

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

### Linden House Assisted Living at Branchlands

Activities subject to change without notice.

# August 2024

AR-Activity Room, LL Lower Level, GR-Game Room, 4L-Fourth Floor Lounge, TH-Movie Theater, R-Restaurant, L-Lobby, PD-Private Dining Room, CY-Courtyard

						<b>1</b> 10:00-10:30 Exercise AR 10:30-11:00 Flower Arranging R 2:00-3:00 Birthday Party AR 3:30-4:30 Speed Walking on lower level 7:00-8:30 Heartfelt Movie: 2 Hearts TH	<b>2</b> 10:00-10:30 Exercise AR 11:00-12:00 One On One Room Visits 2:00-3:00 Happy Hour music by "We Bring the Music-Haywood Giles" 4L 3:30-4:30 Archery CY 7:00-8:30 Friday Night Comedy: The Bounty Hunter TH	<b>3</b> 10:00-10:30 Seated Exercise AR 10:00-12:00 Bridge Club GR 2:00-3:00 Bingo GR 3:30-5:00 Thriller Movie Matinee: Hijacking TH 7:00-8:30 Suspense Action Movie: The River Wild TH
<b>4</b> 10:00-10:30 Morning Stretch AR 11:00-11:30 Worship Service GR 2:00-3:00 Church Services with Jefferson Park Baptist Church 4L 3:30-4:30 Heartland S2 E9&10 TH 7:00-8:30 Heartfelt Movie: Bank of Dave TH	<b>5</b> 10:00-10:45 Movement Video with Sheila AR 11:00-12:00 Music Therapy with Lindsay 4L 2:00-3:00 Card Crafting AR 3:30-4:30 Tennis Match AR 6:30-7:30 Documentary with Dave 4L	<b>6</b> 10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 2:00-3:00 Bingo GR 3:30-4:30 Golf Game/Cocktail SocialCY 7:00-8:30 Heartfelt Story Movie: I Used to be Famous TH	<b>7</b> 10:00-10:30 Exercise AR 11:00-12:00 Activity Meeting 4L 2:00-3:00 Volleyball Game out front 4L 3:00-4:00 Book Club 4L 6:30-7:30 Documentary with Dave 4L	<b>8</b> 10:00-10:30 Exercise AR 10:30-11:00 Flower Arranging R 2:00-3:00 Hand & Nail Spa 3:30-4:30 Chair Rowing on lower level 4L 7:00-8:30 Heartfelt Movie: The Starling TH	<b>9</b> 10:00-10:30 Exercise AR 11:00-12:00 One On One Room Visits 4L 2:00-3:00 Hymns with Hunter 4L 3:30-4:30 Olympic Closing Ceremony4L 7:00-8:30 Friday Night Comedy: The Guilt Trip TH	<b>10</b> 10:00-10:30 Seated Exercise AR 10:00-12:00 Bridge Club GR 2:00-3:00 Bingo GR 3:30-5:00 Drama Movie Matinee: The Mustang TH 7:00-8:30 Suspense Action Movie: Sweet Girl TH		
<b>11</b> 10:00-10:30 Morning Stretch AR 11:00-11:30 Worship Service GR 2:00-3:00 Back to School Trivia & Word Search AR 3:30-4:30 Heartland S2 E11&12 TH 7:00-8:30 Heartfelt Movie: Shirley TH	<b>12</b> 10:00-10:45 Movement with Sheila AR 11:00-12:00 Music Therapy with Lindsay 4L 1:00-2:00 Resident Council 4L 2:00-3:00 Craft Project AR 3:30-4:30 Science History with Kathy 4L 6:30-7:30 Documentary with Dave 4L	<b>13</b> 10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 2:00-3:00 Bingo GR 3:30-4:00 Record Spinning seating area by restaurant 7:00-8:30 Inspiring Musical Story Movie: Prom TH	<b>14</b> 10:00-10:30 Exercise AR 10:45-11:15 Book Mobile L 10:45-11:45 Therapy Dog-Lola 4L 11:00-12:00 Round Table Support TH 1:00-2:00 Hearing at Home GR 2:00-3:00 Spoons Card Game 4L 3:00-4:00 Book Club 4L 6:30-7:30 Documentary with Dave 4L	<b>15</b> 10:00-10:30 Exercise AR 10:30-11:00 Flower Arranging R 1:30-3:30 Peach Outing: Carter Mountain 3:30-4:00 Current Event AR 7:00-9:00 Jefferson Jazz Jammers 4L	<b>16</b> 10:00-10:30 Exercise AR 11:00-12:00 One On One Room Visits 4L 1:30-2:30 Happy Hour with Mathew 4L 3:30-4:30 Gardening CY 7:00-8:30 Friday Night Comedy: Liar Liar TH	<b>17</b> 10:00-10:30 Seated Exercise AR 10:00-12:00 Bridge Club GR 2:00-3:00 Bingo GR 3:30-5:00 Emotional Romantic Movie Matinee: Love Again TH 7:00-8:30 Action Movie: White House Down TH		
<b>18</b> 10:00-10:30 Morning Stretch AR 11:00-11:30 Worship Service GR 2:00-3:00 Book Swap 4L 3:30-4:30 Heartland S2 E13&14 TH 7:00-8:30 Heartfelt Movie: The Noel Diary TH	<b>19</b> 10:00-10:45 Movement with Sheila AR 11:00-12:00 Music Therapy with Lindsay 4L 2:00-3:00 Menu Chat 4L 3:30-4:30 Science History with Kathy 4L 6:30-7:30 Documentary with Dave 4L	<b>20</b> 10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 2:00-3:00 Bingo GR 3:30-4:30 Cocktail Social R 7:00-8:30 Sentimental Music Story Movie: Zero to Hero TH	<b>21</b> 10:00-10:30 Exercise AR 11:00-12:00 Nature Walk to the Pond AR 2:00-3:00 Scrabble & Games GR 3:00-4:00 Book Club 4L 6:30-7:30 Documentary with Dave 4L	<b>22</b> 10:00-10:30 Exercise AR 10:30-11:00 Flower Arranging R 11:30-3:00 Lunch Outing: Tim's at Lake Anna 3:30-4:30 Hand & Nail Spa 7:00-8:30 Heartfelt Movie: The Peanut Falcon TH	<b>23</b> 10:00-10:30 Exercise AR 11:00-12:00 One On One Room Visits AR 2:00-3:00 Water Fun & Wine CoolersCY 3:30-4:30 Who's Who Chat seating area across from restaurant 7:00-8:30 Friday Night Comedy: Mr. & Mrs. Smith TH	<b>24</b> 10:00-10:30 Seated Exercise AR 10:00-12:00 Bridge Club GR 2:00-3:00 Bingo GR 3:30-5:00 Suspense Drama Spies Movie Matinee:Operation MincemeatTH 7:00-8:30 Mystery Movie: Luther The Fallen Sun TH		
<b>25</b> 10:00-10:30 Morning Stretch AR 11:00-11:30 Worship Service GR 2:00-3:00 Afternoon Tea PD 3:30-4:30 Heartland S2 E15&16 TH 7:00-8:30 Heartfelt Movie: Toscana TH	<b>26</b> 10:00-10:45 Movement with Sheila AR 11:00-12:00 Music Therapy with Lindsay 4L 2:00-3:00 Art Project AR 3:30-4:30 Science History with Kathy 4L 6:30-7:30 Documentary with Dave 4L	<b>27</b> 10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 1:30-2:30 Music with Fritz 4L 3:00-4:00 Bingo GR 7:00-8:30 Inspiring Heartfelt Story Movie: The Neon Highway TH	<b>28</b> 10:00-10:30 Exercise AR 10:45-11:15 Book Mobile L 2:00-3:00 Mexican Dominoes AR 3:00-4:00 Book Club 4L 6:30-7:30 Documentary with Dave 4L	<b>29</b> 10:00-10:30 Exercise AR 10:30-11:00 Flower Arranging R 11:30-3:30 Lunch Outing: Downtown Mall 3:30-4:00 Current Events AR 7:00-8:30 Heartfelt Movie: Eat, Pray, Love TH	<b>30</b> 10:00-10:30 Exercise AR 11:00-12:00 One On One Room Visits AR 2:00-3:00 Beach Day Happy Hour wear tropical attire CY 3:30-4:30 A Trip to the Beach AR 7:00-8:30 Friday Night Comedy: Uncle Buck TH	<b>31</b> 10:00-10:30 Seated Exercise AR 10:00-12:00 Bridge Club GR 2:00-3:00 Bingo GR 3:30-5:00 Western Movie Matinee: The Furnace TH 7:00-8:30 Romantic Musical Movie: LaLa Land TH		