

HOPEWELL VALLEY'S NIGHT OFF:

It's about time!

Wednesday, February 29, 2012



Hopewell Valley's Night Off is a community-wide initiative designed in response to the increasing demands of work and school on personal and family time. With the support of local school officials, sports leaders, parents, community and religious leaders, all sports practices, classes and homework will be cancelled on this special evening.

It's your night! Relax and have fun!

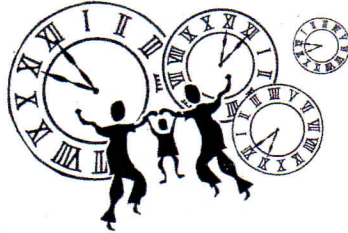


For more information, call the Hopewell Valley Municipal Alliance at 737-0120 x642

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Family Conversation Starters

1. If you were granted an extra two hours every day, to do whatever you wish, what would you do with that time? (If you chose sleep, please choose another activity.)
2. What is your favorite thing you learned today?
3. What would you like your family to do together more often?
4. What is one thing you would like to accomplish in your lifetime?
5. If there is one activity that you could choose to stop doing, what would it be and why?
6. What makes you proud of your family members?
7. Is there anything that you spend time doing in your life that makes you especially happy?
8. If your neighborhood could join together for a cause, what would you like that cause to be?

Challenge -- as you enjoy your time tonight together as a family, be aware of how you interact with one another - what you say, how you express your feelings, how you acknowledge one another or solve problems. Have each family member share an intention - something you would like to change in yourself to create a stronger, more respectful and happy home.

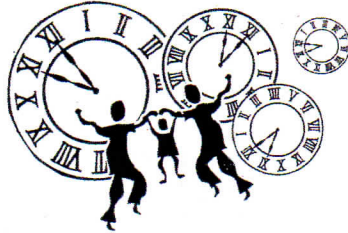


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