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<p>1</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 Legacy Lounge BYOB (CL)</p> <p>3:00-5:00 Free Piano Lessons Sheryll Perez (HH)</p> <p>7:00 pm Movie: Chariots of Fire (HH)</p>	<p>2</p> <p>9:00 am Wake-Up Stretch and Mobility (FC) </p> <p>10:15 pm Strength Foundations Building a Strong You (FC)</p> <p>10:15 am Chorus Rehearsal (HH)</p> <p>11:30 am Pickleball (FC) </p> <p>1:00 pm Trip to the Dollar Tree</p> <p>1:30 pm Guided Fitness (FC)</p> <p>2:00 pm Mid Day Bingo (HH) </p> <p>2:30 pm Stay Steady: Balance & Coordination (FC)</p> <p>3:30 pm Afternoon Cooldown: Move and Breathe (FC)</p> <p>3:45 pm Bible Study w/Rabbi Silverstein (AR) </p> <p>7:00 pm Women's Song Chorus (HH)</p>	<p>3</p> <p>9:00 am Cardio with a Purpose (FC) </p> <p>10:00 am Movement Assessments Must Register with John (FC)</p> <p>10:00 am Golden Groove Dance and Exercise – all ability levels (HH)</p> <p>10:00 am Trip to Trader Joes </p> <p>11:00 am PURIM celebration Rabbi Sputz (HH)</p> <p>11:30 am Intro to the Fitness Center Understanding the Machines</p> <p>11:30-1:00 Chess in a Nutshell (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 (1st Floor Creekside Lounge)</p> <p>1:30 pm Water Therapy (FC) </p> <p>2:15 pm Rocksteady Boxing (FC) </p> <p>3:30 pm Let's Take a Walk Inside (FC)</p> <p>7:00 pm Stories In Motion: An Evening of Modern Dance with Paul Rabinowitz and Guests (HH) </p>	<p>4</p> <p>9:00 am Wake-Up Stretch and Mobility (FC) </p> <p>9:30 am Shop Rite</p> <p>10:15 am Strength & Daily Living: Functional Strength (FC)</p> <p>10:30 am Shop Rite</p> <p>9:00-11:00 Cougar Techies (TS)</p> <p>11:00 am Rosary (CL)</p> <p>11:30 am Pickleball (FC)</p> <p>1:00 pm Recycling Committee (AR)</p> <p>1:15 pm Banks (local)</p> <p>1:30 pm Guided Fitness (FC)</p> <p>2:00 pm John Singer Sargent: Romance, Drama, and the Visual World, Part 2 (HH)</p> <p>2:00 pm Bible Study w/Pastor Mike (CL)</p> <p>2:15 pm Pharmacies & Local Errands</p> <p>3:00 pm Strength Foundations (FC) </p> <p>7:00 pm Bingo (HH)</p>	<p>5</p> <p>9:00 am Let's Get Moving: Cardio with a Purpose (FC) </p> <p>10:00 am Needleworks (QR)</p> <p>10:00 am Trip to Dollar Tree</p> <p>11:00 am Moving Strong: Strength and Stretch (FC) </p> <p>12:30 pm Rocksteady Boxing (FC)</p> <p>1:30 pm Ping Pong (FC)</p> <p>2:00 pm Lecture w/Dr. Shah –(HH)</p> <p>2:15 pm Rocksteady Boxing (FC) </p> <p>3:30 pm Walk Tall: Balance and Posture (FC)</p> <p>4:00 pm Happy Hour (BYOB)(Café Bar) </p> <p>7:00 pm Clint Edwards – Piano Performance (HH)</p>	<p>6</p> <p>9:00 am Wake-Up Stretch and Mobility (FC) </p> <p>10:00 am Let's Take a Walk Inside (FC)</p> <p>11:30 am Lunch Trip to Hunan Taste Denville</p> <p>11:30 am Pickle Ball (FC) </p> <p>1:00 pm Personal Training – Must Register with John (FC)</p> <p>2:00 pm Shabbat Eve Service (HH)</p> <p>3:00 pm Afternoon Reset: Stretch and Posture Reset (FC)</p> <p>7:00 pm Jimmy Byrne Music (HH) Saint Patrick Celebration Show </p>	<p>7</p> <p>9:30 am Tai Chi (FC) </p> <p>10:00 am Artist Enclave (AR) </p> <p>10:30 am Let's Get Moving: Cardio with a Purpose (FC)</p> <p>11:30 am Movement Snapshot: Movement Assessment – Must Register with John (FC)</p> <p>1:00 pm Guided Workout Circuit (FC)</p> <p>2:00 pm Golden Voices Singing (HH)</p> <p>7:00 pm Movie: The Great Gatsby (HH)</p>
<p>8</p> <p>11:15 am Mass with Msgr. O'Connor (HH) </p> <p>2:00 pm Ecumenical Communion Service with Pastor Boyle (HH) </p> <p>3:00 pm Legacy Lounge BYOB (CL)</p> <p>3:00-5:00 Free Piano Lessons Sheryll Perez (HH)</p> <p>7:00 pm Movie: Guys and Dolls (HH)</p>	<p>9</p> <p>9:00 am Wake-Up Stretch and Mobility (FC) </p> <p>10:15 pm Strength Foundations Building a Strong You (FC)</p> <p>10:15 am Chorus Rehearsal (HH)</p> <p>11:00 pm Resident Association Board Meeting (HH) </p> <p>11:30 am Pickleball (FC)</p> <p>1:00 pm Trip to Walmart</p> <p>1:00 pm Mahjongg Refresher (CL)</p> <p>1:00 pm Bridge Refresher (CL)</p> <p>1:30 pm Guided Fitness (FC) </p> <p>2:00 pm Horticulture Club with Sarah (AR)</p> <p>2:30 pm Stay Steady: Balance & Coordination (FC)</p> <p>3:30 pm Afternoon Cooldown: Move and Breathe (FC)</p> <p>3:45 pm Bible Study Rabbi Silverstein (AR) </p> <p>7:00 pm Women's Song Chorus (HH)</p>	<p>10</p> <p>9:00 am Cardio with a Purpose (FC) </p> <p>10:00 am Movement Assessments Must Register with John(FC)</p> <p>10:00 am Golden Groove (HH)</p> <p>10:00 am Trip to Target </p> <p>11:30 am Intro to the Fitness Center Understanding the Machines</p> <p>11:30 -1:00 Chess in a nutshell (CL)</p> <p>12:30 pm Rocksteady Boxing (FC)</p> <p>12:45 pm Journey to the Soul (AR)</p> <p>1:00 pm Food Committee (CDR)</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 – Gratefulness (CRL) </p> <p>2:15 pm Rocksteady Boxing (FC)</p> <p>3:30 pm Let's Take a Walk Inside (FC)</p> <p>7:00 pm Movie: The Bucket List </p>	<p>11</p> <p>8:30 am Men's Breakfast (Café)</p> <p>9:00 am Wake-Up Stretch and Mobility (FC) </p> <p>9:00-11:00 Cougar Techies (TS)</p> <p>9:30 am Shop Rite</p> <p>10:15 am Strength & Daily Living: Functional Strength (FC)</p> <p>10:30 am Shop Rite</p> <p>11:00 am Welcoming Committee (AR)</p> <p>11:30 am Pickleball (FC)</p> <p>1:15 pm Banks (local)</p> <p>1:30 pm Guided Fitness (FC)</p> <p>2:00 pm Bible Study (CL) Pastor Mike</p> <p>2:15 pm Pharmacies & Local Errands</p> <p>3:15 pm Key Club Jeopardy(LB)</p> <p>3:00 pm Strength Foundations (FC) </p> <p>4:00 pm Bereavement Support Group (AR)</p> <p>7:00 pm Bingo (HH) </p>	<p>12</p> <p>9:00 am Let's Get Moving: Cardio with a Purpose (FC) </p> <p>10:00 am Needleworks (QR)</p> <p>10:00 am Guided Meditation (HH)</p> <p>10:00 am Trip to Target</p> <p>10:45 am Book Club (AR)</p> <p>11:00 am Moving Strong: Strength and Stretch (FC) </p> <p>12:30 pm NJSO Bus at 12:30</p> <p>12:30 pm Rocksteady Boxing (FC)</p> <p>1:00 pm Activities Committee Meeting (AR)</p> <p>1:30 pm Ping Pong (FC)</p> <p>2:00 pm Current Events with Paul Rabinowicz (HH)</p> <p>2:15 pm Rocksteady Boxing (FC)</p> <p>3:30 pm Walk Tall: Balance and Posture (FC)</p> <p>4:00 pm Happy Hour with Tom (BYOB)(Café Bar) </p> <p>7:00 PM Movie Leather heads</p>	<p>13</p> <p>9:00 am Wake-Up Stretch and Mobility (FC)</p> <p>10:00 am Let's Take a Walk Inside (FC)</p> <p>11:30 am Pickle Ball (FC) </p> <p>11:30 am Lunch at Clover Leaf Tavern</p> <p>1:00 pm Personal Training – Must Register with John (FC)</p> <p>2:00 pm Shabbat Eve Service (HH)</p> <p>2:00 pm Bingo Mid Day (HH) </p> <p>3:00 pm Afternoon Reset: Stretch and Posture Reset (FC)</p> <p>7:00 pm Marty Yospe Jazz and Piano Performance (HH) </p>	<p>14</p> <p>9:30 am Tai Chi (FC) </p> <p>10:00 am Artist Enclave (AR) </p> <p>10:30 am Let's Get Moving: Cardio with a Purpose (FC) </p> <p>11:30 am Movement Snapshot: Movement Assessment – Must Register with John (FC)</p> <p>1:00 pm Guided Workout Circuit (FC)</p> <p>2:00 pm Alex Clemente (HH)</p> <p>7:00 pm Movie: The Greatest Game Ever Played (HH)</p>

Calendar Key: AR – Activities Room; AS – Art Studio (Syc 1, 2nd 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 11:15 am Mass with Msgr. O'Connor (HH)  2:00 pm Ecumenical Communion Service with Pastor Uganza (HH)  2:30 pm Creative Writing with Debbie (AR)  3:00 pm Legacy Lounge – BYOB (CL) 3:00-5:00 Free Piano Lessons with Sheryll Perez (HH) 7:00 pm The Academy of Awards (HH)	16 9:00 am Wake-Up Stretch and Mobility (FC) 10:15 pm Strength Foundations Building a Strong You (FC) 10:15 am Chorus Rehearsal (HH) 11:00 am Trip to TJ Maxx / Marshalls 11:30 am Pickleball (FC)  1:00 pm Mahjongg Refresher (CL) 1:00 pm Bridge Refresher (CL) 1:30 pm Guided Fitness (FC) 2:00 pm Quarterly Financial Meeting (HH) 2:30 pm Stay Steady: Balance & Coordination (FC) 3:00 pm Coffee and Conversation with Carole Soder (HH)  3:30 pm Afternoon Cooldown: Move and Breathe (FC) 3:45 pm Bible Study w/Rabbi Silverstein (AR) 7:00 pm Women's Song Chorus (HH)	17 9:00 am Cardio with a Purpose (FC) 9:30 am Breakfast Trip to the Pancake House 10:00 am Movement Assessments – Must Register with John (FC) 10:00 am Golden Memories and Movement (HH) 11:30 am Intro to the Fitness Center Understanding the Machines 11:00 am Building Committee (HH)  11:30-1:00 Chess in a Nutshell (CL)  12:30 pm Rocksteady Boxing (FC) 1:00 pm Town Hall Committee (HH) 1:00 pm Tech Support with Ginny (1st Floor Crksd Lounge) 2:15 pm Rocksteady Boxing (FC) 3:00 pm Ice cream social (front of HH) 3:30 pm Let's Take a Walk Inside (FC) 7:00 pm Janice Wojcik Irish Songs (HH) 	18 9:00 am Wake-Up Stretch and Mobility (FC)  9:00-11:00 Cougar Techies (TS) 9:30 am Shop Rite 10:15 am Strength & Daily Living: Functional Strength (FC) 10:30 am Shop Rite 11:00 am Rosary (CL)  11:30 am Pickleball (FC) 11:30 am Health Committee (AR) 12:45 pm Journey to the Soul (HH) 1:15pm Banks (local) 1:30 pm Guided Fitness (FC) 2:15pm Pharmacies & Local Errands 2:00 pm Bible Study with Pastor Mike (CL)  3:00 pm Strength Foundations (FC) 2:30-3:30 Spanish Class Open House and Fiesta (AR) 7:00 pm Bingo (HH)	19 9:00 am Let's Get Moving: Cardio with a Purpose (FC)  10:00 am Needleworks (QR)  11:00 am Trip to Union Plaza Shopping Center 11:00 am Moving Strong: Strength and Stretch (FC)  12:30 pm Rock Steady Boxing 1:00 pm Landscape Committee (AR) 1:30 pm Ping Pong (FC) 2:00 pm Pottery w/Pete (AR) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Walk Tall: Balance and Posture (FC) 3:30 pm Mobileyez (TS) 4:00 pm Marketing Happy Hour w/ Dan Furnald (CP)  7:00 pm Ireland; Through the Lens of Paul's Camera (HH) 	20 9:00 am Wake-Up Stretch and Mobility (FC)  10:00 am Let's Take a Walk Inside (FC) 11:00 am Lunch Trip to Portofino's Ristorante  11:30 am Pickle Ball (FC) 1:00 pm Personal Training – Must Register with John (FC) 2:00 pm Shabbat Eve Service (HH) 3:00 pm Afternoon Reset: Stretch and Posture Reset (FC) 4:00 pm Irish Step Dancers from Denogla Academy (HH)  7:00 pm Musical Lecture w/Clint Edwards (HH)	21 9:30 am Tai Chi (FC)  10:00 am Artist Enclave (AR) 10:30 am Let's Get Moving: Cardio with a Purpose (FC) 11:30 am Movement Snapshot: Movement Assessment – Must Register with John (FC) 1:00 pm Guided Workout Circuit (FC) 2:00 pm Golden Karaoke Party (HH) 7:00 pm Movie: Where the Red Fern Grows (HH)   
22 11:15 am Mass with Msgr. O'Connor (HH)  2:00 pm Ecumenical Communion Service with Pastor Jay Boyle (HH)  3:00 pm Legacy Lounge – BYOB (CL) 3:00-5:00 Free Piano Lessons Sheryll Perez (HH)  7:00 pm Movie: Sky Fall 007 (HH)	23 9:00 am Wake-Up Stretch and Mobility (FC)  10:00 am Gittel Sputz TBD  10:15 pm Strength Foundations Building a Strong You (FC) 10:15 am Chorus Rehearsal (HH) 11:30 am Pickleball (FC)  11:00 am Closets to Adore with Jill Presentations on Custom Closets (CL) 1:30 pm Guided Fitness (FC) 2:00 pm Art of the Masters (HH) 2:30 pm Stay Steady: Balance & Coordination (FC)  3:30 pm Afternoon Cooldown: Move and Breathe (FC) 3:45 pm Bible Study Rabbi Silverstein (AR) 7:00 pm Woman's Song Chorus (HH)	24 9:00 am Cardio with a Purpose (FC)  10:00 am Adult Therapeutic coloring (AR)  10:00 am Movement Assessments – Must Register with John (FC) 10:00 am Trip to Trader Joes  11:30 am Intro to the Fitness Center Understanding the Machines 11:30-1:00 Chess in a nutshell (CL) 12:30 pm Rocksteady Boxing (FC) 1:00 pm Tech Support with Ginny (1 Floor Creekside Lounge) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Let's Take a Walk Inside (FC) 7:00 pm Reeds Rhythm Concert (HH) 	25 9:00 am Wake-Up Stretch and Mobility (FC)  9:00-11:00 Cougar Techies (TS) 9:30 am Shop Rite 10:15 am Strength & Daily Living: Functional Strength (FC) 10:30 am Shop Rite 11:30 am Pickleball (FC)  1:15 pm Banks (local) 1:30 pm Guided Fitness (FC) 2:00 pm Bible Study w/Pastor Mike (CL)  2:15 pm Pharmacies & Local Errands 3:00 pm Strength Foundations (FC) 3:15 pm Key Club Jeopardy (LB) 4:00 pm Origami and Pottery Painting w/ NDRCC (CL)  7:00 pm Bingo (HH)	26 9:00 am Let's Get Moving: Cardio with a Purpose (FC)  9:00-2:00 Health Fair (HH) (TS)  10:00 am Needleworks (QR) 11:00 am Moving Strong: Strength and Stretch (FC)  12:30 pm Rock Steady Boxing (FC)  1:30 pm Ping Pong (FC) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Walk Tall: Balance and Posture (FC)  4:00 pm Happy Hour with Tom (BYOB)(Café Bar) 7:00 pm Meta Vaux Warrick Fuller: Sculptor of the Black American Experience (HH) 	27 9:00 am Wake-Up Stretch and Mobility (FC) 10:00 am Let's Take a Walk Inside (FC) 11:30 am Pickle Ball (FC) 11:00 am Trip to Willowbrook Mall 1:00 pm Personal Training – Must Register with John (FC) 2:00 pm Shabbat Eve Service (HH) 3:00 pm Afternoon Reset: Stretch and Posture Reset (FC) 7:00 pm AJ Freeman Musical Performance (HH) 	28 9:30 am Tai Chi (FC)  10:00 am Artist Enclave (AR) 10:30 am Let's Get Moving: Cardio with a Purpose (FC) 11:30 am Movement Snapshot: Movement Assessment – Must Register with John (FC) 1:00 pm Guided Workout Circuit (FC) 2:00 pm Alexander Clemente (HH) 4:00-6:00 Koether Gallery Art Exhibit (HH)  5:00-6:00 West Essex High School 7:00 pm Movie: Any Given Sunday (HH)
29 PALM SUNDAY 11:15 am Mass with Msgr. O'Connor (HH) 2:00 pm Ecumenical Communion Service with Pastor Mike (HH)  3:00 pm Legacy Lounge – BYOB (CL)  3:00-5:00 Free Piano Lessons Sheryll Perez (HH)  7:00 pm Movie: The Producers (HH)	30 9:00 am Wake-Up Stretch and Mobility (FC) 10:15 pm Strength Foundations Building a Strong You (FC) 10:15 am Chorus Rehearsal (HH) 1:30 pm Guided Fitness (FC)  2:30 pm Stay Steady: Balance & Coordination (FC) 3:30 pm Afternoon Cooldown: Move and Breathe (FC) 7:00 pm Woman's Song Chorus (HH)	31 9:00 am Cardio with a Purpose (FC) 10:00 am Movement Assessments – Must Register with John (FC) 11:30 am Intro to the Fitness Center Understanding the Machines  11:30-1:00 Chess in a nutshell (CL) 12:00-3:00 Spring Fling with Mary Kay Cosmetics and Wendy 12:30 pm Rocksteady Boxing (FC) 1:00 pm Tech Support with Ginny (1st Floor Creekside Lounge) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Let's Take a Walk Inside (FC) 7:00 pm Lecture with Carol Levine "Mothers of Invention" (HH) 	 <h1>MARCH 2026</h1>			