

Friday Flyer

April 20th - April 26th



Saturday, April 20th

Breakfast Club – 9:00 a.m. – Café
Pray the Rosary – 10:00 a.m. – Faith Chapel
Rummikub – 2:00 p.m. – Lounge
Happy Hour – 4:30 p.m. – Pub
Chef Dinner Special – 5:00 p.m. – Heritage Room
Movie – 7:00 p.m. – Auditorium

~ Meatloaf w/Gravy
 ~ “A Prairie Home Companion”

Sunday, April 21st

Catholic Mass – 10:00 a.m. – Auditorium
Brunch – 11:00 a.m. – Dining Room
Rummikub & Mexican Train Game – 2:00 p.m. – Game Room
Happy Hour – 4:30 p.m. – Pub

Monday, April 22nd

Yoga – 9:30 a.m. – Auditorium
Ancient Mesoamerica Revealed Series – 10:45 a.m. – Auditorium
WISE – RSVP ONLY- Lesson two: Aging sensitivity. – 11:30 a.m. – Grille Rm
Shopping Bus – 1:00 p.m.
Hand & Foot Game – 1:30 p.m. – Club Room
Bell of Heath Rehearsal – 4:00 p.m. – Auditorium

~ “Illuminating Works of Maya Art”

Tuesday, April 23rd

Worship Service with Coffee Hour following in Club Room – 10:00 a.m. – Chapel
Art Group – 10:30 a.m. – Activities Room
The Transformation of the West Series – 10:45 a.m. – Auditorium
Mahjong – 1:30 p.m. – Game Room
Healthy Motion Fitness – 2:00 p.m. - Auditorium
Rummikub – 2:00 p.m. – Lounge
Shuffleboard Group – 3:00 p.m. – Game Room
Cornhole Group – 4:00 p.m. - Auditorium
Happy Hour – 4:30 p.m. – Pub
Taco Tuesday – 5:00 p.m. – Dining Room

~ “European Renaissance Monarchies”

Wednesday, April 24th

Fitness A - Z – 9:30 a.m. - Auditorium
Shopping Bus – 9:45 a.m.
Advice for Device – 10:00 a.m. – Grille Room
Turning Points in American History Series – 10:45 a.m. – Auditorium
Book Discussion Group – 2:00 p.m. – Activities Room
Oh Hell! Game – 2:00 p.m. - Club Room
Pinochle – 2:00 p.m. – Game Room
Happy Hour – 4:30 p.m. – Pub
Chef Dinner Special – 5:00 p.m. – Heritage Room

~ “1901 That Damned Cowboy!”
 ~ “Take My Hand”

~ “Farfalle Pasta with Marinara, topped w/
 a Pan-Fried Chicken Cutlet”

Evening Program – 7:00 p.m. – Auditorium

~ “Light Opera of NJ – Gilbert & Sullivan – The Gondoliers”

Thursday, April 25th

Balance, Core & Strength with Tonie – 9:30 a.m. – Auditorium
Thursday Bell Practice – 11:00 a.m. – Auditorium
Bible Study Fellowship – 1:30 p.m. – Board Room
Mahjong - 1:30 -Game Room
Canasta - 2:00 p.m. – Lounge
Happy Hour- 4:30 p.m. – Pub
Steak Night – 5:00 p.m. – Grille Room
FCC Dance Recital – 5:30 p.m. - Auditorium
Game Night – 7:00 p.m. – Game Room

Friday, April 26th

Fitness Over Fifty – 9:30 a.m. - Auditorium
Shopping Bus – 1:00 p.m.
Dining Committee – 10:00 a.m. – Grille Room
Needle Workers Group – 10:30 a.m. – Club Room
Arbor Day Ceremony– 11:00 a.m. – Located between the Community Garden & the Orchard, behind Friendship Center
Beginners Line Dancing – 3:00 p.m. - Auditorium
Ping Pong – 3:00 p.m. – Game Room
Village Social – 4:00 p.m. – Great Room
Happy Hour – 4:30 p.m. - Pub
Fish Friday – 5:00 p.m. – Grille Room

Week of April 21-27 (Week 1)

Hurricanes/Colts	Mon Apr 22	2:00
Darts/Hawks	Tue Apr 23	2:00
Hurricanes/Monarchs	Tue Apr 23	4:00
Magic/Vikings	Wed Apr 24	2:00
Bluebirds/Kings	Fri Apr 26	1:00
Practice	Sat Apr 27	11:00



News & Information

Residents' Council

The **Residents' Council** is seeking candidates for the offices of **Secretary, Chair of Friendly Visitors** and **Chair of Maintenance and Operations** committees. If interested, contact Bill Blaskopf, Bea Lake, Maria Katonak or Alan Cooper.

Friendship Store

The Friendship Store needs your Donations! We accept household items that are in good, clean, working condition. Items can be dropped off in the activities room. Please do not drop them off at the Friendship store. We are looking for items such as knick knacks, jewelry, decorative items, kitchen utensils, and purses. (NO books, DVD's, VHS, clothing, China sets, or crystal. Picture frames sizes 4x6 to 30x30.) Why buy new when used will do! The store will be **open Friday, April 19th**. The hours are 10 a.m. to 4p.m.

Bocce at Heath Village

If you would like to either learn or play the bocce, practice begins on **Saturdays at 11:00**. You can come to learn about the sport or to improve your skills. All are welcome. This is fun and a great way to meet other residents. For more information contact Faye Kennedy at x-5253.

(New) New Jersey Symphony Orchestra Subscriber/Potential New Subscribers

The **2024/2025 New Jersey Symphony Orchestra** season has been announced and it's time to renew your subscription or to become a first-time subscriber. The concerts will continue to be held on **Thursday afternoons at 1:30 p.m.** at the New Jersey Performing Arts Center in Newark, NJ. A detailed flyer has been placed in all mailboxes. If you are interested in renewing your subscription or becoming a first-time subscriber. Please stop by the Activities Office with either a check or credit card **no later than Friday, April 19th**. Subscription pricing and seating can be discussed either by phone, or upon signing up with Tracy x5102.

Senior Seminar

"Secrets to a Healthy Pain Free Life without Surgery"

Please join us on **Friday, April 19th at 2:00 p.m.** Dr. James R. Fedich from Hackettstown Family Clinic will be here speaking about getting your spine checked and being proactive in living your life to the fullest. Unlocking the secrets to chiropractic care. Light refreshments will be served.

NEW Bible Study Group

Want to learn more bible? You are invited to a brand-new Bible Study group! This group of ladies from various local churches meets twice a month. Next meeting will be on **Saturday, April 20th** from **9:00 – 10:00 a.m.**, they will be meeting in the Board Room, down the hall from the mailboxes. And you are invited to join them for a special hour of learning, sharing, & praying together.

Open House – Invite a Friend!

Heath Village will hold its spring Open House on **Saturday, April 20th**. There will be two sessions. The first begins at **11:00 a.m.** and the second at **1:00 p.m.** Registration begins at **10:30 a.m.** and all activity should conclude by **3:30 p.m.** The day's festivities will include guided tours and delicious refreshments. Valuable information will be available from our resident volunteers and tour guides. Space is limited and RSVP is required. If you have a friend who would like to attend, please have them contact the Housing & Marketing Office at 908-684-5009.

WISE – Wellness Initiative for Senior Education – Lunch & Learn

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people? The educational program offers five lessons that cover a range of topics. Join us for this fun program, where you will meet new people and learn. All lessons are being held on **Mondays at 11:30 a.m. in the Grille Room starting April 15th**.

April 22nd – Week Two: Aging sensitivity. (class filled)

April 29th – Week Three – Valuing cultural and generational diversity.

May 6th – Week Four – Medication and the older adult.

May 20th – Week Five – Substance misuse, addiction, and the older adult/ an enhanced quality of life.

If you are interested, please come, and sign up outside the Activities Office. There are sign-up sheets available on the table. Please be sure to sign up **Friday** before each lesson so we know how much food to order. We can only accommodate **thirty residents** in each class, so please sign up early and bring a neighbor!

Advice For Devices

In partnership with Centenary University's chapter of the Delta Xi Nu sorority, Heath Village invites you to bring your device and questions to our second *Advice for Devices* workshop on **Wednesday, April 24th from 10 to 12 noon in the Grille Room**. The students will work one on one with you to answer your specific questions about how to use your device. If you need help using your cell phone, laptop, or tablet, you will not want to miss this great opportunity. If you have questions about the program, please contact Melissa in Housing at X5008.

Book Discussion Group

Pick up the book "**Take My Hand**" by Dolen Perkins-Valdez in the Activities Room. Inspired by true events that rocked the nation, a searing and compassionate new novel about a Black nurse in post-segregation Alabama who blows the whistle on a terrible injustice done to her patients, from the *New York Times* bestselling author of *Wench*. We will meet on **Wednesday, April 24th at 2:00 p.m.** in the Activities Room for a lively discussion with two facilitators. Hope to see you there!

Wednesday Evening Program

Light Opera of New Jersey – Gilbert & Sullivan – The Gondoliers

The Activities Department is extremely excited to have Light Opera of New Jersey perform for our residents again on **Wednesday, April 24th at 7:00 p.m.** in the Auditorium. The Musical Outreach Troupe from Light Opera of New Jersey, called The Gondoliers. **The Gondoliers** is one of Gilbert & Sullivan's great successes. The story centers around two young Venetian gondoliers, Marco, and Giuseppe Palmieri, who find that one is actually heir to the throne of Baratara. Lovely Venetian maidens have their hearts set on these two and marriages ensue with the charming Tessa and Gianetta. It is entertaining and treats the listeners to professional singing and colorful costumes. They look forward to presenting their one-hour performance to you all. We hope you come join the fun with a neighbor or two!

Friendship Center Dance Recital

The Friendship Center will present a dance recital on **Thursday, April 25th at 5:30 p.m.** in the Auditorium. Please come support the children and enjoy their talents. Light refreshments will be offered after the program.

50th Arbor Day at Heath Village – Friday, April 26th at 11:00 a.m.

Located between the Community Garden and the Orchard, behind the Friendship Center

This year marks the **152nd** anniversary of the first Arbor Day Observance and the **54th** Earth Day Celebration. It will be the **50th** Arbor Day at Heath Village! We will be planting a **Bald Cypress (Taxodium distichum)**. There will be golf carts transportation available that morning, picking up residents starting at **10:15 a.m.** at **two** pick up points: Heath House entrance and in front of Old Health Care Center. For those who would like to walk, it is located between the community garden and the Orchard, behind the Friendship Center. We hope you will join us, stop, and look at this beautiful tree. Also, an updated Arbor Day Tree Locations map will be placed in your mailbox soon.

Beginners Country Line Dancing Class

Line dancing anyone? On **Friday, April 26th at 3:00 p.m.** in the auditorium. Toni, our Thursday fitness instructor, will be going over all the basics steps in the first 20 minutes, take a break then we will dance to the music. We will work on a simple basic routine dance. Please come and try again. Each line dance is choreographed to a specific song, incorporating a string of moves that become the dance routine. Line dancing is a perfect exercise for improving coordination and balance, increasing cardiovascular health and brain memory. Come join the fun with us again! **“You don’t stop dancing because you grow old, you grow old because you stop dancing.”**

Monthly Village Social Get Together

Our monthly Village Social Get Together is here again! It will be **Friday, April 26th at 4:00 p.m.** in the Great Room. If any resident would like to bring an appetizer to share, you are welcome to do that! It is a friendly get-together. Encourage your new neighbors to join us to meet new friends. There will also be wait staff available for drink orders including soft drinks. To celebrate National Pretzel Day, we will serve mini pretzel bites as one of our appetizers. Wear a name tag if you have one and be ready for a fun time!!

New Paper Mill Playhouse Subscriber/Potential New Subscribers

The **2024/2025 Paper Mill Playhouse** season has been announced and it is time to renew your subscription or to become a first-time subscriber. The plays will continue to be held on **Thursday afternoons at 1:30 p.m.** in Millburn, NJ. A detailed flyer has been placed in all mailboxes. If you are interested in renewing your subscription or becoming a first-time subscriber. Please stop by the Activities Office with a check **no later than Wednesday, May 1st**. Subscription pricing and seating can be discussed either by phone, or upon sign up. If you have any questions, please feel free to contact Tracy at x 5102.

Heath Village Podiatry Services

Podiatrist Dr. Schreer, the podiatrist, will be available to see residents on **Friday May 3 from 10:30 am to 1:00 p.m.** in the Heath House Doctor’s office located on the second floor. **Please contact Michele Mulligan on X5231 or on (908) 684-5231 to make an appointment.**

Seven Worlds One Planet – “Europe”

Friday, May 3rd at 2:00 p.m. in the Auditorium

Europe – This crowded continent hides the most surprising animals in pockets of wilderness. Above Gibraltar, Europe’s only primate, the Barbary macaque lives a life of kidnapping and high drama, whilst in Vienna churchyard-dwelling European hamsters do battle with each other to feast on flowers and candle wax left at graves. Come nightfall, mountain villages in Italy’s Apennine Mountains are the hunting grounds for rarely seen Italian wolves, whilst the rare Iberian lynx lurks in the forests of Spain. On the surface of the River Danube, voracious great white pelicans rob great cormorants for their catches of fish. This film is approximately 60 minutes long. Hope you will join us to view all the amazing wildlife in this spectacular world!

Save the Date

Heath Village Women’s Association is planning a trip to the Well Sweep Herb Farm on **Thursday, May 23rd**, seats are very limited.

Boost Your Artificial Intelligence IQ

Curious about AI? Want to know more about Chat GPT? **AARP** has a lecture on **Thursday, April 25th at 2:00 p.m.** that will introduce some of the basic ideas around artificial intelligence. They will talk about how AI is being used today, what its current limitations are and how it will shape the future! All programs are **FREE** and held on Zoom. You do not need a Zoom account, but you must register in order to participate. Go to aarp.org **Boost Your AI IQ** to learn more about it.

HEATH VILLAGE BEAUTY SALON

Hours of Operation

Wednesday & Thursday 8:30-2:00 p.m.

Friday 12:30-3:00 p.m.

Please call to schedule appointments

(684 5295)



“Happy Hour” at the Paddy’s Pub

Every Tuesday through Sunday

4:30 – 5:30 p.m.

Village Social is the last Friday of the Month

4:30 – 5:30 p.m.

\$2 Beer - \$3 House Wine

\$3 House Mixed Drinks

\$1 Soft Drink

Let Us Make Paddy’s Pub

your Meeting Place!!



April 20th – 7:00 p.m. – “A Prairie Home Companion” – 106 mins – “PG13” – 2006 – Comedy, Drama, Music

Starring: Lily Tomlin, Meryl Streep & Woody Harrelson

A final live variety show broadcast via radio becomes a metaphor for the natural order of life. A concept and script by Garrison Keilor use every natural and technical element of working with a tight and close ensemble producing a weekly show to sooth us and guide us through the natural but difficult transitions of aging, becoming less relevant and then dying as new, young life develops and strengthens during our final "performances." This is a rare film for its remarkable cast and crew, and one wonders how the great Robert Altman was able to gather them all at the same place and time to shoot this film.