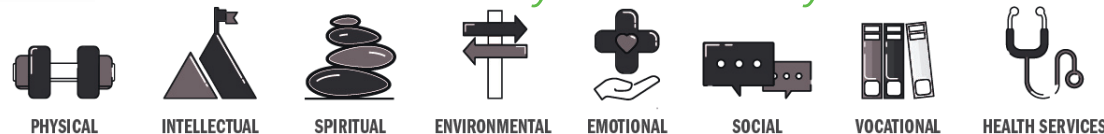




OCTOBER 2026

"October is the month that seems all woven with midsummer dreams. She brings for us the golden days that fill the air with smoky haze" — Evalyn Callahan Shaw



918– TV Channel 918
AC– Aquatic Center (Clubhouse, 2nd Floor)
AG– Art Gallery (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)
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 Ceilidh Burdick Community Life Services Associate cburdick@stoneridgerc.com (860) 572-2411 Tiffany Burley Community Life Services Associate tburley@stoneridgerc.com (860) 437-4041	DINING ROOM Open until October 11th Reservations: (860) 437-4052 Takeout: (860) 572-5671 Monday-Saturday Lunch : CLOSED (Takeouts only) Dinner buffet: 4:30 & 6:30 pm Sunday Brunch: 11:00 am & 1:00 pm Auditorium Monday-Sunday Complimentary Continental Breakfast: 7:30—10:00 am Starting October 12th Sunday Brunch 11:00 am & 1:00 pm Dinner Buffet: 4:30 & 6:30 pm Wednesday-Saturday MARINER'S GRILLE CLOSED	Hair Salon & Stylists: Wednesday, Friday, Saturday 9:00 am–3:00 pm Thursday 11:00 am–3:00 pm (860) 572-5673 Nail Services: Call for appointment Country Store Hours: Monday—Saturday 10:30 am–2:30 pm (860) 572-5654	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 TotalVision (860) 415-9292	9:00 Catherine Krenicky, APRN, (OT) 1 9:00 Open Pickleball (PC) 10:30 Blood Pressure Clinic (Linda Hart's Office) 10:45 StoneRidge Chorus (AUD) 1:00 Cribbage (FSR) 2:00 Computer & Device Help (AG) 2:00 CRAFT: Autumn Artistry Pumpkin Decorating (CAS) 3:00 Facilities Committee (RCCR) 4:00 Nappy Napolitano "Jack and the Beanstalk" Shadow Puppetry (AUD) 7:30 Science Fiction Movie: "Close Encounters of the Third Kind" (918)	9:00 Open Studio (CAS) 2 1:00 Quilting Lessons with the Stone Quilters (RCCR) 1:30 Mahjong (FSR) 2:00 Billiards (BR) 2:30 Matt Bureau Concert (AUD) 7:30 Friday Series: "The Boroughs" Season 1, Episodes 5 & 6 (AUD)	9:00 Open Pickleball (PC) 3 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: "Michael" (918) 7:30 Saturday Movie: "Michael" (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 4 Contact Kip Brockmyre to sign up 11:00 Qi Gong Seated (918) 1:00 Life+Video 2:00 Sunday Movie: "The Devil Wears Prada 2" (918) 3:00 Scrabble (FSR) 7:30 Sunday Movie: "The Devil Wears Prada 2" (AUD)  LCS Life+	9:00 Dr. Hennessey, Primary Care (OT) 5 11:30 Life+ Opening Ceremonies (ML) 12:00 Life+ Talk (918) 1:00 Talk on "Wellness Journaling" (AUD) 1:30 Sit & Stitch/Knitters (RCCR) 1:30 Mahjong (FSR) 2:00 Billiards (BR) 2:00 "Brain Games" with Lynn Litwinczyk (AUD) 2:30 Library Committee (LIB) 6:30 BINGO! (AUD)	9:00 Open Pickleball (PC) 6 9:30 Duplicate Bridge (FSR) 11:00 Doggy Yoga with Stefanie Corbeil (AUD) 1:00 Canasta (FSR) 1:00 Protein Balls Cooking Show with Nutritionist Lindsay D'Amato (CAS) 1:30 Resident-led Pool Volleyball (AC) 2:00 Computer & Device Help (AG) 2:00 Health & Wellness Committee (RCCR) 3:00 Expert Next Door: Dow Davis Presents "The Man From Snowy River" (AUD) 4:00 Backgammon (CAS) 7:30 Friday Series: "The Boroughs" Season 1 Episodes 5 & 6 (918)	9:00 Flu Clinic (Main Dining Room) 7 12:00 TRIP: Guilford Pickleball Court with Julie 12:00 Life+Talk (918) 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 4:00 Trivia (AUD) 7:30 Science Fiction Movie: "Logan's Run" (AUD) 7:30 Lit in the Lighthouse (LL) 	9:00 Catherine Krenicky, APRN (OT) 8 9:00 Open Pickleball (PC) 10:00 Coffee & Conversations with the Resident Council (FSR) 10:30 Blood Pressure Clinic (Linda Hart's Office) 10:45 StoneRidge Chorus (AUD) 11:00 Welcome Committee (RCCR) 1:00 Cribbage (FSR) 1:00 Grounds and Gardens Committee (RCCR) 1:00 Zibrio Balance Program (FS) 1:30 Memoir Writing Class with Deb Adamson (LL) 2:00 Pharmacology Talk (AUD) 3:30 Drawing with Color Class with Ceilidh (LL) 7:30 Science Fiction Movie: "Logan's Run" (918)	12:00 Life+Talk (918) 9 1:00 Quilting Lessons with the Stone Quilters (RCCR) 1:00 Mind Diet with Nutritionist Lindsay D'Amato (AUD) 1:30 Mahjong (FSR) 2:00 Billiards (BR) 3:00 "Getting to Know You" Adventures in Conversation (AUD) 4:00 "Getting to Know You" Happy Hour (AUD) 7:30 Friday Series: "The Boroughs" Season 1, Episodes 7 & 8 (AUD)	9:00 Open Pickleball (PC) 10 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: "The Runner" (918) 7:30 Saturday Movie: "The Runner" (AUD) Aquatic Center & Fitness Center 7 Days A Week 8:00am—8:00pm
Kickoff Week: October 5–11. Join us on a journey through the four pillars: Longevity, Nutrition, Connection, and Movement						
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 11 Contact Kip Brockmyre to sign up 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "Ulee's Gold" (918) 3:00 Scrabble (FSR) 7:30 Sunday Movie: "Ulee's Gold" (AUD)	9:00 Dr. Hennessey, Primary Care (OT) 12 11:30 <i>Better Hearing at StoneRidge Group (RCCR)</i> 1:30 Mahjong (FSR) 1:30 <i>Sit & Stitch/Knitters (RCCR)</i> 1:30 <i>Culinary Committee (TBD)</i> 2:00 Billiards (BR) 3:00 K&K Piano Concert (AUD) 6:30 BINGO! (AUD)	9:00 Open Pickleball (PC) 9:30 Duplicate Bridge (FSR) 10:00 <i>CLS Committee meeting (ECR)</i> 12:00 Lunch at S&P Oyster 13 1:00 Canasta (FSR) 1:30 Caregiver's Support Group (RCCR) 1:30 Resident-led Pool Volleyball (AC) 2:00 Computer & Device Help (TBD) 2:30 Great Decisions: "Ruptured Alliances and the Risk of Nuclear Proliferation" with Moderator Dow Davis (AUD) 4:00 Backgammon (FSR) 5:30 Take Out Dinner with Ralph Wood (FSR) 7:30 Science Fiction Movie: "The Edge of Tomorrow" (AUD)	9:00 Dr. Lawrence, Podiatrist (OT) 14 9:30 TRIP:RiverQuest Fall Foliage Cruise 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 7:30 Friday Series: "The Boroughs" Season 1, Episodes 7 & 8 (918) 	9:00 Catherine Krenicky, APRN (OT) 15 9:00 Open Pickleball (PC) 10:30 Blood Pressure Clinic (Linda Hart's Office) 10:45 StoneRidge Chorus (AUD) 1:00 Cribbage (FSR) 1:00 <i>Resident Marketing Committee (RCCR)</i> 1:30 Memoir Writing Class with Deb Adamson (LL) 2:00 <i>Stone Quilters (RCCR)</i> 2:00 Computer & Device Help (TBD) 3:30 Drawing with Color Class with Ceilidh (LL) 7:30 Science Fiction Movie: "The Edge of Tomorrow" (918)	1:00 Quilting Lessons with the Stone Quilters (RCCR) 16 1:30 Mahjong (FSR) 2:00 Billiards (BR) 2:00 Documentaries with Dow "Rebuilding Notre Dame" (AUD) 7:30 Friday Series: "Henry David Thoreau" Documentary, Episode 1 (918)	9:00 Open Pickleball (PC) 9:30 Lower Body Strength, Seated (918) 11:00 Qi Gong (918) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: "Where the Crawdad's Sing" (918) 3:00 Double Play Flute and Tuba Concert (AUD) 7:30 Saturday Movie: "Where the Crawdad's Sing" (918) *Please Note: 918 is the ONLY location
10:30 Catholic Communion 18 Contact Kip Brockmyre to sign up 11:00 Qi Gong Seated (918) 1:45 TRIP:"Rusalka" at The Kate 2:00 Sunday Movie: "Signing Tony Raymond" (918) 3:00 Scrabble (FSR) 7:30 Sunday Movie: "Signing Tony Raymond" (AUD)	9:00 Dr. Hennessey, Primary Care (OT) 19 9:30 Duplicate Bridge (FSR) 1:30 Mahjong (FSR) 1:30 <i>Sit & Stitch/Knitters (RCCR)</i> 2:00 Billiards (BR) 2:00 Transportation to the Mystic Noank Library 3:00 "The History of Spain Through Wine" with Jeff Shaw (AUD) 3:00 <i>Finance Committee Meeting (RCCR)</i> 4:00 Post Talk Drinks with Jeff and Robin Shaw (AUD) 6:30 BINGO! (AUD)	No In-Person Fitness Classes 20 9:30 Resident Update Meeting Buildings 1, 2, & 3 (AUD) 11:00 Resident Update Meeting Buildings 4, 5, & 6 (AUD) 12:00 Lunch at S&P Oyster 1:00 Canasta (FSR) 1:00 Book Club (AUD) 1:30 <i>Residents for Conservation Action (RCCR)</i> 1:30 Resident-led Pool Volleybal (AC) 2:00 Computer & Device Help (TBD) 2:30 Documentary: "The Day Iceland Stood Still" (AUD) 4:00 Backgammon (FSR) 7:30 Science Fiction Movie: "War Machine" (AUD)	9:30 <i>Resident Council Meeting (RCCR)</i> 21 11:00 Bea Smith Clothing (FSR) 1:30 Transportation to Parkinson's Support Group at Masonicare Contact LoriAnn to Sign Up 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 3:00 Integrative Medicine Talk with Dr. Secor (AUD) 7:30 Friday Series: "Henry David Thoreau" Documentary, Episode 1 (918)	9:00 Catherine Krenicky, APRN (OT) 22 10:00 Open Pickleball (PC) 10:00 Coffee and Conversations with Pamela Klapproth (FSR) 10:30 Blood Pressure Clinic (Linda Hart's Office) 10:45 StoneRidge Chorus (AUD) 11:00 <i>Art Committee Meeting (LL)</i> 1:00 Cribbage (TBD) 1:30 Memoir Writing Class with Deb Adamson (LL) 1:30 Spooky Stories with Motoko Dworkin (AUD) 2:00 Computer & Device Help (TBD) 3:30 Drawing with Color Class with Ceilidh (LL) 7:30 Science Fiction Movie: "War Machine" (918)	10:00 Scholarship Committee Meeting (RCCR) 23 1:00 <i>Quilting Lessons with the Stone Quilters (RCCR)</i> 1:30 Mahjong (FSR) 2:00 Billiards (BR) 2:00 Current Events with Kevin Buterbaugh (AUD) 7:30 Friday Series: "Henry David Thoreau" Documentary, Episode 2 (918)	9:00 Open Pickleball (PC) 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: "Tuner" (918) 6:30 Transportation to the Eastern Connecticut Symphony Orchestra Opening Night "Shadows & Spirits" 7:30 Saturday Movie: "Tuner" (918)
10:30 Catholic Communion 25 Contact Kip Brockmyre to sign up 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "American Graffiti" (918) 3:00 Scrabble (FSR) 7:30 Sunday Movie: "American Graffiti" (AUD) For Medical Appointments, Call the Transportation Department at (860) 572-5604	9:00 Dr. Hennessey, Primary Care (OT) 26 1:00 Ping Pong (AUD) 1:30 Mahjong (FSR) 1:30 <i>Sit & Stitch/Knitters (RCCR)</i> 2:00 Billiards (BR) 2:00 Transportation to the Mystic Noank Library 3:00 "Year in the Life of a Biogeographer" with Dr. Richard Benfield (AUD) 6:30 BINGO! (AUD)	9:00 Open Pickleball (PC) 9:30 Duplicate Bridge (FSR) 12:00 Lunch at S&P Oyster 27 1:00 Canasta (FSR) 1:30 Caregiver's Support Group (RCCR) 1:30 Resident-led Pool Volleyball (AC) 2:00 Computer & Device Help (TBD) 2:00 Resident Council Meet the Candidates (AUD) 4:00 Backgammon (FSR) 3:30 Zen Art: "Scratch Art" (LL) 7:30 Science Fiction Movie: "World War Z" (AUD)	10:00 TRIP: Day Trip to Finland: Culture, Crafts & the World's Happiest Country 28 1:00 <i>Recreation Committee (RCCR)</i> 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 7:30 Friday Series: "Henry David Thoreau" Documentary (918) 	9:00 Catherine Krenicky, APRN (OT) 29 10:00 Open Pickleball (PC) 10:30 Blood Pressure Clinic (Linda Hart's Office) 10:45 StoneRidge Chorus (AUD) 1:00 Cribbage (FSR) 1:30 Memoir Writing Class with Deb Adamson (LL) 2:00 Computer & Device Help (TBD) 3:30 Drawing with Color Class with Ceilidh (LL) 7:30 Science Fiction Movie: "World War Z " (918)	1:00 Quilting Lessons with the Stone Quilters (RCCR) 30 1:30 Mahjong (FSR) 2:00 Billiards (BR) 4:00 "Haunted Hollywood" Halloween Party with Music Provided by Hot Cat Jazz 1st Seating (AUD) 6:00 "Haunted Hollywood" Halloween Party with Music Provided by Hot Cat Jazz 2nd Seating (AUD) 7:30 Friday Series: "Henry David Thoreau" Documentary, Episode 3 (918)	9:00 Open Pickleball (PC) 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: "The Three Faces of Eve" (918) 2:00 Halloween Reading with Michael (AUD) 7:30 Saturday Movie: "The Three Faces of Eve" (918)  TRANSPORTATION SIGN-UP FOR SHOPPING IN THE TRANSPORTATION BOOK IN THE MAIL ROOM.
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 2:00 Mystic Noank Library	TUESDAY 8:30-3:30 Mystic, Groton, New London, Waterford, Niantic Doctors Appointments 12:00-2:00 Lunch at S&P Oyster	WEDNESDAY 8:30-3:00 Backus Hospital and Surrounding Areas Doctors Appointments	THURSDAY 8:30-3:30 Mystic, Stonington, Westerly Doctors Appointments	FRIDAY 1:30 Shopping 9th- Waterford Walmart 16th- Groton Walmart 23rd - Waterford Target, COSTCO, New London Mall 30th- Westerly Walmart	Reoccurring Transportation Sunday - Friday Medical appointments must be made 48 hours in advance.