

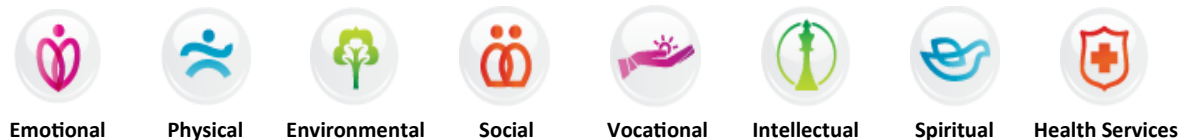
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>9:00 Transportation to Mystic Congregational Church 12</b></p> <p><b>9:30 Transportation to St. Patrick's</b></p> <p>11:00 Seated Range of Motion (918)</p> <p>1:00 Moving Meditation (918)</p> <p>2:00 Sunday Movie: "The French Lieutenant's Woman" (918)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>3:00 Scrabble (PUB)</p> <p><b>7:30 Sunday Movie: "The French Lieutenant's Woman" (AUD)</b></p> 	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>13</b></p> <p><b>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</b></p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 <i>Food Committee (CHR)</i></p> <p>1:30 <i>Sit &amp; Stitch/Knitters (RCCR)</i></p> <p><b>1:30 Grocery Shopping: McQuades</b></p> <p>2:00 Billiards (BR)</p> <p><b>2:00 Computer Help with Aiden (MG)</b></p> <p><b>3:00 Open Studio (CAS)</b></p> <p><b>3:00 Sounds of Nature Lecture: Barred Owl (AUD)</b></p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>14</b></p> <p><b>9:00 Dr. Walter, Podiatrist; Call for Appointment (OT)</b></p> <p>9:30 Duplicate Bridge (PUB)</p> <p><b>11:00 Tuesdays with Tina: Grief &amp; Loss (AUD)</b></p> <p>12:00 "World Heritage Sites: Exploring the World's Greatest Places" Parts 21 &amp; 22 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p><b>2:00 Great Decisions Discussion: Economic Warfare, Moderator: Charlie Schotts (AUD)</b></p> <p>4:00 Backgammon (PUB)</p> <p><b>5:00 Take Out Dinner with Ralph Wood: Mirch Masala (PUB) (New Date!)</b></p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "The Old Man" Season 1; Episode 6 (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>15</b></p> <p><b>11:30 Trip: Lunch at Brazen Hen (Westerly)</b></p> <p>1:30 Episcopal Service (AUD)</p> <p><b>2:00 Computer Help with Aiden (MG)</b></p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p><b>7:30 Foreign Movie: "Mrs. 'Arris Goes to Parris" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>16</b></p> <p><b>9:30 Beltone Hearing; Call for Appointment (PDR)</b></p> <p>10:45 <i>Chorus Practice (AUD)</i></p> <p>12:00 Great Courses "Museum Masterpieces: The Louvre" Parts 11 &amp; 12 (918)</p> <p>1:00 <i>Resident Marketing Committee (RCCR)</i></p> <p>1:00 Cribbage (PUB)</p> <p>2:00 Stone Quilters (Studio 1400; Building 1000, floor 4)</p> <p><b>2:00 Memoir Writing (CAS)</b></p> <p><b>4:00 Wine Series with Michele (AUD)</b></p> <p>7:30 Foreign Movie: "Mrs. 'Arris Goes to Parris" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>17</b></p> <p>12:30 Upcoming Events with Michael (918)</p> <p><b>1:00 Stations of the Cross with Dick Nourie (LL)</b></p> <p><b>1:30 Shopping (Target, Waterford Crystal Mall, Waterford Commons, New London Mall)</b></p> <p><b>1:30 Lenten Study with John Webster (AUD)</b></p> <p>2:00 Computer &amp; Device Help (CL)</p> <p>2:00 Billiards (BR)</p> <p><b>4:00 Saint Patrick's Day Happy Hour (PUB)</b></p>  <p>7:00 Poker (PUB)</p> <p><b>7:30 Friday Series: "The Old Man" Season 1; Episode 7 (AUD)</b></p>	<p>11:00 Seated Range of Motion (918) <b>18</b></p> <p>1:00 Standing Moving Meditation (918)</p> <p>1:30 Positive Energy Meditation (918)</p> <p>2:00 Open Pickleball (Pickleball Court)</p> <p>2:00 Saturday Movie: "The Quiet Man" (918)</p> <p><b>2:00 Krane Studio Irish Dancers (AUD)</b></p> <p><b>6:30 Eastern Connecticut Symphony Orchestra</b></p> <p><b>7:30 Saturday Movie: "The Quiet Man" (AUD)</b></p>
<p><b>9:00 Transportation to Mystic Congregational Church 19</b></p> <p><b>9:30 Transportation to St. Patrick's</b></p> <p>11:00 Seated Range of Motion (918)</p> <p>1:00 Moving Meditation (918)</p> <p>2:00 Sunday Movie: "Elvis" (918)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>3:00 Scrabble (PUB)</p> <p><b>7:30 Sunday Movie: "Elvis" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>20</b></p> <p><b>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</b></p> <p><b>9:00 Joseph Reynolds Moments in Time Photo Exhibit Week 2: Favorite Spots &amp; Shots (CAS)</b></p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 <i>Sit &amp; Stitch/Knitters (RCCR)</i></p> <p><b>1:30 Grocery Shopping: McQuades</b></p> <p>2:00 Billiards (BR)</p> <p><b>2:00 Computer Help with Aiden (MG)</b></p> <p>3:00 <i>Finance Committee (RCCR)</i></p> <p><b>4:00 Portal Update and Information Session (AUD)</b></p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>21</b></p> <p><b>9:00 Dr. Walter, Podiatrist; Call for Appointment (OT)</b></p> <p>9:30 Duplicate Bridge (PUB)</p> <p><b>9:30 Nova Hearing: Call for Appointment (PDR)</b></p> <p><b>11:00 Resident Update Meeting (AUD)</b></p> <p>12:00 "World Heritage Sites: Exploring the World's Greatest Places" Parts 23 &amp; 24 (918)</p> <p>1:00 <i>Conservation Interest Group (RCCR)</i></p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p><b>3:00 Book Club (RCCR)</b></p> <p><b>3:00 Treworgy Planetarium Lecture: "Polar Night, Artic Light" (AUD)</b></p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "The Old Man" S1; E7 (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>22</b></p> <p>9:30 <i>Residents Council Meeting (RCCR)</i></p> <p>1:30 Episcopal Service (AUD)</p> <p><b>1:30 Trip: Lyman Allyn Museum: Where Children Sleep Exhibit (New London)</b></p> <p><b>2:00 Computer Help with Aiden (MG)</b></p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p><b>3:00 Fire Safety Meeting (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>23</b></p> <p><b>9:00 Catherine Krenicky, APRN; Call for Appointment (OT)</b></p> <p>10:45 <i>Chorus Practice (MDR) Note Location Change</i></p> <p>12:00 Great Courses "The 30 Greatest Orchestral Works" Parts 1 &amp; 2 (918)</p> <p>1:00 Cribbage (PUB)</p> <p>1:00 <i>Art Committee Meeting (RCCR)</i></p> <p><b>2:00 Memoir Writing (CAS)</b></p> <p><b>4:00 Connecticut Historical Society Lecture- Katherine Hepburn (AUD)</b></p> <p>7:30 Foreign Movie: "Argentina, 1985" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>24</b></p> <p>12:30 Upcoming Events w/ Michael (918)</p> <p><b>1:00 Stations of the Cross with Dick Nourie (LL)</b></p> <p><b>1:30 Shopping: Westerly (Downtown and JC Penney, TJ Maxx, and Walmart)</b></p> <p><b>1:30 Lenten Study with John Webster (AUD)</b></p> <p>2:00 Computer &amp; Device Help (CL)</p> <p>2:00 Billiards (BR)</p> <p><b>3:00 Fire Safety Meeting (AUD)</b></p> <p>7:00 Poker (PUB)</p> <p><b>7:30 Friday Series: "The Old Man" Season 1; Episode 8 (AUD)</b></p>	<p>11:00 Seated Range of Motion (918) <b>25</b></p> <p>1:00 Standing Moving Meditation (918)</p> <p>2:00 Open Pickleball (Pickleball Court)</p> <p>2:00 Saturday Movie: "High Society" (918)</p> <p><b>7:30 Saturday Movie: "High Society" (AUD)</b></p>
<p><b>9:00 Transportation to Mystic Congregational Church 26</b></p> <p><b>9:30 Transportation to St. Patrick's</b></p> <p>11:00 Seated Range of Motion (918)</p> <p>1:00 Moving Meditation (918)</p> <p><b>2:00 Play Reading (AUD)</b></p> <p>2:00 Sunday Movie: "The Magdalene Sisters" (918)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>3:00 Scrabble (PUB)</p> <p><b>7:30 Sunday Movie: "The Magdalene Sisters" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>27</b></p> <p><b>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</b></p> <p><b>9:00 Joseph Reynolds Photo Exhibit Week 3: Surreal Photo Gallery (CAS)</b></p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 <i>Sit &amp; Stitch/Knitters (RCCR)</i></p> <p><b>1:30 Grocery Shopping: McQuades</b></p> <p>2:00 Billiards (BR)</p> <p><b>2:00 Computer Help with Aiden (MG)</b></p> <p><b>3:00 Open Studio (CAS)</b></p> <p><b>4:00 Sound Immersive Meditation with Marisa (AUD)</b></p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>28</b></p> <p>9:30 Duplicate Bridge (PUB)</p> <p><b>11:00 Tuesday's with Tina: Caregiver Support (AUD)</b></p> <p>12:00 "Notorious London: A City Tour" Parts 1 &amp; 2 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 <i>Recreation Committee (RCCR)</i></p> <p><b>3:00 "Becoming" Michele Obama Documentary (AUD)</b></p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "The Old Man" Season 1; Episode 8 (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>29</b></p> <p><b>9:00 Dr. Lawrence, Podiatrist; Call for Appointment (OT)</b></p> <p><b>11:30 TRIP: Koto Japanese Restaurant for Lunch (Groton)</b></p> <p>1:30 Episcopal Service (AUD)</p> <p><b>2:00 Computer Help with Aiden (MG)</b></p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p><b>7:30 Foreign Movie: "Land of Mine" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>30</b></p> <p>10:45 <i>Chorus Practice (AUD)</i></p> <p>12:00 Great Courses "The 30 Greatest Orchestral Works" Parts 3 &amp; 4 (918)</p> <p>1:00 Cribbage (PUB)</p> <p><b>2:00 Memoir Writing (CAS)</b></p> <p><b>4:00 "A Call to Arts" The O'Malley's Artistic Journey Video, with Cormac O'Malley (AUD)</b></p> <p>7:30 Foreign Movie: "Land of Mine" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>31</b></p> <p>12:30 Upcoming Events w/ Michael (918)</p> <p><b>1:00 Stations of the Cross with Dick Nourie (LL)</b></p> <p><b>1:30 Shopping: Westerly (Downtown and JC Penney, TJ Maxx, and Walmart)</b></p> <p><b>1:30 Lenten Study with John Webster (AUD)</b></p> <p>2:00 Computer &amp; Device Help (CL)</p> <p>2:00 Billiards (BR)</p> <p><b>3:00 Paul Shlien on Piano (AUD)</b></p> <p>7:00 Poker (PUB)</p>	<p><b>Call for Appointment</b></p> <p><b>Beltone Hearing</b> (860) 326-5518</p> <p><b>Dr. Hennessey &amp; Catherine Krenicky, APRN</b> (Primary Care) (860) 464-7274 X110</p> <p><b>Dr. Lawrence's Office</b> (Podiatrist) (401) 596-0823</p> <p><b>Dr. Walter's Office</b> (Podiatrist) (860)599-4555</p> <p><b>Nova Hearing</b> (860) 916-6169</p> <p><b>Tina Hall, Social Worker</b> (860) 437-4076</p>
<p><b>AC</b>—Aquatic Center</p> <p><b>AG</b>—Art Gallery</p> <p><b>AL</b>—Avalon Lounge</p> <p><b>ADR</b>—Avalon Dining Room</p>	<p><b>ARR</b>—Avalon Recreation Room</p> <p><b>AUD</b>—Auditorium</p> <p><b>BR</b>—Billiards Room (Bldg. 5000, Level 3)</p> <p><b>CAS</b>—Creative Arts Studio</p>	<p><b>CHR</b>—Chart Room</p> <p><b>CONF</b>—Conference Room</p> <p><b>COT</b>—Cottage</p> <p><b>CL</b>—Computer Lab</p>	<p><b>CS</b>—Country Store</p> <p><b>MG</b>—Mariner's Grille</p> <p><b>FS</b>—Fitness Studio</p> <p><b>FSR</b>—Fireside Room</p>	<p><b>LIB</b>—Library</p> <p><b>LL</b>—Lighthouse Lounge</p> <p><b>MDR</b>—Main Dining Room</p> <p><b>OT</b>—Occupational Therapy Room</p>	<p><b>PDR</b>—Private Dining Room</p> <p><b>PUB</b>—Jerry Browne Pub</p> <p><b>RCCR</b>—Resident Council Conference Room (Bldg. 5000, level 4)</p>	<p><b>RSO</b>—Resident Services Office</p> <p><b>SR</b>—StoneRidge Gardens</p> <p><b>VG</b>—Village Green</p> <p><b>918</b>—TV Channel 918</p>



# March 2023

*“When there is nothing left to learn from the winter, move on to the spring.”*

186 Jerry Browne Road  
Mystic, CT. 06355



All transportation requires a reservation

**Mondays:** (Mystic—New London—Waterford—Niantic) 8:30 a.m.—12:30 p.m.

**Tuesdays:** (Mystic—Groton—New London—Waterford—Niantic) 8:30 a.m.—3:00 p.m.

**Thursdays:** (Mystic—Stonington—Westerly) 8:30 a.m.—3:00 p.m.

Please schedule your medical appointments accordingly to return to StoneRidge by 3:00 p.m.

For Medical Appointments, Call Cyndy Rowley, Transportation Supervisor, at (860) 572-5604  
Email: transportation@stoneridgerc.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Aquatic Center &amp; Fitness Center</b> 7 Days A Week: 8:00am—8:00pm</p> <p><b>Hair Salon:</b> Tuesday—Friday 9 am to 3 pm (860)572-5673</p> <p><b>Barbershop:</b> Monday: 9am to 3pm</p> <p><b>Nail Services:</b> Wednesday: 9 am to 3 pm</p> <p><b>Country Store Hours:</b> Monday—Saturday 10:30 am - 12:30 pm (860) 572-5654</p>	<p><b>Turn on TV CH 918 for up to date information! Any questions about this calendar please contact:</b></p> <p><b>Michael Langlois,</b> Community Life Services Director mlanglois@stoneridgerc.com (860) 572-5601</p> <p><b>Michele Walworth</b> Community Life Services Associate mwalworth@stoneridgerc.com (860) 572-2411</p> <p><b>Taylor Palmer</b> Community Life Services Assistant tpalmer@stoneridgerc.com (860) 437-4041</p> <p><b>Activities and Trips in red require SIGN UP in the Activity Book on the table across from the Mailroom</b></p>	<p><b>DINING ROOM</b> Reservations: 860-437-4052 Takeout: 860-572-5671</p> <p><b>Monday-Saturday</b> Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm</p> <p><b>Sunday Brunch:</b> 11:00—2:00 pm</p> <p><b>J.B. PUB</b> <b>Monday-Sunday</b> Complimentary Continental Breakfast: 7—10 a.m.</p> <p><b>MARINER'S GRILLE</b> Reservations: 860-572-5656</p> <p><b>Monday-Saturday</b> Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm</p>	<p>9:00 “For Prayer and Meditation” with John Webster (918) <b>1</b></p> <p>11:45 <b>TRIP: Lunch at Mangos and Shopping at Olde Mistick Village (Mystic)</b></p> <p>1:30 <b>Episcopal Service (Avalon Lounge) Location Change</b></p> <p>2:00 <b>Computer Help with Aiden (MG)</b></p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p>7:30 <b>Foreign Movie: “Black Orpheus” (PUB) Location Change</b></p> <div style="border: 1px solid purple; padding: 5px; text-align: center;"> <p><b>TRANSPORTATION</b> Sign-up for Shopping in the Transportation Book in the Mail Room.</p> </div>	<p>9:00 “For Prayer and Meditation” with John Webster (918) <b>2</b></p> <p>10:45 <b>Chorus Practice (MDR) Location Change</b></p> <p>12:00 Great Courses “Museum Masterpieces: The Louvre” Parts 7 &amp; 8 (918)</p> <p>1:00 <b>Grounds and Gardens Committee (RCCR)</b></p> <p>1:00 Cribbage (PUB)</p> <p>2:00 Stone Quilters (Studio 1400; Building 1000, 4th floor)</p> <p>2:00 <b>Memoir Writing (CAS)</b></p> <p>3:00 <b>Buildings &amp; Safety Committee (RCCR)</b></p> <p>7:30 Foreign Movie: “Black Orpheus” (918)</p>	<p>9:00 “For Prayer and Meditation” with John Webster (918) <b>3</b></p> <p>11:00 <b>TRIP: Portuguese Club Fish &amp; Chips Lunch (Stonington)</b></p> <p>12:30 Upcoming Events with Michael (918)</p> <p>1:00 <b>Stations of the Cross with Dick Nourie (LL)</b></p> <p>1:30 <b>Shopping (Waterford Walmart &amp; Lowe’s)</b></p> <p>1:30 <b>Lenten Study with John Webster (CHR) Location Change</b></p> <p>2:00 Computer &amp; Device Help (CL)</p> <p>2:00 Billiards (BR)</p> <p>7:30 <b>Friday Series: “The Old Man” Season 1; Episode 5 (PUB) Location Change</b></p>	<p>11:00 Seated Range of Motion (918) <b>4</b></p> <p>1:00 Standing Moving Meditation (918)</p> <p>1:30 Positive Energy Meditation (918)</p> <p>2:00 Open Pickleball (Pickleball Court)</p> <p>2:00 Saturday Movie: “Out of Africa” (918)</p> <p>7:30 <b>Saturday Movie: “Out of Africa” (PUB) Location Change</b></p> <div style="border: 1px solid purple; padding: 5px; text-align: center;"> <p><b>Due to inclement weather during winter months, cancellations may occur. We will give as much notice as possible.</b></p> </div>
<p>9:00 <b>Transportation to Mystic Congregational Church</b> <b>5</b></p> <p>9:30 <b>Transportation to St. Patrick’s</b></p> <p>11:00 Seated Range of Motion (918)</p> <p>1:00 Moving Meditation (918)</p> <p>2:00 Sunday Movie: “La La Land” (918)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 <b>Sunday Movie: “La La Land” (PUB) Location Change</b></p>	<p>9:00 “For Prayer and Meditation” with John Webster (918) <b>6</b></p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 Sit &amp; Stitch/Knitters (RCCR)</p> <p>1:30 <b>Grocery Shopping: McQuades</b></p> <p>2:00 <b>Computer Help with Aiden (MG)</b></p> <p>2:00 Billiards (BR)</p> <p>2:30 <b>Library Committee (PDR)</b></p> <p>3:00 <b>Open Studio (CAS)</b></p>	<p>9:00 “For Prayer and Meditation” with John Webster (918) <b>7</b></p> <p>9:30 Duplicate Bridge (PUB)</p> <p>11:00 <b>Tuesday’s with Tina: Chronic Pain Discussion (RCCR)</b></p> <p>12:00 “World Heritage Sites: Exploring the World’s Greatest Places” Parts 19 &amp; 20 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 <b>Health Committee (RCCR)</b></p> <p>4:00 Backgammon (PUB)</p> <p>4:00 <b>Welcome Reception for Pamela Klapproth, Executive Director (MDR)</b></p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: “The Old Man” Season 1; Episode 5 (918)</p>	<p>9:00 “For Prayer and Meditation” with John Webster (918) <b>8</b></p> <p>1:30 <b>Episcopal Service (Avalon Lounge) Location Change</b></p> <p>1:30 <b>TRIP: Mystic Luxury Cinemas Matinee “80 for Brady” (Mystic)</b></p> <p>2:00 <b>Computer Help with Aiden (MG)</b></p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p>7:30 <b>Foreign Movie: “Pygmalion” (AUD)</b></p>	<p>9:00 “For Prayer and Meditation” with John Webster (918) <b>9</b></p> <p>9:00 <b>Catherine Krenicky, APRN; Call for Appointment (OT)</b></p> <p>9:45 <b>Movie Selection Panel (MG)</b></p> <p>10:45 <b>Chorus Practice (AUD)</b></p> <p>12:00 Great Courses “Museum Masterpieces: The Louvre” Parts 9 &amp; 10 (918)</p> <p>1:00 <b>Welcome Committee (CHR)</b></p> <p>1:00 Cribbage (PUB)</p> <p>2:00 <b>Memoir Writing (CAS)</b></p> <p>3:00 <b>StoneRidge Players Meeting (AUD)</b></p> <p>7:30 Foreign Movie: “Pygmalion” (918)</p>	<p>9:00 “For Prayer and Meditation” with John Webster (918) <b>10</b></p> <p>12:30 Upcoming Events with Michael (918)</p> <p>1:00 <b>Stations of the Cross with Dick Nourie (LL)</b></p> <p>1:30 <b>Shopping (Groton along Route 1 &amp; Groton Shopping Plaza: Walmart, Kohl’s, Stop &amp; Shop)</b></p> <p>1:30 <b>Lenten Study with John Webster (AUD)</b></p> <p>2:00 Billiards (BR)</p> <p>3:00 <b>Denison Nature Center “Long Island Sound” Lecture (AUD)</b></p> <p>7:00 Poker (PUB)</p> <p>7:30 <b>Friday Series: “The Old Man” Season 1; Episode 6 (AUD)</b></p>	<p>11:00 Seated Range of Motion (918) <b>11</b></p> <p>1:00 Standing Moving Meditation (918)</p> <p>1:30 Positive Energy Meditation (918)</p> <p>2:00 Open Pickleball (Pickleball Court)</p> <p>2:00 Saturday Movie: “The Color Purple” (918)</p> <p>2:00 <b>Nick Anderson and Shady Creek Bluegrass Band (AUD)</b></p> <p>4:00 <b>Joseph Reynolds “Moments in Time” Photo Exhibit Opening Reception Week 1: Eclectic Collection (CAS)</b></p> <p>7:30 Saturday Movie: “The Color Purple” (AUD)</p>

**Reoccurring Fitness Classes Monday - Friday:**  
Refer to the Activities Changes Sheet placed on ledges for changes or cancellations due to Carpet Install

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30 Seated Range of Motion (918)</p> <p>10:30 <b>Stable &amp; Strong (AUD)</b></p> <p>2:00 Seated Lower Body Strength (918)</p> <p>7:30 pm Meditation for Relaxation (918)</p>	<p>10:00 <b>Heart Healthy Hustle (AUD)</b></p> <p>10:30 <b>Standing Moving Meditation (AUD)</b></p> <p>10:30 Seated Moving Meditation (918)</p> <p>11:00 <b>Sport Splash! (Pool)</b></p> <p>1:00 <b>Tai Chi Balance (RSVP Class AUD)</b></p> <p>2:00 Positive Energy Meditation (918)</p>	<p>9:30 Seated Lower Body Strength (918)</p> <p>10:30 <b>Stable &amp; Strong (AUD)</b></p> <p>7:30 pm Meditation for Relaxation (918)</p>	<p>10:00 <b>Heart Healthy Hustle (AUD)</b></p> <p>10:30 Standing Moving Meditation (918)</p> <p>1:00 <b>Tai Chi Balance (RSVP Class AUD)</b></p> <p>2:00 Positive Energy Meditation (918)</p> <p><b>Note: No In-Person Classes on Mar. 23</b></p>	<p>9:30 Seated Range of Motion (918)</p> <p>9:00 <b>Slow Flow H2O (Pool)</b></p> <p>10:30 <b>Stable &amp; Strong (AUD)</b></p> <p>7:30 pm Meditation for Relaxation (918)</p>

**Contact Julie Oliver, Fitness Specialist for more information**  
(860)572-5657