

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		9:00AM-Breakfast Walk (TS) 9:30AM-Chair Zen Stretch (ER) 10AM-12PM-Open Gym & Pool 11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone) 11:30AM-Hallway Holiday Trivia (1 st Floor Creekside) 1:00PM-Chair Active (CH) (ER) 1:30PM-Hallway Holiday Trivia (2 nd Floor Creekside) 2:00PM-Chair Active 2:30PM-Hallway Holiday Trivia (1 st Floor Sycamore 1) 3:00PM-Chair Zen Stretch (ER) 7:00PM-Musical Performance by Zack Alexander "Songs of Sinatra" (Zoom)	9AM & 10AM-Chair Zen Stretch (ER) 9:30AM /10:30AM/11:30am-Shop Rite 11AM-Open Gym & Pool 12:00PM- Lunch Walk 1 Mile (TS) 1:15PM-Banks 1:30PM-Chair Active (ER) 1:30PM-Hallway Holiday Trivia (2 nd Floor Syc. 1) 2PM Bible Study with Pastor Nancy (Zoom/ Phone) 2:00PM-Chair Active (CH) (ER) 2:15PM-Banks/ Pharmacy 7PM-Program on "Holiday Comfort" (Zoom/ Phone)	9:00AM-Chair Active(CH) (ER) 10AM-Chair Zen Stretch (ER) 11AM-Open Gym & Pool 11:00AM-Rosary (Zoom/ Phone) 1:30PM-Chair Active (ER) 1:30PM-Egg Nog Ice Cream & Holiday Poetry (Delivered to your door) 2:00PM-Chair Active (ER) 2:00PM-Drama Club (Patio) 7:00PM-Crane's Mill Zoom Holiday Tree Lighting (Zoom)	9AM-Open Gym & Pool 10:00AM-Chair Active (ER) 10AM- Christmas Target 11AM-Open Gym & Pool 11AM-Balance & Posture (Zoom) 1:30PM-Christmas Target 1:30PM-Chair Active (ER) 2PMShabbat Eve Service (Zoom) 2PM-Chair Active (CH) (ER) 3PM- Dinner Walk 1 Mile (TS) 7PM-Holiday Violin Concert with Arsen Ketikyan (Zoom)	10:00AM-Stretch & Strengthen Class (Zoom) 7PM-Movie Night "Last Love" (Zoom)
6	7	8	9	10	11	12
11:15AM Morning Prayer Service with Father O'Connor (Zoom) 2:00PM Ecumenical Prayer Service with Pastor Nancy (Zoom)	9:00AM-Breakfast Walk (TS) 9:30AM-Chair Zen Stretch (ER) 10AM-12PM-Open Gym & Pool 11:00AM-Daily Chronicles (Delivered to your door) 11:30AM-Hallway Holiday Trivia (1 st Floor Syc. 2) 1:00PM-Chair Active (CH) 2:00PM-Chair Active (ER) 2:30PM-Hallway Holiday Trivia (2 nd Floor Syc. 2) 3:00PM-Chair Zen Stretch (ER) 7PM- Puzzles (Delivered to your door)	9:00AM-Breakfast Walk (TS) 9:30AM-Chair Zen Stretch (ER) 10AM-12PM-Open Gym & Pool 11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone) 1:00PM-Chair Active (CH) (ER) 1:30PM-Snow Ball Games (ER) 2:00PM-Chair Active 3:00PM-Chair Zen Stretch (ER) 3:30PM-Snow Ball Games (ER) 7:00PM Holiday Fashion Show (Zoom)	9AM & 10AM-Chair Zen Stretch (ER) 9:30AM /10:30AM/11:30am-Shop Rite 10AM-2PM-Complimentary Gift Wrapping (TS) 11AM-Open Gym & Pool 12:00PM- Lunch Walk 1 Mile (TS) 1:15PM-Banks 1:30PM-Chair Active (ER) 2PM Bible Study with Pastor Nancy (Zoom/ Phone) 2:00PM-Chair Active (CH) (ER) 2:15PM-Banks/ Pharmacy 3:00PM-Health Presentation: "Cognitive Health During a Pandemic for Seniors" (Zoom) 7PM-Documentary: "Kedi" (Zoom)	9:00AM-Chair Active(CH) (ER) 10AM-Chair Zen Stretch (ER) 10AM-2PM-Complimentary Gift Wrapping (TS) 11:00AM-Rosary (Zoom/ Phone) 11AM-Open Gym & Pool 12:00PM- Walk 2 Mile (TS) 1:30PM-Chair Active (ER) 2:00PM-Chair Active (ER) 2:00PM-Drama Club (Patio) 7:00PM-Vocalist Jerry Costano (Zoom)	HANUKKAH BEGINS 9AM-Open Gym & Pool 10:00AM-Trip to Trader Joe's 11:00AM-Chair Active (ER) 11AM-Balance & Posture (Zoom) 1PM-2PM-Open Gym & Pool 1PM-Hanukkah Jelly Donuts (Delivered to your door) 1:30PM-Trip to Trader Joe's 3:00PM-Crane's Mill Drama Club Performance (Zoom) 3PM- Dinner Walk 1 Mile (TS)	10:00AM-Stretch & Strengthen Class (Zoom) 7PM-Movie Night: "The Polar Express" (Zoom)
13	14	15	16	17	18	19
11:15AM Morning Prayer Service with Father O'Connor (Zoom) 2:00PM Ecumenical Prayer Service with Pastor Nancy (Zoom)	9:00AM-Breakfast Walk (TS) 9:30AM-Chair Zen Stretch (ER) 10AM-12PM-Open Gym & Pool 11:00AM December Gardening Project (Sign Up Required, be delivered to your door) 1:00PM-Chair Active (CH) (ER) 1:30PM-Art Lecture: "Vincent Van Gogh: Color and Passion" (Zoom/Phone) 2:00PM-Chair Active (ER) 3:00PM-Chair Zen Stretch (ER) 7PM- Puzzles (Delivered to your door)	9:30AM-Chair Active (CH) (ER) 10:30AM-Chair Zen Stretch (ER) 10:30AM-Building Committee Meeting (Library) 11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone) 11AM-Open Gym & Pool 12:00PM- Walk 1 Mile (TS) 1:30PM-Hanukkah Program (Zoom) 2:00PM-Chair Zen Stretch (ER) 7:00PM-Jewish Vaudeville Show by Richard Stillman (Zoom)	9AM & 10AM-Chair Zen Stretch (ER) 9:30AM /10:30AM/11:30am-Shop Rite 11AM-Open Gym & Pool 1:15PM-Banks 1:00PM-Chair Active (CH) (ER) 2PM Bible Study with Pastor Nancy (Zoom/ Phone) 2:00PM-Chair Zen Stretch (ER) 2:15PM-Banks/ Pharmacy 3:00PM- Walk 2 Mile (TS) 7PM-Musical Video: "The Nutcracker Ballet"(Z)	9:30AM-Chair Active (ER) 10:30AM-Chair Active (CH) (ER) 11AM-Open Gym & Pool 11:00AM-Rosary (Zoom/ Phone) 1:00PM-Chair Active (ER) 1:30PM-Lecture: "Holidays in NYC... No Better Place!" (Zoom) 2PM & 3PM-Chair Zen Stretch (ER) 3:00PM-4:00PM-Holiday Happy Hour (Delivered to your door) 7:00PM-Special Holiday Bingo (Zoom)	9AM-Open Gym & Pool 10:00AM-Chair Active (ER) 10AM & 1:30PM-Trip to Wal-Mart 11AM-Virtual Balance & Posture with Lynn (Zoom) 11AM-Open Gym & Pool 12PM-Walk 1 Mile (TS) 2PM: Shabbat Eve Service (Z) 2PM & 3PM-Chair Zen Stretch(ER) 3:30PM Residents Holiday Gift Distribution (Delivered to your door) 7PM-Musical Performance (Zoom)	10:00AM-Stretch & Strengthen Class (Zoom) 7PM-Movie Night "Holiday Inn" (Zoom)
20	21	22	23	24	25	26
11:15AM Morning Prayer Service with Father O'Connor (Zoom) 2:00PM Ecumenical Prayer Service with Pastor Nancy (Zoom)	FIRST DAY OF WINTER 9:00AM-Breakfast Walk (TS) 9:30AM-Chair Zen Stretch (ER) 10AM-12PM-Open Gym & Pool 1:00PM-Chair Active (CH) 1:30PM-Holiday Trail Mix & Comics (Delivered to your door) 2:00PM-Chair Active (ER) 3:00PM-Chair Zen Stretch (ER) 5:00PM-Take Out Dinner Night Forte Restaurant (Sign Up with Activities) 7PM- Puzzles (Delivered to your door)	9:30AM-Chair Active (CH) (ER) 10:30AM-Chair Zen Stretch (ER) 11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone) 11AM-Open Gym & Pool 12:00PM- Walk 1 Mile (TS) 2:00PM-Chair Zen Stretch (ER) 2:30PM-Christmas Service (Zoom) 7:00PM Lecture: "Christmas Traditions" (Zoom)	9AM & 10AM-Chair Zen Stretch (ER) 9:30AM /10:30AM/11:30am-Shop Rite 11AM-Open Gym & Pool 1PM-4pm-Traveling Holiday Music & Gingerbread Man Cookies (Delivered to your door) 1:00PM-Chair Active (CH) (ER) 1:15PM-Banks 2PM Bible Study with Pastor Nancy (Zoom/ Phone) 2:00PM-Chair Zen Stretch (ER) 2:15PM-Banks/ Pharmacy 3:00PM- Walk 2 Mile (TS) 7:00PM-Travelogue: "Nature: Christmas In Yellowstone" (Zoom)	CHRISTMAS EVE 9:30AM-Chair Active (ER) 10:30AM-Chair Active (CH) (ER) 11AM-Open Gym & Pool 1:00PM-Chair Active (ER) 2PM-Chair Zen Stretch (ER) 2:30PM-Movie: "White Christmas" (Zoom) 3:00PM- Walk 1 Mile (TS) 7:00PM- Twilight Piano Music with Peter Lieberman (Zoom)	CHRISTMAS DAY 12PM-1:30PM: Christmas Dinner (Delivered to your door) 2:00PM-Afternoon Movie- "Last Christmas" (Zoom) 7:00PM Movie: "A Christmas Proposal" (Zoom)	10:00AM-Stretch & Strengthen Class (Zoom) 7PM-Movie Night "While You Were Sleeping" (Zoom)
27	28	29	30	31	<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">KEY</p> <p>TS- Towne Square ER-Exercise Room Z-Zoom</p> </div> </div> <p style="text-align: center; margin-top: 10px;"><i>All Activities Require Sign-Up at (973) 276-3012 for all the events that you are interested in attending</i></p>	
11:15AM Morning Prayer Service with Father O'Connor (Zoom) 2:00PM Ecumenical Prayer Service with Pastor Nancy (Zoom)	9:00AM-Breakfast Walk (TS) 9:30AM-Chair Zen Stretch (ER) 10AM-12PM-Open Gym & Pool 11:00AM-Daily Chronicles (Delivered to your door) 1PM-Afternoon Meditation (Zoom) 1:00PM-Chair Active (CH) 2:00PM-Chair Active (ER) 3:00PM-Chair Zen Stretch (ER) 7PM- Puzzles (Delivered to your door)	9:30AM-Chair Zen Stretch (ER) 10AM-12PM-Open Gym & Pool 11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone) 1:00PM-Chair Active (CH) (ER) 2:00PM-Chair Active 2:30PM- Lecture : "Sweet Treats" (Zoom) 3:00PM-Chair Zen Stretch (ER) 7:00PM-Vocalist Beth Tinnon (Zoom)	9:00AM-Breakfast Walk (TS) 9:30AM /10:30AM/11:30am-Shop Rite 10AM-Chair Zen Stretch (ER) 11AM-Open Gym & Pool 1:00PM-Chair Active (CH) (ER) 1:15PM-Banks 2:00PM-Chair Zen Stretch (ER) 2:15PM-Banks/ Pharmacy 7PM-Documentary: "Seasons"(Zoom)	NEW YEAR'S EVE 9:30AM-Chair Active (ER) 10:30AM-Chair Active (CH) (ER) 11AM-Open Gym & Pool 12PM- Walk 2 Mile (TS) 2PM & 3PM-Chair Zen Stretch (ER) 4:00PM: New Year's Eve Virtual Toast Hors d'oeuvres & Champagne (Delivered to your door) (Zoom) 7:00PM Dean Tomanelli Jazz Trio (Zoom)		