LIVE WELL.
EAT WELL.
BE WELL.

HealthyLife® Services
At StoneRidge, we want you to enjoy an active, healthy lifestyle for many years to come. So we’ve created a program to help you do just that. Called HealthyLife Services, it encompasses four categories of life enrichment that contribute to overall health: Active Life, Well-Being, Fitness and Nutrition.
Active Life

Participating in activities that you enjoy is essential to healthy aging. Just tell us what you’d like to do, and we’ll make it happen.

- Wide variety of life-enriching activities based on resident preferences
- Bridge and card games
- Arts and crafts, painting, woodworking
- Book clubs and memoir writing
- Computer classes
- Language classes
- Guest lectures and presentations
- Shopping trips and cultural outings
- Movie nights and concerts in the auditorium
- Volunteer opportunities within the community and at local organizations

Well-Being

From preventive health screenings to assistance in obtaining health services, your well-being is our top priority.

- Health and Wellness Navigator available to coordinate all health-related care for residents
- Preventive health screenings
- Personalized wellness plans
- Assistance in securing health and medical appointments
- Scheduled transportation to medical appointments and places of worship
- Emergency response system in every apartment
- Support groups

Fitness

We offer a variety of classes to help you reach your personal fitness goals and feel your best.

- Instructors NIFS-certified in senior fitness
- AquaFit strength and stretching classes in our heated indoor pool
- Fall prevention and balance training
- Strength and cardio classes
- Tai chi and yoga classes
- Meditation classes
- Walking programs indoors and outdoors
- Access to trails in adjacent nature preserve
- Fun fitness challenges
- Fitness education, wellness programs and guest speakers

Nutrition

From garden-fresh salads to catch-of-the-day seafood, healthy and delicious are always on the menu.

- Emphasis on fresh produce from Connecticut farms, nutritious ingredients and “from-scratch” cooking whenever possible
- Healthy, well-balanced menu options, including low-fat, sugar-free, gluten-free and vegetarian choices
- Choice of casual and fine dining venues — Main Dining Room, Fireside Room, Mariner’s Grille and outdoor terrace dining
- Convenient “to-go” meal service
- Private dining, catering, special occasion celebrations, and catered service available at an additional charge
To learn how we can make your life healthier and happier, call 860.572.4494.