

Friday Flyer

December 28th - January 3rd



Saturday, December 28th

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

~ “Polar Express”

Sunday, December 29th

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

Monday, December 30th

Yoga – 9:30 a.m. - Auditorium
Shopping Bus – 1:00 p.m.
Hand & Foot Game – 1:30 p.m.
Pre-New Year’s Eve Party – 6:00 – 8:00 p.m. – Dining Rms/Great Room

~ Swinging Into 2025 with Power Tones

Tuesday, December 31st New Year’s Eve

NO Worship Service
Art Group – 10:30 a.m. – Activities Room
Mahjong – 1:30 p.m. – Game Room
Healthy Motion Fitness – 2:00 p.m. - Auditorium
Rummikub – 2:00 p.m. – Lounge
Shuffleboard Group – 4:00 p.m. – Game Room
Happy Hour – 4:30 p.m. – Pub
Taco Tuesday – 5:00 p.m. – Dining Room

Wednesday, January 1st Happy New Year! Employee Holiday

Catholic Mass – 10:00 a.m. – Auditorium
New Year’s Day Brunch – 12:30 p.m. – Dining Rooms

Thursday, January 2nd

Balance, Core & Strength with Tonie – 9:30 a.m. - Auditorium
Pray the Rosary – 10:00 a.m. – Faith Chapel
Mutual Support Group – 11:00 a.m. – Board Room
Mahjong – 1:30 p.m. – Game Room
Bible Study Fellowship – 1:30 p.m. – Board 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, January 3rd

Fitness Over Fifty – 9:30 a.m. - Auditorium
Shopping Bus – 9:45 a.m.
Needle Workers Group – 10:30 a.m. – Club Room
Afternoon Musical/Movie – 1:30 p.m. – Auditorium
Happy Hour – 4:30 p.m. – Pub
Fish Friday – 5:00 p.m. – Grille Room

~” Les Miserables”

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.

\$3 Beer - \$4 House Wine

\$3.5 House Mixed Drinks

\$1 Soft Drink

Let Us Make Paddy’s Pub

your Meeting Place!!

HAPPY
New Year
2025

News & Information

The end of the year is rapidly approach and this is your last chance for a 2024 tax exemption by giving to the Heath Village Friendship Fund Gift Annuity Program. The Friendship Fund enables those residents who have reached their financial limits to continue to enjoy active and fulfilling lives at Heath Village. Your gift is most appreciated and perpetuates the caring attitude that makes Heath Village so unique. If you have questions about our gift annuity program, please contact Mary Ellen at ext. 5220.

Tips for Staying Healthy

- ❖ Cough & sneeze into your elbow.
- ❖ Wash hands with soap and warm water for a minimum of 15-20 seconds.
- ❖ Use hand sanitizer when soap & water are not available.
- ❖ Avoid touching your eyes, nose, or mouth without washing or using hand sanitizer first.

Friendly Reminder

Just a reminder - the weather at the end of December/January could be snowy and icy. Before calling the office or receptionist, please check Channel 1979 for any cancellations or rescheduling of programs and events. Also, please let the kitchen and bathroom sinks drip when temperatures fall below 35 degrees. This is just a precaution to prevent pipes from freezing. Also, sometimes a Saturday storm will hit us with unpredicted severity when staff are off duty. A resident responsible for movie night may cancel that night's showing, usually by mid-afternoon. When in doubt, call the receptionist or check Channel 1979. Thank you.

Dining Committee

There will be **NO** Dining Committee on **Friday, December 27th**. The next meeting will be on **Friday, January 24th**.

Our Great National Parks Series – Part II “Chilean Patagonia & Tsavo, Kenya”

Get set to get inspired by this breathtakingly beautiful new five-part series. If you've been longing to savor travel sights and sounds in exceptional wild yonder, then view this inviting unveiling of ravishingly varied landscapes, seascapes, and surprising animal escapades. Its cinematography wows with grand sweeps of secluded terrain and astonishingly intimate close-ups of colorful creatures. “A fish that can walk. Surfing hippos that want to catch the waves. Species found nowhere else on earth,” **On Friday, December 27th at 2:00 p.m.** in the Auditorium, we will watch part II **“Chilean Patagonia & Tsavo, Kenya”** - Encompassing 24 unique national parks, the magnificent Chilean Patagonia is rapidly becoming one of the most protected places on the planet. These series are approximately 106 minutes long. **“Join them in the celebration of our planet’s greatest national parks and wildernesses.... A journey through the natural wonders of our shared birthright.”**

“Swinging into 2025!”

Pre - New Year's Eve Party

Please join the Activities Department on **Monday, December 30th** from **6:00 – 8:00 p.m.** for a magical night of good food and music as we ring in the New Year! We will be entertained in the Great Room by Power Tones swing band specializing in swing jazz music. The Dining Department will prepare a wide array of appetizers and dinner-type foods that will be available in the Heritage Room, the Musconetcong Grille and Paddy's Pub. If you have an extra special outfit in your closet that you've been wanting to wear, put it on and join us for a fabulous evening and lively music. Come swing with us and countdown to “2025”! **PLEASE NOTE: THIS EVENT IS FOR RESIDENTS ONLY!**

Catholic New Year Day's Mass

There will be a Catholic New Year's Day Mass on **Wednesday, January 1st at 10:00 a.m.** in the Auditorium.

New Year's Day Brunch

New Year's Day Brunch on **Wednesday, January 1st** will be served at **12:30 p.m.** in the Dining Rooms. Please look for the menu at the front desk and on the bulletin board across from the Café and at the back of the flyer. To make reservations, please call Dining Services on 5155.

Afternoon Musical/Movie – Les Misérables

Won 3 Oscars, 85 wins & 177 nominations

Friday, January 3rd at 1:30 p.m. in the Auditorium

Starring: Jack Hugh, Anne Hathaway, Russell Crowe and Amanda Seyfried

Hugh Jackman, Academy Award winner, Russell Crowe and Anne Hathaway star in this critically acclaimed adaptation of the epic musical phenomenon. Set against the backdrop of 19th century France, Les Misérables tells the story of ex-prisoner Jean Valjean, hunted for decades by the ruthless policeman Javert, after he breaks parole. When Valjean agrees to care for factory worker Fantine's young daughter, Cosette, their lives change forever. This enthralling story is a timeless testament to the survival of the human spirit and “unforgettable experience”. This musical/movie is approximately 2 hours 38 minutes long.

New Great Courses Series – London in the Time of Dickens

In **London in the Time of Dickens**, you'll get the unique opportunity to experience the British capital through the eyes of a literary master whose work is inextricably tied to the city and its rich history. Throughout 12 lectures taught by Professor Lillian Nayder of Bates College, you'll tour the city of London in a time of rapid transformation through the life and work of Charles Dickens, uncovering the history of the metropolis, while also witnessing the everyday experiences of Londoners from all walks of life as Dickens represents them. Please join us on **Monday, January 6th at 10:45 a.m.** in the Auditorium to view the first lecture **“A Tale of Two Londons”**.

Peter, Paul and Mary – “The Holiday Concert with New York choral Society and Orchestra”

What began in 1981 as a benefit for the New York Choral Society has now become a decade-long holiday music tradition. Join Peter, Paul and Mary on **Monday, January 6th at 2:00 p.m.** in the auditorium in their spectacular live concert backed by a symphony orchestra and 200-vocie chorus. The concert features a mixture of the trio's iconic folk classic. Christmas and Hannukah songs and carols, traditional spirituals and holiday songs of hope, friendship and peace. A holiday ritual for families throughout America who faithfully watch this annual special, this concert is highlighted by children from Mary's elementary school accompanying the trio on “Light One Candle,” Peter's Hanukkah song written especially for this concert. This concert is approximately 90 minutes long.

New Great Courses Series – The History of the United States Navy

The United States Navy has played a vital role both in resolving conflicts and in peacekeeping, spanning the entire history of the United States—from subduing piracy in the 18th century to action in the Mexican-American War, the Civil War, the Spanish-American War, two World Wars, and the Vietnam War, as well as more recent international crises, and its longstanding work in ensuring maritime freedom across the globe. In **The History of the United States Navy**, you'll relive the extraordinary saga of America's naval forces, from the first naval shipbuilding on Lake Champlain in 1775 to the present age of nuclear-armed submarines. These 24 lectures unfurl a huge and multifaceted historical narrative, following the emergence of the US Navy from a fledgling naval force to the greatest maritime power in world history, unfolding over four centuries and mirroring the rise and development of the United States. Please join us for this interesting and educational program. This first lecture is on **Tuesday, January 7th at 10:45 a.m.** in the Auditorium.

Hackettstown Middle School Choir

Please come and join us on **Wednesday, January 8th at 1:00 p.m.** Hackettstown Middle School Choir will be here to spread the holiday cheers with us. We hope you will come and support this group of young talents with us in the Great Room. Bring your neighbors with you too!

Reminder Season Subscribers - New Jersey Symphony Orchestra Trip

Our next trip to the New Jersey Symphony Orchestra is scheduled for **Thursday, January 9th**. The concert is "Jean-Yves Thibaudet Plays Ravel". The bus will leave Heath Village **at 11:45 a.m.** Please remember to bring \$2, exact change, for the gratuity for the bus driver. Thank you!

Wings of Life Documentary

Friday, January 10th at 2:00 p.m. in the Auditorium. We will be viewing "Wings of Life", a stunning adventure full of intrigue, drama and mesmerizing beauty. Narrated by Meryl Streep, this intimate and unprecedented look at butterflies, hummingbirds, bees, bats and flowers is a celebration of life, as a third of the world's food supply depends on these incredible and increasingly threatened creatures. Directed by acclaimed filmmaker Louie Schwartzberg, Wings of Life utilize riveting high-speed, closer-than-close filmmaking techniques to showcase in spectacular detail these unsung heroes of our planet. This documentary is approximately 100 minutes long.

Guided Nature Trail Walk

Come and join us on **Tuesday, January 14th at 9:30 a.m.** for a guided introductory walk on Heath Village Nature Trails. Resident guides will lead you on this slow-paced walk along the 3 main level trails with some moderate inclines. The walk will last approximately one hour with a total distance of a mile or less. A longer challenging walk will be available for those that are up for it, as well as a shorter walk if requested. Please meet us at the Applewood upper parking lot at **9:30 a.m.** Please wear comfortable closed toe shoes and bring your hiking poles if you want. A few walking sticks will be available to borrow. For questions, please call X 6121.

Cornhole Group

The Cornhole Group has moved indoors! This popular tailgate game enjoyed by millions can now be played in the auditorium in cooler weather! Teams compete to earn the most points by landing bags on the board or in the hole. Indoor Cornhole is exciting and challenging for neighbors and friends! We will meet every Tuesday in the Auditorium. Our next game date is **Tuesday, January 14th at 4:00 p.m.** No experience needed, just be ready for a fun time!

Exercise Participants – Medical Clearance Form Updates

A reminder to all our exercise participants who utilize our fitness center and/or take the exercise classes: If you have had any change in your medical condition in the past year, you will need to have a **new medical clearance form** signed by your doctor and submitted to Tracy Dolan, our Activity Director for **2025. In addition, an updated medical clearance form signed by your doctor is required after surgery, medical procedure or change in medical status to resume physical activity, and for all new residents participating in the fitness program.** Forms are available in the Activities Office. Thank you for your cooperation and here's to a healthy and "fit" New Year!

"The Friendship Table"

Just a reminder, there is a Friendship Table dedicated to those who may be alone during the holiday or any day. If you want to meet new friends to dine with. Please call Dining Services for reservations at ext. 5155.

"Giving is Food for the Soul"

Trinity United Methodist Church - The Lord's Pantry is a food distribution ministry that provides free food to those in need in the Hackettstown area. In conjunction with Trinity church, we accept food for The Lord's Pantry. They accept non-perishable items like canned soup, tuna, chicken, peanut butter & jelly, cold cereals, and pancake mixes etc. etc. The collection box is located near the Activities office in Heath House. Show thankfulness by feeding those in need, you can make a difference! Thank you for your support!

Art Gallery

Come and check out the new art exhibits by our talented residents. It has just changed over. The art gallery is in the Activities Room. If you have any art/handcraft works or paintings you would like to share with us, there is a sign-up book in the gallery, we all would love to see it.

December 28th – 7:00 p.m. – "Polar Express" – 2004 - 100 mins – Christmas Adventure

Starring: Tom Hanks and Steven Tyler

Roller Coaster Up and Down Mountains, Slip Slide over Ice Fields, Teeter across mile-high bridges and be served hot chocolate by singing waiters - Welcome to the Polar Express. "Seeing is Believing" says a mysterious hobo who rides the rails. A boy who wants to see Santa Claus with his own eye's boards a train on a snowy Christmas Eve in front of his home and gets more than he bargains for. Film is set in the Midwest in the 1950's. The boy and his newfound friend's journey to the North Pole. Filmed with "Performance Capture" digital animation. All Aboard! Also features Michael Jeter, Peter Scolari, Eddie Geezen. An entertaining adventure. IF YOU JUST BELIEVE. From Castle Rock Entertainment.