



An Assisted Living Retirement Community

Activity Calendar

March 28- April 3, 2010

AVAILABLE EVERYDAY:
 Jigsaw puzzles, books, magazines (Library)
 Board games (TV Room)
 Pool table (Billiards Room)
 Daily newspapers (Country Kitchen)

Second floor store is open 10:30 on
 Wednesdays, 2:30 on Saturdays

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mar. 28	29	30	31	Apr. 1	2 Good Friday	3
9 am	BEAUTIFUL YOU <i>Salon</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>
10 am	CATHOLIC MASS <i>TV Room</i>	CATHOLIC MASS <i>TV Room</i>	CATHOLIC MASS <i>TV Room</i>	CATHOLIC MASS <i>TV Room</i>	MORNING STRETCH <i>Exercise Room</i>	LEG STRETCH <i>Exercise Room</i>	BRAINARD LIBRARY POST OFFICE <i>Front Parlor</i>
10:30 am	CHURCH SERVICES <i>Local Churches</i>	EXERCISE CLASS <i>Exercise Room</i>	MORNING STRETCH/WEIGHT TRAINING <i>Exercise Room</i>	EXERCISE CLASS <i>Exercise Room</i>	WEIGHT TRAINING <i>Exercise Room</i>	BALANCE CLASS <i>Exercise Room</i>	EXERCISE CLASS <i>Exercise Room</i>
11am	FELLOWSHIP <i>Country Kitchen</i>	TRIVIA TALK <i>Country Kitchen</i>	CROSSWORD <i>Country Kitchen</i>	SHOPPING TRIP <i>Meet in Front Parlor</i>	NEWS CURRENTS <i>TV Room</i>	GOOD FRIDAY FELLOWSHIP <i>Country Kitchen</i>	CIVIL WAR <i>Movie Room</i>
12 pm	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>
1:30 pm	TRIP: COAST GUARD BAND <i>Meet in Front Parlor</i>	KINGS IN THE CORNER <i>Country Kitchen</i>	STIR IT UP <i>Country Kitchen</i>	RESIDENT COUNCIL <i>Recreation Room</i>	WE'LL DO YOU A FAVOR/HANDY BUY <i>Front Parlor</i>	FOREVER FIT <i>Exercise Room</i>	FOREVER FIT <i>Exercise Room</i>
2 pm	MOVIE AFTERNOON <i>Movie Room</i>	BLOOD PRESSURE CLINIC <i>Recreation Room</i>	PO-KE-NO <i>Recreation Room</i>	SCRABBLE <i>Country Kitchen</i>	YAHTZEE <i>Country Kitchen</i>	EASTER CHOCOLATES <i>Country Kitchen</i>	EASTER EGGS <i>Country Kitchen</i>
3 pm	MOVIE AFTERNOON <i>Movie Room</i>	BLOOD PRESSURE CLINIC <i>Recreation Room</i>	PO-KE-NO <i>Recreation Room</i>	SCRABBLE <i>Country Kitchen</i>	BOWLING LEAGUE <i>Recreation Room</i>	COCKTAIL HOUR <i>Country Kitchen</i>	BINGO/COURTYARD TEA <i>Recreation Room</i>
5 pm	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>
6 pm	CARD SHARKS <i>Country Kitchen</i>	MOVIE NIGHT <i>Movie Room</i>	JIGSAW PUZZLES <i>Recreation Room</i>	MOVIE NIGHT <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>

The Saybrook at Haddam, 1556 Saybrook Road, Haddam, Connecticut 06438

1-860-345-3779

www.thesaybrookathaddam.com



An Assisted Living Retirement Community

Activity Calendar

April 4-10, 2010

AVAILABLE EVERYDAY:
 Jigsaw puzzles, books, magazines (Library)
 Board games (TV Room)
 Pool table (Billiards Room)
 Daily newspapers (Country Kitchen)

Second floor store is open 10:30 on
 Wednesdays, 2:30 on Saturdays

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4 Easter Sunday	5	6	7	8	9	10
9 am	BEAUTIFUL YOU Salon	HEADLINES AND COFFEE Country Kitchen	HEADLINES AND COFFEE Country Kitchen	HEADLINES AND COFFEE Country Kitchen	HEADLINES AND COFFEE Country Kitchen	HEADLINES AND COFFEE Country Kitchen	PUZZLES/HEADLINES AND COFFEE Country Kitchen
10 am	CHURCH SERVICES Local Churches	EXERCISE Exercise Room	MORNING STRETCH Exercise Room	ROSARY TV Room	MORNING STRETCH Exercise Room	LEG STRETCH Exercise Room	BRAINERD LIBRARY POST OFFICE Front Lobby
10:30 am	CHURCH SERVICES Local Churches	STROLL PATROL Exercise Room	MORNING MUSIC Front Parlor	EXERCISE CLASS Exercise Room	WEIGHT TRAINING Exercise Room	BALANCE CLASS Exercise Room	EXERCISE CLASS Exercise Room
11am	CIVIL WAR Movie Room	CIVIL WAR/BRAIN AEROBICS Country Kitchen	COLLECTIONS Movie Room	FELLOWSHIP Country Kitchen	NEWSCURRENTS Movie Room	TRIVIAL PURSUIT Country Kitchen	CIVIL WAR Movie Room
12 pm	LUNCH Dining Room	LUNCH Dining Room	LUNCH Dining Room	LUNCH Dining Room	LUNCH Dining Room	LUNCH Dining Room	LUNCH Dining Room
1:30 pm	CURRENT EVENTS Country Kitchen	AFTERNOON CONCERT Front Parlor	HANDY BUY/FOREVER FIT Exercise Room	FOREVER FIT Exercise Room	CIVIL WAR Movie Room	FOREVER FIT Exercise Room	EASTER EGGS Country Kitchen
2:30 pm	RSVP CRAFTERS Recreation Room	FOREVER FIT/BLOOD PRESSURE CLINIC Recreation Room	PO-KE-NO Recreation Room	AFTERNOON CINEMA Movie Room	RUMMICUBE Recreation Room	BINGO Recreation Room	BINGO Recreation Room
3 pm	RSVP CRAFTERS Recreation Room	REFLECTIONS Movie Room	TRAVEL TOUR TO SCOTLAND Movie Room	HORSE RACING Recreation Room	BOWLING LEAGUE/CARD SHARKS Recreation Room	COCKTAIL HOUR (3:30) Country Kitchen	COURTYARD TEA Courtyard
5 pm	DINNER Dining Room	DINNER Dining Room	DINNER Dining Room	DINNER Dining Room	DINNER Dining Room	DINNER Dining Room	DINNER Dining Room
6 pm	CIVIL WAR Movie Room	CIVIL WAR Movie Room	CIVIL WAR Movie Room	CIVIL WAR Movie Room	CIVIL WAR Movie Room	CIVIL WAR Movie Room	CIVIL WAR Movie Room

The Saybrook at Haddam, 1556 Saybrook Road, Haddam, Connecticut 06438

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An Assisted Living Retirement Community

Activity Calendar

April 11 – 17, 2010

AVAILABLE EVERYDAY:
 Jigsaw puzzles, books, magazines (Library)
 Board games (TV Room)
 Pool table (Billiards Room)
 Daily newspapers (Country Kitchen)

Second floor store is open 10:30 on
 Wednesdays, 2:30 on Saturdays

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11	12	13	14	15 <i>Tax Day!</i>	16	17
9 am	BEAUTIFUL YOU <i>Salon</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	PUZZLE TIME/HEADLINES <i>Country Kitchen</i>
10 am	CATHOLIC MASS <i>TV Room</i>	EXERCISE CLASS <i>Exercise Room</i>	MORNING STRETCH <i>Exercise Room</i>	SHOPPING TRIP <i>Front Parlor</i>	MORNING STRETCH <i>Exercise Room</i>	FLOWER SHOW <i>Country Kitchen</i>	BRAINARD LIBRARY POST OFFICE <i>Front Parlor</i>
10:30 am	CHURCH SERVICES <i>Local Churches</i>	STROLL PATROL <i>Throughout</i>	CRAFTS WITH THE GIRL SCOUTS <i>Recreation Room</i>	EXERCISE CLASS <i>Exercise Room</i>	WEIGHT TRAINING <i>Exercise Room</i>	EXERCISE CLASS <i>Exercise Room</i>	EXERCISE CLASS <i>Exercise Room</i>
11am	TRIVIA <i>Country Kitchen</i>	BRAIN AEROBICS <i>Country Kitchen</i>	CIVIL WAR <i>TV Room</i>	CIVIL WAR <i>TV Room</i>	NEWSCURRENTS <i>Movie Room</i>	CIVIL WAR <i>TV Room</i>	CIVIL WAR <i>Movie Room</i>
12 pm	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>
1:30 pm	CENTERPIECE CRAFT PROJECT <i>Recreation Room</i>	SET BACK <i>Country Kitchen</i>	FOOD FOR THOUGHT <i>Recreation Room</i>	FOREVER FIT <i>Exercise Room</i>	MASSAGE THERAPY <i>Billiard Room</i>	FOREVER FIT <i>Exercise Room</i>	FOREVER FIT <i>Exercise Room</i>
2:30 pm	CARD SHARKS <i>Country Kitchen</i>	BLOOD PRESSURE CLINIC <i>Recreation Room</i>	BAKER'S SECRET <i>Country Kitchen</i>	SCRABBLE/MUSIC BINGO <i>Country Kitchen</i>	DOMINOES/BOWLING LEAGUE <i>Country Kitchen</i>	OPERA WITH ANNA <i>Movie Room (Cocktails at 3:30)</i>	BINGO <i>Recreation Room (Courtyard Tea at 3:30)</i>
5 pm	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>
6 pm	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>



An Assisted Living Retirement Community

Activity Calendar

April 18 – 24, 2010

AVAILABLE EVERYDAY:
 Jigsaw puzzles, books, magazines (Library)
 Board games (TV Room)
 Pool table (Billiards Room)
 Daily newspapers (Country Kitchen)

Second floor store is open 10:30 on
 Wednesdays, 2:30 on Saturdays

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	18	19	20	21	22	23	24
9 am	BEAUTIFUL YOU <i>Salon</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	PUZZLE TIME/ HEADLINES <i>Country Kitchen</i>
10 am	CATHOLIC MASS <i>TV Room</i>	EXERCISE CLASS <i>Exercise Room</i>	MORNING STRETCH <i>Exercise Room</i>	ON THE BALL <i>Exercise Room</i>	MORNING STRETCH <i>Exercise Room</i>	LEG STRETCH <i>Exercise Room</i>	BRAINARD LIBRARY POST OFFICE <i>Front Parlor</i>
10:30 am	CHURCH SERVICES <i>Local Churches</i>	STROLL PATROL <i>Throughout</i>	WEIGHT TRAINING <i>Exercise Room</i>	MORNING STRETCH <i>Exercise Room</i>	WEIGHT TRAINING <i>Exercise Room</i>	BALANCE CLASS <i>Exercise Room</i>	EXERCISE <i>Exercise Room</i>
11am	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CROSSWORD <i>Country Kitchen</i>	BOGGLE <i>Country Kitchen</i>	NEWSCURRENTS <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>
12 pm	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>
1:30 pm	SEARCH-A-WORD <i>Recreation Room</i>	LEFT, CENTER, RIGHT <i>Country Kitchen</i>	FOREVER FIT <i>Exercise Room</i>	FOREVER FIT <i>Exercise Room</i>	APRIL BIRTHDAYS <i>Front Parlor (2 p.m.)</i>	FOREVER FIT <i>Exercise Room</i>	FOREVER FIT <i>Exercise Room</i>
2:30 pm	RSVP CRAFTERS <i>Recreation Room</i>	BLOOD PRESSURE CLINIC/RELFECTIONS <i>Recreation Room</i>	PO-KE-NO <i>Recreation Room</i>	AFTERNOON CINEMA <i>Movie Room</i>	BOARD GAMES <i>Country Kitchen</i>	COCKTAIL HOUR <i>Country Kitchen</i>	BINGO/COURTYARD TEA <i>Recreation Room</i>
5 pm	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>
6 pm	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>



An Assisted Living Retirement Community

Activity Calendar

April 25–30, 2010

AVAILABLE EVERYDAY:
 Jigsaw puzzles, books, magazines (Library)
 Board games (TV Room)
 Pool table (Billiards Room)
 Daily newspapers (Country Kitchen)

Second floor store is open 10:30 on
 Wednesdays, 2:30 on Saturdays

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	25	26	27	28	29	30	
9 am	BEAUTIFUL YOU <i>Salon</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	HEADLINES AND COFFEE <i>Country Kitchen</i>	
10 am	CATHOLIC MASS <i>TV Room</i>	CATHOLIC MASS <i>TV Room</i>	MORNING STRETCH <i>Exercise Room</i>	SHOPPING TRIP <i>Front Parlor</i>	MORNING STRETCH <i>Exercise Room</i>	LEG STRETCH <i>Exercise Room</i>	
10:30 am	CHURCH SERVICES <i>Local Churches</i>	EXERCISE CLASS <i>Exercise Room</i>	WEIGHT TRAINING <i>Exercise Room</i>	EXERCISE CLASS <i>Exercise Room</i>	WEIGHT TRAINING <i>Exercise Room</i>	BALANCE CLASS <i>Exercise Room</i>	
11am	TRIVIA TALK <i>Country Kitchen</i>	BRAIN AEROBICS <i>Country Kitchen</i>	CROSSWORD <i>Country Kitchen</i>	SHOPPING TRIP <i>Meet in Front Parlor</i>	NEWSCURRENTS <i>Movie Room</i>	P, P or T <i>Country Kitchen</i>	
12 pm	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	LUNCH <i>Dining Room</i>	
1:30 pm	CRAFT CLASS <i>Recreation Room</i>	SCRABBLE <i>Country Kitchen</i>	GUEST SPEAKER <i>Front Parlor</i>	FOREVER FIT <i>Exercise Room Resident Council 1:30</i>	HANDY BUY <i>Recreation Room</i>	OPERA WITH ANNA <i>Movie Room</i>	
2:30 pm	CENTERPIECE CRAFT PROJECT <i>Recreation Room</i>	BLOOD PRESSURE CLINIC <i>Recreation Room Talent Show, 4 p.m.</i>	PO-KE-NO <i>Recreation Room</i>	MUSIC BINGO <i>Recreation Room</i>	TRIOMINOES/CARD SHARKS <i>Country Kitchen</i>	COCKTAIL HOUR (3:30 p.m.) <i>Country Kitchen</i>	
5 pm	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	DINNER <i>Dining Room</i>	
6:30 pm	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	CIVIL WAR <i>Movie Room</i>	