

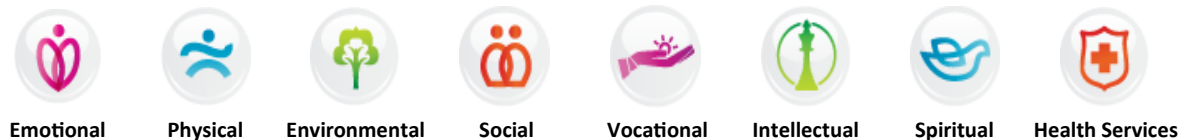
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00 Transportation to 11 Mystic Congregational Church</p> <p>9:30 Transportation to St. Patrick's and United Methodist Church</p> <p>10:00 Posture Class (918)</p> <p>10:30 Meditation (918)</p> <p>1:00 Seated Pilates (918)</p> <p>2:00 Sunday Movie: "Grapes of Wrath" (918)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Grapes of Wrath" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 12</p> <p>9:00 Dr. Hennessey, Primary Care: Call for Appointment (OT)</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 In-person Exercise (AUD)</p> <p>10:35 Meditation (918)</p> <p>11:00 Seamstress/ Tailor (Outside Pool Locker Rooms)</p> <p>1:00 Party Bridge (FSR)</p> <p>1:30 Food Committee (CHR)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>1:30 Grocery Shopping: McQuades</p> <p>2:00 Billiards (BR)</p> <p>3:00 Craftinis NEW DATE (Grille Patio)</p> <p>3:00 Library Committee (PDR)</p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 13</p> <p>9:00 Dr. Walter, Podiatrist: Call for Appointment (OT)</p> <p>9:30 Duplicate Bridge (FSR)</p> <p>10:00 Seated Yoga (918)</p> <p>10:30 Core (918)</p> <p>11:00 Wellness Chat: Loss of a Loved One (AUD)</p> <p>1:00 Floor Pilates (918)</p> <p>1:30 Mahjong (FSR)</p> <p>2:00 Canasta (Bldg. 2/3 4th floor alcove)</p> <p>4:00 Culturally Curious: Author Eric Jay Dolin (AUD)</p> <p>4:00 Backgammon (FSR)</p> <p>7:30 Game Night (FSR)</p> <p>7:30 Friday Series: "A French Village" Season 5; Episodes 3 & 4 (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 14</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 In-person Exercise (AUD)</p> <p>10:30 TRIP: Get Fried Up Pottery Painting (Pawcatuck)</p> <p>10:35 Meditation (918)</p> <p>1:30 Episcopal Service (AUD)</p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p>7:30 Foreign Movie: "Au Revoir Les Enfants" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 15</p> <p>9:30 Beltone Hearing, Call for Appointment (OT)</p> <p>10:00 Seated Tai Chi (918)</p> <p>10:30 Posture (918)</p> <p>10:45 Chorus Practice (AUD)</p> <p>12:00 DVD: Great Courses "The World's Greatest Paintings" Parts 15 & 16 (918)</p> <p>1:00 Resident Marketing Committee (RCCR)</p> <p>1:30 Whist (FSR)</p> <p>2:00 Stone Quilters (Studio 1400; Building 1000, floor 4)</p> <p>2:00 Memoir Writing (CAS)</p> <p>4:00 Wingmasters: New England Birds of Prey (AUD)</p> <p>7:30 Foreign Movie: "Au Revoir Les Enfants" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 16</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 In-person Exercise (AUD)</p> <p>11:30 Wellness Stroll with Emma (Main Lobby)</p> <p>12:30 Upcoming Events with Michael (918)</p> <p>1:30 Shopping (Target, Waterford Crystal Mall, Waterford Commons, New London Mall)</p> <p>2:00 Computer & Device Help (CL)</p> <p>2:00 Billiards (BR)</p> <p>2:00 B.F. Clyde's Cider and Donut Sale for Alzheimer's (AUD)</p> <p>5:30 Trisha Gabel Art Opening at Tapped Apple (Westerly)</p> <p>7:00 Poker (FSR)</p> <p>7:30 Friday Series: "A French Village" Season 5; Episodes 5 & 6 (AUD)</p>	<p>10:00 Seated Tai Chi (918) 17</p> <p>10:30 Meditation (918)</p> <p>1:00 Standing Cardio (918)</p> <p>2:00 Saturday Movie: "Rear Window" (918)</p> <p>2:00 Vintage vs Venerable Match (Bocce Court)</p> <p>7:30 Saturday Movie: "Rear Window" (AUD)</p>
<p>9:00 Transportation to 18 Mystic Congregational Church</p> <p>9:30 Transportation to St. Patrick's and United Methodist Church</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: "A Cut Above" (918)</p> <p>2:00 Connecticut Gilbert & Sullivan Society (AUD)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "A Cut Above" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 19</p> <p>9:00 Dr. Hennessey, Primary Care: Call for Appointment (OT)</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 In-person Exercise (AUD)</p> <p>10:35 Meditation (918)</p> <p>1:00 Party Bridge (FSR)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>1:30 Grocery Shopping: McQuades</p> <p>2:00 Billiards (BR)</p> <p>3:00 Art Committee (CAS)</p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 20</p> <p>9:30 Duplicate Bridge (FSR)</p> <p>9:30 Nova Hearing (PDR)</p> <p>10:00 Seated Yoga (918)</p> <p>10:30 Core (918)</p> <p>11:00 Resident Update Meeting (AUD)</p> <p>1:00 Floor Pilates (918)</p> <p>1:00 Conservation Interest Group (RCCR)</p> <p>1:30 Mahjong (FSR)</p> <p>2:00 Canasta (Bldg. 2/3 4th floor alcove)</p> <p>4:00 Great Decisions: Drug Policy in Latin America with Moderator Mary Greenly (AUD)</p> <p>4:00 Backgammon (FSR)</p> <p>7:30 Game Night (FSR)</p> <p>7:30 Friday Series: "A French Village" Season 5; Episodes 5 & 6 (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 21</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 In-person Exercise (AUD)</p> <p>10:35 Meditation (918)</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 TRIP: Treworgy Planetarium with the StoneRidge Stargazers (Mystic)</p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p>7:30 Foreign Movie: "Like Water for Chocolate" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 22</p> <p>9:00 Catherine Krenicky, APRN Call for Appointment (OT)</p> <p>10:00 Seated Tai Chi (918)</p> <p>10:30 Posture (918)</p> <p>10:45 Chorus Practice (AUD)</p> <p>12:00 DVD: Great Courses "The World's Greatest Paintings" Parts 17 & 18 (918)</p> <p>1:30 Whist (FSR)</p> <p>2:00 Memoir Writing (CAS)</p> <p>3:00 Treworgy Planetarium Presentation: Star Lore of Ancient Egypt (AUD)</p> <p>7:30 Foreign Movie: "Like Water for Chocolate" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 23</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 In-person Exercise (AUD)</p> <p>11:30 Wellness with Emma: Meditation</p> <p>12:30 Resident's Birthday Luncheon (RSVP) (CHR)</p> <p>12:30 Upcoming Events w/ Michael (918)</p> <p>1:30 Shopping: Westerly (Downtown and JC Penney, TJ Maxx, and Walmart)</p> <p>2:00 Computer & Device Help (CL)</p> <p>2:00 Billiards (BR)</p> <p>4:00 Discovering Museums: "Blue Angels History Talk" Video (AUD)</p> <p>7:00 Poker (FSR)</p> <p>7:30 Friday Series: "A French Village" Season 5; Episodes 7 & 8 (AUD)</p>	<p>9:30 Walk to End 24 Alzheimer's (New London)</p> <p>10:00 Seated Tai Chi (918)</p> <p>10:30 Meditation (918)</p> <p>1:00 Standing Cardio (918)</p> <p>1:00 Resident-led Open Bocce (Bocce Court)</p> <p>2:00 Saturday Movie: "An Officer and a Gentleman" (918)</p> <p>7:30 Saturday Movie: "An Officer and a Gentleman" (AUD)</p>
<p>9:00 Transportation to 25 Mystic Congregational Church</p> <p>9:30 Transportation to St. Patrick's and United Methodist Church</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: "Tombstone" (918)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Tombstone" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 26</p> <p>9:00 Dr. Hennessey, Primary Care: Call for Appointment (OT)</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 In-person Exercise (AUD)</p> <p>10:35 Meditation (918)</p> <p>11:00 Seamstress/ Tailor (Outside Pool Locker Rooms)</p> <p>1:00 Party Bridge (FSR)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>1:30 Grocery Shopping: McQuades</p> <p>2:00 Billiards (BR)</p> <p>2:00 Craft Class: Fall Pumpkin Floral Arrangement (CAS)</p> <p>3:00 Finance Committee (RCCR)</p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 27</p> <p>9:30 Duplicate Bridge (FSR)</p> <p>10:00 Seated Yoga (918)</p> <p>10:30 Core (918)</p> <p>11:00 Wellness Chat: Navigating Progressive Medical Diagnoses (AUD)</p> <p>1:00 Floor Pilates (918)</p> <p>1:30 Mahjong (FSR)</p> <p>2:00 Canasta (Bldg. 2/3 4th floor alcove)</p> <p>2:00 Recreation Committee (RCCR)</p> <p>3:00 Book Club (AUD)</p> <p>4:00 Backgammon (PDR)</p> <p>4:00 German Beer Tasting (PUB)</p> <p>7:30 Game Night (FSR)</p> <p>7:30 Friday Series: "A French Village" Season 5; Episodes 7 & 8 (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 28</p> <p>9:30 Resident Council Meeting (RCCR)</p> <p>9:30 TRIP: Beyond Van Gogh with Lunch after at Max Fish (Hartford)</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 In-person Exercise (AUD)</p> <p>10:35 Meditation (918)</p> <p>1:30 Episcopal Service (AUD)</p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p>7:30 Foreign Movie: "A Pocket Full of Rye" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 29</p> <p>10:00 Seated Tai Chi (918)</p> <p>10:30 Posture (918)</p> <p>10:45 Chorus Practice (AUD)</p> <p>12:00 DVD: Great Courses "The World's Greatest Paintings" Parts 19 & 20 (918)</p> <p>1:30 Whist (FSR)</p> <p>1:30 "Climate Change and Your Investments" (AUD)</p> <p>2:00 Memoir Writing (CAS)</p> <p>7:30 Andy Sherwood Dixieland Band (AUD)</p> <p>7:30 Foreign Movie: "A Pocket Full of Rye" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 30</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:00 TRIP: Holmberg Orchards You-Pick Apples</p> <p>10:30 In-person Exercise (AUD)</p> <p>12:30 Upcoming Events with Michael (918)</p> <p>2:00 Computer & Device Help (CL)</p> <p>2:00 Candid Cameras (RCCR)</p> <p>2:00 Billiards (BR)</p> <p>2:30 Diversity Fair (Village Green)</p> <p>7:00 Poker (FSR)</p> <p>7:30 Friday Series: "A French Village" Season 5; Episodes 9 & 10 (AUD)</p>	<p>DINING ROOM</p> <p>Monday-Saturday</p> <p>Lunch: 12:00—2:00 p.m.</p> <p>Dinner: 5:00—7:30 p.m.</p> <p>Sunday Brunch: 11:00—2:00 p.m.</p> <p>J.B. PUB</p> <p>Monday-Sunday</p> <p>Complimentary Continental Breakfast: 7—10 a.m.</p> <p>MARINER'S GRILLE</p> <p>Monday-Saturday</p> <p>Lunch: 12:00—2:00 p.m.</p> <p>Dinner: 5:00—7:30 p.m.</p>



September 2022

“and all at once, summer collapsed into fall” - Oscar Wilde

186 Jerry Browne Road
Mystic, CT. 06355



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>Aquatic Center & Fitness Center 7 Days A Week: 8:00am—8:00pm Refer to Covid-19 guidelines posted on entry door.</p> <p>Hair Salon: Tuesday—Friday 9:00 am to 3:00 pm (860)572-5673</p> <p>Barbershop: Monday: 9:00 a, to 3:00 pm</p>	<p>COUNTRY STORE HOURS: Monday—Saturday 10:30 a.m. - 12:30 p.m. (860) 572-5654</p> <p>TRANSPORTATION Sign-up for Shopping in the Transportation Book in the Mail Room.</p> <p>Items in RED require sign-up in Activity Book on table across from mail room.</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>Taylor Palmer Community Life Services Assistant tpalmer@stoneridgerc.com (860) 437-4041</p>	<p>Call directly for Appointment:</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>Nova Hearing: (860)916-6169</p> <p>Emma Ames (Social Worker) (860) 961-4115</p>	<p>9:00 “For Prayer and Meditation” with John Webster (918) 1</p> <p>9:30 Core Fitness Flow (AUD)</p> <p>10:00 Seated Tai Chi (918)</p> <p>10:30 Posture (918)</p> <p>12:00 DVD: Great Courses “The World’s Greatest Paintings” Parts 11 & 12 (918)</p> <p>1:00 Grounds and Gardens Committee (RCCR)</p> <p>2:00 Stone Quilters (Studio 1400; Building 1000, 4th floor)</p> <p>1:30 Chair Stretch, Strength, and Balance (AUD)</p> <p>3:00 Buildings & Safety Committee (RCCR)</p> <p>7:30 Foreign Movie: “The Departure” (918)</p>	<p>9:00 “For Prayer and Meditation” with John Webster (918) 2</p> <p>9:00 Aqua Fit Friday (AC)</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Stretch, Strength & Balance (AUD)</p> <p>11:15 Meditation (918)</p> <p>11:30 Wellness Check-in with Emma (AUD)</p> <p>12:30 Upcoming Events with Michael (918)</p> <p>1:30 Shopping (Waterford Walmart & Lowe’s)</p> <p>1:30 Quiddler Information Session (FSR)</p> <p>2:00 Computer & Device Help (CL)</p> <p>2:00 Billiards (BR)</p> <p>7:00 Poker (FSR)</p> <p>7:30 Friday Series: “A French Village” Season 5; Episodes 1 & 2 (AUD)</p>	<p>10:00 Seated Tai Chi (918) 3</p> <p>10:30 Meditation (918)</p> <p>11:00 Core (918)</p> <p>1:00 Standing Cardio (918)</p> <p>2:00 Saturday Movie: “Shane” (918)</p> <p>2:00 Raphael’s Raiders vs Residents Match (Bocce Court)</p> <p>7:30 Saturday Movie: “Shane” (AUD)</p>
<p>10:00 Posture Class (918) 4</p> <p>10:30 Meditation (918)</p> <p>1:00 Seated Pilates (918)</p> <p>2:00 Sunday Movie: “The King’s Speech” (918)</p> <p>3:00 Scrabble (FSR)</p> <p>3:00 Resident-led Pool Volleyball (AC)</p> <p>7:30 Sunday Movie: “The King’s Speech” (AUD)</p>	<p>9:00 “For Prayer and Meditation” with John Webster (918) 5</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:35 Meditation (918)</p> <p>12:00 Labor Day Picnic (Make reservations at MDR Podium)</p> <p>1:00 Party Bridge (FSR)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p> <p></p>	<p>9:00 “For Prayer and Meditation” with John Webster (918) 6</p> <p>9:30 Duplicate Bridge (FSR)</p> <p>9:30 Silver Sneakers Boom Move (AUD)</p> <p>10:00 Seated Yoga (918)</p> <p>10:30 Core (918)</p> <p>11:00 Wellness Chat: Getting Through the Hard Days (AUD)</p> <p>1:00 Floor Pilates (918)</p> <p>1:30 Mahjong (FSR)</p> <p>1:30 Chair Stretch, Strength, and Balance (AUD)</p> <p>2:00 Canasta (Bldg. 2/3 4th floor alcove)</p> <p>2:00 Health Committee (RCCR)</p> <p>4:00 Backgammon (FSR)</p> <p>7:30 Game Night (FSR)</p> <p>7:30 Friday Series: “A French Village” Season 5; Episodes 1 & 2 (918)</p>	<p>9:00 “For Prayer and Meditation” with John Webster (918) 7</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>10:30 Stretch, Strength & Balance (AUD)</p> <p>10:35 Meditation (918)</p> <p>10:45 TRIP: Ocean House Verandah Restaurant (Watch Hill)</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Grocery Shopping: McQuades</p> <p>2:30 St Andrew Presbyterian Service (918)</p> <p>7:30 Poetry in the Pub (CHR)</p> <p>7:30 Foreign Movie: “Monsieur Lazhar” (AUD)</p>	<p>9:00 “For Prayer and Meditation” with John Webster (918) 8</p> <p>9:00 Dr. Lawrence, Call Directly for Appointment (OT)</p> <p>9:00 Catherine Krenicky APRN, Call for Appointment (OT)</p> <p>10:00 Seated Tai Chi (918)</p> <p>10:00 Movie Selection Panel (CL)</p> <p>10:30 Posture (918)</p> <p>12:00 DVD: Great Courses “The World’s Greatest Paintings” Parts 13 & 14 (918)</p> <p>1:00 Welcome Committee (CHR)</p> <p>1:30 Whist (FSR)</p> <p>3:00 StoneRidge Players Meeting (AUD)</p> <p>4:00 Theater Lecture: Macbeth (AUD)</p> <p>7:30 Foreign Movie: “Monsieur Lazhar” (918)</p>	<p>9:00 “For Prayer and Meditation” with John Webster (918) 9</p> <p>10:00 Standing/Seated Cardio (918)</p> <p>11:30 Wellness Chat: Healthy Living for Your Brain and Body (AUD)</p> <p>12:30 Upcoming Events with Michael (918)</p> <p>1:30 Shopping (Groton along Route 1 & Groton Shopping Plaza: Walmart, Kohl’s, Stop & Shop)</p> <p>2:00 Billiards (BR)</p> <p>3:00 Discovering Museums: “Conservation Perspectives: Cezanne” by the Art Institute of Chicago; Video (AUD)</p> <p>7:00 Poker (FSR)</p> <p>7:30 Friday Series: “A French Village” Season 5; Episodes 3 & 4 (AUD)</p>	<p>10:00 Seated Tai Chi (918) 10</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: “Macbeth” (2021) (918)</p> <p>4:00 All Resident Family Art Show Opening (AG)</p> <p>7:30 Saturday Movie: “Macbeth” (2021) (AUD)</p>

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