

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

## Linden House Assisted Living at Branchland's.

				<b>1</b> 10:00-10:45 Seated Yoga 11:00-12:00 Book Club 2:00-3:00 March Birthday Party 3:30-4:30 Peanut Butter Cookies 7:00-8:30 Romance/Comedy "Grease" 4L	<b>2</b> 10:00-10:45 Exercise 10:30-11:00 Flower Arranging 11:30-3:30 Lunch Outing: "Blue Ridge Café" 3:30-4:30 Irish Coffee Social 7:00-8:30 War/Drama Movie "War, Inc." 4L	<b>3</b> 10:00-10:45 Seated Exercise 11:00-12:00 Oreo Games 3:00-4:00 Happy Hour 4:30-5:00 Outside Stroll in Courtyard 7:00-8:30 Friday Night Comedy "Harold & Maude" 4L	<b>4</b> 10:00-10:45 Seated Exercise 10:45-12:15 Bridge Club 1:00-1:30 1-on-1 Visits in Apartments 2:00-3:00 Bingo 3:30-4:30 What's Your Favorite Snack? 7:00-8:30 Musical Movie: "West Side Story" 4L
<b>5</b> 10:00-10:45 Morning Stretch 11:00-12:00 Worship Service 2:00-3:00 Spiritual Emphasis 3:30-5:00 Documentary: "Wildcat" 7:00-8:30 Sunday Night Drama: "On Golden Pond" 4L	<b>6</b> 10:00-10:45 Movement with Sheila 11:00-12:00 Music Therapy with Lindsay 1:30-2:30 Card Crafting Club 3:00-4:00 Creative Arts "Cherry Blossom Trees" 3:30-4:30 Psych S1 Ep.1 7:00-8:30 Bob Ross: The Joy of Painting 4L Purim Begins	<b>7</b> 10:00-10:45 Exercise 10:45-12:00 Kroger/Walmart 11:00-12:00 Weight Strengthening 2:00-3:00 Bingo 3:00-3:30 Menu Chat 7:00-8:00 "The Marvelous Mrs. Maisel S3 Ep.1" 4L	<b>8</b> 10:00-10:45 Seated Yoga 10:45-11:15 Book Mobile 10:45-11:45 Therapy Dog-Lola 1:00-2:00 Hearing at Home 3:30-4:30 Popcorn Bar 7:00-8:30 Romance/Drama "This Beautiful Fantastic" 4L	<b>9</b> 10:00-10:45 Exercise w 10:30-11:00 Flower Arranging 1:30-3:30 Dessert Outing: "Albemarle Baking Company" 3:30-4:30 Manicures 7:00-8:30 Drama Movie "Patterson" 4L	<b>10</b> 10:00-10:45 Seated Exercise 11:00-12:00 Hot Potato 2:00-3:00 Happy Hour with Hunter O'Neil 3:30-4:30 Flying Kites 7:00-8:30 Friday Night Comedy "Late Night" 4L	<b>11</b> 10:00-10:45 Seated Exercise 10:45-12:15 Bridge Club 1:00-1:30 One On One Visits in Apartments 2:00-3:00 Bingo 3:30-4:30 Name The Flowers 7:00-8:30 True Story: Effigy: "Poison and the City" 4L	
<b>12</b> 10:00-10:45 Morning Stretch 11:00-12:00 Worship Service 2:00-3:00 Spiritual Emphasis 3:30-5:00 Documentary: "In Search of Mozart" 6:30-8:30 Sunday Night Drama/Comedy : "Much Ado About Nothing" 4L Daylight Saving Time Begins	<b>13</b> 10:00-10:45 Movement with Sheila 11:00-12:00 Music Therapy with Lindsay 1:30-2:30 Card Crafting Club 3:00-4:00 Creative Arts "Brid Feeders" 3:30-4:30 Psych S1 Ep. 2 7:00-8:30 Bob Ross: The Joy of Painting 4L	<b>14</b> 10:00-10:45 Exercise 11:00-12:00 Potato Chip Tasting 11:00-12:00 Weight Strengthening 2:00-3:00 Bingo 3:00-3:30 Menu Chat 7:00-8:00 "The Marvelous Mrs. Maisel S3 Ep.2" 4L	<b>15</b> 10:00-10:45 Seated Yoga 11:00-12:00 Book Club 2:00-3:00 Irish History Trivia/Photos 3:30-4:00 Beer & Pretzels 7:00-8:30 Musical Movie: "Fisherman's Friends" 4L	<b>16</b> 10:00-10:45 Exercise 10:30-11:00 Flower Arranging 1:30-4:00 Shopping Outing: Thrift Store Shopping 3:30-4:30 Gold Coin Toss 7:00-8:30 Thriller Movie "The Post" 4L	<b>17</b> 10:00-10:45 Seated Exercise 11:00-12:00 Pot of Gold Scavenger Hunt 3:00-4:00 St. Patrick's Happy Hour With Singing Grandpa 4L 4:30-5:00 Outside Stroll in Courtyard 7:00-8:30 Friday Night Comedy "Almost Famous" 4L St. Patrick's Day	<b>18</b> 10:00-10:45 Seated Exercise 10:45-12:15 Bridge Club 1:00-1:30 One On One Visits in Apartments 2:00-3:00 Bingo 3:30-4:30 Jokes & Riddles 7:00-8:30 Military Movie: "The Final Countdown" 4L	
<b>19</b> 10:00-10:45 Morning Stretch 11:00-12:00 Worship Service 2:00-3:00 Spiritual Emphasis 3:30-5:00 Documentary: "The Swap" 7:00-8:30 Sunday Night Drama: "The Kings Speech" 4L	<b>20</b> 10:00-10:45 Movement with Sheila 11:00-12:00 Music Therapy with Lindsay 1:30-2:30 Card Crafting Club 3:00-4:00 Creative Arts "Rainbow Squeegee Art" 3:30-4:30 Psych S1 Ep. 3 7:00-8:30 Bob Ross: The Joy of Painting 4L Spring Begins	<b>21</b> 10:00-10:45 Exercise 11:00-12:00 Enhabit Home Seminar "Fall Prevention" 11:00-12:00 Weight Strengthening 1:30-2:30 Music with Fritz Horisk 3:00-3:30 Menu Chat 7:00-8:00 "The Marvelous Mrs. Maisel S3 Ep.3" 4L	<b>22</b> 10:00-10:45 Seated Yoga 10:45-11:15 Book Mobile 10:45-11:45 Therapy Dog- Seville 2:00-3:00 Bingo 3:30-4:30 Wine & Design "Lilac" 7:00-8:30 Fantasy/Drama "The Shape of Water" 4L Ramadan Begins	<b>23</b> 10:00-10:45 Exercise 10:30-11:00 Flower Arranging 11:30-3:30 Lunch Outing: "Blue Mountain Brewery" 3:30-4:30 Manicures 7:00-8:30 Romance Movie: "My Man Godfrey" 4L	<b>24</b> 10:00-10:45 Seated Exercise 11:00-12:00 Jeopardy 1:30-2:30 Happy Hour with Nashville Standard 4L 3:30-4:30 Board Games 7:00-8:30 Friday Night Comedy "The Tender Bar" 4L	<b>25</b> 10:00-10:45 Seated Exercise 10:45-12:15 Bridge Club 1:00-1:30 One On One Visits in Apartments 2:00-3:00 Bingo 3:30-4:30 Build a Waffle 7:00-8:30 Western Movie: "My Name Is Nobody" 4L	
<b>26</b> 10:00-10:45 Morning Stretch 11:00-12:00 Worship Service 2:00-3:00 Spiritual Emphasis 3:30-5:00 Documentary: "Freakonomics" 7:00-8:30 Sunday Night Drama: "Don't Worry, He Won't Get Far on Foot" 4L	<b>27</b> 10:00-10:45 Movement with Sheila 11:00-12:00 Music Therapy with Lindsay 1:30-2:30 Card Crafting Club 3:00-4:00 Creative Arts "Spring Wreaths" 3:30-4:30 Psych S1 Ep. 4 7:00-8:30 Bob Ross: The Joy of Painting 4L	<b>28</b> 10:00-10:45 Exercise 10:45-12:00 Roses/Food Lion 11:00-12:00 Weight Strengthening 2:00-3:00 Bingo 3:00-3:30 Menu Chat 7:00-8:00 "The Marvelous Mrs. Maisel S3 Ep.4" 4L	<b>29</b> 10:00-10:30 Seated Yoga 11:00-12:00 Book Club 2:00-3:00 Afternoon Tea in Private Dining Room 3:30-4:30 Poetry Class 7:00-8:30 Romance/ "Love and Friendship" 4L	<b>30</b> 10:00-10:45 Exercise 10:30-11:00 Flower Arranging 1:00-4:00 Craft Outing: "The Scrapy Elephant" 3:30-4:30 All Things Chocolate 7:00-8:30 Sports Movie Dirt bag: "The Legend of Fred Beckey" 4L	<b>31</b> 10:00-10:45 Seated Exercise 11:00-12:00 Animals A-Z 2:00-3:00 Happy Hour with Matthew O'Donnell 4L 3:30-4:30 Pictionary 7:00-8:30 Friday Night Action Comedy "The Peanut Butter Falcon" 4L	<b>Key for locations</b> AR-Activity Room GR-Game Room 4L-Fourth Floor Lounge TH-Movie Theater R-Restaurant L-Lobby	