



March 2026

"March is an example of how beautiful new beginnings can be." —Anamika Mishra



- 918- TV Channel 918
- AC- Aquatic Center (Clubhouse, 2nd Floor)
- ARR- Avalon Recreation Room
- AUD- Auditorium
- BR- Billiards Room (Bldg. 5000, Level 3)
- CAS- Creative Arts Studio (Clubhouse, 2nd Floor)
- CHR- Chart Room (by MDR)
- FS- Fitness Studio (Clubhouse, 2nd Floor)
- FSR- Fireside Room (by MDR)
- LIB- Library (Clubhouse, 2nd Floor)
- LL- Lighthouse Lounge (Bldg. 6000, 4th Floor)
- MDR- Main Dining Room
- MG- Mariner's Grille (Clubhouse, 2nd Floor)
- ML- Main Lobby
- OT- Occupational Therapy Room (by Avalon)
- PC- Pickleball Court
- PDR- Private Dining Room
- PUB- Jerry Browne Pub
- RCCR- Residents Council Conference Room (Bldg. 5000, Level 4)
- VG- Village Green (Outside Mariner Grille)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>10:30 Catholic Communion Contact Kip Brockmyre to sign up 1</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Downtown Abbey: The Grand Finale" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Downtown Abbey: The Grand Finale" (AUD)</p>	<p>9:00 Dr. Hennessey, Primary Care (OT) 2</p> <p>11:30 <i>Hearing Better at StoneRidge Group (CHR)</i></p> <p>1:00 Ping Pong (AUD)</p> <p>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></p> <p>2:00 Lenten Study - Decisive Moments in the Life of Jesus (PUB)</p> <p>2:00 Portal Assistance (LIB)</p> <p>2:00 Billiards (BR)</p> <p>2:30 <i>Library Committee (PDR)</i></p> <p>6:30 BINGO! (AUD)</p>	<p>9:30 Duplicate Bridge (PUB) 3</p> <p>10:00 Open Pickleball (PC)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Resident-led Pool Volleyball (AC)</p> <p>2:00 <i>Health and Wellness Committee (RCCR)</i></p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 "Healthy Snacks" with Nutritionist Lindsay D'amato (PUB)</p> <p>4:00 Backgammon (PUB)</p> <p>5:00 Kitchen Tours with Chef Bob (Meet at Podium)</p> <p>7:30 Friday Series: "Seaside Hotel" Season 3, Ep. 2 & 3 (918)</p>	<p>1:30 TRIP: Mystic Museum of Art 4</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Rosary Service (ARR)</p> <p>7:30 Poetry in the PUB (PUB)</p> <p>7:30 Western Movie: "Butch Cassidy and the Sundance Kid" (AUD)</p>	<p>9:00 Catherine Krenicky, APRN (OT) 5</p> <p>10:00 Open Pickleball (PC)</p> <p>10:30 Blood Pressure Clinic (Linda Hart's Office)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>1:00 Cribbage (PUB)</p> <p>1:00 Ping Pong (AUD)</p> <p>1:00 <i>Grounds and Gardens Committee (RCCR)</i></p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Memoir Writing Class with Deb Adamson (LL)</p> <p>2:00 Gnome Bud Vase Craft (CAS)</p> <p>3:00 Avalonia Presentation With Ben Sullivan (AUD)</p> <p>3:00 <i>Facilities Committee (RCCR)</i></p> <p>7:30 Western Movie: "Butch Cassidy and the Sundance Kid" (918)</p>	<p>9:00 Open Studio (CAS) 6</p> <p>10:00 <i>Scholarship Committee (RCCR)</i></p> <p>1:00 <i>Quilting Lessons with the StoneQuilters (RCCR)</i></p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Billiards (BR)</p> <p>2:00 Genealogy Workshop (CAS)</p> <p>2:00 Mary's Station of the Cross Contact Chris Lipinski (LL)</p> <p>4:00 "Community-Based Vascular Care" With Surgeon Dr. Uwe Fischer (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Seaside Hotel" Season 3, Ep. 4 & 5 (AUD)</p>	<p>9:30 Lower Body Strength Seated (918) 7</p> <p>10:00 Open Pickleball (PC)</p> <p>11:00 Qi Gong (918)</p> <p>1:30 Mindful Meditation (918)</p> <p>2:00 Saturday Movie: "Song Sung Blue" (918)</p> <p>7:30 Saturday Movie: "Song Sung Blue" (AUD)</p>
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<p>10:30 Catholic Communion Contact Kip Brockmyre to sign up 8</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "The Flight of the Phoenix" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "The Flight of the Phoenix" (AUD)</p> <p style="text-align: center; color: purple; font-weight: bold; font-size: 1.2em;">Happy International Women's Day!</p>	<p>9:00 Dr. Hennessey, Primary Care (OT) 9</p> <p>1:00 Ping Pong (AUD)</p> <p>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></p> <p>1:30 <i>Culinary Committee (CHR)</i></p> <p>2:00 Billiards (BR)</p> <p>2:00 Lenten Study - Decisive Moments in the Life of Jesus (PUB)</p> <p>2:00 Portal Assistance (LIB)</p> <p>2:30 Culturally Curious: Movie "Grains of Sand" (AUD)</p> <p>4:00 Happy Hour (PUB)</p> <p>6:30 BINGO! (AUD)</p>	<p>9:30 Duplicate Bridge (PUB) 10</p> <p>10:00 Open Pickleball (PC)</p> <p>10:00 Culturally Curious: Collage Workshop (CAS)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Resident-led Pool Volleyball (AC)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:30 Great Decisions: "America and the World: Trump 2.0 Foreign Policy" Moderated by Kim Phillips (AUD)</p> <p>4:00 Backgammon (PUB)</p> <p>5:00 Kitchen Tours with Chef Bob (Meet at Podium)</p> <p>5:30 Take Out Dinner with Ralph Wood (CHR)</p> <p>7:30 Friday Series: "Seaside Hotel" Season 3, Ep. 4 & 5 (918)</p>	<p>11:25 TRIP: Lunch at Noah's Restaurant 11</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Rosary Service (ARR)</p> <p>7:30 Western Movie "Red River" (918) *NOTE LOCATION*</p> <p>7:30 Hot Cat Jazz Band - Dixieland (AUD)</p>	<p>9:00 Catherine Krenicky, APRN (OT) 12</p> <p>10:00 Open Pickleball (PC)</p> <p>10:30 Blood Pressure Clinic (Linda Hart's Office)</p> <p>10:00 Coffee & Conversations with the Resident Council (PUB)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>1:00 Cribbage (PUB)</p> <p>1:00 Ping Pong (AUD)</p> <p>1:00 <i>Welcome Committee (CHR)</i></p> <p>2:00 Computer & Device Help (MG)</p> <p>3:00 Documentary: "The Day Iceland Stood Still" (AUD)</p> <p>7:30 Western Movie: "Red River" (AUD) *NOTE LOCATION*</p>	<p>9:00 Open Studio (CAS) 13</p> <p>11:00 TRIP: Fish & Chips at the Portuguese Holy Ghost Society</p> <p>1:00 <i>Quilting Lessons with the StoneQuilters (RCCR)</i></p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Billiards (BR)</p> <p>2:00 Mary's Station of the Cross Contact Chris Lipinski (LL)</p> <p>3:00 Presented by the Health and Wellness Committee: "Learning about the Brain" Lecture with Dr. Moro de Casillas (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Seaside Hotel" Season 3, Ep. 6 & 7 (AUD)</p>	<p>9:30 Lower Body Strength Seated (918) 14</p> <p>10:00 Open Pickleball (PC)</p> <p>11:00 Qi Gong (918)</p> <p>1:30 Mindful Meditation (918)</p> <p>2:00 Saturday Movie: "Zulu" (918)</p> <p>7:30 Saturday Movie: "Zulu" (AUD)</p>
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Activities on this calendar are subject to change due to illness, weather, lack of interest, etc. Refer to the portal and channel 918 for the most up to date information.

Reoccurring Fitness Classes	<p>MONDAY</p> <p>9:30 Seated Range of Motion (918)</p> <p>9:30 Seated Tap (RSVP Class FS)</p> <p>10:30 Stable & Strong (AUD)</p> <p>8:30 Meditation for Relaxation (918)</p>	<p>TUESDAY</p> <p>9:00 Slow Flow H2O (AC)</p> <p>9:30 Lower Body Strength (918)</p> <p>10:00 Zumba Gold (AUD)</p> <p>11:00 Yoga (AUD)</p> <p>2:00 Calming Meditation (918)</p>	<p>WEDNESDAY</p> <p>9:30 Lift & Swim (AC)</p> <p>9:30 Seated Range of Motion (918)</p> <p>10:30 Stable & Strong (AUD)</p> <p>8:30 Meditation for Relaxation (918)</p>	<p>THURSDAY</p> <p>9:00 Slow Flow H2O (AC)</p> <p>9:30 Lower Body Strength Chair (918)</p> <p>10:00 Heart Healthy Hustle (AUD)</p> <p>11:00 Qi Gong Seated (918)</p> <p>11:00 Tai Chi Balance (RSVP Class FS)</p> <p>2:00 Positive Energy Meditation (918)</p>	<p>FRIDAY</p> <p>9:30 Lift & Swim (AC)</p> <p>9:30 Seated Range of Motion (918)</p> <p>10:30 Stable & Strong (AUD)</p> <p>8:30 Meditation for Relaxation (918)</p>	Contact Julie Oliver, Fitness Specialist for more information (860) 572-5657
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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10:30 Catholic Communion Contact Kip Brockmyre to sign up **15**

11:00 Qi Gong Seated (918)

2:00 Sunday Movie: "The Thin Man" (918)

3:00 Scrabble (PUB)

7:30 Sunday Movie: "The Thin Man" (AUD)

Aquatic Center & Fitness Center
7 Days A Week
8:00am—8:00pm

9:00 Dr. Hennessey, Primary Care (OT) **16**

1:00 Ping Pong (AUD)

1:30 Sit & Stitch/Knitters (RCCR)

2:00 Billiards (BR)

2:00 Lenten Study - Decisive Moments in the Life of Jesus (PUB)

2:00 Portal Assistance (LIB)

3:00 Finance Committee (RCCR)

3:00 "The Duality of AI" with Marc Zimmer (AUD)

6:30 BINGO! (AUD)

9:00 Dr. Walter, Podiatrist (OT) **17**

9:30 Duplicate Bridge (PUB)

10:00 Open Pickleball (PC)

1:00 Canasta (PUB)

1:00 Book Club (AUD)

1:30 Resident-led Pool Volleyball (AC)

1:30 Residents for Conservation Action (RCCR)

2:00 Computer & Device Help (MG)

2:00 Zen Art "Zen Art Tiles" (CAS)

4:00 Backgammon (PUB)

4:00 St. Patrick's Day Happy Hour (PUB)

5:00 Kitchen Tours with Chef Bob (Meet at Podium)

7:30 Friday Series: "Seaside Hotel" Season 3 Ep 6 & 7 (918)

9:30 Resident Council Meeting (RCCR) **18**

10:00 TRIP: Lunch at Max Downtown followed by "Death of a Salesman" at the Hartford Stage

1:10 Transportation to Parkinson's Support Group at Masonicare, Contact Lori Ann to Sign Up

1:30 Episcopal Service (AUD)

1:30 Rosary Service (ARR)

3:00 Art Talks with Ceilidh: "Women & Women's Art" (PUB)

7:30 Western Movie: "The Big Country" (AUD)

9:00 Catherine Krenicky, APRN (OT) **19**

10:00 Open Pickleball (PC)

10:00 Scholarship Committee (RCCR)

10:30 Blood Pressure Clinic (Linda Hart's Office)

10:45 StoneRidge Chorus Practice (AUD)

1:00 Cribbage (PUB)

1:00 Marketing Committee (RCCR)

2:00 Computer & Device Help (MG)

2:00 StoneQuilters (RCCR)

2:00 Memoir Writing Class with Deb Adamson (LL)

7:30 Western Movie: "The Big Country" (918)

9:00 Open Studio (CAS) **20**

1:00 Quilting Lessons with the StoneQuilters (RCCR)

1:30 Mahjong (PUB)

2:00 Billiards (BR)

2:00 Mary's Station of the Cross Contact Chris Lipinski (LL)

3:00 Theater Lecture: "Hamlet: Inaction and the Tragedy of Thought" (AUD)

7:00 Poker (PUB)

7:30 Friday Series: "Seaside Hotel" Season 4, Ep. 1 & 2 (AUD)

9:30 Lower Body Strength, Seated (918) **21**

10:00 Open Pickleball (PC)

11:00 Qi Gong (918)

1:30 Mindful Meditation (918)

2:00 Saturday Movie: "Eleanor the Great" (918)

7:30 Saturday Movie: "Eleanor the Great" (AUD)

10:30 Catholic Communion Contact Kip Brockmyre to sign up **22**

11:00 Qi Gong Seated (918)

2:00 Sunday Movie: "F1" (918)

3:00 Scrabble (PUB)

7:30 Sunday Movie: "F1" (AUD)

9:00 Dr. Hennessey, Primary Care (OT) **23**

1:00 Ping Pong (AUD)

1:00 Duplicate Bridge (PUB)

1:30 Sit & Stitch/Knitters (RCCR)

2:00 Billiards (BR)

2:00 Lenten Study - Decisive Moments in the Life of Jesus (PUB)

2:00 Portal Assistance (LIB)

4:00 Happy Hour (PUB)

6:30 BINGO! (AUD)

No In-Person Fitness Classes in the Auditorium **24**

9:00 Dr. Walter, Podiatrist (OT)

9:30 Resident Update Meeting Buildings 1, 2, 3 (AUD)

11:00 Resident Update Meeting Buildings 4, 5, 6 (AUD)

1:00 Canasta (PUB)

1:30 Resident-led Pool Volleyball (AC)

2:00 Computer & Device Help (MG)

3:00 "Image is Everything" Program with The Kate (AUD)

4:00 Backgammon (PUB)

5:00 Kitchen Tours with Chef Bob (Meet at the Podium)

7:30 Friday Series: "Seaside Hotel" Season 4, Ep. 1 & 2 (918)

1:00 Recreation Committee (RCCR) **25**

1:30 Episcopal Service (AUD)

1:30 Rosary Service (ARR)

3:00 Health Committee Event: "Thoughtful End of Life Planning" (AUD)

3:00 Questions for a Pharmacist with Nutmeg Pharmacy (PUB)

7:30 Western Movie: "Ride the High Country" (AUD)

9:00 Catherine Krenicky, APRN (OT) **26**

10:00 Open Pickleball (PC)

10:30 Blood Pressure Clinic (Linda Hart's Office)

10:45 StoneRidge Chorus Practice (AUD)

12:30 Cribbage (PUB)

1:00 Ping Pong (AUD)

2:00 Computer and Device Help (MG)

2:00 Memoir Writing Class with Deb Adamson (LL)

3:00 "The Women Impressionists: Artists Mary Casatt and Berthe Morisot" Lecture with Bob Potter (AUD)

7:30 Western Movie: "Ride the High Country" (918)

9:00 Open Studio (CAS) **27**

1:00 Quilting Lessons with the StoneQuilters (RCCR)

1:30 Mahjong (PUB)

2:00 Billiards (BR)

2:00 Genealogy Workshop (CAS)

2:00 Mary's Station of the Cross Contact Chris Lipinski (LL)

3:00 Documentaries with Dow "The Civilian Conservation Corps" (AUD)

7:00 Poker (PUB)

7:30 Friday Series: "Seaside Hotel" Season 4, Ep. 3 & 4 (AUD)

9:30 Lower Body Strength Seated (918) **28**

10:00 Open Pickleball (PC)

11:00 Qi Gong (918)

1:30 Mindful Meditation (918)

2:00 Saturday Movie: "Good Will Hunting" (918)

7:30 Saturday Movie: "Good Will Hunting" (AUD)

Transportation Sign-up for Shopping in the Transportation Book in the Mail Room.

10:30 Catholic Communion Contact Kip Brockmyre to sign up **29**

11:00 Qi Gong Seated (918)

2:00 Sunday Movie: "The Bells of St. Mary's" (918)

3:00 Scrabble (PUB)

7:30 Sunday Movie: "The Bells of St. Mary's" (AUD)

For Medical Appointments, Call the Transportation Department at (860) 572-5604

9:00 Dr. Hennessey, Primary Care (OT) **30**

1:00 Ping Pong (AUD)

1:30 Sit & Stitch/Knitters (RCCR)

2:00 Lenten Study - Decisive Moments in the Life of Jesus (PUB)

2:00 Billiards (BR)

2:00 Portal Assistance (LIB)

6:30 BINGO! (AUD)

No In-Person Fitness Classes in the Auditorium **31**

9:30 Duplicate Bridge (PUB)

10:00 Open Pickleball (PC)

1:00 Canasta (PUB)

1:30 Resident-led Pool Volleyball (AC)

2:00 Computer & Device Help (MG)

4:00 Backgammon (PUB)

7:00 Shakespeare & Company Presents "Hamlet" (AUD)

7:30 Friday Series: "Seaside Hotel" Season 4, Ep. 3 & 4 (918)

Turn your TV to CH 918 for up to date information! If you have any questions regarding this calendar please contact:

Michael Langlois
Community Life Services Director
mlanglois@stoneridgerc.com
(860) 572-5601

Tiffany Burley
Community Life Services Associate
tburley@stoneridgerc.com
(860) 437-4041

Ceilidh Burdick
Community Life Services Associate
cburdick@stoneridgerc.com
(860) 572-2411

DINING ROOM

Reservations: (860) 437-4052
Takeout: (860) 572-5671

Monday-Saturday
Lunch: 12:00—2:00 pm
Dinner: 5:00—7:30 pm
Sunday Brunch: 11:00—2:00 pm

J.B. PUB
Monday-Sunday

Complimentary Continental
Breakfast: 7:30—10:30 am

MARINER'S GRILLE
Reservations: (860) 572-5656

Monday-Saturday
Lunch: 12:00—2:00 pm
Dinner: 5:00—7:30 pm

Hair Salon & Stylists:
Wednesday, Friday, Saturday
9am - 3pm
Thursday 10am - 3pm
(860) 572-5673

Nail Services:
Thursday
10 am-3pm

Country Store Hours:
Monday—Saturday
10:30 am - 2:30 pm
(860) 572-5654

Call for Appointment:

Dr. Hennessey & Catherine Krenicky, APRN
(Primary Care)
(860) 464-7274 X112

Dr. Lawrence's Office
(Podiatrist)
(401) 596-0823

Dr. Walter's Office
(Podiatrist)
(860) 599-4555

Total Vision
(860) 415-9292

SUNDAY

9:00 Transportation to Mystic Congregational Church

9:45 Transportation to St. Patrick's Church

MONDAY

8:30-12:30 Mystic, New London, Waterford, Niantic Doctors Appointments

1:30 Grocery Shopping: McQuade's and Big Y

TUESDAY

8:30-3:00 Mystic, Groton, New London, Waterford, Niantic Doctors Appointments

WEDNESDAY

8:30-3:00 Backus Hospital and Surrounding Areas Doctors Appointments

THURSDAY

8:30-3:00 Mystic, Stonington, Westerly Doctors Appointments

FRIDAY 1:30 Shopping

5th- Waterford Walmart & Lowes

12th- Groton Rte 1 & Groton Shopping Plaza

19th- Waterford Target, Crystal Mall, New London Mall

No Friday Shopping on December 26th

Reoccurring Transportation Sunday - Friday