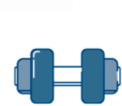




November 2025

"Be thankful for everything that happens in your life; it's all an experience." — Roy T. Bennett



PHYSICAL



INTELLECTUAL



SPIRITUAL



ENVIRONMENTAL



EMOTIONAL



SOCIAL



VOCATIONAL



HEALTH SERVICES

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

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

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

FRIDAY

SATURDAY

9:30 Lower Body Strength Seated (918) **1**
10:00 Open Pickleball (PC)
11:00 Qi Gong (918)
1:30 Mindful Meditation (918)
2:00 Saturday Movie: "Legends of the Fall" (918)
7:30 Saturday Movie: "Legends of the Fall" (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 **2**
Contact Kip Brockmyre to sign up
11:00 Qi Gong Seated (918)
2:00 Sunday Movie: "Yours, Mine, and Ours" 1968 (918)
3:00 Scrabble (PUB)
7:30 Sunday Movie: "Yours, Mine, and Ours" 1968 (AUD)



9:00 Dr. Hennessey, Primary Care (OT) **3**
1:00 Party Bridge (PUB)
1:30 Sit & Stitch/Knitters (RCCR)
2:00 Billiards (BR)
2:30 Library Committee (PDR)
6:30 BINGO! (AUD)

9:00 COVID Vaccine Clinic (Hall Outside Linda Hart's Office) **4**
9:30 Duplicate Bridge (PUB)
10:00 Open Pickleball (PC)
1:00 Canasta (PUB)
1:30 Resident-led Pool Volleyball (AC)
2:00 Health and Wellness Committee (RCCR)
2:00 Computer & Device Help (MG)
3:00 Culturally Curious with Ivory and Gold "Gershwin and Friends" (AUD)
4:00 Backgammon (PUB)
7:30 Friday Series: "Rumpole of the Bailey" S. 2, Ep. 3 & 4 (918)

8:30 New Britain Museum of American Art Docent Tour and Lunch at the Museum **5**
10:00 Total Vision (OT)
11:30 Health Insurance Seminar (AUD)
1:30 Episcopal Service (AUD)
1:30 Rosary Service (ARR)
7:30 Musical Movie: "Saturday Night Fever" (AUD)
7:30 Poetry in the Pub (PUB)

9:00 Catherine Krenicky, APRN (OT) **6**
10:00 Open Pickleball (PC)
10:45 StoneRidge Chorus (AUD)
1:00 Cribbage (PUB)
1:00 Grounds and Gardens Committee (RCCR)
2:00 Memoir Writing (LL)
2:00 Computer & Device Help (MG)
3:00 Facilities Committee (RCCR)
4:00 Stan Carpenter Lecture: War in the Pacific Part 1 "Pearl Harbor and the Coming of WWII" (AUD)
7:30 Musical Movie: "Saturday Night Fever" (918)

11:00 Health & Wellness Conversations with LoriAnn: Foot Care (PUB) **7**
12:30 Upcoming Events (918)
1:00 Quilting Lessons with the Stone Quilters (RCCR)
1:30 Mahjong (PUB)
2:00 Billiards (BR)
3:00 Documentaries with Dow: "Statue of Liberty" (AUD)
7:00 Poker (PUB)
7:30 Friday Series: "Hostages" S. 1, Ep. 1 & 2 (AUD)

9:30 Lower Body Strength Seated (918) **8**
10:00 Open Pickleball (PC)
11:00 Qi Gong (918)
1:00 Open Bocce (BC)
1:30 Mindful Meditation (918)
2:00 Saturday Movie: "42" (918)
4:00 Resident Art Show Opening (AG)
6:30 Transportation to Eastern Connecticut Symphony Orchestra
7:30 Saturday Movie: "42" (AUD)

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 Seated Tap (RSVP Class FS)
10:30 Stable & Strong (AUD)
8:30 Meditation for Relaxation (918)

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)

WEDNESDAY
9:30 Lift & Swim (AC)
9:30 Seated Range of Motion (918)
10:30 Stable & Strong (AUD)
8:30 Meditation for Relaxation (918)

THURSDAY
9:00 Slow Flow H2O (AC)
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)
2:00 Positive Energy Meditation (918)

FRIDAY
9:30 Lift & Swim (AC)
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
10:30 Catholic Communion Contact Kip Brockmyre to sign up 11: 00 Qi Gong Seated (918) 2:00 Sunday Movie: "Witness for the Prosecution" (918) 3:00 Scrabble (PUB) 3:00 Play Reading: "Heroes" (AUD) 7:30 Sunday Movie: "Witness for the Prosecution" (AUD) 9	9:00 Dr. Hennessey, Primary Care (OT) 10:30 Around Town Tour with Transportation 1:00 Party Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 1:30 Food and Beverage Committee (CHR) 1:30 Green Planet Films Documentary Viewing: "Beneath the Polar Sun" (AUD) 2:00 Billiards (BR) 6:30 BINGO! (AUD) 10	9:00 Dr. Walter, Podiatrist (OT) 9:30 Duplicate Bridge (PUB) 10:00 Open Pickleball (PC) 1:00 Canasta 1:30 Resident-led Pool Volleyball (AC) 2:00 Computer & Device Help (MG) 2:00 Caregivers Support Group (PDR) 4:00 Backgammon (PUB) 5:30 Take Out Dinner with Ralph Wood (CHR) 7:30 Friday Series: "Hostages" S. 1, Ep. 1 & 2 (918) 7:30 As Time Goes By Swing Band Veteran's Day Concert (AUD) VETERANS DAY 11	11:00 Bea Smith Clothing (FSR) 1:30 TRIP: Lyman Allyn Art Museum "Albrecht Durer: Master Prints" Docent Tour 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 7:30 Musical Movie: "An American in Paris" (AUD) 12	9:00 Catherine Krenicky, APRN (OT) 10:00 Open Pickleball (PC) 10:00 Coffee and Conversations with the Resident Council (PUB) 10:45 StoneRidge Chorus (AUD) 1:00 Cribbage (PUB) 1:00 Welcome Committee (RCCR) 2:00 Stone Quilters (RCCR) 2:00 Memoir Writing (LL) 2:00 Computer & Device Help (MG) 3:00 Stan Carpenter Lecture: War in the Pacific Part 2 "Miracle at Midway: Turning the Tide" (AUD) 7:30 Musical Movie: "An American in Paris" (918) 13	11:00 Health & Wellness Conversations with LoriAnn: Diabetes (PUB) 12:30 Upcoming Events (918) 1:00 Quilting Lessons with the Stone Quilters (RCCR) 1:30 Mahjong (PUB) 2:00 Billiards (BR) 4:00 Fall Prevention Talk: Facts About Falls- Prevention is Possible (AUD) 7:00 Poker (PUB) 7:30 Friday Series: "Hostages" S. 1, Ep. 3 & 4 (AUD) 14	9:30 Lower Body Strength, Seated (918) 10:00 Open Pickleball (PC) 11:00 Qi Gong (918) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: "The Remains of the Day" (918) 7:30 Saturday Movie: "The Remains of the Day" (AUD) 15
10:30 Catholic Communion Contact Kip Brockmyre to sign up 11: 00 Qi Gong Seated (918) 2:00 Sunday Movie: "Sleeping with the Enemy" (918) 2:00 Transportation to the Chorus of Westerly Concert 3:00 Scrabble (PUB) 7:30 Sunday Movie: "Sleeping with the Enemy" (AUD) 16	9:00 Dr. Hennessey, Primary Care (OT) 1:00 Duplicate Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 3:00 Finance Committee Meeting (RCCR) 4:00 Nappy's Puppets "Shadows Around the World" (PUB) 6:30 BINGO! (AUD) 17	10:00 Open Pickleball (PC) 1:00 Canasta (PUB) 1:30 Residents for Conservation Action Committee (RCCR) 1:30 Resident-led Pool Volleyball (AC) 2:00 Computer & Device Help (MG) 2:30 Great Decisions: U.S. Changing Leadership in the World Economy with Moderator Dow Davis (AUD) 4:00 Backgammon (PUB) 7:30 Friday Series: "Hostages" S. 1, Ep. 3 & 4 (918) 18	8:30 TRIP: Breakfast at Shipwright's Daughter 9:30 Resident Council Meeting (RCCR) 1:00 Parkinson's Support Group at Masonicare: Sign Up with LoriAnn 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 3:00 Art Talks with Ceilidh: Cultural Appropriation and Art (PUB) 7:30 Musical Movie: "Spinal Tap II: The End Continues" (AUD) 19	9:00 Catherine Krenicky, APRN (OT) 10:00 Open Pickleball (PC) 10:45 StoneRidge Chorus (AUD) 11:00 Recreation Committee (RCCR) 1:00 Resident Marketing Committee (RCCR) 2:00 Memoir Writing (LL) 2:00 Computer & Device Help (MG) 2:00 Stone Quilters (RCCR) 3:00 Stan Carpenter: War in the Pacific Part 3 "WWII in the South and Southwest Pacific" (AUD) 7:30 Karaoke (AUD) 7:30 Musical Movie: "Spinal Tap II: The End Continues" (918) 20	No In-Person Fitness Classes in the Auditorium 10:00 StoneRidge Holiday Bazaar (AUD) 11:00 Health & Wellness Conversations with LoriAnn: Men's Health (PUB) 12:30 Upcoming Events (918) 1:00 Quilting Lessons with the Stone Quilters (RCCR) 1:30 Mahjong (PUB) 2:00 Billiards (BR) 7:00 Poker (PUB) 7:30 Friday Series: "Hostages" S. 1, Ep. 5 & 6 (AUD) 21	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: "The Lost Bus" (918) 7:30 Saturday Movie: "The Lost Bus" (AUD) Transportation Sign-up for Shopping in the Transportation Book in the Mail Room. 22
10:30 Catholic Communion Contact Kip Brockmyre to sign up 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "Here Comes Mr. Jordan" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "Here Comes Mr. Jordan" (AUD) 23	9:00 Dr. Hennessey, Primary Care (OT) 1:00 Duplicate Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 3:00 Faith Leitner on Harp (AUD) 6:30 BINGO! (AUD) 24	No In-Person Fitness Classes in the Auditorium 9:00 Budget Presentation with Scott Doherty Bldgs. 1, 2, 3 (AUD) 11:00 Budget Presentation with Scott Doherty Bldgs. 4, 5, 6 (AUD) 10:00 Open Pickleball (PC) 1:00 Advent Calendar Craft (CAS) 1:00 Canasta (PUB) 1:30 Book Club (AUD) 1:30 Caregivers Support Group (PDR) 1:30 Resident-led Pool Volleyball (AC) 2:00 Computer & Device Help (MG) 3:00 Spirits of Fashion Lecture: The Gilded Age (AUD) 4:00 Backgammon (PUB) 7:30 Friday Series: "Hostages" S. 1, Ep. 5 & 6 (918) 25	11:00 Pie Crust Baking Class (CAS) 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 3:00 Questions for a Pharmacist (PUB) 7:30 Musical Movie: "The Harvey Girls" (AUD) 26	10:00 Open Pickleball (PC) 7:30 Musical Movie: "The Harvey Girls" (918) 27	11:00 Health & Wellness Conversations with LoriAnn (PUB) 12:30 Upcoming Events (918) 1:00 Quilting Lessons with the Stone Quilters (RCCR) 1:30 Mahjong (PUB) 2:00 Billiards (BR) 3:00 Matt Bureau on Guitar (AUD) 7:00 Poker (PUB) 7:30 Friday Series: "Hostages" S. 1, Ep. 7 & 8 (AUD) 28	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: "The Match" (918) 7:30 Saturday Movie: "The Match" (AUD) For Medical Appointments, Call the Transportation Department at (860) 572-5604 Email: transportation@stoneridgerc.com 29
10:30 Catholic Communion Contact Kip Brockmyre to sign up 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "When Harry Met Sally" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "When Harry Met Sally" (AUD) 30				Happy Thanksgiving		
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 7th- Waterford Walmart & Lowes 14th- Groton Rte 1 & Groton Shopping Plaza 21st- Waterford Target, Crystal Mall, New London Mall No Friday Shopping on November 28th	Reoccurring Transportation Sunday - Friday