

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 Posture Class (918) 15 10:30 Meditation (918) 1:00 Seated Pilates (918) 2:00 Bocce Match: Guys & Gals (Bocce Court) 2:00 Sunday Movie: "Yentl" (918) 3:00 Scrabble (PUB) 6:00 Travel Video: Rick Steve's Europe: Prague (918) 7:30 Sunday Movie: "Yentl" (AUD) <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> COUNTRY STORE HOURS: Monday—Saturday 10:30 a.m. - 12:30 p.m. (860) 572-5654 </div>	9:00 "For Prayer and Meditation" with John Webster (918) 16 9:00 Dr. Hennessey, Primary Care: Call doctor directly for appointment. (OT) 10:00 Standing/Seated Cardio (918) 10:30 In-person Exercise with the Y (AUD) 10:35 Meditation (918) 12:00 TED at Lunch: "How I convince people that I'm funny" (918) 1:00 Party Bridge (PUB) 1:30 Grocery Shopping: McQuades 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 3:00 Art Committee (CAS) 6:30 BINGO (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 17 9:30 Duplicate Bridge (PUB) 10:00 Seated Yoga (918) 10:30 Core (918) 11:00 Types & Stages of Loss (AUD) 12:00 TED at Lunch: "How to get your kids to listen" (918) 1:00 Floor Pilates (918) 1:30 Mahjong (PUB) 2:00 Canasta (Bldg. 2/3 4th floor alcove) 3:00 Book Club (AUD) 7:15 Quiddler (PUB) 7:30 After Dinner Jazz with Bill Groth and Friends (AUD) 7:30 Game Night (PUB) 7:30 Friday Series: "A French Village" Season 3, ep. 3 & 4 (918)	9:00 "For Prayer and Meditation" with John Webster (918) 18 10:00 Standing/Seated Cardio (918) 10:30 Video Exercise (AUD) 10:35 Meditation (918) 12:00 TED at Lunch: "Using humor to influence others" (918) 1:30 Episcopal Service (AUD) 2:30 St Andrew Presbyterian Service (918) 4:00 "Blithewold Mansion, Gardens, and Arboretum"; presented by Resident Sally Phillips (AUD) 7:30 Foreign Movie: "Luzzu" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 19 10:00 Seated Tai Chi (918) 9:00 Beltone Hearing, call directly for appointment (PDR) 10:00 Q&A w/ Resident Council (PUB) 10:30 Posture (918) 10:45 Chorus Practice (AUD) 12:00 DVD: Great Courses: "African Safari" parts 5 & 6 (918) 1:00 Resident Marketing Committee (RCCR) 1:30 Whist (PUB) 1:30 Cribbage (PUB) 2:00 Memoir Writing Class (CAS) 2:00 Stone Quilters (studio 1401) 4:00 StoneRidge Chorus Concert (AUD) 7:30 Foreign Movie: "Luzzu" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 20 10:00 Standing/Seated Cardio (918) 10:30 In-person Exercise with the Y (AUD) 11:15 Meditation (918) 11:30 Navigating a Doctor's Appointment (AUD) 12:00 TED at Lunch: "Why most parenting advice is wrong" (918) 12:30 Upcoming Events (918) 1:30 Shopping (Target, Waterford Crystal Mall, Waterford Commons, New London Mall) 2:00 Computer & Device Help (CL) 2:00 Billiards (BR) 4:00 New London Maritime Museum Program (AUD) 7:00 Poker (PUB) 7:30 Friday Series: "A French Village" Season 3, Ep. 5 & 6 (AUD)	10:00 Seated Tai Chi (918) 21 10:30 Meditation (918) 1:00 Standing Cardio (918) 1:00 Resident-led Open Bocce (Bocce Court) 2:00 Saturday Movie: "Tell Me Who I Am" (918) 4:00 Art Opening Reception: Ruth Chandler (AG) 7:30 Saturday Movie: "Tell Me Who I Am" (AUD) <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Spotlight Gallery Artist Sally Hobart Spotlight Galley in the hallway near the MDR. </div>
10:00 Posture Class (918) 22 10:30 Meditation (918) 1:00 Seated Pilates (918) 2:00 Sunday Movie: "Exodus" (918) 3:00 Scrabble (PUB) 3:00 Resident-led Pool Volleyball (AC) 6:00 Travel Video: Rick Steve's Europe: Lisbon and the Algarve (918) 7:30 Sunday Movie: "Exodus" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 23 9:00 Dr. Hennessey, Primary Care: Call doctor directly for appointment. (OT) 10:00 Standing/Seated Cardio (918) 10:30 In-person Exercise with the Y (AUD) 10:35 Meditation (918) 11:00 Seamstress/Tailor (hallway outside Locker Rooms) 12:00 TED at Lunch: "Why great leaders take humor seriously" (918) 1:00 Party Bridge (PUB) 1:30 Grocery Shopping: McQuades and Bonus CVS 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 3:00 Video: "Come From Away" Sponsored by the Book Club (AUD) 3:00 Finance Committee (RCCR) 6:30 BINGO (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 24 9:00 Dr. Walter, Podiatrist: Call doctor directly for appointment (OT) 10:00 Seated Yoga (918) 10:30 Core (918) 11:00 Resident Update Meeting (AUD) 12:00 TED at Lunch: "What makes you special" (918) 1:00 Floor Pilates (918) 1:30 Conservation Interest Group (RCCR) 1:30 Mahjong (PUB) 2:00 Canasta (Bldg. 2/3 4th floor alcove) 4:00 Backgammon (PUB) 4:00 Piano Concert: Dayne Rugh (AUD) 7:15 Quiddler (PUB) 7:30 Game Night (PUB) 7:30 Friday Series: "A Fench Village" Season 3, ep. 5&6 (918)	9:00 "For Prayer and Meditation" with John Webster (918) 25 9:30 Resident Council Meeting (RCCR) 10:00 Standing/Seated Cardio (918) 10:00 TRIP: Blithewold Mansion, Gardens and Arboretum (Bristol, RI) 10:30 Video Exercise (AUD) 10:35 Meditation (918) 12:00 TED at Lunch: "Thank you for your service" (918) 1:30 Episcopal Service (AUD) 2:30 St Andrew Presbyterian Service (918) 7:30 Foreign Movie: "The Wolf's Call" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 26 9:00 Catherine Krenicky, APRN Call for Appointment (OT) 10:00 Q&A w/ Resident Council (PUB) 10:00 Seated Tai Chi (918) 10:30 Posture (918) 12:00 DVD: Great Courses: "African Safari" parts 7 & 8 (918) 1:30 Cribbage (PUB) 1:30 Whist (PUB) 2:00 Volunteer Mailing Project Avalonia Land Conservancy (PUB) 4:00 Stan Carpenter WWII Lecture Pt. 3 WWI in the South & Southwest Pacific (AUD) 7:30 Foreign Movie: "The Wolf's Call" (918)	9:00 "For Prayer and Meditation" with John Webster (918) 27 10:00 Volunteer Mailing Project-Avalonia Land Conservancy (PUB) 10:30 Candid Cameras (RCCR) 10:30 In-person Exercise with the Y (AUD) 11:15 Meditation (918) 11:30 Different Types of Assistance In & Out of the Home (AUD) 12:00 TED at Lunch: "Life lessons I've learned from veterans (918) 12:30 Upcoming Events (918) 1:30 Shopping (Westerly Shopping Center, J.C. Penny, T.J. Maxx & Walmart) 2:00 Billiards (BR) 2:00 Computer & Device Help (CL) 7:00 Poker (PUB) 7:30 Friday Series: "A French Village" Season 3, Ep. 7 & 8	10:00 Seated Tai Chi (918) 28 10:30 Meditation (918) 1:00 Standing Cardio (918) 1:00 Resident-led Open Bocce (Bocce Court) 2:00 Saturday Movie: "Amazing Grace" (918) 7:30 Saturday Movie: "Amazing Grace" (AUD)
10:00 Posture Class (918) 29 10:30 Meditation (918) 1:00 Seated Pilates (918) 2:00 Sunday Movie: "Steel Magnolias" (918) 3:00 Scrabble (PUB) 3:00 Resident-led Pool Volleyball (AC) 6:00 Travel Video: Rick Steve's Europe: Amsterdam (918) 7:30 Sunday Movie: "Steel Magnolias" (AUD)	9:00 "For Prayer and Meditation" with John Webster (918) 30 10:00 Standing/Seated Cardio (918) 10:35 Meditation (918) 12:00 TED at Lunch: "Why veterans miss war" (918) 12:00—2:00 Memorial Day Picnic (MDR/FSR/CHR/AUD) 1:00 Party Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) <div style="text-align: center;">  </div>	9:00 "For Prayer and Meditation" with John Webster (918) 31 9:30 Duplicate Bridge (PUB) 10:00 Seated Yoga (918) 10:30 Core (918) 12:00 TED at Lunch: "Living the American Dream" (918) 1:00 Floor Pilates (918) 1:30 Mahjong (PUB) 2:00 Canasta (Bldg. 2/3 4th floor alcove) 2:00 Recreation Committee (RCCR) 2:30 Oyster Shell Decoupage Craft (AUD) 4:00 Backgammon (PUB) 7:15 Quiddler (PUB) 7:30 Game Night (PUB) 7:30 Friday Series: "A French Village" Season 3, ep. 7&8 (918)	Turn on your TV and tune into CH 918 for up to date information! If you have any questions regarding this calendar please contact: <div style="text-align: center;"> Michael Langlois, Community Life Services Director mlanglois@stoneridgerc.com (860) 572-5601 Wendie Robertson, Community Life Services Associate wcolvin@stoneridgerc.com (860) 572-2411 </div>	<div style="text-align: center;"> DINING ROOM Reservations: 860-437-4052 Takeout: 860-572-5671 Monday—Saturday Lunch: 12:00—2:00 p.m. Dinner: 5:00—7:00 p.m. Sunday Brunch: 11:00—2:00 p.m. </div> <hr/> <div style="text-align: center;"> MARINER'S GRILLE Reservations: 860-572-5656 Monday—Saturday Lunch: 12:00—2:00 p.m. Dinner: 5:00—7:00 p.m. </div> <hr/> <div style="text-align: center;"> J.B. PUB Monday—Sunday Complimentary Continental Breakfast: 7:00—10:00 a.m. </div>	<div style="text-align: center;"> Call directly for Appointment: Beltone Hearing: 860-326-5518 Nova Hearing: 860-841-8948 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 Emma Ames (Social Worker) 860-961-4115 </div>	<div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Fitness Studio 7 Days A Week: 8:00am—8:00pm Refer to Covid-19 guidelines posted on entry door. </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Hair Salon: Tuesday - Friday 9:00 am to 3:00 pm Barbershop: Monday: 9:00 am to 3:00 pm Nail Services: Wednesday: 9:00 am to 3:00 pm </div>

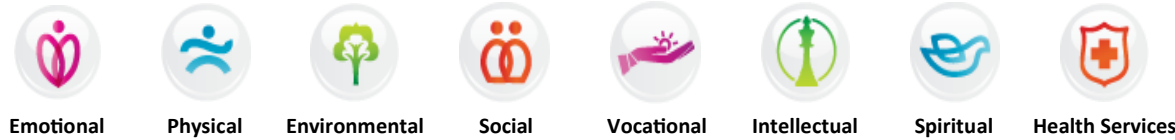


186 Jerry Browne Road
Mystic, CT. 06355



May 2022

Celebrate Spring!



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@stoneridge.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>10:00 Posture Class (918)</p> <p>10:30 Meditation (918)</p> <p>1:00 Seated Pilates (918)</p> <p>2:00 TRIP: Musical Masterworks Concert (Old Lyme)</p> <p>2:00 Sunday Movie: "The Day the Earth Stood Still" (918)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>3:00 Scrabble (PUB)</p> <p>6:00 Travel Video: Rick Steves' Europe: Assisi and Italian Charm (918)</p> <p>7:30 Sunday Movie: "The Day the Earth Stood Still" (AUD)</p>	<p>2</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>9:00 Dr. Hennessey, Primary Care: Call doctor directly for appointment. (OT)</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Resident-led Exercise (AUD)</p> <p>10:35 Meditation (918)</p> <p>12:00 TED at Lunch: "Responsible parenting—creating memories" (918)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 Grocery Shopping: McQuades</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p> <p>3:00 Library Committee (PDR)</p>	<p>3</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>10:00 Seated Yoga (918)</p> <p>10:30 Core (918)</p> <p>12:00 TED at Lunch: "The moral obligation to know our veterans" (918)</p> <p>1:00 Floor Pilates (918)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Canasta (Bldg. 2/3 4th floor alcove)</p> <p>2:00 Health & Wellness Committee (RCCR)</p> <p>4:00 Backgammon (PUB)</p> <p>7:15 Quiddler (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Vera" Season 2, ep. 1</p>	<p>4</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Video Exercise (AUD)</p> <p>10:35 Meditation (918)</p> <p>12:00 TED at Lunch: "The New American Dream" (918)</p> <p>11:15 TRIP: Lunch at Dog Watch Café (Stonington Borough)</p> <p>1:30 Episcopal Service (AUD)</p> <p>2:30 St. Andrew's Presbyterian Service (918)</p> <p>7:30 Foreign Movie: "The Secret Garden" (AUD)</p> <p>7:30 Poetry in the Pub (PUB)</p>	<p>5</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>10:00 Seated Tai Chi (918)</p> <p>10:00 Q&A w/ Resident Council (PUB)</p> <p>10:30 Posture (918)</p> <p>10:45 Chorus Practice (AUD)</p> <p>12:00 DVD: Great Courses: "African Safari" parts 1 & 2 (918)</p> <p>1:00 Grounds & Gardens Committee (RCCR)</p> <p>1:30 Cribbage (PUB)</p> <p>1:30 Whist (PUB)</p> <p>2:00 Memoir Writing Class (CAS)</p> <p>2:00 Stone Quilters (Studio 1401)</p> <p>3:00 Buildings & Safety Committee (RCCR)</p> <p>4:00 Allen Krantz Guitar Concert (AUD)</p> <p>7:30 Foreign Movie: "The Secret Garden" (918)</p>	<p>6</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Video Exercise (AUD)</p> <p>11:15 Meditation (918)</p> <p>12:00 TED at Lunch: "How to raise emotionally intelligent children" (918)</p> <p>12:30 Upcoming Events (918)</p> <p>1:30 Shopping (Waterford Walmart & Lowe's)</p> <p>2:00 Computer & Device Help (CL)</p> <p>2:00 Billiards (BR)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "A French Village Season" 3, Ep. 1 & 2 (AUD)</p>	<p>7</p> <p>10:00 Seated Tai Chi (918)</p> <p>10:30 Meditation (918)</p> <p>11:00 Core (918)</p> <p>1:00 Standing Cardio (918)</p> <p>1:00 Resident-led Open Bocce (Bocce Court)</p> <p>2:00 Saturday Movie "Amistad" (918)</p> <p>6:30 Kentucky Derby Party (AUD)</p> <p>6:30 TRIP: Eastern CT Symphony (Garde Arts Center, New London)</p> <p>7:30 Saturday Movie: "Amistad" (AUD)</p>
<p>8</p> <p>10:00 Posture Class (918)</p> <p>10:30 Meditation (918)</p> <p>1:00 Seated Pilates (918)</p> <p>2:00 Sunday Movie: "To Catch a Thief" (918)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>3:00 Scrabble (PUB)</p> <p>6:00 Travel Video: Rick Steves' Europe: Dubrovnik & Balkans (918)</p> <p>7:30 Sunday Movie: "To Catch a Thief" (AUD)</p>	<p>9</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>9:00 Dr. Hennessey, Primary Care: Call doctor directly for appointment. (OT)</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 In-person Exercise with the Y (AUD)</p> <p>10:35 Meditation (918)</p> <p>11:00 Seamstress/Tailor (hallway outside Locker Rooms)</p> <p>12:00 TED at Lunch: "Motherhood—the most successful mess on earth" (918)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 Food and Beverage Committee (CHR)</p> <p>1:30 Grocery Shopping: McQuades</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p>	<p>10</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>10:00 Seated Yoga (918)</p> <p>10:30 Core (918)</p> <p>11:00 Wellness Check-in with Emma (AUD)</p> <p>12:00 TED at Lunch: "What makes things funny?" (918)</p> <p>1:00 Floor Pilates (918)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Canasta (Bldg. 2/3 4th floor alcove)</p> <p>2:30 Great Decisions: Industrial Policy with moderator Nelson Hulme</p> <p>4:00 Backgammon (PUB)</p> <p>7:15 Quiddler (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "A French Village" Season 3, ep. 1 & 2 (918)</p>	<p>11</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Video Exercise (AUD)</p> <p>10:30 TRIP: New Britain Museum of Art & Lunch at Museum Café (New Britain)</p> <p>10:35 Meditation (918)</p> <p>11:00 Bea Smith Clothing Sale (CHR)</p> <p>12:00 TED at Lunch: "Trained not to cry—the challenge of being a soldier" (918)</p> <p>1:30 Episcopal Service (AUD)</p> <p>2:30 St. Andrew's Presbyterian Service (918)</p> <p>7:30 Foreign Movie: "Collective" (AUD)</p>	<p>12</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>9:00 Catherine Krenicky, APRN Call for Appointment (OT)</p> <p>10:00 Q&A w/ Resident Council (PUB)</p> <p>10:00 Seated Tai Chi (918)</p> <p>10:30 Movie Selection Panel (CR)</p> <p>10:30 Posture (918)</p> <p>10:45 Chorus Practice (AUD)</p> <p>12:00 DVD: Great Courses: "African Safari" parts 3 & 4 (918)</p> <p>1:00 Welcome Committee (CHR)</p> <p>1:30 Cribbage (PUB)</p> <p>1:30 Whist (PUB)</p> <p>2:00 Memoir Writing Class (CAS)</p> <p>2:00 Stone Quilters (Studio 1401)</p> <p>4:00 History of Beer: A Lecture in Six Sips (AUD)</p> <p>7:30 Foreign Movie: "Collective" (918)</p>	<p>13</p> <p>9:00 "For Prayer and Meditation" with John Webster (918)</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 In-person Exercise with the Y (AUD)</p> <p>11:15 Meditation (918)</p> <p>12:00 TED at Lunch: "What is the most important influence on child development?" (918)</p> <p>12:30 Birthday Luncheon (CHR) RSVP</p> <p>12:30 Upcoming Events (918)</p> <p>1:30 Shopping (Groton along Route 1 & Groton Shopping Plaza: Walmart, Kohl's, Stop & Shop)</p> <p>2:00 Computer & Device Help (CL)</p> <p>2:00 Billiards (BR)</p> <p>4:00 Lecture: John Tschirch Vienna-Palaces, Gardens and Great Works of Art (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "A French Village" Season 3, Ep. 3 & 4 (AUD)</p>	<p>14</p> <p>10:00 Seated Tai Chi (918)</p> <p>10:30 Meditation (918)</p> <p>11:00 Core (918)</p> <p>1:00 Standing Cardio (918)</p> <p>1:00 Resident-led Open Bocce (Bocce Court)</p> <p>2:00 Saturday Movie: "The Duke" (918)</p> <p>7:30 Saturday Movie: "The Duke" (AUD)</p>

Items in RED require sign-up in Activity Book on table across from mail room.



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