

# HOPE MILLS HAPPENINGS

A Proud Past....A Bright Future



## MENTAL HEALTH AWARENESS

May is Mental Health Awareness Month. It is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experience. According to the Centers for Disease Control and Prevention suicide remains the second leading cause of death among youth aged 10 to 14 and adults aged 24 to 35. While suicide was responsible for nearly 46,000 deaths in 2020, many more people attempt or have serious thoughts of suicide – critical risk factors for future suicide. With the large military presence and added stressors brought on by the COVID-19 pandemic, it is important for us to be aware of not only our own mental well-being but also that of our friends and family. The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. 1-800-273-8255. For the Veterans Crisis Line dial 1-800-273-8255 and press 1.

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- Upcoming Board of Commissioners meetings and holiday closures



## MAYOR'S *Corner*

Our final Mayor's Youth Leadership Council meeting was held May 2. Graduation is earlier this year and the members schedules are busy. This year I will attend the Awards Ceremonies for each high school to present certificates and cords to each senior. I am so proud of their accomplishments and unified team efforts to make Hope Mills a better place.

Our local pastors coalition hosted a community wide noon day Good Friday service and meal at First Baptist church of Hope Mills. A very special thank you to our pastors that participated and to the members of Hope Mills First Baptist Church. Easter Sunrise service this year was held at Hope Mills Lake – bringing back a tradition of watching the sunrise at our beautiful lake. Our community pastors again provided a very special service to the largest number of participants in attendance in the history of the early morning service. We are so fortunate to have all denominations coming together to support our community families.

This pastoral group lead our National Day of Prayer event held at Town Hall on May 5 at noon. So thankful and proud that our church families support each and provide a unified system of support not only for their church members but for all Hope Mills residents.

As we prepare to complete the 2022-2023 budget process our Town Board and staff are working together to do our due diligence so Hope Mills will grow and prosper with a quality of life that continues for our small town without a tax increase. Please attend our meetings and our public hearing to learn more about how your tax dollars will be spent. I am so blessed to work with such a great staff lead by our Town Manager and Board of Commissioners that have a vision for the future! Hope Mills is Moving Forward together as One—Get On Board – Hope Mills Strong!

Mayor Jackie Warner

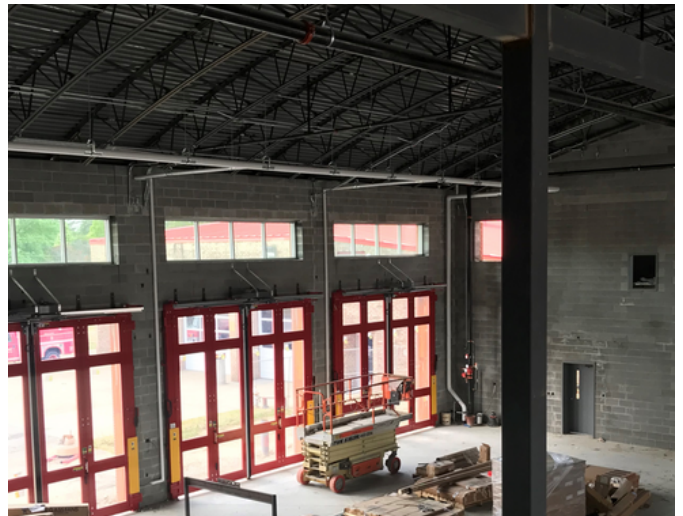


# JOHN W. HODGES PUBLIC SAFETY BUILDING *Update*



Garner & Brown Architects PA provided the following update:

- The building is over 75% complete.
- The contractors are currently over 70% complete with the installation of the standing seam metal roof.
- Work has begun on the interior of the building to include painting and installation of ceramic tiles and toilets in restrooms.
- The next step is to install the red and blue panels on the exterior of the building.





## EMPLOYEE

# Spotlight

### HOPE MILLS FIRE DEPARTMENT

Congratulations to the Hope Mills Fire Department for being featured in the April 2022 issue of Carolina Fire Rescue EMS Journal!

## North Carolina FIRE STATION PROFILE



## Hope Mills Fire Department Cumberland County, NC

**Type Department:** Municipal

**ISO:** Class 2

**Number of Stations:** 1

**Number of Apparatus:**

Pumpers: 4 Aerials: 2 Specialty: 5

**Do you provide EMS?** Yes

**What type:** BLS

**Specialty Operations:**

- Extrication
- Land Search
- Water Rescue
- Underwater Search & Recovery
- The department also operates a dedicated Traffic Incident Management System (TIMS) unit.

**Annual Budget:** \$2.8 million

**Area Covered Square miles:** 10

**Population:** 20,000 +

**Total Runs:** (2021) 2,136

**Fire:** 573

**EMS:** 1,362

**Chief:** Charles L. Hodges, Fire Chief

**Chief Officers:** Charles S. Lopez, Deputy Chief / Justin B. Smith Asst. Chief / Wayne E. Dutterer, Asst. Chief

**Other Officers:** 1-Fire Marshal / 3-Captains / 3-Lieutenants

**Number of Members:**

Paid: 37 Volunteer: 10



Chief Charles L. Hodges

**Address:**  
5788 Rockfish Road  
Hope Mills, NC 28348

**Web site:** townofhopemills.com

**Phone:** 910-424-0948

**Community Outreach:** The department attends a variety of community events to spread the Fire and Life safety message including but not limited to:

- Fire & Safety education in schools, daycares, civic organizations, and the general public.
- Neighborhood canvassing for smoke detectors (with a focus on low income and senior populations)
- Fire Extinguisher training for businesses and residents.
- Citizen's Academy



- Future plans are to implement first aid and CPR training to the public and a Kids Fire Academy

**Top Two concerns in your community:** Rapid Growth / Traffic

**What upgrades will you make in your department this year?** The department will be moving into a new 46,000 sq. ft. Public Safety Center (fire & Police) at the end of 2022.

**What special hazards or unique businesses in your community?**

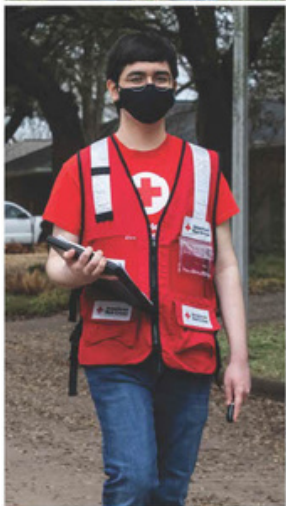
- Railway for both Passengers & Freight
- The flight path for both Military & Civilian Aircraft
- 16-Shopping Complexes
- 71-Restaurants
- 7-public Schools
- 30-Apartment Complexes

- 14-Screen Movie Theater
- 400+ -Businesses
- 95-acre Recreational Lake.
- 45,000 sq. ft. indoor Trampoline Park
- 97-acre Greenway Recreational Area

**List anything else you are proud of and would like the readers to know about, are you doing anything special in Recruitment, Retention, or anything unique other departments could benefit from:** The Hope Mills Fire Department is the second oldest, continually operating fire department and 1 of 3 municipal departments in Cumberland County NC. Due to our proximity to Fort Bragg, our population is made up of approximately 63% active-duty military. The department operates 2-Engine Companies, 1-Ladder Company, and 1-Fire / Rescue Squad 24/7/365. Through mutual and automatic aid contracts, the Hope Mills Fire Department responds to assist other agencies anywhere in Cumberland County including the City of Fayetteville, Town of Spring Lake, and Fort Bragg; due to our geographical location, our department also responds into portions of Robeson and Hoke Counties to assist as well.

**Red Cross**

# Sound the Alarm Campaign



## SMOKE ALARMS SAVE LIVES!

Working smoke alarms can cut the risk of death from home fires in half.

That's why we're rallying volunteers, fire departments and partners to *Sound the Alarm*, where it's safe to do so.

Together, we're installing **FREE** smoke alarms in your community. Request a smoke alarm installation today!

Hope Mills, NC

Saturday, May 21 from 9 a.m. - 2 p.m.

Register for a Smoke Alarm Volunteer to Help  
Bilingual Volunteers Needed

Learn more at [SoundTheAlarm.org/enc](https://SoundTheAlarm.org/enc)  
or call 910-536-0618



300001-04 06/22



## PREPARE & SIGN UP FOR SMOKE ALARMS

Mark your calendars! On May 21, the American Red Cross of Eastern North Carolina and partners will be in Hope Mills to install free smoke alarms for people in need.

- Location: Meet at Parks & Recreation, 5766 Rockfish Road
- Saturday, May 21, 2022
  - 9:00 a.m. - 2:00 p.m.



Home fires are the nation's most frequent disaster. Learn how to prevent and prepare for one by making an appointment for a free smoke alarm installation on May 21. #EndHomeFires

## VOLUNTEER

Volunteer to help save lives! Be part of the Sound the Alarm Event in Hope Mills. Volunteers will help educate families about home fire prevention and help install smoke alarms in at-risk communities. Training provided! Just one day of your life can change someone else's forever. For more details visit [SoundtheAlarm.org/enc](https://SoundtheAlarm.org/enc) or call 910-536-0618.



## **ASIAN PACIFIC AMERICAN HERITAGE MONTH** *May 2022*

May is Asian/Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States. A rather broad term, Asian/Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

Like most commemorative months, Asian/Pacific American Heritage Month originated with Congress. In 1977 Rep. Frank Horton of New York introduced House Joint Resolution 540 to proclaim the first ten days in May as Pacific/Asian American Heritage Week. In the same year, Senator Daniel Inouye introduced a similar resolution, Senate Joint Resolution 72. Neither of these resolutions passed, so in June 1978, Rep. Horton introduced House Joint Resolution 1007. This resolution proposed that the President should “proclaim a week, which is to include the seventh and tenth of the month, during the first ten days in May of 1979 as “Asian/Pacific American Heritage Week.” This joint resolution was passed by the House and then the Senate and was signed by President Jimmy Carter on October 5, 1978 to become Public Law 95-419 (PDF, 158kb). This law amended the original language of the bill and directed the President to issue a proclamation for the “7 day period beginning on May 4, 1979 as ‘Asian/Pacific American Heritage Week.’” During the next decade, presidents passed annual proclamations for Asian/Pacific American Heritage Week until 1990 when Congress passed Public Law 101-283 (PDF, 166kb) which expanded the observance to a month for 1990. Then in 1992, Congress passed Public Law 102-450 (PDF, 285kb) which annually designated May as Asian/Pacific American Heritage Month.

The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

\*Taken from <https://asianpacificheritage.gov/>

To learn more about Asian Pacific American Heritage Month and continue conversations about the historical impact of Asian/Pacific Americans in American history year round, please refer to the link above.

# PARKS & RECREATION

## Summer Camps

### 10 Week Summer Camp

- Ages: All ages
- Cost: \$30 one time Registration Fee
  - \$70 weekly - Resident
  - \$80 weekly - \*Non-resident
- June 6 - August 12, 2022
  - OPEN 8:00 a.m. - 6:00 p.m.
  - DROP-OFF: 7:45 a.m.
- Lunches provided by Cumberland County Schools

Fitness  
Sports & Games  
Music  
Arts & Crafts  
Field Trips

Online advanced registration is now open *until all weeks are filled*. Limited seats.



**HOPE MILLS PARKS & RECREATION**  
**SUMMER CAMP**

Online Registration  
**NOW OPEN**  
until all weeks are filled!

Register at:  
[townofhopemills/parksandrecreation](http://townofhopemills/parksandrecreation)

June 6 - August 12, 2022  
OPEN: 8am-6pm DROP OFF: 7:45am

- Fitness
- Sports & Games
- Music
- Arts & Crafts
- Field Trips

Limited seats

Lunches provided by Cumberland County Schools  
\$30 one-time Registration Fee  
\$70 weekly - Resident ..... \$80 weekly - Non-Resident

For More Info:  
(910) 426.4109



**HOPE MILLS PARKS AND RECREATION**  
5766 ROCKFISH RD. HOPE MILLS, NC 28348 910-426-4109

**ART-O-RAMA CAMP**

ALL SUPPLIES INCLUDED IN CAMP COST

metria's Art Studio

WATER COLORS  
ACRYLICS  
ABSTRACTS  
COLLAGES  
COLOR MIXING  
ART HISTORY

**\$110 per camper**  
Registration Begins April 1st

**June 6 - 10**  
Gary Dove Memorial Building  
at Brower Park, 5763 Rockfish Road

**2 AGE GROUPS! SAME WEEK!**  
AGES 7-9 ~ 8:30-11:30 AM  
AGES 10-12 ~ 1:00-4:00 PM

For more info, & to register:  
[www.townofhopemills.com](http://www.townofhopemills.com)

### Art-O-Rama Camp

Two age groups! Same week!

- Ages: 7-9 & 10-12
- Cost: \$110/per camper
- Location: Gary Dove Memorial Building at Brower Park, 5763 Rockfish Road
- June 6-10, 2022
  - Ages 7-9 - 8:30 a.m. - 11:30 a.m.
  - Ages 10-12 - 1:00 p.m. - 4:00 p.m.

Registration now open! All supplies included in camp cost.



**Hope Mills Parks and Recreation**  
5766 Rockfish Rd. Hope Mills, NC 28348 910-426-4109

# UNDER CONSTRUCTION FIT KIDS CAMP

Youth Ages 9-12

Registration Begins  
April 1st



- ✓ \$100 Per Camper
- ✓ Morning Yoga
- ✓ Healthy Snack Prep
- ✓ Games & Outdoor Fun!
- ✓ Water-Day

**July 18-22 | 8:30-11:30 am**

Brower Park, 5763 Rockfish Road  
Indoor-Outdoor

**FOR MORE INFO. & TO REGISTER:**  
[www.townofhopemills.com](http://www.townofhopemills.com)

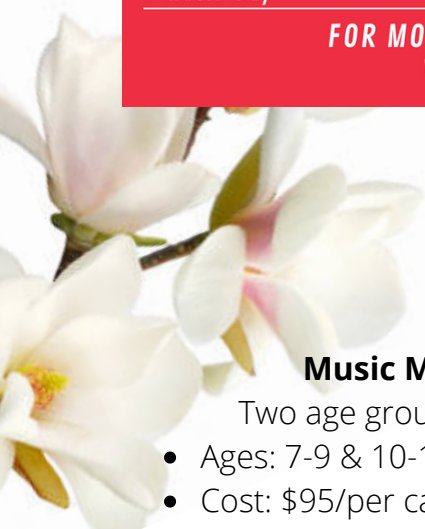
## PARKS & RECREATION

### Specialty Summer Camps

#### Under Construction Fit Kids Camp

- Ages: 9-12
- Cost: \$100/per camper
- June 18-22, 2022
  - 8:30 a.m. - 11:30 a.m.
- Location: Brower Park, 5763 Rockfish Road

Online registration is now open! Fit Kids Camp features morning yoga, healthy snack prep, games & outdoor fun and a water day!



#### Music Mania Camp

Two age groups!! Same week!

- Ages: 7-9 & 10-12
- Cost: \$95/per camper
- Location: Gary Dove Memorial Building at Brower Park, 5763 Rockfish Road
- July 11-15, 2022
  - Ages 7-9 - 8:30 a.m. - 11:30 a.m.
  - Ages 10-12 - 1:00 p.m. - 4:00 p.m.

Registration now open!



**HOPE MILLS PARKS AND RECREATION**  
5766 ROCKFISH RD. HOPE MILLS, NC 28348 910-426-4109

# MUSIC MANIA CAMP

**\$95 per  
camper**

Registration  
Begins April 1st



**July 11 - 15**



**2 AGE GROUPS! SAME WEEK!**

AGES 7-9 ~ 8:30-11:30 AM  
AGES 10-12 ~ 1:00-4:00 PM

Gary Dove Memorial Building  
at Brower Park, 5763 Rockfish Road

**For more info. & to register:**  
[www.townofhopemills.com](http://www.townofhopemills.com)

## PARKS & RECREATION

### Specialty Summer Camps

#### Creative Fitness Camp

- Ages: 6-10
- Cost: \$95/per camper
- June 13-17 2022
  - 8:30 a.m. - 11:30 a.m.
- Location: Brower Park, 5763 Rockfish Road

Online registration is now open for this indoor-outdoor camp.



**Hope Mills Parks & Recreation**  
5766 Rockfish Rd. Hope Mills, NC 28348 910-426-4109

# CREATIVE FITNESS CAMP

YOUTH AGES 6-10  
REGISTRATION BEGINS APRIL 1ST

**kids in sports**

JUNE 13-17 | 8:30-11:30 AM  
BROWER PARK, 5763 ROCKFISH ROAD  
INDOOR-OUTDOOR

**\$95 PER CAMPER** FOR MORE INFORMATION & TO REGISTER:  
[www.townofhopemills.com](http://www.townofhopemills.com)



**Hope Mills Parks & Recreation**  
5766 Rockfish Rd. Hope Mills, NC 28348 910-426-4109

# MULTI-SPORT & MORE CAMP

YOUTH AGES 6-10  
REGISTRATION BEGINS APRIL 1ST

**kids in sports**

AUGUST 1-5 | 8:30-11:30 AM  
BROWER PARK, 5763 ROCKFISH ROAD  
INDOOR-OUTDOOR

**\$95 PER CAMPER** FOR MORE INFORMATION & TO REGISTER:  
[www.townofhopemills.com](http://www.townofhopemills.com)

#### Multi-Sport & More Camp

- Ages: 6-10
- Cost: \$95/per camper
- Location: Gary Dove Memorial Building at Brower Park, 5763 Rockfish Road
- August 1-5, 2022
  - 8:30 a.m. - 11:30 a.m.

Registration now open!




 Hope Mills Parks & Recreation  
 5786 Rockfish Rd., Hope Mills, NC 28348  
 Phone (910) 426-4109  
 www.townofhopemills.com

**SUMMER WARRIOR SPIRIT**  
 FULL SPECTRUM KARATE  
**WARRIOR SPIRIT KARATE CAMP 2022**

Register now to reserve your spot

**\$225**  
 INCLUDES  
 Camp t-shirt,  
 Karate uniform  
 Karate belt  
 Training gear  
 End of Camp Certificate

**7-12 YRS**  
 REGISTRATION  
 Begins April 1, 2022  
 Only 12 spots available  
 Register early!

**JUNE 20-24  
 JUNE 27-JULY 1**  
**8am - 4pm**

**KARATE TRAINING  
 FUN ACTIVITIES  
 SOCIAL DEVELOPMENT  
 AND MORE!**

- GARY DOVE MEMORIAL BUILDING AT BROWER PARK, 5763 ROCKFISH ROAD
- MARTIAL ARTISTS MUST BRING THEIR OWN LUNCH AND SNACKS.
- FOR MORE INFO AND TO REGISTER: [WWW.TOWNOFHOPEMILLS.COM](http://WWW.TOWNOFHOPEMILLS.COM)

 LIKE US ON FB  
[warriorspiritfullspectrumkarate](https://www.facebook.com/warriorspiritfullspectrumkarate)

## PARKS & RECREATION

### *Specialty Summer Camps*

#### Warrior Spirit Summer Camp

- Ages: 7-12
- \$225/per camper
- Location: Gary Dove Memorial Building at Brower Park, 5763 Rockfish Road
- June 20-24, 2022
  - 8:00 a.m. - 4:00 p.m.
- June 27-July 1, 2022
  - 8:00 a.m. - 4:00 p.m.

Martial artists must bring their own lunch and snacks. Cost includes camp t-shirt, karate uniform, karate belt, training gear and End of Camp Certification. Registration now open. Only 12 spots available, register early!


**Hope Mills Parks & Recreation**  
 5766 Rockfish Rd., Hope Mills, NC 28348 910-426-4109

**SOCCER & MORE CAMP**

**YOUTH AGES 6-10**  
**REGISTRATION BEGINS APRIL 1ST**



**JULY 25-29 | 8:30-11:30 AM**  
 BROWER PARK, 5763 ROCKFISH ROAD  
 INDOOR-OUTDOOR

**\$95 PER CAMPER**

FOR MORE INFORMATION & TO REGISTER:  
[www.townofhopemills.com](http://www.townofhopemills.com)

#### Soccer & More Camp

- Ages: 6-10
- \$95/per camper
- Location: Brower Park, 5763 Rockfish Road
- July 25-29, 2022
  - 8:30 a.m. - 11:30 a.m.

Registration now open! For more information and to register visit: [townofhopemills.com](http://townofhopemills.com)



# PARKS & RECREATION

## Self Defense Programs



Hope Mills Parks & Recreation

5766 Rockfish Rd, Hope Mills, NC 28348 • Phone (910) 426-4109

### Basic Self-Defense Workshop for Adults

Register to learn effective techniques to defend yourself against attackers.

**\$45**

**Ages 18-54**  
**May 28-2022**  
**Time: 9am-1pm**

Bring water & snacks.  
Wear comfortable clothes.

#### WHAT YOU'LL LEARN

Learn prevention techniques, awareness skills, life saving techniques, how to spot dangerous potential threats and Practical hands-on self-defense training.



LIKE US ON FB

warriorspiritfullspectrumkarate

For more info and to register:  
[WWW.TOWNOFHOPEMILLS.COM](http://WWW.TOWNOFHOPEMILLS.COM)

**WARRIOR SPIRIT**  
FULL SPECTRUM KARATE

### Basic Self-Defense Workshop for Adults

- Ages: 18-54
- Cost: \$45
- May 28, 2022
  - 9:00 a.m. - 1:00 p.m.

What You'll Learn:

- Prevention techniques
- Awareness skills.
- Life saving techniques.
- Practical hands-on self-defense training.

Online advanced registration is recommended. Bring snacks and wear comfortable clothes. Register to learn effective techniques to defend yourself against attackers.



# PARKS & RECREATION

## 55+ Programs



**Hope Mills Parks & Recreation**  
5766 Rockfish Rd, Hope Mills, NC 28348 • Phone (910) 426-4109

### Basic Self Defense Workshop for Seniors

Age doesn't stop you from being able to defend yourself, you're smarter.  
*Be empowered, be aware, get out and enjoy your life.*

**WHAT ATTACKERS SEE**  
Seniors are targeted due to their perceived physical vulnerability, social isolation and predictable behavior patterns. Taking a few steps to learn self defense is the key to making the right decisions for your situation.

**WHAT YOU'LL LEARN**

- Learn prevention techniques, awareness skills, and how to spot dangerous potential threats.
- Learn life saving techniques.
- Practical hands-on self-defense training

**\$45**  
Ages 55+  
June 18, 2022  
9am-1pm

Bring water & snacks.  
Wear comfortable clothes.

For more info and to register:  
[www.townofhopemills.com](http://www.townofhopemills.com)

LIKE US ON FB  
[warriorspiritofaspectrumkarate](https://www.facebook.com/warriorspiritofaspectrumkarate)

WARRIOR SPIRIT  
THE SPECTRUM KARATE

### Basic Self Defense Workshop for Seniors

- Ages: 55 +
- Cost: \$45
- June 18, 2022.
  - 9:00 a.m. - 1:00 p.m.

#### What you'll learn:

- Prevention techniques, awareness skills and how to spot dangerous potential threats.
- Life saving techniques.
- Practical hands-on self-defense training.

This class is designed for adults 55+. Bring water and snacks. Wear comfortable clothes. Advanced registration is required.

### 55+ Zumba

- Ages: 55 +
- No Cost
- Monday & Wednesday
  - 11:30 a.m. - 12:30 p.m.

- Do you want to improve your cardiovascular endurance?
  - Do you want to have a dance party for exercise?

Dance cardio class designed to increase heart rate. This class is designed for adults 55+. Advanced registration is required every month before attending class. Registration will open at 8:00 a.m. on the 3rd Friday of each month for the following month. You must create an online account before registering.



**Hope Mills Parks and Recreation**  
5766 Rockfish Rd. Hope Mills, NC 28348 910-426-4109



**Monday & Wednesday**  
11:30 am - 12:30 pm

**No Cost**

Advanced registration is required every month before attending class. Registration will open at 8 am on the 3rd Friday of each month for the following month. An online account is required before registering.

# 55+ ZUMBA

**DO YOU WANT TO IMPROVE**

YOUR CARDIOVASCULAR ENDURANCE?

**DO YOU WANT TO HAVE**

A DANCE PARTY FOR EXERCISE?

Dance cardio class designed to increase heart rate. This class is designed for adults 55+ only. Online advanced registration is recommended.

For more info. & to register: [www.townofhopemills.com](http://www.townofhopemills.com)



## Hope Mills Parks and Recreation

5766 Rockfish Rd. Hope Mills, NC 28348 910-426-4109



**Tuesday & Thursday**

**2:45-3:45 pm**

**No Cost**

Advanced registration is required every month before attending class. Registration will open at 8 am on the 3rd Friday of each month for the following month. You must create an online account before registering.

# 55+ YOGA

**DO YOU WANT TO IMPROVE**

YOUR BALANCE AND COORDINATION?

**DO YOU WANT TO INCREASE**

YOUR STRENGTH AND FLEXIBILITY?

You must bring your own mat; no mats are provided. This is a floor based Yoga class for adults 55+ only. Online advanced registration is recommended.

For more info. & to register: [www.townofhopemills.com](http://www.townofhopemills.com)

## PARKS & RECREATION

# 55 + Programs

### 55+ Yoga

- Ages: 55 +
- No Cost
- Tuesday & Thursday
  - 2:45 p.m. - 3:45 p.m.

- Do you want to improve your balance and coordination?
- Do you want to increase your strength and flexibility?

You must bring your own mat; no mats are provided. This is a floor based Yoga class for adults 55+ only. Advanced registration is required every month before attending class. Registration will open at 8:00 a.m. on the 3rd Friday of each month for the following month. You must create an online account before registering.



## Hope Mills Parks and Recreation

5766 Rockfish Rd. Hope Mills, NC 28348 910-426-4109



**Tuesday & Thursday**

**1:45-2:30 pm**

**No Cost**

Advanced registration is required every month before attending class. Registration will open at 8 am on the 3rd Friday of each month for the following month. You must create an online account before registering.

# 55+ STRONG BONES

**DO YOU WANT TO IMPROVE**

YOUR BONE DENSITY?

**DO YOU WANT TO INCREASE**

YOUR STRENGTH AND FLEXIBILITY?

You must bring your own mat; no mats are provided. Class includes standing & floor exercises for adults 55+ only. Online advanced registration is recommended.

For more info. & to register: [www.townofhopemills.com](http://www.townofhopemills.com)

### 55+ Strong Bones

- Ages: 55+
- No Cost
- Tuesday & Thursday
  - 1:45 p.m. - 2:20 p.m.

- Do you want to improve your bone density?
- Do you want to increase your strength and flexibility?

You must bring your own mat; no mats will be provided. Class includes standing & floor exercises for adults 55+. Class includes standing & chair exercises. Advanced registration is required every month before attending class. Registration will open at 8:00 a.m. on the 3rd Friday of each month for the following month. You must create an online account before registering.

**PARKS & RECREATION**  
*Programs*



**Hope Mills Parks and Recreation**

5766 Rockfish Rd. Hope Mills, NC 28348 910-426-4109



**In Partnership  
With:**



**Saturday, June 18th  
9:00 am - 12:30 pm  
\$5 per person\*  
Ages 4+  
Meet at dock**

*\*HMPR fee; not NCWRC*

For more info. &  
to register:  
[www.townofhopemills.com](http://www.townofhopemills.com)

**FAMILY FISHING DAY**

Join an Education Specialist from the NC Wildlife Resources Commission for this one time event. Families & children ages 4+ are welcome. Bait, tackle & a limited number of rods will be available for use; all are encouraged to bring your own rod if possible. No license is required to fish if registered in this program; catch & release period has expired for the Hope Mills Lake. Online advanced registration is required for each individual; spaces are limited.



**PARKS & RECREATION**

*55 + July 4th Luncheon*



**Hope Mills Parks and Recreation**

5766 Rockfish Rd. Hope Mills, NC 28348 910-426-4109



**Date:**  
**Thursday,**  
**June 30, 2022**

**Time:**  
**11:00am-1:00pm**

**Cost: \$10 per person**

**Ages: 55+ only**

For more info. &  
to register:  
[www.townofhopemills.com](http://www.townofhopemills.com)

# Independence Day Luncheon

Let's celebrate our independence & great country with food, fellowship & fun! Join your fellow peers for a celebration luncheon in honor of the 4th of July. A fully catered meal, music & dancing are sure to put you in a festive mood. There will be door prizes & maybe an extra surprise or two! Online advanced registration is required; spaces are limited.



TOWN OF HOPE MILLS  
**INDEPENDENCE  
DAY**

*Celebration*



**SATURDAY**  
*July*  
**2**

HOPE MILLS MUNICIPAL PARK

**4 PM** *Parade*

REGISTER NOW UNTIL JUNE 19

**5 PM** *Celebration*

FEAT. 80'S UNLEASHED BAND

**9 PM** *Fireworks*

FOR MORE INFO PLEASE VISIT [WWW.TOWNOFHOPEMILLS.COM](http://WWW.TOWNOFHOPEMILLS.COM)

IT'S BACK!! Come celebrate Independence Day with us on Saturday, July 2nd. Parade will begin at 4:00 p.m., followed by the Independence Day Celebration at Hope Mills Municipal Park from 5:00 p.m. – 9:00 p.m., & ending with a bang - Fireworks provided by Pyro Shows, Inc. Activities for all ages, including It's a ZOO Life petting zoo & Imagine Circus stilt walkers & face painters. Featuring 80's Unleashed for this year's entertainment. Food Trucks & Dirtbag Ales Brewery and Taproom will also be on site. FREE & family friendly event. Register now through June 19th for parade entries & Food Truck Vendors. Food Truck's are limited, so register yours today! For more information & link for registrations, please visit our website.

The background of the entire page is a close-up photograph of magnolia flowers. The flowers are white with delicate pinkish-red streaks on their petals. They are arranged in clusters on dark brown branches with green leaves. The lighting is soft, creating a gentle, natural feel.

## UPCOMING BOARD MEETING SCHEDULE & HOLIDAY CLOSURES

*Mark Your Calendars*

- Town Offices will be closed in observance of **Memorial Day** on **Monday, May 30, 2022**. **Yard Waste collection will be on a one-day delay**. Trash service will not be delayed.
- **Board of Commissioners Regular Meeting - Monday, June 6, 2022** at 7:00 p.m., Luther Board Meeting Room Town Hall.
- **Board of Commissioner Regular Meeting - Monday, June 20, 2022** at 7:00 p.m., Luther Board Meeting Room Town Hall.
- Town offices will be closed in observance of **Independence Day** on **Monday, July 4, 2022**. The first regular Board of Commissioners meeting for July is canceled due to July 4th. **Yard Waste collection will be on a one-day delay**. Trash service will not be delayed.

PLEASE VISIT OUR WEBSITE TO VIEW ADDITIONAL  
MEETING AND PUBLIC NOTICE INFORMATION  
[WWW.TOWNOFHOPEMILLS.COM](http://WWW.TOWNOFHOPEMILLS.COM)

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