



186 Jerry Browne Road
Mystic, CT. 06355



PHYSICAL



INTELLECTUAL



SPIRITUAL



ENVIRONMENTAL



EMOTIONAL



SOCIAL



VOCATIONAL



HEALTH SERVICES

January 2025

"January is the beginning of anything you want." -Unknown

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
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	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	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	9:00 "For Prayer and Meditation" (918) 7:30 Musical Movie: "Evita" (AUD) 	9:00 "For Prayer and Meditation" (918) 9:00 Catherine Krenicky, APRN (OT) 12:00 Video "Life Lessons from the Great Books" Ep. 9 & 10 (918) 1:00 Cribbage (PUB) 1:00 <i>Grounds and Gardens Committee (RCCR)</i> 3:00 <i>Facilities Committee (RCCR)</i> 4:00 Hanukkah Celebration (AUD) 7:30 Musical Movie: "Evita" (918) 	9:00 "For Prayer and Meditation" (918) 12:30 Upcoming Events (918) 1:00 <i>Quilting Lessons with the Stone Quilters (RCCR)</i> 1:00 Genealogy Club (LL) 2:00 Billiards (BR) 2:00 Computer & Device Help (MG) 3:00 Movie Matinee: "Eurovision Song Contest: The Story of Fire Saga" (AUD) 7:30 Friday Series: "Foyle's War" S. 9, Ep. 3 (AUD)	9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: "Conclave" (918) 7:30 Saturday Movie: "Conclave" (AUD)
10:30 Catholic Communion 5 Contact Kip Brockmyre to sign up (AUD) 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "This Property is Condemned" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "This Property is Condemned" (AUD) Activities and Trips in red require SIGN UP in the Activity Book on the table across from the Mailroom.	9:00 "For Prayer and Meditation" (918) 6 9:00 Dr. Hennessey, Primary Care (OT) 1:00 Party Bridge (PUB) 1:30 <i>Sit & Stitch/Knitters (RCCR)</i> 2:00 Billiards (BR) 2:00 Taking Down the Holiday Tree (ML) 2:30 <i>Library Committee (PDR)</i> 4:00 Mocktail Happy Hour (PUB) 6:30 BINGO! (AUD)	9:00 "For Prayer and Meditation" (918) 7 9:30 Duplicate Bridge (PUB) 12:00 Video "The Viking Age: New Perspectives on History and Culture" Ep. 1 & 2 (918) 1:00 Canasta (PUB) 1:30 Mahjong (PUB) 1:30 Beginner Watercolor Class with Donna Galliher (CAS) 2:00 Computer & Device Help (MG) 2:00 <i>Health and Safety Committee (RCCR)</i> 2:30 Resident-led Pool Volleyball (AC) 4:00 Backgammon (PUB) 7:30 Friday Series: "Foyle's War" S. 9, Ep. 3(918)	9:00 "For Prayer and Meditation" (918) 8 9:00 OnSite Dermatology (OT) 1:00 TRIP: FloGris Museum Exhibit "Native Prospects: Indigeneity and Landscape" 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 7:30 Musical Movie: "Victor, Victoria" (AUD) 7:30 Poetry in the Pub (PUB)	9:00 "For Prayer and Meditation" (918) 9 9:00 Physical Therapy Discussion (AUD) 10:00 Coffee and Conversations with the Resident Council (PUB) 12:00 Video "Life Lessons from the Great Books" Ep. 11 & 12 (918) 1:00 Cribbage (PUB) 1:00 <i>Welcome Committee (RCCR)</i> 2:00 <i>Stone Quilters (RCCR)</i> 3:00 <i>Art Committee Meeting (CAS)</i> 3:00 Zen Art Hour: Vision Boards (CAS) 7:30 Musical Movie: "Victor, Victoria" (918)	9:00 "For Prayer and Meditation" (918) 10 12:30 Upcoming Events (918) 1:00 <i>Quilting Lessons with the Stone Quilters (RCCR)</i> 1:30 Les Misérables Concert Showing with David Charles Abell (AUD) 2:00 Billiards (BR) 2:00 Computer & Device Help (MG) 7:30 Friday Series: "Thornbirds" S. 1, Ep. 1 (AUD)	9:30 Lower Body Strength Seated (918) 11 11:00 Qi Gong (918) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: "Small Things Like These" (918) 7:30 Saturday Movie: "Small Things Like These" (AUD) Aquatic Center & Fitness Center 7 Days A Week 8:00am—8:00pm
Reoccurring Fitness Classes Monday - Friday	MONDAY 8:00 5-Minute Meditation w/Julie (918) 9:30 Seated Range of Motion (918) 9:30 Intro to Tap (FS) 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 (AUD) 11:00 Yoga (AUD) 2:00 Calming Meditation (918)	WEDNESDAY 8:00 5-Minute Meditation w/Julie (918) 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 8:00 5-Minute Meditation w/Julie (918) 9:00 Slow Flow H2O (Pool) 9:30 Water Aerobics Splash! (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 (AUD) 12 11: 00 Qi Gong Seated (918) 2:00 Sunday Movie: “All the President’s Men” (918) 2:30 Winter Cornhole (AUD) 3:00 Scrabble (PUB) 7:30 Sunday Movie: “All the President’s Men” (AUD)	No In-Person Morning Fitness Classes in the Auditorium 13 9:00 “For Prayer and Meditation” with John Webster (918) 9:00 Dr. Hennessey, Primary Care (OT) 9:00 Blood Drive (AUD) 9:15 Hearing Better at StoneRidge Group (PUB) 1:00 Party Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 1:30 Food and Beverage Committee (CHR) 2:00 Billiards (BR) 4:00 Community Life Services Survey Results Discussion (AUD) 6:30 BINGO! (AUD)	9:00 “For Prayer and Meditation” (918) 14 9:30 Duplicate Bridge (PUB) 12:00 Video “The Viking Age: New Perspectives on History and Culture” Ep. 3 & 4 (918) 1:00 Book Club (RCCR) 1:00 Canasta (PUB) 1:30 Beginner Watercolor Class with Donna Galliher (CAS) 1:30 Mahjong (PUB) 1:30 Caregivers Support Group (CHR) 2:00 Computer & Device Help (MG) 2:30 Resident-led Pool Volleyball (AC) 4:00 Backgammon (PUB) 4:00 Healthy Living for Your Brain and Body with Mary Lou Ganotti (AUD) 7:30 Friday Series: “Thornbirds” S. 1, Ep 1 (918)	9:00 “For Prayer and Meditation” (918) 15 9:00 Dr. Lawrence, Podiatrist (OT) 10:30 TRIP: Maggie Jones Winter Bus Tour 1:30 Episcopal Service (AUD) 2:00 TRIP: Maggie Jones Winter Bus Tour 3:00 Art Talks with Ceilidh “What Makes an Artist?” (PUB) 7:30 Musical Movie: “Oliver!” (AUD)	9:00 “For Prayer and Meditation” (918) 16 10:00 Resident Marketing Committee Meeting (RCCR) 12:00 Video “Life Lessons from the Great Books” Ep. 13 & 14 (918) 1:00 Cribbage (PUB) 1:30 Mystic Seaport Adventure Series (AUD) 2:00 Stone Quilters (RCCR) 3:00 Employee Art Show Opening (AG) 7:30 Musical Movie: “Oliver!” (918)	9:00 “For Prayer and Meditation” (918) 17 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 Northern Epics Lecture Series with Ceilidh: “Creation Stories from the Norse Eddas & Finnish Kalevala” (AUD) 7:30 Friday Series: “Thornbirds” S. 1, Ep. 2 (AUD)	9:30 Lower Body Strength, Seated (918) 18 11:00 Qi Gong (918) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: “The Piano Lesson” (918) 7:30 Saturday Movie: “The Piano Lesson” (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.
10:30 Catholic Communion; Contact Kip Brockmyre to sign up (AUD) 19 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: “Maria” (918) 2:30 Winter Cornhole (AUD) 3:00 Scrabble (PUB) 7:30 Sunday Movie: “Maria” (AUD) For Medical Appointments, Call the Transportation Department at (860) 572-5604 Email: transportation@stoneridgerc.com	9:00 “For Prayer and Meditation” (918) 20 9:00 Dr. Hennessey, Primary Care (OT) 1:00 Duplicate Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 2:00 MLK Day Documentary: “King: A Filmed Record– Montgomery to Memphis” (AUD) 2:00 Billiards (BR) 6:30 BINGO! (AUD)	No In-Person Morning Fitness Classes in the Auditorium 21 9:00 “For Prayer and Meditation” (918) 11:00 Resident Update Meeting (AUD) 12:00 Video “The Viking Age: New Perspectives on History and Culture” Ep. 5 & 6 (918) 1:00 Residents for Conservation Action Committee (RCCR) 1:30 Beginner Watercolor Class with Donna Galliher (CAS) 1:30 Mahjong (PUB) 2:00 Computer & Device Help (MG) 2:30 Resident-led Pool Volleyball (AC) 4:00 Backgammon (PUB) 4:00 Cathy Weiss: “The Art of Life: An Afternoon w/a Poet Laureate” (AUD) 7:30 Friday Series: “Thornbirds” S. 1, Ep. 2 (918)	9:00 “For Prayer and Meditation” (918) 22 10:00 TRIP: Revolutionary War Bus Tour of New London and Groton with Michael and Lunch at Tony D’s 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 3:00 Film and Discussion with Dow Davis: “The Codebreaker” (AUD) 7:30 Musical Movie: “Meet Me in St. Louis” (AUD)	9:00 “For Prayer and Meditation” (918) 23 9:00 Catherine Krenicky, APRN, (OT) 12:00 Video “Life Lessons from the Great Books” Ep. 15 & 16 (918) 1:00 Cribbage (PUB) 4:00 Gabriel Landstedt Piano Concert (AUD) 7:30 Musical Movie: “Meet Me in St. Louis” (918)	9:00 “For Prayer and Meditation” (918) 24 12:30 Upcoming Events (918) 1:00 Quilting Lessons with the Stone Quilters (RCCR) 2:00 Computer & Device Help (MG) 2:00 Billiards (BR) 4:00 Robert Burns Night Happy Hour (PUB) 7:30 Friday Series: “Thornbirds” S. 1, Ep. 3 (AUD)	9:30 Lower Body Strength Seated (918) 25 11:00 Qi Gong (918) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: “White Bird” (918) 6:30 Transportation to Eastern Connecticut Symphony Orchestra 7:30 Saturday Movie: “White Bird” (AUD)
10:30 Catholic Communion Contact Kip Brockmyre to sign up (AUD) 26 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: “Interstellar” (918) 3:00 Play Reading “Over the River and Through the Woods” (AUD) 3:00 Scrabble (PUB) 7:30 Sunday Movie: “Interstellar” (AUD)	9:00 “For Prayer and Meditation” (918) 27 9:00 Dr. Hennessey, Primary Care (OT) 1:00 Party Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 3:00 Finance Committee Meeting (RCCR) 6:30 BINGO! (AUD)	9:00 “For Prayer and Meditation” (918) 28 9:30 Duplicate Bridge (PUB) 12:00 Video “The Viking Age: New Perspectives on History and Culture” Ep. 7 & 8 (918) 1:00 Canasta (PUB) 1:30 Beginner Watercolor Class with Donna Galliher (CAS) 1:30 Mahjong (PUB) 2:00 Computer & Device Help (MG) 2:30 Resident-led Pool Volleyball (AC) 4:00 Backgammon (PUB) 4:00 Iceland Talk with Ceilidh “The Icelandic Way: Embracing the Culture, Nature and History” (AUD) 7:30 Friday Series: “Thornbirds” S. 1, Ep. 3 (918)	9:00 “For Prayer and Meditation” (918) 29 9:30 Residents Council Meeting (RCCR) 12:00 TRIP: Lunch at Olio (Groton) TENT 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 3:00 Questions for a Pharmacist with Nutmeg Pharmacy (PUB) 3:00 Tai Chi History and Demonstration for Chinese New Year (AUD) 7:30 Musical Movie: “Bye Bye Birdie” (AUD)	9:00 “For Prayer and Meditation” (918) 30 9:00 Catherine Krenicky, APRN (OT) 10:45 StoneRidge Chorus Practice (AUD) 12:00 Video “Life Lessons from the Great Books” Ep. 17 & 18 (918) 2:00 Recreation Committee (RCCR) 2:00 Iceland Craft: Bookmarks (CAS) 4:00 Kevin Buterbaugh: Current Events Lecture Series Part I (AUD) 7:30 Musical Movie: “Bye Bye Birdie” (918)	9:00 “For Prayer and Meditation” (918) 31 12:30 Upcoming Events (918) 1:00 Quilting Lessons with the Stone Quilters (RCCR) 1:30 Shopping: East Lyme Costco 2:00 Computer & Device Help (MG) 2:00 Billiards (BR) 4:00 Video: Walking Tour of Reykjavik (AUD) 7:30 Friday Series: “Thornbirds” S. 1, Ep. 4 (AUD)	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 3rd– Waterford Walmart & Lowes 10th– Groton Rte 1 & Groton Shopping Plaza 17th– Waterford Target, Crystal Mall, New London Mall 24th– Downtown Westerly & Westerly Shopping Center	Reoccurring Transportation Sunday - Friday