



186 Jerry Browne Road
Mystic, CT. 06355



June 2023

"June is the gateway to summer" – Jean Hersey



Emotional



Physical



Environmental



Social



Vocational



Intellectual



Spiritual



Health Services

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.

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 Cyndy Rowley, Transportation Supervisor, at (860) 572-5604
Email: transportation@stoneridgerc.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Call for Appointment Beltone Hearing (860)326-5518 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 Nova Hearing (860)916-6169	Turn on your TV and tune into 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 Michele Walworth Community Life Services Associate mwalworth@stoneridgerc.com (860) 572-2411 Taylor Palmer Community Life Services Assistant tpalmer@stoneridgerc.com (860) 437-4041	Aquatic Center & Fitness Center 7 Days A Week 8:00am—8:00pm Hair Salon & Stylists: Tuesday—Friday 9am - 3pm (860)572-5673 Barber Available: Tuesday & Friday: 9am-3pm Nail Services: Wed 9am-3pm Country Store Hours: Monday—Saturday 10:30 am - 12:30 pm (860) 572-5654	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	9:00 "For Prayer and Meditation" with John Webster (918) 1 9:00 Catherine Krenicky, APRN; Call for Appointment (OT) 12:00 Great Courses "The 30 Greatest Orchestral Works" Parts 20 & 21 (918) 1:00 <i>Grounds and Gardens Committee (RCCR)</i> 1:00 Fitness Walk with Julie at Wilcox Park (ML) 1:30 Cribbage (PUB) 2:00 Open Pickleball (Pickleball Court) 2:00 Stone Quilters (Studio 1401; Building 1000, 4th Floor) 3:00 CT Historical Society Lecture: Rosie the Riveter and CT Women in the War (AUD) 3:00 <i>Buildings and Safety Committee (RCCR)</i> 7:30 Foreign Movie: "Hit the Road" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 2 12:30 Upcoming Events with Michael (918) 1:00 Pine Point Kindergarten and 1st Grade Interviews RSVP only (AUD) 1:30 Shopping: Waterford Walmart and Lowe's 2:00 Billiards (BR) 2:00 Computer & Device Help (MG) 3:00 Old Lyme Historical Society Lecture: The Nehantic Tribe (AUD) 7:00 Poker (PUB) 7:30 Friday Series: "800 Words" Season 1; Episodes 1 & 2 (AUD)	9:00 Shred- It Event (AUD) 3 10:00 Open Pickleball (Pickleball Court) 11:00 Seated Range of Motion (918) 1:00 Standing Moving Meditation (918) 1:00 Open Bocce (Bocce Court) 2:00 Saturday Movie: "Brokeback Mountain" (918) 7:30 Saturday Movie: "Brokeback Mountain" (AUD) TRANSPORTATION Sign-up for Shopping in the Transportation Book in the Mail Room.
9:00 Transportation to Mystic Congregational Church 4 9:30 Transportation to St. Patrick's 11:00 Seated Range of Motion (918) 1:00 Moving Meditation (918) 2:00 Sunday Movie: "Tinker Tailor Soldier Spy" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "Tinker Tailor Soldier Spy" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 5 9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT) 10:00 Salon Staff Meet and Greet (ML) 1:00 Party Bridge (PUB) 1:30 Sit & Stitch Knitters (RCCR) 1:30 Grocery Shopping: McQuades 2:00 Computer Help with Aiden (MG) 2:00 Billiards (BR) 2:30 <i>Library Committee (PDR)</i> 4:00 Happy Hour: Honoring the Men of StoneRidge (PUB) 6:30 BINGO (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 6 9:30 Duplicate Bridge (PUB) 12:00 "The Great Tours: Iceland" Parts 9 & 10 (918) 1:00 Canasta (PUB) 1:30 Mahjong (PUB) 2:00 Open Pickleball (Pickleball Court) 3:00 Movie Matinee "Amistad" (AUD) 3:30 Pickleball Lessons (Pickleball Court) 4:00 Backgammon (PUB) 7:30 Game Night (PUB) 7:30 Friday Series: "800 Words" Season 1; Episodes 1 & 2 (918)	9:00 "For Prayer and Meditation" with John Webster (918) 7 10:40 TRIP: Lunch at Griswold Inn then On Golden Pond at Ivoryton (Essex) 1:30 Episcopal Service (AUD) 2:00 Computer Help with Aiden (MG) 2:30 Wellness Chat with OT (RCCR) 3:00 Resident-Led Pool Volleyball (AC) 5:30 Take-Out Dinner with Ralph Wood (PUB) 7:30 Poetry in the Pub (PUB) 7:30 Foreign Movie: "Mon Oncle" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 8 9:45 <i>Movie Selection Committee (MG)</i> 10:00 Coffee and Conversations with The Resident Council (PUB) 12:00 Great Courses "The 30 Greatest Orchestral Works" Parts 22 & 23 (918) 1:00 <i>Welcome Committee (CHR)</i> 1:30 Cribbage (PUB) 2:00 Open Pickleball (Pickleball Court) 3:00 Afternoon Iced Tea on the Terrace (Grille Patio) 7:30 Foreign Movie: "Mon Oncle" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 9 12:30 Upcoming Events with Michael (918) 1:30 Shopping: Groton along Route 1 & Groton Shopping Plaza: Walmart, Kohl's, Stop & Shop 2:00 Billiards (BR) 2:00 Computer & Device Help (MG) 3:30 "Saving Venice" Talk with Dr. Benedict (AUD) 7:00 Poker (PUB) 7:30 Friday Series: "800 Words" Season 1; Episodes 3 & 4 (AUD)	10:00 Open Pickleball (Pickleball Court) 10 11:00 Seated Range of Motion (918) 1:00 Standing Moving Meditation (918) 1:00 Open Bocce (Bocce Court) 2:00 Bocce Tournament: Engineers vs Doctors & Nurses (Bocce Court) 2:00 Saturday Movie: "Who's Afraid of Virginia Woolf" (918) 7:30 Saturday Movie: "Who's Afraid of Virginia Woolf" (AUD)
Activities and Trips in red require SIGN UP in the Activity Book on the table across from the Mailroom						

Reoccurring Fitness Classes
Monday - Friday

MONDAY
9:30 Seated Range of Motion (918)
9:30 Heart and Sole Walk (ML)
10:30 Stable & Strong (AUD)
2:00 Seated Lower Body Strength (918)
7:30 pm Meditation for Relaxation (918)

TUESDAY
10:00 Heart Healthy Hustle (AUD)
10:35 Range of Motion Exercises (AUD)
10:30 Seated Moving Meditation (918)
1:00 **Tai Chi Balance (RSVP Class FS)**
2:00 Calming Meditation (918)

WEDNESDAY
9:00 Heart and Sole Walk (ML)
9:30 Seated Lower Body Strength (918)
10:30 Stable & Strong (AUD)
7:30 pm Meditation for Relaxation (918)

THURSDAY
10:00 Heart Healthy Hustle (AUD)
10:35 Range of Motion Exercises (AUD) Starts 6/15
10:30 Standing Moving Meditation (918)
11:00 **Tai Chi Balance (RSVP Class FS)**
2:00 Positive Energy Meditation (918)

FRIDAY
9:30 Seated Range of Motion (918)
9:00 Slow Flow H2O (Pool)
10:30 Stable & Strong (AUD)
7:30 pm Meditation for Relaxation (918)

Contact Julie Oliver, Fitness Specialist for more Information
(860)572-5657

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Transportation to 11 Mystic Congregational Church 9:30 Transportation to St. Patrick's 11:00 Seated Range of Motion (918) 1:00 Moving Meditation (918) 2:00 Sunday Movie: "The Piano"(918) 3:00 Scrabble (PUB) 4:30 StoneRidge Scholarship Fund Awards Ceremony (AUD) 7:30 Sunday Movie: "The Piano" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 12 9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT) 1:00 Party Bridge (PUB) <i>1:30 Sit & Stitch/Knitters (RCCR)</i> <i>1:30 Food Committee Meeting (CHR)</i> 1:30 Grocery Shopping: McQuades 2:00 Billiards (BR) 2:00 Scrapbooking and Card Making Hour (CAS) 2:00 Computer Help with Aiden (MG) 2:30 "A Fierce Green Fire, the Battle for a Living Planet" Environmental Documentary Matinee (AUD) 6:30 BINGO (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 13 9:00 Dr. Walter, Podiatrist; Call for Appointment (OT) 9:30 Duplicate Bridge (PUB) 12:00 "The Great Tours: Iceland" Parts 11 & 12 (918) 1:00 Canasta (PUB) 1:30 Mahjong (PUB) 2:00 Open Pickleball (Pickleball Court) 3:30 Pickleball Lessons (Pickleball Court) 2:30 Great Decisions "Iran at the Crossroads" with Moderator David Goebel (AUD) 4:00 Backgammon (PUB) 7:30 Game Night (PUB) 7:30 Friday Series: "800 Words" Season 1; Episodes 3 & 4(918)	9:00 "For Prayer and Meditation" with John Webster (918) 14 10:30 Fitness Class CANCELLED 10:30 TRIP: Maggie Jones Nature Tour 1:30 Episcopal Service (CHR) 2:00 Computer Help with Aiden (MG) 2:00 Summer Craft: Sunflower Painted Glass Block (CAS) 3:00 Resident-Led Pool Volleyball (AC) 5:00 TRIP: High Hope Tavern Dinner Trip, Westerly 7:30 Foreign Movie: "The Lost King" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 15 9:00 Catherine Krenicky, APRN; Call for Appointment (OT) 9:30 Beltone Hearing; Call for Appointment (PDR) 10:00 Coffee and Conversation with Pamela (PUB) 12:00 Great Courses "The 30 Greatest Orchestral Works" Parts 24 & 25 (918) 1:00 Fitness Walk with Julie: Avery Point (ML) <i>1:00 Resident Marketing Committee (RCCR)</i> 1:30 Cribbage (PUB) 2:00 Open Pickleball (Pickleball Court) 2:00 Stone Quilters (Studio 1401; Building 1000, 4th Floor) 3:00 Emma Bocciarelli—Classical Piano (AUD) 7:30 Foreign Movie: "The Lost King" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 16 12:30 Upcoming Events with Michael (918) 1:30 Shopping (Target, Waterford Crystal Mall, Waterford Commons, New London Mall) 2:00 Computer & Device Help (MG) 2:00 Billiards (BR) 7:00 Poker (PUB) 7:30 Friday Series: "800 Words" Season 1; Episodes 5 & 6 (AUD)	10:00 Open Pickleball (Pickleball Court) 17 11:00 Seated Range of Motion (918) 1:00 Standing Moving Meditation (918) 1:00 Open Bocce (Bocce Court) 2:00 Saturday Movie: "Ordinary People" (918) 7:30 Saturday Movie: "Ordinary People" (AUD)
9:00 Transportation to 18 Mystic Congregational Church 9:30 Transportation to St. Patrick's 11:00 Seated Range of Motion (918) 1:00 Moving Meditation (918) 2:00 Sunday Movie: "Big" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "Big" (AUD) 	9:00 "For Prayer and Meditation" with John Webster (918) 19 9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT) 1:00 Party Bridge (PUB) <i>1:00 Art Committee Meeting (CAS)</i> <i>1:30 Sit & Stitch/Knitters (RCCR)</i> 1:30 Grocery Shopping: McQuades 2:00 Billiards (BR) 2:00 Computer Help with Aiden (MG) 3:00 Juneteenth Video "13th" (AUD) 6:30 BINGO (AUD) 	9:00 "For Prayer and Meditation" with John Webster (918) 20 9:30 Duplicate Bridge (PUB) 12:00 "The Great Tours: Iceland" Parts 13 & 14 (918) 1:00 Canasta (PUB) <i>1:00 Conservation Interest Group (RCCR)</i> 1:30 Mahjong (PUB) 2:00 Open Pickleball (Pickleball Court) 3:00 Book Club (RCCR) 3:30 Pickleball Lessons (Pickleball Court) 4:00 Backgammon (PUB) 4:00 Welcome Summer Bash with The Cartells (Grille Patio) 7:30 Game Night (PUB) 7:30 Friday Series: "800 Words" Season 1; Episodes 5 & 6 (918)	HEALTH & SAFETY DAY 21 9:00 "For Prayer and Meditation" with John Webster (918) <i>9:30 Resident Council (RCCR)</i> 1:30 Episcopal Service (AUD) 2:00 Computer Help with Aiden (MG) 3:00 Resident-Led Pool Volleyball (AC) 4:00 Beer Tasting: The Best Beers in the World (PUB) 7:30 Foreign Movie: "Jodi" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 22 10:30 StoneRidge Levels of Care Discussions (PUB) 12:00 Great Courses "The 30 Greatest Orchestral Works" Parts 26 & 27 (918) 1:30 Cribbage (PUB) 2:00 Open Pickleball (Pickleball Court) 3:00 Kevin Buterbaugh; Current Affairs , The Civil Conflict in Sudan (AUD) 7:30 Foreign Movie: "Jodi" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 23 12:30 Upcoming Events w/ Michael (918) 12:30 Trip: Mystic Seaport Wooden Boat Show 1:30 Shopping: Westerly (Downtown and JC Penney, TJ Maxx, and Walmart) 2:00 Computer & Device Help (MG) 2:00 Billiards (BR) 7:00 Poker (PUB) 7:30 Friday Series: "800 Words" Season 1; Episodes 7 & 8 (AUD)	10:00 Open Pickleball (Pickleball Court) 24 11:00 Seated Range of Motion (918) 1:00 Standing Moving Meditation (918) 1:00 Open Bocce (Bocce Court) 2:00 Bocce Tournament: Vintage vs Venerable (Bocce Court) 2:00 Saturday Movie: "Don't Look Up" (918) 7:30 Saturday Movie: "Don't Look Up" (AUD)
9:00 Transportation to 25 Mystic Congregational Church 9:30 Transportation to St. Patrick's 11:00 Seated Range of Motion (918) 1:00 Moving Meditation (918) 2:00 Sunday Movie: "The Wife" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "The Wife" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 26 9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT) 1:00 Party Bridge (PUB) 1:30 Grocery Shopping: McQuades <i>1:30 Sit & Stitch/Knitters (RCCR)</i> 2:00 Billiards (BR) 2:00 Scrapbooking and Cardmaking Hour (CAS) <i>3:00 Finance Committee (RCCR)</i> 6:30 BINGO (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 27 9:00 Dr. Walter, Podiatrist; Call for Appointment (OT) 9:30 Duplicate Bridge (PUB) 11:00 Resident Update Meeting (AUD) 12:00 "The Great Tours: Iceland" Parts 15 & 16 (918) 1:00 Canasta (PUB) 1:30 Mahjong (PUB) <i>2:00 Recreation Committee (RCCR)</i> 2:00 Open Pickleball (Pickleball Court) 3:30 Pickleball Lessons (Pickleball Court) 4:00 Backgammon (PUB) 7:30 Game Night (PUB) 7:30 Friday Series: "800 Words" Season 1; Episodes 7 & 8 (918)	9:00 "For Prayer and Meditation" with John Webster (918) 28 <i>9:30 Resident's Council Meeting (RCCR)</i> 1:30 Episcopal Service (AUD) 2:00 Computer Help with Aiden (MG) 3:00 Resident-led Pool Volleyball (AC) 7:30 Foreign Movie: "Seven Samurai" (AUD)	NO IN PERSON FITNESS CLASSES TODAY 29 9:00 "For Prayer and Meditation" with John Webster (918) 9:00 Catherine Krenicky, APRN; Call for Appointment (OT) 10:30 StoneRidge Levels of Care Discussions (PUB) 12:00 Great Courses "The 30 Greatest Orchestral Works" Parts 28 & 29 (918) 1:30 Cribbage (PUB) 2:00 Open Pickleball (Pickleball Court) 3:00 Dick Holliday Lecture: Watch Hill Herreshoffs (AUD) 7:30 Foreign Movie: "Seven Samurai" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 30 12:30 Upcoming Events w/ Michael (918) 2:00 Computer & Device Help (MG) 2:00 Billiards (BR) 4:00 Geoff Kaufman Singing Sea Shanty Songs (AUD) 7:00 Poker (PUB) 7:30 Friday Series: "800 Words" Season 2; Episodes 1 & 2 (AUD)	
AC —Aquatic Center (Clubhouse) AG —Art Gallery (Clubhouse) AL —Avalon Lounge ADR —Avalon Dining Room ARR —Avalon Recreation Room	AUD —Auditorium BR —Billiards Room (Bldg. 5000, Level 3) CAS —Creative Arts Studio (Clubhouse)	CHR —Chart Room (by MDR) CONF —Conference Room COT —Cottage CS —Country Store (Clubhouse)	MG —Mariner's Grille (Clubhouse) FS —Fitness Studio (Clubhouse) FSR —Fireside Room (by MDR) LIB —Library (Clubhouse)	LL —Lighthouse Lounge (Bldg 6000, 4th Floor) MDR —Main Dining Room OT —Occupational Therapy Room (by Avalon)	PDR —Private Dining Room PUB —Jerry Browne Pub RCCR —Resident Council Conference Room (Bldg. 5000, level 4)	RSO —Resident Services Office SR —StoneRidge Gardens VG —Village Green (Outside MG) 918 —TV Channel 918