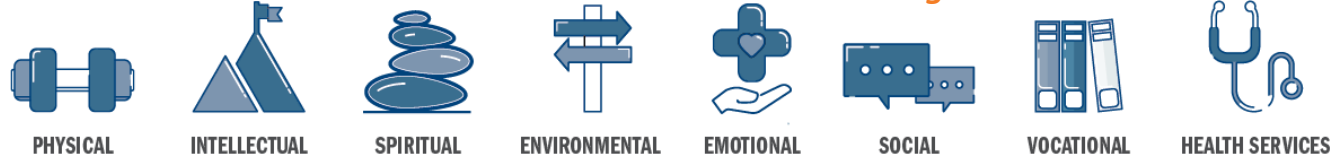




October 2024

"Happy haunts materialize. And begin to vocalize. Grim grinning ghosts come out to socialize." - Grim Grinning Ghosts

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: Monday 9am-12pm Tuesday, Wednesday, Friday 9am - 3pm (860)572-5673</p> <p>Nail Services: Thursday 9am-3pm</p> <p>Country Store Hours: Monday—Saturday 10:30 am - 12:30 pm (860) 572-5654</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>9:00 "For Prayer and Meditation" (918) 9:00 Open Pickleball (PC) 9:30 Duplicate Bridge (PUB) 10:00 Zumba Gold with Guest Instructor (AUD) 12:00 Video "The World's Greatest Geological Wonders" Ep. 17 & 18 (918) 1:00 Canasta (PUB) 1:30 Mahjong (PUB) 2:00 Mystic Museum of Art Craft and Sip Class: Festive Fall Pom-Pom Trees (CAS) 2:00 Computer & Device Help (MG) 2:00 Health and Safety Committee (RCCR) 2:30 Resident-led Pool Volleyball (AC) 4:00 Backgammon (PUB) 4:00 Sound Immersive with Marissa (AUD) 7:30 Game Night (PUB) 7:30 Friday Series: "Foyle's War" S. 4. Ep. 1</p>	<p>9:00 "For Prayer and Meditation" (918) 9:00 TRIP: Springfield Museums with Lunch at the Café (Springfield, MA) 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 7:30 Musical Movie: "Kiss Me Kate" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 9:00 Open Pickleball (PC) 9:00 Catherine Krenicky, APRN (OT) 10:45 StoneRidge Chorus Practice (AUD) 12:00 Video "Rediscovering the Age of Dinosaurs" Ep. 17 & 18 (918) 1:00 Walking Trip with Julie: Ninigret Park Troll Stroll (Charlestown, RI) 1:00 Cribbage (PUB) 1:00 Grounds and Gardens Committee (RCCR) 2:00 Landscape Painting Class with Ceilidh (CAS) 2:00 Memoir Writing (LL) 3:00 Facilities Committee (RCCR) 7:30 Musical Movie: "Kiss Me Kate" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 10:00 Avalonia Land Trust Volunteer Envelope Stuffing (PUB) 11:30 Chipping Challenge (VG) 12:30 Upcoming Events (918) 1:00 Quilting Lessons with the Stone Quilters (RCCR) 2:00 Billiards (BR) 2:00 Computer & Device Help (MG) 3:00 Genealogy Workshop (RCCR) 4:00 Harry Martin Book Talk Nathaniel Palmer: 19th Century Master Mariner (AUD) 7:00 Poker (PUB) 7:30 Friday Series: "Foyle's War" S. 4, Ep. 2 (AUD)</p>	<p>9:00 Open Pickleball (PC) 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:00 Open Bocce (BC) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: "The Notebook" (918) 4:00 Double Play Flute and Tuba (AUD) 7:30 Saturday Movie: "The Notebook" (AUD)</p>
<p>10:30 Catholic Communion Contact Kip Brockmyre to sign up 11:00 Qi Gong Seated (918) 2:00 Sunday Movie: "The Long Voyage Home" (918) 2:00 StoneRidge Dog Show (VG) 3:00 Scrabble (PUB) 7:30 Sunday Movie: "The Long Voyage Home" (AUD)</p> <p>Activities and Trips in red require SIGN UP in the Activity Book on the table across from the Mailroom.</p>	<p>9:00 "For Prayer and Meditation" (918) 9:00 Dr. Hennessey, Primary Care (OT) 1:00 Party Bridge (PUB) 1:30 Sit & Stitch/Knitters (RCCR) 2:00 Billiards (BR) 2:00 "What is America to Me? Conversations About Who We Are" with John Webster" (AUD) 2:30 Library Committee (PDR) 4:00 Happy Hour (PUB) 6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 9:00 Open Pickleball (PC) 9:00 Dr. Walter, Podiatrist (OT) 9:30 Duplicate Bridge (PUB) 12:00 Video "The World's Greatest Geological Wonders" Ep. 19 & 2 (918) 1:00 Canasta (PUB) 1:00 Book Club (RCCR) 1:30 Mahjong (PUB) 2:00 Computer & Device Help (MG) 2:30 Resident-led Pool Volleyball (AC) 2:30 Great Decisions: "Mideast Realignment" with Moderator David Goebel (AUD) 4:00 Backgammon (PUB) 5:30 Beer Pairing Dinner with Fox Farm Brewery (CHR) Sign Up at the Dining Podium 7:30 Game Night (PUB) 7:30 Friday Series: "Foyle's War" S. 4, Ep. 2 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 9:00 OnSite Dermatology (OT) 1:30 Episcopal Service (AUD) 1:30 Rosary Service (ARR) 11:00 TRIP: Lunch at Cork & Rye then Roger Williams Park Zoo (Warwick) 4:00 Alison Mitchell Book Event "Letters to Papa: Summers in Old Lyme" (AUD) 7:30 Musical Movie: "The Supremes at Earl's All-You-Can-Eat" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 9:00 Open Pickleball (PC) 9:00 Patricia Murdoch, APRN (OT) 9:00 Physical Therapy Discussion (AUD) 9:45 Movie Selection Panel (MG) 10:00 Coffee and Conversations with the Resident Council (PUB) 10:45 StoneRidge Chorus Practice (AUD) 12:00 Video "Rediscovering the Age of Dinosaurs" Ep. 19 & 20 (918) 1:00 Cribbage (PUB) 1:00 Welcome Committee (CHR) 2:00 Transportation to Mystic Noank Library 2:00 Stone Quilters (RCCR) 2:00 Landscape Painting Class Open Studio (CAS) 2:00 Memoir Writing (LL) 7:30 Musical Movie: "The Supremes at Earl's All-You--Can-Eat" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 12:30 Upcoming Events (918) 1:00 Quilting Lessons with the Stone Quilters (RCCR) 2:00 Billiards (BR) 2:00 Computer & Device Help (MG) 3:30 Halloween Movie Matinee: "Little Shop of Horrors" (1960) (AUD) 3:00 Genealogy Workshop (RCCR) 7:00 Poker (PUB) 7:30 Friday Series: "Foyle's War" S. 4, Ep. 3 (AUD)</p>	<p>9:00 Open Pickleball (PC) 9:30 Lower Body Strength Seated (918) 11:00 Qi Gong (918) 1:00 Open Bocce (BC) 1:30 Mindful Meditation (918) 2:00 Saturday Movie: (918) 7:30 Saturday Movie: "Opening Night" (AUD)</p> <p>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>

Reoccurring Fitness Classes Monday - Friday

MONDAY
9:30 Seated Range of Motion (918)
9:30 Heart and Sole Walk (ML)
10:30 Stable & Strong (AUD)
8:30 Meditation for Relaxation (918)

TUESDAY
9:00 Slow Flow H2O (Pool)
9:30 Lower Body Strength (918)
10:00 Heart Healthy Hustle (AUD)
10:35 Range of Motion Exercises (AUD)
11:00 Yoga (AUD)
2:00 Calming Meditation (918)

WEDNESDAY
9:30 Heart and Sole Walk (ML)
9:30 Seated Range of Motion (918)
10:30 Stable & Strong (AUD)
8:30 Meditation for Relaxation (918)

THURSDAY
9:30 Lower Body Strength Chair (918)
10:00 Heart Healthy Hustle (AUD)
10:35 Range of Motion Exercises (FS)
11:00 Qi Gong Seated (918)
11:00 Tai Chi Balance (RSVP Class FS)
2:00 Positive Energy Meditation (918)

FRIDAY
9:00 Slow Flow H2O (Pool)
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
<p>10:30 Catholic Communion Contact Kip Brockmyre to sign up 13</p> <p>10:00 TRIP: Connecticut Highland Games</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Terms of Endearment" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Terms of Endearment" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 14</p> <p>9:00 Dr. Hennessey, Primary Care (OT)</p> <p>1:00 Duplicate Bridge (PUB)</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 "What is America to Me? Conversations About Who We Are" with John Webster" (AUD)</p> <p>2:00 Billiards (BR)</p> <p>6:30 BINGO (AUD)</p>	<p>No In-Person Morning Fitness Classes in the Auditorium 15</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>9:00 Open Pickleball (PC)</p> <p>11:00 Resident Update Meeting (AUD)</p> <p>12:00 Video "The World's Greatest Geological Wonders" Ep. 21 & 22 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:00 <i>Residents for Conservation Action Committee (RCCR)</i></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 Scams Talk with Lauren, IT (AUD)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 4, Ep. 3 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 16</p> <p>1:00 Parkinson's Support Group at Masonicare</p> <p>1:00 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 Culturally Curious with Bob Potter: The Artist and His Muses: Picasso's Portraits of Women (AUD)</p> <p>7:30 Musical Movie: "The King and I" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 17</p> <p>9:00 Open Pickleball (PC)</p> <p>9:00 Catherine Krenicky, APRN (OT)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>12:00 Video "Rediscovering the Age of Dinosaurs" Ep. 21 & 22 (918)</p> <p>1:00 Cribbage (PUB)</p> <p>2:00 Stone Quilters</p> <p>2:00 Landscape Painting Class with Ceilidh (CAS)</p> <p>2:00 Memoir Writing (LL)</p> <p>4:00 Stanley Carpenter Lecture Series: American Revolution (AUD)</p> <p>7:30 Musical Movie: "The King and I" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 18</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 <i>Quilting Lessons with the Stone Quilters (RCCR)</i></p> <p>1:00 Bereavement and Healing Group with LoriAnn (CHR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Billiards (BR)</p> <p>3:00 Genealogy Workshop (RCCR)</p> <p>3:00 Halloween Movie Matinee: "Haunted Mansion" (2023) (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S.</p>	<p>9:00 Open Pickleball (PC) 19</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: Freshmen (under 1 yr.) vs Seniors (1 yr.+)</p> <p>2:00 Saturday Movie: "The Boy and the Heron" (918)</p> <p>7:30 Saturday Movie: "The Boy and the Heron" (AUD)</p>
<p>10:30 Catholic Communion; Contact Kip Brockmyre to sign up 20</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "City Slickers" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "City Slickers" (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) 21</p> <p>9:00 Flu Shot Clinic (Hallway Outside Linda Hart's Office)</p> <p>9:00 Dr. Hennessey, Primary Care (OT)</p> <p>9:30 Better Hearing at StoneRidge(CHR)</p> <p>1:00 Party Bridge (PUB)</p> <p>1:00 <i>Art Committee Meeting (CAS)</i></p> <p>1:30 <i>Sit & Stitch/Knitters (RCCR)</i></p> <p>2:00 "What is America to Me? Conversations About Who We Are" with John Webster" (AUD)</p> <p>2:00 Billiards (BR)</p> <p>3:00 <i>Finance Committee (RCCR)</i></p> <p>4:00 Happy Hour (PUB)</p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 22</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. 23 & 24 (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 Barks & Recreations Pet Care Series: The Best Care and Keeping of Your Pets Discussion (AUD)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 4, Ep. 4 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 23</p> <p>9:30 <i>Resident's Council Meeting (RCCR)</i></p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Rosary Service (ARR)</p> <p>7:30 Musical Movie: "Guys and Dolls" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 24</p> <p>9:00 Open Pickleball (PC)</p> <p>9:00 Patricia Murdoch, APRN (OT)</p> <p>12:00 Video "Rediscovering the Age of Dinosaurs" Ep. 23 & 24 (918)</p> <p>1:00 <i>Resident Marketing Committee (RCCR)</i></p> <p>1:00 Walking Trip with Julie: Rocky Neck State Park</p> <p>2:00 Landscape Painting Class Open Studio (CAS)</p> <p>2:00 Memoir Writing (LL)</p> <p>7:30 Musical Movie: "Guys and Dolls" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 25</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 <i>Quilting Lessons with the Stone Quilters (RCCR)</i></p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Billiards (BR)</p> <p>3:00 Genealogy Workshop (RCCR)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 5, Ep. 1 (AUD)</p>	<p>9:00 Open Pickleball (PC) 26</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: "Downwind" (918)</p> <p>2:00 Bocce Match: Guys vs Gals (BC)</p> <p>7:30 Saturday Movie: "Downwind" (AUD)</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Aquatic Center & Fitness Center 7 Days A Week</p> </div>
<p>10:30 Catholic Communion Contact Kip Brockmyre to sign up 27</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "The King's Speech" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "The King's Speech" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 28</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 Craft Class: Decoupage Pumpkins (CAS)</p> <p>2:00 Billiards (BR)</p> <p>4:00 Kevin Buterbaugh Current Events Lecture (AUD)</p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 29</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. 25 & 26 (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>2:30 <i>Recreation Committee (RCCR)</i></p> <p>3:00 Documentary with Dow Davis "Edgar Allan Poe" (AUD)</p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 5, Ep. 1 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 30</p> <p>9:30 <i>Resident's Council Meeting (RCCR)</i></p> <p>10:30 TRIP: Maggie Jones Fall Bus Tour</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Rosary Service (ARR)</p> <p>2:00 TRIP: Maggie Jones Fall Bus Tour</p> <p>3:00 Questions for a Pharmacist with Nutmeg Pharmacy (PUB)</p> <p>3:00 Culturally Curious with Bob Potter: Wonderous Strange, The Wyeths (AUD)</p> <p>7:30 Musical Movie: "Little Shop of Horrors" (1986) (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 31</p> <p>9:00 Open Pickleball (PC)</p> <p>9:00 Catherine Krenicky, APRN (OT)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>12:00 Video "Medical News Explained" Ep. 1 & 2 (918)</p> <p>2:00 Memoir Writing (LL)</p> <p>4:00 Halloween Party: Haunted Mansion, A Victorian Halloween (MDR)</p> <p>7:30 Musical Movie: "Little Shop of Horrors" (1986) (918)</p>	<div style="border: 1px solid black; padding: 5px;"> <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</p> <p>Sunday Brunch: 11:00—2:00 pm</p> <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</p> </div>	<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>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>4th— Waterford Walmart & Lowes</p> <p>11th— Groton Rte 1 & Groton Shopping Plaza</p> <p>18th— Waterford Target, Crystal Mall, New London Mall (Leaving at 12:30)</p> <p>25th— Downtown Westerly & Westerly Shopping Center</p>	<p>Reoccurring Transportation Sunday - Friday</p>
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