



November 2023



Our heartfelt wishes to all for a Happy and Peace-Filled Thanksgiving!

Marilyn Holtzman  
*Golden Age Chairperson*

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 **WEEKLY PROGRAMS**

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

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**Monday, November 6th**

## "PAIN PREVENTION AND BALANCE PRESENTATION"

Dr. Victor Alfieri



Join Dr. Victor Alfieri of AllCure Spine & Sports Medicine on November 6<sup>th</sup> for an educational presentation on **pain prevention** and **balance**. Dr. Victor is a doctor of Physical Therapy with almost a decade of experience treating and improving the lives of patients right here in Central New Jersey! His expert team at AllCure helps patients manage and prevent arthritic pain, neuropathy pain, spinal stenosis, and more through Acupuncture, Chiropractic, and Physical & Occupational Therapies.

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### **Monday, November 13th**

"LONELINESS, SOCIAL ISOLATION, AND YOUR WELL-BEING"

Alison Thomas-Cottingham, Ph.D



Dr. Thomas-Cottingham, a faculty member and researcher at Rider University, will discuss the findings of the recent report from the Surgeon General that has deemed loneliness and social isolation an **epidemic**. She will clarify the differences

between the two, speak about their impact on our health and share recommended interventions. Dr. Thomas-Cottingham has conducted many workshops and delivered presentations at senior centers throughout NJ on multiple topics, from sexual health among older adults to the importance of social relationships.

What can you do to minimize the loneliness that may be experienced by family, friends and self??

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### **Monday, November 20th**

"A TRIP TO THE PRINCETON SENIOR RESOURCE CENTER"

101 Poor Farm Road, Building B, Princeton



Join us from 11:00 to 12:30 for a tour of the PSRC facility and a multimedia presentation of their lifelong learning programs, volunteer opportunities, intergenerational programs, and robust social service

support. The presentation will be followed by a short fall crafts project and coffee and treats.

Please email Marilyn with your reservation, to get directions or a wish to carpool. [marilyn@worldwide-web.com](mailto:marilyn@worldwide-web.com)

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## Monday, November 27th

"B I N G O !!! YOU WIN!"

Time for some F U N. No charge to play this popular game with us. Prizes for all the winners.



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## SAVE THE DATE

### Monday, December 11th

"OUR ANNUAL HANUKKAH CELEBRATION"

Join us for a luncheon with "lotsa latkes", candle lighting and musical entertainment with Avi Wisnia!



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## AGENDA FOR THE DAY

*Note some time changes this year*

11:00 • Coffee & Catching Up

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

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## BIRTHDAYS

November 3 –Karen Kaplan  
November 13 - Irene Hechler  
November 18 – Cyla Schall  
November 19 – Etta Bray

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*Meet Pat Clarfield*  
*In her own words...*

Pat Clarfield grew up the oldest of five girls in the north suburbs of Chicago. After attending the University of Illinois at Champaign-Urbana, she lived ten years in San Diego. She worked for a specialty chemical manufacturer there, and relocated to New Jersey when the company assigned her a sales territory covering New England and New Jersey.

Pat and Steve were married and have two children, Sarah and David. Both children graduated from the University of Maryland--and never moved back to New Jersey! :(

Pat worked for a large privately-held New Jersey firm and was the executive assistant for the company's CEOs and CFOs for many years. (Interesting coincidence: the New Jersey company acquired the firm that Pat had worked for in San Diego all those years earlier!)

Pat was a member for many years at Temple Shaari Emeth in Manalapan and became a Jew-by-Choice in 2000. She joined Congregation Beth Chaim in 2014 and was elected to their Board of Trustees in June. Pat is also an active member and newsletter editor for the Freehold Branch of the American Association of University Women.

*Editor's Note:*

Pat can always be counted on to help us in any way ---fill in for an absent secretary or be our photographer whenever needed. Thank you, Pat.

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Looking for community?

As we enter into a New Year 5784, now is a good time to



Join the Golden Age Club!  
For more information click [here](#).

Learn  
More

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*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

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[jccpmb.org/golden-age-club](http://jccpmb.org/golden-age-club)

STAY CONNECTED

