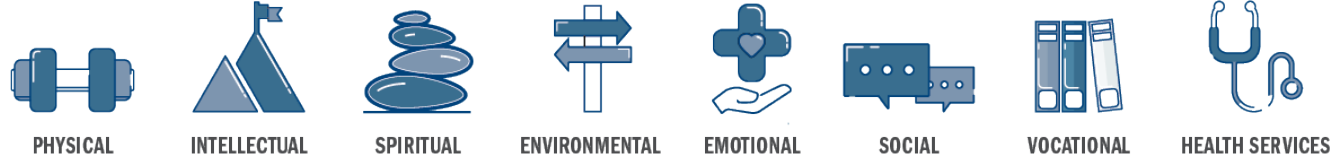




November 2024

"Have gratitude for all that you have, and you can be happy exactly as you are." — Mandy Ingber

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>Hair Salon & Stylists: Tuesday, Wednesday, Friday 9am - 3pm Thursday 8am - 1pm (860)572-5673</p> <p>Nail Services: Thursday 9am-3pm</p> <hr/> <p>Country Store Hours: Monday—Saturday 10:30 am - 12:30 pm (860) 572-5654</p>	<p>Call for Appointment:</p> <p>Dr. Hennessey & Catherine Krenicky, APRN Patricia Murdoch, APRN (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>OnSite Dermatology (877)345-5300</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>DINING ROOM Reservations: 860-437-4052 Takeout: 860-572-5671</p> <p>Monday-Saturday Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm Sunday Brunch: 11:00—2:00 pm</p> <hr/> <p>J.B. PUB Monday-Sunday Complimentary Continental Breakfast: 7—10 am. MARINER'S GRILLE Reservations: 860-572-5656</p> <p>Monday-Saturday Lunch: 12:00—2:00 pm Dinner: 5:00—7:30 pm</p>	<p style="color: red; text-align: center;">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.</p> <div style="border: 1px solid #c0504d; padding: 5px; text-align: center;"> <p>Aquatic Center & Fitness Center 7 Days A Week</p> </div>	<p>9:00 "For Prayer and Meditation" (918) 1</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 <i>Quilting Lessons with the Stone Quilters (RCCR)</i></p> <p>2:00 Billiards (BR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>4:00 Tom Verde Lecture "Beatrix Farrand: Landscape Architect" (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 6, Ep. 3 (AUD)</p>	<p>9:00 Open Pickleball (PC) 2</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 Bocce Match: Matt's Minions vs Resident Rollers (BC)</p> <p>2:00 Saturday Movie: "The Great Gatsby" (918)</p> <p>4:00 Donna Galliher Art Show Opening (AG)</p> <p>7:30 Saturday Movie: "The Great Gatsby" (AUD)</p>
<p>10:30 Catholic Communion 3 Contact Kip Brockmyre to sign up</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Gentleman's Agreement" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Gentleman's Agreement" (AUD)</p> 	<p>9:00 "For Prayer and Meditation" (918) 4</p> <p>9:00 Dr. Hennessey, Primary Care (OT)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></p> <p>2:00 Billiards (BR)</p> <p>2:00 Music Makers Concert with Susan Graham (AUD)</p> <p>2:30 <i>Library Committee (PDR)</i></p> <p>3:30 Stanley Carpenter Lecture: American Revolution, The Great Riot (AUD)</p> <p>6:30 BINGO (AUD)</p>	<p>Transportation to the Polls Every Hour Starting at 10:00 am. Sign Up in the Activities Book 5</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>9:00 Open Pickleball (PC)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>12:00 Video "The World's Greatest Geological Wonders" Ep. 27 & 28 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:30 Mahjong (PUB)</p> <p>2:00 Mystic Museum of Art Craft and Sip Class: Miniature Sculptures (CAS)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 <i>Health and Safety Committee (RCCR)</i></p> <p>2:30 Resident-led Pool Volleyball (AC)</p> <p>4:00 Backgammon (PUB)</p> <p>4:00 Dr. Schwint Lecture "Longevity for the Savvy Healthcare Consumer" (AUD)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 6, Ep. 3 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 6</p> <p>9:15 <i>Community Connections Meeting (AUD)</i></p> <p>11:00 TRIP: Lunch at Tavern in the Square then Rhode Island School of Design Museum Tour</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Rosary Service (ARR)</p> <p>7:30 Poetry in the Pub (PUB)</p> <p>7:30 Musical Movie: "Chicago" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 7</p> <p>9:00 Open Pickleball (PC)</p> <p>9:00 Patricia Murdoch, APRN (OT)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>12:00 Video "Medical News Explained" Ep. 3 & 4 (918)</p> <p>1:00 Cribbage (PUB)</p> <p>1:00 <i>Grounds and Gardens Committee (RCCR)</i></p> <p>2:00 Memoir Writing (LL)</p> <p>3:00 <i>Facilities Committee (RCCR)</i></p> <p>3:00 Culturally Curious with Dennison Pequotsepos Nature Center: Wildlife of Connecticut (AUD)</p> <p>7:30 Musical Movie: "Chicago" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 8</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 <i>Quilting Lessons with the Stone Quilters (RCCR)</i></p> <p>2:00 Billiards (BR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>3:00 Genealogy Workshop (RCCR)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 7, Ep. 1 (AUD)</p>	<p>9:00 Open Pickleball (PC) 9</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: "Apollo 13: Survival" (918)</p> <p>7:30 Saturday Movie: "Apollo 13: Survival" (AUD)</p> <div style="border: 1px solid red; padding: 5px; text-align: center; color: red;"> <p>Activities and Trips in red require SIGN UP in the Activity Book on the table across from the Mailroom.</p> </div>
<p>Reoccurring Fitness Classes Monday - Friday</p>	<p>MONDAY</p> <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>TUESDAY</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>WEDNESDAY</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>THURSDAY</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>FRIDAY</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>	<p>Contact Julie Oliver, Fitness Specialist for more information (860)572-5657</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:30 Catholic Communion Contact Kip Brockmyre to sign up 10</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "The Prime of Miss Jean Brodie" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "The Prime of Miss Jean Brodie" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 11</p> <p>1:00 Duplicate Bridge (PUB)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>1:30 Food and Beverage Committee (CHR)</p> <p>2:00 Billiards (BR)</p> <p>3:00 Barks & Recreation Pet Care Lecture Series: Pet Hygiene (AUD)</p> <p>6:30 BINGO (AUD)</p> <p>HONORING ALL WHO SERVED VETERANS DAY UNITED STATES OF AMERICA</p> 	<p>No In-Person Morning Fitness Classes in the Auditorium 12</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>9:00 Open Pickleball (PC)</p> <p>10:30 Resident Update Meeting (AUD)</p> <p>12:00 Video "The World's Greatest Geological Wonders" Ep. 29 & 30 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:00 Book Club (RCCR)</p> <p>1:30 Caregivers Support Group (CHR)</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>2:30 Great Decisions: "Risky Science" with Moderator Charlie Schott (AUD)</p> <p>4:00 Backgammon (PUB)</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. 7, Ep. 1 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 13</p> <p>10:30 TRIP: Bank Square Books then Lunch at Noah's</p> <p>11:00 Bea Smith Clothing (FSR)</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Rosary Service (ARR)</p> <p>3:00 Culturally Curious with the Mystic Aquarium: Pollinator Gardens (AUD)</p> <p>7:30 Musical Movie: "Funny Face" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 14</p> <p>9:00 Catherine Krenicky, APRN (OT)</p> <p>9:00 Open Pickleball (PC)</p> <p>9:00 PT Discussion (AUD)</p> <p>9:45 Movie Selection Panel (MG)</p> <p>10:00 Coffee and Conversations with the Resident Council (PUB)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>12:00 Video "Medical News Explained" Ep. 5 & 6 (918)</p> <p>1:00 Cribbage (PUB)</p> <p>1:00 Welcome Committee (CHR)</p> <p>2:00 Stone Quilters (RCCR)</p> <p>2:00 Memoir Writing (LL)</p> <p>4:00 Mohegan Tribe History Talk (AUD)</p> <p>7:30 Musical Movie: "Funny Face" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 15</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 Quilting Lessons with the Stone Quilters (RCCR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Billiards (BR)</p> <p>3:00 Genealogy Workshop (RCCR)</p> <p>4:00 Stan Carpenter Lecture Series: American Revolution, The Empire Strikes Back: New York, New Jersey, and the Philadelphia Campaigns (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 7, Ep. 2 (AUD)</p>	<p>9:00 Open Pickleball (PC) 16</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: "Without Limits" (918)</p> <p>7:30 Saturday Movie: "Without Limits" (AUD)</p>
<p>10:30 Catholic Communion; Contact Kip Brockmyre to sign up 17</p> <p>11:00 Qi Gong Seated (918)</p> <p>1:00 Transportation to Coast Guard Concert</p> <p>2:00 Sunday Movie: "Marty" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Marty" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 18</p> <p>9:00 Dr. Hennessey, Primary Care (OT)</p> <p>9:30 Hearing Better at StoneRidge (CHR)</p> <p>1:00 Duplicate Bridge (PUB)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p> <p>3:00 Finance Committee (RCCR)</p> <p>4:00 Kevin Buterbaugh Current Events Lecture Series Part II (AUD)</p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 19</p> <p>9:00 Open Pickleball (PC)</p> <p>12:00 Video "The World's Greatest Geological Wonders" Ep. 31 & 32 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:00 Residents for Conservation Action (RCCR)</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>3:00 Culturally Curious with Kathleen Ashmore from Kat Can Cook: Talk and Cookbook Signing (AUD)</p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: Foyle's War" S. 7, Ep. 2 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 20</p> <p>9:30 Resident's Council Meeting (RCCR)</p> <p>9:30 TRIP: Shopping at Clinton Premium Outlets then Lunch at Westbrook Lobster Restaurant & Bar</p> <p>1:00 Transportation to Parkinson's Support Group at Masonicare; Sign Up with LoriAnn</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Rosary Service (ARR)</p> <p>3:00 Questions for a Pharmacist with Nutmeg Pharmacy (PUB)</p> <p>7:30 Musical Movie: "Fame" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 21</p> <p>9:00 Patricia Murdoch, APRN (OT)</p> <p>9:00 Open Pickleball (PC)</p> <p>10:00 Coffee and Conversations with Pamela Klapproth, Executive Director (CHR)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>11:00 Recreation Committee (RCCR)</p> <p>12:00 Video "Medical News Explained" Ep. 7 & 8 (918)</p> <p>1:00 Resident Marketing Committee (RCCR)</p> <p>2:00 Stone Quilters (RCCR)</p> <p>2:00 Memoir Writing (LL)</p> <p>2:00 Zen Art Hour: Adult Coloring (CAS)</p> <p>4:00 Stan Carpenter Lecture Series: American Revolution, The Southern Gambit and the Road to Yorktown (AUD)</p> <p>7:30 Musical Movie: "Fame" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 22</p> <p>9:00 StoneRidge Holiday Bazaar (AUD)</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 Quilting Lessons with the Stone Quilters (RCCR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Billiards (BR)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 7, Ep. 3 (AUD)</p>	<p>9:00 Open Pickleball (PC) 23</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: (918)</p> <p>6:30 Transportation to Eastern Connecticut Symphony Orchestra</p> <p>7:30 Saturday Movie: "Planes, Trains, and Automobiles" (AUD)</p>
<p>10:30 Catholic Communion Contact Kip Brockmyre to sign up 24</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "A Streetcar Named Desire" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "A Streetcar Named Desire" (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) 25</p> <p>1:00 Party Bridge (PUB)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p> <p>3:00 Portal Information Session (AUD)</p> <p>4:00 Happy Hour (PUB)</p> <p>6:30 BINGO (AUD)</p> 	<p>9:00 "For Prayer and Meditation" (918) 26</p> <p>9:00 Open Pickleball (PC)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>12:00 Video "The World's Greatest Geological Wonders" Ep. 33 & 34 (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>3:00 Old Mystic History Center Talk on Wampum Beading (AUD)</p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: Foyle's War" S. 7, Ep. 3 (918)</p> 	<p>9:00 "For Prayer and Meditation" (918) 27</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Rosary Service (ARR)</p> <p>7:30 Musical Movie: "A Hard Day's Night" (AUD)</p> 	<p>9:00 "For Prayer and Meditation" (918) 28</p> <p>9:00 Open Pickleball (PC)</p> <p>12:00 Video "Medical News Explained" Ep. 9 & 10 (918)</p> <p>7:30 Musical Movie: "A Hard Day's Night" (918)</p> <p>Happy Thanksgiving!</p> 	<p>9:00 "For Prayer and Meditation" (918) 29</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 Quilting Lessons with the Stone Quilters (RCCR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Billiards (BR)</p> <p>3:00 Movie Matinee: "You've Got Mail" (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 8, Ep. 1 (AUD)</p> 	<p>9:00 Open Pickleball (PC) 30</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: "Reagan" (918)</p> <p>7:30 Saturday Movie: "Reagan" (AUD)</p> 

<p>SUNDAY</p> <p>9:00 Transportation to Mystic Congregational Church</p> <p>9:45 Transportation to St. Patrick's Church</p>	<p>MONDAY</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>TUESDAY</p> <p>8:30-3:00 Mystic, Groton, New London, Waterford, Niantic Doctors Appointments</p>	<p>WEDNESDAY</p> <p>8:30-3:00 Backus Hospital and Surrounding Areas Doctors Appointments</p>	<p>THURSDAY</p> <p>8:30-3:00 Mystic, Stonington, Westerly Doctors Appointments</p>	<p>FRIDAY 1:30 Shopping</p> <p>1st- Waterford Walmart & Lowes</p> <p>8th- Groton Rte 1 & Groton Shopping Plaza</p> <p>15th- Waterford Target, Crystal Mall, New London Mall</p> <p>22nd- Downtown Westerly & Westerly Shopping Center</p>	<p>Reoccurring Transportation Sunday - Friday</p>
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