



# APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b></p> <p>9:00AM-Strength &amp; Stretch (FC)  <b>10:00AM- Trip To Trader Joe's</b>            10:00AM-1 ON 1 Training (FC)            10:15AM-Chorus Rehearsal (HH)  <b>10:30AM-Morning Movie- "Wimbledon"(AR)</b>            11:00AM-Aqua Fitness (FC)  <b>1:00PM [New] Intimate Book Club &amp; Discussion Group (CL)</b>            1:30PM Water Therapy (FC)            2:30PM Ping Pong (FC)            3:30PM-Balance &amp; Posture (FC)  <b>3:45PM Torah Studies Class with Rabbi Silverstein (AR)</b>            7:00PM-Bridge (CB Lounge)            7:00PM-Travel Lecture: "Catalonia, Spain" (HH)</p>	<p><b>2</b></p> <p>9:00AM-Total Body with Cardio (FC)            10:00AM-Blood Pressure (FC)            11:00AM-Chair Yoga (FC/ Zoom)  <b>11:00AM Board Game with Lance (Art Studio Sycamore One 2<sup>nd</sup> Floor)</b>            1:30PM-Rock Steady (FC)  <b>2:00PM Musical Performance by Vocalist Cailin Mersola (HH)</b>            2:30PM Rock Steady (FC)            3:30PM Balance &amp; Strength (FC)  <b>6:30PM-French Lesson Class (AR) Sign up Required</b>            7:00PM- Lecture-In-Song by Fred Miller: "He Wrote That" (HH)</p>	<p><b>3</b></p> <p>9:00AM-Strength &amp; Stretch (FC)  <b>9:30AM /10:30AM-Shop Rite</b>            11:00AM-Aqua Fitness (FC)  <b>11:00AM Trip to See The Cherry Blossoms at Branch Brook Park</b>            11:00AM Rosary (CL)  <b>1:00PM Learn the Heimlich Maneuver on YouTube (CL) Followed by Health Committee Meeting</b>  <b>1:15PM-Banks (local)</b>            1:30PM-Mah Jong (CL)  <b>1:30PM Minute to Win It Games (HH)</b>  <b>2:15PM- Pharmacies &amp; Local Errands</b>            3:30PM-Strength &amp; Stretch (FC)            3:30PM-Bingo (HH)</p>	<p><b>4</b></p> <p>9:00AM Balance &amp; Posture (FC)  <b>10:00AM-1:00PM Caption Call Phone Demo (TS)</b>            10:00AM-Needleworks (QR)  <b>10:30AM- Trip To Willowbrook Mall</b>  <b>11:00AM Chair Yoga (FC/Zoom)</b>            1:30PM Rock Steady (FC)  <b>2:00PM Lifelong Learning: "Life &amp; Times of Constantine "The Great" (HH)</b>            2:30PM Rock Steady (FC)            3:30PM Balance, Strength &amp; Posture (FC)            4:00PM-Happy Hour (BYOB)(Café Bar)            7:00PM-Pianist John Gee (HH)</p>	<p><b>5</b></p> <p>9:00AM Strength &amp; Stretch (FC)            10:00AM On the Mat Yoga (FC)  <b>10:00AM Trip to Boscov's</b>            11:00AM-First Friday with Resident Board (HH)            11:00AM Aqua Fitness (FC)            2:00PM Shabbat Eve Service  <b>2:30PM-Line Dancing Class (FC) Sign up Required</b>  <b>3:00PM Bible Study (CL)</b>            7:00PM Vocalist Dave Rimelis (HH)</p>	<p><b>6</b></p> <p>9:30AM-Tai Chi (FC)            10:00AM-Artist Enclave (AR)            1:00PM Bridge (CL)  <b>2:00PM Poetry Afternoon with Carole Stone (HH)</b>  <b>4:00PM Afternoon Piano Music with Portia (TS)</b>  <b>7PM-Movie: "Water for Elephants" (HH)</b></p>
	<p><b>7</b></p> <p>11:15AM-Mass (HH)            1:30PM Bridge (CL)            2:00PM-Ecumenical Communion Service with Pastor Jay Unzaga (HH)            7:00PM Movie: "Working Girl" (HH)</p>	<p><b>8</b></p> <p>9:00AM-Strength &amp; Stretch (FC)            10:00AM-1 ON 1 Training (FC)            10:15AM-Chorus Rehearsal (HH)  <b>10:30AM-Morning Movie- "The Tourist"(AR)</b>            11:00AM-Aqua Fitness (FC)            1:30PM Water Therapy (FC)  <b>1:30PM-Financial Review Meeting (HH)</b>            2:30PM Ping Pong (FC)            3:30PM-Balance &amp; Posture (FC)            7:00PM-Bridge (CB Lounge)            7:00PM-Women Song Choral Group Open Rehearsal (HH)</p>	<p><b>9</b></p> <p>9:00AM-Total Body with Cardio (FC)            10:00AM-Blood Pressure (FC)  <b>10:00AM-3:00PM Bea Smith Shopping Day (HH)</b>  <b>11:00AM Board Game with Lance (Art Studio Sycamore One 2<sup>nd</sup> Floor)</b>            11:00AM-Chair Yoga (FC/ Zoom)  <b>1:00PM-Food Committee Meeting (AR)</b>            1:30PM-Rock Steady (FC)            2:30PM Rock Steady (FC)  <b>2:30PM- Jeopardy Game Show (AR)</b>            3:30PM Balance &amp; Strength (FC)  <b>6:30PM-French Lesson Class (AR) Sign up Required</b>            7:30PM-Reeds, Rhythm and All That Brass Open Rehearsal (HH)</p>	<p><b>10</b></p> <p>8:30AM-Men's Breakfast (Café)            9:00AM-Strength &amp; Stretch (FC)  <b>9:30AM /10:30AM-Shop Rite</b>            11:00AM-Aqua Fitness (FC)            1:00PM Opera Group (CL)  <b>1:15PM-Banks (local)</b>            1:30PM-Mah Jong (CL)  <b>2:15PM- Pharmacies &amp; Local Errands</b>  <b>2:00PM- Presentation on Scam (HH)</b>            3:30PM-Strength &amp; Stretch (FC)            4:00PM-Bereavement Support Group (AR)            7:00PM-Bingo (H)</p>	<p><b>11</b></p> <p>9:00AM-Balance &amp; Posture (FC)            10:00AM-Needleworks (QR)  <b>10:30AM Trip to Marshalls &amp; Home Goods</b>  <b>10:45AM-Book Club (HH)</b>            11:00AM Chair Yoga (FC/Zoom)            1:00PM-Activities Committee Meeting (AR)            1:30PM-Rocksteady Boxing (FC)  <b>2:30PM- Volunteer Spring Tea Party (Patio)</b>            2:30PM- Rocksteady Boxing (FC)            3:30PM- Balance &amp; Strength (FC)            4:00PM-Happy Hour (BYOB)(Café Bar)            7:00PM Pianist Clint Edwards (HH)</p>	<p><b>12</b></p> <p><b>9:15AM Trip to Ellis Island</b>            9AM-Strength &amp; Stretch (FC)            10AM-Mat Yoga (FC)            11AM-Aqua Fitness (FC)            11:00AM-Mini Golf (HH)            2:00PM Shabbat Eve Service (HH)  <b>2:30PM-Line Dancing Class (FC) Sign up Required</b>  <b>3:00PM Bible Study (CL)</b>            7:00PM Movie: "The Full Monty" (HH)</p>

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<p><b>14</b></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: "Get Shorty" (HH)</p>	<p><b>15</b></p> <p>9:00AM-Strength &amp; Stretch (FC)</p> <p>10:00AM-1 ON 1 Training (FC)</p> <p>10:00AM-12:00PM-Shredding Day (TS)</p> <p>10:15AM-Chorus Rehearsal (HH)</p> <p>10:30AM-Morning Movie-"All Roads Lead Home"(AR)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>1PM-Writers Round Table (AR)</p> <p>1:30PM Water Therapy (FC)</p> <p>1:30PM-Video- "Presidential Wedding" (CL)</p> <p>2:30PM Ping Pong (FC)</p> <p>3:30PM-Balance &amp; Posture (FC)</p> <p>3:30PM Board Games with the Brownie Troop (HH)</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>16</b></p> <p>9:00AM-Total Body with Cardio (FC)</p> <p>10:00AM-Blood Pressure (FC)</p> <p>10:00AM- Trip To Wegmans</p> <p>10:45AM-Building Committee Meeting (HH)</p> <p>11:00AM Board Game with Lance (Art Studio Sycamore One 2<sup>nd</sup> Floor)</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 What's Cooking Quick Recipe Afternoon (AR)</p> <p>3:00PM-Fire Safety Meeting (Cottages) HH</p> <p>3:30PM Balance &amp; Strength (FC)</p> <p>6:30PM-French Lesson Class (AR) Sign up Required</p> <p>7:00PM- Documentary: "Kiss the Ground" (HH)</p>	<p><b>17</b></p> <p>9:00AM-Strength &amp; Stretch (FC)</p> <p>9:30AM /10:30AM-Shop Rite</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>11:00AM Rosary (CL)</p> <p>11:00AM-Fire Safety Meeting (Sycamore One Building) HH</p> <p>1:00PM- Drama Club (AR)</p> <p>1:00PM-Fire Safety Meeting (Creekside Building) HH</p> <p>1:15PM-Banks (local)</p> <p>1:30PM-Mah Jong (CL)</p> <p>2:15PM- Pharmacies &amp; Local Errands</p> <p>2:00PM Health Lecture: "Eye Care" (HH)</p> <p>3:30PM-Strength &amp; Stretch (FC)</p> <p>7:00PM-Bingo (HH)</p>	<p><b>18</b></p> <p>9:00AM-Balance &amp; Posture (FC)</p> <p>10:00AM-Needleworks (QR)</p> <p>11:00AM Chair Yoga (FC)</p> <p>1:00PM-Fire Safety Meeting (Sycamore Two Building)</p> <p>1:15PM-Banks</p> <p>1:30PM-Rocksteady Boxing(FC)</p> <p>2:30PM- Rocksteady Boxing(FC)</p> <p>2:00PM Meet the Author Afternoon with Katie Fasciano "Never Give Up Hope" (HH)</p> <p>3:30PM- Balance &amp; Strength(FC)</p> <p>4:00PM- Special Happy Hour (Bar)</p> <p>7:00PM- Lecture: "Barbara Streisand" (HH)</p>	<p><b>19</b></p> <p>9AM-Strength &amp; Stretch (FC)</p> <p>10AM-Mat Yoga (FC)</p> <p>11:30AM Lunch Trip to The Highlawn Pavilion</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 Musical Performance by The Morris Music Men Choir (HH)</p>	<p><b>20</b></p> <p>9:30AM-Tai Chi (FC)</p> <p>10:00AM-Artist Enclave (AR)</p> <p>12:30PM- Trip to Paper Mill Playhouse "Gun &amp; Powder"</p> <p>1:00PM Bridge (CL)</p> <p>1:30PM Movie: "Les Misérables" (HH)</p> <p>4:00PM Afternoon Piano Music with Portia (TS)</p> <p>7PM-Movie: "The Holdovers" (HH)</p>	
<p><b>21</b></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 Accidental Tourist" (HH)</p>	<p><b>22</b></p> <p><b>EARTH DAY</b> <b>PASSOVER BEGINS</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-"The Apartment"(AR)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>1:30PM Water Therapy (FC)</p> <p>2:00PM Earth Day Project (AR)</p> <p>2:30PM Ping Pong (FC)</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>23</b></p> <p>9:00AM-Total Body with Cardio (FC)</p> <p>10:00AM-Blood Pressure (FC)</p> <p>10:30AM- Trip To Wal-Mart</p> <p>11:00AM-Chair Yoga (FC/ Zoom)</p> <p>11:00AM Board Game with Lance (Art Studio Sycamore One 2<sup>nd</sup> Floor)</p> <p>1:30PM-Rock Steady (FC)</p> <p>2:00PM Spring Classical Afternoon Piano Concert with Kai Kim "Beethoven" (HH)</p> <p>2:30PM Rock Steady (FC)</p> <p>3:30PM Balance &amp; 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><b>24</b></p> <p>9:00AM-Strength &amp; Stretch (FC)</p> <p>9:30AM /10:30AM-Shop Rite</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>1:15PM-Banks (local)</p> <p>1:30PM-Mah Jong (CL)</p> <p>2:00PM Low Vision Guest Speaker (HH)</p> <p>2:15PM- Pharmacies &amp; Local Errands</p> <p>3:00PM Trivia with The Key Club Students (HH)</p> <p>3:30PM-Strength &amp; Stretch (FC)</p> <p>7:00PM-Bingo (HH)</p>	<p><b>25</b></p> <p>9:00AM-Balance &amp; Posture (FC)</p> <p>10:00AM-Needleworks (QR)</p> <p>10:30AM- Trip To Dollar Tree</p> <p>11:00AM Chair Yoga (FC/Zoom)</p> <p>1:30PM-Rocksteady Boxing(FC)</p> <p>2:00PM- Current Events Discussion Group (AR)</p> <p>2:30PM- Rocksteady Boxing(FC)</p> <p>3:30PM- Balance &amp; Strength(FC)</p> <p>4:00PM Passover Seder (CDR)</p> <p>4:00PM-Happy Hour (BYOB)(Café Bar)</p> <p>7:00PM- Classic Movie: "Seven Brides for Seven Brothers" HH)</p>	<p><b>26</b></p> <p>9AM-Strength &amp; Stretch (FC)</p> <p>9:15AM Trip to The Whitney Museum</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 Karaoke Night (HH)</p>	<p><b>27</b></p> <p>9:30AM-Tai Chi (FC)</p> <p>10:00AM-Artist Enclave (AR)</p> <p>12:30PM- Trip to Paper Mill Playhouse "Gun &amp; Powder"</p> <p>1:00PM Bridge (CL)</p> <p>1:30PM Movie: "Jersey Boys" (HH)</p> <p>4:00PM Afternoon Piano Music with Portia (TS)</p> <p>7PM-Movie: "Air" (HH)</p>	
<p><b>28</b></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: "Stand by Me" (HH)</p>	<p><b>29</b></p> <p>9:00AM-Strength &amp; Stretch (FC)</p> <p>10:0AM-1 ON 1 Training (FC)</p> <p>10:15AM-Chorus Rehearsal (HH)</p> <p>10:30AM-Morning Movie-"Chicago"(AR)</p> <p>11:00AM-Aqua Fitness (FC)</p> <p>1:30PM Water Therapy (FC)</p> <p>2:00PM Art of The Masters Class (AR)</p> <p>2:30PM Ping Pong (FC)</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>30</b></p> <p>9:00AM-Total Body with Cardio (FC)</p> <p>10:00AM-Blood Pressure (FC)</p> <p>10:30AM- Trip To Union Hill</p> <p>11:00AM-Chair Yoga (FC/ Zoom)</p> <p>11:00AM Board Game with Lance (Art Studio Sycamore One 2<sup>nd</sup> Floor)</p> <p>1:30PM-Rock Steady (FC)</p> <p>2:30PM Rock Steady (FC)</p> <p>2:30PM Sundaes on Tuesday (Patio)</p> <p>3:30PM Balance &amp; Strength (FC)</p> <p>6:30PM-French Lesson Class (AR) Sign up Required</p> <p>7:00PM-Movie: "I Love You to Death" (HH)</p>	<p><b>Crane's Mill</b> Continuing Care Retirement Community 459 Passaic Avenue, West Caldwell, NJ 07006 973-276-6700 <a href="http://www.cranesmill.org">www.cranesmill.org</a></p> 			<p><b>Calendar KEY:</b> (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>For the Weekly Transportation Schedule</b> offered here at Crane's Mill: Please refer to <b>page 9 &amp; 10</b> of THE MILLSTREAM</p>				<p><b>Daily Fitness Classes.</b> Please refer to <b>page 15</b> of THE MILLSTREAM for fitness classes offered here at Crane's Mill.</p>			