

Friday Flyer

April 27th – May 3rd



Saturday, April 27th

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
Classic Movie – 7:00 p.m. – Auditorium

~ Dirty Dogs
 ~ “Another Thin Man”

Sunday, April 28th

Catholic Mass – 10:00 a.m. – Auditorium
Rummikub & Mexican Train Game – 2:00 p.m. – Game Room
Happy Hour – 4:30 p.m. – Pub
Super Buffet – 4:30 p.m. – Heritage Room

Monday, April 29th

Yoga – 9:30 a.m. – Auditorium
Ancient Mesoamerica Revealed Series – 10:45 a.m. – Auditorium ~ “Copan – Jungle Dynasty of the East”
WISE – RSVP ONLY- Lesson Three: 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

Tuesday, April 30th

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 ~ “The Birth of the Christian Renaissance”
Mahjong – 1:30 p.m. – Game Room
Healthy Motion Fitness – 2:00 p.m. - Auditorium
Rummikub – 2:00 p.m. – Lounge
Cornhole Group – 4:00 p.m. - Auditorium
Happy Hour – 4:30 p.m. – Pub
Taco Tuesday – 5:00 p.m. – Dining Room

Wednesday, May 1st

Fitness A - Z – 9:30 a.m. - Auditorium
Shopping Bus – 9:45 a.m.
Turning Points in American History Series – 10:45 a.m. – Auditorium ~ “1903 The 2nd Transportation Revolution
Oh Hell! Game – 2:00 p.m. - Club Room
Pinochle – 2:00 p.m. – Game Room
Happy Hour – 4:30 p.m. – Pub
Evening Program – 7:00 p.m. – Auditorium ~ “Paul Elwood Trio – World on a String”

Thursday, May 2nd

Balance, Core & Strength with Tonie – 9:30 a.m. – Auditorium
Thursday Bell Practice – 11:00 a.m. – Auditorium
Mutual Support Group – 11:00 a.m. – Board Room
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
Bingo – 7:00 p.m. - Auditorium

Friday, May 3rd

Fitness Over Fifty – 9:30 a.m. - Auditorium
Shopping Bus – 9:45 a.m.
Needle Workers Group – 10:30 a.m. – Club Room
Seven Worlds One Planet – 2:00 p.m. – Auditorium
Ping Pong – 3:00 p.m. – Game Room
Happy Hour – 4:30 p.m. - Pub
Fish Friday – 5:00 p.m. – Grille Room

~ “Europe”

Week of April 28 – May 4 (Week 2)

Hurricanes/Hawks	Mon Apr 29	2:00
Bluebirds/Magic	Wed May 1	2:00
Darts/Kings	Fri May 3	1:00
Monarchs/Vikings	Fri May 3	3:00
Practice	Sat May 4	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.

Employees Appreciation Fund

Just a friendly reminder to make a contribution to the Employees Appreciation Fund. Remember your Spring chores? Clean up lawn, fertilize & mulch? Shampoo rugs, clean screens, and windows? Repaint, touch up hallways? Change A/C, heating filters etc., etc. Look around and see our hard-working staff. Let that be a reminder to show your appreciation by making an early donation to the fund. The more we give now the more there will be when we make the distribution. Thank you!

Women's Association Spring Trip to Well Sweep Herb Farm

The Women's Association is sponsoring a trip to the lovely Well Sweep Herb Farm on **Thursday, May 23rd**, home of one of the largest collections of herbs and perennials in the country. Join us on a tour of the impressive culinary, medicinal, and formal herb gardens, and hear about the history of this farm, started as a family endeavor 53 years ago. Following the tour, we will move to the barn filled with thousands of dried herbs and flowers where you can create your own small basket filled with dried flowers of your choice. After you have finished your basket, you will have time to shop for plants for your own personal garden. The cost for the tour and craft activity is **\$35.00 (nonrefundable)** and is limited to the **first 20** people who sign up. The bus will leave Heath at **1:00 pm** and return around **4:00 pm**. Please eat your lunch before you leave for the trip. The Women's Association is generously assuming the \$5 bus fee for each resident. The deadline for signing up is **Friday, May 3rd**. Sign up at the front desk with a check made out to the Women's Association or **exact cash of \$35**. Please be aware the grounds consist of sloping lawns and uneven bricks and paving stones. This promises to be one very popular trip, sign up early!

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!!

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 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!

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.

Wednesday, Evening Program

Paul Elwood Trio – “World on a String”

The Activities Department is excited to have “Paul Elwood Trio” back on **Wednesday, May 1st at 7:00 p.m.** in the Auditorium. The Trio consists of guitar, bass, keyboards, and vocals. They provide enjoyable music that you all love to sing along to. Paul's repertoire includes standards from the Great American Songbook from the 30s to 70s, along with an electric mix of classic and current popular, blues and rock tunes. We hope you will come and join us for a fun, toe-tapping evening.

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.**

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. Picture frames sizes 4x6 to 30x30.) Any questions, please call Peggy at x5101. Why buy new when used will do! The store will be **open Friday, May 3rd**. The hours are 10 a.m. to 4p.m.

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!

Outdoor Shuffleboard Group

It's time for outdoor shuffleboard! Please join us on the lovely new shuffleboard court near Chen Court any **Monday or Thursday at 4:00 p.m.** starting **Thursday, May 9th**. We hope that having two days to play will mean smaller groups and more playing time.

Matinee Movie – The Boys in the Boat – year 2023 – PG13 Friday, May 10th at 2:00 p.m. in the Auditorium

Starring: Joel Edgerton, Callum Turner and Peter Guinness

The Boys in the Boat is a sports drama based on the #1 New York Times bestselling non-fiction novel written by Daniel James Brown. The film, directed by George Clooney, is about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world. This movie is approximately 123 minutes long.

Trinity Friendship Circle Luncheon

Join us on **Monday May 13th at 12:30 p.m.** in the Heritage Room for a delicious luncheon, celebrate Mother's Day, enjoy a Patriotic sing-a-long honoring Memorial Day, and close our meeting with our annual Bingo tournament! We promise there will be some lovely prizes! Reservations are required and must be made by **Tuesday, May 7th** by calling Ginny at 908-852-6431. You will have a delightful afternoon, invite a neighbor to come too.

Residents' General Meeting

Please note that the Residents' General Meeting has been **rescheduled** to **Monday, June 10th at 10:00 a.m.** in the Auditorium. Sorry for any inconvenience it may have caused.

Mother's Day Luncheon

There will be a Mother's Day Luncheon on **Sunday, May 12th at 12:30 p.m.** in the Heritage Room. Please see the detailed menu attached to the flyer and call Dining Services on ext. 5155 to reserve your table by **Wednesday, May 8th**. Thank you!

Golfers

It's the most wonderful time of the year: winter is fading, The Masters was imminent, and the start of golf season at Heath is right around the corner! Our golf course is under renovation now, it will be ready for our golfers to play in the later part of May.

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.

“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!!



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)



April 27th – 7:00 p.m. - Classic Movie – “Another Thin Man” – 1939

Starring: William Powell & Myrna Loy with Virginia Grey, C. Aubrey Smith

Our amateur sleuths are on a case again along with parenthood duties. Yes, bon vaunts Nick & Nora Charles have to deal with hoodlums by the names of Dum Dum, Creeps, Wacky and Fingers. From a Birthday Bash held by these wise guys for little Nick Jr to finding out whom killed a Long Island Industrialist who feared for his life. The suspects abound. The case begins when the Charles family arrives for a weekend at a Long Island. Estate. This movie is based on a Dashiell Hammett story and is the third entry in this film series. Also starring Marjorie Main and Sheldon Leonard. A Metro-Goldwyn-Mayer Picture.