




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  <h1 style="font-size: 4em; margin: 0;">MARCH 2024</h1>						
					1	2
					<p>10:00AM Trip to Boscov's 11:00AM-First Friday with Resident Board (HH) 2:00PM Shabbat Eve Service 2:30PM-Line Dancing Class (FC) Sign up Required 3:30PM-4:30PM An afternoon of Free Chair Massages with A Touch of Wellbeing Spa (HH) 3:00PM Bible Study (TS Library) 7:00PM Vocalist Peter Lieberman (HH)</p>	<p>9:30AM-Tai Chi (FC)/CANCELED 10:00AM-Artist Enclave (AR) 1:00PM Bridge (CL) 1:30PM Movie: "Toscana" (HH) 4:00PM Afternoon Piano Music with Portia (TS) 7PM-Movie: "It Could Happen To You" (HH)</p>
3	4	5	6	7	8	9
<p>11:15AM-Mass (HH) 1:30PM Bridge (CL) 2:00PM-Ecumenical Communion Service with Pastor Jay Unzaga (HH) 7:00PM Movie: "A Night At The Opera" (HH)</p>	<p>9:00AM-Strength & Stretch (FC) 10:00AM-1 ON 1 Training (FC) 10:15AM-Chorus Rehearsal (HH) 10:30AM-Morning Movie-"Brooklyn"(AR) 11:00AM-Aqua Fitness (FC) 1:30PM Water Therapy (FC) 2:30PM Ping Pong (FC) 3:30PM-Balance & Posture (FC) 3:45PM Torah Studies Class with Rabbi Silverstein (AR) 7:00PM-Bridge (CB Lounge) 7:00PM-Travel Lecture: "New Orleans Part II" (HH)</p>	<p>9:00AM-Total Body with Cardio (FC) 10:00AM- Trip To Trader Joe's 11:00AM-Chair Yoga (FC/ Zoom) 1:30PM-Rock Steady (FC) 2:30PM Rock Steady (FC) 2:30PM Meet the Author Afternoon with Paul Semendinger "The Impossible is an Illusion" (HH) 3:30PM Balance & Strength (FC) 6:30PM-French Lesson Class (AR) Sign up Required 7:00PM- Movie: "Killers of the Flower Moon" (HH)</p>	<p>9:00AM-Strength & Stretch (FC) 9:30AM /10:30AM-Shop Rite 10:00AM-Blood Pressure (FC) 10:00AM-3:00PM Spring Shopping Day (HH) 11:00AM-Aqua Fitness (FC) 11:00AM Rosary (CL) 1:15PM-Banks (local) 1:30PM-Mah Jong (CL) 1:30PM Presentation on United Health Care Updates (AR) 2:15PM- Pharmacies & Local Errands 3:30PM-Strength & Stretch (FC) 3:30PM-Bingo (HH)</p>	<p>10:00AM-Needleworks (QR) 10:30AM-Strength & Stretch (HH) 10:30AM- Trip To Union Hill Shopping Center 1:00PM Pickle Ball (FC) 2:00PM Health Lecture: "Nutrition & Aging" (HH) 3:00PM Health Committee Meeting (HH) 4:00PM-Happy Hour (BYOB)(Café Bar) 7:00PM-Pianist Clint Edwards (HH)</p>	<p>9:00AM Trip to The MET Museum 9AM-Strength & Stretch (FC) 10AM-Mat Yoga (FC) 11AM-Aqua Fitness (FC) 11:00AM-Mini Golf (HH) 2:00PM Shabbat Eve Service (HH) 2:30PM-Line Dancing Class (FC) Sign up Required 3:00PM Bible Study (CL) 7:00PM Vocalist Kelly Carpenter (HH)</p>	<p>9:30AM-Tai Chi (FC) 10:00AM-Artist Enclave (AR) 1:00PM Bridge (CL) 2:00PM- Lecture: "Women of The French Revolution" (HH) 4:00PM Afternoon Piano Music with Portia (TS) 7PM-Movie: "Falling for Figaro" (HH)</p>
10	11	12	13	14	15	16
<p>DAYLIGHT SAVING TIME BEGINS 11:15AM-Mass (HH) 1:30PM Bridge (CL) 2:00PM-Ecumenical Communion Service with Pastor Mike Dunne (HH) 7:00PM The Oscars on The Big Screen (HH)</p>	<p>9:00AM-Strength & Stretch (FC) 10:00AM-1 ON 1 Training (FC) 10:15AM-Chorus Rehearsal (HH) 10:30AM-Morning Movie-"The Odd Couple"(AR) 11:00AM-Aqua Fitness (FC) 1:30PM Water Therapy (FC) 2:00PM-Residents' Association Meeting (HH) 2:30PM Ping Pong (FC) 3:30PM-Balance & Posture (FC) 7:00PM-Bridge (CB Lounge) 7:30PM- Jimmy Byrne Irish Show (HH)</p>	<p>9:00AM-Total Body with Cardio (FC) 10:30AM- Trip To Target 11:00AM-Chair Yoga (FC/ Zoom) 1:00PM-Food Committee Meeting (HH) 1:30PM-Rock Steady (FC) 2:30PM Rock Steady (FC) 2:30PM- Jeopardy Game Show (AR) 3:30PM Balance & Strength (FC) 6:30PM-French Lesson Class (AR) Sign up Required 7:30PM-Reeds, Rhythm and All That Brass Open Rehearsal (HH)</p>	<p>8:30AM-Men's Breakfast (Café) 9:00AM-Strength & Stretch (FC) 9:30AM /10:30AM-Shop Rite 10:00AM-Blood Pressure (FC) 11:00AM-Aqua Fitness (FC) 1:00PM Opera Group (CL) 1:00PM- Trip to Golf Course Driving Range 1:15PM-Banks (local) 1:30PM-Mah Jong (CL) 2:15PM- Pharmacies & Local Errands 2:30PM- Current Events Discussion Group (AR) 3:30PM-Strength & Stretch (FC) 4:00PM-Bereavement Support Group (AR) 7:00PM-Bingo (H)</p>	<p>9:00AM-Balance & Posture (FC) 10:00AM-Needleworks (QR) 10:00AM-Aqua Fitness (FC) 10:45AM-Book Club (HH) 11:00AM Chair Yoga (FC) 11AM-Activities Committee Meeting (AR) 12:30PM- Trip to New Jersey Symphony "Tchaikovsky's Fifth Symphony" 1:30PM-Rocksteady Boxing (FC) 2:00PM- A Tour of Ireland Pre-Saint Patrick's Day Celebration (HH) 2:30PM- Rocksteady Boxing (FC) 3:30PM- Balance & Strength (FC) 4:00PM-Happy Hour (BYOB)(Café Bar) 7:00PM Performance by The Irish Step Dancers (HH)</p>	<p>9AM-Strength & Stretch (FC) 10AM-Mat Yoga (FC) 11:00AM Lunch Trip to Thatcher McGhee's 11AM-Aqua Fitness (FC) 11:00AM-Mini Golf (HH) 2:00PM Shabbat Eve Service (HH) 2:30PM-Line Dancing Class (FC) Sign up Required 3:00PM Bible Study (CL) 7PM Musical Performance "An Evening of Broadway by Kiera & Shannon" (HH)</p>	<p>9:30AM-Tai Chi (FC) 10:00AM-Artist Enclave (AR) 1:00PM Bridge (CL) 1:30PM Movie: "Lion" (HH) 4:00PM Afternoon Piano Music with Portia (TS) 7PM-Movie: "The Lady In The Van" (HH)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>ST. PATRICK'S DAY</p>  <p>11:15AM-Mass (HH)</p> <p>1:30PM Bridge (CL)</p> <p>2:00PM-Ecumenical Communion Service with Pastor Fredrick Boyle (HH)</p> <p>7:00PM Movie: "The Quiet Man" (HH)</p>	<p>18</p> <p>9:00AM-Strength & Stretch (FC)</p> <p>10:0AM-1 ON 1 Training (FC)</p> <p>10:15AM-Chorus Rehearsal (HH)</p> <p>10:30AM-Morning Movie-"The Bookshop"(AR)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>1PM-Writers Round Table (AR)</p> <p>1:30PM Water Therapy (FC)</p> <p>2:30PM Ping Pong (FC)</p> <p>3:30PM-Balance & 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>19</p> <p>SPRING BEGINS</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>1:00PM Town Hall Meeting (HH)</p> <p>1:30PM-Rock Steady (FC)</p> <p>2:30PM Rock Steady (FC)</p> <p>2:00PM The History of the Beatles with Vince Bruno (HH)</p> <p>3:30PM Balance & Strength (FC)</p> <p>6:30PM-French Lesson Class (AR) Sign up Required</p> <p>7:00PM- Lecture: "The Andrew Sisters" (HH)</p>	<p>20</p> <p>9:00AM-Strength & 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 Rosary (CL)</p> <p>1:00PM- Drama Club (AR)</p> <p>1:15PM-Banks (local)</p> <p>1:30PM-Mah Jong (CL)</p> <p>2:15PM- Pharmacies & Local Errands</p> <p>2:00PM Welcome Committee Meet & Greet (HH)</p> <p>3:30PM-Strength & Stretch (FC)</p> <p>7:00PM-Bingo (HH)</p>	<p>21</p> <p>9:00AM-Balance & 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>2:30PM- Rocksteady Boxing (FC)</p> <p>2:00PM World Wine Tour & Tasting (HH)</p> <p>3:30PM- Balance & Strength (FC)</p> <p>4:00PM- Special Happy Hour (Bar)</p> <p>7:00PM- Classic Movie Night: "Breakfast at Tiffany's" (HH)</p>	<p>22</p> <p>9AM-Strength & Stretch (FC)</p> <p>9:15AM Trip to The CIA</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>2:30PM-Line Dancing Class (FC) Sign up Required</p> <p>3:00PM Bible Study (CL)</p> <p>7:00PM Pianist Martin Yospe (HH)</p>	<p>23</p> <p>9:30AM-Tai Chi (FC)</p> <p>10:00AM-Artist Enclave (AR)</p> <p>10:00AM-2:00PM-Livingston Symphony Open Audition & Judging (HH)</p> <p>1:00PM Bridge (CL)</p> <p>4:00PM Afternoon Piano Music with Portia (TS)</p> <p>7PM-Movie: "The Great Debaters" (HH)</p>
<p>24</p> <p>PALM SUNDAY</p> <p>11:15AM-Mass (HH)</p> <p>1:30PM Bridge (CL)</p> <p>2:00PM-Ecumenical Communion Service with Pastor Mike Dunne (HH)</p> <p>7:00PM Movie: "The Music Man" (HH)</p>	<p>25</p> <p>9:00AM-Strength & Stretch (FC)</p> <p>10:0AM-1 ON 1 Training (FC)</p> <p>10:15AM-Chorus Rehearsal (HH)</p> <p>10:30AM-Morning Movie-"Belfast"(AR)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>1:00PM [New] Intimate Book Club & Discussion Group (CL)</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>3:30PM-Balance & Posture (FC)</p> <p>7:00PM-Bridge (CB Lounge)</p> <p>7:00PM-Women Song Choral Group Open Rehearsal (HH)</p>	<p>26</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 Spring Talent Show (HH)</p> <p>3:30PM Balance & Strength (FC)</p> <p>6:30PM-French Lesson Class (AR) Sign up Required</p> <p>7:30PM-Reeds, Rhythm and All That Brass Open Rehearsal (HH)</p>	<p>27</p> <p>9:00AM-Strength & 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>1:15PM-Banks (local)</p> <p>1:30PM-Mah Jong (CL)</p> <p>2:00PM Memory Cafe (AR)</p> <p>2:15PM- Pharmacies & Local Errands</p> <p>3:00PM Trivia with The Key Club Students (HH)</p> <p>3:30PM-Strength & Stretch (FC)</p> <p>7:00PM-Bingo (HH)</p>	<p>28</p> <p>9:00AM-Balance & 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- Rocksteady Boxing (FC)</p> <p>2:30PM Pre- Easter Celebration (HH)</p> <p>3:30PM- Balance & Strength (FC)</p> <p>4:00PM-Happy Hour (BYOB)(Café Bar)</p> <p>7:00PM- Vocalist Mark Miklos (HH)</p>	<p>29</p> <p>GOOD FRIDAY</p> <p>9AM-Strength & Stretch (FC)</p> <p>10AM-Mat Yoga (FC)</p> <p>11AM-Aqua Fitness (FC)</p> <p>11:00AM-Good Friday Service (HH)</p> <p>2:00PM Shabbat Eve Service (HH)</p> <p>2:30PM-Line Dancing Class (FC) Sign up Required</p> <p>3:00PM Bible Study (CL)</p> <p>7PM- Classic Movie: "Three Coins in The Fountain" (HH)</p>	<p>30</p> <p>9:30AM-Tai Chi (FC)</p> <p>10:00AM-Artist Enclave (AR)</p> <p>1:00PM Bridge (CL)</p> <p>1:00PM Movie: "Les Misérables" (HH)</p> <p>4:00PM Afternoon Piano Music with Portia (TS)</p> <p>4:30PM-6:30PM Art Reception (TS)</p> <p>7:00PM Movie: "Shirley" (HH)</p>
<p>31</p> <p>EASTER</p>  <p>11:15AM-Mass (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 Fair Lady" (HH)</p>	<p>9:00AM-Strength & Stretch (FC)</p> <p>10:0AM-1 ON 1 Training (FC)</p> <p>10:15AM-Chorus Rehearsal (HH)</p> <p>10:30AM-Morning Movie-"Belfast"(AR)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>1:00PM [New] Intimate Book Club & Discussion Group (CL)</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>3:30PM-Balance & Posture (FC)</p> <p>7:00PM-Bridge (CB Lounge)</p> <p>7:00PM-Women Song Choral Group Open Rehearsal (HH)</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 Spring Talent Show (HH)</p> <p>3:30PM Balance & Strength (FC)</p> <p>6:30PM-French Lesson Class (AR) Sign up Required</p> <p>7:30PM-Reeds, Rhythm and All That Brass Open Rehearsal (HH)</p>	<p>9:00AM-Strength & 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>1:15PM-Banks (local)</p> <p>1:30PM-Mah Jong (CL)</p> <p>2:00PM Memory Cafe (AR)</p> <p>2:15PM- Pharmacies & Local Errands</p> <p>3:00PM Trivia with The Key Club Students (HH)</p> <p>3:30PM-Strength & Stretch (FC)</p> <p>7:00PM-Bingo (HH)</p>	<p>9:00AM-Balance & 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- Rocksteady Boxing (FC)</p> <p>2:30PM Pre- Easter Celebration (HH)</p> <p>3:30PM- Balance & Strength (FC)</p> <p>4:00PM-Happy Hour (BYOB)(Café Bar)</p> <p>7:00PM- Vocalist Mark Miklos (HH)</p>	<p>31</p> <p>EASTER</p>  <p>11:15AM-Mass (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 Fair Lady" (HH)</p>	<p>9:00AM-Strength & Stretch (FC)</p> <p>10:0AM-1 ON 1 Training (FC)</p> <p>10:15AM-Chorus Rehearsal (HH)</p> <p>10:30AM-Morning Movie-"Belfast"(AR)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>1:00PM [New] Intimate Book Club & Discussion Group (CL)</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>3:30PM-Balance & Posture (FC)</p> <p>7:00PM-Bridge (CB Lounge)</p> <p>7:00PM-Women Song Choral Group Open Rehearsal (HH)</p>



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



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
 Z-Zoom

For the Weekly Transportation Schedule offered here at Crane's Mill: Please refer to **page 9 & 10** of THE MILLSTREAM

Daily Fitness Classes. Please refer to **page 15** of THE MILLSTREAM for fitness classes offered here at Crane's Mill.