Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 am Wake Up and Stretch (FC) 10:15 am Full Body Strength (FC) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Personal Training (FC) 2:00 pm Paint & Chill with Local Artisan Rob Ruiz (HH) 2:30 pm Core and Cardio (FC) 3:30 pm Beginner Strength and Fitness (FC) 7:00 pm Women's Song Chorus Rehearsal (HH)	**2** 9:00 am Cardio with a Purpose (FC) 10:00 am Stretch & Posture Reset (FC) 11:30 am Balance & Coordination (FC) 11:30-1:00 Around the Board with Steve (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 Alex Clemente 2:15 pm Rock Steady Boxing (FC) 3:30 pm Let's Take a Walk Inside (TS) 7:00 pm Travel Lecture with Paul Rabinowicz (HH)	**3** 8:30 am Men's Breakfast (Café) 9:00 am Wake Up and Stretch (FC) 9:30 am Shop Rite 10:15 am Strength for Daily Living (FC) 10:30 am Shop Rite 11:00 am Beading Workshop with Meghan (AR) 11:00 am Rosary (CL) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:15 pm Banks (local) 1:00 pm Functional Fitness Circuit 1:00 pm Recycle Committee (AR) 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) 3:30 pm Breathwork and Stretch (FC) 7:00 pm B-I-N-G-O (HH)	**4** 9:00 am Cardio with a Purpose (FC) 10:00 am Needlework (QR) 10:15 am Training for the Brain (FC) 11:30 am Strength and Stretch (FC) 12:30 pm Rock Steady Boxing (FC) 1:30 pm Ping Pong or Bocce (FC) 3:00 pm Creative Writing with Deb Shapiro (AR) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Posture and Balance (FC) 4:00 pm Happy Hour with Tom Catucci (BYOB) (Café Bar) 7:00 pm Clint Edwards Piano (HH)	**5** 9:00 am Wake Up and Stretch (FC) 10:00 am Let's Take a Walk Inside (TS) 9:45 am The MOMA – Museum of Modern Art – Must RSVP 11:00 am Balance & Coordination (FC) 11:30 am Pickleball (FC) 1:00 pm Personal Training Must Register (FC) 2:00 pm Shabbat Eve Service (HH) 2:30 pm Functional Fitness Circuit (FC) 3:30 pm Strength and Posture Reset (FC) 7:00 pm Movie: Rocky (HH)	**6** 9:30 am Tai Chi (ER) 10:00 am Artist Enclave (AR) 12:30 pm Papermill Playhouse West Side Story 1:30 pm Books & Memories with Mia and Friends (HH) 7:00 pm Movie: Shawshank Redemption (HH)
7 11:15 am Mass with Msgr. O'Connor (HH) 2:00 pm Ecumenical Communion Service with Pastor Unzaga (HH) 3:00 pm Legacy Lounge (LB) 3:00-5:00 Free Piano Lessons with Sheryll Perez (HH) 7:00 pm Movie: Dirty Dancing (HH)	**8** 9:00 am Wake Up and Stretch (FC) 10:15 am Full Body Strength (FC) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 12:00 pm Lunch at Bonefish Grill 1:00 pm Personal Training (FC) 1:00 pm Resident Association Quarterly Meeting (HH) 2:00 pm Horticulture with Sarah (AR) 2:30 pm Core and Cardio (FC) 3:30 pm Beginner Strength and Fitness (FC) 3:30 pm Carole Levine Lecture (HH) 3:45 pm Bible Study with Rabbi Silverstein (AR) 6:00 pm Naomi Youngstein Violin Studio Recital (HH) 7:30 pm Women's Song Chorus (HH)	**9** 9:00 am Cardio with a Purpose (FC) 10:00 am Stretch & Posture Reset (FC) 11:30 am Balance & Coordination (FC) 11:30-1:00 Around the Board with Steve (CL) 12:30 pm Rocksteady Boxing (FC) 1:00 pm Food Committee (CDR) 1:00 pm Intimate Book Club (LB) 1:00 pm Tech Support with Ginny (1st Floor Creekside Lounge 2:00 pm Guided Meditation (HH) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Let's Take a Walk Inside (TS) 7:00 pm Reeds Rhythm Rehearsal	**10** 8:30 am Men's Breakfast (Café) 9:00 am Wake Up and Stretch (FC) 9:30 am Shop Rite 10:15 am Strength for Daily Living (FC) 10:30 am Shop Rite 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:15 pm Banks (local) 1:00 pm Functional Fitness Circuit 1:00 pm Welcoming Committee (AR) 1:00 pm Health Talk with Heather Brain Health and Aging (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) 3:30 pm Breathwork and Stretch (FC) 4:00 pm Bereavement Group (AR) 7:00 pm B-I-N-G-O (HH)	**11** 9:00 am Cardio with a Purpose (FC) 10:00 am Needlework (QR) 10:15 am Training for the Brain (FC) 10:45 am Book Club (HH) 11:30 am Strength and Stretch (FC) 12:30 pm Rock Steady Boxing (FC) 1:00 pm Activities Committee (AR) 1:30 pm Ping Pong or Bocce (FC) 2:00 pm Current Events with Paul Rabinowicz 2:15 pm Rock Steady Boxing (FC) 3:30 pm Posture and Balance (FC) 4:00 pm Happy Hour with Dan Furnald (BYOB) (Café Bar) 7:00 pm Dave Rimelis Band (HH)	**12** 9:00 am Wake Up & Stretch (FC) 10:00 am Let's Take a Walk Inside (TS) 11:00 am Balance & Coordination (FC) 11:30 am Pickleball (FC) 11:30 am Colonial Park & Lunch at the Stagehouse Tavern – Must RSVP 1:00 pm Personal Training (FC) 2:00 pm Shabbat Eve Service (HH) 2:30 pm Functional Fitness Circuit (FC) 3:30 pm Stretch and Posture (FC) 7:00 pm Lecture with John Kendrick Celebrating Mel Brooks (HH)	**13** 9:30 am Tai Chi (ER) 10:00 am Artist Enclave (AR) 10:45 am Cardio with a Purpose (FC) 12:00 pm Full Body Strength (FC) 12:30 pm Papermill Playhouse West Side Story 1:30 pm Steven Wu Student Piano Recital (HH) 7:00 pm Al and Deborah Singing Duet (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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 11:15 am Mass with Msgr. O'Connor (HH) 2:00 pm Ecumenical Communion Service with Pastor Boyle (HH) 3:00-5:00 Free Piano Lessons with Sheryll Perez (HH) 3:00 pm Legacy Lounge (LB) 7:00 pm Teatro Nuovo Opera Singers (HH)	**15** 9:00 am Wake Up and Stretch (FC) 10:15 am Full Body Strength (FC) 11:30 am Lunch at Nero's 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Personal Training (FC) 2:30 pm Core and Cardio (FC) 3:30 pm Beginner Strength and Fitness (FC) 4:00 pm Line Dancing with Kim (HH) 7:00 pm Women's Song Chorus Spring Concert Celebrating the 250 Year of USA (HH)	**16** 9:00 am Cardio with a Purpose (FC) 10:00 am Stretch & Posture Reset (FC) 11:00 am Trip to Trader Joes 11:00 am Building Committee (HH) 11:30 am Balance & Coordination (FC) 11:30 -1:00 Around the Board with Steve (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 2:15 pm Rock Steady Boxing (FC) 3:30 pm Lets Take a Walk Inside (TS) 7:00 pm Violin Recital (HH)	**17** 9:00 am Wake Up & Stretch (FC) 9:30 am Shop Rite 10:00-2:00 Local Artisan Jewelry Expo (TS) 10:15 am Strength for Daily Living (FC) 10:30 am Shop Rite 11:00 am Rosary (CL) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Functional Fitness Circuit (FC) 1:15pm Banks (local) 1:30 pm Health Committee (AR) 2:15 pm Pharmacies & Local Errands 2:30 pm Bible Study with Pastor Mike (CL) 2:30-3:30 Beginner's Spanish Class (AR) 2:30 pm Core and Cardio (FC) 3:00 pm Meet Your Neighbors Sycamore 1 (Art Room) 3:30 pm Breathwork and Stretch (FC) 7:00 pm B-I-N-G-O (HH)	**18** 9:00 am Cardio with a Purpose (FC) 10:00 am Needlework (QR) 10:15 am Training for the Brain (FC) 11:30 am Strength and Stretch (FC) 12:30 pm Rock Steady Boxing (FC) 1:00 pm Landscape Committee (AR) 1:30 pm Ping Pong or Bocce (FC) 2:00 pm Pottery w/Peter (AR) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Balance & Posture (FC) 3:30 pm Mobil Eyez (TS) 4:00 pm Marketing Happy Hour Tom Catucci (CL) 7:00 pm Clint Edwards Lecture (HH)	**19** 9:00 am Stretch and Mobility (FC) 10:00 am Let's Take a Walk Inside (TS) 10:00 am Point Pleasant Boardwalk 11:00 am Balance & Coordination)FC) 11:30 am Pickleball (FC) 1:00 pm Personal Training Must Sign-up with John (FC) 2:00 pm Shabbat Eve Service (HH) 2:30 pm Functional Fitness Circuit (FC) 3:30 pm Stretch and Posture (FC) 7:00 pm Lecture: 'Brooklyn in Motion from Horses to Subways' Presented by James Greller	**20** 9:30 am Tai Chi (ER) 10:00 am Artist Enclave (AR) 11:30 am City Winds Trio – Oboe Recital (HH) 1:30 pm Books & Memories with Mia and Friends (AR) 7:00 pm Rebecca Eng Student Piano Recital (HH)
21 11:15 am Mass with Msgr. O'Connor (HH) 11:30 am Father's Day Brunch 2:00 pm Ecumenical Communion Service with Pastor Unzaga (HH) 3:00-5:00 Free Piano Lessons with Sheryll Perez (HH) 3:00 pm Legacy Lounge (LB) 7:00 pm Father's Day Entertainment: Songs Dads Love with Nikita (HH)	**22** 9:00 am Wake Up and Stretch (FC) 10:15 am Full Body Strength (FC) 11:00 am Trip to Uncle Giuseppes 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Personal Training (FC) 2:30 pm Core and Cardio (FC) 3:00 pm Paint and Chill with Local Artisan Rob Ruiz BYOB (AR) 3:30 pm Beginner Strength and Fitness (FC) 3:45 pm Bible Study with Rabbi Silverstein (AR) 7:00 pm Peter Leibermann Pianist and Singer (HH)	**23** 9:00 am Cardio with a Purpose (FC) 10:00 pm Stretch & Posture Reset (FC) 11:30 am Balance & Coordination (FC) 11:30 am Trip to Wal-Mart 11:00 am Building Committee (HH) 11:30-1:00 Around the Board w/Steve (CL) 12:30 pm Rocksteady Boxing (FC) 1:00 pm Tech Support with Ginny (1st Floor Creekside Lounge) 2:00 pm Janet Mandel Lecture Chagall (HH) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Let's Take a Walk Inside (TS) 7:00 pm Reeds Rhythm Rehearsal (HH)	**24** 9:00 am Wake Up & Stretch (FC) 9:30 am Shop Rite 10:15 am Strength for Daily Living (FC) 10:30 am Shop Rite 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Functional Fitness Circuit (FC) 1:15 pm Banks (local) 2:15 pm Pharmacies & Local Errands 2:30-3:30 Beginner's Spanish Class (AR) 2:30 pm Core and Cardio (FC) 3:30 pm Breathwork and Stretch (FC) 7:00 pm B-I-N-G-O (HH)	**25** 9:00 am Cardio with a Purpose (FC) 10:00 am Needlework (QR) 10:15 am Training for the Brain (FC) 11:30 am Strength and Stretch (FC) 12:30 pm Rock Steady Boxing (FC) 1:30 pm Ping Pong or Bocce (FC) 1:00 pm Landscape Committee (AR) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Balance & Posture (FC) 4:00 pm Happy Hour Ron Naspo (PUB) 7:00 pm Country Music with Mark Miklos (HH)	**26** 9:00 am Stretch and Mobility (FC) 10:00 am Let's Take a Walk Inside (TS) 10:00 am Windcreek Casino & Outlets 11:00 am Balance & Coordination (FC) 11:30 am Pickleball (FC) 1:00 pm Personal Training Must Sign-up with John (FC) 2:00 pm Shabbat Eve Service (HH) 2:30 pm Functional Fitness Circuit (FC) 3:30 pm Stretch and Posture 7:00 pm AJ Freeman Music Performance (HH)	**27** 9:30 am Tai Chi (ER) 10:00 am Artist Enclave (AR) 10:45 am Cardio with a Purpose (FC) 12:00 pm Full Body Strength (FC) 2:00 pm Golden Voices (HH) 3:30 pm Alex Clemente (HH) 7:00 pm Movie: Miracle on Ice (HH)
28 11:15 am Mass with Msgr. O'Connor (HH) 2:00 pm Ecumenical Communion Service with Pastor Boyle (HH) 3:00-5:00 Free Piano Lessons (HH) 3:00 pm Legacy Lounge (LB) 7:00 pm Movie: Slumdog Millionaire (HH)	**29** 9:00 am Wake Up & Stretch (FC) 10:15 am Full Body Strength (FC) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Personal Training (FC) 2:00 pm Art of the Masters – Matt Chalel Presents MC Escher (HH) 2:30 pm Core and Cardio (FC) 3:30 pm Beginner Strength and Fitness (FC) 7:00 pm Movie: Sleepless in Seattle	**30** 9:00 am Cardio with a Purpose (FC) 10:00 pm Stretch & Posture Reset (FC) 11:30 am Balance & Coordination (FC) 11:30-1:00 Around the Board with Steve (CL) 12:30 pm Rock Steady Boxing (FC) 1:00 pm Quarterly Financial Meeting w/Jeannine Richman (HH) 1:00 pm Tech Support with Ginny (1st Floor Creekside Lounge) 2:15 pm Rocksteady Boxing (FC) 3:30 pm Let's Take a Walk Inside (TS) 7:00 pm Rio Clemente Music (HH)				