

## SPECIAL EVENTS

*Join us for an outing!*

**Thursday, January 3rd at 9:30 am:** Breakfast at IHOP

**Tuesday, January 8th at 11:45 am:** Try It Out Tuesday at The Senior Center

**Wednesday, January 9th at 11:45 am:** Co-ed Poker at The Senior Center

**Thursday, January 10th at 11:30 am:** Lunch Outing to Red Lobster

**Thursday, January 10th at 6:15 pm:** UVA vs VT at John Paul Jones

**Friday, January 11th at 9:45 am:** Religion, Science and Spirituality discussion at The Senior Center

**Tuesday, January 15th at 10:30 am:** Shopping at Belk

**Wednesday, January 16th at 11:45 am:** Co-ed Poker at The Senior Center

**Thursday, January 17th at 11:45 am:** Lunch Outing to Hibachi Grill

**Tuesday, January 22nd at 10:30 am:** Shopping at Harris Teeter

**Wednesday, January 23rd at 11:45 am:** Co-ed Poker at The Senior Center

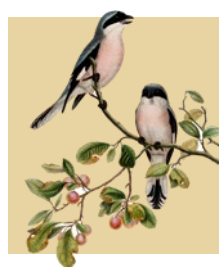
**Thursday, January 24th at 11:30 am:** Lunch Outing to Plaza Azteca

**Friday, January 25th at 2:15 pm:** Short Stories at The Senior Center

**Tuesday, January 29th at 6:15 pm:** Outing to Regal Cinema for the 80th anniversary of The Wizard of Oz

**Thursday, January 31st at 11:30 am:** Lunch at Tip Top and tour of McGuffey Art Center

*Sign up sheets are located at the front desk*



## LIFE AT LINDEN HOUSE LIVING LIFE TO THE FULLEST



1250 Branchlands Drive Charlottesville, Virginia 22901 Phone 434-973-0311

### January 2019

#### **Important Announcements**

##### **Key Cards-**

We want to provide a safe environment for our residents so restricting access after regular business hours is necessary. For your convenience, if you will be leaving the building and plan to return after 8:00 pm, you can sign out a key card at the front desk. This card will allow access to the front door and can be returned once you've gained entrance. Please let us know in advance if you'd like to obtain a card. Of course, if you don't have a card and need to enter the building after hours, you can call the phone number listed in the vestibule and a staff member will be glad to assist you.

##### **Salon-**

We are happy to announce that we are able to offer salon services on Tuesday mornings and Friday afternoons. If you'd like to receive services, sign up at the front desk. Price sheets are available and the cost of the services is added to your monthly statement.

#### **Activity Spotlight**

At Linden House, we strive to provide our residents with a fun and diverse activities calendar. This means we include activities geared towards residents' different personalities, preferences, and abilities. With everything from short stories, to current event discussions, to live sports and entertainment, there's sure to be something that strikes your interest!

This month we'd like to highlight the "Religion, Science and Spirituality" discussion at the Senior Center. The discussion will focus on Blue Zones...places where people stay actively healthy longer, are the happiest, and live substantially longer than average. Five places have been identified where residents share several importance characteristics and blue zones have become a national phenomenon.

Join us on Friday, January 11th at 9:45 for this discussion which begins at 10:00 am and continues until 11:30 am. We will return in time for lunch at Linden House so be sure to sign up!

*"Don't gain the world and lose your soul, wisdom is better than silver or gold"*

*-Bob Marley*

### Musical Performances

Stop by Linden House to enjoy one of these live performance, all of which are sure to have you tapping your toes and dancing in your seat. We'll see you there!

- Matthew O'Donnell will perform at 3:00 pm on Thursday, January 10th
- Lindsay Taylor will perform at 10:30 am on Monday, January 14th
- James Curry will perform at 2:00 pm on Tuesday, January 15th
- Ken Kotarski will perform at 3:00 pm on Thursday, January 24th
- Matty Metcaff is perform at 10:30 am on Monday, January 28th



*"A good song is a good song whatever your age"*

*-Sophie Ellis-Bextor*

### Blood Donor Awareness Month

January is designated as National Blood Donor Month. It is designated during this time because blood is often in short supply during the winter months when holidays and inclement weather when people are more prone to illness. January is the most difficult month for collecting blood donations not just in the United States but in other countries as well.

Here are some things you can do to make a difference!

- \* Go to your local Red Cross and donate blood
- \* Encourage your family and friends to donate blood
- \* Organize a blood donation drive working with your local red cross chapter
- \* Start a social media campaign to educate the public on the importance of donating blood during winter time
- \* Donate to your local Red Cross chapter
- \* Organize a blood donation drive at your local university or at work
- \* Distribute National Blood Donor Month posters including educational paraphernalia

Together We Can Make A Difference!

### Sudoku

	8				2		
				8	4		9
		6	3	2			1
	9	7					8
8			9		3		2
	1					9	5
	7			4	5	8	
	3		7	1			
		8					4

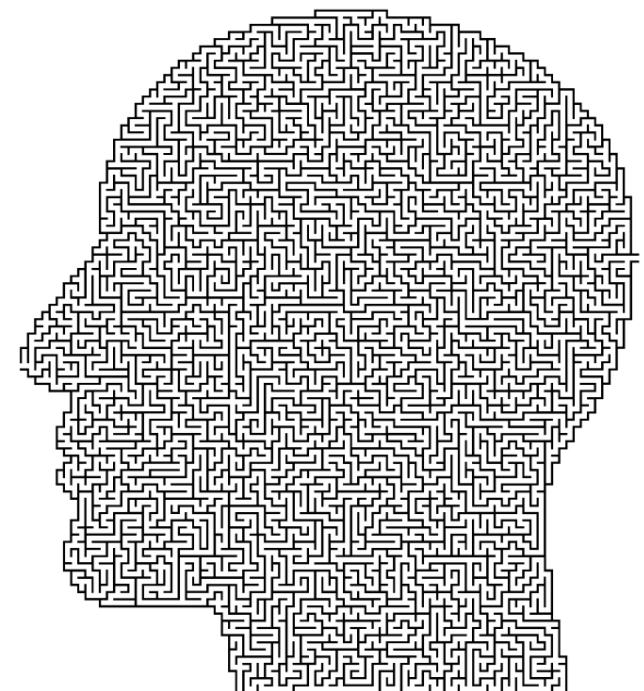
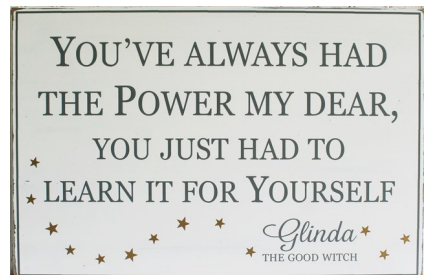
### UVA -vs- VT

The Commonwealth Clash continues as UVA's Hoo's take on the Virginia Tech Hokies in Woman's Basketball. The game will take place on Thursday, January 10th at 7:00 pm. We'll leave after dinner, at 6:15, and head to John Paul Jones Arena where we'll enjoy the game from bleachers! Tickets are only \$10.00 each and will be purchased in advance. Please be sure to contact us if you'd like to ride along. Don't miss your chance to witness this long standing rivalry first hand!

### The Wizard of Oz

Since 1939, The Wizard of Oz has been considered one of the greatest films in cinema history.

We'll be off to see the wizard on **Tuesday, January 29th** when we visit Regal Cinema at Stonefield for their showing of the 80th anniversary of this world renowned film. Mark your calendar and join us for a night at the movies!



Friends and family members are always welcome at all activities. If you'd like to join us, please contact [cplaugher@linden.house](mailto:cplaugher@linden.house) or call 434-973-0311.