November 2026

"November holds more than one story, and some of us carry all of them." —Unknown

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)
ECR– Executive Conference Room
FS– Fitness Studio (Clubhouse, 2nd Floor)
FSR– Fireside Room (by MDR)
LL– Lighthouse Lounge (Bldg. 6000, 4th Floor)
ML– Main Lobby
OT– Occupational Therapy Room (by Avalon)
PC– Pickleball Court
RCCR– Residents Council Conference Room (Bldg. 5000, Level 4)
RR–Reading Room (Bldg. 6000, Level 3)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **10:30 Catholic Communion Contact Kip Brockmyre to sign up** 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "Friendly Persuasion" (918) 3:00 Scrabble (FSR) **7:30 Sunday Movie: "Friendly Persuasion" (AUD)**	**2** **9:00 Dr. Hennessey, Primary Care (OT)** **10:30 Around Town with Transportation** 1:00 Ping Pong (AUD) 1:30 Mahjong (LL) *1:30 Sit & Stitch/Knitters (RCCR)* 2:00 Billiards (BR) **4:00 Happy Hour (AUD)** **6:30 BINGO! (AUD)**	**3** 9:30 Duplicate Bridge (FSR) 10:00 Open Pickleball (PC) **10:30 Transportation to the Polls** 1:00 Canasta (FSR) 1:30 Resident-led Pool Volleyball (AC) *2:00 Health and Wellness Committee (RCCR)* **2:00 Zen Art: Leaf Doodles (LL)** **2:00 Computer & Device Help (FSR)** **2:30 Transportation to the Polls** **4:00 Opera Talk with Dan Egan (AUD)** 4:00 Backgammon (RR) **7:30 Science Fiction Movie: "Soylent Green" (AUD)** 	**4** **10:00 TRIP: Maggie Jones Fall Foliage Tour** 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) **2:00 TRIP: Maggie Jones Fall Foliage Tour** 7:30 Friday Series: "Henry David Thoreau" Documentary, Episode 3 (918)	**5** **9:00 Catherine Krenicky, APRN (OT)** *9:00 "Getting to Know You" RCCR* **9:00 COVID Vaccination (FSR)** 10:00 Open Pickleball (PC) **10:30 Blood Pressure Clinic (Linda Hart's Office)** **10:45 StoneRidge Chorus Practice (AUD)** 1:00 Cribbage (FSR) *1:00 Welcome Committee (AUD)* 1:00 Ping Pong (AUD) **1:30 Memoir Writing Class with Deb Adamson (LL)** **2:00 Computer & Device Help (FSR)** *3:00 Facilities Committee (RCCR)* **3:30 Drawing with Color Class with Ceilidh (LL)** 7:30 Science Fiction Movie: "Soylent Green" (918)	**6** *10:00 Scholarship Committee (RCCR)* *1:00 Quilting Lessons with the StoneQuilters (RCCR)* 1:30 Mahjong (RR) **1:30 Play Reading Cast Meeting (LL)** 2:00 Billiards (BR) 7:30 Friday Series: "Brothers" Season 1, Ep. 1 & 2 (918)	**7** 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: "The Longest Day" (918) 7:30 Saturday Movie: "The Longest Day" (918)
8 **10:30 Catholic Communion Contact Kip Brockmyre to sign up** 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "Eternity" (918) 3:00 Scrabble (FSR) **7:30 Sunday Movie: "Eternity" (AUD)**	**9** **1:00 Winter Bazaar (AUD)** *1:30 Sit & Stitch/Knitters (RCCR)* 1:30 Mahjong (LL) *1:30 Culinary Committee (FSR)* 2:00 Billiards (BR) *2:30 Committee Chair Meeting (FSR)* **6:30 BINGO! (AUD)**	**10** 9:30 Duplicate Bridge (FSR) 10:00 Open Pickleball (PC) 1:00 Canasta (FSR) **1:30 Caregiver Support Group (RCCR)** 1:30 Resident-led Pool Volleyball (AC) **2:00 Computer & Device Help (FSR)** **2:30 Great Decisions: "Trump Tariffs and the Future of the World Economy" Moderated by Charlie Schott (AUD)** 4:00 Backgammon (RR) **5:30 Take Out Dinner with Ralph Wood (FSR)** **7:30 As Time Goes By Concert (AUD)** 7:30 Science Fiction Movie: "Kolchak: The Nightstalker" (918) *Happy Birthda*	**11** HAPPY VETERAN'S DAY THANK YOU FOR YOUR SERVICE 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 7:30 Friday Series: "Brothers" Season 1, Episodes 1 & 2 (918)	**12** **No In-Person Fitness Classes** **9:00 Catherine Krenicky, APRN (OT)** **9:30 Resident Update Meeting Buildings 1, 2, & 3 (AUD)** **11:00 Resident Update Meeting Buildings 4, 5, & 6 (AUD)** 1:00 Cribbage (FSR) **1:00 Fraud Seminar with Washington Trust (AUD)** *1:00 Grounds and Gardens Committee (RCCR)* **1:30 Memoir Writing Class with Deb Adamson (LL)** **2:00 Computer & Device Help (FSR)** **3:30 Drawing with Color class with Ceilidh (LL)** 7:30 Science Fiction Movie: "Kolchak: The Nightstalker" (918)	**13** *9:00 "Getting to Know You" (RCCR)* **11:00 TRIP: Fish & Chips at the Portuguese Holy Ghost Society** *1:00 Quilting Lessons with the StoneQuilters (RCCR)* **1:30 Play Reading Cast Dress Rehearsal (LL)** 1:30 Mahjong (FSR) 2:00 Billiards (BR) 7:30 Friday Series: "Brothers" Season 1, Ep. 3 & 4 (918)	**14** 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: "North by Northwest" (918) 7:30 Saturday Movie: "North by Northwest" (918) **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.**

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 H20 (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
15 **10:30 Catholic Communion Contact Kip Brockmyre to sign up** 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "Private Benjamin" (918) 3:00 Scrabble (FSR) **4:00 One Act Play Presentations (AUD)** **7:30 Sunday Movie: "Private Benjamin" (AUD)** **Aquatic Center & Fitness Center 7 Days A Week 8:00am—8:00pm**	**16** **9:00 Dr. Hennessey, Primary Care (OT)** 1:00 Ping Pong (AUD) *1:30 Sit & Stitch/Knitters (RCCR)* 1:30 Mahjong (LL) 2:00 Billiards (BR) **4:00 Happy Hour & Sing-Along (AUD)** **6:30 BINGO! (AUD)** 	**17** 9:30 Duplicate Bridge (FSR) 10:00 Open Pickleball (PC) *10:00 Community Life Committee (TBD)* 1:00 Canasta (PUB) **1:00 Book Club (AUD)** 1:30 Resident-led Pool Volleyball (AC) *1:30 Residents for Conservation Action (RCCR)* **2:00 Computer & Device Help (FSR)** **2:00 Craft: Leaf Lanterns (LL)** **3:00 Ivory&Gold® "Fabulous Forties" (AUD)** 4:00 Backgammon (RR) **7:30 One Act Play Presentations (AUD)** 7:30 Science Fiction Movie: "E.T. the Extra-Terrestrial" (918)	**18** *9:30 Resident Council Meeting (RCCR)* **10:00 TotalVision (OT)** **1:10 Transportation to Parkinson's Support Group at Masonicare, Contact Lori Ann to Sign Up** 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) **3:00 Art Talks with Ceilidh: "Art Across Cultures: Hybrid Creativity" (LL)** 7:30 Friday Series: "Brothers" Season 1, Episodes 3 & 4 (918)	**19** **9:00 Catherine Krenicky, APRN (OT)** *9:00 "Getting to Know You" (RCCR)* 10:00 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 Practice (AUD)** 1:00 Cribbage (FSR) **1:00 Zibrio Balance Program (FS)** *1:00 Resident Marketing Committee (RCCR)* **1:30 Memoir Writing Class with Deb Adamson (LL)** **2:00 Computer & Device Help (FSR)** **2:00 Audiologist Talk (AUD)** *2:00 StoneQuilters (RCCR)* 7:30 Science Fiction Movie: E.T. the Extra-Terrestrial" (918)	**20** *1:00 Quilting Lessons with the StoneQuilters (RCCR)* 1:30 Mahjong (LL) 2:00 Billiards (BR) **2:00 Bob Potter: "Thomas Gainsborough and Joshua Reynolds: The art of the Portrait" (AUD)** 7:30 Friday Series: "Brothers" Season 1, Ep. 5 & 6 (918)	**21** 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: "The Godfather" Part 1 (918) 7:30 Saturday Movie: "The Godfather" Part 1 (918)
22 **10:30 Catholic Communion Contact Kip Brockmyre to sign up** 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "Blue Moon" (918) 3:00 Scrabble (FSR) **7:30 Sunday Movie: "Blue Moon" (AUD)**	**23** **9:00 Dr. Hennessey, Primary Care (OT)** *9:00 Community Connections (AUD)* 1:00 Ping Pong (AUD) *1:30 Sit & Stitch/Knitters (RCCR)* 1:30 Mahjong (LL) 2:00 Billiards (BR) **2:00 Movie with Dow "Key Largo" (AUD)** **6:30 BINGO! (AUD)**	**24** 9:30 Duplicate Bridge (FSR) 10:00 Open Pickleball (PC) 1:00 Canasta (FSR) **1:30 Caregiver Support Group (RCCR)** 1:30 Resident-led Pool Volleyball (AC) **2:00 Computer & Device Help (FSR)** **3:00 Faith Leitner Harp Concert (AUD)** 4:00 Backgammon (RR) **7:30 Science Fiction Movie: "Them!" (AUD)**	**25** *1:00 Recreation Committee (RCCR)* 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 7:30 Friday Series: "Brothers" Season 1, Episodes 5 & 6 (918)	**26** **11:00 Thanksgiving Dinner First Seating (AUD)** **1:00 Thanksgiving Dinner Second Seating (AUD)** 7:30 Science Fiction Movie: "Them!" (918) *Thanksgiving Feast*	**27** *1:00 Quilting Lessons with the StoneQuilters (RCCR)* 1:30 Mahjong (FSR) 2:00 Billiards (BR) 7:30 Friday Series: "Brothers" Hotel" Season 1, Ep. 7 & 8 (918)	**28** 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: "The Way We Were" (918) 7:30 Saturday Movie: "The Way We Were" (918) **Transportation Sign-up for Shopping in the Transportation Book in the Mail Room.**
29 **10:30 Catholic Communion Contact Kip Brockmyre to sign up** 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "Sunday in New York" (918) 3:00 Scrabble (FSR) **7:30 Sunday Movie: "Sunday in New York" (AUD)** **For Medical Appointments, Call the Transportation Department at (860) 572-5604**	**30** **9:00 Dr. Hennessey, Primary Care (OT)** 1:00 Ping Pong (AUD) *1:30 Sit & Stitch/Knitters (RCCR)* 1:30 Mahjong (LL) **1:30 Decorating the Holiday Tree (ML)** 2:00 Billiards (BR) **6:30 BINGO! (AUD)** 		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 **Ceilidh Burdick** Community Life Services Associate cburdick@stoneridgerc.com (860) 572-2411	**DINING** Reservations: (860) 437-4052 Takeout: (860) 572-5671 **Monday-Sunday** Lunch: Takeouts only (order by 12:00 pm) **Auditorium** **Monday-Sunday** Complimentary Continental Breakfast: 7:30—10:00 am **Wednesday-Saturday** Dinner Buffet: 4:30 & 6:30 pm **Sunday Brunch** 11:00 am & 1:00 pm	**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
SUNDAY **9:10 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** **8:30-3:00 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** **8:30-3:00 Mystic, Stonington, Westerly Doctors Appointments**	**FRIDAY 1:30 Shopping** **6th– Waterford Walmart** **13th– Groton Walmart** **20th– COSTCO** **27th– Westerly Walmart**	**Reoccurring Transportation Sunday - Friday**