

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:00 Transportation to Mystic Congregational Church</b> <b>9</b>  <b>9:30 Transportation to St. Patrick's</b> 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "Brooklyn" (918) 3:00 Scrabble (PUB) <b>7:30 Sunday Movie: "Brooklyn" (AUD)</b>	9:00 "For Prayer and Meditation" with John Webster (918) <b>10</b>  <b>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</b> <b>11:30 Community Life Services New Resident Orientation (CAS)</b> 1:00 Party Bridge (PUB) <i>1:30 Sit &amp; Stitch/Knitters (RCCR)</i> <b>1:30 Grocery Shopping: McQuades</b> 2:00 Billiards (BR) <b>2:00 Computer Help with Aiden (MG)</b> <b>4:00 Sound Immersive with Marlisa (AUD)</b> 6:30 BINGO (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) <b>11</b> 9:30 Duplicate Bridge (PUB) 10:00 Open Pickleball (PC) 12:00 "The Great Tours: Iceland" Parts 19 & 20 (918) 1:00 Canasta (PUB) 1:30 Mahjong (PUB) <b>3:00 Jeff Weiselberg on Piano (AUD)</b> 4:00 Backgammon (PUB) 7:30 Game Night (PUB) 7:30 Friday Series: "800 Words" Season 2; Episodes 3 & 4 (918)	9:00 "For Prayer and Meditation" with John Webster (918) <b>12</b>  <b>12:30 TRIP: Lighthouse Cruise Tour (New London)</b>  <b>1:30 Episcopal Service (AUD)</b> <b>2:00 Computer Help with Aiden (MG)</b> 3:00 Resident-Led Pool Volleyball (AC) <b>7:30 Foreign Movie: "The Duke" (AUD)</b>	9:00 "For Prayer and Meditation" with John Webster (918) <b>13</b> <b>9:00 Catherine Krenicky, APRN; Call for Appointment (OT)</b> <i>9:45 Movie Selection Panel (MG)</i> 10:00 Open Pickleball (PC) <b>10:00 Coffee and Conversations with Resident Council (PUB)</b> 12:00 Great Courses: "America's Founding Fathers" Parts 1 & 2 (918) <i>1:00 Welcome Committee Meeting (RCCR)</i> 1:30 Cribbage (PUB) <i>3:00 StoneRidge Players (AUD)</i> 7:30 Foreign Movie: "The Duke" (918) <b>7:30 StoneRidge Musicale w/Charlie Schott (AUD)</b>	9:00 "For Prayer and Meditation" with John Webster (918) <b>14</b> <b>11:00 "Persons with Movement Disorders" Group Chat with LoriAnn (CHR)</b> 12:30 Upcoming Events with Michael (918) <b>1:30 Shopping (Groton Along Rte. 1 and Groton Shopping Plaza: Walmart, Stop and Shop, Kohl's)</b> <b>2:00 Computer &amp; Device Help (MG)</b> 2:00 Billiards (BR) <b>2:00 Summer Craft: Cyanotype Printing (CAS)</b> 7:00 Poker (PUB) <b>7:30 Friday Series: "800 Words" Season 2; Episodes 5 &amp; 6 (AUD)</b>	9:30 Lower Body Strength Seated (918) <b>15</b> 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: "Smoke Signals" (918) <b>7:30 Saturday Movie: "Smoke Signals" (AUD)</b>
<b>9:00 Transportation to Mystic Congregational Church</b> <b>16</b>  <b>9:30 Transportation to St. Patrick's</b> 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "Five Flights Up" (918) 3:00 Scrabble (PUB) <b>7:30 Sunday Movie: "5 Flights Up" (AUD)</b>	9:00 "For Prayer and Meditation" with John Webster (918) <b>17</b> <b>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</b> 1:00 Party Bridge (PUB) <i>1:00 Art Committee Meeting (CAS)</i> <i>1:30 Sit &amp; Stitch/Knitters (RCCR)</i> <b>1:30 Grocery Shopping: McQuades</b> 2:00 Billiards (BR) <b>2:00 Computer Help with Aiden (MG)</b> <b>4:00 Luau Happy Hour (PUB)</b> 6:30 BINGO (AUD)	<b>No morning fitness classes in person</b> <b>18</b> 9:00 "For Prayer and Meditation" with John Webster (918) 9:30 Duplicate Bridge (PUB) <b>9:30 Dr. Walter, Podiatrist; Call for Appointment (OT)</b> 10:00 Open Pickleball (PC) <b>11:00 Resident Update Meeting (AUD)</b> 12:00 "The Great Tours: Iceland" Parts 21 & 22 (918) 1:00 Canasta (PUB) <i>1:00 Conservation Interest Group (RCCR)</i> 1:30 Mahjong (PUB) <b>3:00 Connecticut Historical Society: Connecticut Facing War WW1 (AUD)</b> 4:00 Backgammon (PUB) 7:30 Game Night (PUB) 7:30 Friday Series: ("800 Words" Season 2; Episodes 5 & 6 918)	9:00 "For Prayer and Meditation" with John Webster (918) <b>19</b>  <b>10:00 TRIP: Norwich Sea Unicorns Baseball Game (Norwich)</b>  <b>1:30 Episcopal Service (AUD)</b> <b>2:00 Computer Help with Aiden (MG)</b> 3:00 Resident-Led Pool Volleyball (AC) <b>7:30 Foreign Movie: "Breathless" (AUD)</b>	9:00 "For Prayer and Meditation" with John Webster (918) <b>20</b> 10:00 Open Pickleball (PC) <b>10:00 Coffee and Conversations with Pamela Klapproth, Executive Director (PUB)</b> <b>11:00 "Bereavement Support" Group Chat with LoriAnn (CHR)</b> 12:00 Great Courses: "America's Founding Fathers" Parts 3 & 4 (918) <i>1:00 Resident Marketing Committee (RCCR)</i> 1:30 Cribbage (PUB) 2:00 Stone Quilters (Studio1401; Building 1000, 4th floor) <b>3:30 Dr. Feltes "Senior Health Issues in the Press" Lecture (AUD)</b> 7:30 Foreign Movie: "Breathless" (918)	9:00 "For Prayer and Meditation" with John Webster (918) <b>21</b> 12:30 Upcoming Events w/ Michael (918) <b>1:30 Shopping: (Target, Waterford Crystal Mall, Waterford Commons, New London Mall)</b> <b>2:00 Computer &amp; Device Help (MG)</b> 2:00 Billiards (BR) <b>3:00 Hot Cat Jazz Trio (AUD)</b> 7:00 Poker (PUB) <b>7:30 Friday Series: "800 Words" Season 2; Episodes 7 &amp; 8 (AUD)</b>	9:30 Lower Body Strength Seated (918) <b>22</b> 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: "Goodfellas" (918) <b>7:30 Saturday Movie: "Goodfellas" (AUD)</b>
<b>9:00 Transportation to Mystic Congregational Church 23rd &amp; 30th</b> <b>23</b>  <b>9:30 Transportation to St. Patrick's 23rd &amp; 30th</b> 11:00 Qi Gong Seated (918) <b>23rd &amp; 30th</b> 2:00 Sunday Movie: "Decoration Day" (918) 3:00 Scrabble (PUB) <b>23rd &amp; 30th</b> <b>7:30 Sunday Movie: "Decoration Day" (AUD)</b>	9:00 "For Prayer and Meditation" with John Webster (918) <b>24</b> 1:00 Party Bridge (PUB) 24th & 31st <b>1:30 Grocery Shopping: McQuades 24th &amp; 31st</b> <i>1:30 Sit &amp; Stitch/Knitters (RCCR) 24th &amp; 31st</i> 2:00 Billiards (BR) 24th & 31st <b>2:00 Computer Help with Aiden (MG) July 24th &amp; 31st</b> <i>3:00 Finance Committee (RCCR) 24th</i> 6:30 BINGO (AUD) July 24th & 31st	9:00 "For Prayer and Meditation" with John Webster (918) <b>25</b> 9:30 Duplicate Bridge (PUB) 10:00 Open Pickleball (PC) 12:00 "The Great Tours: Iceland" Parts 23 & 24 (918) 1:00 Canasta (PUB) 1:30 Mahjong (PUB) <i>2:00 Recreation Committee (RCCR)</i> <b>3:00 Stonington Historical Society "Steaming Through Stonington" Lecture (AUD)</b> 4:00 Backgammon (PUB) 7:30 Game Night (PUB) 7:30 Friday Series: "800 Words" Season 2; Episodes 7 & 8 (918)	9:00 "For Prayer and Meditation" with John Webster (918) <b>26</b>  <i>9:30 Resident's Council Meeting (RCCR)</i> <b>1:30 Episcopal Service (AUD)</b> <b>2:00 Computer Help with Aiden (MG)</b> 3:00 Resident-Led Pool Volleyball (AC) <b>3:00 Doug McKeehan on Piano (AUD)</b> <b>7:30 Foreign Movie: "All Quiet on the Western Front" (AUD)</b>	9:00 "For Prayer and Meditation" with John Webster (918) <b>27</b> <b>9:00 Catherine Krenicky, APRN; Call for Appointment (OT)</b> 10:00 Open Pickleball (PC) <b>11:00 Jeffrey Engle "John Williams, Score Composer Lecture" (AUD)</b> 12:00 Great Courses: "America's Founding Fathers" Parts 5 & 6 (918) 1:30 Cribbage (PUB) 7:30 Foreign Movie: "All Quiet on the Western Front" (918)	9:00 "For Prayer and Meditation" with John Webster (918) <b>28</b> 12:30 Upcoming Events w/ Michael (918) <b>1:30 Shopping: Westerly (Downtown and JC Penney, TJ Maxx, and Walmart)</b> <b>2:00 Computer &amp; Device Help (MG)</b> 2:00 Billiards (BR) 7:00 Poker (PUB) <b>7:30 Friday Series: "800 Words" Season 2; Episodes 9 &amp; 10 (AUD)</b>	9:30 Lower Body Strength Seated (918) <b>29</b> 10:00 Open Pickleball (Pickleball Court) 11:00 Qi Gong (918) 1:00 Standing Moving Meditation (918) 1:00 Open Bocce (Bocce Court) 2:00 Saturday Movie: "A League of Their Own" (918) <b>7:30 Saturday Movie: "A League of Their Own" (AUD)</b>
<b>10:30 MOPAR Car Show, (Between Cottage and Avalon)</b> <b>30</b> 2:00 Movie: "The Misfits" 1961 (918) 7:30 Movie: "The Misfits" 1961 (AUD)	<b>4:00 Watermelon Party Happy Hour (PUB) July 31st</b> <b>31</b>					
<b>AC</b> —Aquatic Center (Clubhouse) <b>AG</b> —Art Gallery (Clubhouse) <b>AL</b> —Avalon Lounge <b>ADR</b> —Avalon Dining Room <b>ARR</b> —Avalon Recreation Room	<b>AUD</b> —Auditorium <b>BR</b> —Billiards Room (Bldg. 5000, Level 3) <b>CAS</b> —Creative Arts Studio (Clubhouse)	<b>CHR</b> —Chart Room (by MDR) <b>CONF</b> —Conference Room <b>COT</b> —Cottage <b>CS</b> —Country Store (Clubhouse) <b>FS</b> —Fitness Studio (Clubhouse)	<b>FSR</b> —Fireside Room (by MDR) <b>LIB</b> —Library (Clubhouse) <b>LL</b> —Lighthouse Lounge (Bldg 6000, 4th Floor) <b>ML</b> — Main Lobby	<b>MG</b> —Mariner's Grille (Clubhouse) <b>MDR</b> —Main Dining Room <b>OT</b> —Occupational Therapy Room (by Avalon) <b>PC</b> — Pickleball Court	<b>PDR</b> —Private Dining Room <b>PUB</b> —Jerry Browne Pub <b>RCCR</b> —Resident Council Conference Room (Bldg. 5000, level 4)	<b>RSO</b> —Resident Services Office <b>SR</b> —StoneRidge Gardens <b>VG</b> —Village Green (Outside MG) <b>918</b> —TV Channel 918



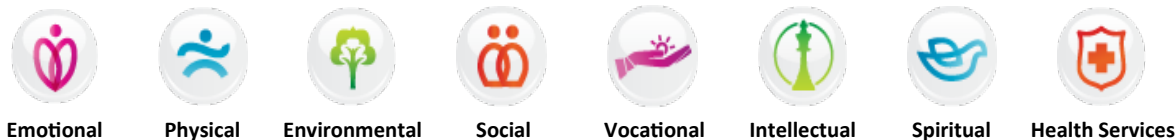


186 Jerry Browne Road  
Mystic, CT. 06355



# July 2023

"America is a tune. It must be sung together." - Gerald Stanley Lee



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.

**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 Cyndy Rowley, Transportation Supervisor, at (860) 572-5604  
Email: [transportation@stoneridgerc.com](mailto:transportation@stoneridgerc.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Aquatic Center &amp; Fitness Center</b> 7 Days A Week 8:00am—8:00pm</p> <p><b>Hair Salon &amp; Stylists:</b> Tuesday—Friday 9am - 3pm (860)572-5673</p> <p><b>Barber Available:</b> Tuesday &amp; Friday: 9am-3pm</p> <p><b>Nail Services:</b> Wednesday 9am-3pm</p> <p><b>Country Store Hours:</b> Monday—Saturday 10:30 am - 12:30 pm (860) 572-5654</p>	<p>Turn your TV to CH 918 for up to date information! If you have any questions regarding this calendar please contact:</p> <p><b>Michael Langlois</b> Community Life Services Director <a href="mailto:mlanglois@stoneridgerc.com">mlanglois@stoneridgerc.com</a> (860) 572-5601</p> <p><b>Taylor Palmer</b> Community Life Services Associate <a href="mailto:tpalmer@stoneridgerc.com">tpalmer@stoneridgerc.com</a> (860) 437-4041</p> <p><b>Michele Walworth</b> Community Life Services Associate <a href="mailto:mwalworth@stoneridgerc.com">mwalworth@stoneridgerc.com</a> (860) 572-2411</p>	<p><b>Call for Appointment:</b></p> <p><b>Beltone Hearing</b> (860)326-5518</p> <p><b>Dr. Hennessey &amp; Catherine Krenicky, APRN</b> (Primary Care) (860)464-7274 X110</p> <p><b>Dr. Lawrence's Office (Podiatrist)</b> (401)596-0823</p> <p><b>Dr. Walter's Office (Podiatrist)</b> (860)599-4555</p> <p><b>Nova Hearing</b> (860)916-6169</p> <p><b>LoriAnn Levanto, Social Worker</b> (860)437-4076</p>	<p><b>DINING ROOM</b> <b>Reservations: 860-437-4052</b> <b>Takeout: 860-572-5671</b> <b>Monday-Saturday</b> Lunch: 12:00—2:00 p.m. Dinner: 5:00—7:30 p.m. <b>Sunday Lunch: 11:00-2:00 p.m.</b></p> <p><b>J.B. PUB</b> <b>Monday-Friday</b> Complimentary Continental Breakfast: 7:00—10:00 a.m.</p> <p><b>MARINER GRILLE</b> <b>Reservations: 860-572-5656</b> <b>Monday-Saturday</b> Lunch: 12:00—2:00 p.m. Dinner: 5:00—7:00 p.m.</p>	<p><b>Activities and Trips in red require SIGN UP in the Activity Book on the table across from the Mailroom</b></p> 	<p><b>TRANSPORTATION: Sign-up for Shopping in the Transportation Book in the Mail Room.</b></p>	<p>9:30 Lower Body Strength Seated (918) <b>1</b></p> <p>10:00 Open Pickleball (Pickleball Court)</p> <p>11:00 Qi Gong (918)</p> <p>1:00 Open Bocce (Bocce Court)</p> <p>1:30 Positive Energy Meditation(918)</p> <p>2:00 Saturday Movie: "Postcards from the Edge" (918)</p> <p><b>7:30 Saturday Movie: "Postcards from the Edge" (AUD)</b></p>
<p><b>9:00 Transportation to Mystic Congregational Church 2</b></p> <p><b>9:30 Transportation to St. Patrick's</b></p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "A New Leaf" (918)</p> <p>3:00 Scrabble (PUB)</p> <p><b>7:30 Sunday Movie: "A New Leaf" (AUD)</b></p>	<p><b>No In-Person Fitness Classes 3</b></p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p><b>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</b></p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 Sit &amp; Stitch/Knitters (RCCR)</p> <p><b>1:30 Grocery Shopping: McQuades</b></p> <p>2:00 Billiards (BR)</p> <p><b>2:00 Computer Help with Aiden (MG)</b></p> <p>2:30 Library Committee (PDR)</p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>4</b></p> <p>9:30 Duplicate Bridge (PUB)</p> <p>10:00 Open Pickleball (PC)</p> <p><b>12:00 4th of July Picnic (VG)</b></p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "800 Words" Season 2; Episodes 1 &amp; 2 (918)</p> 	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>5</b></p> <p><b>1:00 Mystic Museum of Art Community Art Project (AUD)</b></p> <p><b>1:30 Episcopal Service (AUD)</b></p> <p><b>2:00 Computer Help with Aiden (MG)</b></p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p><b>7:30 Foreign Movie: "The Hundred Foot Journey" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>6</b></p> <p>10:00 Open Pickleball (PC)</p> <p><b>11:00 "Caregivers Support" Group Chat with LoriAnn (CHR)</b></p> <p>12:00 Great Courses "The 30 Greatest Orchestral Works" Parts 30 &amp; 31 (918)</p> <p>1:00 Grounds and Gardens Committee (CHR)</p> <p>1:30 Cribbage (PUB)</p> <p>2:00 Stone Quilters (Studio 1401; Building 1000, 4th Floor)</p> <p><b>2:30 Broadway Comes to StoneRidge "42nd Street" Video (AUD)</b></p> <p>3:00 Buildings &amp; Grounds Committee (RCCR)</p> <p>7:30 Foreign Movie: "The Hundred Foot Journey" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>7</b></p> <p>12:30 Upcoming Events with Michael (918)</p> <p><b>1:30 Shopping (Waterford Walmart and Lowes)</b></p> <p>2:00 Billiards (BR)</p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p><b>3:00 Discovering Museums Video "Virtual Visit to Historic Boston" (AUD)</b></p> <p>7:00 Poker (PUB)</p> <p><b>7:30 Friday Series: "800 Words" Season 2; Episodes 3 &amp; 4 (AUD)</b></p>	<p>9:30 Lower Body Strength Seated (918) <b>8</b></p> <p>10:00 Open Pickleball (Pickleball Court)</p> <p>11:00 Qi Gong (918)</p> <p>1:00 Open Bocce (Bocce Court)</p> <p>1:30 Positive Energy Meditation(918)</p> <p>2:00 Saturday Movie: "Living" (918)</p> <p><b>7:30 Saturday Movie: "Living" (AUD)</b></p>
<p><b>Reoccurring Fitness Classes</b> <b>Monday - Friday</b></p>	<p><b>MONDAY</b></p> <p>9:30 Seated Range of Motion (918)</p> <p><b>9:30 Heart and Sole Walk (ML)</b></p> <p><b>10:30 Stable &amp; Strong (AUD)</b></p> <p>7:30 pm Meditation for Relaxation (918)</p>	<p><b>TUESDAY</b></p> <p>9:30 Lower Body Strength Chair (918)</p> <p><b>10:00 Heart Healthy Hustle (AUD)</b></p> <p><b>10:35 Range of Motion Exercises (AUD)</b></p> <p>11:00 Qi Gong (918)</p> <p><b>1:00 Tai Chi Balance (RSVP Class FS)</b></p> <p>2:00 Calming Meditation (918)</p>	<p><b>WEDNESDAY</b></p> <p><b>9:30 Heart and Sole Walk (ML)</b></p> <p>9:30 Seated Range of Motion (918)</p> <p><b>10:30 Stable &amp; Strong (AUD)</b></p> <p>7:30 pm Meditation for Relaxation (918)</p>	<p><b>THURSDAY</b></p> <p>9:30 Lower Body Strength Chair (918)</p> <p><b>10:00 Heart Healthy Hustle (AUD)</b></p> <p><b>10:35 Range of Motion Exercises (AUD)</b></p> <p>11:00 Qi Gong Seated (918)</p> <p><b>11:00 Tai Chi Balance (RSVP Class FS)</b></p> <p>2:00 Positive Energy Meditation (918)</p>	<p><b>FRIDAY</b></p> <p><b>9:00 Slow Flow H2O (Pool)</b></p> <p>9:30 Seated Range of Motion (918)</p> <p><b>10:30 Stable &amp; Strong (AUD)</b></p> <p>7:30 pm Meditation for Relaxation (918)</p>	<p><b>Contact Julie Oliver, Fitness Specialist for more Information</b> (860)572-5657</p>