



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
<p>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 OnSite Dermatology (877)345-5300</p>	<p>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</p> <p>J.B. PUB Monday-Sunday Complimentary Continental Breakfast: 7-10 am.</p> <p>MARINER'S GRILLE Reservations: 860-572-5656 Monday-Saturday Lunch: 12:00-2:00 pm Dinner: 5:00-7:30 pm</p>	<p>No In-Person Fitness Classes in the Auditorium 1</p> <p>9:00 Open Pickleball (PC) 9:30 Duplicate Bridge (PUB) 1:00 Canasta (PUB) 2:00 Computer & Device Help (MG) 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)</p>	<p>11:00 TRIP: Lunch at Breachway Grill then Waitress at Theater by the Sea 2</p> <p>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)</p>	<p>9:00 Catherine Krenicky, APRN (OT) 3</p> <p>9:00 Open Pickleball (PC) 12:00 Video "Life in the World's Oceans" Ep. 23 & 24 (918) 1:00 Cribbage (PUB) 1:00 Grounds and Gardens Committee (RCCR) 2:00 Computer & Device Help (MG) 3:00 Facilities Committee (RCCR) 3:00 Declaration of Independence Reading (AUD) 7:30 Musical Movie: "The Merry Widow" (918)</p>	<p>12:00 Fourth of July Picnic-Sign Up at the Dining Podium (Grille Patio/ VG) 4</p> <p>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)</p> <p style="text-align: center;">HAPPY 4th of July</p>	<p>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)</p> <p style="border: 1px solid red; padding: 5px; text-align: center; color: red;">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.</p>
<p>10:30 Catholic Communion 6 Contact Kip Brockmyre to sign up</p> <p>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)</p>	<p>9:00 Dr. Hennessey, Primary Care (OT) 7</p> <p>1:00 Party Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 1:30 Library Committee (PDR) 2:00 Billiards (BR) 2:00 Video: "Unsung Heroes of WWII: Europe" Episodes 1 & 2 (AUD) 3:30 Mystic Pipes and Drums Concert and Happy Hour (VG) 6:30 BINGO! (AUD)</p>	<p>9:00 Open Pickleball (PC) 8 9:30 Duplicate Bridge (PUB) 1:00 Canasta (PUB) 2:00 Computer & 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 & 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)</p>	<p>No In-Person Fitness Classes in the Auditorium 9</p> <p>11:00 TRIP: Mashantucket Pequot Museum and Packed Lunch</p> <p>1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 7:30 Musical Movie: "Dreamgirls" (AUD)</p>	<p>9:00 Catherine Krenicky, APRN (OT) 10</p> <p>9:00 Physical Therapy Discussion (AUD)</p> <p>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 & 26 (918) 1:00 Cribbage (PUB) 1:00 Welcome Committee (CHR) 2:00 Computer & Device Help (MG) 3:00 Nicholas Bellantoni- State Archeologist Lecture "Archaeology Along the Connecticut Shoreline" (AUD) 7:30 Musical Movie: "Dreamgirls" (918)</p>	<p>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 & 2 (AUD)</p>	<p>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)</p> <p style="border: 1px solid red; padding: 5px; text-align: center;">Aquatic Center & Fitness Center 7 Days A Week 8:00am-8:00pm</p>
Reoccurring Fitness Classes	<p>MONDAY</p> <p>9:30 Seated Range of Motion (918) 9:30 Seated Tap Dancing (RSVP, FS) 10:30 Stable & Strong (AUD) 8:30 Meditation for Relaxation (918)</p>	<p>TUESDAY</p> <p>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)</p>	<p>WEDNESDAY</p> <p>9:30 Lift & Swim (AC)</p> <p>9:30 Seated Range of Motion (918) 10:30 Stable & Strong (AUD) 8:30 Meditation for Relaxation (918)</p>	<p>THURSDAY</p> <p>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)</p>	<p>FRIDAY</p> <p>9:00 Slow Flow H2O (AC) 9:30 Seated Range of Motion (918) 10:30 Stable & Strong (AUD) 8:30 Meditation for Relaxation (918)</p>	Contact Julie Oliver, Fitness Specialist for more Information (860)572-5657

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:30 Catholic Communion Contact 13 Kip Brockmyre to sign up</p> <p>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)</p>	<p>9:00 Dr. Hennessey, Primary Care (OT) 14</p> <p>10:30 Around Town Tour with Transportation</p> <p>1:00 Duplicate Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 1:30 Food and Beverage Committee (CHR) 2:00 Billiards (BR) 2:00 Video: "Unsung Heroes of WWII: Europe" Episodes 3 & 4 (AUD) 4:00 Ice Cream Sundae Bar (PUB) 6:30 BINGO! (AUD)</p>	<p>No In-Person Morning Fitness Classes in the Auditorium 15</p> <p>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 & 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 & 4 (AUD) 4:00 Backgammon (PUB) 7:30 Friday Series: "The Residence" Ep. 1 & 2 (918)</p>	<p>1:30 Episcopal Service (AUD) 16 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)</p>	<p>9:00 Open Pickleball (PC) 17 12:00 Video "Life in the World's Oceans" Ep. 27 & 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 & Device Help (MG) 4:00 Doug McKeehan on Piano (AUD) 7:30 Musical Movie: "Yentl" (918)</p>	<p>11:00 Conversations with LoriAnn: Emotional Wellbeing (PUB) 18</p> <p>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 & 4 (AUD)</p>	<p>9:00 Open Pickleball (PC) 19 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)</p>
<p>10:30 Catholic Communion Contact 20 Kip Brockmyre to sign up</p> <p>11: 00 Qi Gong Seated (918) 2:00 Sunday Movie: "The Swan" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "The Swan" (AUD)</p>	<p>9:00 Dr. Hennessey, Primary Care (OT) 21</p> <p>1:00 Party Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 2:00 Video: "Unsung Heroes of WWII: Europe" Episodes 5 & 6 (AUD) 2:00 Wine Making (CAS) 3:00 Finance Committee (RCCR) 6:30 BINGO! (AUD)</p>	<p>9:00 Open Pickleball (PC) 22 9:30 Duplicate Bridge (PUB) 1:00 Residents for Conservation Action Committee (RCCR) 2:00 Computer & Device Help (MG) 2:30 Resident-led Pool Volleyball (AC) 4:00 Willie and Jan Band: Sonny and Cher & Friends (AUD) 4:00 Backgammon (PUB) 7:30 Friday Series: "The Residence" Ep. 3 & 4 (918)</p>	<p>9:00 Dr. Lawrence, Podiatrist (OT) 23</p> <p>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)</p>	<p>9:00 Catherine Krenicky, APRN (OT) 24</p> <p>10:00 Coffee and Conversation with Executive Director, Pamela Klapproth (CHR) 12:00 Video "Life in the World's Oceans" Ep. 29 & 30 (918) 2:00 Computer & Device Help (MG) 4:00 Summer Sippers Beer Tasting (PUB) 7:30 Musical Movie: "Elvis" (918)</p>	<p>No In-Person Fitness Classes Today 25</p> <p>11:00 Conversations with LoriAnn: Managing Relationships (PUB)</p> <p>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 & 6 (AUD)</p>	<p>9:00 Open Pickleball (PC) 26 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)</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>Transportation Sign-up for Shopping in the Transportation Book in the Mail Room.</p> </div>
<p>10:30 Catholic Communion Contact 27 Kip Brockmyre to sign up</p> <p>11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "Sabrina" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "Sabrina" (AUD)</p> <div style="background-color: red; color: white; padding: 5px;"> <p>For Medical Appointments, Call the Transportation Department at (860) 572-5604 Email: transportation@stoneridgerc.com</p> </div>	<p>1:00 Party Bridge (PUB) 28 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 2:00 Video: "Unsung Heroes of WWII: Europe" Episodes 7 & 8 (AUD) 4:00 Happy Hour (PUB) 6:30 BINGO! (AUD)</p>	<p>9:00 Dr. Walter, Podiatrist (OT) 29</p> <p>9:00 Open Pickleball (PC) 9:30 Duplicate Bridge (PUB) 12:00 Video "Experiencing America" Ep. 9 & 10 (918) 1:30 Caregivers Support Group (PDR) 2:00 Computer & 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 & 6 (918)</p>	<p>11:00 TRIP: Lunch at Gelston House then All Shook Up at Goodspeed 30</p> <p>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)</p>	<p>9:00 Catherine Krenicky APRN (OT) 31</p> <p>9:00 Open Pickleball (PC) 2:00 Computer & Device Help (MG) 2:00 Recreation Committee (RCCR) 4:00 Victor Villagra Classical Guitarist (AUD) 7:30 Musical Movie: "Sweeny Todd" (918)</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>Michael Langlois Community Life Services Director mlanglois@stoneridgerc.com (860) 572-5601</p> <p>Taylor Palmer Community Life Services Associate tpalmer@stoneridgerc.com (860) 437-4041</p> <p>Ceilidh Burdick Community Life Services Associate cburdick@stoneridgerc.com (860) 572-2411</p>	<p>Hair Salon & Stylists: Tuesday, Wednesday, Friday 9am - 3pm Thursday 8am - 1pm (860)572-5673</p> <p>Nail Services: Thursday 9am-3pm</p> <p>.....</p> <p>Country Store Hours: Monday–Saturday 10:30 am - 2:30 pm (860) 572-5654</p>
<p>SUNDAY</p> <p>9:00 Transportation to Mystic Congregational Church 9:45 Transportation to St. Patrick's Church</p>	<p>MONDAY</p> <p>8:30-12:30 Mystic, New London, Waterford, Niantic Doctors Appointments 1:30 Grocery Shopping: McQuade's and Big Y</p>	<p>TUESDAY</p> <p>8:30-3:00 Mystic, Groton, New London, Waterford, Niantic Doctors Appointments</p>	<p>WEDNESDAY</p> <p>8:30-3:00 Backus Hospital and Surrounding Areas Doctors Appointments</p>	<p>THURSDAY</p> <p>8:30-3:00 Mystic, Stonington, Westerly Doctors Appointments</p>	<p>FRIDAY 1:30 Shopping</p> <p>11th– Groton Rte 1 & Groton Shopping Plaza 18th– Waterford Target, Crystal Mall, New London Mall 25th– Downtown Westerly & Westerly Shopping Center</p>	<p>Reoccurring Transportation Sunday - Friday</p>