

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Calendar KEY:
 (Abbreviation of locations)
AR– Activities Room
AS-Art Studio (Sycamore 1, 2nd floor)
CB– Café Bar
CD– Dining Room
CL-Café Lounge
FC– Fitness Center
HH– Hinman Hall
TS– Town Square

QR—Quilting Room (Sycamore 1, 2nd floor)
Z-Zoom

1
 9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)
 10:00AM BLOOD PRESSURE(FC)
 11:00AM AQUAFITNESS(FC)
 12:00 PM Health Committee Steering Meeting (CL)
 2:00PM Health Lecture: Representatives from Spiritcare and Hospice
 2:00PM Bocce (Bocce Court)
 3:30PM STRENGTH & STRETCH CHAIR OR STANDING (FC)
 7:00PM Musical Performance by pianist Clint Edwards (HH)
 7:30PM CANASTA (CL)

2
 9:00AM BALANCE & POSTURE
 10:00AM Needleworks (QR)
 11:00AM Clay Class (HH)
 11:00AM CHAIR YOGA(FC/Z)
 1:00PM Mah Jongg (AR)
 1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1 (FC)
 2:00PM Bridge (CL)
 2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2
 3:00PM Our Stories Discussion Group (AR)
 4:00PM Happy Hour (BYOB)
 7:00PM Documentary Series: Live to 100, Episode 1 (HH)

3
 9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)
 10:00AM ON THE MAT YOGA FOR RESIDENTS & NON-RESIDENTS (FC)
 10:00AM Trip to New Hope, P.A.
 11:00AM First Friday with Resident Board (HH)
 11:00AM AQUAFITNESS (FC)
 2:00PM Shabbat Eye Service with Rabbi Silverstein (HH)
 3:00PM Bible Study with Chaplain Mike Dunne (CL)
 3:30PM Afternoon Musical Performance & Sing-A-Long with John Gee
 7:00PM Documentary Series: Live to 100, Episode 2 (HH)

4
 9:30AM Tai Chi (FC)
 10:00 AM Artist's Enclave (AR)
 11:00AM Strength & Stretch with Lynne (Z)
 1:00PM Bridge (AR)
 2:00PM Musical Performance Saxophonist Matt Townsend (HH)
 7:00PM Documentary Series: Live to 100, Episode 3 (HH)

Daylight Savings **5**
 11:15AM Mass with MSGR. O'Conner (HH)
 1:30PM Bridge (CL)
 2:00PM Ecumenical Communion Service with Pastor Jay Unzaga (HH)
 3:00PM Pastel Society of NJ Reception (Art Gallery)
 7:00PM Documentary Series: Live to 100, Episode 4 (HH)

6
 9:00AM STRENGTH & STRETCH (FC)
 10:00AM 1 ON 1 TRAINING
 10:15AM Chorus Rehearsal (HH)
 11:00AM Morning Meditation & Centering Movement (Z)
 11:00AM AQUAFITNESS (FC)
 1:30PM WATER THERAPY
 2:00PM Resident Board Meeting (AR)
 2:15PM WATER THERAPY
 3:00PM PM Discovering De-Stressors (Café-Balcony)
 3:30PM BALANCE & POSTURE
 7:00PM Lecture: Travel Destinations with Paul Rabinowitz— Scotland: From Glasgow to the Isle Of Skye, its land and its people.
 7:00PM Open Rehearsal: Woman-Song Rehearsal (AR)

ELECTION DAY **7**
 9:00AM TOTAL BODY WITH CARDIO (FC)
 9:00AM TRIP TO VOTE
 10:00AM MAT PILATES
 11:00AM CHAIR YOGA (Z/FC)
 1:00PM TRIP TO VOTE
 1:00PM CANASTA (CL)
 1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1
 2:00PM Bridge (CL)
 2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2 (FC)
 3:00PM Celebrating New Jersey's Birthday (AR)
 3:30 PM BALANCE, STRENGTH, & POSTURE (FC)
 7:00PM Musical performance by guitarist and singer Tony Caggiano
 7:15PM Poker (1st FL Creekside Lounge)

8
 8:30AM Men's Breakfast (Café)
 9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)
 10:00AM BLOOD PRESSURE(FC)
 11:00AM AQUAFITNESS(FC)
 1:00PM Opera Group (CL)
 2:00PM Bocce (Bocce Court)
 2:00PM Afternoon Concert-Musical Performance: Vocalist Kelly Carpenter (HH)
 3:30PM STRENGTH & STRETCH CHAIR OR STANDING (FC)
 4:00PM Bereavement Support Group (AR)
 7:00PM BINGO (HH)
 7:30PM CANASTA (CL)

9
 9:00AM BALANCE & POSTURE
 10:00AM Needleworks (QR)
 10:45AM-Book Club (HH)
 11:00AM CHAIR YOGA(FC/Z)
 1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1 (FC)
 1:00PM Mah Jongg (AR)
 1:30PM Lecture: Alexander Clemente (HH)
 2:00PM Bridge (CL)
 2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2 (FC)
 3:00PM Veteran's Day Programing
 4:00PM Happy Hour (BYOB)
 7:00PM Movie Night at Crane's Mill

10
 8:30AM Veteran's Day Morning Programing with VFW (TQ)
 9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)
 10:00AM ON THE MAT YOGA FOR RESIDENTS & NON-RESIDENTS (FC)
 10:00AM Shopping Trip to Boscov's
 11:00AM AQUAFITNESS (FC)
 2:00PM Shabbat Eye Service with Rabbi Silverstein (HH)
 3:00PM Bible Study with Chaplain Mike Dunne (CL)
 7:00PM Travel Documentary (HH)

VETERAN'S DAY **11**
 9:30AM Tai Chi (FC)
 10:00 AM Artist's Enclave (AR)
 11:00AM Strength & Stretch with Lynne (Z)
 1:00PM Bridge (AR)
 2:00PM Poetry Hour (Café—Balcony)
 7:00PM Movie Night: Resident's Pick (HH)

12
 11:15AM Mass with MSGR. O'Conner (HH)
 1:30PM Bridge (CL)
 2:00PM Ecumenical Communion Service with Chaplain Mike Dunne (HH)
 7:00PM Musical Performance by singer Jonathan Royal

13
 9:00AM STRENGTH & STRETCH (FC)
 10:00AM 1 ON 1 TRAINING
 10:15AM Chorus Rehearsal (HH)
 11:00AM Morning Meditation & Centering Movement (Z)
 11:00AM AQUAFITNESS (FC)
 1:00PM Trip to Verona Park
 1:30PM WATER THERAPY
 2:15PM WATER THERAPY
 3:00PM Meaningful Pursuits Series: Hobbies and Sources of Pleasure from the Lived Experiences of a Crane's Mill Staff Member (CL)
 3:30PM BALANCE & POSTURE
 7:00PM Open Rehearsal: Woman-Song Rehearsal (HH)

14
 9:00AM TOTAL BODY WITH CARDIO
 10:00AM MAT PILATES
 10:30AM Trip to Styertowne Shopping Mall
 11:00AM CHAIR YOGA (Z/FC)
 11:00AM Floral Art (HH)
 1:00PM CANASTA (CL)
 1:00PM Food Committee (HH)
 2:00PM Bridge (CL)
 1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1
 2:00PM Echoes of Peace with Chaplain Mike
 2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2 (FC)
 3:30 PM BALANCE, STRENGTH, & POSTURE (FC)
 7:30PM—9:30PM Open Rehearsal: Reeds, Rhythm & All That Brass (HH)
 7:15PM Poker (1st FL Creekside Lounge)

15
 9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)
 10:00AM BLOOD PRESSURE(FC)
 11:00AM AQUAFITNESS(FC)
 11:00AM "Everyday" Technology Assistance (CL)
 1:00PM Chess Club (Café)
 2:00PM Bocce (Bocce Court)
 3:30PM Afternoon Tea (Café—Balcony)
 3:30PM STRENGTH & STRETCH CHAIR OR STANDING (FC)
 7:00PM BINGO (HH)
 7:30PM CANASTA (CL)

16
 9:00AM BALANCE & POSTURE
 10:00AM Needleworks (QR)
 11:30AM Garden Club (HH)
 11:00AM CHAIR YOGA(FC/Z)
 1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1
 1:00PM Mah Jongg (AR)
 2:00PM Bridge (CL)
 2:30PM ROCK STEADYBOXING FOR PARKINSON LEVEL 2 (FC)
 2:30PM Thursday Movie Matinee & Popcorn (AR)
 3:30 PM BALANCE, STRENGTH, & POSTURE (FC)
 4:00PM Happy Hour (BYOB)
 7:00PM Musical Performance: Country & Blue Grass Musician Mark Miklos (HH)

17
 9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)
 10:00AM ON THE MAT YOGA FOR RESIDENTS & NON-RESIDENTS (FC)
 11:00AM WATER VOLLEYBALL (FC)
 11:00AM Lunch Trip to Portofino
 2:00PM Shabbat Eye Service with Rabbi Silverstein (HH)
 3:00PM Bible Study with Chaplain Mike Dunne (CL)
 3:30PM Thanksgiving Basket of Cheer Raffle (HH)
 7:00PM Meet the Musician Denis Kobray (HH)

18
 9:30AM Tai Chi (FC)
 10:00 AM Artist's Enclave (AR)
 11:00AM Strength & Stretch with Lynne (Z)
 1:00PM Bridge (AR)
 2:00PM Movie: The Intimation Game (HH)
 7:00PM Movie Night: Resident's Pick (HH)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 11:15AM Mass with MSGR. O'Conner(HH) 1:30PM Bridge (CL) 2:00PM Ecumenical Communion Service with Reverend Frederick Boyle (HH) 7:00PM Classic Movie, <i>Movie Night</i> (HH)	20 9:00AM STRENGTH & STRETCH (FC) 10:00AM 1 ON 1 TRAINING 10:15AM Chorus Rehearsal (HH) 11:00AM Morning Meditation & Centering Movement (Z) 11:00AM AQUAFITNESS (FC) 1:00PM Writer's Round Table (AR) 1:30PM WATER THERAPY 2:00PM Art of the Masters (AR) 2:15PM WATER THERAPY 3:30PM BALANCE & POSTURE (FC) 7:00PM <i>Open Rehearsal: Woman-Song Chorus Rehearsal</i> (HH)	21 9:00AM TOTAL BODY WITH CARDIO (FC) 10:00AM MAT PILATES 10:30AM Shopping Trip to Wegman's 10:45AM Building Committee (HH) 11:00AM CHAIR YOGA (Z/FC) 1:00PM CANASTA (CL) 2:00PM Bridge (CL) 1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1 1:30PM Landscape Committee (HH) 2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2 (FC) 3:00PM Interfaith Thanksgiving Service 3:30 PM BALANCE, STRENGTH, & POSTURE 7:00PM <i>Travel Documentary</i> 7:15PM Poker (1st FL Creekside Lounge)	22 9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC) 10:00AM BLOOD PRESSURE(FC) 11:00AM AQUAFITNESS(FC) 11:00AM Programming Committee Meeting (AR) 2:00PM Bocce (Bocce Court) 2:00PM Art in the Afternoon: Glass Painting—with Special Guests (AR) 3:30PM STRENGTH & STRETCH CHAIR OR STANDING (FC) 7:00PM BINGO (HH) 7:30PM CANASTA (CL)	23 THANKSGIVING 10:00AM Needleworks (QR) 12:00PM — 1:30PM THANKSGIVING DAY EARLY DINNER • ONE MEAL FOR THE DAY 1:00PM Mah Jongg (AR) 2:00PM Bridge (CL) 1:00PM MOVIE: <i>The Irishman</i> (HH) 7:00PM MOVIE: <i>The Electric Horseman</i> (HH)	24 9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC) 10:00AM Trip to Clinton, NJ for Dickens' Days of Shopping & Exploring the Victorian Village 10:00AM ON THE MAT YOGA FOR RESIDENTS & NON-RESIDENTS (FC) 11:00AM AQUAFITNESS (FC) 2:00PM Shabbat Eve Service with Rabbi Silverstein (HH) 3:00PM Bible Study with Chaplain Mike Dunne (CL) 7:00PM Science Documentary (HH)	25 9:30AM Tai Chi (FC) 10:00AM Artist's Enclave (AR) 11:00AM Strength & Stretch with Lynne (Z) 2:00PM Lecture: Alexander Clemente (HH) 7:00PM Movie: <i>The Boy Who Harnessed the Wind</i> (HH)
26 11:15AM Mass with MSGR. O'Conner(HH) 1:30PM Bridge (CL) 2:00PM Ecumenical Communion Service with Chaplain Mike Dunne (HH) 7:00PM Musical Performance by pianist Steve Myerson	27 9:00AM STRENGTH & STRETCH (FC) 10:00AM 1 ON 1 TRAINING (FC) 10:15AM Chorus Rehearsal (HH) 10:30AM Trip to Walmart 11:00AM Morning Meditation & Centering Movement (Z) 11:00AM AQUAFITNESS (FC) 1:30PM WATER THERAPY 2:15PM WATER THERAPY 2:30PM Town Hall (HH) 3:30PM BALANCE & POSTURE (FC) 3:30PM Discovering De-Stressors (Café-Balcony) 7:00PM <i>Open Rehearsal Woman-Song Rehearsal</i> (HH)	28 <i>GIVING TUESDAY</i> 9:00AM TOTAL BODY WITH CARDIO (FC) 10:00AM MAT PILATES 10:30AM Shopping Trip to Trader Joe's 11:00AM CHAIR YOGA (Z/FC) 1:00PM CANASTA (CL) 2:00PM Bridge (CL) 1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1 2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2 (FC) 3:00PM Volunteer Project—with Special Guests (HH) 3:30 PM BALANCE, STRENGTH, & POSTURE 7:30PM—9:30PM <i>Open Rehearsal: Reeds, Rhythm & All That Brass</i> (HH) 7:15PM Poker (1st FL Creekside Lounge)	29 9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC) 9:15AM Crane's Mill Birding (TQ) 10:00AM BLOOD PRESSURE(FC) 11:00AM AQUAFITNESS(FC) 1:00PM Chess Club (Café) 10:00AM Bocce (Bocce Court) 2:00PM Health Lecture: Mindfit with Lance from the Key (HH) 3:30PM STRENGTH & STRETCH CHAIR OR STANDING (FC) 3:30PM TRIVIA WITH THE KEY CLUB STUDENTS (HH) 5:00PM Panel Discussion: Hauptman & Hauptman Law Firm (HH) 7:00PM The History of Music through Music with Clint Edwards (HH) 7:30PM CANASTA (CL)	30 9:00AM BALANCE & POSTURE 10:00AM Needleworks (QR) 11:00AM CHAIR YOGA(FC/Z) 1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1 (FC) 12:30PM <i>New Jersey Symphony: Joshua Bell Leads the New Jersey Symphony</i> 1:00PM Mah Jongg (AR) 2:00PM Bridge (CL) 2:30PM ROCK STEADY BOXING FORPARKINSON LEVEL 2 (FC) 3:30 PM BALANCE, STRENGTH, & POSTURE (FC) 4:00PM Happy Hour (BYOB) 7:00PM <i>Trumpet Musical Performance by John Benedetti</i> (HH)		



For the Weekly Transportation Schedule offered here at Crane's Mill: Please refer **to page 12** of THE MILLSTREAM



Daily Fitness Classes are printed in red on calendar. CLASSES ARE HELD IN THE FITNESS CENTER OR POOL Please refer to **pages 16 & 17** of THE MILLSTREAM for **descriptions of fitness classes** offered here at Crane's Mill.

WEDNESDAY (EVERY WEDNESDAY) SHOPPING SCHEDULE:
ShopRite (local only) Wednesdays at 9:30 AM & 10:30 AM
Banks (local) Wednesdays at 1:15 PM & 2:15 PM
Pharmacies & Local Errands (Caldwell area) Wednesdays at 2:15 PM
**** PLEASE WAIT FOR CRANE'S MILL TRANSPORTATION AT MAIN ENTERANCE - 10 MINUTES PRIOR TO DEPARTURE TIME.**



Crane's Mill
 Continuing Care Retirement Community
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