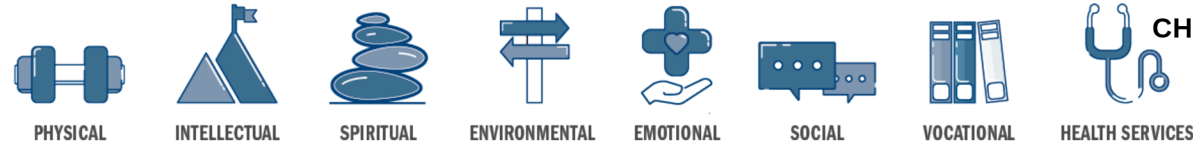




# May 2025

“Your mental health is just as important as your physical health.”



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**

(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  
Dinner: 5:00—7:30 pm

### 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 - 2:30 pm  
(860) 572-5654

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)  
9:00 **Catherine Krenicky, APRN (OT)**  
10:00 Open Pickleball (PC)  
10:45 **StoneRidge Chorus Practice (AUD)**  
12:00 Video “Life in the World’s Oceans” Ep. 7 & 8 (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 **Wine as Medicine Lecture with Charles Ludington (AUD)**  
7:30 Musical Movie: “Phantom of the Opera” (918)

9:00 “For Prayer and Meditation” (918)  
12:30 Upcoming Events (918)  
1:00 *Quilting Lessons with the Stone Quilters (RCCR)*  
1:00 *Genealogy Club (LL)*  
2:00 Billiards (BR)  
3:00 **Barks and Recreation Lecture “The Care and Keeping of Cats” (AUD)**  
7:00 Poker (PUB)  
7:30 **Friday Series: “The Paradise” S. 1, Ep. 1 & 2 (AUD)**

9:00 **Shred-It Event (Outside Auditorium)**  
9:30 Lower Body Strength Seated (918)  
10:00 Open Pickleball (PC)  
11:00 Qi Gong (918)  
1:00 Open Bocce (BC)  
1:30 Mindful Meditation (918)  
2:00 Saturday Movie: “Didi” (918)  
5:00 **Kentucky Derby Celebration (MDR & PUB)**  
7:30 **Saturday Movie: “Didi” (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** 4  
**Contact Kip Brockmyre to sign up**

11:00 Qi Gong Seated (918)  
2:00 Sunday Movie: “To Have and Have Not” (918)  
3:00 Scrabble (PUB)  
7:30 **Sunday Movie: “To Have and Have Not” (AUD)**

9:00 Dr. Hennessey, Primary Care (OT) 5  
1:00 Party Bridge (PUB)  
1:30 *Sit & Stitch/Knitters (RCCR)*  
2:00 Billiards (BR)  
2:30 *Library Committee (PDR)*  
4:00 **Cinco de Mayo Happy Hour (PUB)**  
6:30 **BINGO! (AUD)**

9:30 Duplicate Bridge (PUB) 6  
10:00 Open Pickleball (PC)  
12:00 Video “Great Tours: Ireland & Northern Ireland” Ep. 23 & 24 (918)  
1:00 Canasta (PUB)  
1:00 **Walking Trip with Julie: Ocean Beach Park**  
1:30 Mahjong (PUB)  
2:00 **Computer & Device Help (MG)**  
2:00 *Health and Safety Committee (RCCR)*  
2:30 Resident-led Pool Volleyball (AC)  
2:30 **Poetry Performance from Cowboy Poet, Mark Munzert (AUD)**  
4:00 Backgammon (PDR)  
4:00 **Saloon and Sip with Cowboy Poet, Mark Munzert (PUB)**  
7:30 Friday Series: “The Paradise” S. 1, Ep. 1 & 2 (918)

10:00 **TRIP: Lunch then Mattatuck Museum Docent Tour of “Modern Women: Georgia O’Keeffe and Kay Sage” (Waterbury)** 7  
1:30 **Episcopal Service (AUD)**  
1:30 **Rosary Service (ARR)**  
7:30 Musical Movie: “Wizard of Oz” (AUD)

9:00 **Catherine Krenicky, APRN (OT)** 8  
9:00 **Physical Therapy Discussion “Healthy Hydration and Bladder Care” (AUD)**  
10:00 Open Pickleball (PC)  
10:00 **Coffee and Conversations with the Resident Council (PUB)**  
10:45 **StoneRidge Chorus Practice (AUD)**  
12:00 Video “Life in the World’s Oceans” Ep. 9 & 10 (918)  
1:00 Cribbage (PUB)  
1:00 Welcome Committee (CHR)  
2:00 **Computer & Device Help (MG)**  
2:00 **Movie Matinee: “Wicked” (AUD)**  
7:30 Musical Movie: “Wizard of Oz” (918)

11:00 **Mental Health Awareness Month Chat with LoriAnn (PUB)** 9  
12:30 Upcoming Events (918)  
1:00 **Quilting Lessons with the Stone Quilters (RCCR)**  
2:00 Billiards (BR)  
2:00 **Celtic Illumination Demonstration and Craft (CAS)**  
7:00 Poker (PUB)  
7:30 **Friday Series: “The Paradise” S. 1, Ep. 3 & 4 (AUD)**

9:30 Lower Body Strength Seated (918) 10  
10:00 Open Pickleball (PC)  
11:00 Qi Gong (918)  
1:00 Open Bocce (BC)  
1:30 Mindful Meditation (918)  
2:00 Saturday Movie: “Julie and Julia” (AUD)\*  
7:30 **Saturday Movie: “Julie and Julia” (918)\***

\*note location

Aquatic Center & Fitness Center  
7 Days A Week  
8:00am—8:00pm



Reoccurring Fitness Classes

MONDAY  
9:30 Seated Range of Motion (918)  
9:30 Intro to Tap, Seated (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 Zumba Gold (AUD)  
11:00 Yoga (AUD)  
2:00 Calming Meditation (918)

WEDNESDAY  
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)  
11:00 Qi Gong Seated (918)  
11:00 Tai Chi Balance (RSVP Class FS)  
1:30 Intro to Tap, Seated (FS)  
2:00 Positive Energy Meditation (918)

FRIDAY  
9:00 Slow Flow H2O (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
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**10:30 Catholic Communion Contact Kip Brockmyre to sign up** **11**

11:00 Qi Gong Seated (918)  
 2:00 Sunday Movie: "Three Coins in the Fountain" (918)  
 3:00 Scrabble (PUB)  
 4:00 "Mother's Day" Play (AUD)

7:30 Sunday Movie: "Three Coins in the Fountain" (AUD)



**9:00 Dr. Hennessey, Primary Care (OT)** **12**

**10:30 Around Town with Cyndy**

1:00 Party Bridge (PUB)  
 1:30 Sit & Stitch/Knitters (RCCR)  
 1:30 Food and Beverage Committee (CHR)  
 2:00 Billiards (BR)  
 3:00 Culturally Curious with the Mystic Aquarium: Coral Reefs (AUD)  
 6:30 BINGO! (AUD)

**9:30 Duplicate Bridge (PUB)** **13**

10:00 Open Pickleball (PC)  
 12:00 Video "Stories of America's National Parks" Ep. 1 & 2 (918)  
 1:00 Canasta (PUB)  
 1:00 Walking Trip with Julie: UConn Avery Point  
 1:00 Book Club (RCCR)  
 1:00 Caregivers Support Group with LoriAnn (CHR)  
 1:30 Mahjong (PUB)  
 2:00 Computer & Device Help (MG)  
 2:30 Great Decisions: The Future of NATO and Global Security with Moderator Mary Greenly (AUD)  
 2:30 Resident-led Pool Volleyball (AC)  
 4:00 Backgammon (PUB)  
 5:30 Take Out Dinner with Ralph Wood (CHR)  
 7:30 Friday Series: "The Paradise" S. 1, Ep. 3 & 4 (918)

**11:00 Bea Smith Clothing (FSR)** **14**

**12:00 TRIP: Lunch at Ford's Black and Blue**

1:30 Episcopal Service (AUD)  
 1:30 Rosary Service (ARR)  
 4:00 Vita Rose (AUD)  
 7:30 Musical Movie: "Funny Girl" (AUD)

**9:00 Catherine Krenicky, APRN (OT)** **15**

10:00 Open Pickleball (PC)  
 10:45 StoneRidge Chorus Practice (AUD)  
 12:00 Video "Life in the World's Oceans" Ep. 11 & 12 (918)  
 1:00 Cribbage (PUB)  
 1:00 Resident Marketing Committee (RCCR)  
 2:00 Stone Quilters (RCCR)  
 2:00 Computer & Device Help (MG)  
 3:00 Matt Bureau on Guitar (AUD)  
 7:30 Musical Movie: "Funny Girl" (918)

**11:00 Mental Health Awareness Month Chat with LoriAnn (PUB)** **16**

12:30 Upcoming Events (918)  
 1:00 Quilting Lessons with the Stone Quilters (RCCR)  
 2:00 Billiards (BR)  
 1:00 Beginner Drawing with Ceilidh (CAS)  
 4:00 Kevin Buterbaugh Current Events Lecture Series (AUD)  
 7:30 Friday Series: "The Paradise" S. 1, Ep. 5 & 6 (AUD)

**9:30 Lower Body Strength, Seated (918)** **17**

10:00 Open Pickleball (PC)  
 11:00 Qi Gong (918)  
 2:00 Bocce Match: "Oklahoma!" Ranchers vs Farmers (BC)  
 1:30 Mindful Meditation (918)  
 2:00 Saturday Movie: "Ojka" (918)  
 7:30 Saturday Movie: "Ojka" (AUD)

**10:30 Catholic Communion Contact Kip Brockmyre to sign up** **18**

11:00 Qi Gong Seated (918)  
 2:00 Sunday Movie: "The Palm Beach Story" (918)  
 3:00 Scrabble (PUB)  
 7:30 Sunday Movie: "The Palm Beach Story" (AUD)

**9:00 Dr. Hennessey, Primary Care (OT)** **19**

1:00 Duplicate Bridge (PUB)  
 1:30 Sit & Stitch/Knitters (RCCR)  
 2:00 Billiards (BR)  
 3:00 Finance Committee (RCCR)  
 4:00 Happy Hour (PUB)  
 6:30 BINGO! (AUD)

**No In-Person Morning Fitness Classes in the Auditorium** **20**

9:00 "For Prayer and Meditation" (918)  
 10:00 Open Pickleball (PC)  
 12:00 Video "Stories of America's National Parks" Ep. 3 & 4 (918)  
 1:00 Residents for Conservation Action Committee (RCCR)  
 1:30 Mahjong (PUB)  
 2:00 Computer & Device Help (MG)  
 2:30 Resident-led Pool Volleyball (AC)  
 3:00 Third Act Lecture: "How Generational Power Can Safeguard Our Climate" (AUD)  
 4:00 Backgammon (PUB)  
 7:30 Friday Series: "The Paradise" S. 1, Ep. 5 & 6 (918)

**No In-Person Morning Fitness Classes in the Auditorium** **21**

9:00 "For Prayer and Meditation" (918)  
 9:30 Resident's Council Meeting (RCCR)  
 10:00 TRIP: Tea at Westbrook Inn then "Tea at Five" at Ivoryton Playhouse  
 1:30 Rosary Service (ARR)  
 3:00 Art Talks with Ceilidh: Censorship (PUB)  
 7:30 Musical Movie: "Annie" (AUD)

**10:00 Open Pickleball (PC)** **22**

10:45 StoneRidge Chorus Practice (AUD)  
 12:00 Video "Life in the World's Oceans" Ep. 13 & 14 (918)  
 2:00 Computer & Device Help (MG)  
 2:00 Zen Art Hour: Air Dry Clay Trinket Dish Part I (CAS)  
 4:00 Chiropractic Lecture with Christina Taylor (AUD)  
 7:30 Musical Movie: "Annie" (918)

**11:00 Mental Health Awareness Month Chat with LoriAnn (PUB)** **23**

12:30 Upcoming Events (918)  
 1:00 Quilting Lessons with the Stone Quilters (RCCR)  
 2:00 Billiards (BR)  
 1:00 Beginner Drawing with Ceilidh (CAS)  
 3:00 CLS Committee Meeting (CHR)  
 7:30 Friday Series: "The Paradise" S. 1, Ep. 7 & 8 (AUD)

**9:30 Lower Body Strength Seated (918)** **24**

10:00 Open Pickleball (PC)  
 11:00 Qi Gong (918)  
 1:00 Open Bocce (BC)  
 1:30 Mindful Meditation (918)  
 2:00 Saturday Movie: "The Pursuit of Happiness" (918)  
 7:30 Saturday Movie: "The Pursuit of Happiness" (AUD)

**10:30 Catholic Communion Contact Kip Brockmyre to sign up** **25**

11:00 Qi Gong Seated (918)  
 2:00 Sunday Movie: "For the Love of the Game" (918)  
 3:00 Scrabble (PUB)  
 7:30 Sunday Movie: "For the Love of the Game" (AUD)

For Medical Appointments, Call the Transportation Department at (860) 572-5604 Email: transportation@stoneridgerc.com

**12:00 Memorial Day Picnic (Grille Patio) Sign Up at the Dining Podium** **26**

1:00 Party Bridge (PUB)  
 1:30 Sit & Stitch/Knitters (RCCR)  
 2:00 Billiards (BR)



**No In-Person Morning Fitness Classes in the Auditorium** **27**

9:30 Duplicate Bridge (PUB)  
 10:00 Open Pickleball (PC)  
 11:00 Resident Update Meeting (AUD)  
 12:00 Video "Stories of America's National Parks" Ep. 5 & 6 (918)  
 1:00 Canasta (PUB)  
 1:30 Mahjong (PUB)  
 2:00 Computer & Device Help (MG)  
 4:00 Backgammon (PUB)  
 7:30 Friday Series: "The Paradise" S. 1, Ep. 7 & 8 (918)

**10:00 TRIP: Maggie Jones Spring Bus Tour** **28**

1:30 Episcopal Service (AUD)  
 1:30 Rosary Service (ARR)  
 2:00 TRIP: Maggie Jones Spring Bus Tour  
 3:00 Documentary With Dow Davis: "Rachel Carson: Silent Spring" (AUD)  
 7:30 Musical Movie: "An American in Paris" (AUD)

**9:00 Catherine Krenicky, APRN (OT)** **29**

10:00 Open Pickleball (PC)  
 10:00 Health and Wellness Coffee and Conversations (PUB)  
 10:45 StoneRidge Chorus Practice (AUD)  
 12:00 Video "Life in the World's Oceans" Ep. 15 & 16 (918)  
 2:00 Computer & Device Help (MG)  
 2:00 Zen Art Hour: Air Dry Clay Trinket Dish Part II (CAS)  
 2:00 Recreation Committee (RCCR)  
 4:00 StoneRidge Chorus Concert (AUD)  
 7:30 Musical Movie: "An American in Paris" (918)

**11:00 Mental Health Awareness Month Chat with LoriAnn (PUB)** **30**

12:30 Upcoming Events (918)  
 1:00 Quilting Lessons with the Stone Quilters (RCCR)  
 1:30 Shopping at Costco (East Lyme)  
 2:00 Billiards (BR)  
 1:00 Beginner Drawing with Ceilidh (CAS)  
 4:00 Rachel Black: Food Anthropologist (AUD)  
 7:30 Friday Series: "The Paradise" S. 2, Ep. 1 & 2 (AUD)

**9:30 Lower Body Strength Seated (918)** **31**

10:00 Open Pickleball (PC)  
 11:00 Qi Gong (918)  
 2:00 Bocce Match: "West Side Story" Jets vs Sharks (BC)  
 1:30 Mindful Meditation (918)  
 2:00 Saturday Movie: "September 5" (918)  
 7:30 Saturday Movie: "September 5" (AUD)

Transportation Sign-up for Shopping in the Transportation Book in the Mail Room.

**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: McQuade's 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**

2nd- Waterford Walmart & Lowes  
 9th- Groton Rte 1 & Groton Shopping Plaza  
 16th- Waterford Target, Crystal Mall, New London Mall  
 23rd- Downtown Westerly & Westerly Shopping Center

**Reoccurring Transportation Sunday - Friday**