


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 am Wake Up and Stretch (FC) 9:00-11:00 Cougar Techies (TS) 10:15 am Strength for Daily Living (FC) 9:30 am Shop Rite 10:30 am Shop Rite 11:00 am Rosary (CL) 11:30 am Aqua Fitness and Pickleball (FC) 1:00 pm Recycle Committee (AR) 1:15 pm Banks (local) 2:00 -3:00 Country Music with Mark Miklos (HH) 2:15 pm Pharmacies & Local Errands 2:30 pm Core and Cardio (FC) 3:00 pm Breathwork and Stretch (FC) 7:00 pm Bingo (HH) Passover Begins	2 9:00 am Cardio with a Purpose (FC) 10:00 am Needleworks (QR) 10:15 am Training for the Brain (FC) 11:00 am EGG-cellent Fun! Decorate Easter Eggs (AR) 11:00 am Strength and Stretch (FC) 12:30 pm Rocksteady Boxing (FC) 1:30 pm Ping Pong (FC) Bocce 2:00 pm A Conversation with Martha Gotthard - Holocaust Survivor (HH) 3:30 pm Holy Thursday Service (HH) 2:15 pm Rocksteady Boxing (FC) 3:30 pm Balance, Strength, & Posture (FC) 4:00 pm Happy Hour w/Ron and Bob 7:00 pm Movie: Madagascar (HH)	3 9:00 am Wake Up and Stretch (FC) 10:00 am Let's Take a Walk Inside (TS) 10:00 am Optimal Nutrition Seminar with Heather Degelman (HH) 11:30 am Pickleball (FC) 1:00 pm Personal Training with Joanne (Must Register) (FC) 2:00 pm Shabbat Eve Service (HH) 3:00 pm Afternoon Reset – Strength and Posture (F) 3:30 pm Good Friday Ecumenical Service (HH) 7:00 pm MOVIE: The Sound of Music (HH) Good Friday	4 9:30 am Tai Chi (ER) 10:00 am Artist Enclave (AR) 2:00 pm Alexander Clemente (HH) 4:00 pm Music with Sammy (HH) 7:00 pm Movie: 80 for Brady (HH)
			5 EASTER SUNDAY 11:15 am EASTER SUNDAY Mass with Msgr. O'Connor (HH) 2:00 pm Ecumenical Communion Service with Pastor Unzaga (HH) 11:30-2:00 RESERVED (CL) 3:00 pm Legacy Lounge BYOB (CL) 3:00-5:00 Free Piano Lessons with Sheryll Perez (HH) 7:00 pm Movie: Residents Choice (HH)	6 9:00 am Wake Up and Stretch (FC) 10:15 am Full Body Strength (FC) 10:15 am Chorus Rehearsal (HH) 11:30 am Aqua Fitness (FC) 1:00 pm Trip to See the Cherry Blossoms at Branch Brook Park and Applegate Farms 1:00 pm Personal Training (FC) 2:00 pm Horticulture with Sarah - Earth Day Celebration (AR) 2:30 pm Balance and Coordination (FC) 3:30 pm Afternoon Cooldown, Move and Breathe (FC) 3:45 pm Bible Study with Rabbi Silverstein (AR) 4:00 pm AJ Freeman Music (HH) 7:00 pm Women's Song Chorus (HH)	7 9:00 am Cardio with a Purpose (FC) 10:00 am Strength for Daily Living (FC) 11:00 am Golden Memories Singing (HH) 11:00 am Trip to Trader Joes 11:30 am Strenght and Stretch /Bocce Ball (FC) 11:30-1:00 Chess in a Nutshell (CL) 12:30 pm Rocksteady Boxing (FC) 1:00 pm Intimate Book Club (LB) 1:00 pm Tech Support with Ginny (1st Floor Creekside Lounge) 2:00 pm Rio Clemente - Pianist (HH) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Let's Take a Walk Inside (FC) 4:00 pm Interfaith Passover Seder (DR) 7:00 pm Travel Lecture with Paul Rabinowicz (HH)	8 8:30 am Men's Breakfast (Café) 9:00 am Wake Up and Stretch (FC) 9:00-11:00 Cougar Techie's WORKSHOP Basic Applications (TS) 9:30 am Shop Rite 10:00 -2:00 Bea SMITH Clothing Sale (TS) 10:30 am Shop Rite 10:15 am Strength for Daily Living (FC) 11:30 am Aqua Fitness and Pickleball (FC) 1:15 pm Banks (local) 1:00 pm Welcoming Committee (AR) 2:00 pm Janet Mandel Toulouse-Lautrec (HH) 2:30-3:30 Beginner's Spanish Class (AR) 2:30 pm Bible Study with Pastor Mike (CL) 2:30 pm Core and Cardio (FC) 3:15 pm Key Club Jeopardy (LB) 3:00 pm Breathwork and Stretch (FC) 4:00 pm Bereavement Group (AR) 7:00 pm Bingo (HH)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</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>3:00-5:00 Free Piano Lessons with Sheryll Perez (HH)</p> <p>3:00 pm Legacy Lounge BYOB (CL)</p> <p>..7:00 pm Movie: Grease (HH)</p>	<p>13</p> <p>9:00 am Wake Up Stretch and Mobility (Seated & Standing) (FC)</p> <p>10:15 am Full Body Strength (FC)</p> <p>10:15 am Chorus Rehearsal (HH)</p> <p>11:30 am Aqua Fitness (FC)</p> <p>1:00 pm Personal Training (FC)</p> <p>1:30 am Trip to Mini Golf Putting Green at Willowbrook Golf Center</p> <p>2:00 pm Creative Writing with Deb Shapiro (AR)</p> <p>2:30 pm Stay Steady: Balance and Coordination (FC)</p> <p>3:30 pm Afternoon Cooldown: Move and Breath (FC)</p> <p>7:00 pm Women's Song Chorus (HH)</p>	<p>14</p> <p>9:00 am Cardio with a Purpose (FC)</p> <p>10:00 am Movement Assessments (Must Register with John) (FC)</p> <p>11:00 am Trip to Union Plaza Shopping Center</p> <p>11:30 am Strength and Stretch (FC) Bocce</p> <p>11:30 -1:00 Chess in a Nutshell (CL)</p> <p>12:30 pm Rocksteady Boxing (FC)</p> <p>1:00 pm Food Committee (DR)</p> <p>1:00 pm Intimate Book Club (LB)</p> <p>1:00 pm Tech Support with Ginny 1st floor Creekside Lounge</p> <p>2:00 pm Alex Clemente (HH)</p> <p>2:15 pm Rock Steady Boxing (FC)</p> <p>3:30 pm Lets Take a Walk Inside (FC)</p> <p>7:00 pm Reeds Rhythm Band (HH)</p>	<p>15</p> <p>9:00-11:00 Cougar Techie's SCAMS/SAFETY WORKSHOP (HH)</p> <p>9:00 am Wake Up & Stretch (FC)</p> <p>10:15 am Strength for Daily Living (FC)</p> <p>9:30 am Shop Rite</p> <p>10:30 am Shop Rite</p> <p>11:00 am Rosary (CL)</p> <p>11:00 am Open Pickleball & Aqua Fitness (FC)</p> <p>1:15pm Banks (local)</p> <p>1:00 pm Health Committee (AR)</p> <p>2:15pm Pharmacies & Local Errands</p> <p>2:00 pm Bible Study with Pastor Mike (CL)</p> <p>2:00 pm Kelly Carpenter Music (HH)</p> <p>2:30-3:30 Beginner's Spanish Class (AR)</p> <p>2:30 pm Core and Cardio (FC)</p> <p>3:00 pm Breathwork and Stretch (FC)</p> <p>7:00 pm Bingo (HH)</p>	<p>16</p> <p>9:00 am Cardio with a Purpose (FC)</p> <p>10:00 am Needlework (QR)</p> <p>10:15 am Training for the Brain (FC)</p> <p>11:00 am Trip to Harmons</p> <p>11:00 am Strength and Stretch (FC)</p> <p>12:30 pm Rock Steady Boxing (FC)</p> <p>1:00 pm Landscape Committee (AR)</p> <p>1:30 pm Ping Pong (FC) Bocce</p> <p>2:00 pm Pottery w/Pete (AR)</p> <p>2:15 pm Rock Steady Boxing (FC)</p> <p>3:00- 4:00 Hearing Screening Event with Scott Lemly (HH)</p> <p>3:30 pm Balance, Strength & Posture (FC)</p> <p>3:30 pm Mobileyez (TS)</p> <p>4:00 pm Marketing Happy Hour w/Dan Furnal (CP)</p> <p>7:00 pm Clint Edwards (HH)</p>	<p>17</p> <p>9:00 am Stretch and Mobility (FC)</p> <p>10:00 am Walk Inside (FC)</p> <p>11:30 am Pickleball (FC)</p> <p>11:00 am Bead Art with Megan (AR)</p> <p>11:30 am Lunch Trip Hobbys Deli and Restaurant</p> <p>1:00 pm Personal Training (FC)</p> <p>2:00 pm Shabbat Eve Service (HH)</p> <p>3:00 pm Strength and Posture (FC)</p> <p>7:00 pm Virtual Play with Elaine Bromka Tea for 3: Lady Bird, Pat and Betty live Q&A with Elaine (HH)</p>	<p>18</p> <p>9:30 am Tai Chi (ER)</p> <p>10:00 am Artist Enclave (AR)</p> <p>9:00-3:00 Parkinsons Symposium (Registrants Only) (HH)</p> <p>12:30 pm Trip to Paper Mill Playhouse "1776"</p> <p>7:00 pm Jazz Quartet (HH)</p>
<p>19</p> <p>11:15 am Mass with Msgr. O'Connor (HH)</p> <p>2:00 pm Ecumenical Communion Service with Pastor Unzaga (HH)</p> <p>3:00-5:00 Free Piano Lessons with Sheryll Perez (HH)</p> <p>3:00 pm Legacy Lounge BYOB (CL)</p> <p>3:30 pm Sip and Stained Glass Art with Rob Ruiz Local Artisan (BYOB) (AR)</p> <p>6:30 pm Golden Voices with Nikita (HH)</p>	<p>20</p> <p>9:00 am Wake Up and Stretch (FC)</p> <p>10:15 am Full Body Strength (FC)</p> <p>10:15 am Chorus Rehearsal (HH)</p> <p>11:30 am Aqua Fitness (FC)</p> <p>1:00 pm Personal Training (FC)</p> <p>1:30 pm Trip to Hanover Lanes Bowling</p> <p>2:00 pm Retro Monday Music with Sammy (HH)</p> <p>2:30 pm Balance and Coordination (FC)</p> <p>3:30 pm Afternoon Cooldown (FC)</p> <p>3:45 pm Bible Study Rabbi Silverstein (AR)</p> <p>4:15 pm Line Dancing with Kim (HH)</p> <p>7:00 pm Woman's Song Chorus (HH)</p>	<p>21</p> <p>9:00 am Cardio with a Purpose (FC)</p> <p>10:00 pm Movement Assessments (Must Register with John) (FC)</p> <p>10:00 am Adult Therapeutic Coloring (AR)</p> <p>11:30 am Strength and Stretch (FC) Bocce</p> <p>1130 am Trip to Wal-Mart</p> <p>11:00 am Building Committee (HH)</p> <p>11:30-1:00 Chess in a Nutshell (CL)</p> <p>12:30 pm Rocksteady Boxing (FC)</p> <p>1:00 pm Town Hall Meeting (HH)</p> <p>1:00 pm Tech Support with Ginny (1st Floor Creekside Lounge)</p> <p>2:00 pm Guided Meditation with Anna (HH)</p> <p>2:15 pm Rock Steady Boxing (FC)</p> <p>3:30 pm Let's Take a Walk (FC)</p> <p>7:00 pm Dance with Kelly and Jacob (HH)</p>	<p>22</p> <p>9:00-11:00 Cougar Techie's WORKSHOP AI Artificial Intelligence (HH)</p> <p>9:00 am Wake Up & Stretch (FC)</p> <p>10:15 am Strength for Daily Living (FC)</p> <p>9:30 am Shop Rite</p> <p>10:30 am Shop Rite</p> <p>11:00 am Open Pickleball & 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 & Local Errands</p> <p>2:30-3:30 Beginner's Spanish Class (AR)</p> <p>2:30 pm Core and Cardio (FC)</p> <p>3:00 pm Breathwork and Stretch (FC)</p> <p>3:15 pm Key Club Jeopardy (LB)</p> <p>7:00 pm Bingo (HH)</p>	<p>23</p> <p>9:00 am Cardio with a Purpose (FC)</p> <p>10:00 am Needlework (QR)</p> <p>10:15 am Training for the Brain (FC)</p> <p>10:45 am Book Club (HH)</p> <p>11:00 am Strength and Stretch (FC)</p> <p>12:30 pm Rock Steady Boxing (FC)</p> <p>1:30 pm Ping Pong (FC) Bocce</p> <p>2:00 pm Paul Rabinowicz Current Events (HH)</p> <p>2:15 pm Rock Steady Boxing (FC)</p> <p>3:30 pm Balance, Strength & Posture (FC)</p> <p>4:00 pm Happy Hour Pizza, Beer and Wine Tasting (PUB)</p> <p>7:00 pm Denville String Band (HH)</p>	<p>24</p> <p>9:00 am Stretch and Mobility (FC)</p> <p>10:00 am Walk Inside (FC)</p> <p>11:30 am Pickleball (FC)</p> <p>11:30 am NYC: The MET Rafael Exhibit</p> <p>1:00 pm Personal Training (Must Sign Up with John) (FC)</p> <p>2:00 pm Shabbat Eve Service (HH)</p> <p>3:00 pm Strength and Posture</p> <p>4:00 pm Juke Box Bingo with Tom Cattucci (TS)</p> <p>7:00 pm AI & Debra Singing Duets (HH)</p>	<p>25</p> <p>9:30 am Tai Chi (ER)</p> <p>10:00 am Artist Enclave (AR)</p> <p>10:30 am Cardio with a Purpose (FC)</p> <p>12:00 pm Full Body Strength (FC)</p> <p>7:00 pm Fred Miller Band (HH)</p>
<p>26</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>3:00-5:00 Free Piano Lessons with Sheryll (HH)</p> <p>3:00 pm Legacy Lounge BYOB (CL)</p> <p>7:00 pm Movie: The Butler (HH)</p>	<p>27</p> <p>9:00 am Wake up & Stretch (FC)</p> <p>10:15 am Full Body Strength (FC)</p> <p>10:15 am Chorus Rehearsal (HH)</p> <p>11:30 am Aqua Fitness (FC)</p> <p>11:30 am Trip to Dollar Tree and Starbucks</p> <p>1:00 pm Personal Training with John (FC)</p> <p>2:00 pm Matthew Chalel Art of the Masters (HH)</p> <p>2:30 pm Balance and Coordination (FC)</p> <p>3:30 pm Afternoon Cooldown (FC)</p> <p>7:00 pm Woman's Song Chorus (HH)</p>	<p>28</p> <p>9:00 am Cardio with a Purpose (FC)</p> <p>10:00 am Movement Assessments (FC)</p> <p>11:30 am Strength and Stretch (FC) Bocce</p> <p>12:30 pm Rock Steady Boxing (FC)</p> <p>11:30-1:00 Chess in a Nutshell (CL)</p> <p>1:00 pm Tech Support with Ginny (1st Floor Creekside Lounge)</p> <p>2:15 pm Rocksteady Boxing (FC)</p> <p>3:30 pm Let's Take a Walk (FC)</p> <p>4:00 pm Remembering the American Revolution- Lecture with Joel (HH)</p> <p>7:00 pm Reeds Rhythm Band (HH)</p>	<p>29</p> <p>9:00-11:00 Cougar Techie's (TS)</p> <p>9:00 am Wake Up & Stretch (FC)</p> <p>9:30 am Shop Rite</p> <p>10:30 am Shop Rite</p> <p>11:00 am Open Pickleball and Aqua Fitness (FC)</p> <p>1:15 pm Banks (local)</p> <p>2:00 pm Bible Study w/Pastor Mike (CL)</p> <p>2:30 pm Core & Cardio (FC)</p> <p>2:30-3:30 Beginner's Spanish Class (AR)</p> <p>3:00 pm Breathwork & Stretch (FC)</p> <p>7:30- 9:00 Combined Chorus and Reeds Rhythm Concert at Memorial Service for Fran DePalma Iozzi (HH)</p>	<p>30</p> <p>9:00 am Cardio with a Purpose (FC)</p> <p>10:00 am Needleworks (QR)</p> <p>10:15 am Training for the Brain (FC)</p> <p>11:00 am Strength and Stretch (FC)</p> <p>12:30 pm Rock Steady Boxing (FC)</p> <p>1:30 pm Ping Pong (FC) Bocce</p> <p>2:15 pm Rock Steady Boxing (FC)</p> <p>2:00-4:00 The Art Center of New Jersey at Riker Hill Reception</p> <p>3:30 pm Balance, Strength & Posture (FC)</p> <p>4:00 pm Happy Hour with Kelly Carpenter (PUB)</p> <p>7:00 pm Clint Edwards (HH)</p>	