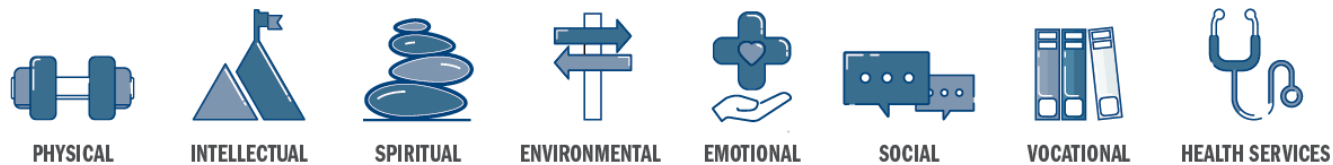




# February 2025

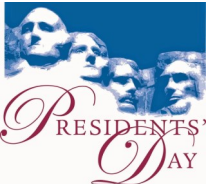
“Let the beauty of what you love be what you do.” – Rumi

186 Jerry Browne Road  
Mystic, CT. 06355



- 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)
- 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
<p><b>Call for Appointment:</b></p> <p><b>Dr. Hennessey &amp; Catherine Krenicky, APRN</b> (Primary Care) (860)464-7274 X110</p> <p><b>Dr. Lawrence’s Office</b> (Podiatrist) (401)596-0823</p> <p><b>Dr. Walter’s Office</b> (Podiatrist) (860)599-4555</p> <p><b>OnSite Dermatology</b> (877)345-5300</p>	<p><b>DINING ROOM</b> Reservations: 860-437-4052 Takeout: 860-572-5671</p> <p><b>Monday-Saturday</b> Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm <b>Sunday Brunch:</b> 11:00—2:00 pm <b>J.B. PUB</b></p> <p><b>Monday-Sunday</b> Complimentary Continental Breakfast: 7—10 am. <b>MARINER’S GRILLE</b> Reservations: 860-572-5656 <b>Monday-Saturday</b> Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm</p>	<p>Turn your TV to 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>Taylor Palmer</b> Community Life Services Associate tpalmer@stoneridgerc.com (860) 437-4041</p> <p><b>Ceilidh Burdick</b> Community Life Services Associate cburdick@stoneridgerc.com (860) 572-2411</p>	<p><b>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.</b></p> <p><b>Activities and Trips in red require SIGN UP in the Activity Book on the table across from the Mailroom.</b></p>	<p><b>Hair Salon &amp; Stylists:</b> Tuesday, Wednesday, Friday 9am - 3pm Thursday 8am - 1pm (860)572-5673</p> <p><b>Nail Services:</b> Thursday 9am-3pm</p> <p>.....</p> <p><b>Country Store Hours:</b> Monday—Saturday 10:30 am - 12:30 pm (860) 572-5654</p>		<p>9:30 Lower Body Strength Seated (918)</p> <p>11:00 Qi Gong (918)</p> <p>1:30 Mindful Meditation (918)</p> <p>2:00 Saturday Movie: “Wicked Little Letters” (918)</p> <p>7:30 <b>Saturday Movie: “Wicked Little Letters” (AUD)</b></p>
<p><b>10:30 Catholic Communion</b> <b>2</b> Contact Kip Brockmyre to sign up</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: “The Russians are Coming, The Russians are Coming” (918)</p> <p><b>2:30 Winter Cornhole (AUD)</b></p> <p>3:00 Scrabble (PUB)</p> <p><b>7:30 Sunday Movie: “The Russians are Coming, The Russians are Coming” (AUD)</b></p>	<p>9:00 “For Prayer and Meditation” <b>3</b> (918)</p> <p><b>9:00 Dr. Hennessey, Primary Care (OT)</b></p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 <i>Sit &amp; Stitch/Knitters (RCCR)</i></p> <p>2:00 Billiards (BR)</p> <p>2:30 <i>Library Committee (PDR)</i></p> <p><b>6:30 BINGO! (AUD)</b></p>	<p>9:00 “For Prayer and Meditation” (918) <b>4</b></p> <p>9:30 Duplicate Bridge (PUB)</p> <p>12:00 Video “The Viking Age: New Perspectives on History and Culture” Ep. 9 &amp; 10 (918)</p> <p>1:00 Canasta (PUB)</p> <p><b>1:00 Ping Pong (AUD)</b></p> <p>1:30 Mahjong (PUB)</p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p>2:00 <i>Health and Safety Committee (RCCR)</i></p> <p>2:30 Resident-led Pool Volleyball (AC)</p> <p><b>3:00 Cathy Weiss Poetry Workshop (CAS)</b></p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Friday Series: “Thornbirds” S. 1, Ep. 4 (918)</p>	<p>9:00 “For Prayer and Meditation” (918) <b>5</b></p> <p><b>1:30 TRIP: US Coast Guard Museum</b></p> <p><b>1:30 Episcopal Service (AUD)</b></p> <p><b>1:30 Rosary Service (ARR)</b></p> <p><b>7:30 Musical Movie: “All That Jazz” (AUD)</b></p> <p><b>7:30 Poetry in the Pub (PUB)</b></p>	<p>9:00 “For Prayer and Meditation” (918) <b>6</b></p> <p><b>9:00 Catherine Krenicky, APRN (OT)</b></p> <p><b>10:45 StoneRidge Chorus Practice (AUD)</b></p> <p>12:00 Video “Life Lessons from the Great Books” Ep. 19 &amp; 20 (918)</p> <p>1:00 Cribbage (PUB)</p> <p>1:00 <i>Grounds and Gardens Committee (RCCR)</i></p> <p><b>2:00 Mixed Media Sculpture Class with Ceilidh (CAS)</b></p> <p><b>2:00 Memoir Writing (LL)</b></p> <p>3:00 <i>Facilities Committee (RCCR)</i></p> <p><b>4:00 Faith Leitner Harp Concert (AUD)</b></p> <p>7:30 Musical Movie: “All That Jazz” (918)</p>	<p><b>Wear Red for Heart Health 7</b></p> <p>9:00 “For Prayer and Meditation” (918)</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 <i>Quilting Lessons with the Stone Quilters (RCCR)</i></p> <p>1:00 <i>Genealogy Club (LL)</i></p> <p>2:00 Billiards (BR)</p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p><b>3:00 Broadway Comes to StoneRidge Video: “The Sound of Music Live” (2015) (AUD)</b></p> <p>7:00 Poker (PUB)</p> <p><b>7:30 Friday Series: “Man on the Inside” S. 1, Ep. 1 &amp; 2 (AUD)</b></p>	<p>9:30 Lower Body Strength Seated (918) <b>8</b></p> <p>11:00 Qi Gong (918)</p> <p>1:30 Mindful Meditation (918)</p> <p>2:00 Saturday Movie: “Leave the World Behind” (918)</p> <p><b>7:30 Saturday Movie: “Leave the World Behind” (AUD)</b></p>
<p><b>Reoccurring Fitness Classes Monday - Friday</b></p>	<p><b>MONDAY</b></p> <p>9:30 Seated Range of Motion (918)</p> <p><b>9:30 Intro to Tap (FS)</b></p> <p><b>10:30 Stable &amp; Strong (AUD)</b></p> <p>8:30 Meditation for Relaxation (918)</p>	<p><b>TUESDAY</b></p> <p><b>9:00 Slow Flow H2O (Pool)</b></p> <p>9:30 Lower Body Strength (918)</p> <p><b>10:00 Zumba Gold (AUD)</b></p> <p><b>10:35 Zumba Gold, Seated (AUD)</b></p> <p><b>11:00 Yoga (AUD)</b></p> <p>2:00 Calming Meditation (918)</p>	<p><b>WEDNESDAY</b></p> <p><b>9:30 Water Aerobics Splash! (Pool)</b></p> <p>9:30 Seated Range of Motion (918)</p> <p><b>10:30 Stable &amp; Strong (AUD)</b></p> <p>8:30 Meditation for Relaxation (918)</p>	<p><b>THURSDAY</b></p> <p>9:30 Lower Body Strength Chair (918)</p> <p><b>10:00 Heart Healthy Hustle (AUD)</b></p> <p><b>10:35 Range of Motion Exercises (FS)</b></p> <p>11:00 Qi Gong Seated (918)</p> <p><b>11:00 Tai Chi Balance (RSVP Class FS)</b></p> <p>2:00 Positive Energy Meditation (918)</p>	<p><b>FRIDAY</b></p> <p><b>9:00 Slow Flow H2O (Pool)</b></p> <p>9:30 Seated Range of Motion (918)</p> <p><b>10:30 Stable &amp; Strong (AUD)</b></p> <p>8:30 Meditation for Relaxation (918)</p>	<p><b>Aquatic Center &amp; Fitness Center</b> 7 Days A Week 8:00am—8:00pm</p>
<p><b>Contact Julie Oliver, Fitness Specialist for more information (860)572-5657</b></p>						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>10:30 Catholic Communion (AUD) Contact Kip Brockmyre to sign up</b> <b>9</b></p> <p>11:00 Qi Gong Seated (918)</p> <p><b>2:00 Sunday Movie: "Born Yesterday" (AUD)</b></p> <p>3:00 Scrabble (PUB)</p> <p><b>6:00 Super Bowl Viewing Party (AUD) Sign Up at Dining Podium</b></p> <p>7:30 Sunday Movie: "Born Yesterday" (918)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) <b>10</b></p> <p><b>9:00 Dr. Hennessey, Primary Care (OT)</b></p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 <i>Sit &amp; Stitch/Knitters (RCCR)</i></p> <p>1:30 <i>Food and Beverage Committee (CHR)</i></p> <p>2:00 Billiards (BR)</p> <p><b>4:00 Happy Hour (PUB)</b></p> <p><b>6:30 BINGO! (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" (918) <b>11</b></p> <p><b>9:00 Dr. Walter, Podiatrist (OT)</b></p> <p>9:30 Duplicate Bridge (PUB)</p> <p>12:00 Video "The Viking Age: New Perspectives on History and Culture" Ep. 11 &amp; 12 (918)</p> <p><b>1:00 Book Club (RCCR)</b></p> <p><b>1:00 Ping Pong (AUD)</b></p> <p>1:00 Canasta (PUB)</p> <p><b>1:30 Caregiver Support Group (CHR)</b></p> <p>1:30 Mahjong (PUB)</p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p><b>2:30 Great Decisions Information Session (AUD)</b></p> <p><b>3:00 Craft: Valentine's Day Cards (CAS)</b></p> <p>2:30 Resident-led Pool Volleyball (AC)</p> <p>4:00 Backgammon (PUB)</p> <p><b>5:30 Take Out Dinner with Ralph Wood (CHR)</b></p> <p>7:30 Friday Series: "Man on the Inside" S. 1, Ep. 1 &amp; 2 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) <b>12</b></p> <p>9:00 <i>Community Connections Meeting (AUD)</i></p> <p><b>9:00 OnSite Dermatology- Sign Up in Activities Book</b></p> <p><b>11:45 TRIP: Lunch at S &amp; P Oyster Bar</b></p> <p><b>1:30 Episcopal Service (AUD)</b></p> <p><b>1:30 Rosary Service (ARR)</b></p> <p><b>2:00 Green Planet Films Double Feature: "Jaguar People" and "Naples and the Amalfi Coast" (AUD)</b></p> <p><b>7:30 Musical Movie: "The Music Man" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" (918) <b>13</b></p> <p><b>9:00 Physical Therapy Discussion (AUD)</b></p> <p><b>9:00 Catherine Krenicky, APRN (OT)</b></p> <p><b>10:00 Coffee and Conversations with the Resident Council (PUB)</b></p> <p><b>10:45 StoneRidge Chorus Practice (AUD)</b></p> <p>12:00 Video "Life Lessons from the Great Books" Ep. 21 &amp; 22 (918)</p> <p>1:00 Cribbage (PUB)</p> <p>1:00 <i>Welcome Committee (CHR)</i></p> <p>2:00 <i>Stone Quilters (RCCR)</i></p> <p><b>2:00 Mixed Media Sculpture Class with Ceilidh (CAS)</b></p> <p><b>2:00 Memoir Writing Class (LL)</b></p> <p><b>3:00 Barks &amp; Recreation Pet Care Lecture Series (AUD)</b></p> <p>7:30 Musical Movie: "The Music Man" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) <b>14</b></p> <p>12:30 Upcoming Events (918)</p> <p>1:00 <i>Quilting Lessons with the Stone Quilters (RCCR)</i></p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p>2:00 Billiards (BR)</p> <p><b>3:00 Northern Epics Lecture Series with Ceilidh: Romance in Irish &amp; Welsh Folklore (AUD)</b></p> <p><b>7:00 Poker (PUB)</b></p> <p><b>7:30 Friday Series: "Man on the Inside" S. 1, Ep. 3 &amp; 4 (AUD)</b></p>	<p>9:30 Lower Body Strength, Seated (918) <b>15</b></p> <p>11:00 Qi Gong (918)</p> <p>1:30 Mindful Meditation (918)</p> <p>2:00 Saturday Movie: "Champions" (918)</p> <p><b>7:30 Saturday Movie: "Champions" (AUD)</b></p>
<p><b>10:30 Catholic Communion (AUD) Contact Kip Brockmyre to sign up</b> <b>16</b></p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Joy" (918)</p> <p><b>2:30 Winter Cornhole (AUD)</b></p> <p>3:00 Scrabble (PUB)</p> <p><b>7:30 Sunday Movie: "Joy" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" (918) <b>17</b></p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 <i>Sit &amp; Stitch/Knitters (RCCR)</i></p> <p>2:00 Billiards (BR)</p> <p><b>2:00 Quilling with Laurie Schott: Basic Shapes for Beginners (CAS)</b></p> <p><b>6:30 BINGO! (AUD)</b></p> 	<p>9:00 "For Prayer and Meditation" (918) <b>18</b></p> <p>9:30 Duplicate Bridge (PUB)</p> <p>12:00 Video "Great Tours: Ireland &amp; Northern Ireland" Ep. 1 &amp; 2 (918)</p> <p>1:00 <i>Residents for Conservation Action Committee (RCCR)</i></p> <p><b>1:00 Ping Pong (AUD)</b></p> <p>1:30 Mahjong (PUB)</p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p>2:30 Resident-led Pool Volleyball (AC)</p> <p><b>3:00 Zen Art Hour: Mandalas (CAS)</b></p> <p><b>4:00 Puppetry Around the World with Jim Napolitano from Nappy's Puppets (AUD)</b></p> <p><b>7:00 Moonlight Pool Volleyball (AC)</b></p> <p>7:30 Friday Series: "Man on the Inside" S. 1, Ep. 3 &amp; 4 (918)</p>	<p><b>No In-Person Morning Fitness Classes in the Auditorium</b> <b>19</b></p> <p>9:00 "For Prayer and Meditation" (918)</p> <p><b>11:00 Resident Update Meeting (AUD)</b></p> <p><b>1:30 Episcopal Service (AUD)</b></p> <p><b>1:30 Rosary Service (ARR)</b></p> <p><b>3:00 Art Talk with Ceilidh: Is Illustration Fine Art? (PUB)</b></p> <p><b>7:30 Musical Movie: "The Guy Who Didn't Like Musicals" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" (918) <b>20</b></p> <p>10:00 <i>Resident Marketing Committee (RCCR)</i></p> <p><b>10:00 Coffee and Conversations with Pamela Klapproth, Executive Director (CHR)</b></p> <p><b>10:45 StoneRidge Chorus Practice (AUD)</b></p> <p>12:00 Video "Life Lessons from the Great Books" Ep. 23 &amp; 24 (918)</p> <p>1:00 Cribbage (PUB)</p> <p><b>1:30 Mystic Seaport Adventure Series: "Sailing Through Stories: Pieter Roos Brings Mystic Seaport Museum Collections to Life" (AUD)</b></p> <p><b>2:00 Mixed Media Sculpture Class with Ceilidh (CAS)</b></p> <p>2:00 <i>Stone Quilters (RCCR)</i></p> <p><b>2:00 Memoir Writing (LL)</b></p> <p>7:30 Musical Movie: "The Guy Who Didn't Like Musicals" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) <b>21</b></p> <p>12:30 Upcoming Events (918)</p> <p>1:00 <i>Quilting Lessons with the Stone Quilters (RCCR)</i></p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p>2:00 Billiards (BR)</p> <p><b>3:00 Green Planet Films Viewing "Those People" with Director Peter Huoppi (AUD)</b></p> <p><b>7:00 Karaoke (PUB)</b></p> <p><b>7:30 Friday Series: "Man on the Inside" S. 1, Ep. 5 &amp; 6 (AUD)</b></p>	<p>9:30 Lower Body Strength, Seated (918) <b>22</b></p> <p>11:00 Qi Gong (918)</p> <p>1:30 Mindful Meditation (918)</p> <p>2:00 Saturday Movie: "The Order" (918)</p> <p><b>6:30 Transportation to Eastern Connecticut Symphony Orchestra</b></p> <p><b>7:30 Saturday Movie: "The Order" (AUD)</b></p>
<p><b>10:30 Catholic Communion (AUD) Contact Kip Brockmyre to sign up</b> <b>23</b></p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Play the Game" (918)</p> <p><b>2:30 Winter Cornhole (AUD)</b></p> <p>3:00 Scrabble (PUB)</p> <p><b>7:30 Sunday Movie: "Play the Game" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" (918) <b>24</b></p> <p><b>9:00 Dr. Hennessey, Primary Care (OT)</b></p> <p><b>9:15 Better Hearing at StoneRidge (CHR)</b></p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 <i>Sit &amp; Stitch/Knitters (RCCR)</i></p> <p>2:00 Billiards (BR)</p> <p>3:00 <i>Finance Committee Meeting (RCCR)</i></p> <p><b>4:00 Happy Hour (PUB)</b></p> <p><b>6:30 BINGO! (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" (918) <b>25</b></p> <p>9:30 Duplicate Bridge (PUB)</p> <p>12:00 Video "Great Tours: Ireland &amp; Northern Ireland" Ep. 3 &amp; 4 (918)</p> <p>1:00 Canasta (PUB)</p> <p><b>1:00 Ping Pong (AUD)</b></p> <p>1:30 Mahjong (PUB)</p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p><b>3:00 Connecticut Museum of Culture &amp; History Lecture: Black History in Connecticut (AUD)</b></p> <p>2:30 Resident-led Pool Volleyball (AC)</p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Friday Series: "Man on the Inside" S. 1, Ep 5 &amp; 6 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) <b>26</b></p> <p>9:30 <i>Resident's Council Meeting (RCCR)</i></p> <p><b>11:00 TRIP: Choose Your Own Adventure at Foxwoods</b></p> <p><b>1:30 Episcopal Service (AUD)</b></p> <p><b>1:30 Rosary Service (ARR)</b></p> <p><b>3:00 Questions for a Pharmacist with Nutmeg Pharmacy (PUB)</b></p> <p><b>3:00 Documentary with Dow Davis: "Building the Alaska Highway" (AUD)</b></p> <p><b>7:30 Musical Movie: "Anything Goes" (AUD)</b></p>	<p>9:00 "For Prayer and Meditation" (918) <b>27</b></p> <p><b>10:45 StoneRidge Chorus Practice (AUD)</b></p> <p>12:00 Video "Life Lessons from the Great Books" Ep. 25 &amp; 26 (918)</p> <p>2:00 <i>Recreation Committee (RCCR)</i></p> <p><b>2:00 Memoir Writing (LL)</b></p> <p><b>2:00 Craft: Felt Wildflower Bouquet (CAS)</b></p> <p>7:30 Musical Movie: "Anything Goes" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) <b>28</b></p> <p>12:30 Upcoming Events (918)</p> <p>1:00 <i>Quilting Lessons with the Stone Quilters (RCCR)</i></p> <p><b>2:00 Computer &amp; Device Help (MG)</b></p> <p><b>4:00 Art Show Opening: Hidden Faces (AG)</b></p> <p><b>7:00 Poker (PUB)</b></p> <p><b>7:30 Friday Series: "Man on the Inside" S. 1, Ep. 7 &amp; 8 (AUD)</b></p>	<p>For Medical Appointments, Call the Transportation Department at (860) 572-5604 Email: transportation@stoneridgerc.com</p> <p><b>TRANSPORTATION Sign-up for Shopping in the Transportation Book in the Mail Room.</b></p>

<p><b>SUNDAY</b></p> <p>9:00 Transportation to Mystic Congregational Church</p> <p>9:45 Transportation to St. Patrick's Church</p>	<p><b>MONDAY</b></p> <p>8:30-12:30 Mystic, New London, Waterford, Niantic Doctors Appointments</p> <p>1:30 Grocery Shopping: McQuades and Big Y</p>	<p><b>TUESDAY</b></p> <p>8:30-3:00 Mystic, Groton, New London, Waterford, Niantic Doctors Appointments</p>	<p><b>WEDNESDAY</b></p> <p>8:30-3:00 Backus Hospital and Surrounding Areas Doctors Appointments</p>	<p><b>THURSDAY</b></p> <p>8:30-3:00 Mystic, Stonington, Westerly Doctors Appointments</p>	<p><b>FRIDAY 1:30 Shopping</b></p> <p>7th- Waterford Walmart &amp; Lowes</p> <p>14th- Groton Rte 1 &amp; Groton Shopping Plaza</p> <p>21st- Waterford Target, Crystal Mall, New London Mall</p> <p>28th- Downtown Westerly &amp; Westerly Shopping Center</p>	<p><b>Reoccurring Transportation Sunday - Friday</b></p>
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