

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>9:00 Transportation to Mystic Congregational Church 11</div> <div>9:45 Transportation to St. Patrick's</div> <div>10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up</div> <div>11: 00 Qi Gong Seated (918)</div> <div>2:00 Sunday Movie: "Past Lives" (918)</div> <div>2:30 Cornhole (AUD)</div> <div>3:00 Scrabble (PUB)</div> <div>6:00 Super Bowl Viewing Party (AUD)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 12</div> <div>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</div> <div>11:30 Community Life Services New Resident Information Session (CAS)</div> <div>1:00 Party Bridge (PUB)</div> <div>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></div> <div>1:30 Grocery Shopping: McQuades</div> <div>1:30 <i>Food and Beverage Committee (CHR)</i></div> <div>1:30 Decorating Valentine's Cookies (CAS)</div> <div>2:00 Billiards (BR)</div> <div>6:30 BINGO (AUD)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 13</div> <div>9:30 Duplicate Bridge (PUB)</div> <div>10:00 Open Pickleball (PC)</div> <div>11:00 Bereavement Support Group with LoriAnn (CHR)</div> <div>12:00 Travel Tuesday "Exploring the Mayan World" Episodes 7 & 8 (918)</div> <div>1:00 Book Club (RCCR)</div> <div>1:00 Canasta (PUB)</div> <div>1:30 Mahjong (PUB)</div> <div>1:30 Watercolor Class with Donna Galliher (CAS)</div> <div>2:00 Computer & Device Help (MG)</div> <div>2:30 Great Decisions (AUD)</div> <div>4:00 Backgammon (PUB)</div> <div>7:30 Game Night (PUB)</div> <div>7:30 Andy Sherwood Dixieland Band Mardi Gras Concert (AUD)</div> <div>7:30 Friday Series: "Borgen" Season 1 Episodes 3 & 4 (918)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 14</div> <div>11:45 TRIP: Lunch at S&P Oyster Restaurant & Bar (Mystic)</div> <div>1:30 Episcopal Service (AUD)</div> <div>3:00 Resident-Led Pool Volleyball (AC)</div> <div>4:00 Valentine's Day Party (MDR)</div> <div>7:30 Foreign Movie: "The Prime of Miss Jean Brodie" (AUD)</div> <div></div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 15</div> <div>9:00 Beltone Hearing, Call for Appointment (PDR)</div> <div>9:45 <i>Movie Selection Pannel (MG)</i></div> <div>10:00 Open Pickleball (PC)</div> <div>10:00 Coffee and Conversation with Pamela Klapproth, Executive Director (PUB)</div> <div>10:30 Blood Pressure Clinic (Linda Hart's Office)</div> <div>10:45 <i>StoneRidge Chorus Practice (AUD)</i></div> <div>12:00 Great Courses "Great Artists of the Italian Renaissance" Parts 13 & 14 (918)</div> <div>1:00 Cribbage (PUB)</div> <div>1:30 Mystic Seaport Adventure Series (AUD)</div> <div>2:00 Memoir Writing (LL)</div> <div>2:00 Stone Quilters (Studio 1401; Building 1000, 4th Floor)</div> <div>4:00 Wine and Chocolate Pairing with Kim Larkin (AUD)</div> <div>7:30 Foreign Movie: "The Prime of Miss Jean Brodie" (918)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 16</div> <div>12:30 Upcoming Events with Michael (918)</div> <div>1:30 Shopping (Waterford: Target, Crystal Mall, Waterford Commons, New London Mall)</div> <div>1:30 Lenten Study with John Webster (PUB)</div> <div>1:30 Watercolor Class with Donna Galliher (CAS)</div> <div>2:00 Computer & Device Help (MG)</div> <div>2:00 Billiards (BR)</div> <div>3:00 New Horizons Band (AUD)</div> <div>7:00 Poker (PUB)</div> <div>7:30 Friday Series:</div>	<div>9:30 Lower Body Strength Seated (918) 17</div> <div>10:00 Open Pickleball (Pickleball Court)</div> <div>10:00 Filmmaking Class (CAS)</div> <div>11:00 Qi Gong (918)</div> <div>1:30 Positive Energy Meditation(918)</div> <div>2:00 Saturday Movie: "South Pacific" (918)</div> <div>7:30 Saturday Movie: "South Pacific" (AUD)</div>
<div>9:00 Transportation to Mystic Congregational Church 18</div> <div>9:45 Transportation to St. Patrick's</div> <div>10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up</div> <div>11:00 Qi Gong Seated (918)</div> <div>2:00 Sunday Movie: "In the Company of Rose" (918)</div> <div>2:30 Cornhole (AUD)</div> <div>3:00 Scrabble (PUB)</div> <div>7:30 Sunday Movie: "In the Company of Rose" (AUD)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 19</div> <div>1:00 Party Bridge (PUB)</div> <div>1:00 <i>Art Committee Meeting (CAS)</i></div> <div>2:00 Intro to Drawing Class with Ceilidh (CAS)</div> <div>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></div> <div>1:30 Grocery Shopping: McQuades</div> <div>2:00 Billiards (BR)</div> <div>6:30 BINGO (AUD)</div> <div></div>	<div>No In-Person Morning Fitness Classes</div> <div>9:00 "For Prayer and Meditation" with John Webster (918) 20</div> <div>9:30 Duplicate Bridge (PUB)</div> <div>10:00 Open Pickleball (PC)</div> <div>11:00 Resident Update Meeting (AUD)</div> <div>12:00 Travel Tuesday "France Through the Ages" Episodes 1 & 2 (918)</div> <div>1:00 <i>Residents for Conservation Action Committee (RCCR)</i></div> <div>1:00 Canasta (PUB)</div> <div>1:30 Mahjong (PUB)</div> <div>1:30 Watercolor Class with Donna Galliher (CAS)</div> <div>2:00 Computer & Device Help (MG)</div> <div>4:00 Backgammon (PUB)</div> <div>3:00 Stan Carpenter Lecture "The Age of Sail in the Ancient World" (AUD)</div> <div>5:00 Mardi Gras Take Two Party (MDR)</div> <div>7:30 Game Night (PUB)</div> <div>7:30 Friday Series: "Borgen" Season 1, Episodes 5 & 6 (918)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 21</div> <div>1:00 Transportation to Parkinson's Support Group at Masonicare</div> <div>1:30 Episcopal Service (AUD)</div> <div>3:00 Resident-Led Pool Volleyball (AC)</div> <div>3:00 Wine Tasting: Desert Wines & Rose (PUB)</div> <div>4:00 Louisa Hladky from CT Women's History Foundation "African American Women in Connecticut" (AUD)</div> <div>7:30 Foreign Movie: "Petite Solange" (AUD)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 22</div> <div>9:00 Catherine Krenicky, APRN; Call for Appointment (OT)</div> <div>9:00 CPR Class (CHR)</div> <div>10:00 Open Pickleball (PC)</div> <div>10:30 Blood Pressure Clinic (Linda Hart's Office)</div> <div>10:45 <i>StoneRidge Chorus Practice (AUD)</i></div> <div>12:00 Great Courses "Great Artists of the Italian Renaissance" Parts 15 & 16 (918)</div> <div>2:00 Memoir Writing (LL)</div> <div>3:00 Matt Bureau on Guitar (AUD)</div> <div>7:30 Foreign Movie: "Petite Solange" (918)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 23</div> <div>12:30 Upcoming Events w/ Michael (918)</div> <div>1:30 Shopping: (Downtown Westerly & Westerly Shopping Center; JC Penney, TJ Maxx, Walmart)</div> <div>1:30 Lenten Study with John</div> <div>1:30 Watercolor Class with Donna Galliher (CAS)</div> <div>2:00 Computer & Device Help (MG)</div> <div>2:00 Billiards (BR)</div> <div>4:00 Unique and Historic Boats of New England with Tom Verde (AUD)</div> <div>7:00 Poker (PUB)</div> <div>7:30 Friday Series: "Borgen" Season 1, Episodes 7 & 8 (AUD)</div>	<div>9:30 Lower Body Strength Seated (918) 24</div> <div>10:00 Open Pickleball (Pickleball Court)</div> <div>10:00 Filmmaking Class (CAS)</div> <div>11:00 Qi Gong (918)</div> <div>1:30 Positive Energy Meditation(918)</div> <div>2:00 Saturday Movie: "Skyfall" (918)</div> <div>6:30 Transportation to Eastern Connecticut Symphony Orchestra</div> <div>7:30 Saturday Movie: "Skyfall" (AUD)</div>
<div>9:00 Transportation to Mystic Congregational Church 25</div> <div>9:45 Transportation to St. Patrick's</div> <div>10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up</div> <div>11:00 Qi Gong Seated (918)</div> <div>2:00 Sunday Movie: "Rebecca" (918)</div> <div>2:30 Cornhole (AUD)</div> <div>3:00 Scrabble (PUB)</div> <div>7:30 Sunday Movie: "Rebecca" (AUD)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 26</div> <div>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</div> <div>1:00 Party Bridge (PUB)</div> <div>1:30 Grocery Shopping: McQuades</div> <div>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></div> <div>2:00 Billiards Tournament (BR)</div> <div>2:00 Intro to Painting with Ceilidh (CAS)</div> <div>3:00 <i>Finance Committee (RCCR)</i></div> <div>6:30 BINGO (AUD)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 27</div> <div>9:30 Duplicate Bridge (PUB)</div> <div>10:00 Open Pickleball (PC)</div> <div>12:00 Travel Tuesday "France Through the Ages" Episodes 3 & 4 (918)</div> <div>1:00 Canasta (PUB)</div> <div>1:30 Mahjong (PUB)</div> <div>1:30 Watercolor Class with Donna Galliher (CAS)</div> <div>2:00 <i>Recreation Committee Meeting (RCCR)</i></div> <div>2:00 Computer & Device Help (MG)</div> <div>4:00 Backgammon (PUB)</div> <div>4:00 Stan Carpenter Lecture "The Age of Sail in the Middle Ages" (AUD)</div> <div>7:30 Game Night (PUB)</div> <div>7:30 Friday Series: "Borgen" Season 1, Episodes 7 & 8 (918)</div>	<div>9:00 "For Prayer and Mediation" with John Webster (918) 28</div> <div>9:30 <i>Resident's Council Meeting (RCCR)</i></div> <div>1:30 TRIP: Submarine Force Museum (Groton)</div> <div>1:30 Episcopal Service (AUD)</div> <div>3:00 Resident-Led Pool Volleyball (AC)</div> <div>4:00 Faith Leitner on Harp (AUD)</div> <div>7:30 Foreign Movie: "The Archies" (AUD)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 29</div> <div>9:00 Dr Lawrence, Podiatrist, Call for Appointment (OT)</div> <div>10:00 Open Pickleball (PC)</div> <div>10:30 Blood Pressure Clinic (Linda Hart's Office)</div> <div>10:45 <i>StoneRidge Chorus Practice (AUD)</i></div> <div>12:00 Great Courses "Great Artists of the Italian Renaissance" Parts 17 & 18 (918)</div> <div>1:00 <i>Resident Marketing Committee (RCCR)</i></div> <div>2:00 Memoir Writing (LL)</div> <div>4:00 Leap Day Happy Hour (PUB)</div> <div>7:30 Foreign Movie: "The Archies" (918)</div>	<div></div> <div>Activities and Trips in red require SIGN UP in the Activity Book on the table across from the Mailroom.</div>	<div></div> <div>TRANSPORTATION Sign-up for Shopping in the Transportation Book in the Mail Room.</div>

AC—Aquatic Center (Clubhouse, 2nd floor) AG—Art Gallery (Clubhouse, 2nd floor) AL—Avalon Lounge	ADR—Avalon Dining Room 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) CONF—Conference Room COT—Cottage	CS—Country Store (Clubhouse, 2nd floor) 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—Resident Council Conference Room (Bldg. 5000, level 4)
---	---	---	---	--	--	--



186 Jerry Browne Road
Mystic, CT. 06355



February 2024

“Even in my dreams I never imagined that I should find so much love on earth.”



Emotional



Physical



Environmental



Social



Vocational



Intellectual



Spiritual



Health Services

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.

Wednesday: (Backus Hospital and Surrounding Area) 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 the
Transportation Department, at (860) 572-5604
Email: transportation@stoneridgerc.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div> <div>Hair Salon & Stylists: Monday-Friday 9am - 3pm (860)572-5673</div> <div>Barber Available: Tuesday & Friday: 9am-3pm</div> <div>Nail Services: Monday 9am-3pm or by appt</div> <div>Country Store Hours: Monday—Saturday 10:30 am - 12:30 pm (860) 572-5654</div> <div>Aquatic Center & Fitness Center 7 Days A Week</div>	<div>Turn your TV to CH 918 for up to date information! If you have any questions regarding this calendar please contact:</div> <div>Michael Langlois Community Life Services Director mlanglois@stoneridgerc.com (860) 572-5601</div> <div>Taylor Palmer Community Life Services Associate tpalmer@stoneridgerc.com (860) 437-4041</div> <div>Ceilidh Burdick Community Life Services Associate cburdick@stoneridgerc.com (860) 572-2411</div>	<div>DINING ROOM Reservations: 860-437-4052 Takeout: 860-572-5671</div> <div>Monday-Saturday Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm Sunday Brunch: 11:00—2:00 pm</div> <div>J.B. PUB Monday-Sunday Complimentary Continental Breakfast: 7—10 am.</div> <div>MARINER'S GRILLE Reservations: 860-572-5656 Monday-Saturday Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm</div>	<div></div> <div>Call for Appointment:</div> <div>Dr. Hennessey & Catherine Krenicky, APRN (Primary Care) (860)464-7274 X110</div> <div>Dr. Lawrence's Office (Podiatrist) (401)596-0823</div> <div>Dr. Walter's Office (Podiatrist) (860)599-4555</div> <div>Nova Hearing (860)916-6169</div> <div>Beltone Hearing (860)333-1616</div> <div>LoriAnn Levanto, Social Worker (860)437-4076</div>	<div>9:00 “For Prayer and Meditation” with John Webster (918) 1</div> <div>10:00 Open Pickleball (PC)</div> <div>10:30 Blood Pressure Clinic (Linda Hart's Office)</div> <div>10:45 <i>StoneRidge Chorus Practice (AUD)</i></div> <div>12:00 Great Courses “Great Artists of the Italian Renaissance” Parts 9 & 10 (918)</div> <div>1:00 <i>Grounds and Gardens Committee (RCCR)</i></div> <div>1:00 Cribbage (PUB)</div> <div>2:00 Stone Quilters (Studio 1401; Building 1000, 4th Floor)</div> <div>3:00 <i>Facilities Committee (RCCR)</i></div> <div>4:00 Theater Lecture: “Our Town” (AUD)</div> <div>7:30 Foreign Movie: “Lagaan” (918)</div>	<div>9:00 “For Prayer and Meditation” with John Webster (918) 2</div> <div>12:30 Upcoming Events with Michael (918)</div> <div>1:30 Shopping (Waterford Walmart and Lowes)</div> <div>1:30 Watercolor Class with Donna Galliher (CAS)</div> <div>2:00 Billiards (BR)</div> <div>2:00 Computer & Device Help (MG)</div> <div>3:00 Black History Month Movie: “Selma” (AUD)</div> <div>7:00 Poker (PUB)</div> <div>7:30 Friday Series: “Borgen” Season 1, Episodes 1 & 2 (AUD)</div>	<div>9:30 Lower Body Strength Seated (918) 3</div> <div>10:00 Open Pickleball (Pickleball Court)</div> <div>11:00 Qi Gong (918)</div> <div>1:30 Positive Energy Meditation(918)</div> <div>2:00 Saturday Movie: “The Lavender Hill Mob” (918)</div> <div>7:30 Saturday Movie: “The Lavender Hill Mob” (AUD)</div>
<div>9:00 Transportation to Mystic Congregational Church 4</div> <div>9:45 Transportation to St. Patrick's</div> <div>10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up</div> <div>11:00 Qi Gong Seated (918)</div> <div>2:00 Sunday Movie: “Strangers on a Train” (918)</div> <div>2:30 Cornhole (AUD)</div> <div>3:00 Scrabble (PUB)</div> <div>7:30 Sunday Movie: “Strangers on a Train” (AUD)</div>	<div>9:00 “For Prayer and Meditation” with John Webster (918) 5</div> <div>9:00 Dr. Hennessey, Primary Care; Cal for Appointment (OT)</div> <div>1:00 Party Bridge (PUB)</div> <div>1:30 Sit & Stitch/Knitters (RCCR)</div> <div>1:30 Grocery Shopping: McQuades</div> <div>2:00 Billiards (BR)</div> <div>2:30 Library Committee (PDR)</div> <div>4:00 Happy Hour (PUB)</div> <div>6:30 BINGO (AUD)</div>	<div>9:00 “For Prayer and Meditation” with John Webster (918) 6</div> <div>9:00 Dr Walter, Podiatrist; Call for Appointment (OT)</div> <div>9:30 Duplicate Bridge (PUB)</div> <div>10:00 Open Pickleball (PC)</div> <div>12:00 Travel Tuesday “Exploring the Mayan World” Episodes 5 & 6 (918)</div> <div>1:00 Canasta (PUB)</div> <div>1:30 Mahjong (PUB)</div> <div>2:00 Mystic Museum of Art Craft Class (CAS)</div> <div>2:00 Computer & Device Help (MG)</div> <div>4:00 Backgammon (PUB)</div> <div>4:00 Doug McKeehan on Piano (AUD)</div> <div>7:30 Game Night (PUB)</div> <div>7:30 Friday Series: “Borgen” Season 1, Episodes 1 & 2 (918)</div>	<div>9:00 “For Prayer and Meditation” with John Webster (918) 7</div> <div>1:30 Episcopal Service (AUD)</div> <div>1:30 Quilling Demo with Laurie Schott (CAS)</div> <div>3:00 Resident-led Pool Volleyball (AC)</div> <div>4:00 Planet Earth 2 Series: Episode 6 (AUD)</div> <div>7:30 Foreign Movie: “The Great Escape” (AUD)</div> <div>7:30 Poetry in the Pub (PUB)</div>	<div>9:00 “For Prayer and Meditation” with John Webster (918) 8</div> <div>9:00 Catherine Krenicky, APRN; Call for Appointment (OT)</div> <div>9:45 <i>Movie Selection Pannel (MG)</i></div> <div>10:00 Open Pickleball (PC)</div> <div>10:30 Blood Pressure Clinic (Linda Hart's Office)</div> <div>10:00 Coffee and Conversations with the Resident Council (PUB)</div> <div>10:45 <i>StoneRidge Chorus Practice (AUD)</i></div> <div>12:00 Great Courses “Great Artists of the Italian Renaissance” Parts 11 & 12 (918)</div> <div>1:00 <i>Welcome Committee (CHR)</i></div> <div>1:00 Cribbage (PUB)</div> <div>2:00 Memoir Writing (LL)</div> <div>3:00 Slater Museum Lecture “Casts of the Ancient World” (AUD)</div> <div>7:30 Foreign Movie: “The Great Escape” (918)</div>	<div>9:00 “For Prayer and Meditation” with John Webster (918) 9</div> <div>12:30 Upcoming Events with Michael (918)</div> <div>1:30 Shopping (Groton along Rte. 1 and Groton Shopping Plaza: Walmart, Kohl's, Stop and Shop)</div> <div>1:30 Watercolor Class with Donna Galliher (CAS)</div> <div>2:00 Billiards (BR)</div> <div>2:00 Computer & Device Help (MG)</div> <div>4:00 K & K Piano Duo (AUD)</div> <div>7:00 Poker (PUB)</div> <div>7:30 Friday Series: “Borgen” Season 1, Episodes 3 & 4 (AUD)</div>	<div>9:30 Lower Body Strength Seated (918) 10</div> <div>10:00 Open Pickleball (Pickleball Court)</div> <div>10:00 Filmmaking Class (CAS)</div> <div>11:00 Qi Gong (918)</div> <div>1:30 Positive Energy Meditation(918)</div> <div>2:00 Saturday Movie: “Don't Worry Darling” (918)</div> <div>4:00 Fabulous Fabrics Art Show Opening (AG)</div> <div>7:30 Saturday Movie: “Don't Worry Darling” (AUD)</div>
Reoccurring Fitness Classes Monday - Friday	MONDAY 9:30 Seated Range of Motion (918) 10:30 Stable & Strong (AUD) 8:30 Meditation for Relaxation (918)	TUESDAY 9:00 Slow Flow H2O 9:30 Lower Body Strength (918) 10:00 Heart Healthy Hustle (AUD) 10:35 Range of Motion Exercises (AUD) 11:00 Yoga (AUD) 1:00 Tai Chi Balance (RSVP Class FS) 2:00 Calming Meditation (918)	WEDNESDAY 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 (AUD) 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