

Menorah Lights



April 2018

Again, **Thank you** (truly) to all of you who have participated in our monthly programs. Our goal and desire is to continue to grow programming and increase involvement. Talk up programs and invite a friend! The more the merrier!

HUD Housing Director Update:

Happy Almost Spring! We have lots of new tenants in the building so please take time to say hello and introduce yourself.

Please remember that the parking spots along the retaining wall are reserved for paying tenants. If you see an illegal vehicle in one of these spots please alert staff.

Reminder: Please do not flush wipes of any kind down the toilets at Menorah Plaza. Wipes from our building have continued to clog the main sewer system at the City of St. Louis Park.

Social Worker Update: Another reminder for those residents with pets, we ask that you sign a document stating who staff should call to care for your pets when you are not here. Staff is no longer able to care for your pet when you are hospitalized or on vacation. If they are left unattended for more than 2 days, staff will need to call Animal Control to remove the animal.

If anyone is having trouble with their Hennepin Cty. paperwork, Joyce is happy to help you with the forms. If Joyce is not here and you still need help, you can get assistance from the county by calling 612-596-1300.

PROGRAM DESCRIPTIONS & UPDATES:

Shopping and Outing opportunities with the KPA Bus:

Thursday April 26th we will be going on an Outing to Walmart. Don't forget our 2 bag maximum and Jae is not responsible for loading and unloading your goods! Make sure to sign a contract before leaving on the bus. Thanks for all who have done so! 😊

Twins Game:

On April 11th Jae will take 4 tenants to a Twins Game at Target Field! All the tenants can apply as long as they can navigate by themselves and are able to sit for long periods of time. Jae will create a fair drawing and draw 4 names out of a bucket on Monday April 9th at 12pm. If you would like to be in the running to attend this event stop by the office and let Jae know!

Program Meeting:

Monday April 9th at 1:00pm meet with Jae to discuss potential programming ideas, issues, and other concerns you may have. Give me your feedback/ideas regarding our programs! What are your interests? What would you like to see more (or less) of? What outings do you want to go on in May?

Please see Jae if you are interested in leading a program! We're always looking to add more programming on weekends, but just need someone who would be willing to lead a group.



Spring Program:

April's focus is SPRING! We will discuss a variety of topics and do activities related to spring including: plants and planting, decorations for the garden, nature walks, spring clean up, and much much more! The program will take place on April 2nd, April 16th, and April 30th at 3pm. The last day of this program will be to an outing to a fun location!

Manicure Mondays:

Need your nails groomed and painted? Come see Jae every Monday morning at 11:30am and start off your week right!! We're trying to stay as close to the scheduled time for the program as much as possible, so please note that if the program is scheduled to start at 11:30am...we will start at 11:30am☺

Craft Corner:

Monday's at 2:00pm in the Community Lounge with Jae. Every Monday come and enjoy a new fun craft! These crafts include jewelry, painting, card making, magnets, décor and so much more!!! There will be a new craft every Monday! Stop by and see it for yourself! **EXCEPT** for Monday the 23rd.

Drama Interaction:

Monday April 9th and 23rd at 3:00pm in the Community Lounge. Come enjoy improv and fun activities with the ladies of Drama Interaction. **NEW Russian speaking volunteer!**

Flex Your Brain:

Flex Your Brain is a FUN educational class for the benefit of memory and preventing Alzheimer's and dementia. We go through various materials from optical illusions to brainstorming and have a great time! Who said exercising your brain can't be fun?!? Please come! This program will take place every Wednesday at 2:00pm in the Community Lounge.

Neat Needlework:

Join fellow knitting and crocheting enthusiast every Thursday at 10am in the community lounge. If you are a knitting novice, we have supplies to lend you and the know-how to teach you! Otherwise bring your needles and yarn for a fun hour of creating something beautiful!

Workout (Monday &) Wednesdays with Jae:



Monday and Wednesday from 4pm-5pm come exercise in the Community Lounge. This group will be led by Jae and will be similar to the Live 2B Healthy program. Live 2B Healthy will no longer be a program offered at MPZ. Wednesday the 11th Jae will not be able to facilitate due to an outing. Jae would love feedback and is open to suggestions about this new group!

Bingo:

Monday evenings at 7:00pm in the Community Lounge with Berton. Win lots of \$\$\$\$!

Reminiscence Group:

Do you love to talk about the "good old days?" Well come join fellow tenants in a constructive conversation! Each Wednesday at 11:30 in the first floor lounge we will cover a new topic!

Fire Marshall Visit:

April 30th at 3pm the Fire Marshall will be coming to talk about what he does, give out file of life, and show a short video. I hope to see you all there!!!

Movie Nights:

Come gather together in the Community Room on Thursday nights at 7pm and enjoy a TV movie together!

Bible Study:

Regina will be hosting bible study 12:00pm in the community lounge every Saturday.

Russian Movie Night:

Tuesdays, April 3rd and 17th at 7:00pm in the Community Lounge. Enjoy a Russian movie together!

Russian Club

April 26th at 7pm in the community lounge.

Birthday Party:

Wednesday, April 25th there will be a birthday in the community lounge with Dan Newton!

Shabbat Services:

Shabbat Service Fridays April 6th, 13th, 20th, and 27th at 6:15pm in the Community Lounge.

Beauty Shop:

Every Wednesday in April on 3rd Floor

Please call for appointments: (612) 250-1084. She only works by appointments.

The hours of operation are 9:00am until the last appointment is done.

An Afternoon with Rita Lusky:

Friday, April 13th at 12:45pm on the First Floor.

Wednesday, April 18th at 2:30pm in the Community Lounge.

Join Rita as she warms our hearts & souls with songs of love everlasting (& more!)

Sing along:

Tuesday at 12:30 First floor lounge come Sing along to songs with Elena!

Russian Language Lessons Beginner:

Tuesdays at 1pm with Elena in the Community Lounge!

Onsite Podiatry visit:

Podiatry will be at MPZ April 18th . Sign up outside Jae and Elena's office.

Rabbi Shagalow's Service:

Pesach 7 at 9:30am on April 7th in the community lounge.

Pesach 8 at 9:30am and Yizkor at 10:45 on April 7th in the community lounge.

MVH" C Iyar-Shemini at 9:30 on April 14th in the Community Lounge.

English Language Lessons:

Friday at 11am in the community lounge with Elena!

The Menorah Mini Store:

Tuesday and Thursday from 11am-1pm, thank you **Cora!**

Food Distribution:

Eastside Food Program will be held in the Community Lounge the dates are: **Thursdays, April 5th and 19th starting promptly at 3:00pm.** Participation in this program is optional. But you must sign up prior to the dates listed if you would like to participate. In an effort to ensure a successful program we are seeking volunteers. No heavy lifting is required. Please contact Jae or Elena.

Food Distribution Protocol:

Sign your name on a list either with Jae or Elena **BEFORE** 3:00pm. Each tenant's apartment number is placed in the bucket when they sign their name on the sheet. Apartment numbers will be drawn randomly. When your apartment number is called you will be able to move through the line once. You will be invited to go through the line a second time once **all** apartment numbers have been drawn. We are looking for new volunteers for food distribution!!! If this is something you would be interested in please stop by the Rec therapy office! 😊

Entertainers:

- Rita Lusky: Friday, April 13th at 12:45pm on the First Floor and Wednesday, April 2:30pm on the Community Lounge.
- Father Ron: April 11th at 1pm in the 2nd floor lobby. Come listen to the amazing violin 😊
- Illya Freyter: April 6th and 20th on the first floor. Illya will also be doing a Israel program April 23rd at 2pm.
- Dan Newton: Performing for the Birthday party on April 25th in the Community Lounge.

Menorah Plaza Monthly Programs:

Please note the regularly scheduled programs at Menorah Plaza. A complete listing can be found on your daily Program calendar.

Prize Box:



A new prize system will be starting for the entire month of April! Your name will be added to the prize box drawing for every group you participate in, every concert you attend, and every time you talk to Jae about a concern. Jae will draw a name on April 30th to see who wins the prize! May the odds be ever in your favor!!! 😊

Personal Advertising:

Please be considerate to all who reside at Menorah by not hanging personal signage and advertising in hallways, elevators and common areas.

Menorah Plaza ensures every attempt to avoid last-minute changes, however for a variety of unanticipated reasons, programs may need to be rescheduled or canceled. The daily schedules found in the elevators are always the most current. Please check those for the most up-to-date information.

Thank you for your consideration.

Elena and Jae can both be reached at 952-653-3682.

Please note that suggestions are always welcomed for new programming ideas. Help us make you happy!