

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p>10:45AM Mass with Father O'Connor (H)</p> <p>2:00PM Ecumenical Communion Service with Pastor Nancy (H)</p> <p>7:30PM- Movie: "Forrest Gump" (H)</p>	<p>2</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:30AM-Rise & Stretch (ER)</p> <p>11AM-Morning Meditation(Zoom)</p> <p>11:00AM- Walk (TS)</p> <p>1PM-Stability & Dumbbells (ER)</p> <p>1:30PM- Movie: "McFarland, USA" (H)</p> <p>2:00PM-Chair Cardio (ER)</p> <p>3:00PM- Stretch & Move (ER)</p> <p>7:00PM-Bridge (A)</p> <p>7:30PM-Vocalist Justin Durman (H)</p>	<p>3</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:30AM-Stability & Dumbbells (ER)</p> <p>9:30AM-Bereavement Support Group (Z)</p> <p>10:30AM-Rise & Stretch (ER)</p> <p>11AM-Virtual Yoga Class with Lynn (Z)</p> <p>1:00PM-Scrabble (Towne Square Lounge)</p> <p>2:00PM- Stretch & Move (ER)</p> <p>2:00PM-Drumming Circle (H)</p> <p>3:00PM- Aquatics Class (Pool)</p> <p>3:30PM-Open Play: Table Tennis (H)</p> <p>7PM- Caregiver Support Group (Z)</p> <p>7:30PM- Documentary: "Adventure Lodges" (H)</p>	<p>4</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:00AM-Rise & Stretch (ER)</p> <p>9:30AM & 10:30AM-Shop Rite</p> <p>10:00AM-Ball Cardio (ER)</p> <p>10:00AM- Bocce Ball (Bocce Court)</p> <p>11AM-Blood Pressure Screening (ER)</p> <p>1:00PM- Seated Strong Seniors (ER)</p> <p>1:15PM-Banks</p> <p>2:00PM- Stretch & Move (ER)</p> <p>2:15PM-Banks/ Pharmacy</p> <p>3:00PM-Laughter Yoga (H)</p> <p>7:30PM- Bingo (H)</p>	<p>5</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:30AM-Seated Strong Seniors (ER)</p> <p>10AM-Needleworks(Syc2)</p> <p>10:30AM- Aquatics Class (Pool)</p> <p>11:30AM- Walk (TS)</p> <p>1:00PM-Mah Jongg (A)</p> <p>2:00PM- Stretch & Move (ER)</p> <p>3:00PM Health Lecture: "Common Eye Conditions For Seniors" (H)</p> <p>7:30PM- Lecture: "New Jersey State Parks"(H)</p>	<p>6</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:00AM-Rise & Stretch (ER)</p> <p>10:00AM-Trip to Willowbrook Mall</p> <p>11:00AM-Virtual Balance & Posture with Lynn (Zoom)</p> <p>1PM- Seated Strong Seniors (ER)</p> <p>1:30PM- Kohl's & Barnes & Noble</p> <p>2:00PM- Stretch & Move (ER)</p> <p>2:00PM-Meditation with Chaplain Nancy (H)</p> <p>3:30PM Bible Study Film (A)</p> <p>7:30PM- Live In Concert Pianist David Maiullo & Tenor Brain Emstes (H)</p>	<p>7</p> <p>9:30AM- Tai Chi (H)</p> <p>10AM-Artist's Enclave (A)</p> <p>11:00AM-Stretch & Strengthen Class (Zoom)</p> <p>1:00PM-Bridge (A)</p> <p>2PM & 7:30PM-Movie: "Hector and the Search for Happiness" (H) (H)</p>	
<p>8</p> <p>9:30AM-Rise & Stretch (ER)</p> <p>10:45AM Mass with Father O'Connor (H)</p> <p>11:00AM- Walk (TS)</p> <p>2:00PM Ecumenical Communion Service with Pastor Nancy (H)</p> <p>2:00PM-Chair Cardio (ER)</p> <p>3:00PM- Stretch & Move (ER)</p> <p>7:30PM- Movie: "A Tree Grows In Brooklyn" (H)</p>	<p>9</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:30AM-Rise & Stretch (ER)</p> <p>11:00AM- Walk (TS)</p> <p>1PM-Stability & Dumbbells (ER)</p> <p>1:30PM- Movie: "Music and Lyrics" (H)</p> <p>2:00PM-Chair Cardio (ER)</p> <p>3:00PM- Stretch & Move (ER)</p> <p>7:00PM-Bridge (A)</p> <p>7:30PM-Video: "Chasing Coral" (H)</p>	<p>10</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:30AM-Stability & Dumbbells (ER)</p> <p>10:30AM-Rise & Stretch (ER)</p> <p>11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone)</p> <p>1:00PM-Scrabble (Towne Square Lounge)</p> <p>1:30PM-Lifelong Learning Class (H)</p> <p>2:00PM- Stretch & Move (ER)</p> <p>3:00PM- Aquatics Class (Pool)</p> <p>3:30PM-Open Play: Table Tennis (H)</p> <p>7:30PM-Moderately Bright Quartet (H)</p>	<p>11</p> <p>8:30AM-Men's Breakfast (Café)</p> <p>9:00AM-Rise & Stretch (ER)</p> <p>9:30AM & 10:30AM-Shop Rite</p> <p>10:00AM-Ball Cardio (ER)</p> <p>10:00AM- Bocce Ball (Bocce Court)</p> <p>11AM-Activities Comm. Meeting (H)</p> <p>1:00PM- Seated Strong Seniors (ER)</p> <p>1:15PM-Banks</p> <p>2:00PM- Stretch & Move (ER)</p> <p>2:15PM-Banks/ Pharmacy</p> <p>2:30PM-Ice Cream Cones & Music with Peter (Outdoor Tent)</p> <p>7:30PM Musical Video: "Hamilton" (H)</p>	<p>12</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>10AM-Needleworks(Syc2)</p> <p>10:30AM -Wegmans</p> <p>11:30AM- Walk (TS)</p> <p>1:00PM-Mah Jongg (A)</p> <p>2:30PM Jeopardy Game Show (H)</p> <p>3:00PM- Walk (TS)</p> <p>7:30PM-Travelogue: "Maldives" (H)</p>	<p>13</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>10:00AM-Trip to Reeves-Arboretum & Lunch at Roots Steakhouse</p> <p>11:00AM-Virtual Balance & Posture with Lynn (Zoom)</p> <p>2:00PM-Meditation with Chaplain Nancy (H)</p> <p>3:30PM Bible Study Film (A)</p> <p>7:30PM-Vocalist Richard Stillman (H)</p>	<p>14</p> <p>9:30AM-Tai Chi (H)</p> <p>10AM-Artist's Enclave (A)</p> <p>11:00AM-Stretch & Strengthen Class (Zoom)</p> <p>1:00PM-Bridge (A)</p> <p>2PM & 7:30PM-Movie: "Wonder Woman 1984" (H)</p>	
<p>15</p> <p>10:45AM Mass with Father O'Connor (H)</p> <p>2:00PM Ecumenical Communion Service with Pastor Nancy (H)</p> <p>7:30PM-Movie: "A New Leaf" (H)</p>	<p>16</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:30AM-Rise & Stretch (ER)</p> <p>10:00AM-Chorus Information Meeting (H)</p> <p>11AM-Morning Meditation (Zoom)</p> <p>11:00AM- Walk (TS)</p> <p>1:00PM-Stability & Dumbbells (ER)</p> <p>2:00PM-Chair Cardio (ER)</p> <p>2:30PM-Coffee Klatch with Marina (Patio)</p> <p>3:00PM- Stretch & Move (ER)</p> <p>7:00PM-Bridge (A)</p> <p>7:30PM-Pianist Clint Edwards (H)</p>	<p>17</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:30AM-Stability & Dumbbells (ER)</p> <p>10:00AM -Trader Joes</p> <p>10:30AM-Rise & Stretch (ER)</p> <p>10:30AM-Building Committee Meeting (A)</p> <p>11AM-Virtual Yoga Class with Lynn (Z)</p> <p>1:00PM-Scrabble (Towne Square Lounge)</p> <p>2:30PM-Landscape Committee Meeting (A)</p> <p>4:00PM-Kindness Summer Soiree (H)</p> <p>7:30PM-Movie: "Snow Falling on Cedars" (H)</p>	<p>18</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:00AM-Rise & Stretch (ER)</p> <p>9:30AM & 10:30AM-Shop Rite</p> <p>10:00AM-Ball Cardio (ER)</p> <p>10:00AM- Bocce Ball (Bocce Court)</p> <p>1:00PM- Seated Strong Seniors (ER)</p> <p>1:00PM -Trip to Short Hills Mall</p> <p>1:15PM-Banks</p> <p>2:00PM- Stretch & Move (ER)</p> <p>2:15PM-Banks/ Pharmacy</p> <p>3PM Brain Games (H)</p> <p>7:30PM- Musical Performance by Accordion & (H) Clarinetist</p>	<p>19</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:30AM-Seated Strong Seniors (ER)</p> <p>10AM-Needleworks(Syc2)</p> <p>10:30AM- Aquatics Class (Pool)</p> <p>11:00AM-2:00PM -Hearing Screening Clinic (H)</p> <p>11:30AM- Walk (TS)</p> <p>1:00PM-Mah Jongg (A)</p> <p>1:00PM -Wal-Mart</p> <p>2:00PM- Stretch & Move (ER)</p> <p>3:00PM- Walk (TS)</p> <p>7:30PM-Documentary: "The Eye Has To Travel" (H)</p>	<p>20</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:00AM-Rise & Stretch (ER)</p> <p>9:30AM Trip to The Museum of Ice Cream In New York City</p> <p>11:00AM-Virtual Balance & Posture with Lynn (Zoom)</p> <p>1:00PM- Seated Strong Seniors (ER)</p> <p>2:00PM- Stretch & Move (ER)</p> <p>7:30PM Story & Dance Performance (H)</p>	<p>21</p> <p>9:30AM-Tai Chi (H)</p> <p>10AM-Artist's Enclave (A)</p> <p>11:00AM-Stretch & Strengthen Class (Zoom)</p> <p>1:00PM-Bridge (A)</p> <p>2PM & 7:30PM-Movie Night "Knives Out" (H)</p>	
<p>22</p> <p>10:45AM Mass with Father O'Connor (H)</p> <p>2:00PM Ecumenical Communion Service with Pastor Nancy (H)</p> <p>3PM-4:30PM Art Reception (Patio)</p> <p>7:30PM-Movie: "The Big Night" (H)</p>	<p>23</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:30AM-Rise & Stretch (ER)</p> <p>11:00AM- Walk (TS)</p> <p>1:00PM-Stability & Dumbbells (ER)</p> <p>2:00PM-Senior Olympic Games (H)</p> <p>2:00PM-Chair Cardio (ER)</p> <p>3:00PM- Stretch & Move (ER)</p> <p>7:00PM-Bridge (A)</p> <p>7:30PM-Camp Fire Social Night (H)</p>	<p>24</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:30AM-Stability & Dumbbells (ER)</p> <p>10:30AM-Rise & Stretch (ER)</p> <p>11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone)</p> <p>1:00PM-Scrabble (Towne Square Lounge)</p> <p>1:30PM-Drama Club (A)</p> <p>2:00PM- Stretch & Move (ER)</p> <p>2:30PM-Shades on Deck Party (Outdoor Tent)</p> <p>3:00PM- Aquatics Class (Pool)</p> <p>3:30PM-Open Play: Table Tennis (H)</p> <p>7:30PM-Movie:"The Shawshank Redemption" (H)</p>	<p>25</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:00AM-Rise & Stretch (ER)</p> <p>9:30AM & 10:30AM-Shop Rite</p> <p>10:00AM-Ball Cardio (ER)</p> <p>10:00AM- Bocce Ball (Bocce Court)</p> <p>1:00PM- Seated Strong Seniors (ER)</p> <p>1:15PM-Banks</p> <p>1:30PM-Current Events (H)</p> <p>2:00PM- Stretch & Move (ER)</p> <p>2:15PM-Banks/ Pharmacy</p> <p>7:30PM-Bingo (H)</p>	<p>26</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:30AM-Seated Strong Seniors (ER)</p> <p>10AM-Needleworks(Syc2)</p> <p>10:30AM- Aquatics Class (Pool)</p> <p>11:30AM- Walk (TS)</p> <p>1:00PM-Mah Jongg (A)</p> <p>1:00PM-Drama Club (A)</p> <p>2:00PM Presentation on "Hearing Loss" by Dr. Pladdy (H)</p> <p>4:00PM- Happy Hour Hosted By The Marketing Department (Towne Square Bar)</p> <p>7:30PM Travel Lecture: "Italy Through The Lens of Paul's Camera" (H)</p>	<p>27</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:00AM-Rise & Stretch (ER)</p> <p>9:30AM Trip to The New Jersey Sea Life Aquarium</p> <p>11:00AM-Virtual Balance & Posture with Lynn (Zoom)</p> <p>1PM- Seated Strong Seniors (ER)</p> <p>2PM: Shabbat Eve Service (H)</p> <p>2:00PM- Stretch & Move (ER)</p> <p>3:30PM Bible Study Film (A)</p> <p>7:30PM-Musical Performance by Pianist & Cellist (H)</p>	<p>28</p> <p>9:30AM-Tai Chi (H)</p> <p>10AM-Artist's Enclave (A)</p> <p>11:00AM-Stretch & Strengthen Class (Zoom)</p> <p>1:00PM-Bridge (A)</p> <p>2:00PM August Gardening Club Class (H)</p> <p>2PM & 7:30PM-Movie Night "The Martian" (H)</p>	
<p>29</p> <p>10:45AM Mass with Father O'Connor (H)</p> <p>2:00PM Ecumenical Communion Service with Pastor Nancy (H)</p> <p>7:30PM- Movie: "Singin' in the Rain" (H)</p>	<p>30</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:30AM-Rise & Stretch (ER)</p> <p>11:00AM- Walk (TS)</p> <p>1:00PM-Stability & Dumbbells (ER)</p> <p>1:00PM -Target & The Dollar Store</p> <p>1:30PM- Movie: "Rebecca"(H)</p> <p>2:00PM-Chair Cardio (ER)</p> <p>3:00PM- Stretch & Move (ER)</p> <p>7:00PM-Bridge (A)</p> <p>7:30PM-Lecture: "National WWII Museum" (H)</p>	<p>31</p> <p>9AM-4:30PM-Open Gym & Pool</p> <p>9:30AM-Stability & Dumbbells (ER)</p> <p>10:30AM-Rise & Stretch (ER)</p> <p>1:00PM-Scrabble (Towne Square Lounge)</p> <p>2:00PM- Stretch & Move (ER)</p> <p>2:30PM Brain Games (H)</p> <p>3:00PM- Aquatics Class (Pool)</p> <p>3:30PM-Open Play: Table Tennis (H)</p> <p>7:30PM- Classical Musical Performance Brahms & Bruch (H)</p>					
<p>KEY A-Activities Room ER-Exercise Room H- Hinman Hall TS- Towne Square Z-Zoom</p>							

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!