



DECEMBER

2023

INDEX OF PROGRAMMING:

FITNESS CLASSES

Lectures / Intellectual Programming

Trips

Religious Services

Spirituality / Mindfulness

Musical Programming

Resident Driven / Led

Meetings

Volunteer Led / Organized

Calendar KEY:

HH– Hinman Hall
 TS– Town Square
 QR—Quilting Room (Sycamore 1, 2nd floor)
 Z-Zoom

AR– Activities Room
AS–Art Studio (Sycamore 1, 2nd floor)
CB– Café Bar
CD– Dining Room
CL–Café Lounge
FC– Fitness Center

THE MODEL RAILROAD HOLIDAY SHOW:

THE MODEL TRAIN ROOM IS LOCATED ON THE FIRST FLOOR OF THE SYCAMORE II BUILDING

+

ACROSS FROM APARTMENTS 163 AND 165

3

11:15AM Mass with MSGR. O’Conner (HH)

1:30PM Bridge (CL)

2:00PM Ecumenical Communion Service with Pastor Jay Unzaga (HH)

7:00PM Movie: Resident’s Selection (HH)

4

9:00AM STRENGTH & STRETCH (FC)

10:00AM 1 ON 1 TRAINING (FC)

10:15AM Chorus Rehearsal (HH)

11:00AM Morning Meditation & Centering Movement (Z)

11:00AM AQUAFITNESS (FC)

11:00AM – 1:00PM Shop at The Gift Box

1:30PM WATER THERAPY

2:15PM WATER THERAPY

3:30PM BALANCE & POSTURE (FC)

7:00PM Lecture: Travel Destinations with Paul Rabinowitz— *Jerusalem; The History and it People through the Lens of Paul’s Camera* (CL)

7:00PM Open Rehearsal: *Woman-Song Rehearsal* (HH)

5

9:00AM TOTAL BODY WITH CARDIO (FC)

10:30AM Crane’s Mill Chorus Open Dress Rehearsal (HH)

10:30AM Trip to Union Hill Square Mall

11:00AM CHAIR YOGA (Z/FC)

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 Echoes of Peace with Chaplain Mike

3:30 PM BALANCE, STRENGTH, & POSTURE (FC)

7:00PM Tree Lighting with Musical performance by Crane’s Mill Chorus (HH)

7:15PM Poker (1st FL Creekside Lounge)

6

9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)

10:00AM BLOOD PRESSURE(FC)

11:00AM AQUAFITNESS(FC)

11:00AM – 1:00PM The Gift Box

1:00PM Welcoming Committee Meeting (HH)

2:00PM Bocce (Bocce Court)

3:00PM Health Lecture: Kick the Sugar Habit (HH)

3:30PM STRENGTH & STRETCH CHAIR OR STANDING (FC)

4:00PM Poetry Reading Limited Editions and Other Works of Poetry by Carole Stone (HH)

7:00PM BINGO (HH)

7:30PM CANASTA (CL)

7

Hanukkah Begins at Sunset

9:00AM BALANCE & POSTURE

10:00AM Needleworks (QR)

10:45AM Clay Workshop (Meet in AR & walk over to ALU together)

11:00AM CHAIR YOGA(FC/Z)

11:00AM – 1:00PM Shop at The Gift Box

1:00PM Hanukkah Program (HH)

2:00PM Lecture by Alexander Clemente (HH)

2:00PM Bridge (CL)

2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2

3:30 PM BALANCE, STRENGTH, & POSTURE (FC)

4:00PM Happy Hour (BYOB)

7:00PM Friends of Jeopardy (CL)

7:00PM Art Lecture with Janet Mandel—*Night Visions* (HH)

8

9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)

9:00AM Trip to Mount Airy Casino & Outlets

10:00AM ON THE MAT YOGA FOR RESIDENTS & NON-RESIDENTS (FC)

11:00AM AQUAFITNESS (FC)

1:00PM-4:00PM THE MODEL RAILWAY SHOW

2:00PM Shabbat Eye Service with Rabbi Silverstein (HH)

3:00PM Bible Study with Chaplain Mike Dunne (CL)

7:00PM Movie: Hanukkah A Festival of deLights (HH)

9

9:30AM Tai Chi (FC)

10:00AM Artist’s Enclave (AR)

10:00—12:00 PM THE MODEL RAILWAY SHOW

11:00AM Strength & Stretch with Lynne (Z)

11:00AM – 1:00PM Shop at The Gift Box

1:00PM Bridge (AR)

1:00PM-4:00PM THE MODEL RAILWAY SHOW

2:00PM Poetry Group with Carole Stone (CL)

3:30PM Musical Performance by Pianist Olga Vinokur (HH)

7:00PM Movie: Resident’s Selection

10

11:15AM Mass with MSGR. O’Conner (HH)

1:30PM Bridge (CL)

2:00PM Ecumenical Communion Service with Chaplain Mike Dunne (HH)

3:00PM Caroling with Members of the First Presbyterian Music Ministry (HH)

7:00PM Movie: Resident’s Selection (HH)

11

9:00AM STRENGTH & STRETCH (FC)

10:00AM 1 ON 1 TRAINING (FC)

10:30AM Meet and Greet with Dr. Rubin & Dr. Sholomon (HH)

11:00AM Morning Meditation & Centering Movement (Z)

11:00AM AQUAFITNESS (FC)

11:00AM – 1:00PM Shop at The Gift Box

1:30PM Crane’s Mill Quarterly Financial Review Meeting (HH)

1:30PM WATER THERAPY

2:15PM WATER THERAPY

3:30PM BALANCE & POSTURE (FC)

4:00PM Torah Studies Class with Rabbi Silverstein (CL)

6:30PM—8:00PM Caroling and Games with the GIRL SCOUTS (HH)

12

9:00AM TOTAL BODY WITH CARDIO

10:30AM Trip to Dollar Store (Clifton, NJ)

11:00AM CHAIR YOGA (Z/FC)

11:00AM Floral Art (AR)

1:00PM CANASTA (CL)

1:00PM Food Committee (HH)

1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1

2:00PM Bridge (CL)

2:00PM Holiday Cookie Decorating (Café)

2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2 (FC)

3:00PM Discovering De-stressors (AR)

3:30 PM BALANCE, STRENGTH, & POSTURE

7:00PM Musical Performance Late Night Jazz (HH)

7:15PM Poker (1st FL Creekside Lounge)

13

8:30AM Men’s Breakfast (Café)

9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)

10:00AM BLOOD PRESSURE(FC)

11:00AM AQUAFITNESS(FC)

11:00AM – 1:00PM The Gift Box

12:00 PM Health Committee Steering Meeting (CL)

1:00PM Opera Group (CL)

2:00PM Bocce (Bocce Court)

2:00PM Health Lecture: Psychological Support by Sherrill Welcome (HH)

3:30PM Afternoon Tea (Café)

3:30PM STRENGTH & STRETCH CHAIR OR STANDING (FC)

4:00PM Bereavement Support Group (AR)

7:00PM BINGO (HH)

7:30PM CANASTA (CL)

14

9:00AM BALANCE & POSTURE

10:00AM Needleworks (QR)

10:45AM-Book Club (HH)

11:00AM CHAIR YOGA(FC/Z)

11:00AM – 1:00PM Shop at The Gift Box

1:00PM Town Hall (HH)

1:00PM Chess (CL)

2:00PM Bridge (CL)

2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2

2:30PM Afternoon Meditation & Mindfulness Mantras (AR)

3:30 PM BALANCE, STRENGTH, & POSTURE (FC)

3:30PM Trip to NYC Lights & Dinner Tour

4:00PM Happy Hour (BYOB)

7:00PM Friends of Jeopardy (CL)

7:00PM Science Documentary

15

9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)

10:00AM ON THE MAT YOGA FOR RESIDENTS & NON-RESIDENTS (FC)

11:00AM WATER VOLLEYBALL

11:30AM Lunch Trip to Chengdu 23

1:00PM-4:00PM THE MODEL RAILWAY SHOW

2:00PM Shabbat Eye Service with Rabbi Silverstein (HH)

3:00PM Bible Study with Chaplain Mike Dunne (CL)

7:00PM Meet the Musician Denis Kobray—*Beethoven* (HH)

16

9:30AM Tai Chi (FC)

10:00 AM Artist’s Enclave (AR)

10:00—12:00 PM THE MODEL RAILWAY SHOW

11:00AM Strength & Stretch with Lynne (Z)

11:00AM – 1:00PM Shop at The Gift Box

12:30PM Trip to Papermill Playhouse—*Fiddler on the Roof*

1:00PM Bridge (AR)

1:00PM-4:00PM THE MODEL RAILWAY SHOW

2:00PM Lecture: Alexander Clemente (HH)

7:00PM Classic Movie: *Mary Poppins* (HH)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 11:15AM Mass with MSGR. O'Conner(HH) 1:30PM Bridge (CL) 2:00PM Ecumenical Communion Service with Reverend Frederick Boyle (HH) 7:00PM Movie: Resident's Selection (HH)	18 9:00AM STRENGTH & STRETCH (FC) 10:00AM 1 ON 1 TRAINING 11:00AM Morning Meditation & Centering Movement (Z) 11:00AM – 1:00PM Shop at The Gift Box 11:00AM AQUAFITNESS (FC) 1:00PM Afternoon Trip to Grover Cleveland Park 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 4:00PM Are You Smarter Than an 8th Grader Trivia Game with Evan from Grover Cleveland Middle School (HH) 7:30PM Musical Performance: Woman-Song Chorus Concert (HH)	19 9:00AM TOTAL BODY WITH CARDIO (FC) 10:30AM Shopping Trip to Willowbrook Mall 10:45AM Building Committee (HH) 11:00AM CHAIR YOGA (Z/FC) 1:30PM Landscape Committee (AR) [Staff Party 1-3 (HH)] 1:00PM CANASTA (CL) 1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1 (FC) 2:00PM Bridge (CL) 3:30 PM BALANCE, STRENGTH, & POSTURE (FC) 3:00PM Echoes of Peace with Chaplain Mike (AR) 7:00PM Musical Performance by John Gee (HH) 7:15PM Poker (1st FL Creekside Lounge)	20 9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC) 9:15AM Crane's Mill Birding (TS) 10:00AM BLOOD PRESSURE(FC) 11:00AM AQUAFITNESS(FC) 11:00AM – 1:00PM Shop at The Gift Box 11:00AM Programming Committee Meeting (AR) 2:00PM Bocce (Bocce Court) 3:30PM — 4:30PM Residents Holiday Soiree (Bar/ CL) 3:30PM STRENGTH & STRETCH CHAIR OR STANDING (FC) 7:00PM Musical Performance by Clint Edwards (HH) 7:30PM CANASTA (CL)	21 9:00AM BALANCE & POSTURE (FC) 10:00AM Needleworks (QR) 11:00AM CHAIR YOGA(FC/Z) 11:00AM – 1:00PM The Gift Box 1:00PM Chess (CL) 1:30PM ROCK STEADYBOXING FOR PARKINSON LEVEL 1 (FC) 2:00PM Bridge (CL) 2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2 (FC) 3:00PM Mindfulness & Peaceful Musical Performance: By Visiting Harp (HH) 4:00PM Happy Hour (BYOB) 7:00PM Friends of Jeopardy (CL) 7:00PM Movie: Fiddle A Miracle of Miracles (HH)	22 9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC) 10:00AM Hiram Blauvelt Art Museum 10:00AM ON THE MAT YOGA FOR RESIDENTS & NON-RESIDENTS (FC) 11:00AM AQUAFITNESS 2:00PM Shabbat Eve Service with Rabbi Silverstein (HH) 3:00PM Bible Study with Chaplain Mike Dunne (CL) 7:00PM Special Musical Performance by pianist Maggie Hinchliffe & vocalist Marieke Koker (HH)	23 9:30AM Tai Chi (FC) 10:00AM Artist's Enclave (AR) 11:00AM Strength & Stretch with Lynne(Z) 11:00AM – 1:00PM Shop at The Gift Box 12:30PM Trip to Papermill Playhouse—Fiddler on the Roof 2:00PM Lecture: Alexander Clemente (HH) 7:00PM Movie: Love Actually (HH)
24 1:30PM Bridge (CL) 2:00PM Ecumenical Communion Service with Chaplain Mike Dunne (HH) 4:00PM Mass with MSGR. O'Conner(HH) 7:00PM Movie: Resident's Selection (HH)	25 CHRISTMAS DAY 12:00PM—1:30PM Christmas Day Early Dinner ONE MEAL ONLY 2:00PM Movie A Christmas Prince (HH) 7:00PM Movie: White Christmas (HH) 	26 9:00AM TOTAL BODY WITH CARDIO (FC) 10:30AM Shopping Trip to Walmart 11:00AM CHAIR YOGA (Z/FC) 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 Discovering De-stressors (AR) 7:00PM Movie: Stand by Me (HH) 7:15PM Poker (1st FL Creekside Lounge)	27 9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC) 10:00AM BLOOD PRESSURE(FC) 11:00 AM Mindfulness Walking Group (TS) 11:00AM AQUAFITNESS(FC) 11:00AM – 1:00PM Shop at The Gift Box 2:00PM Health Lecture: Mindfit with Lance from the Key (HH) 3:30PM Post Holiday Musical Cheer and Joy Sing-A-Long (TS) 3:30PM STRENGTH & STRETCH CHAIR OR STANDING (FC) 7:00PM BINGO (HH) 7:30PM CANASTA (CL)	28 9:00AM BALANCE & POSTURE (FC) 10:00AM Needleworks (QR) 11:00AM Our Stories (CL) 11:00AM CHAIR YOGA(FC/Z) 11:00AM – 1:00PM The Gift Box 1:00PM Mah Jongg (CL) 1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1 (FC) 2:00PM Bridge (CL) 2:00PM Meaningful Pursuits Series: Hobbies and Sources of Joy & Pleasure from the Lived Experiences of a Crane's Mill Staff Member (CL) 2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2 (FC) 4:00PM Happy Hour (BYOB) 7:00PM Friends of Jeopardy (CL) 7:00PM Movie : Spy Game (HH)	29 9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC) 10:00AM Trip to Liberty Hall Museum 10:00AM ON THE MAT YOGA FOR RESIDENTS & NON-RESIDENTS (FC) 11:00AM AQUAFITNESS 2:00PM Shabbat Eve Service with Rabbi Silverstein (HH) 3:00PM Bible Study with Chaplain Mike Dunne (CL) 7:00PM Travel Documentary (HH)	30 9:30AM Tai Chi (FC) 10:00AM Artist's Enclave (AR) 11:00AM Strength & Stretch with Lynne (Z) 11:00AM – 1:00PM Shop at The Gift Box 7:00PM Movie: A Beautiful Mind (HH)

NEW YEARS EVE 31
11:15AM Mass with MSGR. O'Conner (HH)
1:30PM Bridge (CL)
2:00PM Ecumenical Communion Service with Chaplain Mike Dunne (HH)
4:30PM New Years Eve Cocktail Party with Musical Performance by Clint Edwards (TS)
6:00PM Evening Musical Performance by Dean Tomanelli Band (HH)



For the Weekly Transportation Schedule offered here at Crane's Mill: Please refer to THE MILLSTREAM.



Daily Fitness Classes are printed in red on calendar. CLASSES ARE HELD IN THE FITNESS CENTER OR POOL Please refer to 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 ENTRANCE - 10 MINUTES PRIOR TO DEPARTURE TIME.**



Crane's Mill
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