



186 Jerry Browne Road
Mystic, CT. 06355



PHYSICAL



INTELLECTUAL



SPIRITUAL



ENVIRONMENTAL



EMOTIONAL



SOCIAL



VOCATIONAL



HEALTH SERVICES

December 2024

*"Remember this December, that love weighs more than gold"
-Josephine Dodge Daskam Bacon*

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
1 10:30 Catholic Communion Contact Kip Brockmyre to sign up 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "Shutter Island" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "Shutter Island" (AUD) Activities and Trips in red require SIGN UP in the Activity Book on the table across from the Mailroom.	2 9:00 "For Prayer and Meditation" (918) 9:00 Dr. Hennessey, Primary Care (OT) 1:00 Party Bridge (PUB) 1:00 Decorating the Holiday Tree (ML) 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 2:30 Library Committee (PDR) 3:00 Advent Discussion with John Webster (AUD)	3 9:00 "For Prayer and Meditation" (918) 9:00 Open Pickleball (PC) 9:30 Duplicate Bridge (PUB) 12:00 Video "The World's Greatest Geological Wonders" Ep. 35 & 36 (918) 1:00 Canasta (PUB) 1:30 Mahjong (PUB) 2:00 Mystic Museum of Art Craft and Sip Class: Ornament Wreaths (CAS) 2:00 Computer & Device Help (MG) 2:00 Bob Potter Lecture: Art of the Americas (AUD) 2:00 Health and Safety Committee (RCCR) 2:30 Resident-led Pool Volleyball (AC) 4:00 Backgammon (PUB) 7:30 Friday Series: "Foyle's War" S. 8, Ep. 1 (918)	4 9:00 "For Prayer and Meditation" (918) 11:00 TRIP: Lunch at Gelston House then "A Christmas Story" at Goodspeed 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 2:00 Recreation Committee (RCCR) 7:30 Musical Movie: "Words and Music" (AUD)	5 9:00 "For Prayer and Meditation" (918) 9:00 Open Pickleball (PC) 9:00 Catherine Krenicky, APRN (OT) 10:45 StoneRidge Chorus Practice (AUD) 12:00 Video "Life Lessons from the Great Books" Ep. 1 & 2 (918) 1:00 Cribbage (PUB) 1:00 Grounds and Gardens Committee (RCCR) 2:00 Memoir Writing (LL) 2:00 Holiday Craft: Felt Ornaments (AUD) 3:00 Facilities Committee (RCCR) 3:00 Embellish Bell Choir & Tree Lighting (AUD) 7:30 Musical Movie: "Words and Music" (918) 7:30 As Time Goes By Swing Band (AUD)	6 9:00 "For Prayer and Meditation" (918) 12:30 Upcoming Events (918) 1:00 Quilting Lessons with the Stone Quilters (RCCR) 2:00 Billiards (BR) 2:00 Computer & Device Help (MG) 3:00 Green Planet Film Fest (AUD) 7:30 Friday Series: "Foyle's War" S. 8, Ep. 2 (AUD)	7 9:00 Open Pickleball (PC) 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:00 Open Bocce (BC) 1:00 Holiday Stroll (PUB) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: "Woman of the Hour" (918) 4:00 Transportation to Musical Masterworks 7:30 Saturday Movie: "Woman of the Hour" (AUD)
8 10:30 Catholic Communion Contact Kip Brockmyre to sign up 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "Best Exotic Marigold Hotel" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "Best Exotic Marigold Hotel" (AUD) 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.	9 9:00 "For Prayer and Meditation" (918) 9:00 Dr. Hennessey, Primary Care (OT) 1:00 Party Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 3:00 Advent Discussion with John Webster (PUB)	10 9:00 "For Prayer and Meditation" (918) 9:00 Open Pickleball (PC) 9:00 Dr. Walter, Podiatrist (OT) 9:30 Duplicate Bridge (PUB) 12:00 Video "Travelling the Roman Empire" Ep. 1 & 2 (918) 1:00 Canasta (PUB) 1:00 Book Club (RCCR) 1:30 Mahjong (PUB) 2:00 Computer & Device Help (MG) 2:30 Resident-led Pool Volleyball (AC) 4:00 Backgammon (PUB) 4:00 Holiday Jeopardy (AUD) 5:30 Take Out Dinner with Ralph Wood (CHR) 7:30 Friday Series: "Foyle's War" S. 8, Ep. 2 (918)	11 9:00 "For Prayer and Meditation" (918) 9:00 OnSite Dermatology (OT) 10:00 TRIP: Miss Florence's Holiday Tea at the Florence Griswold Museum 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 7:30 Mystic Noank Community Band Concert (AUD) 7:30 Musical Movie: "Rent" (918)	12 9:00 "For Prayer and Meditation" (918) 9:00 Open Pickleball (PC) 9:00 Catherine Krenicky, APRN (OT) 9:00 Physical Therapy Discussion (AUD) 10:00 Coffee and Conversations with the Resident Council (PUB) 10:45 StoneRidge Chorus Practice (AUD) 12:00 Video "Life Lessons from the Great Books" Ep. 3 & 4 (918) 1:00 Cribbage (PUB) 1:00 Welcome Committee (RCCR) 2:00 Memoir Writing (LL) 2:00 Holiday Craft: Greeting Cards (CAS) 2:00 Stone Quilters (RCCR) 4:00 StoneRidge Holiday Concert (AUD) 7:30 Musical Movie: "Rent" (AUD)	13 9:00 "For Prayer and Meditation" (918) 12:30 Upcoming Events (918) 1:00 Quilting Lessons with the Stone Quilters (RCCR) 2:00 Billiards (BR) 2:00 Computer & Device Help (MG) 4:00 Shoreline Bell Ringers (AUD) 7:30 Friday Series: "Foyle's War" S. 8, Ep. 3 (AUD)	14 9:00 Open Pickleball (PC) 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:00 Open Bocce (BC) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: "Lee" (918) 3:00 Army vs Navy Football Game Viewing (PUB) 7:30 Saturday Movie: "Lee" (AUD) Aquatic Center & Fitness Center 7 Days A Week 8:00am—8:00pm
Reoccurring Fitness Classes Monday - Friday	MONDAY 9:30 Seated Range of Motion (918) 9:30 Heart and Sole Walk (ML) 10:30 Stable & Strong (AUD) 8:30 Meditation for Relaxation (918)	TUESDAY 9:00 Slow Flow H2O (Pool) 9:30 Lower Body Strength (918) 10:00 Heart Healthy Hustle (AUD) 10:35 Range of Motion Exercises (AUD) 11:00 Yoga (AUD) 2:00 Calming Meditation (918)	WEDNESDAY 9:30 Heart and Sole Walk (ML) 9:30 Seated Range of Motion (918) 10:30 Stable & Strong (AUD) 8:30 Meditation for Relaxation (918)	THURSDAY 9:30 Lower Body Strength Chair (918) 10:00 Heart Healthy Hustle (AUD) 10:35 Range of Motion Exercises (FS) 11:00 Qi Gong Seated (918) 11:00 Tai Chi Balance (RSVP Class FS) 2:00 Positive Energy Meditation (918)	FRIDAY 9:00 Slow Flow H2O (Pool) 9:30 Seated Range of Motion (918) 10:30 Stable & Strong (AUD) 8:30 Meditation for Relaxation (918)	Contact Julie Oliver, Fitness Specialist for more Information (860)572-5657

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 Catholic Communion Contact Kip Brockmyre to sign up 15 11: 00 Qi Gong Seated (918) 2:00 Sunday Movie: “Forrest Gump” (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: “Forrest Gump” (AUD)	9:00 “For Prayer and Meditation” with John Webster (918) 16 9:00 Dr, Hennessey, Primary Care (OT) 1:00 Duplicate Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 3:00 Finance Committee (RCCR) 3:00 Advent Discussion with John Webster (AUD) 4:00 Ugly Sweater Happy Hour (PUB)	No In-Person Morning Fitness Classes in the Auditorium 17 9:00 “For Prayer and Meditation” (918) 9:00 Open Pickleball (PC) 9:00 Dr. Walter, Podiatrist (OT) 10:30 Resident Update Meeting (AUD) 12:00 Video “Travelling the Roman Empire” Ep. 3 & 4 (918) 1:00 Canasta (PUB) 1:00 Holiday Gift Wrapping from the Directors (CHR) 1:30 Mahjong (PUB) 2:00 Computer & Device Help (MG) 2:30 Resident-led Pool Volleyball (AC) 3:00 Zen Art Hour: Paint By Numbers (CAS) 4:00 Backgammon (PUB) 4:00 Barks and Recreation Pet Care Lecture Series (AUD) 7:30 Friday Series: “Foyle’s War” S. 8, Ep. 3 (918)	9:00 “For Prayer and Meditation” (918) 18 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 3:00 Questions for a Pharmacist with Nutmeg Pharmacy (PUB) 4:30 TRIP: Holiday Lights Drive 6:30 TRIP: Holiday Lights Drive 7:30 Musical Movie: Fiddler on the Roof” (AUD)	9:00 “For Prayer and Meditation” (918) 19 9:00 Open Pickleball (PC) 9:45 Movie Selection Panel (MG) 12:00 Video “Life Lessons from the Great Books” Ep. 5 & 6 (918) 1:00 Cribbage (PUB) 1:00 Welcome Committee (CHR) 2:00 Stone Quilters (RCCR) 4:00 StoneRidge Holiday Party (MDR) 7:30 Musical Movie: “Fiddler on the Roof” (918)	9:00 “For Prayer and Meditation” (918) 20 12:30 Upcoming Events (918) 1:00 Quilting Lessons with the Stone Quilters (RCCR) 2:00 Computer & Device Help (MG) 2:00 Billiards (BR) 3:00 Holiday Reading with Michael (AUD) 7:30 Friday Series: “Foyle’s War” S. 9, Ep. 1 (AUD)	9:00 Open Pickleball (PC) 21 9:00 TRIP: Brunch at CAV then The Nutcracker at the Vet (Providence) 9:30 Lower Body Strength, Seated (918) 11:00 Qi Gong (918) 1:00 Open Bocce (BC) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: “Are You There God? It’s Me Margaret” (918) 7:30 Saturday Movie: “Are You There God? It’s Me Margaret” (AUD)
10:30 Catholic Communion; Contact Kip Brockmyre to sign up 22 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: “Elf” (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: “Elf” (AUD) For Medical Appointments, Call the Transportation Department at (860) 572-5604 Email: transportation@stoneridgerc.com	9:00 “For Prayer and Meditation” (918) 23 1:00 Party Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 3:00 Advent Discussion with John Webster (AUD)	9:00 “For Prayer and Meditation” (918) 24 9:00 Open Pickleball (PC) 12:00 Video “Travelling the Roman Empire” Ep. 5 & 6 (918) 1:30 Mahjong (PUB) 2:00 Computer & Device Help (MG) 2:30 Resident-led Pool Volleyball (AC) 4:00 Backgammon (PUB) 7:30 Friday Series: “Foyle’s War” S. 9, Ep. 1 (918)	9:00 “For Prayer and Meditation” (918) 25 7:30 Musical Movie: “White Christmas” (AUD) MERRY CHRISTMAS HAPPY HANUKKAH	9:00 “For Prayer and Meditation” (918) 26 9:00 Open Pickleball (PC) 12:00 Video “Life Lessons from the Great Books” Ep. 7 & 8 (918) 1:00 Resident Marketing Committee (RCCR) 3:30 Movie Matinee: “A Christmas Story” (AUD) 7:30 Musical Movie: “White Christmas” (918)	9:00 “For Prayer and Meditation” (918) 27 12:30 Upcoming Events (918) 1:00 Quilting Lessons with the Stone Quilters (RCCR) 2:00 Computer & Device Help (MG) 2:00 Billiards (BR) 3:30 Movie Matinee: “Love, Lights, Hanukkah” 7:30 Friday Series: “Foyle’s War” S. 9, Ep. 2 (AUD)	9:00 Open Pickleball (PC) 28 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:00 Open Bocce (BC) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: “Martha” (918) 7:30 Saturday Movie: “Martha” (AUD)
10:30 Catholic Communion Contact Kip Brockmyre to sign up 29 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: “Lust for Life” (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: “Lust for Life” (AUD)	9:00 “For Prayer and Meditation” (918) 30 1:00 Party Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 4:00 K & K Piano Duet (AUD)	9:00 “For Prayer and Meditation” (918) 31 9:00 Open Pickleball (PC) 9:30 Duplicate Bridge (PUB) 12:00 Video “Travelling the Roman Empire” Ep. 7 & 8 (918) 1:00 Canasta (PUB) 1:30 Mahjong (PUB) 2:00 Computer & Device Help (MG) 2:30 Resident-led Pool Volleyball (AC) 4:00 Backgammon (PUB) 5:00 New Year’s Eve Party with the Cartells (MDR) 7:30 Friday Series: “Foyle’s War” S. 9, Ep. 2 (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 Taylor Palmer Community Life Services Associate tpalmer@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—10 am. MARINER’S GRILLE Reservations: 860-572-5656 Monday-Saturday Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm	Call for Appointment: Dr. Hennessey & Catherine Krenicky, APRN Patricia Murdoch, APRN (Primary Care) (860)464-7274 X110 Dr. Lawrence’s Office (Podiatrist) (401)596-0823 Dr. Walter’s Office (Podiatrist) (860)599-4555 OnSite Dermatology (877)345-5300	Hair Salon & Stylists: Tuesday, Wednesday, Friday 9am - 3pm Thursday 8am - 1pm (860)572-5673 Nail Services: Thursday 9am-3pm Country Store Hours: Monday—Saturday 10:30 am - 12:30 pm (860) 572-5654
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: McQuades 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 1st— Waterford Walmart & Lowes 8th— Groton Rte 1 & Groton Shopping Plaza 15th— Waterford Target, Crystal Mall, New London Mall 22nd— Downtown Westerly & Westerly Shopping Center	Reoccurring Transportation Sunday - Friday