

OCTOBER 2024

Shana Tova



HAPPY NEW YEAR 5785!

Our wishes to all for a Sweet and Healthy New Year

Rosh Hashanah.....October 3-4
Yom KippurOctober 12
SukkotOctober 17-23
Shemini AtzeretOctober 24
Simchat TorahOctober 25

 **WEEKLY PROGRAMS**

Unless otherwise noted, all our meetings and programs are held at Adath Israel Congregation, 1958 Lawrenceville Rd, Lawrenceville.

 **AGENDA FOR THE DAY**

11:15 • Meeting, Announcements, Current Events

12:15 • Lunch Time, Bring your own, dairy or pareve lunch & enjoy it along with your friends. Your lunch must follow Adath Israel's "Potluck Policy" for kashruth.

1:00 • Program of the Week

Monday, October 7

“Simple Surprising Keys to Building Loving Healthy Relationships (With Everyone In Your Life)”

Gail Siggelakis, Author, Educator and Coach

The greatest predictor of a long life is sustaining warm, supportive relationships. Learn some keys to warm up your relationships. Gail will present ideas from her award-winning book, *The Affirming Way of Life: See the Good, Speak the Good, Spread the Good*. Her talks are engaging, interactive, and she makes sure you take away ideas to use to make your relationships even better.



Monday, October 14th

CLOSED IN OBSERVANCE OF COLUMBUS DAY.

Monday, October 21st

CHARLES CLARKSON, ESQ.
Director of Senior Medicare
Patrol of NJ

Charles will update us with the most current Medicare information for this coming year. What can we expect; what may be new. And most importantly, how to stay alert to any potential scams in the name of Medicare.



Monday, October 28th

“UNDERSTANDING OUR ELECTION AND

ELECTION '24 ISSUES AT STAKE

THE ELECTORAL COLLEGE"

Phyllis and Irwin Stoolmacher

Prepare yourself for Election Night with the help of Phyllis and Irwin.

Phyllis earned a BA in Political Science from Michigan State University and MA in Political Science from Rutgers University where she studied as an Eagleton Graduate Fellow.

Irwin earned an AA in Political Science and Government from Suffolk County Community College, a BA in Political Science from SUNY Binghamton and an MA in Political Science from Rutgers University where he studied as an Eagleton Graduate Fellow.

They refer to themselves as "Political Junkies" and heavily follow national, state, and local politics.

BIRTHDAYS

October 16th - Janice Gross

October 23rd - Harriet Belovin

(who will be celebrating her 101st birthday in Arizona!)

The Golden Age Club is a program of the JCC Princeton Mercer Bucks and Abrams Camps. It provides a place for socialization, education, and entertainment for those in their golden years. Our seniors enjoy speakers, celebrating Jewish events, and a sense of community.



SPONSORED BY



JCC Princeton Mercer Bucks & Abrams Camps

148 Cedarville Road, East Windsor NJ 08520

609.606.7070

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