



The Clubhouse Star December 2021

A look inside our Clubhouse shlclubhouse.org

A Publication of the Sally and Howard Levin Clubhouse

The Sally and Howard Levin
Clubhouse

A Program of Jewish

Residential Services

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**SALLY AND HOWARD
LEVIN CLUBHOUSE**
A program of Jewish Residential Services



Winter in the city



By Anonymous

Winter in the city is a magical time of the year.

The cool air is refreshing on the skin between my neck and coat.

I enjoy the ambient sound of snow falling around me.

I enjoy watching the journey of each flake as they make their stupendous trip to the ground!

When I walk by the food vendor, the smells seem to be intensified with the cold air.

As I look at up the magnificent skyscrapers, it looks as though thousands of tiny stars are racing towards me.

The slush splashes up on to my boots as I wait for the lights to change.

The exhaust of cars and people's breath are stark reminders of the cold, but I am nice and warm in my coat.

The best part of winter in the city, is seeing the lights when I walk out of work.

ATTENTION COLLEAGUES:**Want to stay connected?!**

Want to feel like you are still part of the Clubhouse but stuck in your house?!

TRY ZOOM!

By typing the following information in to your computer or calling the listed phone number you can actually get in touch with us on an auditory and visual platform!

Need help? Call 412-422-1850 and ask a colleague for further instruction to help connect!

Link:

<https://uso2web.zoom.us/j/956983055>

Meeting ID: 956 983 055

One tap mobile

+13017158592,,956983055# US (Germantown)

+13126266799,,956983055# US (Chicago)

Dial by your location

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 646 558 8656 US (New York)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 956 983 055

Find your local number: <https://uso2web.zoom.us/j/956983055>

ROAD SHOWS ARE BACK AND RUNNING!



Attention Colleagues!

Are you passionate about the Clubhouse?!

Are you looking to talk about your recovery in an attempt to help others?!

Do you want to make a difference in someone's life?!

The Road Shows are back and offer a unique opportunity for colleagues to go to different residential housings, hospitals, and community areas to talk about the Clubhouse. The idea here is to spread the message of your experience with the Clubhouse and how it could potentially help a new colleague! Please see Joe for upcoming dates to do some work!

BUILDING MODELS

BY: Mike Hogan

This is the third report on my build-up of the Rick Mast Thunderbird stock car. In the first two, I reviewed the instructions, and assembled the chassis and engine. This is a report on the most challenging aspect of the kit—painting and detailing the body.

The real stock car had a two tone paint job. It was overall dark green, with dayglow red highlights. This required special techniques to achieve the desired effect. I had to buy some expensive masking tape to mask the areas that were meant to be red. The tape was necessary to get a clean line between the green and red areas.

So far, I've put three coats of Tamiya's Racing Green on the body. Before painting it, I passed a tack rag over the body to catch any dust or hairs that would mar the finish. I need to add another coat of green to get the desired effect. I'm waiting for the weather to break before I paint it again. This may take some time.

Getting a model to look right can take some time and a lot of patience. Rushing to finish it can spoil the project and lead to disappointment. This was a lesson that took me many years to learn. Getting patience now will serve you well in the future.

AS ALWAYS:

KEEP ON BUILDING!



Settling into Middle Age

By Delaine Swearman

What is middle age? I guess it would be defined as the years of life between youth and when I am considered a senior citizen. These are the years when my body parts start showing signs of malfunction. I am starting to develop arthritis, bursitis, and tendinitis. But the most telling sign that I have entered middle age is my wisdom. I have lived and learned from the experiences of half a lifetime. I have lived in history, in a world that the youthful generations cannot fathom.

My advice for the young is to point out what has worked for me and to encourage them to find their own solutions, but I don't want to walk them through every single step.

I am tired I guess, and for myself I'm interested in the straightforward and least stressful route, not taking a rocky detour to catch every single sight along the way.

But when needed, I also have a bank of knowledge, a brain full of creativity, and a collection of useful things in my garage. I'm not afraid to embrace a new challenge, because I don't care so much about what others think of me.

My priorities have changed as I realize material goods are meaningless. I am less concerned with pettiness, and now ponder my role in the societal issues challenging the world today.

I am sometimes just overwhelmed by the weight of the world. I can no longer lay claim to the carefree attitude of youth. I am now older and I am now wiser.

December

2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ Order pizza	² Stir fry/ mac and cheese	³ Thanksgiving leftovers.	⁴
⁵	⁶ Nacho casserole 1.00	⁷ EGG SALAD WRAP	⁸ Noodle Kugel	⁹ Salmon burger	¹⁰ Sheapereads pie	¹¹
¹²	¹³ Pizza	¹⁴ Potato pancakes	¹⁵ Salad bar	¹⁶ Tuna melt	¹⁷ Fettuccine alferado	¹⁸
¹⁹	²⁰ Calzones	²¹ French toast casserole	²² Potato soup	²³ QUICHE	²⁴ Order Chinese 10-2 hours	²⁵ Merry Christmas
²⁶	²⁷ Porcupine balls 1.00	²⁸ Turkey pot pie	²⁹ Chicken and dumpling	³⁰ Cabbage and dumplings	³¹ Hot dog and sour krakut 10-2	

BARGAIN BIN RECORD REVIEWS FOR DECEMBER 2021

BY: Mike Hogan

This is the 15th year that I am writing this column. I have had a problem finding new things to write about. But, this is an exception. I have stumbled upon a band worth writing about. I was at the September rib festival at Heinz Field when I heard a truly rocking r & b band. It was from a local musician who I had a CD from, but I had forgotten about. Its name is the **Jimmy Adler Band**.

Jimmy Adler is a local hero. He gigs around the region playing blues clubs like Moondogs, and the Thunderbird Lounge. Jimmy plays a mean blues guitar. He is a master of several styles of the blues, and so is his band.

I have three of his CD. The earliest is *Swing It Around*. It is a hard rocking exploration of early rhythm and blues, jump music, and rock and roll. It is a good time album.

The second chronologically is *Midnight Rooster*. It is emblematic of the kind of r & b that the Jimmy Adler Band plays on the circuit. It is a good blend of Chicago Blues, Delta Blues, and rhythm and blues. The title tune is a good Blues boasting song.

The third CD is titled *Grease Alley*. It is a rollicking good time that emphasizes Jimmy Adler's good times rock and roll. If you like Norm Nardini, this is the album for you.

So there you have it. Pittsburgh has a rich history of music. The blues scene do not get the recognition that it deserves. Pick up Adler's work and hear the blues in its raw form.

AS ALWAYS:

KEEP ON ROCKING!

We would like to thank Jewish Residential Services all supportive staff, Board members, and our Colleagues for making this year's Hanukkah Party special and meaningful.

Hanukkah Party Photos!



HOLIDAY HOURS
JUST A REMIND THE CLUB-
HOUSE WILL BE OPEN FROM
10AM UNTIL 2PM ON 12/24/2021
and 10AM UNTIL 2PM ON
12/31/2021!





Please fill out your “Winter Word Search” and bring it in to the Clubhouse to redeem one free item from the snack bar!

SALLY AND HOWARD LEVIN CLUBHOUSE
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