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<p><b>1</b></p> <p>11:15 am Mass with Msgr. O'Connor (HH) </p> <p>2:00 pm Ecumenical Communion Service with Pastor Jay Unzaga (HH) </p> <p>3:00 pm Free Piano Lessons 5:00 pm Sheryll Perez (HH)</p> <p>7:00 pm Movie: "Guys and Dolls" (HH)</p>	<p><b>2</b></p> <p>9:00 am Strength &amp; Stretch (FC) </p> <p>10:15 am Chorus Rehearsal (HH)</p> <p>11:00 am Aqua Fitness (FC) </p> <p>1:00 pm Trip to the Dollar Tree</p> <p>2:00 pm Monday Mid-Day Movie "The Laundromat" (AR)</p> <p>3:30 pm Balance, Strength &amp; Posture (FC) </p> <p>3:45 pm Bible Study w/Rabbi Silverstein (AR)</p>	<p><b>3</b></p> <p>9:00 am Total Body w/ Cardio (FC)</p> <p>10:00 am Blood Pressure (FC)</p> <p>10:00 am Mindful Art (AS)</p> <p>11:00 am Chair Yoga Zoom &amp; In Person </p> <p>11:30 am Chess in a Nutshell w/Steve Moctezuma (CL)</p> <p>12:30 pm Rocksteady Boxing (FC)</p> <p>12:45 pm Journey to the Soul (HH)</p> <p>1:00 pm Tech Support with Ginny (1 Floor Creekside Lounge)</p> <p>1:30 pm Water Therapy (FC)</p> <p>2:00 pm Lifelong Learning w/Alex Clemente (HH) </p> <p>2:15 pm Rocksteady Boxing (FC)</p> <p>3:30 pm Balance, Strength &amp; Stretch (FC) </p> <p>7:00 pm Arts by the People Lecture "Travel" (HH) </p>	<p><b>4</b></p> <p>9:00 am Strength &amp; Stretch (FC) </p> <p>9:30 am Shop Rite</p> <p>10:30 am Shop Rite</p> <p>11:00 am Aqua Fitness (FC) </p> <p>11:00 am Rosary (CL)</p> <p>1:15 pm Banks (local)</p> <p>2:00 pm Jigsaw Puzzle Competition (LB)</p> <p>2:00 pm Bible Study w/Pastor Mike (CL)</p> <p>2:15 pm Pharmacies &amp; Local Errands</p> <p>2:30 pm Spanish Class (AR) </p> <p>3:30 pm Strength &amp; Stretch (FC)</p> <p>7:00 pm Bingo (HH)</p>	<p><b>5</b></p> <p>9:00 am Balance &amp; Posture (FC) </p> <p>10:00 am Transportation to Town Hall Primary Voting</p> <p>11:00 am Chair Yoga Zoom &amp; In Person (FC) </p> <p>12:30 pm Rocksteady Boxing (FC)</p> <p>1:30 pm Ping Pong (FC)</p> <p>1:00 pm Transportation to Town Hall Primary Voting</p> <p>2:00 pm Lecture w/Dr. Shah – Hydration (HH) </p> <p>2:15 pm Rocksteady Boxing (FC)</p> <p>3:30 pm Balance, Strength, &amp; Posture (FC)</p> <p>4:00 pm Happy Hour with Tom (BYOB)(Café Bar) </p> <p>7:00 pm Clint Edwards – Piano Performance (HH)</p>	<p><b>6</b></p> <p>9:00 am Strength &amp; Stretch (FC) or inside (FC) </p> <p>10:00 am Jigsaw Puzzle Competition (CL)</p> <p>10:00 am Guided Meditation (FC)</p> <p>11:00 am Lunch Trip to Hunan Taste Denville</p> <p>11:00 am Pickle Ball (FC)</p> <p>11:00 am Aqua Fitness (FC) </p> <p>2:00 pm Shabbat Eve Service (HH)</p> <p>4:00 pm Winter Olympics Opening Ceremonies! Games and Torch Lighting Happy Hour!! (HH) </p> <p></p> <p>7:00 pm Music w/Ken Knowlton (HH)</p>	<p><b>7</b></p> <p>9:30 am Tai Chi (FC) </p> <p>10:00 am Artist Enclave (AR)</p> <p>2:00 pm Valentines Craft Set up (LB)</p> <p>7:00 pm Evening Movie: Wedding Crashers (HH)</p>
<p><b>8</b></p> <p>11:15 am Mass with Msgr. O'Connor (HH) </p> <p>2:00 pm Ecumenical Communion Service with Pastor Jay Unzaga (HH) </p> <p>3:00 pm Free Piano Lessons 5:00 pm Sheryll Perez (HH)</p> <p>6:00 pm Come watch the Superbowl with your friends BYOB!</p> <p></p>	<p><b>9</b></p> <p>9:00 am Strength &amp; Stretch (FC) </p> <p>11:00 am Aqua Zumba (FC) </p> <p>1:00 pm Trip to Walmart</p> <p>1:00 pm Mahjong Refreshers (CL)</p> <p>1:00 pm Bridge Refresher (CL)</p> <p>2:00 pm Mid Monday Bingo (HH)</p> <p>3:30 pm Balance, Strength &amp; Posture (FC) </p> <p>4:00 pm Line Dancing w/Kim (HH)</p> <p>7:00 pm Women's Song Chorus (HH)</p>	<p><b>10</b></p> <p>9:00 am Total Body with Cardio (FC) </p> <p>10:00 am Mindful Art (AS)</p> <p>10:30 am Trip to Harmons</p> <p>11:00 am Chair Yoga (FC) Video Only </p> <p>11:30 am Chess in a Nutshell w/Steve Moctezuma (CL)</p> <p>12:45 pm Journey to the Soul (AR)</p> <p>1:00 pm Town Hall (HH)</p> <p>1:00 pm Intimate Book Club (LB)</p> <p>1:00 pm Tech Support with Ginny (1 Floor Creekside Lounge)</p> <p>2:00 pm Socrate's Café – Grief (CRL) </p> <p>3:30 pm Balance, Strength &amp; Posture (FC) </p> <p>7:00 pm Reeds Rhythm and all the Brass Concert (HH)</p>	<p><b>11</b></p> <p>8:30 am Men's Breakfast (Café)</p> <p>9:00 am Cougar Techie's (TS) (Here until 11:00 am)</p> <p>9:00 am Strength &amp; Stretch (FC) </p> <p>9:30 am Shop Rite</p> <p>10:30 am Shop Rite</p> <p>11:00 am Aqua Fitness On Your Own(FC)</p> <p>1:15 pm Banks (local)</p> <p>2:00 pm Jigsaw Puzzle Competition (LB)</p> <p>2:15 pm Pharmacies &amp; Local Errands</p> <p>2:30 pm Spanish Class (AR) </p> <p>3:15 pm Jeopardy w/The Key Club Students (LB)</p> <p>3:30 pm Strength &amp; Stretch (FC) </p> <p>4:00 pm Bereavement Support Group (AR)</p> <p>7:00 pm Bingo (HH) </p>	<p><b>12</b></p> <p>9:00 am Balance &amp; Posture (FC)</p> <p>10:00 am Needleworks (QR)</p> <p>10:00 am Trip to Target</p> <p>10:45 am Book Club (HH)</p> <p>11:00 am Chair Yoga Video (FC)</p> <p>1:00 pm Activities Committee Meeting (AR)</p> <p>1:30 pm Ping Pong (FC)</p> <p>2:00 pm Art's by The People Current Events (HH) </p> <p>4:00 pm Happy Hour with Tom (BYOB)(Café Bar) </p> <p>6:00 pm Artist Gallery Reception (CL)</p> <p>7:00 pm Musical Performance by Mark Miklos (HH)</p>	<p><b>13</b></p> <p>9:00 am Strength &amp; Stretch (FC)</p> <p>10:00 am Walk Inside Or On your own (FC)</p> <p>11:00 am Pickle Ball (FC)</p> <p>11:00 am Aqua Zumba (FC)</p> <p>11:00 am Trip to NYBG The Orchird Show </p> <p>2:00 pm Shabbat Eve Service (HH)</p> <p>2:00 pm Horticultural Club w/Sarah (AR) </p> <p>3:00 pm- All You Need Is Love Valentine's Celebration (HH) </p> <p>4:00 pm Love Valentine's Celebration (HH)</p> <p>7:00 pm Musical Performance w/A.J. Freeman (HH)</p>	<p><b>Happy Valentine's Day 14</b></p> <p>9:30 am Tai Chi (FC) </p> <p>10:00 am Artist Enclave (AR)</p> <p>12:30 pm Trip to Papermill Playhouse </p> <p>2:00 pm Indoor Snowball Games w/N. Caldwell Lady Nights Softball Girls (HH)</p> <p>4:00 pm Legacy Lounge – BYOB (CL)</p> <p>7:00 pm Movie: "Must Love Dogs" (HH)</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>15</b></p> <p>11:15 am Mass with Msgr. O'Connor (HH)</p> <p>2:00 pm Ecumenical Communion Service with Pastor Jay Unzaga (HH)</p> <p>2:30 pm Creative Writing with Debbie (AR)</p> <p>3:00 pm -Free Piano Lessons 5:00 pm Sheryll Perez (HH)</p> <p>7:00 pm Movie: "The Blind Side" (HH)</p>	<p><b>16</b></p> <p>9:00 am Strength &amp; Stretch (FC)</p> <p>10:00 am Current Events (CL)</p> <p>10:15 am Chorus Rehearsal (HH)</p> <p>11:00 am Trip to TJ Maxx / Marshalls</p> <p>11:00 am Aqua Fitness (FC)</p> <p>1:00 pm Mahjongg Refresher (CL)</p> <p>1:00 pm Bridge Refresher (CL)</p> <p>2:00 pm Lecture w/Heather "Healing the Heart" Wear Red! (HH)</p> <p>3:30 pm Balance, Strength &amp; Posture (FC)</p> <p>3:45 pm Bible Study w/Rabbi Silverstein (AR)</p> <p>7:00 pm Women's Song Chorus (HH)</p>	<p><b>17</b></p> <p>Chinese New Year</p> <p>9:00 am Total Body with Cardio (FC)</p> <p>9:30 am Breakfast Trip to the Pancake House</p> <p>10:00 am Mindful Art (AS)</p> <p>10:00 am Blood Pressure (FC)</p> <p>11:00 am Chair Yoga (FC) Zoom &amp; In Person</p> <p>11:00 am Building Committee (HH)</p> <p>11:30 am Chess in a Nutshell w/Steve Moctezuma (CL)</p> <p>12:30 pm Rocksteady Boxing (FC)</p> <p>1:00 pm Food Committee (CDR)</p> <p>1:00 pm Tech Support with Ginny (1st Floor Crksd Lounge)</p> <p>2:15 pm Rocksteady Boxing (FC)</p> <p>3:30 pm Balance, Strength &amp; Posture (FC)</p> <p>4:00 pm Great Scott It's Magic (HH)</p> <p>7:00 pm TBA</p>	<p><b>18</b></p> <p>9:00 am Cougar Techie's (TS) (Here until 11:00 am)</p> <p>9:00 am Strength &amp; Stretch (FC)</p> <p>9:30 am Shop Rite</p> <p>10:30 am Shop Rite</p> <p>11:00 am Aqua Fitness (FC)</p> <p>11:00 am Rosary (CL)</p> <p>11:30 am Health Committee (AR)</p> <p>12:45 pm Journey to the Soul (HH)</p> <p>1:15pm Banks (local)</p> <p>2:15pm Pharmacies &amp; Local Errands</p> <p>2:00 pm Imposition of Ashes (HH)</p> <p>2:30 pm Spanish Class (AR)</p> <p>3:30 pm Strength &amp; Stretch (FC)</p> <p>7:00 pm Bingo (HH)</p>	<p><b>19</b></p> <p>9:00 am Balance &amp; Posture (FC)</p> <p>10:00 am Needleworks (QR)</p> <p>11:00 am Trip to Union Plaza Shopping Center</p> <p>11:00 am Chair Yoga (FC) Zoom &amp; In Person</p> <p>12:30 pm Rock Steady Boxing</p> <p>1:00 pm Landscape Committee (AR)</p> <p>1:30 pm Ping Pong (FC)</p> <p>2:00 pm Pottery w/Pete (AR)</p> <p>2:15 pm Rock Steady Boxing (FC)</p> <p>3:30 pm Balance, Strength &amp; Posture (FC)</p> <p>3:30 pm Mobileyez (TS)</p> <p>4:00 pm Marketing Happy Hour w/ Dan Furnald (CP)</p> <p>7:00 pm Musical Lecture w/Clint Edwards (HH)</p>	<p><b>20</b></p> <p>9:00 am Strength &amp; Stretch (FC)</p> <p>11:00 am Lunch Trip to Portofino's Ristorante</p> <p>10:00 am Walk inside (FC)</p> <p>11:00 am Pickle Ball (FC)</p> <p>11:00 am Aqua Fitness (FC)</p> <p>2:00 pm Shabbat Eve Service (HH)</p> <p>4:00 pm Who Am I? (HH)</p> <p>7:00 pm Entertainment w/The Allegro Singers (HH)</p>	<p><b>21</b></p> <p>9:30 am Tai Chi (FC)</p> <p>10:00 am Artist Enclave (AR)</p> <p>12:30 pm Trip to Papermill Playhouse</p> <p>2:00 pm Lifelong Learning Class w/Alex Clemente (HH)</p> <p>4:00 pm Legacy Lounge – BYOB (CL)</p> <p>7:00 pm Evening Movie: "Cheaper by the Dozen" (HH)</p>
<p><b>22</b></p> <p>11:15 am Mass with Msgr. O'Connor (HH)</p> <p>2:00 pm Ecumenical Communion Service with Pastor Jay Unzaga (HH)</p> <p>4:00 pm Denville String Band Concert (HH)</p> <p>7:00 pm Movie: "The Longest Yard" (HH)</p>	<p><b>23</b></p> <p>9:00 am Strength &amp; Stretch (FC)</p> <p>10:00 am Make traditional holiday Purim chocolates (CL)</p> <p>10:15 am Chorus Rehearsal (HH)</p> <p>11:00 am Aqua Fitness (FC)</p> <p>1:00 pm Mahjongg Refresher (CL)</p> <p>1:00 pm Bridge Refresher (CL)</p> <p>2:00 pm Guided Meditation w/Anna (HH)</p> <p>3:30 pm Balance, Strength &amp; Posture (FC)</p> <p>7:00 pm Woman's Song Chorus (HH)</p>	<p><b>24</b></p> <p>9:00 am Total Body with Cardio (FC)</p> <p>10:00 am Mindful Art (AS)</p> <p>10:00 am Blood Pressure (FC)</p> <p>10:30 am Trip to Trader Joes</p> <p>11:00 am Chair Yoga (FC) Zoom &amp; In Person</p> <p>11:30 am Chess in a Nutshell w/Steve Moctezuma (CL)</p> <p>12:30 pm Rocksteady Boxing (FC)</p> <p>12:45 pm Journey to the Soul (HH)</p> <p>1:00 pm Tech Support with Ginny (1 Floor Creekside Lounge)</p> <p>1:30 pm Water Therapy (FC)</p> <p>2:00 pm Lifelong Learning w/Alex Clemente (HH)</p> <p>2:15 pm Rock Steady Boxing (FC)</p> <p>3:30 pm Balance, Strength &amp; Posture (FC)</p> <p>7:00 pm Reeds Rhythm Rehearsal (HH)</p>	<p><b>25</b></p> <p>9:00 am Cougar Techie's (TS) (Here until 11:00 am)</p> <p>9:00 am Strength &amp; Stretch (FC)</p> <p>9:30 am Shop Rite</p> <p>10:30 am Shop Rite</p> <p>11:00 am Aqua Fitness (FC)</p> <p>1:15 pm Banks (local)</p> <p>2:00 pm Bible Study w/Pastor Mike (CL)</p> <p>2:15 pm Pharmacies &amp; Local Errands</p> <p>2:30 pm Spanish Class (AR)</p> <p>3:15 pm Jeopardy w/The Key Club Students (LB)</p> <p>3:30 pm Strength &amp; Stretch (FC)</p> <p>7:00 pm Bingo (HH)</p>	<p><b>26</b></p> <p>9:00 am Balance &amp; Posture (FC)</p> <p>10:00 am Needleworks (QR)</p> <p>11:00 am Chair Yoga (FC) Zoom &amp; In Person</p> <p>12:30 pm Rock Steady Boxing (FC)</p> <p>12:30 pm Trip to New Jersey Symphony for ticketed customers (Bus provided by NJSO)</p> <p>1:00 pm Trip to Morris County Historical Society</p> <p>1:30 pm Ping Pong (FC)</p> <p>2:15 pm Rock Steady Boxing (FC)</p> <p>3:30 pm Balance, Strength &amp; Posture (FC)</p> <p>4:00 pm Happy Hour with Tom (BYOB)(Café Bar)</p> <p>7:00 pm Dave Remellis Band (HH)</p>	<p><b>27</b></p> <p>9:00 am Strength &amp; Stretch (FC)</p> <p>9:30 am Trip to Wind Creek Casino and Shopping Center</p> <p>10:00 am Walk inside (FC)</p> <p>11:00 am Pickle Ball (FC)</p> <p>11:00 am Aqua Fitness (FC)</p> <p>1:00 pm Trip to Wal-Mart</p> <p>2:00 pm Shabbat Eve Service (HH)</p> <p>7:00 pm Entertainment w/The Pettet's (HH)</p>	<p><b>28</b></p> <p>9:30 am Tai Chi (FC)</p> <p>10:00 am Artist Enclave (AR)</p> <p>2:00 pm Afternoon Movie: "When Harry Met Sally" (HH)</p> <p>4:00 pm Legacy Lounge – BYOB (CL)</p> <p>7:00 pm Evening Movie: "Love Happens" (HH)</p>

Calendar Key: AR – Activities Room; AS – Art Studio (Syc 1, 2<sup>nd</sup> floor); CDR – Candleberry Dining Room; CL – Café Lounge; CP – Café Pub; CRL – Creekside Library; FC – Fitness Center; HH – Hinman Hall; LB – Library Towne Square  
 Program Color Key: Red – Musical Programs; Blue Trips; Hot Pink - Special | New Programs; Green Committee Meetings; Black On-Going Programs; Purple Learning Lectures; Brown Movies and Documentaries

Crane's Mill Continuing Care Retirement Community  
 459 Passaic Avenue, West Caldwell, NJ 07006

