

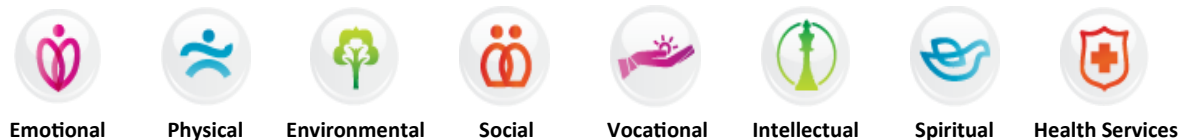


January 2021

186 Jerry Browne Road
Mystic, CT. 06355



Please note that the calendar is subject to change, watch 918 for updates and additions.



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.—3:30 p.m.

Thursdays: (Mystic—Stonington—Westerly) 8:30 a.m.—3:30 p.m.

Please schedule your medical appointments accordingly to return to StoneRidge by 3:00 p.m.

For Medical Appointments, Call E.J. Caplet, Transportation Scheduler, at (860) 572-5698

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Items in RED require sign-up or a Zoom link.</p> <p>COUNTRY STORE HOURS: Monday, Wednesday, Saturday 10:30 a.m. - 12:30 p.m. (860) 572-5654</p>	<p>Doctors Appointments, please call directly:</p> <p>Beltone Hearing: 860-326-5518</p> <p>Dr. Hennessey & Catherine Krenicky, APRN (Primary Care) 860-464-7274 X110</p> <p>Dr. Lawrence's Office (Podiatrist) 401-596-0823</p> <p>Dr. Walter's Office (Podiatrist) 860-599-4555</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>Michael Langlois, Community Life Services Director mlanglois@stoneridgerc.com (860) 572-5601</p> <p>Wendie Robertson, Community Life Services Associate wcolvin@stoneridgerc.com 860) 572-2411</p> <p>Kate Hilbert, Community Life Services Assistant khilbert@stoneridgerc.com (860) 437-4041</p>	<p>Beauty Salon Call for appointment: 860-572-5673</p> <p>Barber (Sundays Only) Call for appointment: Michael Brinson (860) 949-9285</p> <p>Call for dining reservations: 860-437-4052</p>	<p>Stay tuned for dates for Beltone & other medical visits to the community this month.</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 1</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:35 Meditation (918)</p> <p>11:00 New Year's Concert by The Cartell's, rebroadcast (918)</p> <p>12:00 TED at Lunch: "How to Escape From Prison" (918)</p> <p>3:00 DVD: "South Pacific" (918)</p> <p>7:00 Friday Series: "The Borgias", season 1, eps. 1 & 2 (918)</p>	<p>10:00 Seated Tai Chi (918) 2</p> <p>10:30 Meditation (918)</p> <p>1:00 Standing Cardio (918)</p> <p>2:00 Cooking Video: Macaroni and Cheese- Martha Stewart (918)</p> <p>7:00 Saturday Movie: "The Irishman" (918)</p>
<p>10:00 Posture Class (918) 3</p> <p>10:00 Presbyterian Service via Zoom (see CLS for link)</p> <p>10:30 Meditation (918)</p> <p>1:00 Seated Pilates (918)</p> <p>2:00 Travel: Rick Steves' Europe: The Dordogne River Valley, France (918)</p> <p>7:00 Sunday Movie: "Elizabeth" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 4</p> <p>9:30 Wellness Chat (ZOOM) sign-up with Tracey</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:35 Meditation (918)</p> <p>11:00 Memoir Writing Class (Zoom)</p> <p>12:00 TED at Lunch: "Life is a Set of New Beginnings" (918)</p> <p>3:30 Best Guide's Lecture Series: "Northern Norway" (918)</p> <p>7:00 DVD: "Instructions Not Included" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 5</p> <p>10:00 Seated Yoga (918)</p> <p>10:30 Core (918)</p> <p>12:00 TED at Lunch: "How Trauma Taught Me Resilience" (918)</p> <p>1:00 Floor Pilates (918)</p> <p>2:30 "Live" Balance Class (918)</p> <p>3:30 DVD: "A Ballerina's Tale" (918)</p> <p>7:00 DVD: National Geographic's "Lewis & Clark" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 6</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:35 Meditation (918)</p> <p>12:00 TED at Lunch: "How to Trick Your Brain to Fall Asleep" (918)</p> <p>1:30 "Band Together" Live Exercise Class (918) Call Tracey for exercise band</p> <p>3:30 DVD: "Scottish Castle Restoration" (918)</p> <p>7:00 Foreign Movie: "Antonia's Line" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 7</p> <p>10:00 Seated Tai Chi (918)</p> <p>10:30 Posture (918)</p> <p>12:00 Great Courses: "Greece & Turkey, from Athens to Istanbul" parts 5 & 6 (918)</p> <p>1:00 Art Video: Intellectual by Nature, Poet at Heart: Xu Bing (918)</p> <p>3:30 DVD: "Morgan 100", British sports car, part 1 (918)</p> <p>7:00 DVD: "Dances with Wolves" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 8</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:35 Meditation (918)</p> <p>12:00 TED at Lunch: "How to Make Diseases Disappear" (918)</p> <p>1:30 Cooking Show "Beer Bread" (ZOOM) sign-up with Tracey</p> <p>3:30 DVD: Best Guide's Lecture Series: "Introduction to Ecuador" (918)</p> <p>7:00 Friday Series: "The Borgias", season 1, eps. 3 & 4 (918)</p>	<p>10:00 Seated Tai Chi (918) 9</p> <p>10:30 Meditation (918)</p> <p>1:00 Standing Cardio (918)</p> <p>2:00 Craft Video: Woolen crochet shoes, socks (918)</p> <p>7:00 Saturday Movie: "The Little Prince" (918)</p>

AC —Aquatic Center	ARR —Avalon Recreation Room	CAS —Creative Arts Studio	CL —Computer Lab	FSR —Fireside Room	MDR —Main Dining Room	RCR —Resident Council Room (Bldg. 5000, level 4)	VG —Village Green
AG —Art Gallery	AUD —Auditorium	CHR —Chart Room	CS —Country Store	PUB —Jerry Browne Pub	OT —Occupational Therapy Room	RSO —Resident Services Office	918 —TV Channel 918
AL —Avalon Lounge	BR —Billiards Room (Bldg. 5000, Level 3)	CONF —Conference Room	MG —Mariner's Grille	LIB —Library	PDR —Private Dining Room	SR —StoneRidge Gardens	
ADR —Avalon Dining Room		COT —Cottage	FS —Fitness Studio	LL —Lighthouse Lounge			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 Posture Class 10 (918) 10:00 Presbyterian Service via Zoom (see CLS for link) 10:30 Meditation (918) 1:00 Seated Pilates (918) 2:00 Travel: Rick Steves' Europe: England's Bath and York (918) 7:00 Sunday Movie: "Boyhood" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 11 9:30 Wellness Chat (ZOOM) sign-up with Tracey 10:00 Standing/Seated Cardio (918) 10:35 Meditation (918) 11:00 Memoir Writing Class (Zoom) 12:00 TED at Lunch: "We Must Stop Pushing" (918) 3:30 DVD Series: "Doc Martin" (918) 7:00 DVD: "Trading Places" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 12 10:00 Seated Yoga (918) 10:30 Core (918) 12:00 TED at Lunch: "Tricking Your Brain Into Learning More" (918) 1:00 Floor Pilates (918) 2:30 "Live" Balance Class (918) 3:30 White Memorial Conservation Ctr. "Famous Animals in History" (918) 7:00 DVD: "As Time Goes By" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 13 10:00 Standing/Seated Cardio (918) 10:35 Meditation (918) 12:00 TED at Lunch: "The Fear of Starting" (918) 1:30 "Band Together" Live Exercise Class (918) Call Tracey for exercise band 3:30 DVD: "Tiny Houses" (918) 7:00 Foreign Movie: "Fanny and Alexander" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 14 10:00 Seated Tai Chi (918) 10:30 Posture (918) 12:00 Great Courses: "Greece & Turkey, from Athens to Istanbul" parts 7 & 8 (918) 2:00 Gregory Fressenden, Acupuncturist HHC and Pain Management (ZOOM) sign-up with Tracey 3:30 DVD: "Morgan 100", British sports car, part 2 (918) 7:00 Virtual Concert: Florian Trio with Allen Krantz-music for violin/viola, cello & guitar (918)	9:00 "For Prayer and Meditation" with John Webster (918) 15 10:00 Standing/Seated Cardio (918) 10:35 Meditation (918) 12:00 TED at Lunch: "Prescribing Nature for Health" (918) 1:30 Cooking Show "Mini Quiches" (ZOOM) sign-up with Tracey 3:30 Live Shakespeare Lecture (918) 7:00 Friday Series: "The Borgias", season 1, eps. 5 & 6 (918)	10:00 Seated Tai Chi 16 (918) 10:30 Meditation (918) 1:00 Standing Cardio (918) 2:00 Craft Video: DIY Tote Bag for Beginners (918) 7:00 Saturday Movie: "ExMachina" (918)
10:00 Posture Class 17 (918) 10:00 Presbyterian Service via Zoom (see CLS for link) 10:30 Meditation (918) 1:00 Seated Pilates (918) 2:00 Travel: Rick Steves' Europe: Best of Northern Ireland (918) 7:00 Sunday Movie: "Third Man" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 18 9:30 Wellness Chat (ZOOM) sign-up with Tracey 10:00 Standing/Seated Cardio (918) 10:35 Meditation (918) 11:00 Memoir Writing Class (Zoom) 12:00 TED at Lunch: "Own Your Face" (918) 3:30 DVD Series: "Doc Martin" (918) 7:00 DVD: "Men of Honor" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 19 10:00 Seated Yoga (918) 10:30 Core (918) 12:00 TED at Lunch: "Life Begins at the End of Your Comfort Zone" (918) 1:00 Floor Pilates (918) 2:30 "Live" Balance Class (918) 3:30 DVD: PBS "American Ballet History" (918) 7:00 DVD: Dorothy L. Sayers Mystery, "Gaudy Night"(918)	9:00 "For Prayer and Meditation" with John Webster (918) 20 10:00 Standing/Seated Cardio (918) 10:35 Meditation (918) 12:00 TED at Lunch: "I Am Not a Monster" (918) 1:00 Floor Pilates (918) 1:30 "Band Together" Live Exercise Class (918) Call Tracey for exercise band 3:30 DVD: "Abbey Lane Restoration" (918) 7:00 Foreign Movie: "Everybody Knows" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 21 10:00 Seated Tai Chi (918) 10:30 Posture (918) 12:00 Great Courses: "Greece & Turkey. from Athens to Istanbul" parts 9 & 10 (918) 2:00 Art Class Video: Portrait Painting Techniques - Toning, Gridding and Skin Tones (918) 3:00 Dr. Pievsky, Gastroenterologist (ZOOM) sign-up with Tracey 7:00 DVD: BBC's "Life of Birds, The Most Accomplished Aeronauts" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 22 10:00 Standing/Seated Cardio (918) 10:35 Meditation (918) 11:00 Memoir Writing Class (Zoom) 12:00 TED at Lunch: "How to Shift Your Mindset and Choose Your Future" (918) 1:30 Cooking Show "Goat Cheese, Honey & Apricot Toast" (ZOOM) sign-up with Tracey 3:30 DVD: Best Guide's Lecture Series: Quito, the Equator in Ecuador (918) 7:00 Friday Series: "The Borgias", season 1, eps. 7 & 8 (918)	10:00 Seated Tai Chi 23 (918) 10:30 Meditation (918) 1:00 Standing Cardio (918) 2:00 Craft Video: Draw your own Wrapping Paper (918) 7:00 Saturday Movie: "Going In Style" (918)
10:00 Posture Class 24 (918) 10:00 Presbyterian Service via Zoom (see CLS for link) 10:30 Meditation (918) 1:00 Seated Pilates (918) 2:00 Travel: Rick Steves' Europe: North Wales: Feisty and Poetic (918) 7:00 Sunday Movie: "Paths Of Glory" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 25 9:30 Wellness Chat (ZOOM) sign-up with Tracey 10:00 Standing/Seated Cardio (918) 10:00 Learning in Retirement Lecture, "Handling Strong Emotions" (ZOOM) sign-up with CLS 10:35 Meditation (918) 11:00 Memoir Writing Class (Zoom) 12:00 TED at Lunch: "Restore Your Brain with Nature" (918) 2:00 Dr. Wagner, Orthopedic Spine Surgeon (ZOOM) sign-up with Tracey 3:30 DVD Series: "Doc Martin" (918) 7:00 DVD: "Les Miserables" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 26 10:00 Seated Yoga (918) 10:30 Core (918) 12:00 TED at Lunch: "Simple Ideas Lead to Scientific Discoveries" (918) 1:00 Floor Pilates (918) 2:30 "Live" Balance Class (918) 3:30 White Memorial Conservation Ctr. "Raven: Bird, Myth, Legend" (918) 7:00 DVD: "As Time Goes By" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 27 10:00 Standing/Seated Cardio (918) 10:35 Meditation (918) 12:00 TED at Lunch: "The Beauty of Math and Music" (918) 1:30 "Band Together" Live Exercise Class (918) sign-up with Tracey 3:30 DVD: "Tiny Houses" (918) 7:00 Foreign Movie: "Incendies" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 28 10:00 Seated Tai Chi (918) 10:00 Learning in Retirement Lecture, "Robert Moses: Master Builder, Political Master" (ZOOM) sign-up with CLS 10:30 Posture (918) 12:00 Great Courses: "Greece & Turkey. from Athens to Istanbul" parts 11 & 12 (918) 2:00 Art Class Video: How to Create Abstract Art In the Studio with Steven Sabados (918) 3:30 DVD: "Morgan 100", British sports car, part 3 (918) 7:00 DVD: "Grease" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 29 10:00 Standing/Seated Cardio (918) 10:35 Meditation (918) 12:00 TED at Lunch: "The Global Movement to Restore Biodiversity"(918) 1:30 Cooking Show "Stuffed Bread" (ZOOM) sign-up with Tracey 3:30 DVD: BBC's "Life of Birds, "Insects" (918) 7:00 Friday Series: "The Borgias", season 1, eps. 9 (918)	10:00 Seated Tai Chi 30 (918) 10:30 Meditation (918) 1:00 Standing Cardio (918) 2:00 Craft Video: How To Transfer Images onto Canvas Arts & Crafts Tutorial (918) 7:00 Saturday Movie: "Moulin Rouge" (918)

Coming Soon...
 "The Art Within These Walls"