### March 2020

**Masonicare at Mystic**

45 Clara Drive  
Mystic, CT 06355  
(860) 415-2500  
www.masonicare-mystic.org

*The Mission of Masonicare is to enhance quality of life through an exceptional continuum of person-centered care.*

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<th>Sunday</th>
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</table>
| 1 9:15 Transportation to Church SU  
11:00-2:00 Sunday Brunch  
CMDR  
11:45 Communion GAR  
12:30 Mass CH 20 GAR  
1:00 Afternoon Scenic Ride SU  
1:00 Sharing the Gospel MC  
2:00 Arm Chair Travel GAR  
3:30 Knit Wits FS  
6:30 Movie Night GAR   | 2 10:00 Zumba with Monica MAC B  
11:00 Manicures GAR  
12:45 Country Line Dancing GAR  
1:00 Rummikub GR  
1:30 Shopping at Crystal Mall SU  
1:45 Water Aerobics AC  
2:00 Parade Meeting Bistro  
2:00 Bingo GAR  
4:00 Appetizers in the PUB  
6:30 Movie Night GAR   | 3 10:00 Word Game GAR  
10:30 Shopping at Big Y/CVS SU  
11:00 Book Club Meeting APDR  
11:00 Educational Programming GAR  
11:00 Open Swim AC  
12:15 Chair Yoga with Pat MAC  
1:00 Bolshoi Ballet “Swan Lake” SU  
1:00 Rummikub GR  
2:00 Resident Town Hall Meeting MAC A&B  
6:30 Documentary Night GAR   | 4 9:45 Parkinson Modern Dance  
10:00 Zumba with Monica MAC B  
10:00-11:00 Blood Pressure Clinic WO  
11:00 Word Games GAR  
1:00 Rummikub GR  
1:45 Water Aerobics AC  
2:00 Computer Tech with the Mystic/Noank Library APDR SU  
2:00 Greeting Card Creations GAR  
2:00 Wii Bowling LW  
2:00 At the Opera GAR  
4:00 Appetizers in the PUB  
6:30 Movie Theater Night MAC   | 5 9:00 Veteran’s Coffeehouse GAR  
10:30 Open Swim AC  
11:15 One on one visit with Luna B  
1:00 Rummikub GR  
1:00 Bridge PUB  
2:00 Afternoon Manicures GAR  
3:00 Billiards B  
7:15 Travelogues MAC   | 6 8:30-10:30 Shuttle for Grocery  
Shopping at McGua¬des—SU  
10:00 Water Aerobics AC  
11:00 Word Game GAR  
11:00 Chair Pilates GAR  
1:00 Rummikub GR  
1:00 Singing Sessions with Clair Stadtmueller GAR  
2:00 Trivia PUB  
2:30 Left/Right/Center GAR  
4:00 Sabbath Jewish Services APDR  
4:00 Appetizers in the PUB  
6:30 Movie Night GAR   | 7 10:00 Chair Yoga with Pat MAC B  
11:00 History of Hollywood with Jared Day MAC A  
11:00 Open Swim AC  
1:00 Rummikub GR  
1:00 Afternoon Matinee GAR  
1:30 Holy Rosary APDR  
2:00 Bingo GAR  
6:30 Movie Night GAR   |
| 8 Day Light Savings Begins  
9:15 Transportation to Church SU  
11:00-2:00 Sunday Brunch  
CMDR  
11:45 Communion GAR  
12:30 Mass CH 20 GAR  
1:00 Afternoon Scenic Ride SU  
1:00 Sharing the Gospel MC  
2:00 Arm Chair Travel GAR  
3:30 Knit Wits FS  
6:30 Movie Night GAR   | 9 Full Moon  
10:00 Zumba with Monica MAC B  
11:00 Manicures GAR  
12:45 Country Line Dancing GAR  
1:00 Rummikub GR  
1:30 Shopping at New London Mall SU  
1:45 Water Aerobics AC  
2:00 Bingo GAR  
4:00 Appetizers in the PUB  
6:30 Movie Night GAR   | 10 10:00 Word Game GAR  
10:00 Program Demo MAC A  
10:30 Shopping Aldi’s Plaza SU  
10:45 Meet with Resident Council Members in the PUB  
11:00 Gym Equipment Instructions FS  
11:00 Educational Programming GAR  
11:00 Open Swim AC  
12:15 Chair Yoga with Pat MAC  
1:00 Rummikub GR  
2:00 Creative Painting GAR  
6:30 Documentary Night GAR   | 11 9:45 Parkinson Modern Dance  
10:00 Zumba with Monica MAC B  
10:00-11:00 Blood Pressure Clinic WO  
10:00 New Britain Museum of Art and Lunch SU  
11:00 Word Games GAR  
1:00 Rummikub GR  
1:45 Water Aerobics AC  
2:00 Computer Tech with the Mystic/Noank Library APDR SU  
2:00 Greeting Card Creations GAR  
2:00 Wii Bowling LW  
2:00 At the Opera GAR  
4:00 Appetizers in the PUB  
6:30 Movie Theater Night MAC   | 12 10:30 Open Swim AC  
11:00 Morning Bingo GAR  
11:15 One on one visit with Luna B  
1:00 Rummikub GR  
1:00 Bridge PUB  
1:00 Afternoon Manicures GAR  
2:30 March Birthday Celebration with Kip Sturgeon 7:15 Travelogues MAC   | 13 8:30-10:30 Shuttle for Grocery  
Shopping at McGua¬des—SU  
10:00 Water Aerobics AC  
11:00 Word Game GAR  
11:00 Chair Pilates GAR  
1:00 Rummikub GR  
1:00 Singing Sessions with Clair Stadtmueller GAR  
2:00 Trivia PUB  
2:30 Left/Right/Center GAR  
4:00 Sabbath Jewish Services APDR  
4:00 Appetizers in the PUB  
6:30 Movie Night GAR   |
| 14 10:00 Chair Yoga with Pat MAC B  
11:00 Morning Bingo GAR  
1:00 Rummikub GR  
1:30 Holy Rosary APDR  
2:00 Irish Step Dancers Performance MAC  
6:30 Movie Night GAR   |
### Sunday
- **9:15 Transportation to Church SU**: 11:00-2:00 Sunday Brunch
- **CMDR**: 11:45 Communion GAR
  12:30 Mass CH 20 GAR
  1:00 Coast Guard Band Concert SU
- **1:00 Rumnikub GR**: 1:30 Sharing the Gospel MC
  2:00 Arm Chair Travel GAR
  3:30 Knit Wits FS
  6:30 Movie Night GAR
- **12:30 Mass CH 20 GAR**: 1:00 Open Swim AC
  1:15 Chair Yoga with Pat MAC B
  1:45 Water Aerobics AC
- **11:00 Manicures GAR**: 10:00 Zumba with Monica MAC B
  11:00 Open Swim AC
  12:15 Chair Yoga with Pat MAC B
  1:00 Rumnikub GR
  2:00 Creative Painting GAR
  6:30 Movie Theater Night GAR
- **11:00 Morning Bingo GAR**: 10:00 Chair Pilates GAR
  1:00 Open Swim AC
  8:00 Irish Soda Bread in Saint Patrick’s Day—

### Monday
- **10:00 Zumba with Monica MAC B**: 11:00 Manicures GAR
  12:45 Country Line Dancing GAR
  1:00 Rumnikub GR
- **1:30 Shopping at Groton Square SU**: 1:45 Water Aerobics AC
  2:00 Bingo GAR
  4:00 Appetizers in the PUB
  6:30 Movie Night GAR
- **11:00 Afternoon Scenic Ride SU**: 12:30 Mass CH 20 GAR
  1:45 Water Aerobics AC
  2:00 Computer Tech with the Mystic/Noank Library APDR SU
  2:00 Greeting Card Creations GAR
  3:00 Billiards B
  6:30 Documentary Night GAR
- **11:00 Morning Bingo GAR**: 10:00 Chair Pilates GAR
  1:00 Open Swim AC

### Tuesday
- **11:00 Saint Patrick’s Day**
  - **3:30 Knit Wits FS**: 10:00 Word Game GAR
  - **10:30 Shopping at Groton Square SU**: 11:00 Educational Programming GAR
  - **11:00 Open Swim AC**: 12:15 Chair Yoga with Pat MAC B
  - **1:00 Rumnikub GR**: 2:00 Creative Painting GAR
  - **2:00 Food 4 Thought GAR**: 6:30 Documentary Night GAR
- **11:00 Afternoon Scenic Ride SU**: 12:30 Mass CH 20 GAR
  1:45 Water Aerobics AC
  2:00 Computer Tech with the Mystic/Noank Library APDR SU
  2:00 Greeting Card Creations GAR
  3:00 Billiards B
  6:30 Movie Theater Night GAR

### Wednesday
- **9:45 Parkinson Modern Dance**: 10:00 Zumba with Monica MAC B
- **10:00 Word Game GAR**: 10:30 Shopping at Groton Square SU
- **11:00 Educational Programming GAR**: 12:15 Chair Yoga with Pat MAC B
- **1:00 Rumnikub GR**: 2:00 Creative Painting GAR
- **2:00 Food 4 Thought GAR**: 6:30 Documentary Night GAR

### Thursday
- **9:00 Veteran’s Coffeehouse GAR**: 10:30 Open Swim AC
  - **11:00 Absentee Ballot Information Meeting with Town of Stonington MAC**: 11:15 One on One visit with Luna B
  - **11:00 Bridge PUB**: 11:45 Shopping at Groton Square SU

### Friday
- **8:30-10:30 Shuttle for Grocery Shopping at McQuades—SU**: 10:00 Chair Pilates GAR
  11:00 Open Swim AC
  1:00 Rumnikub GR
  2:00 Bingo GAR

### Saturday
- **10:00 Chair Yoga with Pat MAC B**: 11:00 History of Hollywood with Jared Day MAC A
  - **11:00 Open Swim AC**: 1:00 Rumnikub GR
  - **1:00 Holy Rosary APDR**: 2:00 Bingo GAR

### Abbreviations:
- AC—Aquatics Center
- AF—Anchor Fresno
- ALR—Anchor Living Room
- AMDR—Anchor Main
- APDR—Anchor Private
- B-Room—Bistro
- CMDR—Campus Main
- CPDR—Campus Private
- Dining Room—Dining Room
- GAR—Group Activities Room
- FS—Fitness Studio
- FRS—Fireside
- GR—Game Room
- L—Library
- LW—Library Wing
- MA—Main Entrance
- MB—Main Building
- MC—Memory Care
- R—Recreation Office
- RO—Recreation Office
- S—Sea Shop
- T—Theater Room
- WO—Wellness Office

### Hairdresser hours are:
- **Tuesday**: 9:00 am-4:00 pm
- **Thursday**: 9:00 am-4:00 pm
  **Friday**: 9:00 am-1:00 pm

**First Wednesday of the month:**
- **Manicures & Pedicures**: 9:00 am-4:00 pm

**Masonicare Dining Room**

**Bringing Guests?**
Please call for reservations 860-415-2403

**COMPASS DINING ROOM HOURS 2019**

**Masonicare Dining Room**
- **Monday-Sunday**: 8:00-8:30 a.m., & 11:00-1:00 p.m.
- **PUB**: Monday-Saturday:
  - 4:00-7:00 p.m.