



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00am Books with Joan MR 11:00am Bar Exercise- L 3:00pm Walking Club- L 6:30pm Monday Night Concert Beethoven 9 Chicago Symphony Orchestra- Richard Mutai MR (YouTube)	2 10:00am Exercise- Full Body 11:00am Crafts Button Art Recreation Room 2:00pm Travelogue -San Diego Zoo Tour Documentary Video (YouTube)-Movie Room 3:00pm- The Saybrook Singers Lobby <small>Groundhog Day</small>	3 10:00am Exercise- Weights for Resistance- Lobby 11:00am Jeopardy- MR 2:00pm Trivial Pursuit-DR 3:00pm- Bible Study- MR 3:00pm Basketball-RR 6:30pm Movie Enula Homes Movie Room- Netflix	4 8:00am Men's Breakfast 10:00am Exercise- Full body Workout- Lobby 11:00am Boggle word game MR 2:00pm Bingo-DR 3:30pm Art/ Painting-Water Color- Cats Still Life-RR	5 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)	6 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)
7 SUPER BOWL SUNDAY Sunday Catholic Services- Channel 14 10:00am Deep River Church Zoom- Movie Room 3:00pm - SUPER BOWL SUNDAY PREGAME SNACKS AND BEVERAGES- Movie Room	8 10:00am Books with Joan MR 3:00pm Walking Club- L 6:30pm Monday Night Concert-Battle of Swing- Benny Goodman vs Glen Miller-MR (YouTube)	9 10:00am Exercise- Full Body 11:00am Cooking Demo Valentines Divinity -CK 2:00pm Travelogue - Sleepless Cities Night on Earth (Netflix) Documentary Video-MR 3:00pm- The Saybrook Singers Lobby	10 10:00am Exercise- Weights for Resistance- Lobby 11:00am Jeopardy- MR 2:00pm - Trivial Pursuit-DR 3:00pm- Bible Study- MR 3:00pm Basketball-RR 6:30pm Movie Searching for Bobby Fisher- Movie Room Netflix	11 8:00am Men's Breakfast 10:00am Exercise- Full body Workout- Lobby 11:00am Pictionary RR 2:00pm Bingo-DR 3:30pm Art/ Painting-Water Color- Birch Trees-RR	12 10:00am Exercise- Weight Resistance- Lobby 11:00am Chinese New Year Horoscopes and History-RR 2:00pm Cocktail's & Crossword 3:00pm Travelogue -Chinese New Year Documentary MR 6:30pm Friday Movie Fun in Acapulco MR- (Hulu0 <small>Chinese New Year (Year of the Ox)</small>	13 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)
14 Sunday Catholic Services- Channel 14 10:00am Deep River Church Zoom- Movie Room 1:30pm Roses, Chocolates & Champagne cart- 3:00pm Movie "Valentine's Day" - MR (YouTube) <small>Valentine's Day</small>	15 10:00am Books with Joan MR 11:00am Bar Exercise - L 3:00pm Walking Club L 4:00pm Presidents Day Documentary- MR 6:30pm Movie- Road to Bali 1952 Bing Crosby- YouTube-MR <small>Presidents' Day</small>	16 10:00am Exercise- Full Body 11:00am Crafts Terrarium Recreation Room 2:00pm Mardi Gras around the world Documentary Video-MR 2:00pm Mardi Gras Cocktails & apps travel Cart 3:00pm- The Saybrook Singers Lobby <small>Mardi Gras</small>	17 ASH WEDNESDAY 10:00am Exercise- Weights for Resistance- Lobby Ash Wednesday Services 11:00am Jeopardy- MR 1:30pm BELTONE 2:00pm - Trivial Pursuit-DR 3:00pm- Bible Study- MR 3:00pm Basketball-RR 6:30pm Movie- Roped Movie Room- Netflix	18 8:00am Men's Breakfast 10:00am Exercise- Full body Workout- Lobby 11:00am Boggle word game RR 2:00pm Bingo-DR 3:30pm Art/ Painting-Water Color- Abstract Canvas-RR	19 10:00am Exercise- Weight Resistance- Lobby 11:00am Current Events-L 2:00pm Cocktail's & Crossword 3:00pm Travelogue -From East to West along the Northern American Border Documentary 6:30pm Friday Movie- Bob Hope Special-(September 25 th , 1964) (YouTube)	20 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)
21 Sunday Catholic Services- Channel 14 10:00am Deep River Church Zoom- Movie Room 3:00pm Japan's Secret Water Gardens with David Attenborough- MR (YouTube)	22 10:00am Books with Joan MR 3:00pm Walking Club- L 6:30pm Movie How to Murder Your Wife 1965 Romantic Comedy- YouTube- Movie Room	23 10:00am Exercise- Full Body 11:00am Cooking Demo Lemon Olive Oil w/Rosemary Cookies Country Kitchen 2:00pm Travelogue Charleston Churches History and Horses Documentary Video-RR 3:00pm- The Saybrook Singers Lobby	24 10:00am Exercise- Weights for Resistance- Lobby 11:00am Jeopardy- MR 2:00pm RESIDENTS COUNCIL 2:00pm - Trivial Pursuit-DR 3:00pm- Bible Study- MR 3:00pm Basketball-RR 6:30pm Movie West Side Story Movie Room- Hulu	25 8:00am Men's Breakfast 10:00am Exercise- Full body Workout- Lobby 11:00am Pictionary- RR 2:00pm The History of Purim 2:00pm Bingo-DR 3:30pm Art/ Painting-Water Color- Stain Glass-RR <small>Purim Begins</small>	26 10:00am Exercise- Weight Resistance- Lobby 11:00am Short Story Readings-L 2:00pm Cocktail's & Crossword 3:00pm Travelogue -Venture to the Aleutians complete trip 2015 6:30pm Friday Movie Where there's Life 1947 Bob Hope (YouTube)	27 10:00am Categories word game- Recreation Room 11:00am Po-ke-No Recreation Room 2:00pm Bingo RR 3:30pm Saturday Matinee The Road to Hong Kong- Bing Crosby, Bob Hope 1962 (Netflix)
28 Sunday Catholic Services- Channel 14 10:00am Deep River Church Zoom- Movie Room 3:00pm Journey Through the Universe Documentary- Movie Room- (YouTube)	 <h1 style="color: red; font-size: 2em;">February 2021</h1> <h2 style="font-size: 1.5em;">LIFE BEGINS AT THE END OF YOUR COMFORT ZONE</h2>					

THE SAYBROOK AT HADDAM ASSISTED/INDEPENDENT LIVING- ALL PROGRAMS WILL CHANGE ON A DAILY BASIS AS NECESSARY

