October 2025

"The clear light that belongs to October was making the landscape radiant." —Florence Bone

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	**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	**Call for Appointment:** **Dr. Hennessey & Catherine Krenicky, APRN** (Primary Care) (860)464-7274 X112 **Dr. Lawrence's Office** (Podiatrist) (401)596-0823 **Dr. Walter's Office** (Podiatrist) (860)599-4555 **OnSite Dermatology** (877)345-5300	**1** *9:15 Community Connections Meeting (AUD)* 10:30 TRIP: High Hopes Therapeutic Riding Center and Boxed Lunch 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) **7:30 Musical Movie: "Easy to Love" (AUD)** 7:30 Poetry in the Pub (PUB)	**2** **9:00 Catherine Krenicky, APRN (OT)** 9:00 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 Dr. Megan Marco Natural Health Talk (AUD) 7:30 Musical Movie: "Easy to Love" (918)	**3** 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) 2:00 Advanced Acrylic Painting Open Studio (CAS) 3:00 Broadway Comes to StoneRidge Video: "The Crucible" (AUD) 7:00 Poker (PUB) **7:30 Friday Series: "Rumpole of the Bailey" S. 1, Ep. 1 & 2 (AUD)**	**4** 9:00 Open Pickleball (PC) 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 2:00 Bocce Match: "Guys & Dolls" Guys vs Dolls (BC) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: "Arrival" (918) 6:30 Transportation to Eastern Connecticut Symphony Orchestra **7:30 Saturday Movie: "Arrival" (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.**
5 10:30 Catholic Communion Contact Kip Brockmyre to sign up 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "Tunes of Glory" (918) 3:00 Scrabble (PUB) **7:30 Sunday Movie: "Tunes of Glory" (AUD)** Humana PRESENTS ACTIVE AGING WEEK INTERNATIONAL COUNCIL ON ACTIVE AGING	**6** **9:00 Dr. Hennessey, Primary Care (OT)** **11:30 Hearing Better at StoneRidge Group (CHR)** 1:00 Party Bridge (PUB) *1:30 Sit & Stitch/Knitters (RCCR)* 2:00 Billiards (BR) *2:30 Library Committee (PDR)* 3:00 A Thoughtful Approach to Estate and Healthcare Planning (AUD) **6:30 BINGO! (AUD)**	**7** 9:00 Open Pickleball (PC) 9:30 Duplicate Bridge (PUB) 10:30 TRIP: Walking Trip with Julie to Wilcox Park Tree Tour with Horticulturist 1:00 Canasta (PUB) *2:00 Health and Wellness Committee (RCCR)* **2:00 Computer & Device Help (MG)** 2:00 Zen Art Hour: Painting Pumpkins (CAS) 2:30 Resident-led Pool Volleyball (AC) 4:00 Backgammon (PUB) 5:00 Oktoberfest (MDR) Sign Up at the Dining Podium 7:30 Friday Series: "Rumpole of the Bailey" S. 1, Ep. 1 & 2 (918)	**8** No In Person Fitness Classes in the Auditorium 1:30 TRIP: Book Barn (Niantic) 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) **7:30 Musical Movie: "The Singing Nun" (AUD)**	**9** **9:00 Catherine Krenicky, APRN (OT)** 9:00 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 (CHR)* *2:00 Stone Quilters (RCCR)* 2:00 Memoir Writing (LL) **2:00 Computer & Device Help (MG)** 3:00 "Tales of Now and Zen: A Storytelling Performance" with Motoko Dworkin (AUD) 7:30 Musical Movie: "The Singing Nun" (918)	**10** 10:00 Volunteer Opportunity: Stuffing Envelopes for Avalonia Land Conservancy (PUB) 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) 2:00 Advanced Acrylic Painting with Ceilidh (CAS) 2:00 Brain Health for Life with Lynn Litwinczyk, Speech Language Pathologist (AUD) 7:00 Poker (PUB) **7:30 Friday Series: "Rumpole of the Bailey" S. 1, Ep. 3 & 4 (AUD)**	**11** 9:00 Open Pickleball (PC) 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:00 Open Bocce (BC) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: "The Penguin Lessons" (918) **7:30 Saturday Movie: "The Penguin Lessons" (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 and 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
12 10:30 Catholic Communion Contact Kip Brockmyre to sign up 11: 00 Qi Gong Seated (918) 2:00 Sunday Movie: "The Bridges of Madison County" (918) 2:00 Trip: "Pirates of Penzance" Presented by Salt Marsh Opera at the United Theater (Westerly) 3:00 Scrabble (PUB) **7:30 Sunday Movie: "The Bridges of Madison County" (AUD)**	**13** **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)* 2:00 Billiards (BR) 4:00 Happy Hour (PUB) **6:30 BINGO! (AUD)** 	**14** 9:00 Open Pickleball (PC) 9:00 Flu Shot Clinic (Hall Outside Linda Hart's Office) 9:30 Duplicate Bridge (PUB) **1:30 Caregivers Support Group (PDR)** **2:00 Computer & Device Help (MG)** 2:30 Great Decisions: AI and American National Security with Moderator Charlie Schott (AUD) 2:30 Resident-led Pool Volleyball (AC) 4:00 Backgammon (PUB) 5:30 Take Out Dinner with Ralph Wood (CHR) 7:30 Friday Series: "Rumpole of the Bailey" S. 1, Ep. 3 & 4 (918)	**15** No In-Person Fitness Classes 10:00 TRIP: Maggie Jones Fall Bus Tour 1:10 Transportation to Parkinson's Support Group at Masonicare, Contact LoriAnn to Sign Up 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 2:00 TRIP: Maggie Jones Fall Bus Tour 3:00 Art Talks with Ceilidh: The Responsibility of Artists (PUB) **7:30 Musical Movie: "Finian's Rainbow" (AUD)**	**16** No In-Person Fitness Classes **9:00 Catherine Krenicky, APRN (OT)** 9:00 Open Pickleball (PC) **10:45 StoneRidge Chorus (AUD)** 1:00 Cribbage (PUB) *1:00 Marketing Committee (RCCR)* *2:00 Stone Quilters (RCCR)* 2:00 Memoir Writing (LL) **2:00 Computer & Device Help (MG)** 3:00 Entwyned Early Music Concert "From the Bard to Baroque" (AUD) 7:30 Musical Movie: "Finian's Rainbow (918)	**17** No In-Person Fitness Classes 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) 2:00 Advanced Acrylic Painting Open Studio (CAS) 3:00 Play Reading "War of the Worlds" (AUD) 7:00 Poker (PUB) **7:30 Friday Series: "Rumpole of the Bailey" S. 1, Ep. 5 & 6 (AUD)**	**18** 9:00 Open Pickleball (PC) 9:30 Lower Body Strength, Seated (918) 11:00 Qi Gong (918) 1:30 Mindful Meditation (918) 2:00 Bocce Match: "A Chorus Line" Dancers vs Singers (BC) 2:00 Saturday Movie: "The Unknown Number: The High School Catfish" (918) **7:30 Saturday Movie: "The Unknown Number: The High School Catfish" (AUD)**
19 10:30 Catholic Communion Contact Kip Brockmyre to sign up 11: 00 Qi Gong Seated (918) 2:00 Sunday Movie: "How Green Was My Valley" (918) 3:00 Scrabble (PUB) **7:30 Sunday Movie: "How Green Was My Valley" (AUD)**	**20** **9:00 Dr. Hennessey, Primary Care (OT)** 1:00 Party Bridge (PUB) *1:30 Sit & Stitch/Knitters (RCCR)* 2:00 Billiards (BR) *3:00 Finance Committee Meeting (RCCR)* 3:30 Edgar Allen Poe Performance by Campbell Harmon (AUD) **6:30 BINGO! (AUD)**	**21** 9:00 Open Pickleball (PC) 9:30 Duplicate Bridge (PUB) *1:30 Residents for Conservation Action Committee (RCCR)* **2:00 Computer & Device Help (MG)** 2:30 Resident-led Pool Volleyball (AC) 3:00 Culturally Curious with Ivory and Gold: Rodgers and Hart (AUD) 4:00 Backgammon (PUB) 7:30 Friday Series: "Rumpole of the Bailey" S. 1, Ep. 5 & 6 (918)	**22** No In-Person Fitness Classes 9:30 Resident Update Meeting- NOTE DATE CHANGE- Bldgs. 1, 2, 3 (AUD) *9:30 Resident Council Meeting (RCCR)* 10:40 TRIP: Lunch at Gelston House then A Chorus Line at Goodspeed Opera House 11:00 Resident Update Meeting- NOTE DATE CHANGE- Bldgs. 4, 5, 6 (AUD) 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) **7:30 Musical Movie: "Some Like It Hot" (AUD)**	**23** **9:00 Catherine Krenicky, APRN (OT)** 9:00 Open Pickleball (PC) **10:45 StoneRidge Chorus (AUD)** 1:00 Cribbage (PUB) 2:00 Memoir Writing (LL) **2:00 Computer & Device Help (MG)** 3:00 "True Crime: Murder & Mayhem in the Museum" with the Connecticut Museum of Culture and History (AUD) 7:30 Musical Movie: "Some Like It Hot"(918)	**24** 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) 2:00 Advanced Acrylic Painting with Ceilidh (CAS) 4:00 "The World of Bats" with Julia Brand (AUD) 7:00 Poker (PUB) **7:30 Friday Series: "Rumpole of the Bailey" S. 2, Ep. 1 & 2 (AUD)**	**25** 9:00 Open Pickleball (PC) 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:00 Open Bocce (BC) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: "Materialist" (918) **7:30 Saturday Movie: "Materialist" (AUD)** Transportation Sign-up for Shopping in the Transportation Book in the Mail Room.
26 10:30 Catholic Communion Contact Kip Brockmyre to sign up 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "The Departed" (918) 3:00 Scrabble (PUB) **7:30 Sunday Movie: "The Departed" (AUD)** For Medical Appointments, Call the Transportation Department at (860) 572-5604	**27** **9:00 Dr. Hennessey, Primary Care (OT)** 10:00 Coffee and Conversations with Executive Director, Pamela Klapproth (CHR) 1:00 Party Bridge (PUB) **1:30 Book Club (AUD)** *1:30 Sit & Stitch/Knitters (RCCR)* 2:00 Billiards (BR) **6:30 BINGO! (AUD)**	**28** 9:00 Open Pickleball (PC) 9:30 Duplicate Bridge (PUB) 1:00 Wizard and Witch Hats Craft (CAS) **1:30 Caregivers Support Group (CHR)** **2:00 Computer & Device Help (MG)** 2:30 Resident-led Pool Volleyball (AC) 4:00 Backgammon (PUB) 4:00 Clever Corvids with Horizon Wings Raptor Rehabilitation (AUD) 7:30 Friday Series: "Rumpole of the Bailey" S. 2, Ep. 1 & 2 (918)	**29** 9:45 TRIP: Lunch at Heirloom then Tour of Beinecke Rare Book & Manuscript Library at Yale 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 3:00 Questions for a Pharmacist (PUB) 3:00 Documentaries with Dow: Winston Churchill; Blood, Sweat and Oil Paint (AUD) **7:30 Musical Movie: "The Blues Brothers" (AUD)**	**30** **9:00 Catherine Krenicky, APRN (OT)** 9:00 Open Pickleball (PC) **10:45 StoneRidge Chorus (AUD)** *11:00 Recreation Committee (RCCR)* 1:00 Cribbage (PUB) 2:00 Memoir Writing (LL) **2:00 Computer & Device Help (MG)** 3:00 "Vampire Folk Belief in Historic New England: The Archaeological Evidence" with State Archaeologist, Nicholas Bellantoni (AUD) 7:30 Musical Movie: "The Blues Brothers" (918)	**31** 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) 4:00 Witches and Wizards Halloween Party with the Cartell's (MDR) 7:00 Poker (PUB) **7:30 Friday Series: "Rumpole of the Bailey" S. 2, Ep. 3 & 4 (AUD)** 	**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
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** 3rd– Waterford Walmart & Lowes 10th– Groton Rte 1 & Groton Shopping Plaza 17th– Waterford Target, Crystal Mall, New London Mall 24th– Downtown Westerly & Westerly Shopping Center	Reoccurring Transportation Sunday - Friday