

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2021

## ASSISTED- INDEPENDENT RECREATION

					10:00am Exercise- Weight Resistance- Lobby 11:00am New Year's Day Photo Booth- 2021 Pictures 2:00pm Champagne Traveling Cart- 3:30pm New Year's Day movie- Around the World in 80 Days- (Hulu)	10:00am Categories word game- Recreation Room 11:00am Po-ke-No Recreation Room 2:00pm Bingo RR 3:30pm Saturday Matinee THE HEALER- MR (Netflix)
3 Sunday Catholic service on Channel 14 10:00am Deep River Church-Zoom 3:00pm National Geographic Documentary 2019 ISLANDS OF EUROPE - Movie Room (YOUTUBE)	4 10:00am Books with Joan- MR 11:00am Bar exercise with Jeff 2:00pm Fit for Life Exercise-MR 6:30pm- Monday night concert Beethoven 9 Chicago Symphony Orchestra-Riccardo Mutai (YouTube)	5 10:00am Exercise- Full Body-Lobby 11:00am Cooking Demo Cheese Balls -Country Kitchen 2:00pm Travelogue - Documentary Video-RR 3:00pm- The Saybrook Singers- Lobby	6 10:00am Exercise- Weights Resistance- Lobby 11:00am Jeopardy- MR 2:00pm - Trivial Pursuit-DR 3:00pm- Bible Study- MR 3:00pm Basketball Throw - 6:30pm Movie "The Horse Whisperer"-MR	7 8:00am Men's Breakfast 10:00am Exercise- Full body Workout- Lobby 11:00am Singing Group MR 2:00pm Bingo-DR 3:30pm Art/ Painting-Water Color- Still Life	8 10:00am Exercise- Weight Resistance- Lobby 11:00am Short Stories- L 2:00pm Cocktail's & Crossword 3:00pm Travelogue - ESTONIA TRAVEL Documentary 6:30pm Friday Movie "WHAT A GIRL WANTS" (Netflix)	9 10:00am Categories word game- Recreation Room 11:00am Po-ke-No Recreation Room 2:00pm Bingo-RR 3:30pm Saturday Matinee "DIANA" In her Own Words MR-(Netflix)
10 Sunday Catholic service on Channel 14 10:00am Deep River Church-Zoom MR 3:00pm JAPAN'S SECRET WATER GARDENS- with David Attenborough - Movie Room (YOUTUBE)	11 10:00am Books with Joan- MR 2:00pm Fit for Life Exercise- Movie Room 6:30pm- Monday night concert Handel's messiahs live from the Sydney opera house (YouTube)	12 10:00am Exercise- Full Body-Lobby 11:00am Crafts Winter Snow Scene- Recreation Room 2:00pm Travelogue - Documentary Video-RR 3:00pm- The Saybrook Singers-Lobby	13 10:00am Exercise- Weights Resistance- Lobby 11:00am Jeopardy- MR 2:00pm - Trivial Pursuit-DR 3:00pm- Bible Study- MR 3:00pm Basketball Throw 6:30pm Movie "Happiest Season"- MR (NETFLIX)	14 8:00am Men's Breakfast 10:00am Exercise- Full body Workout- Lobby 11:00am Boggle Word Game Movie Room 2:00pm Bingo-DR 3:30pm Art/ Painting - Acrylic Winter Scenes Rec. Room	15 10:00am Exercise- Weight Resistance- Lobby 11:00am Current Events-L 2:00pm Cocktail's & Crossword 3:00pm Travelogue -MAINE AMERICANS COAST- Dobbs Production Bar Harbor 6:30pm Friday Movie "AND SO IT GOES" (Hulu)	16 10:00am Categories word game- Recreation Room 11:00am Po-ke-No Recreation Room 2:00pm Bingo-RR 3:30pm Saturday Matinee "ALWAYS" MR (Netflix)
17 Sunday Catholic service on Channel 14 10:00am Deep River Church Zoom- Movie Room 3:00pm THE MOST INTELLIGENT ANIMAL ON EARTH - Movie Room (YOUTUBE)	18 10:00am Books with Joan- MR 11:00am Bar exercise with Jeff 2:00pm Fit for Life Exercise-MR 6:30pm- Monday night concert Battle of Swing-Benny Goodman vs Glen Miller Martin Luther King Day	19 10:00am Exercise- Full Body-Lobby 11:00am Cooking Demo Ham Biscuits- Country Kitchen 1:30pm <b>FOOD FOR THOUGHT</b> 2:00pm Travelogue - Documentary Video-RR 3:00pm- The Saybrook Singers-Lobby	20 10:00am Exercise- Weights Resistance- Lobby 11:00am Jeopardy- MR 1:30PM <b>BELTONE</b> 2:00pm - Trivial Pursuit-DR 3:00pm- Bible Study- MR 3:00pm Basketball Throw 6:30pm Movie "50 First Dates"- MR-(NETFLIX)	21 8:00am Men's Breakfast 10:00am Exercise- Full body Workout- Lobby 11:00am Singing Group Movie Room 2:00pm Bingo-DR 3:30pm Art/ Painting -Residents Choice Recreation Room	22 10:00am Exercise- Weight Resistance- Lobby 11:00am Short Stories -L 2:00pm Cocktails & Crossword 3:00pm Travelogue - "FROM EAST TO WEST Along the Northern American Border 6:30pm Friday movie- "THE WEDDING PLANNER" (Netflix)	23 10:00am Categories word game- Recreation Room 11:00am Po-ke-No Recreation Room 2:00pm Bingo-RR 3:30pm Saturday Matinee "THE STORY OF US"-MR (Netflix)
24 Sunday Catholic service on Channel 14 10:00am Deep River Church Zoon- Movie Room 3:00pm JOURNEY THROUGH THE UNIVERSE(HD) - Movie Room (YOUTUBE) <small>Activity Professionals Week</small>	25 10:00am Books with Joan- MR 2:00pm Fit for Life Exercise- Movie Room 6:30pm- Monday night concert The Temptations- Live in Concert (YouTube)	26 10:00am Exercise- Full Body 11:00am Crafts Forest Terrarium- Recreation Room 2:00pm Travelogue - Documentary Video-RR 3:00pm- The Saybrook Singers Lobby <small>Australia Day (observed)</small>	27 10:00am Exercise- Weights Resistance- Lobby 11:00am Jeopardy- MR 2:00pm - <b>RESIDENTS COUNCIL - Lobby</b> 3:00pm- Bible Study- MR 3:00pm Basketball Throw 6:30pm Movie "Guess Who"- MR-(NETFLIX)	28 8:00am Men's Breakfast 10:00am Exercise- Full body Workout- Lobby 11:00am Boggle Word Game Movie Room 2:00pm Bingo-DR 3:30pm Art/ Painting - Recreation Room	29 10:00am Exercise- Weight Resistance- Lobby 11:00am Currents Events- L 2:00pm Cocktail's & Crossword 3:00pm Travelogue -VENTURE TO THE ALEUTIANS complete trip 2015 -6:30pm Friday night at the movies- "QUIGLEY DOWN UNDER" (Netflix)	30 10:00am Categories word game- Recreation Room 11:00am Po-ke-No Recreation Room 2:00pm Bingo-RR 3:30pm Saturday Matinee "FOR LOVE OR MONEY" (Netflix)
31 Sunday Catholic service on Channel 14 10:00am Deep River Church-Zoom- Movie Room 3:00pm WILD ISRAEL LIFE AROUND THE DEAD SEA (National Geographic) - Movie Room (YOUTUBE)	<p>I HAVE FOUND THAT IF YOU LOVE LIFE, LIFE WILL LOVE YOU BACK- DON'T WAIT</p> <p>ALL PROGRAMS ARE SUBJECT TO CHANGE</p>					