

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div style="float: right; text-align: center;">  <p>KEY A- Activities Room ER-Exercise Room H- Hinman Hall TS- Towne Square Z-Zoom</p> </div>						
INDEPENDENCE DAY  4	5	6	7	8	9	10
10:45AM Mass with Father O'Connor (H) 11:30AM-1:30PM-July 4th BBQ (DR & Cafe) 2:00PM Ecumenical Service with Pastor Rick Vossler, Chaplain Journey Hospice (H) 7:30PM- Movie: "The Glenn Miller Story" (H)	9AM-4:30PM-Open Gym & Pool 11AM-Morning Meditation (Zoom) 11:00AM- Walk (TS) 10:30AM & 1:30PM-Movie: "5 Flights Up" (H) 7:00PM-Bridge (A) 7:30PM-Travelogue: "In The City: In Amsterdam" (H)	9AM-4:30PM-Open Gym & Pool 9:30AM-Stability & Dumbbells (ER) 9:30AM-Bereavement Support Group (Z) 10:30AM-Rise & Stretch (ER) 11AM-Virtual Yoga Class with Lynn (Z) 1:30PM-Lifelong Learning Class (H) 2:00PM- Stretch & Move (ER) 3:00PM- Aquatics Class (Pool) 3:30PM-Open Play: Table Tennis (H) 7PM- Caregiver Support Group (Z) 7:30PM-Vocalist Pam & Steve (H)	9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) 9:30AM /10:30AM/11:30am-Shop Rite 10:00AM-Ball Cardio (ER) 10:00AM- Bocce Ball (Bocce Court) 11AM-Blood Pressure Screening (ER) 1:00PM- Seated Strong Seniors (ER) 1:15PM-Banks 2:00PM- Stretch & Move (ER) 2:15PM-Banks/ Pharmacy 2:30PM-What's Baking Afternoon with Claudia (H) 7:30PM-Classic Movie: "Mowgli" (H)	9AM-4:30PM-Open Gym & Pool 9:30AM-Seated Strong Seniors (ER) 10:30AM- Aquatics Class (Pool) 11:30AM- Walk (TS) 1:00PM-Mah Jongg (A) 1:30PM-Current Events (H) 2:00PM- Stretch & Move (ER) 3:00PM- Walk (TS) 7:30PM-Classical Musical Performance on Oboe, Saxophone and Piano (H)	9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) 10:30AM-Wegmans 11:00AM-Virtual Balance & Posture with Lynn (Zoom) 1:00PM- Seated Strong Seniors (ER) 1:30PM-Marshalls & HomeGoods 2PM: Shabbat Eve Service (H) 2:00PM- Stretch & Move (ER) 7:30PM-Casino Night (H)	9:30AM-Tai Chi (H) 10AM-Artist's Enclave (A) 11:00AM-Stretch & Strengthen Class (Zoom) 1:00PM-Bridge (A) 2PM & 7:30PM-Movie: "Mystic Pizza" (H)
11	12	13	14	15	16	17
10:45AM Mass with Father O'Connor (H) 2:00PM Ecumenical Communion Service with Pastor Nancy (H) 7:30PM-Classic Movie: "Great Expectations" (H)	9AM-4:30PM-Open Gym & Pool 9:30AM-Rise & Stretch (ER) 1:30PM- Movie: "Being There" (H) 11:00AM- Walk (TS) 1PM-Stability & Dumbbells (ER) 2:00PM-Chair Cardio (ER) 3:00PM- Stretch & Move (ER) 7:00PM-Bridge (A) 7:30PM- Documentary: "Adventure Lodges of North America" (H)	9AM-4:30PM-Open Gym & Pool 9:30AM-Stability & Dumbbells (ER) 10:30AM-Rise & Stretch (ER) 11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone) 2:00PM-Presentation on I.D. Theft (H) 2:00PM- Stretch & Move (ER) 3:00PM- Aquatics Class (Pool) 3:30PM-Open Play: Table Tennis (H) 7:30PM- Pianist Bob Egan (H)	8:30AM-Men's Breakfast (Café) 9:00AM-Rise & Stretch (ER) 9:30AM /10:30AM/11:30am-Shop Rite 10:00AM-Ball Cardio (ER) 10:00AM- Bocce Ball (Bocce Court) 11AM-Activities Comm. Meeting (H) 1:00PM- Seated Strong Seniors (ER) 1:15PM-Banks 2:00PM- Stretch & Move (ER) 2:15PM-Banks/ Pharmacy 2PM Bible Study (A) 3:00PM-Arts & Crafts Afternoon with Jill (H) 7:30PM Singing Bowl Sound Healing Presentation (H)	9AM-4:30PM-Open Gym & Pool 9:30AM-Seated Strong Seniors (ER) 10:30AM- Aquatics Class (Pool) 11:30AM- Walk (TS) 1:00PM-Mah Jongg (A) 2:00PM- Stretch & Move (ER) 3:00PM- Walk (TS) 2:30PM-Tapioca Pudding Day & Team Trivia Afternoon with Amabelle (H) 7:30PM-Movie:"The Two Popes" (H)	9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) 11:00AM-Virtual Balance & Posture with Lynn (Zoom) 11:00AM-Meditation with Chaplain Nancy (H) 11:00AM Lunch Trip to Seasons 52 Restaurant 1:00PM- Seated Strong Seniors (ER) 2:00PM- Stretch & Move (ER) 7:30PM Musical Performance by Kris Phipany as Marilyn Monroe (H)	9:30AM-Tai Chi (H) 10AM-Artist's Enclave (A) 11:00AM-Stretch & Strengthen Class (Zoom) 1:00PM-Bridge (A) 2PM & 7:30PM-Movie Night "Bombshell" (H)
18	19	20	21	22	23	24
10:45AM Mass with Father O'Connor (H) 2:00PM Ecumenical Communion Service with Pastor Nancy (H) 7:30PM- Movie: "Mr. Holland's Opus" (H)	9AM-4:30PM-Open Gym & Pool 9:30AM-Rise & Stretch (ER) 11:00AM- Walk (TS) 11AM-Morning Meditation(Zoom) 11AM July Gardening Project (Sign Up) 1PM-Stability & Dumbbells (ER) 2:00PM-Chair Cardio (ER) 2:30PM-Coffee Klatch with Marina (Patio) 3:00PM- Stretch & Move (ER) 7:30PM-Travelogue: "From Arizona to Alaska" (H)	9AM-4:30PM-Open Gym & Pool 9:30AM-Stability & Dumbbells (ER) 10:00AM -Trader Joes 10:30AM-Rise & Stretch (ER) 10:30AM-Building Committee Meeting (H) 11AM-Virtual Yoga Class with Lynn (Z) 2:30PM-Landscape Committee Meeting (H)  3:30PM-Minute to Win It Afternoon Games (H) 7:30PM- Documentary: "Craigslist Joe" (H)	9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) 9:30AM /10:30AM/11:30am-Shop Rite 10:00AM-Ball Cardio (ER) 10:00AM- Bocce Ball (Bocce Court) 11AM-Blood Pressure Screening (ER) 1:00PM- Seated Strong Seniors (ER) 1:15PM-Banks 2:00PM- Stretch & Move (ER) 2PM Bible Study (H) 2:15PM-Banks/ Pharmacy 3PM Health Lecture: "A Chat with our Dietician" (H) 7:30PM- Performance By Guitarist Faton Maceula(H)	9AM-4:30PM-Open Gym & Pool 9:30AM-Seated Strong Seniors (ER) 10:30AM- Aquatics Class (Pool) 10:30AM -Wal-Mart 11:30AM- Walk (TS)  1:30PM-Lifelong Learning Class (H) 1:00PM-Mah Jongg (A) 4:00PM- Happy Hour Hosted By The Marketing Department (Outdoor Tent) 7:30PM Lecture: "Coming to America" (H)	9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) 9:30AM Trip to The Met Museum NYC 11:00AM-Virtual Balance & Posture with Lynn (Zoom) 1:00PM- Seated Strong Seniors (ER) 2PM: Shabbat Eve Service (H) 2:00PM- Stretch & Move (ER) 7:30PM-Red, White & Blue Party with Peter Lieberman (H)	9:30AM-Tai Chi (H) 10AM-Artist's Enclave (A) 11:00AM-Stretch & Strengthen Class (Zoom) 1:00PM-Bridge (A) 2PM & 7:30PM-Movie Night "Mao's Last Dancer" (H)
25	26	27	28	29	30	31
10:45AM Mass with Father O'Connor (H) 2:00PM Ecumenical Communion Service with Pastor Nancy (H) 7:30PM- Movie: "Two Weeks Notice" (H)	9AM-4:30PM-Open Gym & Pool 9:30AM-Rise & Stretch (ER) 11:00AM- Walk (TS) 11AM-2PM-Farmer's Market Day (Towne Square Parking Lot) 1:00PM-Stability & Dumbbells (ER) 1:30PM- Movie: "The Natural"(H) 2:00PM-Chair Cardio (ER) 3:00PM- Stretch & Move (ER) 7:00PM-Bridge (A) 7:30PM-Movie:"Hachi A Dog's Tale" (H)	9AM-4:30PM-Open Gym & Pool 9:30AM-Stability & Dumbbells (ER) 10:30AM-Rise & Stretch (ER) 11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone) 1:30PM-Drama Club (A) 2:00PM- Stretch & Move (ER) 3:00PM- Aquatics Class (Pool) 3:30PM-Open Play: Table Tennis (H) 5:00PM-Clam Bake (Outdoor Tent) 7:30PM- Guitarist & Vocalist Chris Giakas (H)	9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) 9:30AM /10:30AM/11:30am-Shop Rite 10:00AM-Ball Cardio (ER) 10:00AM- Bocce Ball (Bocce Court) 1:00PM- Seated Strong Seniors (ER) 1:00PM -Trip to Short Hills Mall 1:15PM-Banks 2:00PM- Stretch & Move (ER) 2PM Bible Study (A) 2:15PM-Banks/ Pharmacy 2:30PM Health Lecture: "Healthy Skin and Skin Cancer Awareness" (H) 7:30PM-Special Bingo (H)	9AM-4:30PM-Open Gym & Pool 9:30AM-Seated Strong Seniors (ER) 10:30AM- Aquatics Class (Pool) 11:00AM-Morning Brain Games (H) 11:30AM- Walk (TS) 1:00PM-Mah Jongg (A) 3:00PM-Jeopardy Game Show (H) 7:30PM- Movie: "The Guernsey Literary and Potato Peel Society" (H)	9AM-4:30PM-Open Gym & Pool 9:00AM-Rise & Stretch (ER) 10:00AM Lake Hopatcong Lunch Cruise on the Miss Lotta Boat 11:00AM-Virtual Balance & Posture with Lynn (Zoom) 11:00AM-Meditation with Chaplain Nancy (H) 1:00PM- Seated Strong Seniors (ER) 2:00PM- Stretch & Move (ER) 7:30PM-Pianist Clint Edwards (H)	9:30AM-Tai Chi (H) 10AM-Artist's Enclave (A) 11:00AM-Stretch & Strengthen Class (Zoom) 1:00PM-Bridge (A) 2PM & 7:30PM-Movie Night "Being Julia" (H)

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