

SUN	MON	TUE	WED	THUR	FRI	SAT
<p><u>Our Vision</u> Create opportunities for purposeful living filled with rich experiences.</p>		<p>8:30 Guided Meditation (591) 1</p> <p>9:00 Rejuvenate Fitness (A)</p> <p>10:00 Cardio & Core (A)</p> <p>10:30 Old Time Radio Performance Group (CEC)</p> <p>11:00 Chair Dancing (A)</p> <p>12:00 Choral Practice (A)</p> <p>1:00 Wii Bowling (CEC)</p> <p>1:30 Play Boggle (ML)</p> <p>2:00 Bingo! (A)</p>	<p>8:30 Guided Meditation (591) 2</p> <p>9:30 Stretch & Power (A)</p> <p>10:00 Sewing (2L)</p> <p>11:00 Better Balance (A)</p> <p>11:45 Chair Volleyball (A)</p> <p>1:00 Art Club (AR)</p> <p>1:00 Easy Does It Fitness (A)</p> <p>2:30 Around the World with Paul Rabinowitz: Rhode Island (A)</p> <p>3:00 Christian Hymn Sing (591)</p> <p>7:30 A&E: The Light Opera of New Jersey presents "Iolanthe" (A)</p>	<p>8:30 Guided Meditation (591) 3</p> <p>9:00 Rejuvenate Fitness (A)</p> <p>10:00 Cardio & Core (A)</p> <p>10:00 Catholic Communion Service (HDR)</p> <p>11:00 Cardio Drumming (A)</p> <p>1:30 Walking Club (Meet in lobby)</p> <p>2:00 Crochet & Knit Group (ML)</p> <p>3:00 Music History with Maestro Robert Butts (A)</p> <p>3:15 Tai Chi For Beginners (591)</p> <p>4:00 Reciting the Rosary (3L)</p>	<p>Baseball Jersey Day 4</p> <p>8:30 Guided Meditation (591)</p> <p>9:30 Stretch & Power (A)</p> <p>11:00 Better Balance (A)</p> <p>11:45 Chair Volleyball (A)</p> <p>1:00 Corn Hole (A)</p> <p>1:00 Trip to Shoprite*</p> <p>2:00 Just the Two of Us Music (A)</p> <p>2:30 Wii Bowling (CEC)</p> <p>3:00 Inside Judaism with Debbie Hercky (CR)</p> <p>3:30 Gentle Chair Yoga (591)</p> <p>6:30 Shabbat with Temple Shalom Youth Group (CEC)</p> <p>7:00 Music to end the day (A)</p>	<p>8:30 Guided Meditation (591) 5</p> <p>9:30 Shabbat Morning Services (138)</p> <p>10:00 Balance and Core Fusion Fitness (591)</p> <p>11:00 Chair Dancing Around the World (591)</p> <p>1:30 Mexican Train Dominoes (ML)</p> <p>3:00 Rejuvenate Fitness (591)</p> <p>7:00 Movie Night: "For Love of the Game" (A)</p>
	<p>8:30 Guided Meditation (591) 6</p> <p>10:00 Better Balance (591)</p> <p>10:30 Sunday Mass Heart of Nation (Channel 10)</p> <p>11:00 Catholic Mass* (Church of the Immaculate Conception)</p> <p>2:00 Deck of Fitness (591)</p> <p>2:00 Temple Beth-El Choir (A)</p> <p>3:30 1940s & 50s Sing-along (591)</p> <p>4:30 Sacred Music in a Sacred Space (Church of the Immaculate Conception)</p> <p>7:00 Game Night (Auditorium & Monroe Lounge)</p>	<p>8:30 Guided Meditation (591) 7</p> <p>9:30 Stretch & Power (A)</p> <p>11:00 Better Balance (A)</p> <p>11:45 Chair Volleyball (A)</p> <p>1:30 Advanced Balance (A)</p> <p>1:30 Mexican Train Dominoes (ML)</p> <p>3:15 Corn Hole (A)</p>	<p>8:30 Guided Meditation (591) 8</p> <p>9:00 Rejuvenate Fitness (A)</p> <p>10:00 Cardio & Core (A)</p> <p>11:00 Chair Dancing (A)</p> <p>12:00 Choral Practice (A)</p> <p>1:00 Wii Bowling (CEC)</p> <p>1:30 Play Boggle (ML)</p> <p>2:30 Beading & Jewelry Making with Megan* (CEC)</p> <p>3:30 Resident Appreciation Celebration (A)</p>	<p>8:30 Guided Meditation (591) 9</p> <p>9:30 Stretch & Power (A)</p> <p>10:00 Creative Writing Workshop (CR)</p> <p>10:00 Sewing (2L)</p> <p>10:45 Movie Committee (3L)</p> <p>11:00 Better Balance (A)</p> <p>11:45 Staff & Resident Volleyball Game! (A)</p> <p>1:00 Art Club (AR)</p> <p>1:00 Easy Does It Fitness (A)</p> <p>3:00 Christian Hymn Sing (591)</p> <p>3:00 Floral Arts Workshop with Megan* (A)</p> <p>7:00 Guest Speaker, Steve Decker: Weather Forecasting (A)</p>	<p>Pump it for Parkinsons Day 10</p> <p>8:30 Guided Meditation (591)</p> <p>10:00 Catholic Communion Service (HDR)</p> <p>11:00 Caregivers Support Group (CEC)</p> <p>12:00 Pizza Party! (A)</p> <p>2:00 Crochet & Knit Group (ML)</p> <p>2:00 Poetry with Mary Elizabeth (CEC)</p> <p>3:15 Tai Chi For Beginners (591)</p> <p>4:00 Reciting the Rosary (3L)</p> <p>7:30 Fred Moyer, Classical Pianist (A)</p>	<p>8:30 Guided Meditation (591) 11</p> <p>9:30 Stretch & Power (A)</p> <p>11:00 Better Balance (A)</p> <p>11:45 Chair Volleyball (A)</p> <p>1:00 Corn Hole (A)</p> <p>1:00 Trip to Shoprite*</p> <p>2:00 Crafting Corner with Helen* (CR)</p> <p>2:30 Wii Bowling (CEC)</p> <p>3:00 Lifelong Learning with Paul White (A)</p> <p>3:30 Gentle Chair Yoga (591)</p> <p>7:00 Music to end the day (A)</p>

April 2025

Lifestyle Programs

Please contact Rachel Block, Community Life Services Director at (908) 595-6528



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SUN	MON	TUE	WED	THUR	FRI	SAT
Palm Sunday 8:30 Guided Meditation (591) 10:00 Better Balance (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Catholic Mass* (Church of the Immaculate Conception) 2:00 Deck of Fitness (591) 3:30 1940s & 50s Sing-along (591) 7:00 Game Night (Auditorium & Monroe Lounge)	13 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 Trip: Wegman's* 10:30 Yoga with Beatriz (A) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:30 Advanced Balance (A) 1:30 Mexican Train Dominoes (ML) 3:15 Corn Hole (A) 7:00 Book Club (CEC)	14 8:30 Guided Meditation (591) 9:00 Rejuvenate Fitness (A) 10:00 Cardio & Core (A) 10:00 Dollar Tree* 10:30 Protestant Worship Service with Ian Rankine (CR) 10:30 Old Time Radio Performance Group (CEC) 11:00 Chair Dancing (A) 12:00 Choral Practice (A) 1:00 Wii Bowling (CEC) 1:30 Health & Wellness Navigation Program (A) 1:30 Play Boggle (ML) 1:30 Art Class with Yvonne (AR) 2:30 Community Seder* (CEC) 3:30 Monroe Mixer with Bruce Mauro (ML)	15 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 Sewing (2L) 10:30 Library Meeting (L) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Art Club (AR) 1:00 Easy Does It Fitness (A) 3:00 Christian Hymn Sing (591) 3:00 Lifelong Learning with Jeff Kampf (A) 3:30 Silver Foxes Men's Club (CH) 4:00 New Resident Tour (Lobby)	16 8:30 Guided Meditation (591) 9:00 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 10:30 Resident Gathering: Owners Meeting (A) 11:00 Senior Check up with TMC (CEC) 1:00 Meet the Artists (CEC) 1:30 Walking Club (Meet in lobby) 2:00 Crochet & Knit Group (ML) 2:00 Lecture: "Ukelele Ike" (A) 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L)	17 GoodFriday 8:30 Guided Meditation (591) 9:00 Breakfast Trip* (Manhattan Bagel) 9:30 Stretch & Power (A) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Corn Hole (A) 1:00 Trip to Shoprite* 2:30 Wii Bowling (CEC) 3:30 Gentle Chair Yoga (591) 7:00 Music to end the day (A)	18 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Balance and Core Fusion Fitness (591) 11:00 Chair Dancing Around the World (591) 1:30 Mexican Train Dominoes (ML) 3:00 Rejuvenate Fitness (591) 7:00 Movie Night: "The Sting" (A)
Easter Sunday 8:30 Guided Meditation (591) 10:00 Better Balance (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 2:00 Afternoon Movie: "Bye Bye Birde" (A) 2:00 Deck of Fitness (591) 3:30 1940s & 50s Sing-along (591) 7:00 Game Night (Auditorium & Monroe Lounge)	20 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 Bardy Farmers Market* 10:30 Dining Services Meeting (CEC) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:30 Advanced Balance (A) 1:30 Mexican Train Dominoes (ML) 1:30 The Great Debate and Discussion with Ralph Cohen (CEC) 3:15 Corn Hole (A)	21 8:30 Guided Meditation (591) 9:00 Rejuvenate Fitness (A) 10:30 Resident Association Meeting (A) 11:00 Chair Dancing (A) 12:00 Choral Practice (A) 1:00 Wii Bowling (CEC) 1:30 Play Boggle (ML) 1:30 Art Class with Yvonne (AR)	22 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 Creative Writing Workshop (CR) 10:00 Sewing (2L) 11:00 Better Balance (A) 11:00 Trip to Beneduce Vinyards* 11:45 Chair Volleyball (A) 1:00 Art Club (AR) 1:00 Easy Does It Fitness (A) 3:00 Christian Hymn Sing (591) 7:00 Great Decisions Meeting (CEC)	23 8:30 Guided Meditation (591) 9:00 Rejuvenate Fitness (A) 10:00 Cardio & Core (A) 10:00 Catholic Communion Service (HDR) 11:00 Volley for all ages! (A) 1:00 Spring Drive to Melick's* 1:30 Walking Club (Meet in lobby) 2:00 Crochet & Knit Group (ML) 2:00 Magic Show with Simon Mandal 2:00 Monthly Short Story Book Club (CR) 3:00 Ecumenical Communion Service (A) 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L)	24 Arbor Day 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:30 Zen Chi (A) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Corn Hole (A) 1:00 Trip to Shoprite* 1:30 Arbor Day Ceremony & Celebration with The Smokin' Mayhacks (Front Entrance) 2:30 Wii Bowling (CEC) 3:00 Shabbat Service with Rabbi Daniel Selsberg (CR) 3:30 Gentle Chair Yoga (591) 7:00 Music to end the day (A)	25 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Balance and Core Fusion Fitness (591) 11:00 Chair Dancing Around the World (591) 1:30 Mexican Train Dominoes (ML) 3:00 Rejuvenate Fitness (591) 7:00 Movie Night: "In the Heat of the Night" (A)
8:30 Guided Meditation (591) 10:00 Better Balance (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 2:00 Deck of Fitness (591) 3:30 1940s & 50s Sing-along (591) 7:00 Game Night (Auditorium & Monroe Lounge)	27 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:30 Community App Tutorial (CEC) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 12:00 Lunch Trip* (Pho Today) 1:30 Advanced Balance (A) 1:30 Mexican Train Dominoes (ML) 3:15 Corn Hole (A) 7:00 Getting to Know You (A)	28 8:30 Guided Meditation (591) 9:00 Rejuvenate Fitness (A) 10:00 Cardio & Core (A) 11:00 Chair Dancing (A) 12:00 Choral Practice (A) 1:00 Wii Bowling (CEC) 1:30 Play Boggle (ML) 1:30 Art Class with Yvonne (AR) 1:30 New Resident Orientation* (A) 3:30 Cocktail Hour with Ferlie Almonte (A)	29 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 Sewing (2L) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Art Club (AR) 1:00 Easy Does It Fitness (A) 1:00 The Met in HD: "Le Nozze di Figaro"* 2:00 Food Demo with Yvonne & Renz (ML) 2:00 Men's Discussion Group (A) 3:00 Christian Hymn Sing (591)	30	LOCATION KEY 2L - 2nd Floor Lounge 3L - 3rd Floor Lounge AR - Art Room A - Auditorium 138 - Channel 138 591 - Channel 591 CH - Club House CR - Club Room CEC - Community Education Center HDR - Hickory Dining Room L - Library ML - Monroe Lounge 2L - Sewing Room If you would like to reserve a room for your game, social event, or meeting please call the Front Desk at 6500	

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