

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:15 #Transportation to Church Services <b>12</b></p> <p><b>2:00 Sunday Afternoon Movie: "Blindside" (Channel 918)</b></p> <p>3:30 Scrabble (PUB)</p> <p><b>7:00 Sunday Night Movie: "Blindside" (AUD)</b></p>	<p>8:30 #Transportation to Medical Appointments (Mystic-New London-Waterford) <b>13</b></p> <p>9:00 Aqua Fit (AC)</p> <p>10:00 Food Committee (CHR)</p> <p>10:30 Balance Class (AUD)</p> <p>11:15 Core Class (AUD)</p> <p>11:30 Meditation (AUD)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 #Grocery Shopping (McQuades)</p> <p><b>1:30 Sit &amp; Stitch Needlework Group (CAS)</b></p> <p>2:00 Billiards Group (BR)</p> <p><b>4:00 Body-Mind Connection Dr. Sarno Video (AUD)</b></p> <p>5:30 Men's Table (CHR)</p> <p><b>7:30 Foreign Movie Night: "Intouchables" (AUD)</b></p>	<p>9:00 #Transportation to Medical Appointments (Mystic-New London-Waterford) <b>14</b></p> <p>10:00 Conservation Committee (CAS)</p> <p>10:00 Tai Chi (FS)</p> <p>1:00 Computer Orientation (CL)</p> <p><b>1:30 Great Decisions: "Moderator" (AUD)</b></p> <p><b>4:00 Social Hour (PUB)</b></p> <p>7:15 Quiddler (PUB)</p> <p>7:30 Game Night (PUB)</p>	<p>9:00 Aqua Fit (AC) <b>15</b></p> <p><b>9:40 TRIP* Lyman Allyn &amp; Lunch at Tony Ds (New London)</b></p> <p>10:30 Balance Class (AUD)</p> <p>10:30 Episcopal Eucharist Service &amp; Coffee Social (CHR)</p> <p>11:00 Posture Class (AUD)</p> <p><b>1:00 Intermediate Bridge Lessons* (PUB)</b></p> <p>1:30 Catholic Rosary Service (ARR)</p> <p>1:30 Great Courses Encore of "Cognitive Behavioral Therapy" Pts. 21 &amp; 22 (RCR)</p> <p><b>2:00 Dart Group (Billiards Room)</b></p> <p>3:30 Scrabble (PUB)</p> <p>6:45 Rummikub Games (PUB)</p>	<p>9:00 #Transportation to Medical Appointments (Mystic-Westerly) <b>16</b></p> <p><b>9:15 Great Courses DVD: "Cognitive Behavioral Therapy" Pts. 23 &amp; 24 (AUD)</b></p> <p><b>9:30 Weekly Wellness Chats (Grille)</b></p> <p>10:30 Blood Pressure Clinic (RSO) 10:30-11:30</p> <p>10:45 Chorus Rehearsal (AUD)</p> <p><b>12:30 Birthday Luncheon COMBO DEC/JAN (FSR/CHR)</b></p> <p><b>1:00 Advanced Bridge Lessons* (PUB)</b></p> <p>1:00 Chair Yoga (AUD)</p> <p><b>3:30 Avalonia Volunteer Mailing Project* (PUB)</b></p> <p>3:30 Whist (PUB)</p> <p>7:00 Cribbage (PUB)</p> <p><b>7:00 Seaport Adventure Series (AUD)</b></p>	<p>9:00 Aqua Fit (AC) <b>17</b></p> <p>10:30 Balance Class (AUD)</p> <p>11:15 Core Class (AUD)</p> <p>11:30 Meditation (AUD)</p> <p>12:30 #Shopping (Waterford Crystal Mall, Waterford Commons, New London Mall)</p> <p>1:00 Mahjong (PUB)</p> <p>2:00 Billiards Group (BR)</p> <p>2:00 Computer Orientation (CL)</p> <p><b>2:00 Hartford Healthcare Session (AUD)</b></p> <p>3:00 Intermediate Mahjong (PUB)</p> <p>7:00 Poker "Penny Ante" (PUB)</p> <p><b>7:30 Friday Night Series: "William and Mary" Ses. 3, Eps. 1 &amp; 2 (AUD)</b></p>	<p><b>2:00 Saturday Afternoon Movie: "Game Night" (Channel 918)</b></p> <p><b>3:00 Jukebox 45 Concert w/wine &amp; cheese Reception to follow. (AUD/FSR/CHR)</b></p> <p><b>7:30 Saturday Night Movie: "Game Night" (AUD)</b></p>
<p>9:15 #Transportation to Church Services <b>19</b></p> <p><b>2:00 Sunday Afternoon Movie: "The Stunt Man" (Channel 918)</b></p> <p><b>3:00 Mother Daughter Singing Duo (AUD)</b></p> <p>3:30 Scrabble (PUB)</p> <p><b>7:00 Sunday Night Movie: "The Stunt Man" (AUD)</b></p>	<p>8:30 #Transportation to Medical Appointments (Mystic-New London-Waterford) <b>20</b></p> <p>9:00 Aqua Fit (AC)</p> <p><b>9:00 Dr. Walter: Podiatrist** (OT)</b></p> <p><b>10:00 ART* Eva Leong Chinese Brush Painting (CAS)</b></p> <p>10:30 Balance Class (AUD)</p> <p>11:15 Core Class (AUD)</p> <p>11:30 Meditation (AUD)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 #Grocery Shopping (McQuades) &amp; (Big Y)</p> <p>2:00 Billiards Group (BR)</p> <p>3:00 Art Committee (CAS)</p> <p><b>4:00 Transcendental Dr. Sarno Video (AUD)</b></p> <p>5:30 Men's Table (CHR)</p> <p><b>7:30 Phred and Friends (AUD)</b></p> <p><b>7:30 Foreign Movie Night: "Amelie" (AUD)</b></p>	<p>9:00 #Transportation to Medical Appointments (Mystic-New London-Waterford) <b>21</b></p> <p>10:00 Tai Chi (FS)</p> <p><b>10:00 Seamstress (across from locker rooms)</b></p> <p><b>10:30 Avalonia Volunteer Mailing Project (PUB)</b></p> <p><b>11:00 Resident Update Meeting (AUD)</b></p> <p>1:00 Computer Orientation (CL)</p> <p><b>1:30 Book Club (RCR)</b></p> <p><b>2:30 Stone Quilters (RCR)</b></p> <p><b>4:00 Social Hour (PUB)</b></p> <p>7:15 Quiddler (PUB)</p> <p>7:30 Game Night (PUB)</p>	<p>9:00 Aqua Fit (AC) <b>22</b></p> <p>10:30 Balance Class (AUD)</p> <p>10:30 Episcopal Eucharist Service &amp; Coffee Social (CHR)</p> <p>11:00 Posture Class (AUD)</p> <p><b>11:30 TRIP* Stonington Pizza (Stonington)</b></p> <p><b>1:00 Intermediate Bridge Lessons* (PUB)</b></p> <p>1:30 Great Courses Encore of "Cognitive Behavioral Therapy" Pts. 23 &amp; 24 (RCR)</p> <p><b>2:00 Dart Group (Billiards Room)</b></p> <p>3:30 Scrabble (PUB)</p> <p><b>4:00 Coastal Reed Concert (AUD)</b></p> <p><b>6:00 TRIP* Coast Guard Concert (New London)</b></p> <p>6:45 Rummikub Games (PUB)</p>	<p>9:00 #Transportation to Medical Appointments (Mystic-Westerly) <b>23</b></p> <p><b>9:15 Great Courses DVD: "History's Great Military Blunders and the Lessons They Teach Us" Pts. 1 &amp; 2 (AUD)</b></p> <p><b>9:30 Weekly Wellness Chats (Grille)</b></p> <p>10:30 Blood Pressure Clinic (RSO) 10:30-11:30</p> <p>10:45 Chorus Rehearsal (AUD)</p> <p><b>1:00 Advanced Bridge Lessons* (PUB)</b></p> <p>1:00 Chair Yoga (AUD)</p> <p>3:30 Whist (PUB)</p> <p><b>5:00 Fireside Beer Dinner (FSR)</b></p> <p>7:00 Cribbage (PUB)</p>	<p>9:00 Aqua Fit (AC) <b>24</b></p> <p>10:30 Balance Class (AUD)</p> <p>11:15 Core Class (AUD)</p> <p>11:30 Meditation (AUD)</p> <p>12:30 #Shopping (Downtown Westerly &amp; Westerly Shopping Center, Pier 1, J.C. Penney, T.J. Maxx &amp; Walmart)</p> <p>1:00 Mahjong (PUB)</p> <p>2:00 Billiards Group (BR)</p> <p>2:00 Computer Orientation (CL)</p> <p>2:00 Catholic Mass &amp; Social (ADR)</p> <p><b>2:00 Hartford Healthcare Session (AUD)</b></p> <p>3:00 Intermediate Mahjong (PUB)</p> <p><b>3:30 DVD: Peggy Guggenheim, Art Addict (AUD)</b></p> <p><b>5:00 Take-out Dinner Party (PDR)</b></p> <p>7:00 Poker "Penny Ante" (PUB)</p> <p><b>7:30 Friday Night Series: "William and Mary" Ses. 3, Eps. 3 &amp; 4 (AUD)</b></p>	<p><b>2:00 Saturday Afternoon Movie: "Doubt" (Channel 918)</b></p> <p><b>7:30 Saturday Night Movie: "Doubt" (AUD)</b></p> <p>☆☆☆☆☆☆☆☆☆☆</p> <p>☆☆ Visit the Reading Room Level 2, Building 5000 ☆☆</p> <p>☆☆☆☆☆☆☆☆☆☆</p>
<p>9:15 #Transportation to Church Services <b>26</b></p> <p><b>2:00 Sunday Afternoon Movie: "Paper Moon" (Channel 918)</b></p> <p>3:30 Scrabble (PUB)</p> <p><b>7:00 Sunday Night Movie: "Paper Moon" (AUD)</b></p>	<p>8:30 #Transportation to Medical Appointments (Mystic-New London-Waterford) <b>27</b></p> <p>9:00 Aqua Fit (AC)</p> <p><b>10:00 ART* Eva Leong Chinese Brush Painting (CAS)</b></p> <p>10:30 Balance Class (AUD)</p> <p>11:15 Core Class (AUD)</p> <p>11:30 Meditation (AUD)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 #Grocery Shopping (McQuades)</p> <p><b>1:30 Sit &amp; Stitch Needlework Group (CAS)</b></p> <p>2:00 Billiards Group (BR)</p> <p><b>4:00 DVD: "Nature's Power Revealed, the Power of Water" (AUD)</b></p> <p>5:30 Men's Table (CHR)</p> <p><b>7:30 Foreign Movie Night: "Intouchables" (AUD)</b></p>	<p>9:00 #Transportation to Medical Appointments (Mystic-New London-Waterford) <b>28</b></p> <p>10:00 Tai Chi (FS)</p> <p>1:00 Computer Orientation (CL)</p> <p><b>4:00 Chinese New Year Social Hour (CHR/FSR)</b></p> <p>7:15 Quiddler (PUB)</p> <p>7:30 Game Night (PUB)</p>	<p>9:00 Aqua Fit (AC) <b>29</b></p> <p><b>9:00 Dr. Lawrence: Podiatrist** (OT)</b></p> <p>10:30 Balance Class (AUD)</p> <p>10:30 Episcopal Eucharist Service &amp; Coffee Social (CHR)</p> <p>11:00 Posture Class (AUD)</p> <p><b>11:00 TRIP* Right Path Vegan. Fiddleheads (New London)</b></p> <p><b>1:00 Intermediate Bridge Lessons* (PUB)</b></p> <p><b>2:00 Dart Group (Billiards Room)</b></p> <p>3:30 Scrabble (PUB)</p> <p>6:45 Rummikub Games (PUB)</p>	<p>9:00 #Transportation to Medical Appointments (Mystic-Westerly) <b>30</b></p> <p><b>9:15 Great Courses DVD: "History's Great Military Blunders and the Lessons They Teach Us" Pts. 3 &amp; 4 (AUD)</b></p> <p><b>9:30 Weekly Wellness Chats (Grille)</b></p> <p>10:30 Blood Pressure Clinic (RSO) 10:30-11:30</p> <p>10:45 Chorus Rehearsal (AUD)</p> <p><b>1:00 Advanced Bridge Lessons* (PUB)</b></p> <p>1:00 Chair Yoga (AUD)</p> <p>3:30 Whist (PUB)</p> <p><b>4:00 TED Talks Video (AUD)</b></p> <p>7:00 Cribbage (PUB)</p>	<p>9:00 Aqua Fit (AC) <b>31</b></p> <p>10:30 Balance Class (AUD)</p> <p>11:15 Core Class (AUD)</p> <p>11:30 Meditation (AUD)</p> <p><b>1:00 TRIP* Coast Guard Library Museum (New London)</b></p> <p>1:00 Mahjong (PUB)</p> <p><b>1:30 Hartford Hospital Sessions (AUD)</b></p> <p>2:00 Billiards Group (BR)</p> <p>2:00 Computer Orientation (CL)</p> <p>3:00 Intermediate Mahjong (PUB)</p> <p>7:00 Poker "Penny Ante" (PUB)</p> <p><b>7:30 Friday Night Series: "William and Mary" Ses. 3, Eps. 5 &amp; 6 (AUD)</b></p>	<p>Turn on your TV and tune into CH 918 for up to date information! If you have any questions regarding this calendar please contact:</p> <p><b>Michael Langlois,</b> Community Life Services Director, (860) 572-5601, mlanglois@stoneridgerc.com</p> <p>or <b>Wendie Colvin,</b> Community Life Services Associate, (860) 572-2411, wcolvin@stoneridgerc.com</p> <p>or <b>Kate Hilbert,</b> Community Life Services Assistant, (860) 437-4041, khilbert@stoneridgerc.com</p>

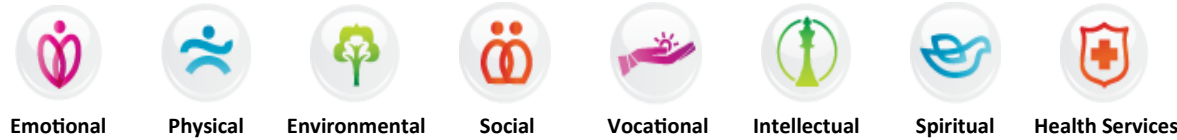




# HealthyLife™ Services

## January 2020

186 Jerry Browne Road



\*Sign-up for activities in the **Activities Book** outside the Mail Room.  
 \*\*Sign-up for health services in the **Resident Health Services Book** outside the Mail Room.  
 #Sign-up for shopping in the **Transportation Book** outside the Mail Room.

All transportation requires a reservation  
 Medical Appointments:  
**Mondays:** (Mystic—New London—Waterford) 8:30 a.m.—12:30 p.m.  
**Tuesdays:** (Mystic—New London—Waterford) 9:00 a.m.—3:00 p.m.  
**Thursdays:** (Mystic—Westerly) 9:00 a.m.—3:00 p.m.

For Medical Appointments, Call E.J. Caplet, Transportation Scheduler, at (860) 572-5698  
 Please schedule your medical appointments accordingly to return to StoneRidge by 3:00 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AC—Aquatic Center AG—Art Gallery AL—Avalon Lounge ADR—Avalon Dining Room ARR—Avalon Recreation Room AUD—Auditorium BR—Billiards Room (Building 5000, Level 3) CAS—Creative Arts Studio CHR—Chart Room CONF—Conference Room COT—Cottage CL—Computer Lab CS—Country Store FS—Fitness Studio	FSR—Fireside Room PUB—Jerry Browne Pub LIB—Library LL—Lighthouse Lounge MDR—Main Dining Room OT—Occupational Therapy Room PDR—Private Dining Room RCR—Resident Council Room (Building 5000, level 4) RSO—Resident Services Office SR—StoneRidge Gardens VG—Village Green	<b>DINING ROOM</b> Monday-Saturday Lunch: 12:00—2:00 p.m. Dinner: 5:00—7:30 p.m. <b>Sunday Lunch:</b> 12:00—2:30 p.m. ..... <b>J.B. PUB</b> Monday-Friday Continental Breakfast ..... <b>MARINER GRILLE</b> Monday-Saturday Lunch: 12:00—2:00 p.m. Dinner: 5:00—7:00 p.m. <b>Sunday Brunch:</b> 10:00—2:00 p.m.	<div style="text-align: center;"> </div> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p style="text-align: center;"><b>Main Dining Room:</b> 10:00am—2:00pm</p> <p style="text-align: center;"><b>Mariner Grille: CLOSED</b></p> </div>	<b>1</b> 9:00 #Transportation to Medical Appointments (Mystic-Westerly) <b>2</b> <b>9:30 Weekly Wellness Chat (Grille)</b> <b>9:15 Great Courses DVD: "Cognitive Behavioral Therapy" Pts. 19 &amp; 20 (AUD)</b> 10:30 Blood Pressure Clinic (RSO) 10:30-11:30 1:00 Chair Yoga (AUD) <b>2:00 Buildings, Safety, Security, Committee (RCR)</b> <b>3:00 Library Committee (PDR)</b> 3:30 Whist (PUB) <b>4:00 DVD: Comedian Jim Gaffigan (AUD)</b> 7:00 Cribbage (PUB)	<b>3</b> 9:00 Aqua Fit (AC) <b>9:30 Welcome Committee (PDR)</b> 10:30 Balance Class (AUD) 11:15 Core Class (AUD) 11:30 Meditation (AUD) 12:30 #Shopping (Waterford Walmart & Lowe's) 1:00 Mahjong (PUB) 2:00 Billiards Group (BR) 2:00 Computer Orientation (CL) 3:00 Intermediate Mahjong (PUB) <b>3:30 DVD: "Ode to Freedom, Beethoven's Symphony No.9 (AUD)</b> 7:00 Poker "Penny Ante" (PUB) <b>7:30 Friday Night Series: "William and Mary" Ses. 2, Eps. 3 &amp; 4 (AUD)</b>	<b>4</b> <b>2:00 Saturday Afternoon Movie: "The Aviator" (Channel 918)</b> <b>7:30 Saturday Night Movie: "The Aviator" (AUD)</b>
<b>5</b> 9:15 #Transportation to Church Services <b>2:00 Sunday Afternoon Movie: "Victor/Victoria" (Channel 918)</b> <b>3:00 Nick Anderson &amp; Shady Creek Bluegrass Band (AUD)</b> 3:30 Scrabble (PUB) <b>7:00 Sunday Night Movie: "Victor/Victoria" (AUD)</b>	<b>6</b> 8:30 #Transportation to Medical Appointments (Mystic-New London-Waterford) 9:00 Aqua Fit (AC) <b>10:00 ART* Eva Leong Chinese Brush Painting (CAS)</b> <b>10:00 Health Committee (RCR)</b> 10:30 Balance Class (AUD) 11:15 Core Class (AUD) 11:30 Meditation (AUD) 1:00 Party Bridge (PUB) 1:30 #Grocery Shopping: (McQuades) (CVS) 2:00 Billiards Group (BR) <b>4:00 Christina Monahan Magic &amp; Balloon Twisting (AUD)</b> 5:30 Men's Table (CHR) <b>7:30 Foreign Movie Night: "Volver" (AUD)</b>	<b>7</b> 9:00 #Transportation to Medical Appointments (Mystic-New London-Waterford) <b>10:00 Conservation Committee (CAS)</b> <b>10:00 Seamstress (across from locker rooms)</b> <b>10:30 Avalonia Volunteer Mailing Project* (PUB)</b> 10:00 Tai Chi (FS) 1:00 Computer Orientation (CL) <b>1:00 Pine Point Interviews (FSR/CHR)</b> <b>2:30 Stone Quilters (RCR)</b> <b>3:00 Cruise Planners Presentation (AUD)</b> <b>4:00 Social Hour (PUB)</b> 7:15 Quiddler (PUB) 7:30 Game Night (PUB)	<b>8</b> 9:00 Aqua Fit (AC) 10:30 Balance Class (AUD) 10:30 Episcopal Eucharist Service & Coffee Social (CHR) 11:00 Posture Class (AUD) <b>1:00 Intermediate Bridge Lessons* (PUB)</b> 1:30 Great Courses Encore of "Cognitive Behavioral Therapy" Pts. 19 & 20 (RCR) <b>1:30 TRIP* Holiday Train Show at CT River Museum (Essex)</b> 3:30 Scrabble (PUB) 6:45 Rummikub Games (CHR)	<b>9</b> 9:00 #Transportation to Medical Appointments (Mystic-Westerly) <b>9</b> <b>9:15 Great Courses DVD: "Cognitive Behavioral Therapy" Pts. 21 &amp; 22 (AUD)</b> <b>9:30 Weekly Wellness Chats (Grille)</b> <b>10:00 Movie Committee (CL)</b> 10:30 Blood Pressure Clinic (RSO) 10:30-11:30 10:45 Catholic Communion Service & Social (ADR) <b>1:00 Advanced Bridge Lessons* (PUB)</b> 1:00 Chair Yoga (AUD) <b>1:00 Grounds &amp; Garden Committee (CAS)</b> <b>3:30 Woodstock 50th Anniversary Program (AUD)</b> 3:30 Whist (PUB) 7:00 Cribbage (PUB)	<b>10</b> 9:00 Aqua Fit (AC) 10:30 Balance Class (AUD) 11:15 Core Class (AUD) 11:30 Meditation (AUD) 12:30 #Shopping (Groton: Route 1, Groton Shopping Plaza, Walmart, Kohl's, Stop & Shop) 1:00 Mahjong (PUB) <b>1:30 Hartford Healthcare Session (AUD)</b> 2:00 Billiards Group (BR) 2:00 Computer Orientation (CL) 3:00 Intermediate Mahjong (PUB) 7:00 Poker "Penny Ante" (PUB) <b>7:30 Friday Night Series: "William and Mary" Ses. 2, Eps. 5 &amp; 6 (AUD)</b>	<b>11</b> <b>2:00 Saturday Afternoon Movie: "The Grand Imperial Budapest Hotel" (AUD)</b> <b>4:00 Me &amp; My Shadow-Harvey Snitkin (AUD)</b> <b>7:30 Saturday Night Movie: "The Grand Imperial Budapest Hotel" (Channel 918)</b>

If circumstances beyond our control (inclement weather, driver illness, vehicle break down) occur, StoneRidge will cancel transportation with as much notice as possible.

**COUNTRY STORE HOURS:**  
 Monday—Saturday  
 10:30 a.m. - 12:30 p.m.  
 (860) 572-5654

**Beauty / Barber Shop HOURS:**  
 Wednesday - Saturday  
 9:00 a.m.-3:30 p.m.  
 To schedule an appointment call  
 (860) 572-5673.

Spotlight Artist  
 TBA  
 Located in the hallway near MDR