July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 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 Rosary (CL) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:15 pm Banks (local) 1:00 pm Personal Training (FC) 2:00 pm Meditation with Anna (HH) 2:15 pm Pharmacies & Local Errands 2:30 pm Core and Cardio (FC) 3:30 pm Breathwork and Stretch (FC) 4:00 pm Tom Catucci Music Refreshments Served (Café Pub) 7:00 pm B-I-N-G-O (HH) *No Recycling Committee this month Will resume in August	**2** 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 Ron Naspo (BYOB) (Café Pub) 7:00 pm Clint Edwards Piano (HH)	**3** 9:00 am Wake Up and Stretch (FC) 10:00 am Let's Take a Walk Inside (TS) 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 Janice Tribute to USA Guest Appearance Uncle Sam-a Patriotic Show Complete with Costume and Popular Music	**4** 9:30 am Tai Chi (ER) 10:00 am Artist Enclave (AR) 11:00 am Broadway Star Gail Bennett Patriotic Concert and Sing Along (Patio) 12:00 pm Fourth of July BBQ (DR and Patio-Weather Permitting) 7:00 pm Fourth of July Fireworks Viewing Party (Outdoor Patio)
5 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) 4:00 pm Jazz Quartet Performance (HH) 7:00 pm Movie: Born on the 4th of July (HH)	**6** 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 Summit Thai Restaurant East Hanover 1:00 pm Personal Training (FC) 2:30 pm Core and Cardio (FC) 3:30 pm Beginner Strength and Fitness (FC) 7:00 pm Movie: Walk the Line (HH)	**7** 9:00 am Cardio with a Purpose (FC) 10:00 am Stretch & Posture Reset (FC) 10:30 am Coffee with Chaplin Mike (CL) 11:30 am Balance & Coordination (FC) 12:30 pm Rocksteady Boxing (FC) 1:00 pm Tech Support with Ginny (1st Floor Creekside Lounge 2:00 pm Janet Mandel – Marc Chagall Lecture (HH) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Let's Take a Walk Inside (TS) 7:00 pm Movie: Seabiscuit (HH)	**8** 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 10:30 am Bead Art with Megan (AR) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:15 pm Banks (local) 1:00 pm Personal Training (FC) 1:00 pm Welcoming Committee (AR) 2:15 pm Pharmacies & Local Errands 2:30 pm Bible Study with Pastor Mike (CL) 2:30 pm Core and Cardio (FC) 3:30 pm Breathwork and Stretch (FC) 4:00 pm Bereavement Group (AR) 7:00 pm B-I-N-G-O (HH)	**9** 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) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Posture and Balance (FC) 4:00 pm Happy Hour with Matt and the Saxophone 6:30 pm Karaoke with Keira (HH)	**10** 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) 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 Music with AJ Freeman	**11** 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 Presents Myth and Memory: Navigating History and Heroism in the World of Odysseus Lecture (HH) 7:00 pm Movie: Brooklyn (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
12 11:15 am Mass with Msgr. O'Connor (HH) 2:00 pm Ecumenical Communion Service with Pastor Boyle (HH) 3:00 pm Legacy Lounge (LB) 3:00-3:30 Free Piano Lessons with Sheryll Perez (HH) 7:00 pm Movie: My Cousin Vinnie (HH)	**13** 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 Matthew Chelel Art of the Masters (HH) 2:30 pm Core and Cardio (FC) 3:30 pm Beginner Strength and Fitness (FC) 3:45 pm Bible Study with Rabbi Silverstein (AR) 7:00 pm Mother and Daughter Duo Denise and Ashley Pettet Evening of Music (HH)	**14** 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 Food Committee (DR) 1:00 pm Tech Support with Ginny 1st floor Creekside Lounge 2:00 pm Paint and Chill with Rob and Moe 2:15 pm Rock Steady Boxing (FC) 3:30 pm Lets Take a Walk Inside (TS) 7:00 pm Movie: American President (HH)	**15** 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 Rosary (CL) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Personal Training (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) Summer Course Week 1 (AR) 2:30 pm Core and Cardio (FC) 3:30 pm Breathwork and Stretch (FC) 7:00 pm B-I-N-G-O (HH)	**16** 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 Dan Furnald (Café Pub) 7:00 pm Clint Edwards Masters of Song (HH)	**17** 9:00 am Stretch and Mobility (FC) 10:00 am Let's Take a Walk Inside (TS) 11:00 am Balance & Coordination (FC) 11:00 am Chris McCormack Lecture "Iceland" Land of Fire & Ice (HH) 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 The Songs that Make Us Smile with Dr Bob (HH)	**18** 9:30 am Tai Chi (ER) 10:00 am Artist Enclave (AR) 3:30 pm Alex Clemente Presents Caesar's Heirs: The Rise, Fall, and Golden Age of Rome's Early Emperors Lecture (HH) 7:00 pm Music by Sammy
19 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) 3:00-3:30 Free Piano Lessons with Sheryll Perez (HH) 7:00 pm Movie: Resident's Choice via Netflix (AR)	**20** 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 Raptor Trust Live Presentation Backyard Birds (HH) 2:30 pm Core and Cardio (FC) 3:30 pm Beginner Strength and Fitness (FC) 7:00 pm Joel Farkas Lecture – "Painting the American Revolution "The Founding of Our Country Through the Eyes of the Artist (HH)	**21** 9:00 am Cardio with a Purpose (FC) 10:00 pm Stretch & Posture Reset (FC) 11:30 am Balance & Coordination (FC) 11:00 am Building Committee (HH) 12:30 pm Rocksteady Boxing (FC) 1:00 pm Tech Support with Ginny (1st Floor Creekside Lounge) 2:00 pm "The Chaplin's Pick" Movie and Discussion "I want to Hold Your Hand" About the Beatles Arrival to the US. Popcorn and Refreshments Served (HH) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Let's Take a Walk Inside (TS) 7:00 pm Fred Miller Music (HH)	**22** 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) 11:00 am Susquehanna University Strings Performance (HH) 11:30 am Pickleball (FC) 1:00 pm Personal Training (FC) 1:15 pm Banks (local) 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) 3:30 pm Breathwork and Stretch (FC) 7:00 pm B-I-N-G-O (HH)	**23** 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) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Balance & Posture (FC) 3:00 pm Ice Cream Social hosted by Spiri Care (TS) 4:00 pm Happy Hour Ron Naspo (Café Pub) 7:00 pm West Side Story Talk Back a Mini Concert with Actor (HH)	**24** 9:00 am Stretch and Mobility (FC) 10:00 am Let's Take a Walk Inside (TS) 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 Jose Cruz – Musician and Entertainer	**25** 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 Groove (HH) 7:00 pm Movie: It Could Happen to You (HH)
26 11:15 am Mass with Msgr. O'Connor (HH) 2:00 pm Ecumenical Communion Service with Pastor Boyle (HH) 3:00-3:30 Free Piano Lessons with Sheryll Perez (HH) 3:00 pm Legacy Lounge (LB) 7:00 pm Movie: Fatal Attraction (HH)	**27** 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 Carol Simon Levin Presents Eyewittness to the Revolution Lecture (HH) 2:30 pm Core and Cardio (FC) 3:30 pm Beginner Strength and Fitness (FC) 3:45 pm Bible Study with Rabbi Silverstein (AR) 7:00 pm Movie: Phantom (HH)	**28** 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 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 Movie: Resident's Choice via Netflix (AR)	**29** 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 Personal Training (FC) 1:15 pm Banks (local) 2:00 pm Dr Angela Cristini Ramapo University Environmental Lecture (HH) 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) 3:30 pm Breathwork and Stretch (FC) 7:00 pm B-I-N-G-O (HH)	**30** 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) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Balance & Posture (FC) 4:00 pm Happy Hour Kelly Carpenter (Café Pub) 7:00 pm Dave Rimelis Band (HH)	**31** 9:00 am Stretch and Mobility (FC) 10:00 am Let's Take a Walk Inside (TS) 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 4:00 pm Current Events with Paul Rabinowicz 7:00 pm Allegro Singers - Summertime (HH)	