



August 2026

"August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms" — Victoria Erickson



PHYSICAL



INTELLECTUAL



SPIRITUAL



ENVIRONMENTAL



EMOTIONAL



SOCIAL



VOCATIONAL



HEALTH SERVICES

918– TV Channel 918

AC– Aquatic Center (Clubhouse, 2nd Floor)

ARR– Avalon Recreation Room

AUD– Auditorium

BR– Billiards Room (Bldg. 5000, Level 3)

CAS– Creative Arts Studio (Clubhouse, 2nd Floor)

CHR– Chart Room (by MDR)

CR– Conference Room

FS– Fitness Studio (Clubhouse, 2nd Floor)

FSR– Fireside Room (by MDR)

LIB– Library (Clubhouse, 2nd Floor)

LL– Lighthouse Lounge (Bldg. 6000, 4th Floor)

MDR– Main Dining Room

MG– Mariner's Grille (Clubhouse, 2nd Floor)

ML– Main Lobby

OT– Occupational Therapy Room (by Avalon)

PC– Pickleball Court

PDR– Private Dining Room

PUB– Jerry Browne Pub

RCCR– Residents Council Conference Room (Bldg. 5000, Level 4)

VG– Village Green (Outside Mariner Grille)

SUNDAY

Turn your TV to CH 918 for up to date information! If you have any questions regarding this calendar please contact:

Michael Langlois

Community Life Services
Director
mlanglois@stoneridgerc.com
(860) 572-5601

Tiffany Burley

Community Life Services
Associate
tburley@stoneridgerc.com
(860) 437-4041

Mon–Thu 9:00 am–4:00 pm
Fri 10:00 am–2:00 pm

Ceilidh Burdick

Community Life Services
Associate
cburdick@stoneridgerc.com
(860) 572-2411
Tue–Fri 9:30 am–5:30 pm

MONDAY

DINING ROOM

Reservations: (860) 437-4052

Takeout: (860) 572-5671

Monday–Saturday

Lunch: 12:00–2:00 pm

Dinner: 5:00–7:30 pm

Sunday Brunch: 11:00–2:00 pm

J.B. PUB

Monday–Sunday

Complimentary Continental

Breakfast: 7:30 am–10:30 am

MARINER'S GRILLE

Reservations: (860) 572-5656

Monday–Saturday

Lunch: 12:00–2:00 pm

Dinner: 5:00–7:30 pm

TUESDAY

Call for Appointment:
Dr. Hennessey &
Catherine Krenicky, APRN
(Primary Care)

(860) 464-7274 X112

Dr. Lawrence's Office

(Podiatrist)

(401) 596-0823

Dr. Walter's Office

(Podiatrist)

(860) 599-4555

Total Vision

(860) 415-9292

WEDNESDAY

Hair Salon & Stylists:

Wednesday, Friday, Saturday

9:00 am - 3:00 pm

Thursday 9:30 am - 3:00 pm

(860) 572-5673

Nail Services:

Thursday

9:30 am–3:00 pm

Country Store Hours:

Monday–Saturday

10:30 am - 2:30 pm

(860) 572-5654

THURSDAY



FRIDAY

SATURDAY

9:00 Open Pickleball (PC) **1**
9:30 Lower Body Strength
Seated (918)
11:00 Qi Gong (918)
1:30 Mindful Meditation (918)
2:00 Saturday Movie:
"Father of the Bride" (918)
7:30 **Saturday Movie:**
"Father of the Bride"
(AUD)

Activities on this calendar
are subject to change due
to illness, weather, lack of
interest, etc. Refer to the
portal and channel 918 for
the most up to date
information.

10:30 Catholic Communion **2**
Contact Kip Brockmyre
to sign up

11:00 Qi Gong Seated
(918)

2:00 Sunday Movie: "Remains
of the Day" (918)

3:00 Scrabble (PUB)

3:00 Cornhole and Ping Pong
(AUD)

7:30 **Sunday Movie:**
"Remains of the Day"
(AUD)

9:00 Dr. Hennessey, Primary **3**
Care (OT)

10:30 Around Town Tour with
Transportation

11:30 Hearing Better at
StoneRidge Group (AUD)

1:30 Sit & Stitch/Knitters
(RCCR)

1:30 Mahjong (PUB)

2:00 Billiards (BR)

3:00 Nature Video:
"The Americas"
Parts 5 & 6 (AUD)



9:00 Open Pickleball (PC) **4**

9:30 Duplicate Bridge (PUB)

1:00 Canasta (PUB)

1:30 Resident-led Pool Volleyball
(AC)

2:00 Computer & Device Help
(MG)

3:00 "Shakespeare and the Sea"
Lecture with Michael (AUD)

4:00 Backgammon (PUB)

7:30 Friday Series: "Seaside Hotel"
Season 9, Episodes 1 & 2
(918)

1:30 Episcopal Service (AUD) **5**

1:30 Rosary Service (ARR)

3:30 TRIP: Ledyard Farmers
Market

7:30 Sci-Fi Movie: "The Day the
Earth Stood Still" (AUD)

7:30 Poetry in the Pub (PUB)

9:00 Catherine Krenicky, **6**
APRN (OT)

9:00 Creating Connections
(RCCR)

9:00 Open Pickleball (PC)

10:00 Blood Pressure Clinic
(Linda Hart's Office)

1:00 Cribbage (PUB)

2:00 Computer & Device Help
(MG)

3:00 Facilities Committee (RCCR)

3:00 StoneRidge Forum
Presents: "Train Through
Africa" Slideshow with
Peter King (AUD)

7:30 Sci-Fi Movie: "The Day the
Earth Stood Still" (918)

9:00 Open Studio (CAS) **7**

1:00 Quilting Lessons with the
Stone Quilters (RCCR)

1:30 Mahjong (PUB)

2:00 Billiards (BR)

3:00 Irene Rissi & Andrew
Earhart Piano and Violin
Duet (AUD)

7:30 Friday Series:
"Seaside Hotel" Season 9,
Episodes 3 & 4 (AUD)

9:00 Open Pickleball (PC) **8**

9:30 Lower Body Strength
Seated (918)

11:00 Qi Gong (918)

1:30 Mindful Meditation (918)

2:00 Saturday Movie:
"Ladies First" (918)

7:30 Saturday Movie:
"Ladies First"
(AUD)



Aquatic Center &
Fitness Center
7 Days A Week
8:00am–8:00pm

Reoccurring
Fitness Classes

MONDAY
9:30 Seated Range of Motion (918)
9:30 Seated Tap (RSVP Class FS)
10:30 Stable & Strong (AUD)
8:30 Meditation for Relaxation (918)

TUESDAY
9:00 Slow Flow H2O (AC)
9:30 Lower Body Strength (918)
10:00 Zumba Gold (AUD)
11:00 Yoga (AUD)
2:00 Calming Meditation (918)

WEDNESDAY
9:30 Chair Lift & Swim (AC)
9:30 Seated Range of Motion (918)
10:30 Stable & Strong (AUD)
8:30 Meditation for Relaxation (918)

THURSDAY
9:00 Slow Flow H2O (AC)
9:30 Lower Body Strength Chair (918)
10:00 Heart Healthy Hustle (AUD)
11:00 Qi Gong Seated (918)
11:00 Tai Chi Balance (RSVP Class FS)
2:00 Positive Energy Meditation (918)

FRIDAY
9:30 Chair Lift & Swim (AC)
9:30 Seated Range of Motion (918)
10:30 Stable & Strong (AUD)
8:30 Meditation for Relaxation (918)

Contact Julie Oliver,
Fitness Specialist
for more Information
(860)572-5657

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 Catholic Communion 9 Contact Kip Brockmyre to sign up 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: “One Flew Over the Cuckoo’s Nest” (918) 3:00 Scrabble (PUB) 3:00 Cornhole and Ping Pong (AUD) 7:30 Sunday Movie: “One Flew Over the Cuckoo’s Nest” (AUD)	9:00 Dr. Hennessey, Primary Care (OT) 10 1:30 <i>Sit & Stitch/Knitters (RCCR)</i> 1:30 <i>Culinary Committee (CHR)</i> 1:30 Mahjong (PUB) 2:00 Billiards (BR) 3:00 Nature Video: “The Americas” Part 7 (AUD) 4:00 Happy Hour	9:00 Open Pickleball (PC) 11 9:30 Duplicate Bridge (PUB) 1:00 Canasta 1:30 Resident-led Pool Volleyball (AC) 1:30 Caregivers Support Group with LoriAnn (PDR) 2:00 Computer & Device Help (MG) 2:30 Great Decisions: “Multilateral Institutions in a Changing World” with Moderator Max Morrow (AUD) 4:00 Backgammon (PUB) 5:30 Take Out Dinner with Ralph Wood (CHR) 7:30 Friday Series: “Seaside Hotel” Season 9, Episodes 3 & 4 (918)	11:00 TRIP: Lunch at Scotch Plains Tavern followed by “Come From Away” at the Ivoryton Playhouse 12 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 7:30 Sci-Fi Movie: “The Martian” (AUD)	9:00 Catherine Krenicky, APRN (OT) 13 9:00 <i>Creating Connections (RCCR)</i> 9:00 Open Pickleball (PC) 10:00 Coffee and Conversations with the Resident Council (PUB) 10:30 Blood Pressure Clinic (Linda Hart’s Office) 1:00 Cribbage (PUB) 1:00 <i>Grounds and Garden Committee (RCCR)</i> 1:00 <i>Welcome Committee (CHR)</i> 2:00 Computer & Device Help (MG) 3:00 “The Importance of CT in the Revolution” Presented by Mike Allen (AUD) 7:30 Sci-Fi Movie: “The Martian” (918)	9:00 Open Studio (CAS) 14 1:00 <i>Quilting Lessons with the Stone Quilters (RCCR)</i> 1:30 Mahjong (PUB) 2:00 Billiards (BR) 2:00 Acrylic Underpainting Workshop with Ceilidh Part 1 (CAS) 7:30 Friday Series: “Seaside Hotel” Season 9, Episode 5, Season 10, Episode 1 (AUD)	9:00 Open Pickleball (PC) 15 9:30 Lower Body Strength, Seated (918) 10:00 Open Pickleball (PC) 11:00 Qi Gong (918) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: “Obsession” (918) 7:30 Saturday Movie: “Obsession” (AUD)
10:30 Catholic Communion Contact Kip Brockmyre to sign up 16 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: “The Bucket List” (918) 3:00 Scrabble (PUB) 3:00 Cornhole and Ping Pong (AUD) 7:30 Sunday Movie: “The Bucket List” (AUD)	9:00 Dr. Hennessey, Primary Care (OT) 17 1:30 <i>Sit & Stitch/Knitters (RCCR)</i> 1:30 Mahjong (PUB) 2:00 Billiards (BR) 3:00 <i>Finance Committee Meeting (RCCR)</i> 4:00 “Poet in the Pub: Christie Williams” (PUB)	9:00 Open Pickleball (PC) 18 9:00 Dr. Walter, Podiatrist (OT) 9:30 Duplicate Bridge (PUB) 1:00 Canasta (PUB) 1:30 Resident-led Pool Volleyball (AC) 2:00 Computer & Device Help (MG) 2:00 Zen Art Hour: Water Marbling (CAS) 3:00 StoneRidge Forum Presents: “Sagrada Familia” Part 1 with Dr. Joe Benedict (AUD) 4:00 Backgammon (PUB) 7:30 Friday Series: “Seaside Hotel” Season 9, Episode 5 & Season 10, Episode 1 (918)	9:30 <i>Resident Council Meeting (RCCR)</i> 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 3:00 Art Talks with Ceilidh: American Indigenous Art: Tradition and Adaptation (PUB) 7:30 Sci-Fi Movie: “Tron” (918) 7:30 Hot Cat Jazz Band - “Summer Tunes & Jimmy Buffett” (AUD)	9:00 <i>Creating Connections (RCCR)</i> 9:00 Open Pickleball (PC) 20 10:30 Blood Pressure Clinic (Linda Hart’s Office) 1:00 <i>Resident Marketing Committee (RCCR)</i> 1:00 Cribbage (PUB) 2:00 Computer & Device Help (MG) 2:00 <i>Stone Quilters (RCCR)</i> 3:00 StoneRidge Forum Presents: “Sagrada Familia” Part 2 with Dr. Joe Benedict (AUD) 7:30 Sci-Fi Movie: “Tron” (AUD) <i>*Please Note Location*</i>	9:00 Open Studio (CAS) 21 1:00 <i>Quilting Lessons with the Stone Quilters (RCCR)</i> 1:30 Ice Cream Social with Greater Mystic Chamber of Commerce (Outside Building 4000) 1:30 Mahjong (PUB) 2:00 Billiards (BR) 3:00 “Understanding Headaches” with Andrea Lauter APRN (AUD) 7:30 Friday Series: “Seaside Hotel” Season 10, Episodes 2 & 3 (AUD)	9:00 Open Pickleball (PC) 22 9:30 Lower Body Strength Seated (918) 10:00 Open Pickleball (PC) 11:00 Qi Gong (918) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: “Field of Dreams” (918) 7:30 Saturday Movie: “Field of Dreams” (AUD)
10:30 Catholic Communion Contact Kip Brockmyre to sign up 23 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: “Born Yesterday” (918) 3:00 Scrabble (PUB) 3:00 Cornhole and Ping Pong (AUD) 7:30 Sunday Movie: “Born Yesterday” (AUD)	9:00 <i>Community Connections (AUD)</i> 24 1:30 <i>Sit & Stitch/Knitters (RCCR)</i> 1:30 Mahjong (PUB) 2:00 Billiards (BR) 4:00 Happy Hour (AUD)	9:00 Open Pickleball (PC) 25 1:00 Canasta (PUB) 1:30 Caregivers Support Group (PDR) 1:30 Resident-led Pool Volleyball (AC) 2:00 Computer & Device Help (MG) 3:00 “Benedict Arnold: CT’s Most Misunderstood Traitor” Presented by Mike Allen (AUD) 4:00 Backgammon (PUB) 7:30 Friday Series: “Seaside Hotel” Season 10, Episodes 2 & 3 (918)	No In-Person Fitness Classes 26 9:30 Resident Update Meeting Buildings 1, 2, & 3 (AUD) 11:00 Resident Update Meeting Buildings 4, 5, & 6 (AUD) 1:00 New London Lighthouse Cruise 1:00 <i>Recreation Committee (RCCR)</i> 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 3:00 Questions for a Pharmacist (PUB) 7:30 Sci-Fi Movie: “Armageddon” (AUD)	9:00 Catherine Krenicky, APRN (OT) 27 9:00 Open Pickleball (PC) 9:00 <i>Creating Connections (RCCR)</i> 9:30 Zibrio Balance Program (LoriAnn’s Office) 10:30 Blood Pressure Clinic (Linda Hart’s Office) 1:00 Cribbage (PUB) 2:00 Computer and Device Help (MG) 3:00 “The American Revolution: A 250th Anniversary Perspective” Part 4 with Stanley Carpenter (AUD) 7:30 Sci-Fi Movie: “Armageddon” (918)	9:00 Open Studio (CAS) 28 1:00 <i>Quilting Lessons with the Stone Quilters (RCCR)</i> 1:30 Mahjong (PUB) 2:00 Billiards (BR) 3:00 Acrylic Underpainting Workshop with Ceilidh Part 2 (CAS) 7:30 Friday Series: “Seaside Hotel” Season 10, Episodes 4 & 5 (AUD)	9:00 Open Pickleball (PC) 29 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: “Voicemails for Isabelle” (918) 7:30 Saturday Movie: “Voicemails for Isabelle” (AUD)
10:30 Catholic Communion Contact Kip Brockmyre to sign up 30 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: “Love is a Many Splendored Thing” (918) 3:00 Scrabble (PUB) 3:00 Cornhole and Ping Pong (AUD) 7:30 Sunday Movie: “Love is a Many-Splendored Thing” (AUD)	9:00 Dr. Hennessey, Primary Care (OT) 31 1:30 <i>Sit & Stitch/Knitters (RCCR)</i> 1:30 Mahjong (PUB) 2:00 Billiards (BR) 3:00 Bingo for a Cause: Alzheimer’s (AUD)					
SUNDAY 9:00 Transportation to Mystic Congregational Church 9:45 Transportation to St. Patrick’s Church	MONDAY 8:30-12:30 Mystic, New London, Waterford, Niantic Doctors Appointments 1:30 Grocery Shopping: McQuade’s and Big Y	TUESDAY 8:30-3:00 Mystic, Groton, New London, Waterford, Niantic Doctors Appointments	WEDNESDAY 8:30-3:00 Backus Hospital and Surrounding Areas Doctors Appointments	THURSDAY 8:30-3:00 Mystic, Stonington, Westerly Doctors Appointments	FRIDAY 1:30 Shopping 7th– Waterford Walmart & Lowes 14th– Groton Rte 1 & Groton Shopping Plaza 21st– Waterford Target, Costco, New London Mall 28th– Downtown Westerly & Westerly Shopping Center	SATURDAY Reoccurring Transportation Sunday - Friday