



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>10:30 Catholic Communion</b> <b>12</b> Contact Kip Brockmyre to sign up</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "It's Complicated" (918)</p> <p>3:00 Scrabble (PUB)</p> <p><b>7:30 Sunday Movie: "It's Complicated" (AUD)</b></p> 	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>13</b></p> <p><b>11:00 Art Week: Zentangles (CAS)</b></p> <p>1:30 Sit &amp; Stitch/Knitters (RCCR)</p> <p>1:30 Food and Beverage Committee (CHR)</p> <p>2:00 Billiards (BR)</p> <p><b>2:00 Art Week: iPhone Photography Workshop (AUD)</b></p> <p><b>4:00 Bourbon Tasting: Bourbons of Kentucky (PUB)</b></p> <p><b>6:30 BINGO (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" (918) <b>14</b></p> <p>9:00 Open Pickleball (PC)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p><b>11:30 Art Week: 20th Anniversary Mural Painting (CAS)</b></p> <p>12:00 Video "Polar Explorations" Ep. 3 &amp; 4 (918)</p> <p>1:00 Canasta (PUB)</p> <p><b>1:00 Book Club (RCCR)</b></p> <p>1:30 Mahjong (PUB)</p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p>4:00 Backgammon (PUB)</p> <p><b>4:00 Allen Krantz Classical Guitarist Concert (AUD)</b></p> <p><b>5:30 Take Out Dinner with Ralph Wood (CHR)</b></p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "The Dynasty: New England Patriots" Ep. 3 &amp; 4 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) <b>15</b></p> <p>9:30 Resident's Council Meeting (RCCR)</p> <p><b>11:00 Bea Smith Clothing (FSR)</b></p> <p><b>11:00 Art Week: Collaborative Paintings (CAS)</b></p> <p><b>1:15 Transportation to Parkinson's Support Group at Masonicare</b></p> <p><b>1:30 Episcopal Service (AUD)</b></p> <p>2:30 Resident-Led Pool Volleyball (AC)</p> <p><b>4:00 Kevin Buterbaugh Current Events Lecture Series (AUD)</b></p> <p><b>7:30 Foreign Movie: "Zone of Interest" (AUD)</b></p> <p><b>7:30 Mystic Chamber Music Concert (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" (918) <b>16</b></p> <p>9:00 Open Pickleball (PC)</p> <p><b>9:00 Beltone Hearing (PDR)</b></p> <p>9:45 Movie Selection Pannel (MG)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p><b>11:00 Art Week: Block Printing Tote Bags CAS)</b></p> <p>12:00 Video "History of the United States Navy" Parts 3 &amp; 4 (918)</p> <p>1:00 Cribbage (PUB)</p> <p>2:00 Stone Quilters (Studio 1207)</p> <p><b>3:00 Connecticut Museum of Culture and History "Something Old, Something New" Lecture (AUD)</b></p> <p>7:30 Foreign Movie: "Zone of Interest" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) <b>17</b></p> <p>12:30 Upcoming Events (918)</p> <p>1:00 Quilting Lessons with the Stone Quilters (RCCR)</p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p><b>2:00 Art Week: Miniature Masterpieces (CAS)</b></p> <p>2:00 Billiards (BR)</p> <p><b>3:30 Galapagos Travel Slideshow with the Ingalls (AUD)</b></p> <p>7:00 Poker (PUB)</p> <p><b>7:30 Friday Series: "The Dynasty: New England Patriots" Ep. 5 &amp; 6 (AUD)</b></p>	<p>9:00 Open Pickleball (PC) <b>18</b></p> <p>9:30 Lower Body Strength, Seated (918)</p> <p>11:00 Qi Gong (918)</p> <p>1:00 Open Bocce (BC)</p> <p>1:30 Positive Energy Meditation(918)</p> <p>2:00 Saturday Movie: "Moonstruck" (918)</p> <p><b>2:00 Bocce Match: Military Match (Bocce Court)</b></p> <p><b>7:30 Saturday Movie: "Moonstruck" (AUD)</b></p>
<b>STONERIDGE ART WEEK, CLASSES IN THE CREATIVE ARTS STUDIO (CLUBHOUSE, 2ND FLOOR) SIGN UP IN THE ACTIVITIES BOOK TO ATTEND</b>						

<p><b>10:30 Catholic Communion</b> <b>19</b> Contact Kip Brockmyre to sign up</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "A Haunting in Venice: (918)</p> <p>3:00 Scrabble (PUB)</p> <p><b>7:30 Sunday Movie: "A Haunting in Venice" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" (918) <b>20</b></p> <p><b>9:00 Dr. Hennessey, Primary Care (OT)</b></p> <p>1:00 Art Committee Meeting (CAS)</p> <p>1:30 Sit &amp; Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p> <p><b>3:00 Stonington Free Library "What the Library Can Offer You" (AUD)</b></p> <p>3:00 Finance Committee (RCCR)</p> <p><b>4:00 Happy Hour (PUB)</b></p> <p><b>6:30 BINGO (AUD)</b></p>	<p><b>No In-Person Morning Fitness Classes in the Auditorium</b> <b>21</b></p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>9:00 Open Pickleball (PC)</p> <p><b>11:00 Resident Update Meeting (AUD)</b></p> <p>12:00 Video "Polar Explorations" Ep. 5 &amp; 6 (918)</p> <p>1:00 Residents for Conservation Action Committee (RCCR)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p><b>2:30 Great Decisions: "NATO's Future" with moderator Kim Phillips (AUD)</b></p> <p><b>5:00 Prom Night Under the Stars (MDR)</b></p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "The Dynasty: New England Patriots" Ep. 5 &amp; 6 (918)</p>	<p><b>8:00 Senior Check Up with OT and Fitness (AUD)</b> <b>22</b></p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>9:30 Resident Council (RCCR)</p> <p><b>1:30 Episcopal Service (AUD)</b></p> <p><b>1:30 TRIP: Mystic Museum of Art "Women of Mystic" Art Exhibit</b></p> <p>2:30 Resident-Led Pool Volleyball (AC)</p> <p><b>4:00 Beer Bottling (Grille Patio)</b></p> <p><b>7:30 Foreign Movie: "Cinema Paradiso" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" (918) <b>23</b></p> <p>9:00 Open Pickleball (PC)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>12:00 Video "History of the United States Navy" Parts 5 &amp; 6 (918)</p> <p><b>4:00 StoneRidge Chorus Concert (AUD)</b></p> <p>7:30 Foreign Movie: "Cinema Paradiso" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) <b>24</b></p> <p><b>11:00 Bereavement Grief &amp; Loss Support Group (CHR)</b></p> <p>12:30 Upcoming Events (918)</p> <p>1:00 Quilting Lessons with the Stone Quilters (Studio 1207)</p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p>2:00 Billiards (BR)</p> <p>7:00 Poker (PUB)</p> <p><b>7:30 Friday Series: "The Dynasty: New England Patriots" Ep. 7 &amp; 8 (AUD)</b></p>	<p>9:00 Open Pickleball (PC) <b>25</b></p> <p>9:30 Lower Body Strength, Seated (918)</p> <p>11:00 Qi Gong (918)</p> <p>1:00 Open Bocce (BC)</p> <p>1:30 Positive Energy Meditation(918)</p> <p>2:00 Saturday Movie: "The King" (918)</p> <p><b>7:30 Saturday Movie: "The King" (AUD)</b></p>
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<p><b>10:30 Catholic Communion</b> <b>26</b> Contact Kip Brockmyre to sign up</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "One Life" (918)</p> <p>3:00 Scrabble (PUB)</p> <p><b>7:30 Sunday Movie: "One Life" (AUD)</b></p> <p>For Medical Appointments, Call the Transportation Department, at (860) 572-5604 Email: transportation@stoneridgerc.com</p>	<p>9:00 "For Prayer and Meditation" (918) <b>27</b></p> <p><b>12:00 Memorial Day Picnic (Grille Patio)</b></p> <p>1:30 Sit &amp; Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p> 	<p>9:00 "For Prayer and Meditation" (918) <b>28</b></p> <p>9:00 Open Pickleball (PC)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>12:00 Video "Polar Explorations" Ep. 7 &amp; 8 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Recreation Committee Meeting (RCCR)</p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p><b>2:00 Historic Car Day with Bill Lillie from Bill's Vintage Cars (AUD)</b></p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "The Dynasty: New England Patriots" Ep. 7 &amp; 8 (918)</p>	<p>9:00 "For Prayer and Mediation" (918) <b>29</b></p> <p><b>10:00 TRIP: Maggie Jones Spring Bus Tour</b></p> <p><b>1:30 Episcopal Service (AUD)</b></p> <p><b>1:30 Grocery Shopping: McQuades and Big Y</b></p> <p>2:30 Resident-Led Pool Volleyball (AC)</p> <p><b>3:00 Q &amp; A with Nutmeg Pharmacy (PUB)</b></p> <p><b>3:30 TRIP: Maggie Jones Spring Bus Tour</b></p> <p><b>7:30 Foreign Movie: "Four Daughters" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" (918) <b>30</b></p> <p>9:00 Open Pickleball (PC)</p> <p><b>9:00 Catherine Krenicky, APRN (OT)</b></p> <p><b>11:00 Jeffery Engle, Music Professor from NCCC, "Music for the Birds" Lecture (AUD)</b></p> <p>12:00 Video "History of the United States Navy" Parts 7 &amp; 8 (918)</p> <p>1:00 Cribbage (PUB)</p> <p>1:00 Resident Marketing Committee (RCCR)</p> <p><b>2:00 Open Studio with Ceilidh (CAS)</b></p> <p>7:30 Foreign Movie: "Four Daughters" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) <b>31</b></p> <p>12:30 Upcoming Events (918)</p> <p>1:00 Quilting Lessons with the Stone Quilters (Studio 1207)</p> <p><b>1:30 Shopping: Costco (East Lyme)</b></p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p>2:00 Billiards (BR)</p> <p>7:00 Poker (PUB)</p> <p><b>7:30 Friday Series: "The Dynasty: New England Patriots" Ep. 9 &amp; 10 (AUD)</b></p>	<p><b>Call for Appointment:</b></p> <p><b>Dr. Hennessey &amp; Catherine Krenicky, APRN</b> (Primary Care) (860)464-7274 X110</p> <p><b>Dr. Lawrence's Office</b> (Podiatrist) (401)596-0823</p> <p><b>Dr. Walter's Office</b> (Podiatrist) (860)599-4555</p> <p><b>Nova Hearing</b> (860)916-6169</p> <p><b>Beltone Hearing</b> (860)333-1616</p> <p><b>LoriAnn Levanto, Social Worker</b> (860)437-4076</p>
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<p><b>SUNDAY</b></p> <p>9:00 Transportation to Mystic Congregational Church</p> <p>9:45 Transportation to St. Patrick's Church</p>	<p><b>MONDAY</b></p> <p>8:30-12:30 Mystic, New London, Waterford, Niantic Doctors Appointments</p> <p>1:30 Grocery Shopping: McQuades and Big Y- No Shopping on 5/27</p>	<p><b>TUESDAY</b></p> <p>8:30-3:00 Mystic, Groton, New London, Waterford, Niantic Doctors Appointments</p>	<p><b>WEDNESDAY</b></p> <p>8:30-3:00 Backus Hospital and Surrounding Areas Doctors Appointments</p>	<p><b>THURSDAY</b></p> <p>8:30-3:00 Mystic, Stonington, Westerly Doctors Appointments</p>	<p><b>FRIDAY 1:30 Shopping</b></p> <p>3rd- Waterford Walmart &amp; Lowes</p> <p>10th- Groton Rte 1 &amp; Groton Shopping Plaza</p> <p>17th- Waterford Target, Crystal Mall, New London Mall</p> <p>24th- Downtown Westerly &amp; Westerly Shopping Center</p>	<p><b>Reoccurring Transportation Sunday - Friday</b></p>
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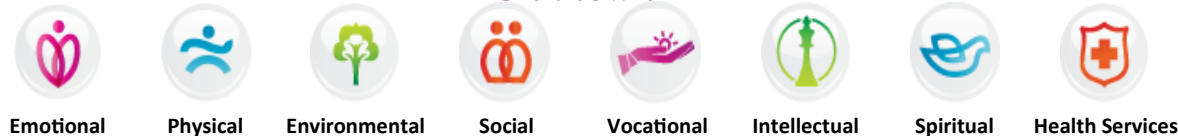
186 Jerry Browne Road  
Mystic, CT. 06355



# May 2024

"May, the month of sunshine, blooming flowers, and endless possibilities."

- Unknown



- 918-** TV Channel 918
- AC-** Aquatic Center (Clubhouse, 2nd Floor)
- 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><b>Hair Salon &amp; Stylists:</b> Monday-Friday 9am - 3pm (860)572-5673</p> <p><b>Barber Available:</b> Tuesday &amp; Friday: 9am-3pm</p> <p><b>Nail Services:</b> Monday 9am-3pm or by appt</p> <p><b>Country Store Hours:</b> Monday—Saturday 10:30 am - 12:30 pm (860) 572-5654</p> <p><b>Aquatic Center &amp; Fitness Center</b> 7 Days A Week</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 mlanglois@stoneridgerc.com (860) 572-5601</p> <p><b>Taylor Palmer</b> Community Life Services Associate tpalmer@stoneridgerc.com (860) 437-4041</p>	<p><b>DINING ROOM</b> Reservations: 860-437-4052 Takeout: 860-572-5671</p> <p><b>Monday-Saturday</b> Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm <b>Sunday Brunch:</b> 11:00—2:00 pm</p> <p><b>J.B. PUB</b> <b>Monday-Sunday</b> Complimentary Continental Breakfast: 7—10 am. <b>MARINER'S GRILLE</b> Reservations: 860-572-5656</p> <p><b>Monday-Saturday</b> Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm</p>	<p>9:00 "For Prayer and Meditation"<sup>1</sup> (918)</p> <p>12:00 <b>TRIP: Lunch at Weekapaug Inn</b></p> <p>1:30 <b>Episcopal Service (AUD)</b></p> <p>1:30 <b>Caregiver Support Group with Guest Speaker (CHR)</b></p> <p>2:30 Resident-led Pool Volleyball (AC)</p> <p>4:00 <b>TV Show Trivia with Community Life Services (PUB)</b></p> <p>7:30 <b>Foreign Movie: "City of God" (AUD)</b></p> <p>7:30 <b>Poetry in the Pub (PUB)</b></p>	<p>9:00 For Prayer and Meditation (918) <sup>2</sup></p> <p>9:00 Open Pickleball (PC)</p> <p>9:00 <b>Catherine Krenicky, APRN (OT)</b></p> <p>10:45 <i>StoneRidge Chorus Practice (AUD)</i></p> <p>12:00 Video "Great Artists of the Italian Renaissance" Ep. 35 &amp; 36 (918)</p> <p>1:00 <b>TRIP: Fitness Walk with Fitness Specialist, Julie— Rocky Neck State Park</b></p> <p>1:00 <i>Grounds and Gardens Committee (RCCR)</i></p> <p>1:00 Cribbage (PUB)</p> <p>2:00 Stone Quilters (Studio 1207)</p> <p>3:00 <i>Facilities Committee (RCCR)</i></p> <p>3:00 <b>Bjorn Ahlander, Captain of the World's Largest Modern Viking Ship, Draken (AUD)</b></p> <p>7:30 Foreign Movie: "City of God" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) <sup>3</sup></p> <p>12:30 Upcoming Events (918)</p> <p>1:00 <i>Quilting Lessons with the Stone Quilters (Studio 1207)</i></p> <p>2:00 Billiards (BR)</p> <p>2:00 <b>Computer &amp; Device Help (MG)</b></p> <p>2:00 <b>StoneRidge Resident Life Memoirs Film Screening (AUD)</b></p> <p>4:00 <b>Ceilidh's Art Classes Gallery Opening (AG)</b></p> <p>7:00 Poker (PUB)</p> <p>7:30 <b>Friday Series: "The Dynasty: New England Patriots" Ep. 1 &amp; 2 (AUD)</b></p>	<p>9:00 Open Pickleball (PC) <sup>4</sup></p> <p>9:30 Lower Body Strength Seated (918)</p> <p>11:00 Qi Gong (918)</p> <p>1:00 Open Bocce (BC)</p> <p>1:30 Positive Energy Meditation(918)</p> <p>2:00 <b>Bocce Match: East Buildings vs West Buildings (Bocce Court)</b></p> <p>2:00 Saturday Movie: "Immediate Family" (918)</p> <p>5:00 <b>150th Kentucky Derby Party (MDR)</b></p> <p>7:30 <b>Saturday Movie: "Immediate Family" (AUD)</b></p>
<p>10:30 <b>Catholic Communion</b> <sup>5</sup> Contact Kip Brockmyre to sign up</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Overboard" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Overboard" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) <sup>6</sup></p> <p>9:00 <b>Dr. Hennessey, Primary Care (OT)</b></p> <p>1:30 <i>Sit &amp; Stitch/Knitters (RCCR)</i></p> <p>2:00 Billiards (BR)</p> <p>2:30 <i>Library Committee (PDR)</i></p> <p>3:00 <b>Community Life Services Informational Session (AUD)</b></p> <p>4:00 <b>Margarita Monday Happy Hour (PUB)</b></p> <p>6:30 <b>BINGO (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" (918) <sup>7</sup></p> <p>9:00 Open Pickleball (PC)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>12:00 Video "Polar Explorations" Ep. 1 &amp; 2 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 <b>Computer &amp; Device Help (MG)</b></p> <p>2:00 <i>Health and Safety Committee (RCCR)</i></p> <p>2:00 <b>Mystic Museum of Art Fabric Collage Craft (CAS)</b></p> <p>4:00 Backgammon (PUB)</p> <p>7:00 <b>Shakespeare &amp; Company's "A Midsummer Night's Dream" (AUD)</b></p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "The Dynasty: New England Patriots" Ep. 1 &amp; 2 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) <sup>8</sup></p> <p>9:30 <i>Community Connections Meeting (AUD)</i></p> <p>11:00 <b>TRIP: Lunch at Gelston House then "The Mystery of Edwin Drood" at the Goodspeed</b></p> <p>1:30 <b>Episcopal Service (AUD)</b></p> <p>1:30 <b>Flower Arrangement Workshop (CAS)</b></p> <p>2:30 Resident-led Pool Volleyball (AC)</p> <p>4:00 <b>RADM Arnie Lotring, USN Ret., President of the Submarine Force Library and Museum Board of Directors, Discussion of USS Nautilus (AUD)</b></p> <p>7:30 <b>Foreign Movie: "Perfect Days" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" (918) <sup>9</sup></p> <p>9:00 Open Pickleball (PC)</p> <p>9:45 <i>Movie Selection Pannel (MG)</i></p> <p>10:00 <b>Coffee and Conversations with the Resident Council (PUB)</b></p> <p>10:45 <i>StoneRidge Chorus Practice (AUD)</i></p> <p>12:00 Video "History of the United States Navy" Parts 1 &amp; 2 (918)</p> <p>1:00 <i>Welcome Committee (CHR)</i></p> <p>1:00 Cribbage (PUB)</p> <p>2:00 <b>Open Studio for Drawing and Painting with Ceilidh (CAS)</b></p> <p>4:00 <b>Culturally Curious Concert: Charlie Suriyakam, Clarinet and Garbiel Landstedt Piano (AUD) sign up in Activity Book—due to limited space</b></p> <p>7:30 Foreign Movie: "Perfect Days" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) <sup>10</sup></p> <p>12:30 Upcoming Events (918)</p> <p>1:00 <i>Quilting Lessons with the Stone Quilters (Studio 1207)</i></p> <p>2:00 Billiards (BR)</p> <p>2:00 <b>Computer &amp; Device Help (MG)</b></p> <p>4:00 <b>Tom Callinan, First Connecticut State Troubadour, Performing Patriotic and WWI Songs (AUD)</b></p> <p>7:00 Poker (PUB)</p> <p>7:30 <b>Friday Series: "The Dynasty: New England Patriots" Ep. 3 &amp; 4 (AUD)</b></p>	<p>9:00 Open Pickleball (PC) <sup>11</sup></p> <p>9:30 Lower Body Strength Seated (918)</p> <p>11:00 Qi Gong (918)</p> <p>1:00 Open Bocce (BC)</p> <p>1:30 Positive Energy Meditation(918)</p> <p>2:00 Saturday Movie: "Hell or High Water" (918)</p> <p>7:30 <b>Saturday Movie: "Hell or High Water" (AUD)</b></p>



<p><b>Reoccurring Fitness Classes Monday - Friday</b></p>	<p><b>MONDAY</b></p> <p>9:30 Seated Range of Motion (918)</p> <p>9:30 Heart and Sole Walk (ML)</p> <p>10:30 Stable &amp; Strong (AUD)</p> <p>7:30 Meditation for Relaxation (918)</p>	<p><b>TUESDAY</b></p> <p>9:00 <b>Slow Flow H2O (Pool)</b></p> <p>9:30 Lower Body Strength (918)</p> <p>10:00 <b>Heart Healthy Hustle (AUD)</b></p> <p>10:35 Range of Motion Exercises (AUD)</p> <p>11:00 Yoga (AUD)</p> <p>1:00 <b>Tai Chi Balance (RSVP Class FS)</b></p> <p>2:00 Calming Meditation (918)</p>	<p><b>WEDNESDAY</b></p> <p>9:30 Heart and Sole Walk (ML)</p> <p>9:30 Seated Range of Motion (918)</p> <p>10:30 Stable &amp; Strong (AUD)</p> <p>7:30 Meditation for Relaxation (918)</p>	<p><b>THURSDAY</b></p> <p>9:30 Lower Body Strength Chair (918)</p> <p>10:00 <b>Heart Healthy Hustle (AUD)</b></p> <p>10:35 Range of Motion Exercises (FS)</p> <p>11:00 Qi Gong Seated (918)</p> <p>11:00 <b>Tai Chi Balance (RSVP Class FS)</b></p> <p>2:00 Positive Energy Meditation (918)</p>	<p><b>FRIDAY</b></p> <p>9:00 <b>Slow Flow H2O (Pool)</b></p> <p>9:30 Seated Range of Motion (918)</p> <p>10:30 Stable &amp; Strong (AUD)</p> <p>7:30 Meditation for Relaxation (918)</p>	<p><b>Contact Julie Oliver, Fitness Specialist for more information (860)572-5657</b></p>
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