



Mayors Wellness Campaign: ***Picnic and Stories at Woodlake Park. 12-2pm, May 22.***

All families are welcome, but the focus of this event is for kids aged up to 5 (kindergarten).

When you hear ***'wellness event'*** generally you think of exercise. Reading supports cognitive development helping kids develop basic language skills and expand their vocabularies — much more than any app can do! Books are interactive -- whether a story or simple pictures – and this interactivity forces kids to think and create new ideas, which in turn, re-enforces their imaginations. This ***Stories*** event is not “exercise” per se, but it strengthens the brain and builds listening skills and concentration. Just as beneficial, reading books creates emotional bonds between adults and kids when they read together. All important factors for wellness!

So, bring the family, a basket lunch and blanket or chairs and come read books! Donated books will be available or bring your favorites and... ***Let's have a picnic and read!*** Woodlake Park is a quiet space in town and is perfect for a relaxing afternoon. It doesn't have a playground -- which in this case is perfect -- so the focus will be on reading. However, if you need to move around, the park is great for bike riding or roller skating, a run or walk. Throw a ball around or just bring a chair and relax! There are nice, paved paths throughout the park, plenty of trees for shade (remember sunscreen!) and lots of fresh air!



**Mother's Day** is May 9. Here's a shout out to all my fellow mamas who fought a year like no other! Part of motherhood is enduring strengths we never knew we had, and between working from home with teaching our virtual learners and cooking (many meals a day), we had our own lesson in rebalancing, shifting, and math (yikes)! Cheers to you for our good days, bad days, supermom days, perfect days and 'is it bedtime yet?' days!

Let's all take a big sigh, hug those kids, and enjoy our day.



**Memorial Day:** Traditionally paired with this day of honoring our military's sacrifice, Memorial Day is a day for people to get together, have a BBQ and see a parade or head to the beach and enjoy the unofficial start of summer. Unfortunately, this year, we can't have our parade in town; but let's all do something together. Let's observe the **"The National Moment of Remembrance Act"** and pause from our busy day and pay our respects at 3:00 pm for

a moment of silence to honor those who have died in service. This is an act that President Bill Clinton signed into law in 2000. We can't forget those who have sacrificed so much for us.

The township will honor and mourn the men and women in the military who died while serving for our country. There will be a wreath placed at both Beverly National Cemetery and at the memorial at the entrance of Memorial Field on Cooper Street.



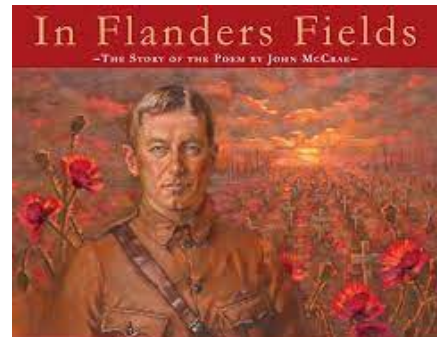
Did you know? .... A symbol of Memorial Day is the poppy flower. People wear them pinned to their hat or collar as a reminder and a sign of respect. The inspiration for the poppy comes from the following poem **"In Flanders Fields"** written by John McCrae:

In Flanders fields the poppies grow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.



We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



So, no matter how you spend Memorial Day, please do not disregard its meaning or significance; but most importantly, don't forget those who served and died for our country and our freedom.

God Bless America.



### Got Books?

The **Mayor's Wellness Campaign** is seeking book donations up to first grade level. Donations can be deposited into a bin located at the side door (near the Court office) of the Township Building through May 20<sup>th</sup>.

The books will be used for the '**Picnic in the Park event**' on May 22<sup>nd</sup>, for children 5 years old and younger.

Leftover books from the event will be donated to schools or organizations seeking donations.

Thank you in advance for your donation. Your kindness is appreciated!

Lauren Kremper-DiFilippo, Mayor