September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 am Cardio with a Purpose (FC) 10:15 am Training for the Brain (FC) 11:00 am Bocce 11:30 am Balance & Coordination (FC) 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 Lets Take a Walk Inside (TS) 7:00 pm Lecture: Oregon-Portland the Coast and the Western Valley with Paul Rabinowitz (HH)	**2** 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 Bead Art with Megan (AR) 11:00 am Rosary (CL) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Recycling Committee (AR) 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 pm Core and Cardio (FC) 3:30 pm Breathwork and Stretch (FC) 7:00 pm B-I-N-G-O (HH)	**3** 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) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Posture and Balance (FC) 3:45-5:00 Luau Happy Hour (Outside) 7:00 pm Music with Clint Edwards (HH)	**4** 9:00 am Wake Up & Stretch (FC) 10:00 am Six Flags Safari and Lunch at Panera 10:00 am Let's Take a Walk Inside (TS) 11:00 am Aqua Fitness (FC) 11:00 am 1st Friday with the Board All Residents Invited (HH) 11:30 am Pickleball (FC) 1:00 pm Personal Training (FC) 2:00 pm Shabbat Eve Service (HH) 2:30 pm Get to Know Exercise Equip (FC) 3:30 pm Breathwork & Stretching (FC) 7:00 pm Movie: Gifted Hands (AR)	**5** 9:30 am Tai Chi (FC) 10:00 am Artist Enclave (AR) 10:45 am Cardio with a Purpose (FC) 12:00 pm Full Body Strength (FC) 3:30 pm Lecture: Clemente (HH) 7:00 pm Movie: On Golden Pond (AR)
6 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: Trading Places (AR)	**Labor Day** **7** 7:00 pm Movie: I am Sam (AR)	**8** 9:00 am Cardio with a Purpose (FC) 10:15 am Training for the Brain (FC) 10:30 am Coffee with Pastor Mike (CL) 11:00 am Bocce 11:30 am Balance & Coordination (FC) 12:30 pm Rocksteady Boxing (FC) 1:00 pm Food Committee (CDR) 1:00 pm Tech Support with Ginny 1st Floor Creekside Lounge 2:00 pm Lecture: 20th Century Women Photographers with Janet Mandel (HH) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Let's Take a Walk Inside (TS) 7:00 pm Reeds Rhythm Band (HH)	**9** 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) 1:00 pm Personal Training (FC) 1:15 pm Banks (local) 2:15 pm Pharmacies & Local Errands 2:00 pm Welcoming Committee (AR) 2:00 pm Cider Tasting with Tracey and Maria (Café Pub) 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)	**10** 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) 2:15 pm Rock Steady Boxing (FC) 3:15 pm Current Events with Tracey (HH) 3:30 pm Posture and Balance (FC) 4:00 pm Happy Hour with Ron Naspo (Café Pub) 7:00 pm Petit Girls (HH)	**Rosh Hashanah** **11** 9:00 am Wake Up & Stretch (FC) 10:00 am Let's Take a Walk Inside (TS) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Trip to the Movies – To Be Announced 1:00 pm Personal Training (FC) 2:00 pm Shabbat Eve Service (HH) 2:30 pm Get to Know Exercise Equip (FC) 3:30 pm Breathwork & Stretching (FC) 7:00 pm Music with Sammy	**12** 9:30 am Tai Chi (FC) 10:00 am Artist Enclave (AR) 10:45 am Cardio with a Purpose (FC) 12:00 pm Full Body Strength (FC) 2:00 pm Paint and Chill with Rob and Moe (AR) 7:00 pm Movie: Pretty Woman (AR)
13 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: Belfast (AR)	**14** 9:00 am Wake Up and Stretch (FC) 10:15 am Full Body Strength (FC) 10:15 am Crane's Mill Chorus Rehearsal (HH) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Personal Training (FC) 1:00 pm Resident Quarterly Meeting (HH) 2:00 pm Heung Lee Pianist (HH) 2:30 pm Core and Cardio (FC) 3:30 pm Balance & Coordination (FC) 3:45 pm Bible Study with Rabbi Silverstein (AR) 7:00 pm Movie: Resident Choice (AR)	**15** 9:00 am Cardio with a Purpose (FC) 10:15 am Training for the Brain (FC) 11:00 am Bocce 11:00 pm Building Committee (HH) 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 Lecture: The Gilded Age with Robbie Amodeo (HH) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Lets Take a Walk Inside (TS) 7:00 pm Golden Voices	**16** 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) 2:00 pm Lecture with Angela Cristini (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)	**17** 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) 2:00 pm Pottery with Peter (AR) 2:15 pm Rock Steady Boxing (FC) 3:00 pm LSMNJ Brick Dedication 3:30 pm Balance & Posture (FC) 3:30 pm Mobil Eyez (TS) 4:00 pm Marketing Happy Hour with Dan (Café Pub) 7:00 pm Lecture with Clint (HH)	**18** 9:00 am Wake Up & Stretch (FC) 10:00 am Let's Take a Walk Inside (TS) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 10:00 pm Trip to Trader Joes 1:00 pm Personal Training (FC) 2:00 pm Shabbat Eve Service (HH) 2:00 pm Lecture with Bill: Juggling Around the World 2:30 pm Get to Know Exercise Equip (FC) 3:30 pm Breathwork & Stretching (FC) 7:00 pm Movie: Resident's Choice (AR)	**19** 9:30 am Tai Chi (FC) 10:00 am Artist Enclave (AE) 10:45 am Cardio with a Purpose (FC) 12:00 pm Full Body Strength (FC) 3:30 pm Lecture with Clemente 7:00 pm Movie: Rebel Without a Cause (AR)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yom Kippur 20 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 Frank Elmo and Band (HH)	**21** 9:00 am Wake Up and Stretch (FC) 10:15 am Full Body Strength (FC) 10:15 am Crane's Mill Chorus Rehearsal (HH) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Personal Training (FC) 2:00 pm Lecture: Fall Prevention with John Esposito (HH) 2:30 pm Core and Cardio (FC) 3:30 pm Balance & Coordination (FC) 7:00 pm Movie: Resident Choice (AR)	**22** 9:00 am Cardio with a Purpose (FC) 10:15 am Training for the Brain (FC) 10:30 am Coffee with Pastor Mike (CL) 11:00 am Bocce 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 The Chaplain's Pick Movie Matinee (AR) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Lets Take a Walk Inside (TS) 7:00 pm Reeds Rhythm Band (HH)	**23** 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) 1:15pm 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)	**24** 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) 2:15 pm Rock Steady Boxing (FC) 3:00 pm Spiri Care Ice Cream Social (TS) 3:30 pm Balance & Posture (FC) 4:00 pm Happy Hour with Ron (Café Pub) 7:00 pm Music with Kelly & Matt (HH)	**25** 9:00 am Wake Up & Stretch (FC) 11:00 am Grounds for Sculpture and Lunch 11:00-3:00 Suzy's Boutique (TS) 11:30 am Pickleball (FC) 1:00 pm Personal Training (FC) 2:00 pm Shabbat Eve Service (HH) 2:30 pm Get to Know Exercise Equip (FC) 3:30 pm Breathwork & Stretching (FC) 7:00 pm Movie: Crazy Stupid Love (AR)	**26** 9:30 am Tai Chi (FC) 10:00 am Artist Enclave (AR) 10:45 am Cardio with a Purpose (FC) 12:00 pm Full Body Strength (FC) 2:00 pm Movie: Resident's Choice 7:00 pm Danny the Steel Pan Drummer (HH)
27 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: Casablanca (AR)	**28** 9:00 am Wake Up and Stretch (FC) 10:15 am Full Body Strength (FC) 10:15 am Crane's Mill Chorus Rehearsal (HH) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Personal Training (FC) 2:00 pm Lecture: Art of the Masters with Matt Chalel (HH) 2:30 pm Core and Cardio (FC) 3:30 pm Balance & Coordination (FC) 3:45 pm Bible Study with Rabbi Silverstein (AR) 6:30 pm Karaoke with Kiera (HH) 7:00 pm Movie: Residents Choice (AR)	**29** 9:00 am Cardio with a Purpose (FC) 10:15 am Training for the Brain (FC) 11:00 am Bocce 11:30 am Balance & Coordination (FC) 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 (TS) 7:00 pm Musical Performance with AJ Freeman (HH)	**30** 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) 2:15 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)		

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 | Activities; 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