



September 2023

"It was September, and there was a crackly feeling to the air." — Carolyn Parkhurst

186 Jerry Browne Road
Mystic, CT. 06355



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.

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
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 Nova Hearing (860)916-6169 LoriAnn Levanto, Social Worker (860)437-4076	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 Michele Walworth Community Life Services Associate mwalworth@stoneridgerc.com (860) 572-2411	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: Monday-Friday 9am - 3pm (860)572-5673 Barber : Tuesday & Friday: 9am-3pm Nail Services: Monday 9am-3pm or by appt. Country Store Hours: Monday—Saturday 10:30 am - 12:30 pm (860) 572-5654 Aquatic Center & Fitness Center 7 Days A Week 8:00am—8:00pm	TRANSPORTATION Sign-up for Shopping in the Transportation Book in the Mail Room. Activities and Trips in red require SIGN UP in the Activity Book on the table across from the Mailroom.	No In-Person Fitness Classes Today 1 9:00 "For Prayer and Meditation" with John Webster (918) 12:30 Upcoming Events with Michael (918) 1:30 Shopping (Waterford Walmart and Lowes) 2:00 Billiards (BR) 2:00 Computer & Device Help (MG) 7:00 Poker (PUB) 7:30 Friday Series: "800 Words" Season 3, Episodes 3 & 4 (AUD)	9:00 Open Pickleball (Pickleball Court) 2 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:00 Open Bocce (Bocce Court) 1:30 Positive Energy Meditation(918) 2:00 Saturday Movie: "Into the Woods" (918) 7:30 Saturday Movie: "Into the Woods" (AUD)
9:00 Transportation to Mystic Congregational Church 3 9:45 Transportation to St. Patrick's 10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "Fisherman's Friends" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "Fisherman's Friends" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 4 12:00 Labor Day Picnic (VG) 1:00 Party Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 	9:00 "For Prayer and Meditation" with John Webster (918) 5 9:30 Duplicate Bridge (PUB) 10:00 Open Pickleball (PC) 12:00 Great Tours "A Guided Tour of Ancient Egypt" Parts 11 & 12 (918) 1:00 Canasta (PUB) 1:00 Mystic Museum of Art Pop-Up Art Class : Loved One Tribute Collage (AUD) 1:30 Mahjong (PUB) 2:00 Health and Safety Committee Meeting (RCCR) 4:00 Backgammon (PUB) 7:30 Game Night (PUB) 7:30 Friday Series: "800 Words" Season 3, Episodes 3 & 4 (918)	9:00 "For Prayer and Meditation" with John Webster (918) 6 11:15 TRIP: Lunch at Breachway Grille then "Jersey Boys" at Theater By the Sea (Kingstown, RI) 1:30 Episcopal Service (AUD) 1:30 Grocery Shopping: McQuades 3:00 Resident-led Pool Volleyball (AC) 7:30 Foreign Movie: "Whale Rider" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 7 9:00 Catherine Krenicky, APRN; Call for Appointment (OT) 9:00 Open Pickleball (PC) 11:00 Caregivers Support Group (CHR) 12:00 Great Courses "America's Founding Fathers" Parts 17 & 18 (918) 1:00 Grounds and Gardens Committee (RCCR) 1:30 Cribbage (PUB) 2:00 Stone Quilters (Studio 1401; Building 1000, 4th Floor) 2:00 Meet Avalon's New Administrator, Patrick Cartier (CHR) 3:00 Facilities Committee (RCCR) 3:00 Amanda Blount "Meet Me at the Biltmore" (Providence Hotel) Author Lecture (AUD) 7:30 Foreign Movie: "Whale Rider" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 8 11:00 Caregivers Support Group (CHR) 12:30 Upcoming Events with Michael (918) 1:00 TRIP: Mystic Museum of Art for "From Crisis to Color" 1:30 Shopping (Groton along Rte. 1 and Groton Shopping Plaza: Walmart, Kohl's, Stop and Shop) 2:00 Billiards (BR) 2:00 Computer & Device Help (MG) 7:00 Poker (PUB) 7:30 Friday Series: "800 Words" Season 3, Episodes 5 & 6 (AUD)	9:00 Open Pickleball (Pickleball Court) 9 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:00 Open Bocce (Bocce Court) 1:30 Positive Energy Meditation(918) 2:00 Bocce Match: Octogenarians vs Nonagenarians (Bocce Court) 2:00 Saturday Movie: "The 39 Steps" (918) 4:00 Art Exhibition Opening "The Works of Nancy Boericke" (AG) 7:30 Saturday Movie: "The 39 Steps" (AUD)
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) 7:30 Meditation for Relaxation (918)	TUESDAY 9:30 Lower Body Strength (918) 10:00 Heart Healthy Hustle (AUD) 10:35 Range of Motion Exercises (AUD) 1:00 Tai Chi Balance (RSVP Class FS) 2:00 Calming Meditation (918) (No morning fitness in person 9/19)	WEDNESDAY 9:30 Heart and Sole Walk (ML) 9:30 Seated Range of Motion (918) 10:30 Stable & Strong (AUD) 7:30 Meditation for Relaxation (918)	THURSDAY 9:30 Lower Body Strength Chair (918) 10:00 Heart Healthy Hustle (AUD) 10:35 Range of Motion (FS) 11:00 Qi Gong Seated (918) 11:00 Tai Chi Balance (RSVP Class 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) 7:30 Meditation for Relaxation (918)	Contact Julie Oliver, Fitness Specialist for more Information (860)572-5657

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>9:00 Transportation to Mystic Congregational Church 10</div> <div>9:45 Transportation to St. Patrick's</div> <div>10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up</div> <div>11:00 Qi Gong Seated (918)</div> <div>2:00 Sunday Movie: "Witness for the Prosecution" (918)</div> <div>3:00 Scrabble (PUB)</div> <div>7:30 Sunday Movie: "Witness for the Prosecution" (AUD)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 11</div> <div>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</div> <div>11:30 Community Life Services New Resident Information Session (CAS)</div> <div>1:00 Party Bridge (PUB)</div> <div>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></div> <div>1:30 <i>Food and Beverage Committee (CHR)</i></div> <div>1:30 Grocery Shopping: McQuades</div> <div>2:00 Billiards (BR)</div> <div>4:00 Larry Batter on Piano (AUD)</div> <div>6:30 BINGO (AUD)</div> <div></div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 12</div> <div>9:00 Open Pickleball (PC)</div> <div>9:30 Duplicate Bridge (PUB)</div> <div>12:00 Great Tours "A Guided Tour of Ancient Egypt" Parts 13 & 14 (918)</div> <div>1:00 Canasta (PUB)</div> <div>1:00 Book Club (RCCR)</div> <div>1:30 Mahjong (PUB)</div> <div>1:30 Fall Craft: Gold Leaf Pumpkins (CAS)</div> <div>2:30 Great Decisions: Politics in Latin America, Moderators John Webster and Alison Mitchell (AUD)</div> <div>4:00 Backgammon (PUB)</div> <div>5:30 Take Out Dinner with Ralph Wood (PUB)</div> <div>7:30 Game Night (PUB)</div> <div>7:30 Friday Series: "800 Words" Episodes 5 & 6 (918)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 13</div> <div>1:00 Football 101 with Scott Taylor (PUB)</div> <div>1:30 Episcopal Service (AUD)</div> <div>2:10 TRIP: Stone Acres Farm Harvest Tour (Stonington)</div> <div>3:00 Resident-Led Pool Volleyball (AC)</div> <div>7:30 Foreign Movie: "Parasite" (AUD)</div> <div>7:30 Poetry in the Pub (PUB)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 14</div> <div>9:00 Open Pickleball (PC)</div> <div>9:45 <i>Movie Selection Panel (MG)</i></div> <div>10:00 Coffee and Conversations with the Resident Council (PUB)</div> <div>11:00 Bereavement Support Group (CHR)</div> <div>12:00 Great Courses: "America's Founding Fathers" Parts 19 & 20 (918)</div> <div>1:00 <i>Welcome Committee (RCCR)</i></div> <div>1:30 Cribbage (PUB)</div> <div>2:00 Memoir Writing Class (CAS)</div> <div>3:00 <i>StoneRidge Players Meeting (AUD)</i></div> <div>7:30 Foreign Movie: "Parasite" (918)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 15</div> <div>12:30 Upcoming Events with Michael (918)</div> <div>1:30 Shopping (Waterford: Target, Crystal Mall, Waterford Commons, New London Mall)</div> <div>2:00 Computer & Device Help (MG)</div> <div>2:00 Billiards (BR)</div> <div>4:00 Carol Ansel Genealogy Lecture (AUD)</div> <div>7:00 Poker (PUB)</div> <div>7:30 Friday Series: "800 Words" Season 3, Episodes 7 & 8 (AUD)</div>	<div>9:00 Open Pickleball (Pickleball court) 16</div> <div>9:30 Lower Body Strength Seated (918)</div> <div>11:00 Qi Gong (918)</div> <div>1:00 Open Bocce (Bocce Court)</div> <div>1:30 Positive Energy Meditation(918)</div> <div>2:00 Saturday Movie: "Queen Bees" (918)</div> <div>7:30 Saturday Movie: "Queen Bees" (AUD)</div>
<div>9:00 Transportation to Mystic Congregational Church 17</div> <div>9:45 Transportation to St. Patrick's</div> <div>10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up</div> <div>11:00 Qi Gong Seated (918)</div> <div>2:00 Sunday Movie: "Fat Man and Little Boy" (918)</div> <div>3:00 Scrabble (PUB)</div> <div>3:00 Connecticut Gilbert and Sullivan Society Presentation (AUD)</div> <div>7:30 Sunday Movie: "Fat Man and Little Boy" (AUD)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 18</div> <div>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</div> <div>11:00 Info Session on Filmmaking Workshop "Tell Your Own Story" (PUB)</div> <div>1:00 Party Bridge (PUB)</div> <div>1:00 <i>Art Committee Meeting (CAS)</i></div> <div>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></div> <div>1:30 Grocery Shopping: McQuades</div> <div>2:00 Billiards (BR)</div> <div>4:00 Happy Hour (PUB)</div>	<div>No Morning In-Person Fitness Classes 19</div> <div>9:00 "For Prayer and Meditation" with John Webster (918)</div> <div>9:00 Dr Walter, Podiatrist, Call for Appointment (OT)</div> <div>9:00 RSV Vaccine Clinic (Hall by Linda Hart's Office)</div> <div>9:00 Open Pickleball (PC)</div> <div>11:00 Resident Update Meeting (AUD)</div> <div>12:00 Great Tours "A Guided Tour Ancient Egypt" Parts 15 & 16 (918)</div> <div>1:00 <i>Residents for Conservation Action (RCCR)</i></div> <div>1:00 Canasta (PUB)</div> <div>1:30 Mahjong (PUB)</div> <div>3:00 Paul Shlien Piano Hits (AUD)</div> <div>4:00 Backgammon (PUB)</div> <div>7:30 Game Night (PUB)</div> <div>7:30 Friday Series: "800 Words" Season 3, Episode 7 & 8 (918)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 20</div> <div>1:00 Football 101 with Scott Taylor (PUB)</div> <div>1:00 TRIP: Parkinson's Support Group at Masonicare, Sign up with LoriAnn Levanto, Social Worker</div> <div>1:30 Episcopal Service (AUD)</div> <div>3:00 Resident-Led Pool Volleyball (AC)</div> <div>3:00 Mystic Aquarium: Beluga Whale Research and Conservation Lecture (AUD)</div> <div>7:30 Foreign Movie: "La Dolce Vita" (AUD)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 21</div> <div>9:00 Open Pickleball (PC)</div> <div>10:45 StoneRidge Chorus Practice (AUD)</div> <div>11:00 Movement Disorders Support Group (CHR)</div> <div>12:00 Great Courses: "America's Founding Fathers" Parts 21 & 22 (918)</div> <div>1:00 <i>Resident Marketing Committee (RCCR)</i></div> <div>1:30 Cribbage (PUB)</div> <div>2:00 Memoir Writing Class (CAS)</div> <div>4:00 Bats in Connecticut, Denison Pequotsepos Lecture (AUD)</div> <div>7:30 Foreign Movie: "La Dolce Vita" (918)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 22</div> <div>12:30 Upcoming Events with Michael (918)</div> <div>1:30 Shopping: (Downtown Westerly & Westerly Shopping Center; JC Penney, TJ Maxx, Walmart)</div> <div>2:00 Computer & Device Help (MG)</div> <div>2:00 Billiards (BR)</div> <div>2:00 Cider and Donuts for Alzheimer's Disease Fundraiser (AUD)</div> <div>7:30 Friday Series: "800 Words" Season 3, Episodes 9 & 10 (AUD)</div>	<div>9:15 TRIP: Walk to End Alzheimer's (Ocean Beach) 23</div> <div>9:00 Open Pickleball (Pickleball Court)</div> <div>9:30 Lower Body Strength Seated (918)</div> <div>11:00 Qi Gong (918)</div> <div>1:00 Open Bocce (Bocce Court)</div> <div>1:30 Positive Energy Meditation(918)</div> <div>2:00 Specialty Bocce Match Sailors vs. Motorboaters (Bocce Court)</div> <div>2:00 Saturday Movie: "When Harry Met Sally" (918)</div> <div>7:30 Saturday Movie: "When Harry Met Sally" (AUD)</div>
<div>9:00 Transportation to Mystic Congregational Church 24</div> <div>9:45 Transportation to St. Patrick's</div> <div>10:30 Catholic Communion (CHR) Contact Dick Nourie to Sign Up</div> <div>11:00 Qi Gong Seated (918)</div> <div>2:00 Sunday Movie: "Peggy Sue Got Married" (918)</div> <div>3:00 Scrabble (PUB)</div> <div>7:30 Sunday Movie: "Peggy Sue Got Married" (AUD)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 25</div> <div>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</div> <div>1:00 Party Bridge (PUB)</div> <div>1:30 Grocery Shopping: McQuades</div> <div>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></div> <div>2:00 Billiards (BR)</div> <div>2:00 Fall Sign Interchangeables Craft (CAS)</div> <div>3:00 <i>Finance Committee (RCCR)</i></div> <div>4:00 Music Trivia with Community Life Services (PUB)</div> <div>6:30 BINGO (AUD)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 26</div> <div>9:00 Open Pickleball (PC)</div> <div>9:30 Duplicate Bridge (PUB)</div> <div>12:00 Great Tours "A Guided Tour of Ancient Egypt" Parts 17 & 18 (918)</div> <div>1:00 Canasta (PUB)</div> <div>1:30 Mahjong (PUB)</div> <div>2:00 <i>Recreation Committee Meeting (RCCR)</i></div> <div>2:30 New Horizons Community Band Concert and Meet & Greet (AUD)</div> <div>4:00 Backgammon (PUB)</div> <div>7:30 Game Night (PUB)</div> <div>7:30 Friday Series: "800 Words" Season 3, Episodes 9 & 10 (918)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 27</div> <div>9:30 <i>Resident's Council Meeting (RCCR)</i></div> <div>9:45 TRIP: Ballard Museum of Puppetry and Lunch at Stix and Stones (Storrs, CT)</div> <div>1:00 Football 101 with Scott Taylor (PUB)</div> <div>1:30 Episcopal Service (AUD)</div> <div>2:15 Austin-Healey Car Show Drive-By (VG)</div> <div>3:00 Resident-Led Pool Volleyball (AC)</div> <div>3:30 Matt Bureau on Guitar (AUD)</div> <div>7:30 Foreign Movie: "Petite Maman" (AUD)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 28</div> <div>9:00 Open Pickleball (PC)</div> <div>10:45 StoneRidge Chorus Practice (AUD)</div> <div>12:00 Great Courses: "America's Founding Fathers" Parts 23 & 24 (918)</div> <div>1:30 Cribbage (PUB)</div> <div>2:00 Memoir Writing Class (PDR)</div> <div>4:00 Pharmacy Jeopardy with Nutmeg Pharmacy (AUD)</div> <div>7:30 Foreign Movie: "Petite Maman" (918)</div>	<div>9:00 "For Prayer and Meditation" with John Webster (918) 29</div> <div>12:30 Upcoming Events with Michael (918)</div> <div>1:30 Shopping: (Downtown Westerly & Westerly Shopping Center; JC Penney, TJ Maxx, Walmart)</div> <div>2:00 Computer & Device Help (MG)</div> <div>2:00 Billiards (BR)</div> <div>2:30 StoneRidge Diversity Fair (VG)</div> <div>7:00 Poker (PUB)</div> <div>7:30 Friday Series: "800 Words" Season 3, Episodes 11 & 12 (AUD)</div>	<div>9:00 Open Pickleball (Pickleball Court) 30</div> <div>9:30 Lower Body Strength Seated (918)</div> <div>11:00 Qi Gong (918)</div> <div>1:00 Open Bocce (Bocce Court)</div> <div>1:30 Positive Energy Meditation(918)</div> <div>2:00 Saturday Movie: "Far From the Madding Crowd" (918)</div> <div>7:30 Saturday Movie: "Far From the Madding Crowd" (AUD)</div>
<div>AC—Aquatic Center (Clubhouse, 2nd floor)</div> <div>AG—Art Gallery (Clubhouse, 2nd floor)</div> <div>AL—Avalon Lounge</div> <div>ADR—Avalon Dining Room</div>	<div>ARR—Avalon Recreation Room</div> <div>AUD—Auditorium</div> <div>BR—Billiards Room (Bldg. 5000, Level 3)</div> <div>CAS—Creative Arts Studio (Clubhouse, 2nd floor)</div>	<div>CHR—Chart Room (by MDR)</div> <div>CONF—Conference Room</div> <div>COT—Cottage</div> <div>CS—Country Store (Clubhouse, 2nd floor)</div>	<div>FS—Fitness Studio (Clubhouse, 2nd floor)</div> <div>FSR—Fireside Room (by MDR)</div> <div>LIB—Library (Clubhouse, 2nd floor)</div> <div>LL—Lighthouse Lounge (Bldg 6000, 4th Floor)</div>	<div>MDR—Main Dining Room</div> <div>MG—Mariner's Grille (Clubhouse, 2nd floor)</div> <div>ML— Main Lobby</div> <div>OT—Occupational Therapy Room (by Avalon)</div>	<div>PC— Pickleball Court</div> <div>PDR—Private Dining Room</div> <div>PUB—Jerry Browne Pub</div> <div>RCCR—Resident Council Conference Room (Bldg. 5000, level 4)</div>	<div>RSO—Resident Services Office</div> <div>SR—StoneRidge Gardens</div> <div>VG—Village Green (Outside Mariner Grille)</div> <div>918—TV Channel 918</div>