October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 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) 2:00 pm Trip to Dollar Store 4:00 pm Happy Hour with Nick Straus (Café Pub) 7:00 pm Music with Clint Edwards (HH)	**2** 11:00 am 1st Friday with the Board All Residents Invited (HH) 11:30 am Pickleball (FC) 2:00 pm Shabbat Eve Service (HH) 4:00 pm Lecture with Robbie Amodeo about Elizabeth Taylor (HH) 7:00 pm Mark Fabian Musical Performer (HH)	**3** 10:00 am Artist Enclave (AR) 3:30 pm Lecture with Alexander Clemente – Brothers Grimm (HH) 7:00 pm Movie: Jerry Maguire (HH)
4 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: Buck (HH)	**5** 10:15 am Crane's Mill Chorus Rehearsal (HH) 11:00 am Trip to Walmart 11:30 am Pickleball (FC) 7:00 pm Women's Chorus Rehearsal 7:00 pm Movie: Resident's Choice (AR)	**6** 9:00 am Cardio with a Purpose (FC) 10:15 am Training for the Brain (FC) 11:00 am Bocce 11:00 am Lecture with Paul Rabinowitz (HH) 11:00-3:00 Bea Smith Clothing (TS) 11:30 am Balance & Coordination (FC) 12:30 pm Rock Steady Boxing (FC) 1:00 pm Tech Support with Ginny 1st Floor Creekside Lounge 2:00 pm Birding Lecture (LB) 2:15 pm Rock Steady Boxing (FC) 3:00 pm Classic Literature with Pastor Mike (LB) 3:30 pm Let's Take a Walk Inside (TS) 7:00 pm Movie: Witness (HH)	**7** 9:00 am Wake Up and Stretch (FC) 9:30 am Shop Rite 10:00 am Cougar Techies 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) 1:00 pm Recycling Committee (AR) 1:15 pm Banks (local) 2:15 pm Pharmacies & Local Errands 2:00 pm Welcoming Committee (AR) 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)	**8** 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) 2:00 pm Current Events with Paul Rabinowitz (HH) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Posture and Balance (FC) 4:00 pm Happy Hour with Bob & Ellen McHugh (Café Pub) 7:00 pm Pettet Girls (HH)	**9** 8:30 am Harvest Breakfast and Musical Performance Trip to West Essex High School 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 Personal Training (FC) 2:00 pm Shabbat Eve Service (AR) 2:00 pm Kelly Carpenter Music: Patsy Cline Tribute (HH) 2:30 pm Get to Know Exercise Equip (FC) 3:00 pm Tryouts for Crane's Mill Play - The Elevator (HH) 3:30 pm Breathwork & Stretching (FC) 7:00 pm Ed Tripold Music (HH)	**10** 10:45 am Cardio with a Purpose (FC) 12:00 pm Full Body Strength (FC) 7:00 pm Movie: You've Got Mail (HH)
11 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: While You Were Sleeping (HH)	**12** 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 Discussion with Debbie - Short Stories (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 Women's Chorus Rehearsal (HH) 7:00 pm Movie: Resident's Choice (AR)	**13** 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 Fire Drill Practice – Syc 1 (HH) 11:00 am Bocce 11:30 am Balance & Coordination (FC) 12:30 pm Rocksteady Boxing (FC) 1:00-5:00 Journey Hospice Remembrance Service (HH) 1:00 pm Food Committee (CDR) 1:00 pm Tech Support with Ginny 1st Floor Creekside Lounge 2:00 pm Floral Arrangements (AR) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Lets Take a Walk Inside (TS) 7:00 pm M Miklos Country Music (HH)	**14** 8:30 am Men's Breakfast (Café) 9:00 am Wake Up & Stretch (FC) 9:30 am Shop Rite 10:00 am Cougar Techies 10:15 am Strength for Daily Living (FC) 10:30 am Shop Rite 11:00 am Scam Talk with NJ Consumer Affairs (HH) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Fire Drill Practice – Syc 2 (HH) 1:00 pm Personal Training (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) 4:00 pm Bereavement Group (AR) 7:00 pm B-I-N-G-O (HH)	**15** 9:00 am Cardio with a Purpose (FC) 10:00 am Needlework (QR) 10:15 am Training for the Brain (FC) 11:00 am Fire Drill Practice – Creekside (HH) 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 Oktoberfest (Café Pub) 3:30 pm Balance & Posture (FC) 3:30 pm Mobil Eyez (TS) 7:00 pm Lecture with Clint Edwards (HH)	**16** 9:00 am Wake Up & Stretch (FC) 10:00 am Let's Take a Walk Inside (TS) 11:00 am Aqua Fitness (FC) 11:00 am 2027 Medicare Changes Presentation SHIP (HH) 11:30 am Pickleball (FC) 1:00 pm Personal Training (FC) 2:00 pm Lecture with Angela Cristini: Fish of the World (AR) 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 Musical Performance (HH)	**17** 10:00 am Artist Enclave (AE) 10:45 am Cardio with a Purpose (FC) 11:00 am Movement with Mel – Exercise to Music (FC) 12:00 pm Full Body Strength (FC) 4:00 pm Allegro Opera Singers (HH) 7:00 pm Movie: The Proposal (HH)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 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: It Could Happen to You (HH)	**19** 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 Trip to Costco 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Personal Training (FC) 2:00 pm Paint & Chill with Rob & Moe (AR) 2:30 pm Core and Cardio (FC) 3:30 pm Balance & Coordination (FC) 7:00 pm Women's Chorus Rehearsal (HH) 7:00 pm Movie: Resident's Choice (AR)	**20** 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) 11:00 am Birding Lecture (LB) 11:30 am Balance & Coordination (FC) 12:30 pm Rock Steady Boxing (FC) 1:00 pm Town Hall Meeting (HH) 1:00 pm Tech Support with Ginny 1st Floor Creekside Lounge 2:00 pm Janet Mandel Lecture Edward Hopper (HH) 2:15 pm Rock Steady Boxing (FC) 3:00 pm Classic Literature with Pastor Mike (LB) 3:30 pm Lets Take a Walk Inside (TS) 7:00 pm Fred Miller Music (HH)	**21** 9:00 am Wake Up & Stretch (FC) 9:30 am Shop Rite 10:00 am Cougar Techies 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 Personal Training (FC) 1:30 pm Health Committee (AR) 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)	**22** 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) 2:00 pm Emergency Preparedness – All Residents (HH) 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 Nick Straus (Café Pub) 7:00 pm Lecture with Joel Farkas: The Mayflower and Pilgrims (HH)	**23** 9:00 am Wake Up & Stretch (FC) 10:00 am Let's Take a Walk Inside (TS) 11:00 am Trip to DeKorte Park in Lyndhurst and Lunch at Lees Hawaiian Islander 11:00 am Anna Meditation (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) 3:30 pm Halloween with Notre Dame Parish Kids – Craft Project (HH) 7:00 pm Music with Sammy (HH)	**24** 10:00 am Artist Enclave (AR) 10:45 am Cardio with a Purpose (FC) 12:00 pm Full Body Strength (FC) 7:00 pm Movie: As Good As It Gets (HH)
25 11:15 am Mass with Msgr. O'Connor (HH) 2:00 pm Ecumenical Communion Service with Pastor Mike (HH) 3:00 pm Legacy Lounge (LB) 3:00-3:30 Free Piano Lessons with Sheryll Perez (HH) 7:00 pm Movie: Splendor in the Grass (HH)	**26** 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 Trip to Target 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Personal Training (FC) 2:00 pm Art of the Masters with Matt Chelel and Lecture (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 Women's Chorus Rehearsal (HH) 7:00 pm Movie: Resident's Choice (AR)	**27** 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 Rock Steady Boxing (FC) 1:00 pm Tech Support with Ginny (1st Floor Creekside Lounge) 2:00 pm Golden Voices (HH) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Let's Take a Walk Inside (TS) 7:00 pm Reeds and Rhythm Rehearsal (HH)	**28** 9:00 am Wake Up & Stretch (FC) 9:30 am Shop Rite 10:00 am Cougar Techies 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 Lecture: Music's Health Benefit to Your Brain (HH) 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)	**29** 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) 11:00 am Bocce (FC) 2:15 pm Rock Steady Boxing (FC) 3:30 pm Balance & Posture (FC) 4:00 pm Happy Hour with Ron & Bob (Café Pub) 7:00 pm Movie: Rear Window (HH)	**30** 9:00 am Wake Up & Stretch (FC) 10:00 am Trip to Wind Creek Casino Resort Bethlehem 10:00 am Let's Take a Walk Inside (TS) 11:00-3:00 John's Jewelry Box (TS) 11:00 am Aqua Fitness (FC) 11:30 am Pickleball (FC) 1:00 pm Personal Training (FC) 2:00 pm Shabbat Eve Service (AR) 2:00 pm Halloween Party with Matt on his 'Saxophone (HH) 2:30 pm Get to Know Exercise Equip (FC) 3:00 pm Halloween Costume Parade for All Residents – Contest and Prizes (HH) 3:30 pm Stretch and Posture 7:00 pm Tom Catucci and Band (HH)	**31** 10:00 am Artist Enclave (AR) 10:45 am Cardio with a Purpose (FC) 12:00 pm Full Body Strength (FC) 7:00 pm Movie: House Sitter (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