

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:30 Catholic Communion 14 contact Kip Brockmyre to sign up (CHR)</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "All of Us Strangers" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "All of Us Strangers" (AUD)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Aquatic Center & Fitness Center 7 Days A Week 8:00am—8:00pm</p> </div>	<p>9:00 "For Prayer and Meditation" 15 with John Webster (918)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:00 <i>Art Committee Meeting (CAS)</i></p> <p>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></p> <p>2:00 Billiards (BR)</p> <p>2:00 Parkinson's Foundation Expert Briefings "A Balancing Act: Freezing and Fall Prevention in Parkinson's" Video (AUD)</p> <p>3:00 <i>Finance Committee (RCCR)</i></p> <p>3:00 Drawing Class with Ceilidh (CAS)</p> <p>6:30 BINGO (AUD)</p>	<p>No Morning In-Person Fitness Classes in the Auditorium 16</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>10:00 Open Pickleball (PC)</p> <p>11:00 Resident Update Meeting (AUD)</p> <p>12:00 Portal Photo Session (RR)</p> <p>12:00 Video "France Through the Ages" Ep. 17 & 18 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:00 <i>Residents for Conservation Action (RCCR)</i></p> <p>1:00 Resident Feedback Priorities Session (AUD)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Computer & Device Help (MG)</p> <p>1:30 Beer Brewing: 20th Anniversary Beer (Grille Patio)</p> <p>3:00 Norther Bonds: The Viking- Celtic Connection (AUD)</p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "The Forsyte Saga" S. 1 Ep 3 & 4 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 17</p> <p>9:00 TRIP: Museum of Fine Arts in Boston— All Day Trip</p> <p>9:30 <i>Resident's Council Meeting (RCCR)</i></p> <p>1:00 Transportation to Parkinson's Support Group at Masonicare</p> <p>1:30 Episcopal Service (AUD)</p> <p>3:00 Resident-Led Pool Volleyball (AC)</p> <p>3:00 Hearing Seminar with Audiologist Kathy Dreher (AUD)</p> <p>7:30 Foreign Movie: "The Promised Land" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 18</p> <p>9:00 Beltone Hearing (PDR)</p> <p>9:00 Catherine Krenicky, APRN (OT)</p> <p>10:00 Open Pickleball (PC)</p> <p>10:45 <i>StoneRidge Chorus Practice (AUD)</i></p> <p>12:00 Great Courses "Great Artists of the Italian Renaissance" Parts 31 & 32 (918)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Mystic Seaport Adventure Series "Cole Brauer: A Journey Across Oceans and the Making of Maritime History" (AUD)</p> <p>2:00 <i>Stone Quilters (Studio 1207; Building 1000, 2nd Floor)</i></p> <p>2:00 Painting Class with Ceilidh (CAS)</p> <p>7:30 Foreign Movie: "The Promised Land" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 19</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 <i>Quilting Lessons with the Stone Quilters (Studio 1207; Building 1000, 2nd Floor)</i></p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Billiards (BR)</p> <p>4:00 Beatrix Potter, Environmentalist Talk with Tom Verde (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "The Forsyte Saga" S. 1 Ep. 5 & 6 (AUD)</p>	<p>9:30 Lower Body Strength, Seated (918) 20</p> <p>10:00 Open Pickleball (Pickleball Court)</p> <p>11:00 Qi Gong (918)</p> <p>1:30 Positive Energy Meditation(918)</p> <p>2:00 Bocce Match: Guys vs Dolls (BC)</p> <p>2:00 Saturday Movie: "A River Runs Through It" (918)</p> <p>7:30 Saturday Movie: "A River Runs Through It" (AUD)</p>
<p>10:30 Catholic Communion 21 contact Kip Brockmyre to sign up (CHR)</p> <p>11:00 Qi Gong Seated (918)</p> <p>1:00 Transportation to Coast Guard Concert</p> <p>2:00 Sunday Movie: "American Fiction" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "American Fiction" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 22</p> <p>9:00 Dr. Hennessey, Primary Care (OT)</p> <p>10:00 Avalonia Land Trust Clean Up (Meet at Flagpole on Village Green)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></p> <p>2:00 Billiards (BR)</p> <p>3:00 Drawing Class with Ceilidh (CAS)</p> <p>7:00 Shakespeare & Company Performance of "A Midsummer Night's Dream" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 23</p> <p>9:00 Earth Day Plant-N-Go: All Day (CAS)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>10:00 Open Pickleball (PC)</p> <p>12:00 Video "France Through the Ages" Ep. 19 & 20 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Computer & Device Help (MG)</p> <p>4:00 Zero Waste Talk with the Ditty Bag Market (AUD)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "The Forsyte Saga" S. 1 Ep. 5 & 6 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 24</p> <p>1:30 TRIP: Mystic Seaport "Oceanus" Watercolor and "Spineless: A Glass Menagerie of Blaschka Marine Invertebrates" Exhibits</p> <p>1:30 Episcopal Service (AUD)</p> <p>3:00 Resident-Led Pool Volleyball (AC)</p> <p>3:00 Q&A with Nutmeg Pharmacy (PUB)</p> <p>4:00 Kevin Buterbaugh Current Events Lecture Series "Drug Crisis in the U.S." (AUD)</p> <p>7:30 Foreign Movie: "The Taste of Things" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 25</p> <p>9:00 Catherine Krenicky, APRN (OT)</p> <p>10:00 Open Pickleball (PC)</p> <p>10:00 Coffee and Conversations with Pamela Klapproth, Executive Director (PUB)</p> <p>10:45 <i>StoneRidge Chorus Practice (AUD)</i></p> <p>12:00 Great Courses "Great Artists of the Italian Renaissance" Parts 33 & 34 (918)</p> <p>1:00 <i>Cribbage (PUB)</i></p> <p>1:00 <i>Resident Marketing Committee (RCCR)</i></p> <p>2:00 Painting Class with Ceilidh (CAS)</p> <p>3:00 Marc Morgan from Willimantic Waste Recycling Talk (AUD)</p> <p>7:30 Foreign Movie: "The Taste of Things" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 26</p> <p>11:00 Bereavement Grief and Loss Support Group (CHR)</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 <i>Quilting Lessons with Sone Quilters (Studio 1207; Building 1000, 2nd Floor)</i></p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Billiards (BR)</p> <p>4:00 Rick Newton Stonington Climate Task Force Lecture (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "The Forsyte Saga" S. 1 Ep. 7 & 8 (AUD)</p>	<p>9:30 Lower Body Strength Seated (918) 27</p> <p>10:00 Open Pickleball (Pickleball Court)</p> <p>11:00 Qi Gong (918)</p> <p>1:00 Open Bocce (BC)</p> <p>1:30 Positive Energy Meditation(918)</p> <p>2:00 Saturday Movie: "Poor Things" (918)</p> <p>3:00 Play Reading "Words From the Front" (AUD)</p> <p>6:30 Transportation to Eastern Connecticut Symphony Orchestra</p> <p>7:30 Saturday Movie: "Poor Things" (AUD)</p>
<p>10:30 Catholic Communion 28 contact Kip Brockmyre to sign up (CHR)</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Wonka" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Wonka" (AUD)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>For Medical Appointments, Call the Transportation Department, at (860) 572-5604 Email: transportation@stoneridgerc.com</p> </div>	<p>9:00 "For Prayer and Meditation" (918) 29</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></p> <p>1:30 Craft: Kentucky Derby Hats (CAS)</p> <p>2:00 Billiards (BR)</p> <p>2:00 Parkinson's Foundation Expert Briefings "Use It or Lose It- The Impact of Physical Activity in Parkinson's" Video (AUD)</p> <p>3:00 StoneRidge 20th Anniversary Photo (VG)</p> <p>4:00 Kim Larkin Wine and Chocolate Tasting (AUD)</p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 30</p> <p>9:00 Dr. Walter, Podiatrist (OT)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>10:00 Open Pickleball (PC)</p> <p>12:00 Video "France Through the Ages" Ep. 21 & 22 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 <i>Recreation Committee Meeting (RCCR)</i></p> <p>2:00 Computer & Device Help (MG)</p> <p>3:00 Connecticut Museum of Culture and History "That's Weird!" Lecture (AUD)</p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "The Forsyte Saga" S. 1 Ep. 7 & 8 (918)</p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>Hair Salon & Stylists: Monday-Friday 9am - 3pm (860)572-5673</p> <p>Barber Available: Tuesday & Friday: 9am-3pm</p> <p>Nail Services: Monday 9am-3pm or by appt</p> <p>.....</p> <p>Country Store Hours: Monday—Saturday 10:30 am - 12:30 pm (860) 572-5654</p> </div>	<div style="border: 1px solid red; padding: 5px; margin-bottom: 10px;"> <p>Activities and Trips in red require SIGN UP in the Activity Book on the table across from the Mailroom.</p> </div> <div style="border: 1px solid red; padding: 5px;"> <p>TRANSPORTATION Sign-up for Shopping in the Transportation Book in the Mail Room.</p> </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>DINING ROOM Reservations: 860-437-4052 Takeout: 860-572-5671</p> <p>Monday-Saturday Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm Sunday Brunch: 11:00—2:00 pm</p> <p>J.B. PUB Monday-Sunday Complimentary Continental Breakfast: 7—10 am. MARINER'S GRILLE Reservations: 860-572-5656</p> <p>Monday-Saturday Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm</p> </div>	<p>Call for Appointment:</p> <p>Dr. Hennessey & Catherine Krenicky, APRN (Primary Care) (860)464-7274 X110</p> <p>Dr. Lawrence's Office (Podiatrist) (401)596-0823</p> <p>Dr. Walter's Office (Podiatrist) (860)599-4555</p> <p>Nova Hearing (860)916-6169</p> <p>Beltone Hearing (860)333-1616</p> <p>LoriAnn Levanto, Social Worker (860)437-4076</p>

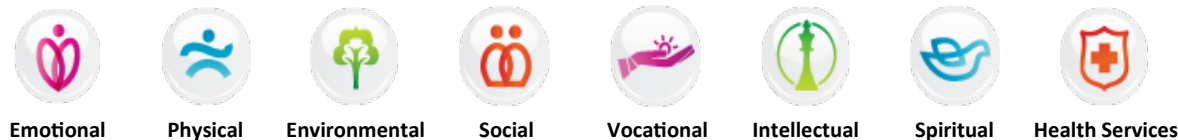
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY	FRIDAY 1:30 Shopping	Reoccurring Transportation Sunday - Friday
<p>9:00 Transportation to Mystic Congregational Church</p> <p>9:45 Transportation to St. Patrick's Church</p>	<p>8:30-12:30 Mystic, New London, Waterford, Niantic Doctors Appointments</p> <p>1:30 Grocery Shopping: McQuades and Big Y</p>	<p>8:30-3:00 Mystic, Groton, New London, Waterford, Niantic Doctors Appointments</p>	<p>8:30-3:00 Backus Hospital and Surrounding Areas Doctors Appointments</p>	<p>8:30-3:00 Mystic, Stonington, Westerly Doctors Appointments</p>	<p>5th— Waterford Walmart & Lowes</p> <p>12th— Groton Rte 1 & Groton Shopping Plaza</p> <p>19th— Waterford Target, Crystal Mall, New London Mall</p> <p>26th— Downtown Westerly & Westerly Shopping Center</p>	<p>Reoccurring Transportation Sunday - Friday</p>



April 2024

"April rains transform fields from plain, to lovely wildflower-filled terrain."

186 Jerry Browne Road
Mystic, CT. 06355



- 918-** TV Channel 918
- AC-** Aquatic Center (Clubhouse, 2nd Floor)
- AUD-** Auditorium
- BC-** Bocce Court (Outside by Village Green)
- 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
<p>Turn your TV to CH 918 for up to date information! If you have any questions regarding this calendar please contact:</p> <p>Michael Langlois Community Life Services Director mlanglois@stoneridgerc.com (860) 572-5601</p> <p>Taylor Palmer Community Life Services Associate tpalmer@stoneridgerc.com (860) 437-4041</p> <p>Ceilidh Burdick Community Life Services Associate cburdick@stoneridgerc.com (860) 572-2411</p>	<p>9:00 "For Prayer and Meditation" 1 (918)</p> <p>8:55 Dr. Hennessey, Primary Care (OT)</p> <p>12:55 Party Bridge (PUB)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>1:55 Billiards (BR)</p> <p>1:55 Parkinson's Foundation Expert Briefings "Parkinson's and the Gut-Brain Connection" Video (AUD)</p> <p>2:30 Library Committee (PDR)</p> <p>2:55 Drawing Class with Ceilidh (CAS)</p>	<p>9:00 "For Prayer and Meditation" 2 (918)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>10:00 Open Pickleball (PC)</p> <p>12:00 Video "France Through the Ages" Ep. 13 & 14 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Perkin's Farm Update with David Lattizori (AUD)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Fabric Collage Art with the Mystic Museum of Art (CAS)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Health and Safety Committee (RCCR)</p> <p>4:00 Backgammon (PDR)</p> <p>4:00 Beer Tasting: Vermont Beers (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Boston Legal" S. 1 Ep. 17 (918)</p>	<p>9:00 "For Prayer and Meditation" 3 (918)</p> <p>9:30 National Walking Day Walk Around StoneRidge (ML)</p> <p>12:00 TRIP: Lunch at Rio Salado (Mystic)</p> <p>1:30 Episcopal Service (AUD)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>3:00 Bob Potter Lecture "Manet, Renoir, and the Impressionists" (AUD)</p> <p>7:30 Foreign Movie: "Fallen Leaves" (AUD)</p>	<p>9:00 For Prayer and Meditation (918) 4</p> <p>9:00 Catherine Krenicky, APRN (OT)</p> <p>10:00 Open Pickleball (PC)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>12:00 Video "Great Artists of the Italian Renaissance" Ep. 27 & 28 (918)</p> <p>1:00 Grounds and Gardens Committee (RCCR)</p> <p>1:00 TRIP: Walking Trip with Julie to Harkness Park</p> <p>1:00 Cribbage (PUB)</p> <p>2:00 Stone Quilters (Studio 1207; Building 1000, 2nd Floor)</p> <p>2:00 Painting Class with Ceilidh (CAS)</p> <p>3:00 Curtis Goodwin, New London Heritage Trail Presentation (AUD)</p> <p>3:00 Facilities Committee (RCCR)</p> <p>7:30 Foreign Movie: "Fallen Leaves" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 5</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 Quilting Lessons with the Stone Quilters (Studio 1207; Building 1000, 2nd Floor)</p> <p>1:00 Residents for Conservation Action Meeting (RCCR)</p> <p>2:00 Billiards (BR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>3:00 Movie Matinee: "Mamma Mia!" (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "The Forsyte Saga" S. 1 Ep. 1 & 2 (AUD)</p>	<p>9:30 Lower Body Strength Seated (918) 6</p> <p>10:00 Open Pickleball (PC)</p> <p>11:00 Qi Gong (918)</p> <p>1:30 Positive Energy Meditation (918)</p> <p>2:00 Bocce Match: Octogenarians vs Nonagenarians (BC)</p> <p>2:00 Saturday Movie: "The Hustler" (918)</p> <p>7:30 Saturday Movie: "The Hustler" (AUD)</p>
LIBRARY WEEK - STONERIDGE LIBRARY BOOK GIVEAWAY, OUTSIDE THE LIBRARY (CLUBHOUSE, 2ND FLOOR)						

Regular daily transportation times can now be found at the bottom of the back side of the calendar.

<p>10:30 Catholic Communion 7 contact Kip Brockmyre to sign up (CHR)</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Avatar" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Avatar" (AUD)</p>	<p>9:00 "For Prayer and Meditation" 8 (918)</p> <p>9:00 Dr. Hennessey, Primary Care (OT)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>1:30 Food and Beverage Committee (CHR)</p> <p>2:00 Billiards (BR)</p> <p>2:30 Solar Eclipse Happy Hour (MG)</p> <p>3:00 Open Studio for Drawing Class (CAS)</p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" 9 (918)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>10:00 Open Pickleball (PC)</p> <p>12:00 Video "France Through the Ages" Ep. 15 & 16 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:00 Book Club (RCCR)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:30 Great Decisions: "High Seas Treaty" with moderator Joe Benedict (AUD)</p> <p>4:00 Backgammon (PUB)</p> <p>5:30 Take Out Dinner with Ralph Wood (CHR)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "The Forsyte Saga" S. 1 Ep. 1 & 2 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 10</p> <p>9:00 Community Connections Meeting (AUD)</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Caregiver Support Group with Guest Speaker (CHR)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>4:00 Artificial Intelligence Talk with Dr. William Tarimo (AUD)</p> <p>7:30 Foreign Movie: "Next Goal Wins" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 11</p> <p>9:45 Movie Selection Pannel (MG)</p> <p>10:00 Open Pickleball (PC)</p> <p>10:00 Coffee and Conversations with the Resident Council (PUB)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>12:00 Video "Great Artists of the Italian Renaissance" Ep. 29 & 30 (918)</p> <p>1:00 Farewell Reception for Meredith (AUD)</p> <p>1:00 Welcome Committee (CHR)</p> <p>1:00 Cribbage (PUB)</p> <p>2:00 Open Studio for Painting Class (CAS)</p> <p>4:00 Antarctica Slideshow with Joe Benedict (AUD)</p> <p>7:30 Foreign Movie: "Next Goal Wins" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 12</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 Quilting Lessons with the Stone Quilters (Studio 1207; Building 1000, 2nd Floor)</p> <p>2:00 Billiards (BR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>3:00 Broadway Comes to StoneRidge Video: "Cyrano de Bergerac" (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "The Forsyte Saga" S. 1 Ep. 3 & 4 (AUD)</p>	<p>9:30 Lower Body Strength Seated (918) 13</p> <p>10:00 Open Pickleball (PC)</p> <p>11:00 Qi Gong (918)</p> <p>1:00 Open Bocce (BC)</p> <p>1:30 Positive Energy Meditation (918)</p> <p>2:00 Saturday Movie: "Babe" (918)</p> <p>7:30 Saturday Movie: "Babe" (AUD)</p>
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Reoccurring Fitness Classes Monday - Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30 Seated Range of Motion (918)</p> <p>9:30 Heart and Sole Walk (ML)</p> <p>10:30 Stable & Strong (AUD)</p> <p>7:30 Meditation for Relaxation (918)</p>	<p>9:00 Slow Flow H2O (Pool)</p> <p>9:30 Lower Body Strength (918)</p> <p>10:00 Heart Healthy Hustle (AUD)</p> <p>10:35 Range of Motion Exercises (AUD)</p> <p>11:00 Yoga (AUD)</p> <p>11:30 Tai Chi Intro (AUD)</p> <p>2:00 Calming Meditation (918)</p>	<p>9:30 Heart and Sole Walk (ML)</p> <p>9:30 Seated Range of Motion (918)</p> <p>10:30 Stable & Strong (AUD)</p> <p>7:30 Meditation for Relaxation (918)</p>	<p>9:30 Lower Body Strength Chair (918)</p> <p>10:00 Heart Healthy Hustle (AUD)</p> <p>10:35 Range of Motion Exercises (FS)</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>9:00 Slow Flow H2O (Pool)</p> <p>9:30 Seated Range of Motion (918)</p> <p>10:30 Stable & Strong (AUD)</p> <p>7:30 Meditation for Relaxation (918)</p>

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