

NEWS RELEASE

Jewish Community Housing Corporation
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**Jewish Community Housing Corporation Offers
“Creative Living” Lecture Series for Seniors in Essex and Morris Counties
*Free Lifelong Learning Programs Cover Various Practical,
Social, and Cultural Aspects of Living an Active Life***

WEST ORANGE, N.J., July 22, 2013 – The [Jewish Community Housing Corporation of Metropolitan New Jersey](#) (JCHC), which manages four senior living communities in West Orange, South Orange, and Whippany, has created a new program for older adults through its Creative Living series. The series comprises free interactive presentations for older adults on various aspects of living an engaged, creative, and active lifestyle during retirement. In addition to being offered to residents of the JCHC communities, Creative Living is available to senior centers and other non-profit organizations throughout Essex and Morris counties.

Creative Living topics are:

- “Alone in the Kitchen” on how to create delicious meals for one
- “The High Line of New York” about the elevated freight line-turned-greenway
- “The History of the Tea Pot”
- “Coffee from Around the World”
- “The Art of Chocolate”

Mark Sinclair, JCHC’s Community Liaison Coordinator, recently presented The Art of Chocolate to a group at Congregation Agudath Israel of West Essex in Caldwell. The lecture was offered through JCC MetroWest’s Lifelong Learning enrichment program for seniors. Sinclair discussed chocolate’s role in world and American history, chocolate sculpting, Chanukah gelt (coins), and how Israel is becoming the newest source for world-renown boutique chocolatiers. Attendees shared their personal memories of getting and enjoying the chocolate coins for Chanukah and other delicious moments in their own lives.

As a parting gift, Sinclair gave out chocolate samples which the seniors were charged with trying and comparing. “The group was great; they had fun, they learned something new, and greeted their ‘homework assignment’ with a lot of enthusiasm,” he said.

The JCHC’s senior living communities foster an active lifestyle and offer a range of cultural, educational, and social programs for older adults, many of which are open to the public. For more information about the communities, call (973) 731-2020 or visit www.jchcorp.org. To book a Creative Living workshop or to find out more about the program, contact Mark Sinclair at (973) 518-0993 or email marks@jchcorp.org.

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About the Jewish Community Housing Corporation of Metropolitan New Jersey

Founded in 1982, the Jewish Community Housing Corporation of Metropolitan New Jersey (JCHC) developed and manages more than 475 apartments in four buildings for older adults in Morris and Essex counties in northern New Jersey. The non-profit organization offers seniors a range of options in terms of services, amenities, location, and cost, all within a traditional Jewish environment. The JCHC provides housing, programs, and services for the independent elderly as well as those who need assisted living. For more information, go to www.jchcorp.org.