

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00 Posture Class (918) <b>12</b></p> <p>10:30 Meditation (918)</p> <p>1:00 Seated Pilates (918)</p> <p>2:00 Sunday Movie: "The Two Popes" (AUD) <b>(No 918 showing)</b></p> <p>3:00 Scrabble (PUB)</p> <p><b>6:00 Travel Video: Rick Steve's Europe: Italy's Amalfi Coast (918)</b></p> <p>7:30 Sunday Movie: "The Two Popes" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>13</b></p> <p>9:30 Wellness Chat (AUD)</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Balance/Posture (AUD)</p> <p>10:30 <i>Food and Beverage Committee (MDR)</i></p> <p>10:35 Meditation (918)</p> <p><b>11:00 Seamstress/Tailor (hallway outside Locker Rooms)</b></p> <p>12:00 TED at Lunch: "Your Fingerprints Reveal More Than You Think" (918)</p> <p>1:00 Party Bridge (PUB)</p> <p><b>1:30 Grocery Shopping: McQuades</b></p> <p>1:30 Sit &amp; Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>14</b></p> <p><b>9:00 Dr. Walter, Podiatrist: Call doctor directly for appointment. (OT)</b></p> <p>10:00 Duplicate Bridge (PUB)</p> <p>10:00 Seated Yoga (918)</p> <p>10:30 Core (918)</p> <p>12:00 TED at Lunch: "Ancient Rhythms; Modern Technology" (918)</p> <p>1:00 Floor Pilates (918)</p> <p>1:00 Stretch/Breath (FS)</p> <p>1:30 Tai Chi (FS)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Canasta (Bldg. 2/3 4th floor alcove)</p> <p><b>2:30 Great Decisions: Topic "Brexit" Moderator is Noel Ashworth (AUD)</b></p> <p>4:00 Backgammon (PUB)</p> <p>7:15 Quiddler (PUB)</p> <p>7:30 Game Night (PUB)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>15</b></p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Balance/Core (AUD)</p> <p>10:35 Meditation (918)</p> <p>12:00 TED at Lunch: "Contact with Nature" (918)</p> <p><b>1:30 Episcopal Service (CHR)</b></p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p><b>3:00 Book Club (AUD)</b></p> <p><b>3:15 Boat TRIP: Swarming of the Swallows (lower CT River Valley)</b></p> <p>7:30 Foreign Movie: "Happy as Lazzaro" (AUD)</p> <p>9:00 Star Gazing with Joe Benson (Grille Patio)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>16</b></p> <p><b>9:00 Beltone, Call for Appointment (OT)</b></p> <p>10:00 Seated Tai Chi (918)</p> <p>10:30 Posture (918)</p> <p>12:00 DVD: Great Courses: "From Yao to Mao: 5,000 years of Chinese History," parts 15 &amp; 16 (918)</p> <p>1:00 Low Back &amp; Core Strengthening (AUD)</p> <p><b>2:00 CRAFT CLASS: Small Fall Wreath (AG)</b></p> <p>2:00 Stone Quilters (Studio 1401)</p> <p>2:30 Whist (PUB)</p> <p>3:00 Resident Marketing Committee (CHR)</p> <p><b>4:00 Audubon Lecture "Birds of CT Throughout the Seasons" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>17</b></p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Balance/Stretch (AUD)</p> <p>10:35 Meditation (918)</p> <p>12:00 TED at Lunch: "Zoos of the Future" (918)</p> <p><b>12:30 Upcoming Events with Tracey &amp; Michael (918)</b></p> <p>2:00 Computer &amp; Device Help (CL)</p> <p>2:00 Billiards (BR)</p> <p><b>2:00 Cider and Donuts Sale for Alzheimer's (AUD)</b></p> <p><b>4:00 YouTube: "Cocktails with a Curator of the Frick Collection" (918)</b></p> <p>7:00 Poker (PUB)</p> <p><b>7:30 Friday Series: Dickensian, Episodes 3 &amp; 4 (AUD)</b></p>	<p>10:00 Seated Tai Chi (918) <b>18</b></p> <p>10:30 Meditation (918)</p> <p>1:00 Standing Cardio (918)</p> <p><b>2:00 Resident-led Bocce (Bocce Court)</b></p> <p>2:00 Saturday Movie: "Minari" (918)</p> <p><b>6:00 VIDEO: My French Flea Market Haul! (918)</b></p> <p>7:30 Saturday Movie: "Minari" (AUD)</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>COUNTRY STORE HOURS:</b> Monday—Saturday <b>10:30 a.m. - 12:30 p.m.</b> <b>(860) 572-5654</b></p> </div>
<p>10:00 Posture Class (918) <b>19</b></p> <p>10:30 Meditation (918)</p> <p>1:00 Seated Pilates (918)</p> <p>2:00 Sunday Movie: "Marriage Story" (AUD) <b>(No 918 showing)</b></p> <p>3:00 Scrabble (PUB)</p> <p><b>6:00 Travel Video: Rick Steve's Europe: Italy's Great Hill Towns (918)</b></p> <p>7:30 Sunday Movie: "Marriage Story" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>20</b></p> <p>9:30 Wellness Chat (AUD)</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Balance/Posture (AUD)</p> <p>10:35 Meditation (918)</p> <p>12:00 TED at Lunch: "The Next Step in Nanotechnology" (918)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 Sit &amp; Stitch/Knitters (RCCR)</p> <p><b>1:30 Grocery Shopping: McQuades</b></p> <p>2:00 Billiards (BR)</p> <p><b>4:00 Hawaiian-Themed Social Hour (Grille Patio)</b></p> <p>6:30 BINGO (AUD)</p> 	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>21</b></p> <p>10:00 Duplicate Bridge (PUB)</p> <p>10:00 Seated Yoga (918)</p> <p>10:30 Core (918)</p> <p>12:00 TED at Lunch: "My Mission to Find God" (918)</p> <p>1:00 Floor Pilates (918)</p> <p>1:00 Stretch/Breath (FS)</p> <p>1:30 Tai Chi (FS)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Canasta (Bldg. 2/3 4th floor alcove)</p> <p>4:00 Backgammon (PUB)</p> <p><b>4:00 YouTube: "National Geographic, Yellowstone National Park" (AUD)</b></p> <p>7:15 Quiddler (PUB)</p> <p>7:30 Game Night (PUB)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>22</b></p> <p><b>10:00 Ender's Island Connections (ZOOM)</b></p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Balance/Core (AUD)</p> <p>10:35 Meditation (918)</p> <p>12:00 TED at Lunch: "Education Evolution" (918)</p> <p><b>12:45 TRIP: Herreshoff Maritime Museum &amp; America's Cup Hall of Fame (Bristol, R.I.)</b></p> <p><b>1:30 Episcopal Service (CHR)</b></p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p><b>4:00 Culturally Curious - Author Talk: Eric Jay Dolin (AUD)</b></p> <p>7:30 Foreign Movie: "In The Mood For Love" (AUD)</p> <p>9:00 Star Gazing with Joe Benson (Grille Patio)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>23</b></p> <p>10:00 Seated Tai Chi (918)</p> <p>10:30 Posture (918)</p> <p><b>10:45 Chorus Rehearsal (AUD)</b></p> <p>12:00 DVD: Great Courses: "From Yao to Mao: 5,000 years Chinese History," parts 17 &amp; 18 (918)</p> <p>1:00 Low Back &amp; Core Strengthening (AUD)</p> <p><b>2:00 ART CLASS: Master Class - Portraiture, part 1 (AG)</b></p> <p>2:30 Whist (PUB)</p> <p><b>3:30 Markham Starr "Native American Ceremonial Stonework" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>24</b></p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Balance/Stretch (AUD)</p> <p>10:35 Meditation (918)</p> <p>12:00 TED at Lunch: "The Prison of Your Mind" (918)</p> <p><b>12:30 Alzheimer's Walk And Food Truck Celebration (VG)</b></p> <p>2:00 Computer &amp; Device Help (CL)</p> <p>2:00 Billiards (BR)</p> <p>7:00 Poker (PUB)</p> <p><b>7:30 Friday Series: Dickensian, Episodes 5 &amp; 6 (AUD)</b></p>	<p>10:00 Seated Tai Chi (918) <b>25</b></p> <p>10:30 Meditation (918)</p> <p>1:00 Standing Cardio (918)</p> <p><b>2:00 Resident-led Bocce (Bocce Court)</b></p> <p>2:00 Saturday Movie: "Promising Young Woman" (918)</p> <p><b>6:00 VIDEO: Inside Beth Webb's Dreamy Brays Island Home (918)</b></p> <p>7:30 Saturday Movie: "Promising Young Woman" (AUD)</p>
<p>10:00 Posture Class (918) <b>26</b></p> <p>10:30 Meditation (918)</p> <p>1:00 Seated Pilates (918)</p> <p>3:00 Scrabble (PUB)</p> <p><b>3:30 Salt Marsh Opera "Carmen" teaser (AUD)</b></p> <p><b>6:00 Travel Video: Rick Steve's Europe: Florence: Heart of the Renaissance (918)</b></p> <p>7:30 Sunday Movie: "Nomadland" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>27</b></p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:35 Meditation (918)</p> <p><b>11:00 Seamstress/Tailor (hallway outside Locker Rooms)</b></p> <p>12:00 TED at Lunch: "Why Sitting Down Destroys You" (918)</p> <p>1:00 Party Bridge (PUB)</p> <p><b>1:30 Grocery Shopping: McQuades</b></p> <p>1:30 Sit &amp; Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p> <p>3:00 <i>Finance Committee (RCCR)</i></p> <p><b>3:00 Conservation Interest Group (CHR)</b></p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>28</b></p> <p>10:00 Duplicate Bridge (PUB)</p> <p>10:00 Seated Yoga (918)</p> <p>10:30 Core (918)</p> <p><b>11:00 Resident Update Meeting (AUD)</b></p> <p>12:00 TED at Lunch: "Nature's Beauty Inspires Gratitude" (918)</p> <p>1:00 Floor Pilates (918)</p> <p>1:00 Stretch/Breath (FS)</p> <p>1:30 Tai Chi (FS)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Canasta (Bldg. 2/3 4th floor alcove)</p> <p>2:00 <i>Recreation Committee (RCCR)</i></p> <p>4:00 Backgammon (PUB)</p> <p><b>4:00 Art Historian John Tschirch "Venice" (AUD)</b></p> <p>7:15 Quiddler (PUB)</p> <p>7:30 Game Night (PUB)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>29</b></p> <p>9:30 <i>Residents Council Mtg. (ZOOM)</i></p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Balance/Core (AUD)</p> <p>10:35 Meditation (918)</p> <p><b>10:45 TRIP: Water's Edge Resort, Datillo's Fine Italian Restaurant (Westbrook)</b></p> <p>12:00 TED at Lunch: "My Brother, My Pride" (918)</p> <p><b>1:30 Episcopal Service (CHR)</b></p> <p><b>2:00 Dr. Do - Virtual Yale Lecture "Fatty Liver Disease" (AUD)</b></p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p>7:30 Foreign Movie: "Princess and The Warrior" (AUD)</p> <p>9:00 Star Gazing with Joe Benson (Grille Patio)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>30</b></p> <p>10:00 Seated Tai Chi (918)</p> <p>10:30 Posture (918)</p> <p><b>10:45 Chorus Rehearsal (AUD)</b></p> <p>12:00 DVD: Great Courses: "From Yao to Mao: 5,000 years Chinese History," parts 19 &amp; 20 (918)</p> <p>1:00 Low Back &amp; Core Strengthening (AUD)</p> <p>2:30 Whist (PUB)</p> <p><b>2:30 Diversity Fair (VG)</b></p> <p><b>5:00 Take-out Chinese Dinner Party with Wendie (CHR)</b></p> <p><b>7:30 Java Groove Jazz Band (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 mlanglois@stoneridgerc.com (860) 572-5601</p> <p><b>Wendie Robertson,</b> Community Life Services Associate wcolvin@stoneridgerc.com (860) 572-2411</p> <p><b>Kate Hilbert,</b> Community Life Services Assistant khilbert@stoneridgerc.com (860) 437-4041</p>	<div style="border: 1px solid black; padding: 5px;"> <p><b>Aquatic Center</b> <b>7 Days A Week:</b> <b>8:00am—8:00pm</b> Refer to Covid-19 guidelines posted on entry door.</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p><b>Fitness Studio</b> <b>7 Days A Week:</b> <b>8:00am—8:00pm</b> Refer to Covid-19 guidelines posted on entry door.</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p><b>Items in RED*</b> <b>require sign-up in Activity Book on table across from mail room or a Zoom link.</b></p> </div>

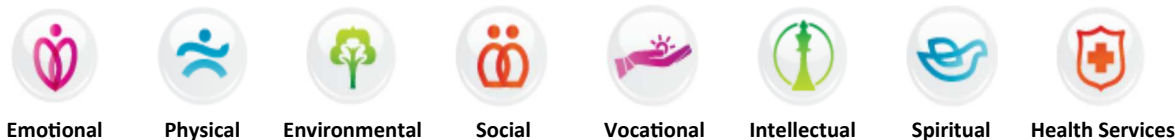


186 Jerry Browne Road  
Mystic, CT. 06355



# September 2021

## Alzheimer's Awareness Month



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@stoneridgerc.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>DINING ROOM</b> Monday-Saturday Lunch: 12:00—2:00 p.m. Dinner: 5:00—7:30 p.m.</p> <p><b>J.B. PUB</b> Monday-Sunday Complimentary Continental Breakfast: 7—10 a.m.</p> <p><b>MARINER'S GRILLE</b> Monday-Saturday Lunch: 12:00—2:00 p.m. Dinner: 5:00—7:30 p.m.</p>	<p><b>Call directly for Appointment:</b></p> <p><b>Beltone Hearing:</b> 860-326-5518</p> <p><b>Dr. Hennessey &amp; Catherine Krenicky, APRN</b> (Primary Care) 860-464-7274 X110</p> <p><b>Dr. Walter's Office</b> (Podiatrist) 860-599-4555</p> <p><b>Sue Griggs</b> (Social Worker) (860) 437-4059</p>	<p><b>Spotlight Gallery</b> <b>Brigit Burr</b> Located in the hallway near the MDR</p> <p><b>Beauty Salon:</b> Call for appointment: 860-572-5673</p> <p><b>Barber</b> (Sundays Only) Call for appointment: (860) 949-9285</p> <p>For a chance to win a wind chime stop by the CLS office, or see Tracey to purchase raffle tickets! <b>Tickets are \$1 each!</b></p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>1</b></p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Balance/Core (AUD)</p> <p>10:35 Meditation (918)</p> <p>12:00 TED at Lunch: "The Importance of Play in Adulthood" (918)</p> <p><b>1:30 Episcopal Service (CHR)</b></p> <p><b>1:45 TRIP: Mystic Aquarium (Mystic)</b></p> <p>2:00 Welcome Committee (CHR)</p> <p>2:30 St. Andrew's Presbyterian Service (918)</p> <p>7:30 Foreign Movie: "Mao's Last Dancer" (AUD)</p> <p><b>7:30 Poetry in the Pub (PUB)</b> <b>SHARK WEEK</b></p> <p>9:00 Star Gazing with Joe Benson (Grille Patio)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>2</b></p> <p>10:00 Seated Tai Chi (918)</p> <p>10:30 Posture (918)</p> <p>12:00 DVD: Great Courses: "From Yao to Mao: 5,000 years of Chinese History," parts 11 &amp; 12 (918)</p> <p>1:00 Grounds, Gardens &amp; Conservation (RCCR)</p> <p>1:00 Low Back &amp; Core Strengthening (AUD)</p> <p><b>2:00 Beer Brewing (Grille Patio)</b></p> <p>2:00 Stone Quilters (Studio 1401)</p> <p>2:30 Whist (PUB)</p> <p><b>4:00 Curator, Living Sharks Museum, "Sharks: Past, Present &amp; Future" (AUD)</b> <b>SHARK WEEK</b></p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>3</b></p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Balance/Stretch (AUD)</p> <p>10:35 Meditation (918)</p> <p><b>11:30 Live: Meditation (AUD)</b></p> <p>12:00 TED at Lunch: "Why the World Needs Sharks" (918)</p> <p><b>12:30 Upcoming Events with Tracey &amp; Michael (918)</b></p> <p>2:00 Computer &amp; Device Help (CL)</p> <p>2:00 Billiards (BR)</p> <p><b>2:00 Wind Chime Raffle, Alzheimer Fund Raiser (FS)</b></p> <p><b>3:30 DVD: "Jaws" (AUD)</b></p> <p>7:00 Poker (PUB)</p> <p><b>7:30 Friday Series: "The Crown" Season 4, parts 9 &amp; 10 (AUD)</b> <b>SHARK WEEK</b></p>	<p>10:00 Seated Tai Chi (918) <b>4</b></p> <p>10:30 Meditation (918)</p> <p>11:00 Core (918)</p> <p>1:00 Standing Cardio (918)</p> <p><b>2:00 Resident-led Bocce (Bocce Court)</b></p> <p>2:00 Saturday Movie: "The Father" (918)</p> <p><b>6:00 VIDEO: Lugano - Real Life Fairy Tale City in Switzerland - Places to Know Before You Go (918)</b></p> <p>7:30 Saturday Movie: "The Father" (AUD)</p>
<p>10:00 Posture Class (918) <b>5</b></p> <p>10:30 Meditation (918)</p> <p>1:00 Seated Pilates (918)</p> <p>2:00 Sunday Movie: "Mank" (AUD) (No 918 showing)</p> <p>3:00 Scrabble (PUB)</p> <p><b>6:00 Travel Video: Rick Steves' Europe: Rome: Back-Street Riches (918)</b></p> <p>7:30 Sunday Movie: "Mank" (AUD)</p> <p>Enjoy the Billiards Room Level 3, Building 5000</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>6</b></p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:35 Meditation (918)</p> <p><b>11:30 1st Seating for Lobster Bake (Grille Patio)</b></p> <p>12:00 TED at Lunch: "The Golden Age of Animals" (918)</p> <p>1:00 Party Bridge (PUB)</p> <p><b>1:30 2nd Seating for Lobster Bake (Grille Patio)</b></p> <p>1:30 Sit &amp; Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p> <p>6:30 BINGO (AUD)</p> <p><b>HAPPY LABOR DAY</b></p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>7</b></p> <p>10:00 Duplicate Bridge (PUB)</p> <p>10:00 Seated Yoga (918)</p> <p>10:30 Core (918)</p> <p><b>11:00 "Why Should I Write My Memoirs?!" with Deb Adamson (AUD)</b></p> <p>12:00 TED at Lunch: "Living with High Functioning Anxiety" (918)</p> <p>1:00 Floor Pilates (918)</p> <p>1:00 Stretch/Breath (FS)</p> <p>1:30 Tai Chi (FS)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Canasta (Bldg. 2/3 4th floor alcove)</p> <p>4:00 Backgammon (PUB)</p> <p><b>4:00 YouTube: "Everglades National Park" (AUD)</b></p> <p>7:15 Quiddler (PUB)</p> <p>7:30 Game Night (PUB)</p> <p><b>7:30 LIVE: Patty Carver, Tribute to Dorothy Fields (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>8</b></p> <p>10:00 Standing/Seated Cardio (918)</p> <p><b>10:00 TRIP: Harkness Memorial State Park Picnic sponsored by Tree Trail Committee (Waterford)</b></p> <p>10:30 Balance/Core (AUD)</p> <p>10:35 Meditation (918)</p> <p>12:00 TED at Lunch: "Beethoven: the Heavy Metal Artist of the 19th Century" (918)</p> <p><b>1:30 Episcopal Service (CHR)</b></p> <p><b>1:30 Grocery Shopping: McQuades</b></p> <p><b>2:30 Sewing Group (Studio 1401)</b></p> <p>2:30 St. Andrew's Presbyterian Service (918)</p> <p>3:30 Library Committee (PDR)</p> <p>7:30 Foreign Movie: "A Very Long Engagement" (AUD)</p> <p>9:00 Star Gazing with Joe Benson (Grille Patio)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>9</b></p> <p>10:00 Movie Committee (CL)</p> <p>10:00 Seated Tai Chi (918)</p> <p>10:30 Posture (918)</p> <p>12:00 DVD: Great Courses: "From Yao to Mao: 5,000 years of Chinese History," parts 13 &amp; 14 (918)</p> <p>1:00 Low Back &amp; Core Strengthening (AUD)</p> <p>2:30 Whist (PUB)</p> <p><b>2:00 ART CLASS: Watercolor - Basics (AG)</b></p> <p><b>3:00 StoneRidge Players Meeting (AUD)</b></p> <p><b>4:00 DVD: "Inside Animal Minds: Who's the Smartest?" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>10</b></p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:35 Meditation (918)</p> <p><b>11:30 Live: Meditation (AUD)</b></p> <p>12:00 TED at Lunch: "Generation Z: Making a Difference Their Way" (918)</p> <p><b>12:30 Upcoming Events with Tracey &amp; Michael (918)</b></p> <p>2:00 Computer &amp; Device Help (CL)</p> <p>2:00 Billiards (BR)</p> <p><b>2:00 Purple Plant Sale Alzheimer Fund Raiser (Outside Pub)</b></p> <p><b>3:00 Beat the Heat with a Movie &amp; Popcorn - A Dog's Purpose" (AUD)</b></p> <p>7:00 Poker (PUB)</p> <p><b>7:30 Friday Series: Dickensian, Episodes 1 &amp; 2 (AUD)</b></p>	<p>10:00 Seated Tai Chi (918) <b>11</b></p> <p>10:30 Meditation (918)</p> <p>11:00 Core (918)</p> <p>1:00 Standing Cardio (918)</p> <p><b>2:00 Resident-led Bocce (Bocce Court)</b></p> <p>2:00 Saturday Movie: "Judas and the Black Messiah" (918)</p> <p><b>6:00 VIDEO: The Grandest Sights Of Britain's Countryside   Treasure From The Air (918)</b></p> <p>7:30 Saturday Movie: "Judas and the Black Messiah" (AUD)</p> <p><b>NEVER FORGET</b> 09.11.01</p>

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