

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2020

PEOPLE OFTEN SAY THAT MOTIVATION DOESN'T LAST. WELL NEITHER DOES BATHING- THAT'S WHY WE RECOMMEND IT DAILY- ZIG ZIGLAR

The Saybrook at Haddam Independent & Assisted Living

<p>Independent Leisure 4</p> <p>Sunday Catholic service on Channel 14 Get together with a neighbor and play some cards or chat about the latest and greatest! Walks Family visits 10am-3pm</p>	<p>5 10:00am Books with Joan- Explore the life and music of the most famous singer song writers and actors of our time-Movie Room Family visits 10am-3pm 6:30pm- Monday night concert "The Best of Dean Martin" (YouTube)</p>	<p>6 10:00am Exercise- Weights for Resistance- Lobby 11:00am Cooking-Creamy Pumpkin Soup! Country Kitchen 2:00pm Travelogue- CANADA Travel Documentary Video Movie Room 3:00pm- The Saybrook Singers Lobby</p>	<p>7 10:00am Exercise-core Strength- Lobby 11:00am Jeopardy- MR 2:00pm – Trivial Pursuit-DR 3:00pm Corn Hole Throw - Recreation Room 6:30pm Movie "FIDDLER ON THE ROOF" (Netflix) Movie Room</p>	<p>8 8:00am Men's Breakfast Dining Room 10:00am Exercise- Full body Workout- Lobby 11:00am Singing Along-Movie Room 2:00pm Bingo-Recreation Room 3:30pm Art/ Painting- Recreation Room</p>	<p>9 10:00am Exercise- Lobby 11:00am Memoir Writing- Library 2:00pm Cocktail's and Crossword Puzzle- Dining Room 3:00pm Men's Club- What is it and What is it used for? Game Movie Room <small>Sukkot Begins</small></p>	<p>3 10:00am Categories word game- Recreation Room 11:00am Corn Hole Throw Recreation Room 2:00pm Bingo Recreation Room 3:30pm Saturday Matinee "VANITY FAIR" Movie Room</p>
<p>Independent Leisure 11</p> <p>Sunday Catholic service on Channel 14 Get together with a neighbor and play some cards or chat about the latest and greatest! Walks Family visits 10am-3pm</p>	<p>12 10:00am Books with Joan- Explore the life and music of the most famous singer song writers and actors of our time-Movie Room Family visits 10am-3pm 6:30pm- Monday night concert "Lawrence Welk Show-1968 Keep a Song in Your Heart" <small>Columbus Day (US) Thanksgiving Day (Canada)</small></p>	<p>13 10:00am Exercise- Weights for Resistance- Lobby 11:00am Cooking- Pumpkin Cheesecake Cups! Country Kitchen 2:00pm Travelogue- 25 Best National Parks in The USA Movie Room 3:00pm- The Saybrook Singers Lobby</p>	<p>14 10:00am Exercise-core Strength- Lobby 11:00am Jeopardy- MR 2:00pm - Short Stories Reading and Discussion- Library 3:00pm Corn Hole Throw - Recreation Room 6:30pm Movie "Indiana Jones/ Raider of The Lost Ark" (Netflix)</p>	<p>15 8:00am Men's Breakfast Dining Room 10:00am Exercise- Full body Workout- Lobby 11:00am Singing Along-Movie Room 2:00pm Bingo-Recreation Room 3:30pm Art/ Painting- Recreation Room</p>	<p>16 10:00am Exercise- Lobby 11:00am Memoir Writing- Library 2:00pm Cocktail's and Crossword Puzzle- Dining Room 3:00pm Men's Club- Riddle Me This (Men's addition) Movie Room</p>	<p>17 10:00am Categories word game- Recreation Room 11:00am Corn Hole Throw- Recreation Room 2:00pm Bingo Recreation Room 3:30pm Saturday Matinee "THE WEDDING PLANNER"</p>
<p>Independent Leisure 18</p> <p>Sunday Catholic service on Channel 14 Get together with a neighbor and play some cards or chat about the latest and greatest! Walks Family visits 10am-3pm</p>	<p>19 10:00am Books with Joan- Explore the life and music of the most famous singer song writers and actors of our time-Movie Room Family visits 10am-3pm 6:30pm- Monday night concert "Johann Strauss Gala Concert in Vienna with Jose Carreras" (YouTube)</p>	<p>10 10:00am Exercise- Weights for Resistance- Lobby 11:00am Craft- Pumpkin Decorating Recreation Room 2:00pm Travelogue- Ireland/Travel Guide and Overview video Movie Room 3:00pm- The Saybrook Singers Lobby</p>	<p>21 10:00am Exercise-core Strength- Lobby 11:00am Jeopardy- MR 1:30pm BELTONE 2:00pm - Trivial Pursuit- DR 3:00pm Corn Hole Throw - Recreation Room 6:30pm Movie "Quartet" (Netflix) Movie Room</p>	<p>22 8:00am Men's Breakfast Dining Room 10:00am Exercise- Full body Workout- Lobby 11:00am Singing Along-Movie Room 2:00pm Bingo-Recreation Room 3:30pm Art/ Painting- Recreation Room</p>	<p>23 10:00am Exercise- Lobby 11:00am Short Stories Reading and Discussion- Library 2:00pm Cocktail's and Crossword Puzzle- Dining Room 3:00pm Entertainer Tom Stankus- Singer Guitar Player- Lobby</p>	<p>24 10:00am WHO AM I TRIVIA GAME and a few short stories - Recreation Room 11:00am Corn Hole Throw- Recreation Room 2:00pm Bingo Recreation Room 3:30pm Saturday Matinee "GREASE"</p>
<p>Independent Leisure 25</p> <p>Sunday Catholic service on Channel 14 Get together with a neighbor and play some cards or chat about the latest and greatest! Walks Family visits 10am-3pm</p>	<p>26 10:00am Books with Joan- Explore the life and music of the most famous singer song writers and actors of our time-Movie Room Family visits 10am-3pm 6:30pm- Monday night concert "An Evening with Nat King Cole" (YouTube)</p>	<p>27 10:00am Exercise- Weights for Resistance- Lobby 11:00am Craft- Botanical Note cards- Recreation Room 2:00pm FOOD FOR THOUGHT- Country Kitchen 2:00pm Travelogue- Transylvania Vacation Travel Video Guide- Movie Room 3:00pm- The Saybrook Singers</p>	<p>28 10:00am Exercise-core Strength- Lobby 11:00am Jeopardy- MR 2:00pm – RESEDENT COUNCIL 3:00pm Corn Hole Throw - Recreation Room 6:30pm Movie "Charlotte's Web" (Netflix) Movie Room</p>	<p>29 8:00am Men's Breakfast Dining Room 10:00am Exercise- Full body Workout- Lobby 11:00am Singing Along-Movie Room 2:00pm Bingo-Recreation Room 3:30pm Art Painting- Recreation Room</p>	<p>30 10:00am Exercise- Lobby 11:00am Memoir Writing- Library 2:00pm PUMKIN AND COSTUME JUDGING EVENT Lobby 3:00pm Cocktail's and Crossword Puzzle- Dining Room</p>	<p>31 10:00am Categories word game- Recreation Room 11:00am Corn Hole Throw Recreation Room 2:00pm Bingo Recreation Room 3:30pm Saturday Matinee "THE WITCHES" <small>Halloween</small></p>