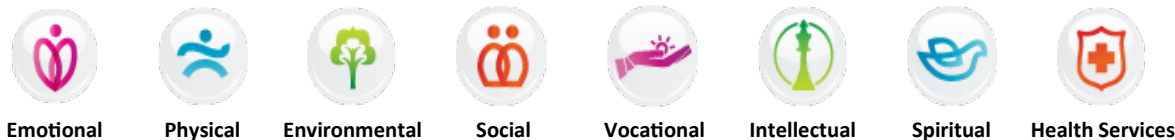


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00 Transportation to Mystic Congregational Church 12</p> <p>9:45 Transportation to St. Patrick's Church</p> <p>10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "The Wife" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "The Wife" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 13</p> <p>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</p> <p>11:30 Community Life Services New Resident Information Session (CAS)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></p> <p>1:30 Grocery Shopping: McQuades</p> <p>1:30 <i>Food and Beverage Committee Meeting (CHR)</i></p> <p>2:00 Billiards (BR)</p> <p>3:00 Mystic Museum of Art Paint and Sip: Button Trees (CAS)</p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 14</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>10:00 Open Pickleball (PC)</p> <p>12:00 Great Tours "Civil War Battlefields" Parts 5 & 6 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:00 Book Club (RCCR)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Great Decisions "Global Famine" with Moderator Mary Greenly (AUD)</p> <p>4:00 Backgammon (PUB)</p> <p>5:30 Take Out Dinner with Ralph Wood (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Seaside Hotel" Season 1, Episodes 3 & 4 (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 15</p> <p>9:00 TRIP: Hartford Wolf Pack (NY Rangers AHL Team) Hockey Game (Hartford)</p> <p>1:00 TRIP: Parkinson's Support Group at Masonicare. Sign up with LoriAnn Levanto, Social Worker</p> <p>1:30 Episcopal Service (AUD)</p> <p>3:00 Resident-Led Pool Volleyball (AC)</p> <p>3:00 Kevin Buterbaugh Lecture, Conflict in the Middle East (AUD)</p> <p>7:30 Foreign Movie: "Other People's Children" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 16</p> <p>9:00 Beltone Hearing, Call for Appointment (PDR)</p> <p>10:00 Open Pickleball (PC)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>12:00 Great Courses: "The Scientific Wonder of Birds" Parts 1 & 2 (918)</p> <p>1:30 Cribbage (PUB)</p> <p>2:00 <i>Stone Quilters (Studio 1401; Building 1000, 4th Floor)</i></p> <p>2:00 Memoir Writing Class (CAS)</p> <p>3:00 The History of New England's Maritime Knitting (AUD)</p> <p>7:30 Foreign Movie: "Other People's Children" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 17</p> <p>12:30 Upcoming Events with Michael (918)</p> <p>1:30 Shopping (Waterford: Target, Crystal Mall, Waterford Commons, New London Mall)</p> <p>1:30 Advent Study with John Webster (AUD)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Donna Galliher's Watercolor Class—Beginners (CAS)</p> <p>2:00 Billiards (BR)</p> <p>3:00 Physician Chat with Elena Bortan, Parkinson's Disease (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Seaside Hotel" Season 1, Episodes 5 & 6 (AUD)</p>	<p>9:30 Lower Body Strength Seated (918) 18</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: "Get Out" (918)</p> <p>2:00 Specialty Bocce Match: Matt's Minions vs Resident Rollers (Bocce Court)</p> <p>6:30 Transportation to Eastern Connecticut Symphony Orchestra</p> <p>7:30 Saturday Movie: "Get Out" (AUD)</p>
<p>9:00 Transportation to Mystic Congregational Church 19</p> <p>9:45 Transportation to St. Patrick's Church</p> <p>10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up</p> <p>11:00 Qi Gong Seated (918)</p> <p>1:30 The Shoreline Chorale Concert (Madison, CT)</p> <p>2:00 Sunday Movie: "The Wedding Singer" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "The Wedding Singer" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 20</p> <p>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:00 <i>Art Committee Meeting (CAS)</i></p> <p>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></p> <p>1:30 Grocery Shopping: McQuades</p> <p>2:00 Billiards (BR)</p> <p>3:00 <i>Finance Committee (RCCR)</i></p> <p>4:00 Happy Hour</p> <p>6:30 BINGO (AUD)</p>	<p>No Morning In-Person Fitness Classes 21</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>9:00 Dr. Walter, Podiatrist; Call for Appointment (OT)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>10:00 Open Pickleball (PC)</p> <p>11:00 Resident Update Meeting (AUD)</p> <p>12:00 Great Tours "Civil War Battlefields" Parts 7 & 8 (918)</p> <p>1:00 <i>Residents for Conservation Action (RCCR)</i></p> <p>1:00 Canasta (PUB)</p> <p>1:30 Open Chats with LoriAnn, Social Worker: Gratitude and Wellbeing (CHR) Canceled and moved to 11/28 per Loriann</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Computer & Device Help (MG)</p> <p>4:00 Backgammon (PUB)</p> <p>4:00 Will Nininger on Guitar (AUD)</p> <p>7:30 Game Night (PUB)</p>	<p>No In-Person Fitness Classes 22</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>9:30 <i>Resident's Council Meeting (RCCR)</i></p> <p>1:30 Episcopal Service (AUD)</p> <p>3:00 Resident-Led Pool Volleyball (AC)</p> <p>3:00 Movie Matinee: "Planes, Trains, and Automobiles" (AUD & 918)</p> <p>7:30 Foreign Movie: "La Strada" (AUD)</p>	<p>No In-Person Fitness Classes 23</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>10:00 Open Pickleball (PC)</p> <p>12:00 Great Courses: "The Scientific Wonder of Birds" Parts 3 & 4 (918)</p> <p>7:30 Foreign Movie: "La Strada" (918)</p> 	<p>No In-Person Fitness Classes 24</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>12:30 Upcoming Events w/ Michael (918)</p> <p>1:30 Shopping: (Downtown Westerly & Westerly Shopping Center; JC Penney, TJ Maxx, Walmart)</p> <p>1:30 Advent Study with John Webster (AUD)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Billiards (BR)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Seaside Hotel" Season 2, Episodes 1 & 2 (AUD)</p>	<p>9:30 Lower Body Strength Seated (918) 25</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: "The Caine Mutiny Court Martial" (918)</p> <p>7:30 Saturday Movie: "The Caine Mutiny Cort Martial" (AUD)</p>
<p>9:00 Transportation to Mystic Congregational Church 26</p> <p>9:45 Transportation to St. Patrick's Church</p> <p>10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Munich" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Munich" (AUD)</p>	<p>No In-Person Fitness Classes 27</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:00 Christmas Tree Decorating (ML)</p> <p>1:30 Grocery Shopping: McQuades</p> <p>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></p> <p>2:00 Billiards (BR)</p> <p>3:00 Winter Interchangeable Sign Craft (CAS)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 28</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>10:00 Open Pickleball (PC)</p> <p>11:00 Open Chats with LoriAnn, Social Worker: Gratitude and Wellbeing (CHR) (Note the time is 11:00 for this)</p> <p>12:00 Great Tours "Civil War Battlefields" Parts 9 & 10 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 <i>Recreation Committee Meeting (RCCR)</i></p> <p>2:00 Computer & Device Help (MG)</p> <p>4:00 Backgammon (PUB)</p> <p>4:00 Faith Leitner on Harp (AUD)</p> <p>7:30 Game Night (PUB)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 29</p> <p>9:00 Catherine Krenicky, APRN; Call for Appointment (OT)</p> <p>9:30 <i>Resident's Council Meeting (RCCR)</i></p> <p>9:45 TRIP: Holidays at the Newport Mansions: The Breakers and The Marble House (Newport, RI)</p> <p>1:30 Episcopal Service (AUD)</p> <p>3:00 Resident-Led Pool Volleyball (AC)</p> <p>7:30 Foreign Movie: "The Truffle Hunters" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 30</p> <p>10:00 Open Pickleball (PC)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>12:00 Great Courses: "The Scientific Wonder of Birds" Parts 5 & 6 (918)</p> <p>1:00 <i>Resident Marketing Committee (RCCR)</i></p> <p>1:30 Cribbage (PUB)</p> <p>2:00 Memoir Writing Class (CAS)</p> <p>3:30 <i>Play Reading Group (AUD)</i></p> <p>7:30 As Time Goes By Swing Band (AUD)</p> <p>7:30 Foreign Movie: "The Truffle Hunters" (918)</p>	<p>DINING ROOM Reservations: 860-437-4052 Takeout: 860-572-5671</p> <p>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</p> <p>Monday-Saturday Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm</p>	<p>Hair Salon & Stylists: Monday-Friday 9am - 3pm (860)572-5673</p> <p>Barber Available: Tuesday & Friday: 9am-3pm</p> <p>Nail Services: Monday 9am-3pm or by appt</p> <p>Country Store Hours: Monday—Saturday 10:30 am - 12:30 pm (860) 572-5654</p> <p>Aquatic Center & Fitness Center 7 Days A Week 8:00am—8:00pm</p>
<p>AC—Aquatic Center (Clubhouse, 2nd floor)</p> <p>AG—Art Gallery (Clubhouse, 2nd floor)</p> <p>AL—Avalon Lounge</p> <p>ADR—Avalon Dining Room</p>	<p>ARR—Avalon Recreation Room</p> <p>AUD—Auditorium</p> <p>BR—Billiards Room (Bldg. 5000, Level 3)</p> <p>CAS—Creative Arts Studio (Clubhouse, 2nd floor)</p>	<p>CHR—Chart Room (by MDR)</p> <p>CONF—Conference Room</p> <p>COT—Cottage</p> <p>CS—Country Store (Clubhouse, 2nd floor)</p> <p>FS—Fitness Studio (Clubhouse, 2nd floor)</p>	<p>FSR—Fireside Room (by MDR)</p> <p>LIB—Library (Clubhouse, 2nd floor)</p> <p>LL—Lighthouse Lounge (Bldg 6000, 4th Floor)</p> <p>MDR—Main Dining Room</p>	<p>MG—Mariner's Grille (Clubhouse, 2nd floor)</p> <p>ML—Main Lobby</p> <p>OT—Occupational Therapy Room (by Avalon)</p>	<p>PC—Pickleball Court</p> <p>PDR—Private Dining Room</p> <p>PUB—Jerry Browne Pub</p> <p>RCCR—Resident Council Conference Room (Bldg 5000, level 4)</p>	<p>RSO—Resident Services Office</p> <p>SR—StoneRidge Gardens</p> <p>VG—Village Green (Outside Mariner Grille)</p> <p>918—TV Channel 918</p>



November 2023

186 Jerry Browne Road
Mystic, CT. 06355



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.

Wednesday: (Backus Hospital and Surrounding Area) 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 the Transportation Department, at (860) 572-5604
Email: transportation@stoneridgerc.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Activities and Trips in red require SIGN UP in the Activity Book on the table across from the Mailroom.</p> <p>TRANSPORTATION Sign-up for Shopping in the Transportation Book in the Mail Room.</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>Michele Walworth Community Life Services Associate mwalworth@stoneridgerc.com (860) 572-2411</p>	<p>Call for Appointment:</p> <p>Dr. Hennessey & Catherine Krenicky, APRN (Primary Care) (860)464-7274 X110</p> <p>Dr. Lawrence's Office (Podiatrist) (401)596-0823</p> <p>Dr. Walter's Office (Podiatrist) (860)599-4555</p> <p>Nova Hearing (860)916-6169</p> <p>LoriAnn Levanto, Social Worker (860)437-4076</p>	<p>9:00 "For Prayer and Meditation"¹ with John Webster (918)</p> <p>11:30 TRIP: Guytanno's Restaurant (Westerly, RI)</p> <p>1:30 Episcopal Service (AUD)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>7:30 Foreign Movie: "Cats of Malta" (AUD)</p> <p>7:30 Poetry in the Pub (PUB)</p> 	<p>9:00 "For Prayer and Meditation" with John Webster (918) ²</p> <p>9:00 Catherine Krenicky, APRN; Call for Appointment (OT)</p> <p>10:00 Open Pickleball (PC)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>12:00 Great Courses "America's Founding Fathers" Parts 33 & 34 (918)</p> <p>1:00 <i>Grounds and Gardens Committee (RCCR)</i></p> <p>1:00 Fitness Walk with Julie: Rocky Neck State Park (ML)</p> <p>1:30 Cribbage (PUB)</p> <p>2:00 Stone Quilters (Studio 1401; Building 1000, 4th Floor)</p> <p>2:00 Memoir Writing Class (CAS)</p> <p>3:00 <i>Facilities Committee (RCCR)</i></p> <p>3:00 Dali Lama Documentary with Chris Kepple (AUD)</p> <p>7:30 Foreign Movie: "Cats of Malta" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) ³</p> <p>11:00 Caregivers Support Group (CHR)</p> <p>12:30 Upcoming Events with Michael (918)</p> <p>1:30 Shopping (Waterford Walmart and Lowes)</p> <p>1:30 Advent Study with John Webster (AUD)</p> <p>2:00 Billiards (BR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Donna Galliher's Watercolor Class, Beginner (CAS)</p> <p>4:00 Tom Callinan, First State Troubadour of Connecticut, Patriotic Songs and More in Honor of Veteran's Day (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Seaside Hotel" Season 1, Episodes 1 & 2 (AUD)</p>	<p>9:30 Lower Body Strength Seated (918) ⁴</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 Specialty Bocce Match: StoneRidge Residents Match Oldies vs. Newbies (Bocce Court)</p> <p>2:00 Saturday Movie: "Ford v Ferrari" (918)</p> <p>7:30 Saturday Movie: "Ford v Ferrari (AUD)</p>
<p>9:00 Transportation to Mystic Congregational Church ⁵</p> <p>9:45 Transportation to St. Patrick's Church</p> <p>10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "The Eyes of Tammy Faye" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "The Eyes of Tammy Faye" (AUD)</p> 	<p>9:00 "For Prayer and Meditation"⁶ with John Webster (918)</p> <p>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:00 "Cycling Without Age" around StoneRidge Tandem Bike Ride (ML)</p> <p>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></p> <p>1:30 Grocery Shopping: McQuades</p> <p>2:00 Billiards (BR)</p> <p>2:30 <i>Library Committee (PDR)</i></p> <p>4:00 Happy Hour (PUB)</p>	<p>No Morning In-Person Fitness Classes ⁷</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>10:00 Open Pickleball (PC)</p> <p>10:30 Transportation to the Polls</p> <p>11:00 Taxes 101 with Mon Dickinson (CHR)</p> <p>12:00 Great Tours "Civil War Battlefields" Parts 3 & 4 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Donna Galliher's Watercolor Class, Intermediate (CAS)</p> <p>2:00 <i>Health and Safety Committee (RCCR)</i></p> <p>2:30 Transportation to the Polls</p> <p>4:00 Backgammon (PUB)</p> <p>4:00 Deb Adamson, Childrens Author, Book Signing (AUD)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Seaside Hotel" Season 1, Episodes 1 & 2 (918)</p>	<p>9:00 "For Prayer and Meditation"⁸ with John Webster (918)</p> <p>11:00 Bea Smith Clothing Sale (FSR)</p> <p>1:30 Episcopal Service (AUD)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>3:00 Movie Matinee: The Barbie Movie (AUD)</p> <p>7:30 Foreign Movie: "The Eight Mountains" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) ⁹</p> <p>9:00 COVID Vaccination Clinic (Hall Outside Linda Hart's Office)</p> <p>9:00 Catherine Krenicky, APRN; Call for Appointment (OT)</p> <p>9:45 <i>Movie Selection Panel (MG)</i></p> <p>10:00 Open Pickleball (PC)</p> <p>10:00 Coffee and Conversations with the Resident Council (PUB)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>12:00 Great Courses "America's Founding Fathers" Parts 35 & 36 (918)</p> <p>1:00 <i>Welcome Committee Meeting (CHR)</i></p> <p>1:30 Cribbage (PUB)</p> <p>2:00 Memoir Writing Class (CAS)</p> <p>3:00 Wildlife of Connecticut with Denison Pequotsepos (AUD)</p> <p>7:30 Foreign Movie: "The Eight Mountains" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) ¹⁰</p> <p>12:30 Upcoming Events with Michael (918)</p> <p>1:30 Shopping (Groton along Rte. 1 and Groton Shopping Plaza: Walmart, Kohl's, Stop and Shop)</p> <p>1:30 Advent Study with John Webster (AUD)</p> <p>2:00 Billiards (BR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Donna Galliher's Watercolor Class, Beginners (CAS)</p> <p>3:00 Dudley Smith Presentation: Woman of Valor, Liliane Coucke Smith (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Seaside Hotel" Season 1, Episodes 3 & 4 (AUD)</p>	<p>9:30 Lower Body Strength Seated (918) ¹¹</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>1:00 Open Bocce (Bocce Court)</p> <p>2:00 Saturday Movie: "My Cousin Vinny" (918)</p> <p>4:00 Trisha Grabel's "Creative Expressions" Art Show Opening (AG)</p> <p>7:30 Saturday Movie: "My Cousin Vinny" (AUD)</p>

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