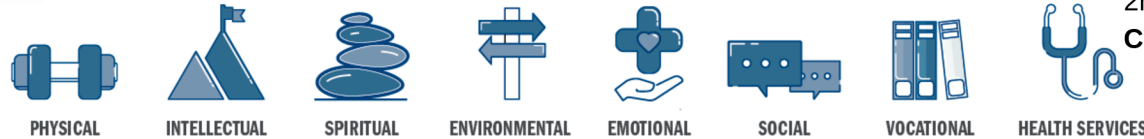




# July 2025

*“Freedom is nothing else but a chance to be better.” — Albert Camus*



- 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
<div>Call for Appointment: <b>Dr. Hennessey &amp; Catherine Krenicky, APRN</b> (Primary Care) (860)464-7274 X110 <b>Dr. Lawrence's Office</b> (Podiatrist) (401)596-0823 <b>Dr. Walter's Office</b> (Podiatrist) (860)599-4555 <b>OnSite Dermatology</b> (877)345-5300</div>	<div>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 <b>J.B. PUB</b> Monday-Sunday Complimentary Continental Breakfast: 7—10 am. <b>MARINER'S GRILLE</b> Reservations: 860-572-5656 Monday-Saturday Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm</div>	<div>No In-Person Fitness Classes in the Auditorium 1 9:00 Open Pickleball (PC) 9:30 Duplicate Bridge (PUB) 1:00 Canasta (PUB) <b>2:00 Computer &amp; Device Help (MG)</b> 2:00 Health and Wellness Committee (RCCR) 2:30 Resident-led Pool Volleyball (AC) 4:00 Backgammon (PUB) 7:30 Friday Series: "Keeping Up Appearances" S. 1, Ep. 1, 2, 3 (918)</div>	<div>11:00 TRIP: Lunch at Breachway Grill then Waitress at Theater by the Sea 2 1:30 Rosary Service (ARR) 2:00 Episcopal Service (Avalon Dining Room)- NOTE CHANGE 4:00 Bergin O'Malley Concert "Love, Loss, and Joy" (AUD) 7:30 Musical Movie: "The Merry Widow" (AUD) 7:30 Poetry in the Pub (PUB)</div>	<div>9:00 Catherine Krenicky, APRN (OT) 3 9:00 Open Pickleball (PC) 12:00 Video "Life in the World's Oceans" Ep. 23 &amp; 24 (918) 1:00 Cribbage (PUB) 1:00 Grounds and Gardens Committee (RCCR) 2:00 Computer &amp; Device Help (MG) 3:00 Facilities Committee (RCCR) 3:00 Declaration of Independence Reading (AUD) 7:30 Musical Movie: "The Merry Widow" (918)</div>	<div>12:00 Fourth of July Picnic-Sign Up at the Dining Podium (Grille Patio/ VG) 4 12:30 Upcoming Events (918) 1:30 Mahjong (PUB) 2:00 Billiards (BR) 7:00 Poker (PUB) 7:30 Friday Series: "Keeping Up Appearances" S. 1, Ep. 4, 5, 6 (AUD) </div>	<div>9:00 Open Pickleball (PC) 5 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: "The Founder" (918) 7:30 Saturday Movie: "The Founder" (AUD) <div>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.</div></div>
<div>10:30 Catholic Communion 6 Contact Kip Brockmyre to sign up 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "North By Northwest" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "North By Northwest" (AUD)</div>	<div>9:00 Dr. Hennessey, Primary Care (OT) 7 1:00 Party Bridge (PUB) 1:30 Sit &amp; Stitch/Knitters (RCCR) 1:30 Library Committee (PDR) 2:00 Billiards (BR) 2:00 Video: "Unsung Heroes of WWII: Europe" Episodes 1 &amp; 2 (AUD) 3:30 Mystic Pipes and Drums Concert and Happy Hour (VG) 6:30 BINGO! (AUD)</div>	<div>9:00 Open Pickleball (PC) 8 9:30 Duplicate Bridge (PUB) 1:00 Canasta (PUB) 2:00 Computer &amp; Device Help (MG) 2:00 Health and Safety Committee (RCCR) 2:30 Resident-led Pool Volleyball (AC) 3:00 Documentary Video: "Our Living World" Parts 1 &amp; 2 (AUD) 4:00 Backgammon (PUB) 5:30 Take Out Dinner with Ralph Wood (CHR) 7:30 Friday Series: "Keeping Up Appearances" S. 1, Ep 4, 5, 6 (918)</div>	<div>No In-Person Fitness Classes 9 11:00 TRIP: Mashantucket Pequot Museum and Packed Lunch 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 7:30 Musical Movie: "Dreamgirls" (AUD)</div>	<div>9:00 Catherine Krenicky, APRN (OT) 10 9:00 Physical Therapy Discussion (AUD) 9:00 Open Pickleball (PC) 10:00 Coffee and Conversations with the Resident Council (PUB) 12:00 Video "Life in the World's Oceans" Ep. 25 &amp; 26 (918) 1:00 Cribbage (PUB) 1:00 Welcome Committee (CHR) 2:00 Computer &amp; Device Help (MG) 3:00 Nicholas Bellantoni- State Archeologist Lecture "Archaeology Along the Connecticut Shoreline" (AUD) 7:30 Musical Movie: "Dreamgirls" (918)</div>	<div>12:30 Upcoming Events (918) 11 1:00 Quilting Lessons with the Stone Quilters (RCCR) 1:30 Mahjong (PUB) 2:00 Beginner Painting with Ceilidh (CAS) 2:30 Broadway Comes to StoneRidge Video: Hamilton (AUD) 2:00 Billiards (BR) 7:00 Poker (PUB) 7:30 Friday Series: "The Residence" Ep. 1 &amp; 2 (AUD)</div>	<div>9:00 Open Pickleball (PC) 12 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: "Nonnas" (918) 7:30 Saturday Movie: "Nonnas" (AUD) <div>Aquatic Center &amp; Fitness Center 7 Days A Week 8:00am—8:00pm</div></div>
<div>Reoccurring Fitness Classes</div>	<div>MONDAY 9:30 Seated Range of Motion (918) 9:30 Seated Tap Dancing (RSVP, FS) 10:30 Stable &amp; Strong (AUD) 8:30 Meditation for Relaxation (918)</div>	<div>TUESDAY 9:00 Slow Flow H2O (AC) 9:30 Lower Body Strength (918) 10:00 Zumba Gold (AUD) 11:00 Yoga (AUD) 2:00 Calming Meditation (918)</div>	<div>WEDNESDAY 9:30 Lift &amp; Swim (AC) 9:30 Seated Range of Motion (918) 10:30 Stable &amp; Strong (AUD) 8:30 Meditation for Relaxation (918)</div>	<div>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, FS) 1:30 Intro to Tap, Seated (RSVP, FS) 2:00 Positive Energy Meditation (918)</div>	<div>FRIDAY 9:00 Slow Flow H2O (AC) 9:30 Seated Range of Motion (918) 10:30 Stable &amp; Strong (AUD) 8:30 Meditation for Relaxation (918)</div>	<div>Contact Julie Oliver, Fitness Specialist for more Information (860)572-5657</div>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>10:30 Catholic Communion Contact Kip Brockmyre to sign up 13</div> <div>11: 00 Qi Gong Seated (918) 2:00 Sunday Movie: “As Good as It Gets” (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: “As Good as It Gets” (AUD)</div>	<div>9:00 Dr. Hennessey, Primary Care (OT) 14</div> <div>10:30 Around Town Tour with Transportation 1:00 Duplicate Bridge (PUB) 1:30 Sit &amp; Stitch/Knitters (RCCR) 1:30 Food and Beverage Committee (CHR) 2:00 Billiards (BR) 2:00 Video: “Unsung Heroes of WWII: Europe” Episodes 3 &amp; 4 (AUD) 4:00 Ice Cream Sundae Bar (PUB) 6:30 BINGO! (AUD)</div>	<div>No In-Person Morning Fitness Classes in the Auditorium 15</div> <div>9:00 Open Pickleball (PC) 11:00 Resident Update Meeting (AUD) 1:00 Residents for Conservation Action Committee (RCCR) 1:30 Caregivers Support Group (PDR) 2:00 Computer &amp; Device Help (MG) 2:00 Zen Art Hour: Painting Ceramic Bud Vases (CAS) 2:30 Resident-led Pool Volleyball (AC) 3:00 Documentary Video: “Our Living World” Parts 3 &amp; 4 (AUD) 4:00 Backgammon (PUB) 7:30 Friday Series: “The Residence” Ep. 1 &amp; 2 (918)</div>	<div>1:30 Episcopal Service (AUD) 16</div> <div>1:30 Rosary Service (ARR) 2:00 Portal Photo Session (LIB) 3:00 Art Talks with Ceilidh: Art or Vandalism? (PUB) 7:30 Musical Movie: “Yentl” (AUD)</div>	<div>9:00 Open Pickleball (PC) 17</div> <div>12:00 Video “Life in the World’s Oceans” Ep. 27 &amp; 28 (918) 1:00 Cribbage (PUB) 1:00 Resident Marketing Committee (RCCR) 1:00 Community Life Committee (CHR) 2:00 Stone Quilters (RCCR) 2:00 Computer &amp; Device Help (MG) 4:00 Doug McKeehan on Piano (AUD) 7:30 Musical Movie: “Yentl” (918)</div>	<div>11:00 Conversations with LoriAnn: Emotional Wellbeing (PUB) 18</div> <div>12:30 Upcoming Events (918) 1:00 Quilting Lessons with the Stone Quilters (RCCR) 1:30 Mahjong (PUB) 2:00 Billiards (BR) 2:00 Beginner Painting with Ceilidh: Open Studio (CAS) 7:00 Poker (PUB) 7:30 Friday Series: “The Residence” Ep. 3 &amp; 4 (AUD)</div>	<div>9:00 Open Pickleball (PC) 19</div> <div>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: “The Intern” (918) 7:30 Saturday Movie: “The Intern” (AUD)</div>
<div>10:30 Catholic Communion Contact Kip Brockmyre to sign up 20</div> <div>11: 00 Qi Gong Seated (918) 2:00 Sunday Movie: “The Swan” (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: “The Swan” (AUD)</div>	<div>9:00 Dr. Hennessey, Primary Care (OT) 21</div> <div>1:00 Party Bridge (PUB) 1:30 Sit &amp; Stitch/Knitters (RCCR) 2:00 Billiards (BR) 2:00 Video: “Unsung Heroes of WWII: Europe” Episodes 5 &amp; 6 (AUD) 2:00 Wine Making (CAS) 3:00 Finance Committee (RCCR) 6:30 BINGO! (AUD)</div>	<div>9:00 Open Pickleball (PC) 22</div> <div>9:30 Duplicate Bridge (PUB) 1:00 Residents for Conservation Action Committee (RCCR) 2:00 Computer &amp; Device Help (MG) 2:30 Resident-led Pool Volleyball (AC) 4:00 Willie and Jan Band: Sonny and Cher &amp; Friends (AUD) 4:00 Backgammon (PUB) 7:30 Friday Series: “The Residence” Ep. 3 &amp; 4 (918)</div>	<div>9:00 Dr. Lawrence, Podiatrist (OT) 23</div> <div>9:30 Resident’s Council Meeting (RCCR) 1:00 TRIP: Long Island Sound Lighthouse Cruise 1:30 Episcopal Service (AUD) 1:30 StoneRidge Parkinson’s Support Group (CHR) 1:30 Rosary Service (ARR) 7:30 Musical Movie: “Elvis” (AUD)</div>	<div>9:00 Catherine Krenicky, APRN (OT) 24</div> <div>10:00 Coffee and Conversation with Executive Director, Pamela Klapproth (CHR) 12:00 Video “Life in the World’s Oceans” Ep. 29 &amp; 30 (918) 2:00 Computer &amp; Device Help (MG) 4:00 Summer Sippers Beer Tasting (PUB) 7:30 Musical Movie: “Elvis” (918)</div>	<div>No In-Person Fitness Classes Today 25</div> <div>11:00 Conversations with LoriAnn: Managing Relationships (PUB) 12:30 Upcoming Events (918) 1:00 Quilting Lessons with the Stone Quilters (RCCR) 1:30 Mahjong (PUB) 2:00 Billiards (BR) 2:00 Beginner Painting with Ceilidh (CAS) 7:00 Poker (PUB) 7:30 Friday Series: “The Residence” Ep. 5 &amp; 6 (AUD)</div>	<div>9:00 Open Pickleball (PC) 26</div> <div>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: “Black Bag” (918) 7:30 Saturday Movie: “Black Bag” (AUD)</div> <div>Transportation Sign-up for Shopping in the Transportation Book in the Mail Room.</div>
<div>10:30 Catholic Communion Contact Kip Brockmyre to sign up 27</div> <div>11:00 Qi Gong Seated (918) 2:00 Sunday Movie: “Sabrina” (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: “Sabrina” (AUD)</div> <div>For Medical Appointments, Call the Transportation Department at (860) 572-5604 Email: transportation@stoneridgerc.com</div>	<div>1:00 Party Bridge (PUB) 28</div> <div>1:30 Sit &amp; Stitch/Knitters (RCCR) 2:00 Billiards (BR) 2:00 Video: “Unsung Heroes of WWII: Europe” Episodes 7 &amp; 8 (AUD) 4:00 Happy Hour (PUB) 6:30 BINGO! (AUD)</div>	<div>9:00 Dr. Walter, Podiatrist (OT) 29</div> <div>9:00 Open Pickleball (PC) 9:30 Duplicate Bridge (PUB) 12:00 Video “Experiencing America” Ep. 9 &amp; 10 (918) 1:30 Caregivers Support Group (PDR) 2:00 Computer &amp; Device Help (MG) 2:30 Resident-led Pool Volleyball (AC) 3:00 Bob Heussler, Connecticut Sportscaster, Lecture “UCONN Women’s Basketball and the History of the WNBA” (AUD) 4:00 Backgammon (PUB) 7:30 Friday Series: “The Residence” Ep. 5 &amp; 6 (918)</div>	<div>11:00 TRIP: Lunch at Gelston House then All Shook Up at Goodspeed 30</div> <div>1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 3:00 Questions for a Pharmacist with Nutmeg Pharmacy (PUB) 7:30 Musical Movie: “Sweeny Todd” (AUD)</div>	<div>9:00 Catherine Krenicky APRN (OT) 31</div> <div>9:00 Open Pickleball (PC) 2:00 Computer &amp; Device Help (MG) 2:00 Recreation Committee (RCCR) 4:00 Victor Villagra Classical Guitarist (AUD) 7:30 Musical Movie: “Sweeny Todd” (918)</div>	<div>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</div>	<div>Hair Salon &amp; 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 - 2:30 pm (860) 572-5654</div>
<div>SUNDAY</div> <div>9:00 Transportation to Mystic Congregational Church 9:45 Transportation to St. Patrick’s Church</div>	<div>MONDAY</div> <div>8:30-12:30 Mystic, New London, Waterford, Niantic Doctors Appointments 1:30 Grocery Shopping: McQuade’s and Big Y</div>	<div>TUESDAY</div> <div>8:30-3:00 Mystic, Groton, New London, Waterford, Niantic Doctors Appointments</div>	<div>WEDNESDAY</div> <div>8:30-3:00 Backus Hospital and Surrounding Areas Doctors Appointments</div>	<div>THURSDAY</div> <div>8:30-3:00 Mystic, Stonington, Westerly Doctors Appointments</div>	<div>FRIDAY 1:30 Shopping</div> <div>11th– Groton Rte 1 &amp; Groton Shopping Plaza 18th– Waterford Target, Crystal Mall, New London Mall 25th– Downtown Westerly &amp; Westerly Shopping Center</div>	<div>Reoccurring Transportation Sunday - Friday</div>