

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00 Transportation to Mystic Congregational Church 14</p> <p>9:30 Transportation to St. Patrick's and United Methodist Church</p> <p>11:00 Seated Range of Motion (918)</p> <p>1:00 Moving Meditation (918)</p> <p>2:00 Sunday Movie: "The African Queen" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "The African Queen" (AUD)</p> 	<p>9:00 "For Prayer and Meditation" with John Webster (918) 15</p> <p>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>1:30 Grocery Shopping: McQuades</p> <p>2:00 Billiards (BR)</p> <p>2:00 Computer Help with Aiden (MG)</p> <p>4:00 Chris Lipinski Science Lecture: Where do Drugs Come From? (AUD)</p> <p>6:30 BINGO (AUD)</p>	<p>All Day Scavenger Hunt Event 16</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>11:00 Resident Update Meeting (AUD)</p> <p>12:00 "The Great Tours: Iceland" Parts 3 & 4 (918)</p> <p>1:00 Canasta (PUB)</p> <p><i>1:00 Conservation Interest Group (RCCR)</i></p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Open Pickleball (Pickleball Court)</p> <p>2:00 Watercolor with Donna (CAS)</p> <p>3:00 Beginner Pickleball (Pickleball Court)</p> <p>3:00 Book Club (RCCR)</p> <p>4:00 Backgammon (PUB)</p> <p>4:00 Wine Series with Michele: Sparkling Wines (AUD)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Gaslit" Season 1; Episodes 3 & 4 (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 17</p> <p>10:15 Trip: CT River Cruise w/Boxed Lunch then CT River Museum (Essex)</p> <p>1:30 Episcopal Service (AUD)</p> <p>2:00 Computer Help with Aiden (MG)</p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>4:00 "A Call to Arts" O'Malley Family Documentary Video w/Cormac O'Malley (AUD)</p> <p>7:30 Foreign Movie: "Smash Palace" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 18</p> <p>9:30 Beltone Hearing; Call for Appointment (PDR)</p> <p>9:30 Catherine Krenicky, APRN; Call for Appointment (OT)</p> <p><i>9:30 Community Connections (RCCR)</i></p> <p><i>10:45 Chorus Practice (AUD)</i></p> <p>12:00 Great Courses "The 30 Greatest Orchestral Works" Parts 17 & 18 (918)</p> <p><i>1:00 Resident Marketing Committee (RCCR)</i></p> <p>1:00 Cribbage (PUB)</p> <p>1:00 Fitness Walk with Julie (ML)</p> <p>2:00 Open Pickleball (Pickleball Court)</p> <p>2:00 Stone Quilters (Studio 1401; Building 1000, 4th Floor)</p> <p>3:00 Community Life Services Survey Results (AUD)</p> <p>7:30 Foreign Movie: "Smash Palace" (918)</p> <p>7:30 Java Groove Swing Band (AUD)</p>	<p>9:00"For Prayer and Meditation" with John Webster (918) 19</p> <p>12:30 Upcoming Events with Michael (918)</p> <p>1:30 Shopping: Target, Waterford, Crystal Mall, Waterford Commons, New London Mall</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Paint Pouring Clay Pots Craft (CAS)</p> <p>2:00 Billiards (BR)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Gaslit" Season 1; Episodes 5 & 6 (AUD)</p>	<p>11:00 Seated Range of Motion (918) 20</p> <p>1:00 Standing Moving Meditation (918)</p> <p>1:00 Open Bocce (Bocce Court)</p> <p>2:00 Open Pickleball (Pickleball Court)</p> <p>2:00 Saturday Movie: "L.A. Confidential" (918)</p> <p>7:30 Saturday Movie: "L.A. Confidential" (AUD)</p>
<p>9:00 Transportation to Mystic Congregational Church 21</p> <p>9:30 Transportation to St. Patrick's and United Methodist Church</p> <p>11:00 Seated Range of Motion (918)</p> <p>1:00 Moving Meditation (918)</p> <p>2:00 Sunday Movie: "King Richard" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "King Richard" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 22</p> <p>9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>1:30 Grocery Shopping: McQuades</p> <p>2:00 Billiards (BR)</p> <p>2:00 Computer Help with Aiden (MG)</p> <p><i>3:00 Finance Committee (RCCR)</i></p> <p>2:00 Scrapbooking and Card Making Craft Hour (CAS)</p> <p>4:00 Happy Hour: Honoring the Women of StoneRidge (PUB)</p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 23</p> <p>9:00 Dr. Walter, Podiatrist; Call for Appointment (OT)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>12:00 "The Great Tours: Iceland" Parts 5 & 6 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p><i>2:00 Recreation Committee (RCCR)</i></p> <p>2:00 Open Pickleball (Pickleball Court)</p> <p>2:00 Watercolor with Donna (CAS)</p> <p>3:00 Treworgy Planetarium Lecture "In the Footsteps of Galileo" (AUD)</p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Gaslit" Season 1; Episodes 5 & 6 (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 24</p> <p><i>9:30 Resident Council Meeting (RCCR)</i></p> <p>10:00 Trip: Lunch at Spicy Green Bean then Mark Twain House Tour (Hartford)</p> <p>1:30 Episcopal Service (AUD)</p> <p>2:00 Computer Help with Aiden (MG)</p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>7:30 Meditation for Relaxation (918)</p> <p>7:30 Foreign Movie: "RRR" (AUD)</p>	<p>9:00"For Prayer and Meditation" with John Webster (918) 25</p> <p><i>10:45 Chorus Practice (AUD)</i></p> <p>12:00 Great Courses "The 30 Greatest Orchestral Works" Parts 19 & 20 (918)</p> <p>1:00 Cribabge (PUB)</p> <p><i>1:00 Art Committee Meeting (CAS)</i></p> <p>2:00 Open Pickleball (Pickleball Court)</p> <p>4:00 StoneRidge Spring Concert (AUD)</p> <p>7:30 Foreign Movie: "RRR" (918)</p>	<p>No In-Person Fitness Classes Today 26</p> <p>9:00"For Prayer and Meditation" with John Webster (918)</p> <p>12:30 Upcoming Events with Michael (918)</p> <p>1:30 Shopping: Westerly Downtown, JC Penney, TJ Maxx & Walmart</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: "Gaslit" Season 1; Episodes 7 & 8 (AUD)</p>	<p>11:00 Seated Range of Motion (918) 27</p> <p>1:00 Open Bocce (Bocce Court)</p> <p>1:00 Standing Moving Meditation (918)</p> <p>2:00 Bocce Tournament Army/Air Force Vs Navy/Marines/Coast Guard (Bocce Court)</p> <p>2:00 Saturday Movie: "The Power of the Dog" (918)</p> <p>7:30 Saturday Movie: "The Power of the Dog" (AUD)</p>
<p>9:00 Transportation to Mystic Congregational Church 28</p> <p>9:30 Transportation to St. Patrick's and United Methodist Church</p> <p>11:00 Seated Range of Motion (918)</p> <p>1:00 Moving Meditation (918)</p> <p>2:00 Sunday Movie: "Easy Rider" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Easy Rider" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 29</p> <p>12:00 Memorial Day Picnic (VG)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p> <p>3:00 Open Studio (CAS)</p> 	<p>9:00 "For Prayer and Meditation" with John Webster (918) 30</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>12:00 "The Great Tours: Iceland" Parts 7 & 8 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Open Pickleball (Pickleball Court)</p> <p>2:00 Watercolor with Donna (CAS)</p> <p>3:00 Beginner Pickleball (Pickleball Court)</p> <p>4:00 Backgammon (PUB)</p> <p>4:00 Stan Carpenter Lecture "Rule Britannia" Britain in the Victorian Era (AUD)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Gaslit" Season 1; Episodes 7 & 8 (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 31</p> <p>11:30 Painting along with Bob Ross Video (CAS)</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Grocery Shopping: McQuades</p> <p>2:00 Computer Help with Aiden (MG)</p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p>3:00 Resident-led Pool Beachball Volleyball (AC)</p> <p>7:30 Foreign Movie: "Hit the Road" (AUD)</p>	<p>Turn on 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 mwalthor@stoneridgerc.com (860) 572-2411</p>	<div> <p>Aquatic Center & Fitness Center 7 Days A Week 8:00am—8:00pm</p> </div> <div> <p>Hair Salon & Stylists: Tuesday—Friday 9am - 3pm (860)572-5673</p> <p>Barber Available: Tuesday & Friday: 9am-3pm</p> <p>Nail Services: Wednesday: 9am-3pm</p> <p>Country Store Hours: Monday—Saturday 10:30 am - 12:30 pm</p> </div>	<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>AC—Aquatic Center (Clubhouse)</p> <p>AG—Art Gallery (Clubhouse)</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, bottom floor)</p>	<p>CHR—Chart Room</p> <p>CONF—Office Conference Room</p> <p>COT—Cottage</p> <p>CS—Country Store (Clubhouse, bottom floor)</p>	<p>FS—Fitness Studio (Clubhouse, bottom floor)</p> <p>FSR—Fireside Room</p> <p>LL—Lighthouse Lounge (Bldg 6000, 4th Floor)</p>	<p>MG—Mariner's Grille (Clubhouse, bottom floor)</p> <p>MDR—Main Dining Room</p> <p>OT—Occupational Therapy Room (by Avalon)</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 of MG)</p> <p>918—TV Channel 918</p>

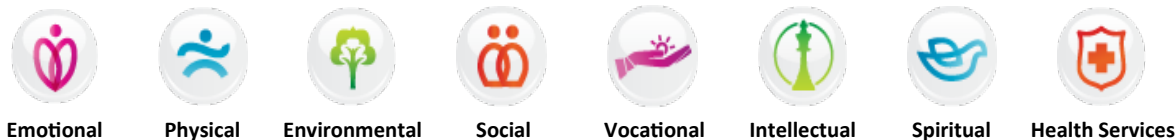


186 Jerry Browne Road
Mystic, CT. 06355



May 2023

"All things seem possible in May." -Edwin Way Teale



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
<div>Call for Appointment</div> <div>Beltone Hearing (860)326-5518</div> <div>Dr. Hennessey & Catherine Krenicky, APRN (Primary Care) (860)464-7274 X110</div> <div>Dr. Lawrence's Office (Podiatrist) (401)596-0823</div> <div>Dr. Walter's Office (Podiatrist) (860)599-4555</div> <div>Nova Hearing (860)916-6169</div>	9:00 "For Prayer and Meditation" with John Webster (918) 1 9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT) 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) 2:00 Bocce Ball Special Match: Staff vs Residents (Bocce Court) 2:30 Library Committee (PDR) 4:00 Margarita Monday Happy Hour (PUB) 6:30 BINGO (AUD)	10:00 & 10:30 Fitness Classes Cancelled Today 2 9:00 "For Prayer and Meditation" with John Webster (918) 9:30 Duplicate Bridge (PUB) 11:00 Resident Association Meeting (AUD) 12:00 "The Great Tours: Iceland" Parts 1 & 2 (918) 1:00 Canasta (PUB) 1:00 Pine Point Students Interviews (AUD) 1:30 Mahjong (PUB) 2:00 Open Pickleball (Pickleball Court) 2:00 Health Committee (RCCR) 3:00 Beginner Pickleball (Pickleball Court) 4:00 Backgammon (PUB) 5:00 Take-Out Dinner with Ralph Wood (PUB) 7:30 Game Night (PUB) 7:30 Friday Series: "Duchess of Duke Street" Episodes 7 & 8	9:00 "For Prayer and Meditation" with John Webster (918) 3 9:45 Brunch at Bleu Squid then High Hopes Riding Center Tour (Old Lyme) 1:30 Episcopal Service (AUD) 2:00 Computer Help with Aiden (MG) 2:30 St Andrew Presbyterian Service (918) 2:30 Wellness Chat: Benefits of Prehabilitation (RCCR) 3:00 Resident-led Pool Volleyball (AC) 3:30 Matt Bureau on Guitar (AUD) 7:30 Foreign Movie: "The Lady Vanishes" (AUD) 7:30 Poetry in the Pub (PUB)	9:00 "For Prayer and Meditation" with John Webster (918) 4 9:30 Community Connections (RCCR) 10:45 Chorus Practice (AUD) 12:00 Great Courses "The 30 Greatest Orchestral Works" Parts 13 & 14 (918) 1:00 Grounds and Gardens Committee (RCCR) 1:00 Cribbage (PUB) 1:00 Fitness Walk with Julie: Niantic Boardwalk (ML) 2:00 Stone Quilters (Studio 1401; Building 1000, 4th Floor) 2:00 Open Pickleball (Pickleball Court) 3:00 Buildings and Safety Committee (RCCR) 4:00 Theater Lecture: Shakespeare's "Kings" (AUD) 7:30 Foreign Movie: "The Lady Vanishes" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 5 12:30 Upcoming Events with Michael (918) 1:30 Shopping: Waterford Walmart and Lowes 2:00 Billiards (BR) 2:00 Computer Device Help (MG) 4:00 Eric Fleury; CT College Professor: US and China Relations Lecture (AUD) 7:00 Poker (PUB) 7:30 Friday Series: Friday Series: "Gaslit" Season 1; Episodes 1 & <div>TRANSPORTATION Sign-up for Shopping in the Transportation Book in the Mail Room.</div>	6:00 King Charles Coronation Viewing (PUB) 6 11:00 Seated Range of Motion (918) 1:00 Standing Moving Meditation (918) 2:00 Bocce Tournament: Matt's Minions vs Resident Rollers (Bocce Court) 2:00 Saturday Movie: "True Grit" 1969 (918) 5:00 Kentucky Derby Party (MDR) 7:30 Saturday Movie: "True Grit" 1969 (AUD) <div>KENTUCKY DERBY</div>
9:00 Transportation to Mystic Congregational Church 7 9:30 Transportation to St. Patrick's and United Methodist Church 11:00 Seated Range of Motion (918) 1:00 Moving Meditation (918) 1:30 Trip: Shoreline Chorale 2:00 Sunday Movie: "Bohemian Rhapsody" (918) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "Bohemian Rhapsody" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 8 9:00 Dr. Hennessey, Primary Care; Call for Appointment (OT) 11:30 Community Life Services Chat for New Residents (CAS) 1:00 Party Bridge (PUB) 1:30 Food Committee Meeting (CHR) 1:30 Sit & Stitch Knitters (RCCR) 1:30 Grocery Shopping: McQuades 2:00 Computer Help with Aiden (MG) 2:00 Billiards (BR) 2:00 Scrapbooking and Card Making Craft Hour (CAS) 6:30 BINGO (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 9 9:30 Duplicate Bridge (PUB) 12:00 "The Great Tours: Iceland" Parts 1 & 2 (918) 1:00 Canasta (PUB) 1:30 Mahjong (PUB) 2:00 Open Pickleball (Pickleball Court) 2:00 Watercolor with Donna (CAS) 2:00 Great Decisions "Iran at the Crossroads" with moderator David Goebel (AUD) 3:00 Beginner Pickleball (Pickleball Court) 4:00 Backgammon (PUB) 4:00 Faith Leitner on Harp (AUD) 7:30 Game Night (PUB) 7:30 Friday Series: "Gaslit" Season 1; Episodes 1 & 2 (918)	9:00 "For Prayer and Meditation" with John Webster (918) 10 11:00 Bea Smith Clothing Sale (FSR) 1:30 TRIP: Stonington Vineyards Tour and Tasting 1:30 Episcopal Service (AUD) 2:00 Computer Help with Aiden (MG) 2:30 St Andrew Presbyterian Service (918) 3:00 Resident-led Pool Volleyball (AC) 7:30 Foreign Movie: "La Strada" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 11 9:45 Movie Selection Panel (MG) 10:45 Chorus Practice (AUD) 12:00 Great Courses "The 30 Greatest Orchestral Works" Parts 15 & 16 (918) 1:00 Welcome Committee (CHR) 1:00 Cribbage (PUB) 2:00 Open Pickleball (Pickleball Court) 3:00 StoneRidge Players Meeting (AUD) 4:00 Eric Lehman, Author "Benedict Arnold and the Burning of New London" Lecture (AUD) 7:30 Foreign Movie: "La Strada" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 12 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) 4:00 Allen Krantz, Classical Guitarist (AUD) 7:00 Poker (PUB) 7:30 Friday Series: "Gaslit" Season 1; Episodes 3 & 4 (AUD) <div>Activities and Trips in red require SIGN UP in the Activity Book by Mailroom</div>	11:00 Seated Range of Motion (918) 13 1:00 Standing Moving Meditation (918) 1:00 Open Bocce (Bocce Court) 2:00 Saturday Movie: "Heat" (918) 2:00 Bocce Match: North Buildings (1,2,3) vs South Buildings (4,5,6) (Bocce Court) 7:30 Saturday Movie: "Heat" (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) 2:00 Seated Lower Body Strength (918) 7:30 Meditation for Relaxation (918)	TUESDAY 10:00 Heart Healthy Hustle (AUD) 10:30 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 Meditation for Relaxation (918)	THURSDAY 10:00 Heart Healthy Hustle (AUD) 10:30 Standing Moving Meditation (918) 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) 1:00 Tai Chi Balance (RSVP Class FS) 7:30 Meditation for Relaxation (918)	Contact Julie Oliver, Fitness Specialist for more Information (860)572-5657