

January 2024

"January is the month for dreaming." — Jean Hersey

10:35 Range of Motion Exercises (AUD)

2:00 Calming Meditation (918)

e (RSVP Class FS)

11:00 Yoga (AUD)

186 Jerry Browne Road Mystic, CT, 06355



Monday - Friday

10:30 Stable & Strong (AUD)

7:30 Meditation for Relaxation (918)



















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.

10:30 Stable & Strong (AUD)

7:30 Meditation for Relaxation (918)

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

For Medical Appointments, Call the Fransportation Department, at (860) 572-5604 Email: transportation@stoneridgerc.com

(860)572-5657

Social **Health Services** Physical SUNDAY **TUESDAY THURSDAY** FRIDAY **SATURDAY** MONDAY WEDNESDAY 9:00 "For Prayer and Meditation" 1 9:00 "For Prayer and Meditation" 9:30 Lower Body Strength **No In-Person Fitness Classes** 9:00 "For Prayer and Meditation" 9:00 "For Prayer and Meditation" Seated (918) with John Webster (918) "For Prayer and Meditation" with John Webster (918) with John Webster (918) Hair Salon & Stylists: with John Webster (918) with John Webster (918) 12:30 Upcoming Events with 10:00 Open Pickleball Monday-Friday 9am - 3pm 10:00 Open Pickleball (PC) 1:00 Party Bridge (PUB) Dr. Walter, Podiatrist; Call for Michael (918) (Pickleball Court) (860)572-5673 1:30 Episcopal Service (AUD) Appointment (OT) 11:00 Caregivers Support Group 1:30 Shopping (Waterford Walmart 1:30 Sit & Stitch/Knitters (RCCR) 11:00 Qi Gong (918) Barber Available: 9:30 Duplicate Bridge (PUB) **Grocery Shopping: McQuades** (CHR) and Lowes) Tuesday & Friday: 9am-3pm 10:00 Open Pickleball (PC) 2:00 Billiards (BR) 1:00 Open Bocce 12:00 Great Courses "Great Artists 1:45 Movie Matinee: 3:00 Resident-led Pool Volleyball Great Tours "Travelling the Roman Nail Services: Monday (Bocce Court) "Oppenheimer" with of the Italian Renaissance" 2:30 Library Committee (PDR) Empire" Episodes 3 & 4 (918) 9am-3pm or by appt Intermission (AUD) Parts 1 & 2 (918) 1:00 Canasta (PUB) 1:30 Positive Energy 4:00 Planet Earth 2 Series, Episode 2:00 Billiards (BR) 1:30 Mahjong (PUB) 1:00 Grounds and Gardens Meditation(918) **Country Store Hours:** 1 (AUD) Mystic Museum of Art Painting a Committee (RCCR) 2:00 Computer & Device Help (MG) Monday—Saturday 2:00 Saturday Movie: Winter Scene Class (CAS) 7:30 Foreign Movie: "Body and 7:00 Poker (PUB) 1:30 Cribbage (PUB) 10:30 am - 12:30 pm Computer & Device Help (MG) 2:00 "Maestro" (918) Soul" (AUD) 2:00 Stone Quilters (Studio 1401; 7:30 Friday Series: "Boston Legal" (860) 572-5654 Health and Safety Committee Season 1, Episodes 1 7:30 Saturday Movie: Building 1000, 4th Floor) 7:30 Poetry in the Pub (PUB) Broadway Comes to StoneRidge Video: "Hairspray" (AUD) "Maestro" (AUD) 2:00 Taking Down the Holiday (AUD) **Aquatic Center &** Tree (ML) 4:00 Backgammon (PUB) **Fitness Center** 3:00 Facilities Committee (RCCR) Game Night (PUB) 7:30 7 Days A Week Friday Series: "Seaside Hotel" 7:30 Foreign Movie: "Body and 7:30 Season 3, Episodes 1 & 2 (918) Soul" (918) Lower Body Strength "For Prayer and Meditation" "For Prayer and Meditation" 9:00 "For Prayer and Meditation" "For Prayer and Meditation" 9:30 9:00 9:00 Transportation to "For Prayer and Meditation 12 with John Webster (918) with John Webster (918) Seated (918) with John Webster (918) with John Webster (918) with John Webster (918) **Mystic** 9:30 Duplicate Bridge (PUB) Catherine Krenicky, APRN; 10:00 Open Pickleball Dr. Hennessev. Primary Care: 9:00 Call for Appointment (OT) 12:30 Upcoming Events with Michael 10:00 Open Pickleball (PC) (Pickleball Court) **Congregational Church** 9:00 Community Connections Call for Appointment (OT) (918)9:45 Movie Selection Pannel (MG) 12:00 Great Tours "Travelling the Roman Empire" Episodes 5 & 6 11:00 Qi Gong (918) 9:45 Transportation to St. Meeting (AUD) 11:30 New Resident Information 1:30 Shopping (Groton along Rte. 1 10:00 Open Pickleball (PC) 1:00 Open Bocce Patrick's **Session with Community Life** and Groton Shopping Plaza: (Bocce Court) 1:30 Episcopal Service (AUD) **Coffee and Conversations** 1:00 Canasta (PUB) Services (CAS) with the Resident Council Walmart, Kohl's, Stop and 1:30 Positive Energy 10:30 Catholic Communion 1:30 TRIP: Lyman Allyn Museum Book Club (RCCR) Meditation(918) Shop) 1:00 Party Bridge (PUB) (CHR) Contact Dick Tour "Elizabeth Enders" 11:00 Bereavement Support Group Mahjong (PUB) Saturday Movie: "Leave 1:30 Watercolor Class with Donna 1:30 Sit & Stitch/Knitters (RCCR) **Nourie to Sign Up** (CHR) the World Behind" (918) **Watercolor Class with Donna** Galliher (CAS) 3:00 Resident-led Pool Volleyball 12:00 Great Courses "Great Artists of 1:30 **Grocery Shopping:** Galliher (CAS) Saturday Movie: "Leave 11:00 Qi Gong Seated (918) (AC) 2:00 Billiards (BR) the Italian Renaissance" Parts the World Behind" (AUD) **McQuades** 2:00 Computer & Device Help (MG) 3 & 5 (918) 2:00 Sunday Movie: "Joan **Computer & Device Help** 4:00 Planet Earth 2 Series, Episode Backgammon (PUB) 1:30 Food and Beverage 1:00 Welcome Committee (CHR) Baez: I am Noise" (918) (MG) **Unique and Historic Boats of** 1 (AUD) Committee (CHR) 1:30 Cribbage (PUB) New England with Tom Verde 3:00 Viola and Piano Duo (AUD) Due to inclement weather 3:00 Scrabble (PUB) 7:30 Foreign Movie: "Walk 3:00 Stone Ridge Players Meeting 2:00 Billiards (BR) (AUD) (AUD) during winter months, Poker (PUB) 7:00 **Take Out Dinner with Ralph** Up" (AUD) 7:30 Sunday Movie: "Joan 2:30 Library Committee (PDR) **StoneRidge Portal Information** cancellations may need to Wood (CHR) 7:30 Friday Series: "Boston Legal" Baez: I am **Mocktail Hour (PUB)** Session (AUD) Game Night (PUB) take place. We will give as Season 1, Episodes 3 & 4 Noise" (AUD) 7:30 Foreign Movie: "Walk Friday Series: "Boston Legal" much notice as possible. 6:30 BINGO (AUD) (AUD) Season 1, Episodes 1 & 2 (918) **FRIDAY MONDAY TUESDAY WEDNESDAY THURSDAY** Reoccurring **Contact Julie Oliver.** 9:30 Seated Range of Motion (918) 9:00 Slow Flow H2O (Pool) 9:30 Heart and Sole Walk (ML) 9:30 Lower Body Strength Chair (918) 9:00 Slow Flow H2O (Pool) Fitness Specialist 9:30 Lower Body Strength (918) 10:00 Heart Healthy Hustle (AUD) **Fitness Classes** 9:30 Heart and Sole Walk (ML) 10:00 Heart Healthy Hustle (AUD) 9:30 Seated Range of Motion (918) 9:30 Seated Range of Motion (918) 10:35 Range of Motion Exercises (FS) for more Information

10:30 Stable & Strong (AUD)

7:30 Meditation for Relaxation (918)

11:00 Qi Gong Seated (918)

11:00 Tai Chi Balance (RSVP Class FS)

2:00 Positive Energy Meditation (918)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Transportation to Mystic Congregational Church 9:45 Transportation to St. Patrick's 10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up 11: 00 Qi Gong Seated (918) 2:00 Sunday Movie: "The Bishop's Wife" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "The Bishop's Wife" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 1:00 Party Bridge (PUB) 1:00 Art Committee Meeting (CAS) 1:30 Sit & Stitch/Knitters (RCCR) 1:30 Grocery Shopping: McQuades 1:00 Art Committee Meeting (CAS) 2:00 Billiards (BR) 3:30 MLK Video: "I am MLK Jr." (AUD) 6:30 BINGO (AUD)	No Morning In-Person Fitness Classes 9:00 "For Prayer and Meditation" with John Webster (918) 9:30 Duplicate Bridge (PUB) 10:00 Open Pickleball (PC) 11:00 Resident Update Meeting (AUD) 12:00 Great Tours "Travelling the Roman Empire" Episodes 7 & 8 (918) 1:00 Canasta (PUB) 1:00 Residents for Conservation Action (RCCR) 1:30 Watercolor Class with Donna Galliher (CAS) 1:30 Mahjong (PUB) 2:00 Computer & Device Help (MG) 4:00 Backgammon (PUB) 4:00 "US Coast Guard Swab Summer" Slide Show with Markham Starr (AUD) 7:30 Game Night (PUB) 7:30 Friday Series: "Boston Legal" Season 1, Episodes 3 & 4 (918)	9:00 "For Prayer and Meditation" with John Webster (918) 10:00 TRIP: Maggie Jones Winter Tour 1:00 Transportation to Parkinson's Support Group at Masonicare 1:30 Episcopal Service (AUD) 2:00 TRIP: Maggie Jones Winter Tour 3:00 Resident-Led Pool Volleyball (AC) 4:00 Planet Earth 2 Series, Episode 3 (AUD) 7:30 Foreign Movie: "A Silent Voice" (AUD)	9:00 "For Prayer and Meditation* (918) with John Webster (918) 9:00 Beltone Hearing, Call for Appointment (PDR) 9:45 Movie Selection Pannel (MG) 10:00 Open Pickleball (PC) 10:45 StoneRidge Chorus Practice (AUD) 12:00 Great Courses "Great Artists of the Italian Renaissance" Parts 5 & 6 (918) 1:30 Cribbage (PUB) 2:00 Stone Quilters (Studio 1401; Building 1000, 4th Floor) 3:00 Doo Wop Jukebox Band (AUD) 7:30 Foreign Movie: "A Silent Voice" (918)	9:00 "For Prayer and Meditation" 9 with John Webster (918) 12:30 Upcoming Events with Michael (918) 1:30 Shopping (Waterford: Target, Crystal Mall, Waterford Commons, New London Mall) 1:30 Watercolor Class with Donna Galliher (CAS) 2:00 Computer & Device Help (MG) 2:00 Billiards (BR) 4:00 Rick Steves' "The Story of Fascism in Europe" Video (AUD) 7:00 Poker (PUB) 7:30 Friday Series: "Boston Legal" Season 1, Episodes 5 & 6 (AUD)	9:30 Lower Body Strength, Seated (918) 10:00 Open Pickleball (Pickleball Court) 11:00 Qi Gong (918) 1:00 Open Bocce (Bocce Court) 1:30 Positive Energy Meditation(918) 2:00 Saturday Movie: "Escape from Fort Bravo" (918) 7:30 Saturday Movie: "Escape from Fort Bravo" (AUD)
9:00 Transportation to 21 Mystic Congregational Church 9:45 Transportation to St. Patrick's 10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up 11:00 Qi Gong Seated (918 2:00 Sunday Movie: "Where Was I" Trevor Noah Comedy Special (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "Where Was I" Trevor Noah Comedy Special (AUD)	9:00 "For Prayer and Meditation" 22 with John Webster (918) 9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT) 1:00 Party Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 1:30 Grocery Shopping: McQuades 2:00 Billiards (BR) 3:00 Finance Committee (RCCR) 4:00 Happy Hour (PUB) 6:30 BINGO (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 9:30 Duplicate Bridge (PUB) 10:00 Open Pickleball (PC) 12:00 Travel Tuesday "Exploring the Mayan World" Episodes 1 & 2 (918) 1:00 Residents for Conservation Action Committee (RCCR) 1:00 Canasta (PUB) 1:30 Watercolor Class with Donna Galliher (CAS) 1:30 Mahjong (PUB) 2:00 Computer & Device Help (MG) 2:30 Recreation Committee (RCCR) 3:00 Mystic Museum of Art Lecture with Susan Fisher "The Second Wave" (AUD) 4:00 Backgammon (PUB) 7:30 Friday Series: "Boston Legal" Season 1, Episodes 5 & 6 (918)	9:00 "For Prayer and Meditation" with John Webster (918) 9:30 Resident's Council Meeting (RCCR) 1:30 Episcopal Service (AUD) 4:00 Planet Earth 2 Series, Episode 4 (AUD) 3:00 Resident-Led Pool Volleyball (AC) 7:30 Foreign Movie: "Anatomy of a Fall" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 9:00 Catherine Krenicky, APRN; Call for Appointment (OT) 10:00 Open Pickleball (PC) 10:45 StoneRidge Chorus Practice (AUD) 12:00 Great Courses "Great Artists of the Italian Renaissance" Parts 7 & 8 (918) 1:00 Resident Marketing Committee (RCCR) 3:00 Genealogy Lecture with Carol Ansel from the Godfrey Library (AUD) 7:30 Foreign Movie: "Anatomy of a Fall" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 12:30 Upcoming Events w/ Michael (918) 1:30 Shopping: (Downtown Westerly & Westerly Shopping Center; JC Penney, TJ Maxx, Walmart) 1:30 Watercolor Class with Donna Galliher (CAS) 2:00 Computer & Device Help (MG) 2:00 Billiards (BR) 4:00 Bergin O'Malley on Piano (AUD) 7:00 Poker (PUB) 7:30 Friday Series: "Boston Legal" Season 1, Episodes 7 & 8 (AUD)	1:30 Positive Energy Meditation(918) 2:00 Saturday Movie: "Killers
9:00 Transportation to 28 Mystic Congregational Church 9:45 Transportation to St. Patrick's 10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "The Holdovers" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "The Holdovers" (AUD)	9:00 "For Prayer and Meditation" 29 with John Webster (918) 9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT) 1:00 Party Bridge (PUB) 1:30 Grocery Shopping: McQuades 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 3:00 Craft: Floral Heart Canvases (CAS) 6:30 BINGO (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 9:00 Dr. Walter, Podiatrist; Call for Appointment (OT) 9:30 Duplicate Bridge (PUB) 10:00 Open Pickleball (PC) 12:00 Travel Tuesday "Exploring the Mayan World" Episodes 3 & 4 (918) 1:00 Canasta (PUB) 1:30 Mahjong (PUB) 1:30 Watercolor Class with Donna Galliher (CAS) 2:00 Recreation Committee Meeting (RCCR) 2:00 Computer & Device Help (MG) 4:00 Backgammon (PUB) 3:00 Admiral Rickover Documentary Screening with Dow Davis (AUD) 7:30 Game Night (PUB) 7:30 Friday Series: "Boston Legal" Season 1, Episodes 7 & 8 (918)	9:00 "For Prayer and Mediation" with John Webster (918) 9:30 Resident's Council Meeting (RCCR) 11:50 TRIP: Peking Tokyo for Lunch (Mystic) 1:30 Episcopal Service (AUD) 3:00 Resident-Led Pool Volleyball (AC) 7:30 Foreign Movie: "Lagaan" (AUD)	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	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 (Primary Care) (860)464-7274 X110 Dr. Lawrence's Office (Podiatrist) (401)596-0823 Dr. Walter's Office (Podiatrist) (860)599-4555 Nova Hearing (860)916-6169 Beltone Hearing (860)333-1616 LoriAnn Levanto, Social Worker (860)437-4076
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)	PDR—Private Dining Room PUB—Jerry Browne Pub RCCR—Resident Council	RSO—Resident Services Office SR—StoneRidge Gardens VG—Village Green (Outside Mariner Grille) 918—TV Channel 918