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Newsletter | December 2017

Tasty Shakshuka Recipe



With the holidays approaching—we want to take the time to celebrate both Christmas and Hannukah with our residents and families. In the spirit of the holidays we are sharing a wonderful recipe for an Israeli dish that many of you may have tried in the past, and for those that have not...well GIVE IT A TRY. IT WON'T DISAPPOINT!

When we say the word shakshuka, people often give me a strange look... like I've sneezed, or something. If you are not familiar with this delicious, easy and healthy Middle Eastern dish very popular in Israel, we are thrilled to introduce the concept to you.

Ingredients

- 3 tablespoons canola oil
- 2 medium yellow onions, chopped
- 1 large green bell pepper, cored, seeded, and chopped
- 1 large jalapeño chile, cored, seeded, and chopped
- 7 garlic cloves, finely chopped
- 1/4 cup tomato paste
- One 28-ounce can whole peeled tomatoes, crushed by hand
- 1 bay leaf
- 2 1/2 tablespoons sugar
- 1 1/2 tablespoons kosher salt

- 1 tablespoon sweet Hungarian paprika
- 1 tablespoon ground cumin
- 1 1/2 teaspoons freshly ground black pepper
- 1 teaspoon ground caraway
- 1/2 bunch Swiss chard, stemmed and chopped, or spinach
- 8 to 12 large eggs

Preparation

1. Heat oil in a large skillet. Add onions and sauté over medium heat until translucent, 5 to 10 minutes. Add bell peppers and jalapeño and cook just until softened, 3 to 5 minutes. Stir in garlic and tomato paste and sauté for another 2 minutes.
2. Slowly pour in tomatoes. Stir in bay leaf, sugar, salt, paprika, cumin, pepper, and caraway and let the mixture simmer for 20 minutes. Layer the Swiss chard leaves on top.
3. Crack the eggs into the tomato mixture. Cover and simmer for approximately 10 minutes or until the whites of the eggs are no longer translucent.

Serves 4 to 6



At Bear Creek this month, we celebrate YOU, the residents! Our Annual Holiday party, December 7th is our way of saying "Thank You" for another fabulous year! It's a wonderful time to celebrate families, friends and loved ones! This month, we feature the holidays with exciting drive through light displays, choruses singing here at Bear Creek, visits by Girl Scouts, Students, and musicians and friends! We'll light the menorah during Hanukkah beginning December 12th. Join us as we celebrate December! See you around the Community!



Resident Of The MONTH

Featuring...2 Residents:

Florence "Flo" Lanzetta who has resided at Bear Creek since April 2003; that's 14 years! She is a friend to everyone and a joy to be near! Her hobbies include crosswords, bingo, singing and dancing, and watching Bonanza with "little Joe"! She loves a delicious plate of seafood linguini and baked delicious cream puffs back in her day! We're so happy to know Flo these past 14 years!

Charles Powers, who is our newest resident of 6 days (as of this writing)! Charles moved in November 15th! He was born in Trenton and has lived in the area all his life. We are so excited to get to know him!

Say hello to our Newest Resident, Charles, and the resident who has been here the longest, Flo!



Resident Birthday's in December:

Mario P.12/3
Louise B.12/7
Ann S. 12/9
Dolores "Dee" K. 12/9
MaryLou P. 12/12
Joan S.12/14

Happy Birthday Everyone!!

Birthday Bash:

**Tuesday, December 12th
at 2:30pm**

Employee of the Month for December:

Karina Ixcopal

Assistant Dir. of Maintenance

Congratulations!



Staff Directory of DEPARTMENT HEADS

Executive Director

David Denenberg

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Director of Resident Services

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Director of Business Development

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Director of Marketing

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Concierge Supervisor

Denise Mummolo

concierge@bearcreekassistedliving.com



**Find us on
facebook**

Sun

Mon

Wed

Thu

Fri

Sat

9:30 Bus to Catholic Church Sunday Services
10:00 Worship Service Live Simulcast
10:30 Game Time with Allie
10:30 Bus to Lutheran Church Sunday Services
1:45 Sunday Matinee
2:00 Afternoon Bingo
3:15 Ice Cream Cone Meet & Greet
6:45 Gift Wrapping Card Writing with Lizzy

9:30 Morning Coffee Chat
9:45 Balloon Volleyball
10:30 Bus Trip to Wall Mart
10:45 MindGames
1:30 Cinema OUT
1:45 Tai Chi Chih Chih with Siobhan
3:15 Meet & Greet
6:45 Evening Bingo!

9:30 BC Walkers-Inside Stroll
10:00 Sittersize Exercise
10:30 Manicure Salon Style
10:30 YOGA with Fayel
1:30 Bus Trip to ShopKite
3:15 Meet & Greet
6:45 Evening Bingo!

9:30 Morning Trivia!
10:00 Stretchy Bands Exercise
11:00 Vendor Sales-"As Seen on TV"
11:30 Lunch OUT-Chinese Restaurant
1:45 Matinee Cinema
3:15 Hot Cocoa Meet & Greet!
3:45 BC Gamers
6:45 Evening Bingo!

9:30 Holiday Party
9:45 BC Happy Wishers Club
10:00 Communion Services
10:45 Gingerbread House Decorating!
1:45 Victorian Era Holiday Music & Display FLY
3:45 Holiday Party Prep Work
6:00 Annual Holiday Party!

9:30 Morning Zodiac Chat
10:15 Princeton Friends School Kids
1:30 Bus Trip to CVS
1:45 Classic Cinema
2:00 Rummikub Anyone?
3:15 Popcorn Meet & Greet!
4:00 Pray the Rosary / Celebrate Shabbos

10:00 Balloon Volleyball Net N All
10:00 Holiday Cinnamon Rolls Baking
10:45 Bowling in the Halls
2:00 Afternoon Bingo
3:15 Cookies & Milk Meet & Greet
7:00 Poker with the Gang

9:30 Bus to Catholic Church Sunday Services
10:00 Worship Service Live Simulcast
10:30 Game Time with Allie
10:30 Bus to Lutheran Church Sunday Services
1:45 Sunday Matinee
2:00 Afternoon Bingo
3:15 Sunday Sundae Meet & Greet
6:45 Gift Wrapping Card Writing with Lizzy

9:30 Morning Coffee Chat
10:15 Sittersize Exercise
1:15 Holiday Shopping at QuakerBridge Mall
2:00 BC Crafters - Holiday Crafts
3:15 Smoothies Meet & Greet
3:15 Meet & Greet
6:45 Evening Bingo!

9:30 12 Days of Christmas Chat
9:45 BC Happy Wishers Club
10:00 Sittersize Exercise
10:30 Bus Trip to McCaffrey's
2:30 Birthday Bash with Cheri
4:00 Hanukkah Candlelight Service
5:30 Shadybrook Farms Light Show
6:45 Evening Bingo!

9:30 4 Days of Christmas Chat
10:00 Stretchy Bands Exercise
1:45 Matinee Cinema
2:30 Massage By Cheri
3:15 Mocha Cocoa Meet & Greet!
4:00 Hanukkah Candlelight Service
6:30 Holiday Sights Local Lights
6:45 Evening Bingo!

8:30 Chatting with Dorothy
9:30 10 Days of Christmas Chat
10:00 Communion Services
10:45 Resident Council Meeting
2:00 Rabbi Eric and Jewish Discussion
2:45 Food Council Meeting
3:15 Bible Study with Fran
4:00 Hanukkah Candlelight Service
6:45 Bingo / Poker with the Gang

9:30 Morning Zodiac Chat
9:30 9 Days of Christmas Chat
10:00 Bus Trip to CVS
1:45 Classic Cinema
2:00 Rummikub Anyone?
3:15 Popcorn Meet & Greet!
4:00 Hanukkah Candlelight Service
4:00 Pray the Rosary

9:30 8 Days of Christmas Chat
10:00 Community Preschool Students Visit!
10:45 Bowling in the Halls
2:00 Holiday Music Kids Performance!
3:15 Cookies & Milk Meet & Greet!
4:00 Hanukkah Candlelight Service
7:00 Poker with the Gang

10:30 Holiday Peatrics Holiday Greetings
1:30 'Twas the Night Before Christmas Cinema
2:00 The Spirit of Christmas Cinema
3:00 Holiday Cookies Meet & Greet!
3:00 Christmas Eve Catholic Mass

9:30 6 Days of Christmas Chat
10:30 Bus Trip to Dollar Tree
10:45 You Tube Silles
2:00 Art of the Masters Workshop
3:15 Meet & Greet
4:00 Hanukkah Candlelight Service
6:30 Girl Scout Holiday Sing
6:45 Evening Bingo!

9:30 How Was Your Christmas?!
10:00 Candy Cane Balloon Ball
2:00 Holiday Bingo!
3:15 Meet & Greet
6:45 Rest & Relax

9:30 Morning Trivia
10:00 Sittersize Exercise
10:45 MindGames - Holiday Films
1:45 Matinee Cinema
3:15 Hot Cocoa Meet & Greet
6:30 Holiday Sights, Local Lights
6:45 Evening Bingo

8:30 Chatting with Dorothy
10:00 Communion Services
10:30 Having a Ball Exercise
2:00 Rabbi Eric and Jewish Discussion FLY
3:15 Bible Study with Fran
6:45 Evening Bingo
7:00 Poker Game with AC Dealer

9:30 Morning Zodiac Chat
10:00 Bus Trip to CVS
1:45 Classic Cinema
2:00 Rummikub Anyone?
3:15 Popcorn Meet & Greet!
4:00 Pray the Rosary / Celebrate Shabbos

9:30 Dollar Store Deals
10:00 2018 Chat!
10:45 Zany Year End Bowling
2:00 2018 Big Money Bingo!
3:15 Cookies & Milk Meet & Greet
6:45 Poker with the Gang



National
PEARL HARBOR
Remembrance Day
DECEMBER 7, 1941

HANUKKAH
CELEBRATE
— festival of lights —



Winter Solstice



December, 2017

A Letter From A Resident...

Finally it has come together for me. I found the words to describe how I feel about my home, my life, and my extended family. I am in my daughter's car being driven home after a grueling doctor's visit. I can't wait to arrive.

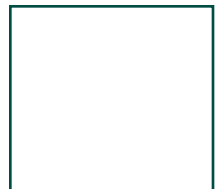
Your home? Someone might say, "You no longer have a home. You sold it." I respond, "I no longer own my house, but my home is where I live." My extended family lives with me- the residents and staff, people that inhabit my community during working days and nights. This is where I belong, where I can rest my head on my pillow at night; converse with other residents on the beautiful porch; paint or draw in the art room with others who have similar interests; where I can read books I borrow from the huge lending library or attend a group discussion if I so choose. My home is where I can be with my biological family when they come to visit, where they can get a drink or snack from the café and where my grandchildren and great grandchildren are always welcome to play with whatever toys are available. My home is where I can relax and put on my thinking cap for an insightful group chat being led by intelligent members of the Activities staff. It



is where I have my meals served to me...meals that provide me with nourishment and companions to dine with. Not to mention, the wonderful trips we are taken on, to various restaurants, museums, etc.

This is but a brief redefining of my home where I am assisted to live.

Resident, Kaplan Community 2017



**BEAR
CREEK**
A SENIOR LIVING
COMMUNITY

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