

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9AM-4:30PM-Open Gym & Pool 9:30AM-Stability & Dumbbells (ER) <b>9:30AM-Bereavement Support Group (Z)</b> 10:30AM-Rise & Stretch (ER) <b>11AM-Virtual Yoga Class with Lynn (Z)</b> <b>1:30PM-Drama Club (H)</b> 2:00PM- Stretch & Move (ER) 3:00PM- Aquatics Class (Pool) 3:30PM-Open Play:Table Tennis (H) <b>7PM- Caregiver Support Group (Z)</b> 7:30PM-Cabaret Show (H)	<b>2</b> 9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) <b>9:30AM /10:30AM/11:30am-Shop Rite</b> 10:00AM-Ball Cardio (ER) <b>10:00AM- Bocce Ball (Bocce Court)</b> <b>11AM-Blood Pressure Screening (ER)</b> 1:00PM- Seated Strong Seniors (ER) <b>1:15PM-Banks</b> <b>2PM Bible Study (H)</b> 2:00PM- Stretch & Move (ER) <b>2:15PM-Banks/ Pharmacy</b> <b>2:30PM- Brain Games (H)</b> 7:30PM-Lecture: "Hudson River Lighthouses" <sup>(H)</sup>	<b>3</b> 9AM-4:30PM-Open Gym & Pool 9:30AM-Seated Strong Seniors (ER) 10:30AM- Aquatics Class (Pool) <b>11:00AM-Morning Brain Games (H)</b> 11:30AM- Walk (TS) 1:00PM-Mah Jongg (A) <b>1:30PM-Current Events (Zoom)</b> 2:00PM- Stretch & Move (ER) <b>2:30PM- Video: "The Adventures of Huckleberry Finn" (H)</b> 7:30PM- Movie: "Love In The Afternoon" (H)	<b>4</b> 9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) <b>10:00AM-Trip to The Shoppes at Union Hill</b> <b>11:00AM-Virtual Balance &amp; Posture with Lynn (Zoom)</b> 1:00PM- Seated Strong Seniors (ER) 2:00PM- Stretch & Move (ER) <b>2PM: Shabbat Eve Service (H)</b> <b>2:30PM- Afternoon Walk Verona Park</b> <b>3:30PM-National Donuts Day&amp; Bingo (H)</b> 7:30PM-Pianist David Maiullo & Opera Singer Kate (H) 	<b>5</b> 9:30AM-Outdoor Tai Chi (H) 11:00AM-Stretch & Strengthen Class (Zoom) 1:00PM-Bridge (A) 2PM & 7:30PM-Movie: "Breathe" (H)
<b>6</b> 10:45AM Mass with Father O'Connor (H) 2:00PM Ecumenical Communion Service with Pastor Nancy (H) 7:30PM- Classic Movie: "The Harvey Girls" (H)	<b>7</b> 9AM-4:30PM-Open Gym & Pool 9:30AM-Rise & Stretch (ER) <b>10AM-3PM Summer Shopping Day (Tent)</b> 10:30AM-Movie: "Nights In Rodanthe" (H) <b>11AM-Morning Meditation (Zoom)</b> 11:00AM- Walk (TS) 1:00PM-Stability & Dumbbells (ER) <b>2:00PM-Marshalls &amp; TJ Maxx</b> 2:00PM-Chair Cardio (ER) 3:00PM- Stretch & Move (ER) 7:00PM-Bridge (A) 7:30PM-Documentary: "Coffee for All" (H)	<b>8</b> 9AM-4:30PM-Open Gym & Pool 9:30AM-Stability & Dumbbells (ER) <b>10:00AM-Trader Joes</b> 10:30AM-Rise & Stretch (ER) <b>11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone)</b>  <b>1:30PM-Lifelong Learning Class (H)</b> 2:00PM- Stretch & Move (ER) 3:00PM- Aquatics Class (Pool) 3:30PM-Open Play: Table Tennis (H) 7:30PM- Movie: "Our Souls At Night" (H)	<b>9</b> 9:00AM-Rise & Stretch (ER) <b>9:30AM /10:30AM/11:30am-Shop Rite</b> 10:00AM-Ball Cardio (ER) <b>11AM-Activities Comm. Meeting (H)</b> 1:00PM- Seated Strong Seniors (ER) <b>1:15PM-Banks</b> <b>1:30PM-Healthcare Committee Meeting with Guest Speaker Dr. Shah (H)</b> 2:00PM- Stretch & Move (ER) <b>2:15PM-Banks/ Pharmacy</b> <b>3PM Bible Study (H)</b> 7:30PM-Vocalist Bob Benson (H)	<b>10</b> 9AM-4:30PM-Open Gym & Pool 9:30AM-Seated Strong Seniors (ER) 10:30AM- Aquatics Class (Pool) <b>11:00AM-Morning Brain Games (H)</b> 11:30AM- Walk (TS) 1:00PM-Mah Jongg (A) 1:00PM- Stretch & Move (ER)  3:00PM- Walk (TS) <b>2:30PM-Outdoor Concert &amp; Root Beer Floats Afternoon (By The Gazebo)</b> 7:30PM-Travelogue: "America Great Road Trips" (H)	<b>11</b> 9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) <b>9:30AM- Trip To New York Botanical Gardens</b> <b>11:00AM-Virtual Balance &amp; Posture with Lynn (Zoom)</b> 1:00PM- Seated Strong Seniors (ER) <b>2:00PM-Health Presentation with Nurse Kelly &amp; Amabelle (H)</b> 2:00PM- Stretch & Move (ER) 7:30PM-Pianist Clint Edwards (H)	<b>12</b> 9:30AM-Outdoor Tai Chi (H) 11:00AM-Stretch & Strengthen Class (Zoom) 1:00PM-Bridge (A) 2PM & 7:30PM-Movie: "The Odd Couple II" (H)
<b>13</b> 10:45AM Mass with Father O'Connor (H) 2:00PM Ecumenical Communion Service with Pastor Nancy (H) 7:30PM- Movie: "Like Father, Like Son" (H)	<b>14</b> 9AM-4:30PM-Open Gym & Pool 9:30AM-Rise & Stretch (ER) <b>10:30AM-Wegmans</b> 10:30AM & 1:30PM- Movie: "The Time Traveler's Wife" (H) 11:00AM- Walk (TS) 1:00PM-Stability & Dumbbells (ER) 2:00PM-Chair Cardio (ER) <b>2:30PM-Coffee Klatch with Marina (Patio)</b> 3:00PM- Stretch & Move (ER) 7:00PM-Bridge (A) 7:30PM-Vocalist Scott Brandt (H)	<b>15</b> 9AM-4:30PM-Open Gym & Pool 9:30AM-Stability & Dumbbells (ER) 10:30AM-Rise & Stretch (ER) <b>10:30AM-Building Committee Meeting (H)</b> <b>11AM-Virtual Yoga Class with Lynn (Z)</b> <b>1:30PM-Drama Club (A)</b>  <b>2:30PM-Field Day Event &amp; Music (By The Gazebo)</b> 3:30PM-Open Play: Table Tennis (H) 7:30PM Movie: "Jexi" (H)	<b>16</b> 9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) <b>9:30AM /10:30AM/11:30am-Shop Rite</b> 10:00AM-Ball Cardio (ER) 10:00AM- Bocce Ball (Bocce Court) <b>10:30AM-Walker Tune-Up Day (H)</b> <b>11AM-Blood Pressure Screening (ER)</b> 1:00PM- Seated Strong Seniors (ER) <b>1:15PM-Banks</b> 2:00PM- Stretch & Move (ER) <b>2PM Bible Study (H)</b> <b>2:15PM-Banks/ Pharmacy</b> <b>3:30PM- Drumming Circle Afternoon (H)</b> 7:30PM-Four Hands One Piano (H)	<b>17</b> 9AM-4:30PM-Open Gym & Pool 9:30AM-Seated Strong Seniors (ER) 10:30AM- Aquatics Class (Pool) 11:30AM- Walk (TS) <b>12:30PM-Men's BBQ In Celebration Father's Day Sponsored by Journey Hospice (Outdoor Tent)</b>  1:00PM-Mah Jongg (A) 2:00PM- Stretch & Move (ER) 3:00PM- Walk (TS) <b>2:30PM-Health Lecture: "The Benefits of Therapy"</b> 7:00PM-Lecture: "The Great Tree Adventure" (H)	<b>18</b> 9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) <b>9:30AM-Trip to NYC Pier 36 Immersive Van Gogh Exhibit</b> <b>11:00AM-Virtual Balance &amp; Posture with Lynn (Zoom)</b> 1:00PM- Seated Strong Seniors (ER) <b>2PM: Shabbat Eve Service (H)</b> 2:00PM- Stretch & Move (ER) 7:30PM Vocalist Keith Hickman (H)	<b>19</b> 9:30AM-Outdoor Tai Chi (H) <b>10AM-Artist's Enclave (A)</b> 11:00AM-Stretch & Strengthen Class (Zoom) 1:00PM-Bridge (A) 2PM & 7:30PM-Movie Night "The Professor & The Madman" (H)
<b>Happy Father's Day 20</b>  10:45AM Mass with Father O'Connor (H) 2:00PM Ecumenical Communion Service with Pastor Nancy (H) 7:30PM- Movie: "Father of The Bride" (H)	<b>First Day of Summer 21</b> 9AM-4:30PM-Open Gym & Pool 9:30AM-Rise & Stretch (ER) <b>10:30AM-Fire Safety Meeting (1st Floor Sycamore 1)</b> 11:00AM- Walk (TS) <b>11AM-Morning Meditation (Zoom)</b> <b>11AM June Gardening Project (Sign Up)</b> 1:00PM-Stability & Dumbbells (ER) <b>1:30PM-Fire Safety Meeting (2nd Floor Sycamore 1)</b> 2:00PM-Chair Cardio (ER)  3:00PM- Stretch & Move (ER) <b>7:00PM-Lantern Lighting Ceremony and Musical Performance (H) &amp; By The Pond</b>	<b>22</b> 9AM-4:30PM-Open Gym & Pool 9:30AM-Stability & Dumbbells (ER) 10:30AM-Rise & Stretch (ER) <b>10:30AM-Fire Safety Meeting (Cottages)</b> <b>11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone)</b> 2:00PM- Stretch & Move (ER)  <b>2:30PM-Ice Cream Truck &amp; Music (Outdoors Towne Square)</b> 3:00PM- Aquatics Class (Pool) 3:30PM-Open Play: Table Tennis (H) 7:30PM- Movie: "Mulan" (H)	<b>23</b> 9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) <b>9:30AM /10:30AM/11:30am-Shop Rite</b> 10:00AM-Ball Cardio (ER) 10:00AM- Bocce Ball (Bocce Court) <b>10:30AM-Fire Safety Meeting (1st Floor Sycamore 2)</b> 1:00PM- Seated Strong Seniors (ER) <b>1:00PM-Livingston Mall</b> <b>1:15PM-Banks</b> <b>1:30PM-Fire Safety Meeting (2nd Floor Sycamore 2)</b> 2:00PM- Stretch & Move (ER) <b>2PM Bible Study (A)</b> <b>2:15PM-Banks/ Pharmacy</b> 7:30PM-Fashion Presentation on The 1950's (H)	<b>24</b> 9AM-4:30PM-Open Gym & Pool 9:30AM-Seated Strong Seniors (ER) 10:30AM- Aquatics Class (Pool) 11:30AM- Walk (TS) <b>10:00AM-Wal-Mart</b> <b>10:30AM-Fire Safety Meeting (1st Floor Creekside)</b> <b>1:30PM-Lifelong Learning Class (H)</b> 1:00PM-Mah Jongg (A) <b>2:45PM-Fire Safety Meeting (2nd Floor Creekside)</b> <b>4:30PM- Happy Hour Hosted By The Marketing Department (Outdoor Tent)</b> 7:30PM- Documentary: "Audrey" (H)	<b>25</b> 9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) <b>9:30AM-Virtual Balance &amp; Posture with Lynn (Zoom)</b> <b>10:30AM-Towne Hall Meeting with Marina (Zoom/Phone)</b> <b>11:00AM Lunch Trip to Portofino Restaurant</b> 1:00PM- Seated Strong Seniors (ER) 2:00PM- Stretch & Move (ER) 7:30PM-Vocalist Bruce Foster	<b>26</b> 9:30AM-Outdoor Tai Chi (H) <b>10AM-Artist's Enclave (A)</b> 11:00AM-Stretch & Strengthen Class (Zoom) 1:00PM-Bridge (A) 2PM & 7:30PM-Movie Night "Wild Oats" (H)
<b>27</b> 10:45AM Mass with Father O'Connor (H) 2:00PM Ecumenical Communion Service with Pastor Nancy (H) 7:30PM- Movie: "A Simple Twist of Fate" (H)	<b>28</b> 9AM-4:30PM-Open Gym & Pool 9:30AM-Rise & Stretch (ER) 10:30AM & 1:30PM- Movie: "Parenthood"(H) 11:00AM- Walk (TS) 1:00PM-Stability & Dumbbells (ER) <b>1:00PM-Trip to Target &amp; The Dollar Store</b> 2:00PM-Chair Cardio (ER) 3:00PM- Stretch & Move (ER) <b>3:30PM-Jeopardy Game Show (H)</b> 7:00PM-Bridge (A) 7:30PM-Movie:"The Boy Who Harnessed The Wind" (H)	<b>29</b> 9AM-4:30PM-Open Gym & Pool 9:30AM-Stability & Dumbbells (ER) 10:30AM-Rise & Stretch (ER) <b>11:00AM-GeneralSupport Group (H)</b> <b>11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone)</b> <b>1:30PM-Art Lecture: "Gustav Klimt &amp; Vienna's Golden Age" (Zoom)</b> 2:00PM- Stretch & Move (ER) 3:00PM- Aquatics Class (Pool) 3:30PM-Open Play: Table Tennis (H) 7:30PM- Video: Musical "Cats" (H)	<b>30</b> 9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) <b>9:30AM /10:30AM/11:30am-Shop Rite</b> 10:00AM-Ball Cardio (ER) <b>10:00AM- Bocce Ball (Bocce Court)</b> <b>10:30AM-Jewelry &amp; Watch Repair Service (TS)</b> 1:00PM- Seated Strong Seniors (ER) <b>1:15PM-Banks</b> <b>2PM Bible Study (H)</b> <b>2:15PM-Banks/ Pharmacy</b> <b>2:30PM- Afternoon Concert By "The Perfect Duo" (By The Gazebo) Sponsored by Home Watch</b> 7:30PM: Special Bingo Night (H) 			 <b>KEY</b> A- Activities Room ER-Exercise Room H- Hinman Hall TS- Towne Square Z-Zoom

Sign Up with Activities at 973-276-3012 for any programs that you are interested in that will be held in Hinman Hall. Groups are restricted to a 35 persons Maximum Thank you!