

JANUARY 2024

PROGRAMMING INDEX:

- FITNESS CLASSES** Resident Driven / Led
- Lectures / Intellectual Programming** Meetings
- Trips** Volunteer Led / Organized
- Religious Services
- Spirituality / Mindfulness
- Musical Programming**

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)




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. ****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>NEW YEARS DAY 1</p> <p>11:30AM –1:00PM ONE MEAL ONLY</p> <p>3:00PM Movie: Harriet (HH)</p> <p>7:00PM Movie: Maestro (HH)</p>	<p>2</p> <p>9:00AM TOTAL BODY WITH CARDIO (FC)</p> <p>10:30AM Shopping Trip to Target</p> <p>11:00AM CHAIR YOGA (Z/FC)</p> <p>1:00PM CANASTA (CL)</p> <p>1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1 (FC)</p> <p>2:00PM Bridge (CL)</p> <p>2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2 (FC)</p> <p>2:30PM Afternoon Meditation & Mindfulness Mantras (AR)</p> <p>3:30 PM BALANCE, STRENGTH, & POSTURE (FC)</p> <p>7:00PM Country & Bluegrass Musical Performance by Mark Miklos (HH)</p> <p>7:15PM Poker (1st FL Creekside Lounge)</p>	<p>3</p> <p>9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)</p> <p>10:00AM BLOOD PRESSURE(FC)</p> <p>11:00AM ART LECTURE & PROGRAM WITH (VOLUNTEER) JASMINE FROM ESSEX VALLEY SCHOOL (HH)</p> <p>11:00AM AQUAFITNESS(FC)</p> <p>1:00PM Welcoming Committee Meeting (HH)</p> <p>2:00PM Bocce (Bocce Court)</p> <p>3:00PM Afternoon Board Games (CL)</p> <p>3:30PM STRENGTH & STRETCH CHAIR OR STANDING (FC)</p> <p>7:00PM BINGO (HH)</p>	<p>4</p> <p>9:00AM BALANCE & POSTURE (FC)</p> <p>10:00AM Needleworks (QR)</p> <p>11:00AM CHAIR YOGA(FC/Z)</p> <p>2:00PM Bridge (CL)</p> <p>2:30PM ROCK STEADY BOXING FORPARKINSON LEVEL 2 (FC)</p> <p>3:30 PM BALANCE, STRENGTH, & POSTURE (FC)</p> <p>3:00PM Brain Games & Puzzles (TS)</p> <p>4:00PM Happy Hour (BYOB)</p> <p>7:00PM Friends of Jeopardy (CL)</p> <p>7:00PM Lecture: Travel Destinations with Paul Rabinowitz— Boston and Cambridge; through the lens of Paul's Camera (HH)</p>	<p>5</p> <p>9:00AM STRENGTH & STRETCH CHAIR ORSTANDING (FC)</p> <p>10:00 AM Shopping Trip to Boscov's</p> <p>10:00AM ON THE MAT YOGA FOR RESIDENTS & NON-RESIDENTS (FC)</p> <p>11:00AM First Friday with Resident Board (HH)</p> <p>11:00AM AQUAFITNESS (FC)</p> <p>2:00PM Shabbat Eve Service with Rabbi Silverstein (HH)</p> <p>3:00PM Bible Study with Chaplain Mike Dunne (CL)</p> <p>7:00PM Science Documentary (HH)</p>	<p>6</p> <p>9:30AM Tai Chi (FC)</p> <p>10:00AM Artist's Enclave (AR)</p> <p>11:00AM Strength & Stretch with Lynne (Z)</p> <p>11:00AM Visit from our Therapy Dog Friends: Honey & Lola! (TS)</p> <p>1:00PM Bridge (AR)</p> <p>2:00PM Docudrama: True Spirit (HH)</p> <p>4:00PM – 6:00PMPM Afternoon Musical in Town Square by Pianist Portia (TS)</p> <p>7:00PM Movie: Gran Turismo</p>
<p>7</p> <p>11:15AM Mass with MSGR. O'Conner (HH)</p> <p>1:30PM Bridge (CL)</p> <p>2:00PM Ecumenical Communion Service with Pastor Jay Unzaga (HH)</p> <p>7:00PM Movie – Resident Selection (HH)</p>  <p>Crane's Mill at West Caldwell</p>	<p>8</p> <p>9:00AM STRENGTH & STRETCH (FC)</p> <p>10:00AM 1 ON 1 TRAINING (FC)</p> <p>11:00AM [NEW] Weekly Book Club & Discussion Group (CL)</p> <p>11:00AM AQUAFITNESS (FC)</p> <p>1:30PM WATER THERAPY</p> <p>2:00PM Afternoon Meditation</p> <p>2:15PM WATER THERAPY</p> <p>3:30PM BALANCE & POSTURE (FC)</p> <p>4:00PM Torah Studies Class with Rabbi Silverstein (AR)</p> <p>7:00PM Movie: The Race (HH)</p>	<p>9</p> <p>9:00AM TOTAL BODY WITH CARDIO (FC)</p> <p>10:30AM Shopping Trip to World Market</p> <p>11:00AM CHAIR YOGA (Z/FC)</p> <p>1:00PM CANASTA (CL)</p> <p>1:00PM Food Committee (HH)</p> <p>1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1 (FC)</p> <p>2:00PM Lecture by Alexander Clemente (HH)</p> <p>2:00PM Bridge (CL)</p> <p>2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2 (FC)</p> <p>2:00PM Echoes of Peace with Chaplain Mike (AR)</p> <p>3:00PM Health Lecture: Breast Cancer Awareness Presentation with Dr. Ann Chuang from Mount-ain-side Hospital (HH)</p> <p>3:30 PM BALANCE, STRENGTH, & POSTURE</p> <p>7:00PM: Documentary: Rustin (HH)</p> <p>7:15PM Poker (1st FL Creekside Lounge)</p>	<p>10</p> <p>8:30AM Men's Breakfast (Café)</p> <p>9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)</p> <p>10:00AM BLOOD PRESSURE(FC)</p> <p>11:00AM ART LECTURE & PROGRAM WITH (VOLUNTEER) JASMINE FROM ESSEX VALLEY SCHOOL (HH)</p> <p>11:00AM AQUAFITNESS(FC)</p> <p>12:00 PM Health Committee Steering Meeting (CL)</p> <p>1:00PM Opera Group (CL)</p> <p>1:00PM BOARD GAMES with FBLA Students (HH & TS)</p> <p>2:00PM Bocce (Bocce Court)</p> <p>2:00PM Health Lecture: Jo Ann Van Dien - Fitness Coordinator at Crane's Mill (HH)</p> <p>3:30PM STRENGTH & STRETCH CHAIR OR STANDING (FC)</p> <p>4:00PM Bereavement Support Group (AR)</p> <p>7:00PM Musical Performance by Pianist Clint Edwards (HH)</p> <p>7:30PM CANASTA (CL)</p>	<p>11</p> <p>9:00AM BALANCE & POSTURE</p> <p>10:00AM Needleworks (QR)</p> <p>10:45AM-Book Club (HH)</p> <p>11:00AM CHAIR YOGA(FC/Z)</p> <p>2:00PM Bridge (CL)</p> <p>1:00PM Town Hall (HH)</p> <p>2:30PM ROCK STEADY BOXING FORPARKINSON LEVEL 2 (FC)</p> <p>3:30 PM BALANCE, STRENGTH, & POSTURE (FC)</p> <p>3:00PM Mindfulness & Peaceful Musical Performance: Harpist Fishman (HH)</p> <p>4:00PM Happy Hour (BYOB)</p> <p>7:00PM Friends of Jeopardy (CL)</p> <p>7:00PM TravelLog (HH)</p>	<p>12</p> <p>9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)</p> <p>10:30AM Trip to AMERICAN DREAM MALL</p> <p>10:00AM ON THE MAT YOGA FOR RESIDENTS & NON-RESIDENTS</p> <p>11:00AM AQUAFITNESS (FC)</p> <p>2:00PM Shabbat Eve Service with Rabbi Silverstein (HH)</p> <p>3:00PM Bible Study with Chaplain Mike Dunne (CL)</p> <p>7:00PM Science Documentary (HH)</p>	<p>13</p> <p>9:30AM Tai Chi (FC)</p> <p>10:00AM Artist's Enclave (AR)</p> <p>1:00PM Bridge (AR)</p> <p>2:00PM Reading & Writing Poetry Group with Carole Stone (CL)</p> <p>4:00PM – 6:00PMPM Afternoon Musical in Town Square by Pianist Portia (TS)</p> <p>7:00PM Musical Performance by Vocalist Johnathan R. (HH)</p>

Crane's Mill
 Continuing Care Retirement Community
 459 Passaic Avenue, West Caldwell, NJ 07006
 973-276-6700
www.cranesmill.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>11:15AM Mass with MSGR. O'Conner (HH)</p> <p>1:30PM Bridge (CL)</p> <p>2:00PM Ecumenical Communion Service with Chaplain Mike Dunne (HH)</p> <p>7:00PM Movie – Resident Selection (HH)</p>	<p><i>Martin Luther King Jr. Day 15</i></p> <p>11:30AM –1:00PM ONE MEAL ONLY</p> <p>1:00PM Writer's Round Table (AR)</p> <p>3:00PM Documentary: Descendants (HH)</p> <p>7:00PM Movie: 13TH (HH)</p>	<p>16</p> <p>9:00AM TOTAL BODY WITH CARDIO</p> <p>10:30AM Shopping Trip to Wegmans</p> <p>11:00AM CHAIR YOGA (Z/FC)</p> <p>11:00AM Programming Committee Meeting (AR)</p> <p>1:00PM CANASTA (CL)</p> <p>1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1 (FC)</p> <p>2:00PM Bridge (CL)</p> <p>2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2 (FC)</p> <p>2:00PM Meaningful Pursuits Series: Hobbies and Sources of Joy & Pleasure from the Lived Experiences of a Crane's Mill Staff Member (HH)</p> <p>3:30 PM BALANCE, STRENGTH, & POSTURE (FC)</p> <p>7:00PM Musical: Barbra (HH)</p> <p>7:15PM Poker (1st FL Creekside Lounge)</p>	<p>17</p> <p>9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)</p> <p>10:00AM BLOOD PRESSURE(FC)</p> <p>11:00AM AQUAFITNESS(FC)</p> <p>11:00AM ART LECTURE & PROGRAM WITH (VOLUNTEER) JASMINE FROM ESSEX VALLEY SCHOOL (HH)</p> <p>2:00PM Bocce (Bocce Court)</p> <p>2:00PM Afternoon Musical Performance by Vocalist Kelly Carpenter (HH)</p> <p>3:30PM KINDNESS ROCKS sponsored by HomeWell (HH)</p> <p>3:30PM STRENGTH & STRETCH CHAIR OR STANDING (FC)</p> <p>7:00PM BINGO (HH)</p>	<p>18</p> <p>9:00AM BALANCE & POSTURE (FC)</p> <p>10:00AM Needleworks (QR)</p> <p>11:00AM CHAIR YOGA(FC/Z)</p> <p>12:30PM New Jersey Symphony: The American Dream</p> <p>1:00PM Chess (CL)</p> <p>2:00PM Bridge (CL)</p> <p>2:30PM ROCK STEADY BOXING FORPARKINSON LEVEL 2 (FC)</p> <p>3:00PM Financial Literacy Lecture (HH)</p> <p>3:30 PM BALANCE, STRENGTH, & POSTURE (FC)</p> <p>4:00PM Happy Hour (BYOB)</p> <p>7:00PM Friends of Jeopardy (CL)</p> <p>7:00PMMovie: Marshal</p>	<p>19</p> <p>9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)</p> <p>10:00AM ON THE MAT YOGA FOR RESIDENTS & NON-RESIDENTS (FC)</p> <p>11:00AM WATER VOLLEYBALL</p> <p>11:30AM Lunch Trip to Mama Dag's Seafood & Pasta Bar</p> <p>2:00PM Shabbat Eve Service with Rabbi Silverstein (HH)</p> <p>3:00PM Bible Study with Chaplain Mike Dunne (CL)</p> <p>4:00PM Scrapbooking & Story Telling Through Art with Ava (CL)</p> <p>7:00PM Science Documentary</p>	<p>20</p> <p>9:30AM Tai Chi (FC)</p> <p>10:00 AM Artist's Enclave (AR)</p> <p>11:00AM GIRL SCOUT BUDDY READING PROGRAM with Girl Scout Troop from Jefferson Elementary School (TS)</p> <p>1:00PM Bridge (AR)</p> <p>2:00PM Lecture: Alexander Clemente (HH)</p> <p>4:00PM – 6:00PMPM Afternoon Musical in Town Square by Pianist Portia (TS)</p> <p>7:00PM TravelLog (HH)</p>
<p>21</p> <p>11:15AM Mass with MSGR. O'Conner (HH)</p> <p>1:30PM Bridge (CL)</p> <p>2:00PM Ecumenical Communion Service with Reverend Frederick Boyle (HH)</p> <p>7:00PM Movie – Resident Selection (HH)</p>	<p>22</p> <p>9:00AM STRENGTH & STRETCH (FC)</p> <p>10:00AM 1 ON 1 TRAINING (FC)</p> <p>11:00AM [NEW] Weekly Book Club (CL)</p> <p>11:00AM AQUAFITNESS (FC)</p> <p>1:30PM WATER THERAPY (FC)</p> <p>2:15PM WATER THERAPY (FC)</p> <p>3:30PM BALANCE & POSTURE (FC)</p> <p>4:00PM Volunteer Program Monthly Series Evan from Grover Cleveland Middle School (HH)</p> <p>7:00PM TravelLog (HH)</p>	<p>23</p> <p>9:00AM TOTAL BODY WITH CARDIO (FC)</p> <p>10:30AM Shopping Trip to Walmart</p> <p>11:00AM CHAIR YOGA (Z/FC)</p> <p>1:00PM CANASTA (CL)</p> <p>1:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 1 (FC)</p> <p>2:00PM Bridge (CL)</p> <p>2:00PM Echoes of Peace with Chaplain Mike (AR)</p> <p>3:30PM Afternoon Tea (Café)</p> <p>3:30 PM BALANCE, STRENGTH, & POSTURE (FC)</p> <p>7:30PM—9:30PM Open Rehearsal: Reeds, Rhythm & All That Brass (HH)</p> <p>7:15PM Poker (1st FL Creekside Lounge)</p>	<p>24</p> <p>9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)</p> <p>9:15AM Crane's Mill Birding (TS)</p> <p>10:00AM BLOOD PRESSURE(FC)</p> <p>11:00AM ART LECTURE & PROGRAM WITH (VOLUNTEER) JASMINE FROM ESSEX VALLEY SCHOOL (HH)</p> <p>11:00AM AQUAFITNESS(FC)</p> <p>2:00PM Bocce (Bocce Court)</p> <p>3:00PM Discussion Panel Series (HH)</p> <p>3:30PM STRENGTH & STRETCH CHAIR OR STANDING (FC)</p> <p>7:00PM Music Lecture: The History of Music through Music with Clint Edwards (HH)</p> <p>7:30PM CANASTA (CL)</p>	<p>25</p> <p>9:00AM BALANCE & POSTURE (FC)</p> <p>10:00AM Needleworks (QR)</p> <p>11:00AM CHAIR YOGA(FC/Z)</p> <p>1:00PM Chess (CL)</p> <p>1:30PM ROCK STEADYBOXING FOR PARKINSON LEVEL 1 (FC)</p> <p>2:00PM Bridge (CL)</p> <p>2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2 (FC)</p> <p>3:00PM Our Stories—Discussion & Storytelling Group (HH)</p> <p>4:00PM Happy Hour (BYOB)</p> <p>7:00PM Friends of Jeopardy (CL)</p> <p>7:00PM Musical Performance by Saxophonist Matt Townson (HH)</p>	<p>26</p> <p>9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)</p> <p>9:00AM Trip The 9/11 Memorial & Museum in New York City</p> <p>10:00AM ON THE MAT YOGA FOR RESIDENTS & NON-RESIDENTS (FC)</p> <p>11:00AM AQUAFITNESS</p> <p>2:00PM Shabbat Eve Service with Rabbi Silverstein (HH)</p> <p>3:00PM Bible Study with Chaplain Mike Dunne (CL)</p> <p>7:00PM Science Documentary (HH)</p>	<p>27</p> <p>9:30AM Tai Chi (FC)</p> <p>10:00AM Artist's Enclave (AR)</p> <p>1:00PM Bridge (AR)</p> <p>2:00PM Reading & Writing Poetry Group with Carole Stone (CL)</p> <p>4:00PM – 6:00PMPM Afternoon Musical in Town Square by Pianist Portia (TS)</p> <p>7:00PM Musical Documentary: The Other One – The Long Strange Trip of Bob Weir (HH)</p>
<p>28</p> <p>11:15AM Mass with MSGR. O'Conner (HH)</p> <p>1:30PM Bridge (CL)</p> <p>2:00PM Ecumenical Communion Service with Chaplain Mike Dunne (HH)</p> <p>7:00PM Movie – Resident Selection (HH)</p>	<p>29</p> <p>9:00AM STRENGTH & STRETCH (FC)</p> <p>10:00AM 1 ON 1 TRAINING (FC)</p> <p>11:00AM [NEW] Weekly Book Club (CL)</p> <p>11:00AM AQUAFITNESS (FC)</p> <p>1:00PM Practices of Inner Balance & Serenity (CL)</p> <p>1:30PM WATER THERAPY (FC)</p> <p>2:00PM Art of the Masters (AR)</p> <p>2:15PM WATER THERAPY (FC)</p> <p>3:30PM BALANCE & POSTURE (FC)</p> <p>7:00PM Musical Performance by Pianist Jay Daniels (HH)</p>	<p>30</p> <p>9:00AM TOTAL BODY WITH CARDIO (FC)</p> <p>10:30AM Shopping Trip to Trader Joes</p> <p>11:00AM CHAIR YOGA (Z/FC)</p> <p>1:00PM CANASTA (CL)</p> <p>1:30PM ROCK STEADY BOXING FORPARKINSON LEVEL 1 (FC)</p> <p>2:00PM Bridge (CL)</p> <p>2:30PM ROCK STEADY BOXING FOR PARKINSON LEVEL 2 (FC)</p> <p>2:00PM Crane's Mill Ara Pacis Soiree (Bar)</p> <p>7:00PM Movie: Stories of a Generation with Pope Francis</p> <p>7:15PM Poker (1st FL Creekside Lounge)</p>	<p>31</p> <p>9:00AM STRENGTH & STRETCH CHAIR OR STANDING (FC)</p> <p>10:00AM BLOOD PRESSURE(FC)</p> <p>11:00AM ART LECTURE & PROGRAM WITH (VOLUNTEER) JASMINE FROM ESSEX VALLEY SCHOOL (HH)</p> <p>11:00AM AQUAFITNESS(FC)</p> <p>2:00PM Mindfulness Walking Group (Meet in TS – our adventures are a half hour)</p> <p>3:30PM PROGRAM WITH THE KEY CLUB (HH)</p> <p>3:30PM STRENGTH & STRETCH CHAIR OR STANDING (FC)</p> <p>7:00PM BINGO (HH)</p> <p>7:30PM CANASTA (CL)</p>	<p>JANUARY 2024</p> <p> For the Weekly Transportation Schedule offered here at Crane's Mill: Please refer to page 14 of THE MILLSTREAM</p> <p> 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.</p> <p>www.cranesmill.org</p> <p> Crane's Mill at West Caldwell</p>		