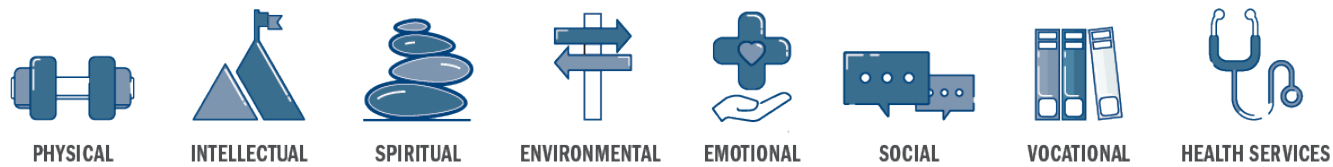






September 2024

"One person caring about another represents life's greatest value."
-Jim Rohn

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>10:30 Catholic Communion 1 Contact Kip Brockmyre to sign up</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Begin Again" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Begin Again" (AUD)</p> <div style="border: 1px solid red; padding: 5px; margin-top: 10px;"> <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> </div>	<p>No In-Person Fitness Classes 2</p> <p>9:00 "For Prayer and Meditation" (918)</p> <p>12:00 Labor Day Picnic- Sign Up at the Dining Podium (Mariner Grille and Patio)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p> <div style="text-align: center; margin-top: 20px;">  <p>HAPPY LABOR DAY</p> </div>	<p>9:00 "For Prayer and Meditation" (918) 3</p> <p>9:00 Open Pickleball (PC)</p> <p>9:30 Duplicate Bridge (PUB)</p> <p>10:00 Bocce 101 with Tom Fitzgerald & Peter Hewitt (BC)</p> <p>12:00 Video "The World's Greatest Geological Wonders" Ep. 9 & 10 (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 (CAS)</p> <p>2:00 Computer & Device Help (MG)</p> <p>2:00 Health and Safety Committee (RCCR)</p> <p>2:30 Resident-led Pool Volleyball (AC)</p> <p>3:00 Play Reading "Love Letters" (AUD)</p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 3, Ep. 1 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 4</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Rosary Service (ARR)</p> <p>1:30 Shopping at McQuades and Big Y (Mystic)</p> <p>1:30 TRIP: Florence Griswold Museum Docent Tour of "Impressionism 150"</p> <p>7:30 Musical Movie: "Call Me Madam" (AUD)</p> <p>7:30 Poetry in the Pub (PUB)</p>	<p>9:00 "For Prayer and Meditation" (918) 5</p> <p>9:00 Catherine Krenicky, APRN (OT)</p> <p>9:00 Open Pickleball (PC)</p> <p>12:00 Video "Rediscovering the Age of Dinosaurs" Ep. 9 & 10 (918)</p> <p>12:45 Fitness Walk with Julie: Watch Hill Lighthouse Museum and Self-Guided Tour</p> <p>1:00 Cribbage (PUB)</p> <p>1:00 Grounds and Gardens Committee (RCCR)</p> <p>3:00 Facilities Committee (RCCR)</p> <p>3:00 Wingmasters: New England Birds of Prey (AUD)</p> <p>7:30 Musical Movie: "Call Me Madam" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 6</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 Quilting Lessons with the Stone Quilters (RCCR)</p> <p>1:30 25th Anniversary Concert "Les Misérables" Video (AUD)</p> <p>2:00 Billiards (BR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 3, Ep. 2 (AUD)</p>	<p>9:00 Open Pickleball (PC) 7</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: "Barb and Star Go to Vista Del Mar" (918)</p> <p>7:30 Saturday Movie: "Barb and Star Go to Vista Del Mar" (AUD)</p> <div style="border: 1px solid red; padding: 5px; margin-top: 10px;"> <p>Activities and Trips in red require SIGN UP in the Activity Book on the table across from the Mailroom.</p> </div>
<p>10:30 Catholic Communion 8 Contact Kip Brockmyre to sign up</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Downhill Racer" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Downhill Racer" (AUD)</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>9:00 "For Prayer and Meditation" (918) 9</p> <p>9:00 Dr. Hennessey, Primary Care (OT)</p> <p>11:00 Hearing Better at StoneRidge Meeting (CHR)</p> <p>1:30 Sit & Stitch/Knitters (RCCR)</p> <p>2:00 Billiards (BR)</p> <p>1:30 "What is America to Me? Conversations About Who We Are" with John Webster (AUD)</p> <p>2:30 Library Committee (PDR)</p> <p>3:00 Medieval Faire (VG)</p> <p>6:30 BINGO (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 10</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. 11 & 12 (918)</p> <p>1:00 Canasta (PUB)</p> <p>1:00 Book Club (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>2:30 Great Decisions "Global Trade, Green Energy" with Moderator Jack Spinner (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. 3, Ep. 2 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 11</p> <p>9:00 OnSite Dermatology, Call for Appointment (OT)</p> <p>10:40 TRIP: Lunch at Matunuck Oyster Bar then 42nd Street at Theater By the Sea (South Kingstown, RI)</p> <p>1:30 Episcopal Service (AUD)</p> <p>1:30 Rosary Service (ARR)</p> <p>2:30 Fall Prevention Event with the Health Committee (AUD)</p> <p>7:30 Musical Movie: "Words and Music" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 12</p> <p>9:00 Open Pickleball (PC)</p> <p>9:45 Movie Selection Panel (MG)</p> <p>10:00 Coffee and Conversations with the Resident Council (PUB)</p> <p>12:00 Video "Rediscovering the Age of Dinosaurs" Ep. 11 & 12 (918)</p> <p>1:00 Cribbage (PUB)</p> <p>1:00 Welcome Committee (CHR)</p> <p>2:00 Stone Quilters (RCCR)</p> <p>4:00 Sea Chanteys with Tom Callinan, First Official State Troubadour of Connecticut (AUD)</p> <p>7:30 Musical Movie: "Words and Music" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 13</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 Quilting Lessons with the Stone Quilters (RCCR)</p> <p>2:00 Billiards (BR)</p> <p>2:00 Computer & Device Help (MG)</p> <p>3:30 Discovering Museums Video: "Vikings Live: A Tour from the British Museum" (AUD)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 3, Ep. 3 (AUD)</p>	<p>9:00 Open Pickleball (PC) 14</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: Giants vs Patriots Fans (BC)</p> <p>2:00 Saturday Movie: "Air" (918)</p> <p>7:30 Saturday Movie: "Air" (AUD)</p> <div style="text-align: center; margin-top: 20px;">  </div>

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)

1:00 Tai Chi Balance (RSVP Class FS)

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 15</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Mountain Queen: The Summits of Lhakpa Sherpa" (918)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Mountain Queen: The Summits of Lhakpa Sherpa" (AUD)</p>	<p>9:00 "For Prayer and Meditation" with John Webster (918) 16</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 Quilling for Beginners Demo with Laurie Schott, Drop In (CAS)</p> <p>2:00 Billiards (BR)</p> <p>7:30 Thames River Big Band (AUD)</p>	<p>No In-Person Morning Fitness Classes in the Auditorium 17</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. 13 & 14 (918)</p> <p>1:00 <i>Residents for Conservation Action (RCCR)</i></p> <p>1:00 Canasta (PUB)</p> <p>1:30 Caregivers Support Group with LoriAnn (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>3:00 Old Mystic History Center Lecture: Native American 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. 3, Ep. 3</p>	<p>9:00 "For Prayer and Meditation" (918) 18</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>2:30 <i>Volunteer Fair Committee Meeting (RCCR)</i></p> <p>3:00 Culturally Curious with Bob Potter: Georgia O'Keefe from New York to New Mexico (AUD)</p> <p>4:30 TRIP: Connecticut River Swallows Cruise and Packed Dinner (Essex)</p> <p>7:30 Musical Movie: "Showboat" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 19</p> <p>9:00 Catherine Krenicky, APRN (OT)</p> <p>9:00 Open Pickleball (PC)</p> <p>10:00 Coffee and Conversations, Transitions of Care: Meet the Avalon Team (PUB)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>12:00 Video "Rediscovering the Age of Dinosaurs" Ep. 13 & 14 (918)</p> <p>1:00 Cribbage (PUB)</p> <p>2:00 Stone Quilters (RCCR)</p> <p>2:00 Landscape Painting Class with Ceilidh (CAS)</p> <p>2:00 Memoir Writing (LL)</p> <p>4:00 Allen Krantz Classical Guitar Concert (AUD)</p> <p>7:30 Musical Movie: "Showboat"(918)</p>	<p>9:00 "For Prayer and Meditation" (918) 20</p> <p>12:30 Upcoming Events (918)</p> <p>1:00 Quilting Lessons with the Stone Quilters (RCCR)</p> <p>1:00 Volunteer Opportunity Fair for Committees (AUD)</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. 3, Ep. 4 (AUD)</p>	<p>9:00 Open Pickleball (PC) 21</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>1:00 Volunteer Opportunities Fair - Off Campus Organizations (AUD)</p> <p>1:30 Mindful Meditation (918)</p> <p>2:00 Saturday Movie: "Mrs. Harris Goes to Paris" (918)</p> <p>7:30 Saturday Movie: "Mrs. Harris Goes to Paris" (AUD)</p> 
<p>10:30 Catholic Communion; Contact Kip Brockmyre to sign up 22</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Thelma" (918)</p> <p>2:00 Play Reading "Over the River and Through the Woods" (AUD)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Thelma" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 23</p> <p>9:00 Dr. Hennessey, Primary Care (OT)</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) 24</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. 15 & 16 (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 Lecture: Steven Slosberg, Author and Journalist (AUD)</p> <p>4:00 Steven Slosberg Writing Workshop (CAS)</p> <p>4:00 Backgammon (PUB)</p> <p>7:30 Game Night (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 3, Ep. 4 (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 25</p> <p>9:30 <i>Resident's Council Meeting (RCCR)</i></p> <p>11:45 TRIP: Lunch at Mr. Crab Cajun Seafood & Hibachi (Groton)</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>3:00 Documentary with Dow Davis "Becoming Frederick Douglas"</p> <p>7:30 Musical Movie: "The Greatest Showman" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 26</p> <p>9:00 Patricia Murdoch, APRN (OT)</p> <p>9:00 Open Pickleball (PC)</p> <p>10:45 StoneRidge Chorus Practice (AUD)</p> <p>12:00 Video "Rediscovering the Age of Dinosaurs" Ep. 15 & 16 (918)</p> <p>1:00 <i>Resident Marketing Committee (RCCR)</i></p> <p>2:00 Landscape Painting Class with Ceilidh (CAS)</p> <p>2:00 Memoir Writing (LL)</p> <p>2:00 <i>Recreation Committee Meeting (RCCR)</i></p> <p>4:00 Art of the Met Lecture with Beth Chapin (AUD)</p> <p>7:30 Musical Movie: "The Greatest Showman" (918)</p>	<p>9:00 "For Prayer and Meditation" (918) 27</p> <p>11:00 Bereavement and Healing Group with LoriAnn (CHR)</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 StoneRidge Cultural Diversity Fair (VG)</p> <p>2:00 Billiards (BR)</p> <p>7:00 Poker (PUB)</p> <p>7:30 Friday Series: "Foyle's War" S. 4, Ep. 1 (AUD)</p>	<p>9:00 Open Pickleball (PC) 28</p> <p>9:30 Transportation to New London Alzheimer's Walk (Ocean Beach)</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: Hatfield's (Bldgs. 1, 2, 3) vs McCoy's (Bldgs. 4, 5, 6) (BC)</p> <p>2:00 Saturday Movie: "Nice Guys" (918)</p> <p>4:45 Transportation to Mystic Chamber Music Concert</p> <p>7:30 Saturday Movie: "Nice Guys" (AUD)</p>
<p>10:30 Catholic Communion Contact Kip Brockmyre to sign up 29</p> <p>11:00 Qi Gong Seated (918)</p> <p>2:00 Sunday Movie: "Brief Encounter" (918)</p> <p>2:00 Connecticut Gilbert and Sullivan Society (AUD)</p> <p>3:00 Scrabble (PUB)</p> <p>7:30 Sunday Movie: "Brief Encounter" (AUD)</p>	<p>9:00 "For Prayer and Meditation" (918) 30</p> <p>11:30 Tree Trail Walk with Gerhard Schade (ML)</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>6:30 BINGO (AUD)</p>  <p>ACTIVE AGING WEEK SEPTEMBER 30 - OCTOBER 6, 2024</p>	<p>Hair Salon & Stylists: Monday-Wednesday, Friday 9am - 3pm (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>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>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>Call for Appointment:</p> <p>Dr. Hennessey Catherine Krenicky, APRN</p> <p>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>For Medical Appointments, Call the Transportation Department at (860) 572-5604 Email: transportation @stoneridgerc.com</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Aquatic Center & Fitness Center 7 Days A Week</p> </div>

<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- No Shopping on 5/27</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>6th- Waterford Walmart & Lowes</p> <p>13th- Groton Rte 1 & Groton Shopping Plaza</p> <p>20st- Waterford Target, Crystal Mall, New London Mall</p> <p>27th- Downtown Westerly & Westerly Shopping Center</p>	<p>Reoccurring Transportation Sunday - Friday</p>
--	--	--	---	---	---	--