have not yet grown, the process that creates them has begun! Man is compared to a tree, and man, just like the fruit trees, is active even before the fruit has materialized. The great Chasidic master, Rabbi Nachman of Breslov, taught, "A person is not only where he is physically, but where he is thinking about being." Tu B'Shvat reminds us that to do good, we must think good and that every good thing starts with the right attitude and perspective. While it is still cold and wintry, we can work on keeping our good perspective and making sure we are thinking and feeling in the right direction, even before we can perform the good deeds we want.

On Tu B'Shvat, it is not only appropriate to reassess our motivations and desires, but the fruits themselves can also help us connect with our feelings of gratitude. Rabbi Avigdor Miller ZT'L would often reflect that the world is replete with so many kinds of fruits in all shapes, sizes, and colors. Do we take the time to marvel at them? How beautiful is the apple, how round, how sweet, with the perfect firm yet soft texture, bursting with flavor. How Juicy is the orange, how flavorful is the date. Do we give thanks for the Honey we get from the dates or the oil we get from the olives? Tu B'shvat reminds us to be grateful for the miraculous and wondrous world we live in, and when we have an opportunity to make a Bracha on these beautiful fruits, let us cherish the praise we offer to Hashem for the world he has given us.

Wishing you a Happy Tu B'Shevat and a wonderful month

Rabbi Allen

Beat the Winter Blues!

As the days grow shorter, colder, and darker, it's natural to feel your mood dip. This feeling, often called the "winter blues," can be tough to shake—but you can beat it, even before bright, sunny days of spring return.

The winter blues are temporary and a normal reaction to seasonal changes. You might feel sad, tired, or want to stay in your apartment more than usual. If this sounds familiar, it's a great time to try something new. Park Plaza offers over 50 activities every week—exercise classes, music performances, lectures, religious services, and so much more. Just attending one new activity a week, even briefly, can boost your mood and help you break out of the winter blues.

To make it even more fun to get involved, pick up a “Beat the Winter Blues Incentive Card” (as shown below), which will be at the front desk later this week. Attend 10 programs and get the staff member responsible for them to initial. Once you’ve filled your card, return to the front desk, and you’ll be entered into a raffle!



Beat the Winter Blues
Attend 10 programs & get entered
into a raffle!
Turn cards in at the Front Desk.

The image shows a blue rectangular card with a white scalloped bottom edge. At the top, the title "Beat the Winter Blues" is written in white, flanked by snowflake icons. Below the title, the text "Attend 10 programs & get entered into a raffle!" is centered. Underneath that, "Turn cards in at the Front Desk." is also centered. The bottom half of the card features a grid of ten white circles arranged in two rows of five, intended for initials.

A Million Dreams Outing



Sandwich Club Outing



Walking Club



February

Sunday	Monday	Tuesday	Wednesday
1 Nicole Lucas Improv Workshop @ 3 pm - TV Room	2	3	4 Lyric C Outing C Tutte @ Pianist Hoffma 6:45 pm Dining
8 Crook County Blues Band @ 1:45 pm - Multi- Purpose Room Superbowl Party @ 4 pm - Activity Room 104	9	10 Chesed Project: Making sandwiches with Love to be donated to Hersh's Fridge at Skokie Valley Synagogue @ 2:30 pm - Front Dining Room	11 OUTING: Library @ Wilme Klezmer C @ 6:45 pm Dining
15 Junior Klezmer Orchestra @ 2:30 pm - Back Dining Room	16 Shopping Outing: Trader Joe's in Evanston @ 2 pm New Club! - Fine Art Club with Danielle @ 2:45 pm - Activity Room 104	17 Ice Cream Meet & Greet with Fellow Residents @ 2:30 pm - Back Dining Room	18 OUTING: C rehearsal Lecture w Matanky @ Stu Fr 6:45 pm Dining
22 Delivery of Mishalach Manot from Beth Emet Hebrew School @ 11 am - Front Lobby Pianist Katrina Sudman @ 1:45 pm - Multi-Purpose Room	23	24 Culinary Arts Program: Cooking Demonstration - Japanese Matcha pancakes @ 2 pm - Activity Room 104	25 OUTING: Theatre F Compa 12:30 Hugo's k 6:45 pm Dining

Wednesday

Thursday

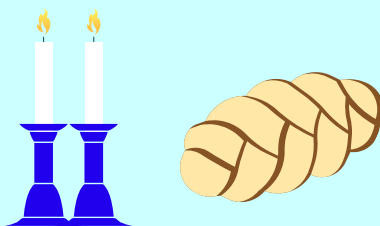
Friday

Saturday

Opera
Cosi Fan
@ 2 pm
Mark
an @
- Back
Room

5
Come and Learn
some Torah with
students from
the Skokie
Yeshiva @ 2 pm -
Room off Lobby
(Small Shul)

6
CANDLE LIGHTING
4:52 - 5:12 PM



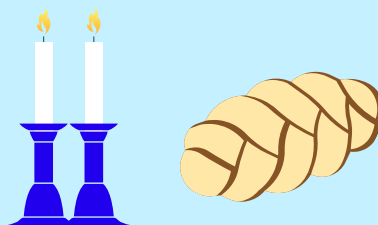
7
HAVDALAH
5:57 PM



: Skokie
@ 2 pm
etsky
Orchestra
m - Back
Room

12
Park Plaza
Choir Concert
@ 1:45 pm -
Back Dining
Room

13
CANDLE LIGHTING
5:01 - 5:21 PM



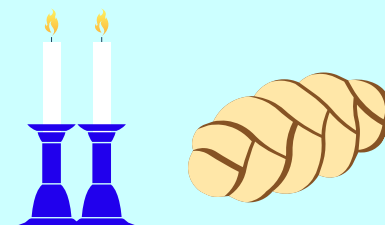
14
HAVDALAH
6:05 PM



CSO open
l @ 10 am
with Rabbi
@ 1:45 pm
ank @
n - Back
g Room

19
Caregiver/
Volunteer
appreciation
party @ 2 pm -
Front Dining
Room

20
CANDLE LIGHTING
5:10 - 5:30 PM



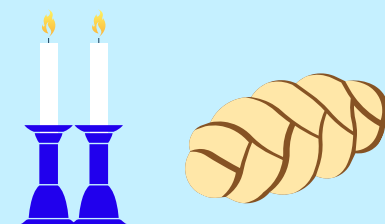
21
HAVDALAH
6:14 PM



: Skokie
Presents:
any @
0 pm
Elvis @
n - Back
g Room

26
Shopping with
Barb's Boutique
@ 11 am - Activity
Room 104
Birthday Soiree
@ 1:45 pm - Back
Dining Room

20
CANDLE LIGHTING
5:10 - 5:30 PM



28
HAVDALAH
6:22 PM



Happy New Year!



Happy New Year!



Visit from NCSY Youth Group



Sandwich Making for Hersh's Fridge



Volleyball Club



Happy Birthday!!



Birthday Party!

