

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:30 Catholic Communion Contact Kip Brockmyre to sign up 14</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Hard Miles" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Hard Miles" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 15</p> <p>9:00 Dr. Hennessey, Primary Care (OT)</p> <p>11:00 Staycations Video: "World Heritage Sites: Easter Island and the Moai" (918) ♦</p> <p>11:30 Staycation Video: "The World's Greatest Geological Wonders: Hawaii— Volcanic Island Beauty" (918) ♦</p> <p>1:00 Art Committee Meeting (CAS)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>2:00 Duplicate Bridge (PUB)</p> <p>2:00 Billiards (BR)</p> <p>4:00 Luau Happy Hour (PUB) ♦</p> <p>6:30 BINGO (AUD)</p>	<p>No In-Person Morning Fitness Classes in the Auditorium 16</p> <p>8:00 Open Pickleball (PC)</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>9:00 Dr. Walter, Podiatrist (OT)</p> <p>11:00 Resident Update Meeting (AUD)</p> <p>12:00 Video "Polar Explorations" Ep. 21 & 22 (918)</p> <p>1:00 Residents for Conservation Action Committee (RCCR)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Staycation Craft: Easter Island Heads (CAS) ♦</p> <p>2:30 Resident-led Pool Volleyball (AC)</p> <p>4:00 Backgammon (PUB)</p> <p>4:00 Doug McKeegan on Piano (AUD)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 1 Ep. 2 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 17</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Caregivers Support Group with LoriAnn (CHR)</p> <p>1:30 Rosary Service (ARR)</p> <p>4:00 TRIP: Ledyard Farmers Market</p> <p>7:30 Musical Movie: "Meet Me in St. Louis" (AUD)</p>	<p>8:00 Open Pickleball (PC) 18</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>9:00 Patricia Murdoch, APRN (OT)</p> <p>10:35 Staycation Fitness Class: Gentle Hula (AUD) ♦</p> <p>12:00 Video "History of the United States Navy" Parts 21 & 22 (918)</p> <p>1:00 Cribbage (PUB)</p> <p>2:00 Stone Quilters (Studio 1207)</p> <p>2:00 Transportation to Mystic Noank Library</p> <p>4:00 Astronomy for Everyone "A Tour Through the Solar System" (AUD)</p> <p>7:30 Musical Movie: "Meet Me in St. Louis" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 19</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 Quilting Lessons with the Stone Quilters (Studio 1207)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Billiards (BR)</p> <p>2:00 Staycation Videos: "Nature Gods Tricksters of Polynesia" and "Aboriginal and Colonial Myths of Australia" (918) ♦</p> <p>4:00 Staycation Documentary: "Hawaii's Last Queen" (AUD) ♦</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 1 Ep. 3 (AUD)</p>	<p>8:00 Open Pickleball (PC) 20</p> <p>9:30 Lower Body Strength, Seated (918)</p> <p>11:00 Qi Gong (918)</p> <p>1:00 Open Bocce (BC)</p> <p>1:30 Mindful Meditation (918)</p> <p>2:00 Saturday Movie: "Downton Abbey: The Movie" (918)</p> <p>7:30 Saturday Movie: "Downton Abbey: The Movie" (AUD)</p>
OCEANIA STAYCATION WEEK						

<p>10:30 Catholic Communion; Contact Kip Brockmyre to sign up 21</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Amadeus" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Amadeus" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 22</p> <p>11:00 Staycation Video: "World Heritage Sites: Paleolithic Cave Art of Spain and France" (918) ♦</p> <p>11:30 Staycation Video: "Living the French Revolution and the Age of Napoleon: The Enlightenment" ♦</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p> <p>3:00 Finance Committee (RCCR)</p> <p>3:00 Staycation Foreign Film: "Cezanne et Moi" (AUD) ♦</p> <p>6:30 BINGO (AUD)</p>	<p>8:00 Open Pickleball (PC) 23</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>12:00 Video "Apollo 11: Lessons for All Time" Ep. 1 & 2 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:30 Resident-led Pool Volleyball (AC)</p> <p>4:00 Backgammon (PUB)</p> <p>4:00 Beer Tasting: Beers of France and Belgium (PUB) ♦</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 1 Ep. 3 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 24</p> <p>9:30 Resident's Council Meeting (RCCR)</p> <p>9:30 Staycation Fitness: Croquet on the Village Green (VG) ♦</p> <p>11:15 TRIP: Lunch at Blue Hound Cookery then Mystic Pizza at the Ivoryton Playhouse</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Rosary Service (ARR)</p> <p>7:30 Musical Movie: "Cabaret" (AUD)</p>	<p>8:00 Open Pickleball (PC) 25</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>9:00 Catherine Krenicky, APRN (OT)</p> <p>11:00 Bereavement Support Group with LoriAnn (CHR)</p> <p>12:00 Video "History of the United States Navy" Parts 23 & 24(918)</p> <p>1:00 Resident Marketing Committee (RCCR)</p> <p>2:00 Staycation Craft: "Let Them Eat Cake" Trinket Boxes (CAS)</p> <p>7:30 Musical Movie: "Cabaret" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 26</p> <p>11:00 Staycation Video: "Normandy at War: Beaches and Bunkers" (918) ♦</p> <p>11:30 Staycation Video: "Normandy at Ease: Painters and Pilgrims" (918) ♦</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 Quilting Lessons with the Stone Quilters (Studio 1207)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Olympics Opening Ceremony Happy Hour (AUD) ♦</p> <p>2:00 Billiards (BR)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 1 Ep. 4 (AUD)</p>	<p>8:00 Open Pickleball (PC) 27</p> <p>9:30 Lower Body Strength Seated (918)</p> <p>11:00 Qi Gong (918)</p> <p>1:00 Open Bocce (BC)</p> <p>1:30 Mindful Meditation (918)</p> <p>2:00 Saturday Movie: "Civil War" (918)</p> <p>7:30 Saturday Movie: "Civil War" (AUD)</p>
FRANCE STAYCATION WEEK						

TRANSPORTATION Sign-up for Shopping in the Transportation Book

<p>10:30 Catholic Communion Contact Kip Brockmyre to sign up 28</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Challengers" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Challengers" (AUD)</p> <p>For Medical Appointments, Call the Transportation Department, at (860) 572-5604 Email: transportation@stoneridgerc.com</p>	<p>9:00 "For Prayer and Meditation" (918) 29</p> <p>9:00 Dr. Hennessey, Primary Care (OT)</p> <p>11:00 Staycation Video: "Greece in Its Golden Age" (918) ♦</p> <p>11:30 "Greek Gods, Philosophy, and Science" (918) ♦</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p> <p>6:30 BINGO (AUD)</p>	<p>8:00 Open Pickleball (PC) 30</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>12:00 Video "Apollo 11: Lessons for All Time" Ep. 3 & 4 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Recreation Committee Meeting (RCCR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Staycation Craft: Black Figure Terracotta (CAS) ♦</p> <p>2:30 Resident-led Pool Volleyball (AC)</p> <p>4:00 Backgammon (PUB)</p> <p>4:00 Theater Lecture: Greek Theater (AUD) ♦</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 1 Ep. 4</p>	<p>9:00 "For Prayer and Meditation" (918) 31</p> <p>11:15 TRIP: Lunch at Bistro Mediterranean</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Rosary Service (ARR)</p> <p>2:00 StoneRidge Olympics Cornhole Game (AUD) ♦</p> <p>3:00 Questions for a Pharmacist with Nutmeg Pharmacy (PUB)</p> <p>7:30 Musical Movie: "Funny Face" (AUD)</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>Michael Langlois Community Life Services Director mlanglois@stoneridgerc.com (860) 572-5601</p> <p>Taylor Palmer Community Life Services Associate tpalmer@stoneridgerc.com (860) 437-4041</p> <p>Ceilidh Burdick Community Life Services Associate cburdick@stoneridgerc.com (860) 572-2411</p>	<p style="text-align: center;">DINING ROOM Reservations: 860-437-4052 Takeout: 860-572-5671</p> <p style="text-align: center;">Monday-Saturday Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm Sunday Brunch: 11:00—2:00 pm</p> <p style="text-align: center;">J.B. PUB Monday-Sunday Complimentary Continental Breakfast: 7—10 am.</p> <p style="text-align: center;">MARINER'S GRILLE Reservations: 860-572-5656</p> <p style="text-align: center;">Monday-Saturday Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm</p>	<p>Hair Salon & Stylists: Monday-Friday 9am - 3pm (860)572-5673</p> <p>Barber Available: Tuesday & Friday: 9am-3pm</p> <p>Nail Services: Monday 9am-3pm or by appt</p> <p>Country Store Hours: Monday—Saturday 10:30 am - 12:30 pm (860) 572-5654</p>
GREECE STAYCATION WEEK						

Aquatic Center & Fitness Center 7 Days A Week

<p style="text-align: center;">SUNDAY</p> <p>9:00 Transportation to Mystic Congregational Church 9:45 Transportation to St. Patrick's Church</p>	<p style="text-align: center;">MONDAY</p> <p>8:30-12:30 Mystic, New London, Waterford, Niantic Doctors Appointments 1:30 Grocery Shopping: McQuades and Big Y— No Shopping on 5/27</p>	<p style="text-align: center;">TUESDAY</p> <p>8:30-3:00 Mystic, Groton, New London, Waterford, Niantic Doctors Appointments</p>	<p style="text-align: center;">WEDNESDAY</p> <p>8:30-3:00 Backus Hospital and Surrounding Areas Doctors Appointments</p>	<p style="text-align: center;">THURSDAY</p> <p>8:30-3:00 Mystic, Stonington, Westerly Doctors Appointments</p>	<p style="text-align: center;">FRIDAY 1:30 Shopping</p> <p>5th— Waterford Walmart & Lowes 12th— Groton Rte 1 & Groton Shopping Plaza 19th— Waterford Target, Crystal Mall, New London Mall 26th— Downtown Westerly & Westerly Shopping Center</p>	<p style="text-align: center;">Reoccurring Transportation Sunday - Friday</p>
---	---	--	---	---	--	--



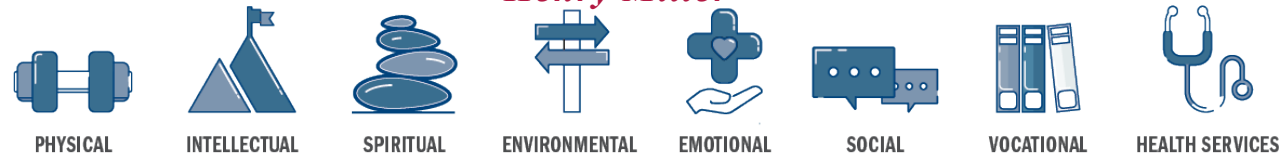
186 Jerry Browne Road
Mystic, CT. 06355



July 2024

"One's destination is never a place, but a new way of seeing things."

– Henry Miller



- 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)

♦ StoneRidge Staycation Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Call for Appointment:</p> <p>Dr. Hennessey, Catherine Krenicky, Patricia Murdoch (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>LoriAnn Levanto, Social Worker (860)437-4076</p>	<p>9:00 "For Prayer and Meditation" (918) 1</p> <p>9:00 Dr. Hennessey, Primary Care (OT)</p> <p>11:00 Staycation Video: "Native Peoples of North America: The American Revolution Through Native Eyes" (918) ♦</p> <p>11:30 Staycation Video: "Turning Points in American History: King Philip's War" (918) ♦</p> <p>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></p> <p>2:00 Billiards (BR)</p> <p>3:00 Mixed Media Class with Ceilidh: Klimt Collage Painting (CAS) ♦</p> <p>4:00 Patriotic Happy Hour Featuring American Beers (PUB) ♦</p> <p>6:30 BINGO (AUD)</p>	<p>8:00 Open Pickleball (PC) 2</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>10:00 Staycation Fitness Class: Line Dancing (AUD) ♦</p> <p>12:00 Video "Polar Explorations" Ep. 17 & 18 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Staycation Craft: First Nations Memory Calendar (CAS) ♦</p> <p>2:30 Resident-led Pool Volleyball (AC)</p> <p>3:00 Old Mystic History Center Native American Talk (AUD)</p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Midsomer Murders" S. 20 Eps. 1 & 2 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 3</p> <p>11:30 Lunch at the Gelston House then South Pacific at Goodspeed Opera House</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Rosary Service (ARR)</p> <p>7:30 Musical Movie: "The Music Man" (AUD)</p> <p>7:30 Poetry in the Pub (PUB)</p>	<p>No In-Person Fitness Classes 4</p> <p>8:00 Open Pickleball (PC)</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>12:00 Video "History of the United States Navy" Ep. 17 & 18 (918)</p> <p>12:00 4th of July Picnic. Sign Up at the Dining Podium (VG)</p> <p>1:00 Cribbage (PUB)</p> <p>2:00 <i>Stone Quilters (Studio 1207)</i></p> <p>7:30 Musical Movie: "The Music Man" (918)</p> <div style="text-align: center;">  </div>	<p>No In-Person Fitness Classes 5</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 (Studio 1207)</i></p> <p>2:00 Billiards (BR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Staycation Video: "Turning Points in American History: Declaring Independence" (918) ♦</p> <p>2:30 Staycation Video: "Turning Points in American History: National Parks" (918) ♦</p> <p>3:00 Broadway Comes to StoneRidge Video: "Allegiance" (AUD) ♦</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 1 Ep. 1 (AUD)</p>	<p>8:00 Open Pickleball (PC) 6</p> <p>9:30 Lower Body Strength Seated (918)</p> <p>11:00 Qi Gong (918)</p> <p>1:00 Open Bocce (BC)</p> <p>1:30 Mindful Meditation (918)</p> <p>2:00 Saturday Movie: "Small Time Crooks" (918)</p> <p>7:30 Saturday Movie: "Small Time Crooks" (AUD)</p> <div style="border: 1px solid red; padding: 5px; margin-top: 10px;"> <p style="color: red; text-align: center;">Activities and Trips in red require SIGN UP in the Activity Book on the table across from the Mailroom.</p> </div>
AMERICA STAYCATION WEEK						
<p>10:30 Catholic Communion 7 Contact Kip Brockmyre to sign up</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Wicked Little Letters" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Wicked Little Letters" (AUD)</p>	<p>No In-Person Fitness Classes 8</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>9:00 Dr. Hennessey, Primary Care (OT)</p> <p>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></p> <p>1:30 <i>Food and Beverage Committee (CHR)</i></p> <p>2:00 Billiards (BR)</p> <p>2:00 Staycation Video: "Cooking Across the Ages: Medieval Egypt" (918) ♦</p> <p>2:30 Staycation Video: "World Heritage Sites: Ancient Egyptian Thebes" (918) ♦</p> <p>4:00 Staycation Activity: Egyptian Escape Room (PUB) ♦</p> <p>6:30 BINGO (AUD)</p>	<p>8:00 Open Pickleball (PC) 9</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>12:00 Video "Polar Explorations" Ep. 19 & 20 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:30 Resident-led Pool Volleyball (AC)</p> <p>4:00 Backgammon (PUB)</p> <p>4:00 Protecting Yourself From Scams with IT Technician, Lauren (AUD)</p> <p>5:30 Take Out Dinner with Ralph Wood (CHR)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 1 Ep. 1 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 10</p> <p>9:30 Staycation Fitness Walk: Spot the Pharaohs (ML) ♦</p> <p>10:00 TRIP: New Bedford Whaling Museum and Lunch at The Black Whale</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Rosary Service (ARR)</p> <p>7:30 Musical Movie: "On the Town" (AUD)</p>	<p>8:00 Open Pickleball (PC) 11</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>9:00 Catherine Krenicky, APRN (OT)</p> <p>9:45 <i>Movie Selection Panel (MG)</i></p> <p>10:00 Coffee and Conversations with the Resident Council (PUB)</p> <p>12:00 Video "History of the United States Navy" Ep. 19 & 20 (918)</p> <p>1:00 <i>Grounds and Gardens Committee (RCCR)</i></p> <p>1:00 Cribbage (PUB)</p> <p>1:00 <i>Welcome Committee (CHR)</i></p> <p>2:00 Staycation Craft: Egyptian Papyrus Prints (CAS) ♦</p> <p>3:00 <i>Facilities Committee (RCCR)</i></p> <p>4:00 Music of Connecticut's Revolution (AUD)</p> <p>7:30 Musical Movie: "On the Town" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 12</p> <p>11:00 Staycation Video: "Great Pharaohs of Ancient Egypt: Hatshepsut and Cleopatra" ♦</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 <i>Quilting Lessons with the Stone Quilters (Studio 1207)</i></p> <p>2:00 Billiards (BR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>3:00 Staycation Movie: "The Mummy" (AUD) ♦</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 1 Ep. 2 (AUD)</p>	<p>8:00 Open Pickleball (PC) 13</p> <p>9:30 Lower Body Strength Seated (918)</p> <p>11:00 Qi Gong (918)</p> <p>1:00 Open Bocce (BC)</p> <p>1:30 Mindful Meditation (918)</p> <p>2:00 Saturday Movie: "Hit Man" (918)</p> <p>7:30 Saturday Movie: "Hit Man" (AUD)</p>
EGYPT STAYCATION WEEK						

Reoccurring Fitness Classes Monday - Friday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Contact Julie Oliver, Fitness Specialist for more information (860)572-5657
Reoccurring Fitness Classes Monday - Friday	<p>9:30 Seated Range of Motion (918)</p> <p>9:30 Heart and Sole Walk (ML)</p> <p>10:30 Stable & Strong (AUD)</p> <p>8:30 Meditation for Relaxation (918)</p>	<p>9:00 Slow Flow H2O (Pool)</p> <p>9:30 Lower Body Strength (918)</p> <p>10:00 Heart Healthy Hustle (AUD)</p> <p>10:35 Range of Motion Exercises (AUD)</p> <p>11:00 Yoga (AUD)</p> <p>2:00 Calming Meditation (918)</p>	<p>9:30 Heart and Sole Walk (ML)</p> <p>9:30 Seated Range of Motion (918)</p> <p>10:30 Stable & Strong (AUD)</p> <p>8:30 Meditation for Relaxation (918)</p>	<p>9:30 Lower Body Strength Chair (918)</p> <p>10:00 Heart Healthy Hustle (AUD)</p> <p>10:35 Range of Motion Exercises (FS)</p> <p>11:00 Qi Gong Seated (918)</p> <p>11:00 Tai Chi Balance (RSVP Class FS)</p> <p>2:00 Positive Energy Meditation (918)</p>	<p>9:00 Slow Flow H2O (Pool)</p> <p>9:30 Seated Range of Motion (918)</p> <p>10:30 Stable & Strong (AUD)</p> <p>8:30 Meditation for Relaxation (918)</p>	Contact Julie Oliver, Fitness Specialist for more information (860)572-5657