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<p><b>4</b></p> <p>11:15AM-Mass with Msrg. O'Connor (HH)</p> <p>1:30PM Bridge (CL)</p> <p>2:00PM- Ecumenical Communion Service with Pastor Jay Unzaga (HH)</p> <p>7:00PM Violin Recital (HH)</p> <p>7:00PM Movie: "The Great Gatsby" (AR)</p>	<p><b>5</b></p> <p>9:00AM-Strength &amp; Stretch (FC)</p> <p>10:00AM-1 ON 1 Training (FC)</p> <p>10:30AM-Morning Movie- "Rebecca"(AR)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>1:30PM Water Therapy (FC)</p> <p>2:00-Afternoon Movie- "Respect"(AR)</p> <p>2:30PM Ping Pong (FC)</p> <p>3:30PM-Balance &amp; Posture (FC)</p> <p>3:45PM Torah Studies Class with Rabbi Silverstein (AR)</p> <p>7:00PM-Bridge (CB Lounge)</p> <p>7:00PM-Travel Lecture: "New Orleans" (HH)</p>	<p><b>6</b></p> <p>9:00AM-Total Body with Cardio (FC)</p> <p>10:00AM- Trip To Trader Joe's</p> <p>11:00AM-Chair Yoga (FC/ Zoom)</p> <p>1:30PM-Rock Steady (FC)</p> <p>2:30PM Rock Steady (FC)</p> <p>2:00PM Wine Tasting Afternoon (HH)</p> <p>3:30PM Balance &amp; Strength (FC)</p> <p>3:30PM Musical Performance by Saxophonist &amp; Vocalist Michael Armeno (HH)</p> <p>7:00PM- Documentary: "Yogi Berra It Aint Over" (HH)</p>	<p><b>7</b></p> <p>9:00AM-Strength &amp; Stretch (FC)</p> <p>9:30AM /10:30AM-Shop Rite</p> <p>10:00AM-Blood Pressure (FC)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>11:00AM-Art with Jasmine (HH)</p> <p>1:15PM-Banks (local)</p> <p>1:00PM Health Committee Meeting (HH)</p> <p>1:30PM-Mah Jong (CL)</p> <p>2:00PM Health Lecture: "Get to the Heart of Health" (HH)</p> <p>2:15PM- Pharmacies &amp; Local Errands</p> <p>3:30PM Welcome Committee Meeting (HH)</p> <p>3:30PM-Strength &amp; Stretch (FC)</p> <p>3:30PM-Bingo (HH)</p> <p>7:00PM-Pianist Clint Edwards (HH)</p>	<p><b>8</b></p> <p>9:00AM-Balance &amp; Posture (FC)</p> <p>10:00AM-Needleworks (QR)</p> <p>10:00AM-Aqua Fitness (FC)</p> <p>10:45AM-Book Club (HH)</p> <p>11:00AM Chair Yoga (FC)</p> <p>1:30PM-Rocksteady Boxing (FC)</p> <p>2:00PM- Lecture: "Fredrick Douglas" (HH)</p> <p>2:30PM- Rocksteady Boxing (FC)</p> <p>3:30PM- Balance &amp; Strength (FC)</p> <p>4:00PM-Happy Hour (BYOB)(Café Bar)</p> <p>6:30PM-8PM- Art Reception (CL)</p> <p>7:00PM Movie: "Living" (HH)</p>	<p><b>9</b></p> <p>9AM-Strength &amp; Stretch (FC)</p> <p>10AM-Mat Yoga (FC)</p> <p>11AM-Aqua Fitness (FC)</p> <p>11:00AM-Mini Golf (HH)</p> <p>11:15AM Lunch Trip to Hunan Taste</p> <p>2:00PM Shabbat Eve Service (HH)</p> <p>3:00PM-4:30PM An afternoon of Free Chair Massages with A Touch of Wellbeing Spa (HH)</p> <p>3:00PM Bible Study (CL)</p> <p>7:00PM Video: Musical "Kiss Me Kate" (HH)</p>	<p><b>10</b></p> <p><b>CHINESE NEW YEAR</b></p> <p>9:30AM-Tai Chi (FC)</p> <p>10:00AM-Artist Enclave (AR)</p> <p>12:30PM Trip To Paper Mill Playhouse "After Midnight"</p> <p>1:00PM Bridge (CL)</p> <p>1:00PM Movie: "Woman In Gold" (HH)</p> <p>4:00PM Afternoon Piano Music with Portia (TS)</p> <p>7PM-Movie: "Maestro" (HH)</p>
<p><b>11</b></p> <p>11:15AM-Mass with Msrg. O'Connor (HH)</p> <p>1:30PM Bridge (CL)</p> <p>2:00PM- Ecumenical Communion Service with Pastor Mike Dunne (HH)</p> <p>6:00PM Super Bowl LVIII on The Big Screen (HH)</p>	<p><b>12</b></p> <p>9:00AM-Strength &amp; Stretch (FC)</p> <p>10:00AM-1 ON 1 Training (FC)</p> <p>10:15AM-Chorus Rehearsal (HH)</p> <p>10:30AM- Movie- "The Last Letter from Your Lover" (AR)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>1:30PM Water Therapy (FC)</p> <p>1:00PM [New] Bi-Weekly Book Club &amp; Discussion Group (CL)</p> <p>2:30PM-Current Events Discussion Group (HH)</p> <p>2:30PM Ping Pong (FC)</p> <p>3:30PM-Balance &amp; Posture (FC)</p> <p>4:00PM Pre-Valentine's Card Making with Evan (HH)</p> <p>7:00PM-Bridge (CB Lounge)</p> <p>7:00PM-Women Song Choral Group Open Rehearsal (HH)</p>	<p><b>13</b></p> <p>9:00AM-Special Shrove Tuesday Pancake Breakfast (Cafe)</p> <p>9:00AM-Total Body with Cardio (FC)</p> <p>10:30AM- Trip To Target</p> <p>11:00AM-Chair Yoga (FC/ Zoom)</p> <p>1:00PM-Food Committee Meeting (HH)</p> <p>1:30PM-Rock Steady (FC)</p> <p>2:30PM Rock Steady (FC)</p> <p>2:30PM Jeopardy Game Show (HH)</p> <p>3:30PM Balance &amp; Strength (FC)</p> <p>7:30PM-Reeds, Rhythm and All That Brass Open Rehearsal (HH)</p>	<p><b>14</b></p> <p><b>ASH WEDNESDAY VALENTINE'S DAY</b></p> <p>Sweetheart Wedding Photos Display (TS)</p> <p>8:30AM-Men's Breakfast (Café)</p> <p>9:00AM-Strength &amp; Stretch (FC)</p> <p>9:30AM /10:30AM-Shop Rite</p> <p>10:00AM-Blood Pressure (FC)</p> <p>11:00AM- Distribution of Ashes (HH)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>11:00AM-Art with Jasmine (AR)</p> <p>1:00PM Opera Group (CL)</p> <p>1:15PM-Banks (local)</p> <p>1:30PM-Mah Jong (CL)</p> <p>2:15PM- Pharmacies &amp; Local Errands</p> <p>3:00PM Valentine's Day Celebration (HH)</p> <p>3:30PM-Strength &amp; Stretch (FC)</p> <p>4:00PM-Bereavement Support Group (AR)</p> <p>7:00PM-Bingo (HH)</p>	<p><b>15</b></p> <p>9:00AM-Balance &amp; Posture (FC)</p> <p>10:00AM-Needleworks (QR)</p> <p>10:00AM-Aqua Fitness (FC)</p> <p>11AM-Activities Committee Meeting(AR)</p> <p>11:00AM Chair Yoga (FC)</p> <p>1:30PM-Rocksteady Boxing (FC)</p> <p>2:00PM- Crafting Afternoon (HH)</p> <p>2:30PM- Rocksteady Boxing (FC)</p> <p>3:30PM- Balance &amp; Strength (FC)</p> <p>4:00PM- Special Happy Hour (Bar)</p> <p>7:00PM-Travelogue: "New Zealand" (HH)</p>	<p><b>16</b></p> <p>9:00AM Trip to Wind Creek Casino &amp; Shopping Outlet</p> <p>9AM-Strength &amp; Stretch (FC)</p> <p>10AM-Mat Yoga (FC)</p> <p>11AM-Aqua Fitness (FC)</p> <p>11:00AM-Mini Golf (HH)</p> <p>2:00PM Shabbat Eve Service (HH)</p> <p>3:00PM Bible Study (CL)</p> <p>7:00PM Musical Performance by The City Winds Trio (HH)</p>	<p><b>17</b></p> <p>9:30AM-Tai Chi (FC)</p> <p>10:00AM-Artist Enclave (AR)</p> <p>12:30PM Trip To Paper Mill Playhouse "After Midnight"</p> <p>1:00PM Bridge (CL)</p> <p>1:00PM Movie: "Philomena" (HH)</p> <p>4:00PM Afternoon Piano Music with Portia (TS)</p> <p>7PM-Movie: "Mama Mia" (HH)</p>

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<p><b>18</b></p> <p>11:15AM-Mass with Msrg. O'Connor (HH)</p> <p>1:30PM Bridge (CL)</p> <p>2:00PM- Ecumenical Communion Service with Pastor Fredrick Boyle (HH)</p> <p>7:00PM Movie: "A Beautiful Life" (HH)</p>	<p><b>PRESIDENT'S DAY 19</b></p> <p>9:00AM-Strength &amp; Stretch (FC)</p> <p>10:00AM-1 ON 1 Training (FC)</p> <p>10:15AM-Chorus Rehearsal (HH)</p> <p>10:30AM-Morning Movie- "Lincoln"(AR)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>1PM-Writers Round Table (AR)</p> <p>1:30PM Water Therapy (FC)</p> <p>2:00PM-Presidents Day Trivia Afternoon (HH)</p> <p>2:30PM Ping Pong (FC)</p> <p>3:30PM-Balance &amp; Posture (FC)</p> <p>3:45PM Torah Studies Class with Rabbi Silverstein (AR)</p> <p>7:00PM-Bridge (CB Lounge)</p> <p>7:00PM-Women Song Choral Group Open Rehearsal (HH)</p>	<p><b>20</b></p> <p>9:00AM-Total Body with Cardio (FC)</p> <p>10:00AM- Trip To Wegmans</p> <p>10:45AM-Building Committee Meeting (HH)</p> <p>11:00AM-Chair Yoga (FC/ Zoom)</p> <p>1:30PM-Rock Steady (FC)</p> <p>2:30PM Rock Steady (FC)</p> <p>3:00PM Meet the Author Afternoon with Charles Vanyo "How Did I Get Here so Fast: Thoughts on My Journey to Seventy" (HH)</p> <p>3:30PM Balance &amp; Strength (FC)</p> <p>7:00PM- Documentary: "My Octopus Teacher" (HH)</p> 	<p><b>21</b></p> <p>9:00AM-Strength &amp; Stretch (FC)</p> <p>9:30AM /10:30AM-Shop Rite</p> <p>10:00AM-Blood Pressure (FC)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>11:00AM-Art with Jasmine (AR)</p> <p>1:00PM Opera Group (CL)</p> <p>1:30PM Town Hall Meeting (HH)</p> <p>1:15PM-Banks (local)</p> <p>1:30PM-Mah Jong (CL)</p> <p>2:00PM Memory Cafe (AR)</p> <p>2:15PM- Pharmacies &amp; Local Errands</p> <p>3:30PM TEDx Talks "Why Great Architecture Should Tell A Story" (HH)</p> <p>3:30PM-Strength &amp; Stretch (FC)</p> <p>7:00PM-Bingo (HH)</p>	<p><b>22</b></p> <p>9:00AM-Balance &amp; Posture (FC)</p> <p>10:00AM-Needleworks (QR)</p> <p>10:00AM-Aqua Fitness (FC)</p> <p>11:00AM Chair Yoga (FC)</p> <p>1:30PM-Rocksteady Boxing (FC)</p> <p>12:30PM- Trip to New Jersey Symphony "Vivaldi's The Four Seasons"</p> <p>2:30PM- Rocksteady Boxing (FC)</p> <p>3:00PM Our Stories Discussion &amp; Story Telling Group (HH)</p> <p>3:30PM- Balance &amp; Strength (FC)</p> <p>4:00PM-Happy Hour (BYOB)(Café Bar)</p> <p>7:00PM- Documentary: "Fantastic Fungi" (HH)</p>	<p><b>23</b></p> <p>9AM-Strength &amp; Stretch (FC)</p> <p>10AM-Mat Yoga (FC)</p> <p>11AM-Aqua Fitness (FC)</p> <p>11:00AM-Mini Golf (HH)</p> <p>11:00AM Trip to Sally Lunn's Tea Room</p> <p>2:00PM Shabbat Eve Service (HH)</p> <p>3:00PM Bible Study (CL)</p> <p>7:00PM Board Games Night (HH)</p>	<p><b>24</b></p> <p>9:30AM-Tai Chi (FC)</p> <p>10:00AM-Artist Enclave (AR)</p> <p>1:00PM Bridge (CL)</p> <p>2:00PM Lecture: "French Women of The Vernacular-Christine de Pizan &amp; Joan d'Arc" (HH)</p> <p>4:00PM Afternoon Piano Music with Portia (TS)</p> <p>7PM-Movie: "Harriet" (HH)</p>
<p><b>25</b></p> <p>11:15AM-Mass with Msrg. O'Connor (HH)</p> <p>1:30PM Bridge (CL)</p> <p>2:00PM- Ecumenical Communion Service with Pastor Mike Dunne (HH)</p> <p>7:00PM Movie: "My Big Fat Greek Wedding 3" (HH)</p>	<p><b>26</b></p> <p>9:00AM-Strength &amp; Stretch (FC)</p> <p>10:00AM-1 ON 1 Training (FC)</p> <p>10:15AM-Chorus Rehearsal (HH)</p> <p>10:30AM-Morning Movie- "Loving"(AR)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>1:30PM Water Therapy (FC)</p> <p>2:00PM Art of The Masters Class (HH)</p> <p>2:30PM Ping Pong (FC)</p> <p>3:00PM [New] Bi-Weekly Book Club &amp; Discussion Group (CL)</p> <p>3:30PM-Balance &amp; Posture (FC)</p> <p>7:00PM-Bridge (CB Lounge)</p> <p>7:00PM-Women Song Choral Group Open Rehearsal (HH)</p> 	<p><b>27</b></p> <p>9:00AM-Total Body with Cardio (FC)</p> <p>10:30AM- Trip To Wal-Mart</p> <p>11:00AM-Chair Yoga (FC/ Zoom)</p> <p>1:30PM-Rock Steady (FC)</p> <p>2:30PM Rock Steady (FC)</p> <p>2:30PM Coffee &amp; Poetry Afternoon with Carole Stone (HH)</p> <p>3:30PM Balance &amp; Strength (FC)</p> <p>3:30PM Corn Hole Game (HH)</p> <p>7:30PM-Reeds, Rhythm and All That Brass Open Rehearsal (HH)</p>	<p><b>28</b></p> <p>9:00AM-Strength &amp; Stretch (FC)</p> <p>9:30AM /10:30AM-Shop Rite</p> <p>10:00AM-Blood Pressure (FC)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>11AM-Art with Jasmine (AR)</p> <p>1:15PM-Banks (local)</p> <p>1:30PM-Mah Jong (CL)</p> <p>2:15PM- Pharmacies &amp; Local Errands</p> <p>2:30PM Popcorn &amp; Movie Afternoon "Nyad" (HH)</p> <p>3:30PM-Strength &amp; Stretch (FC)</p> <p>7:00PM-Bingo (HH)</p>	<p><b>29</b></p> <p>9:00AM-Balance &amp; Posture (FC)</p> <p>10:00AM-Needleworks (QR)</p> <p>10:00AM-Aqua Fitness (FC)</p> <p>10:30AM-Trip to Willowbrook Mall</p> <p>11:00AM Chair Yoga (FC)</p> <p>1:30PM-Rocksteady Boxing (FC)</p> <p>2:30PM- Wheel of Fortune Game Show (HH)</p> <p>2:30PM- Rocksteady Boxing (FC)</p> <p>3:30PM- Balance &amp; Strength (FC)</p> <p>4:00PM-Happy Hour (BYOB)(Café Bar)</p> <p>7:00PM- Lecture: "Glenn Miller" (HH)</p>	<p><b>Calendar KEY:</b></p> <p>(Abbreviation of locations)</p> <p>AR- Activities Room</p> <p>AS- Art Studio (Sycamore 1, 2nd Floor)</p> <p>CB- Café Bar</p> <p>CD -Dining Room</p> <p>CL-Café Lounge</p> <p>FC- Fitness Center</p> <p>HH- Hinman Hall</p> <p>TS- Town Square</p> <p>Z-Zoom</p>	
<p><b>Crane's Mill</b> Continuing Care Retirement Community 459 Passaic Avenue, West Caldwell, NJ 07006 973-276-6700 www.cranesmill.org</p>						
<p><b>For the Weekly Transportation Schedule</b> offered here at Crane's Mill: Please refer to <b>page 8 &amp; 9</b> of THE MILLSTREAM</p>						<p><b>Daily Fitness Classes.</b> Please refer to <b>page 14 &amp; 15</b> of THE MILLSTREAM for descriptions of fitness classes offered here at Crane's Mill.</p>