

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Linden House Assisted Living at Branchlands

November 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. Activities subject to change without notice.

10:00-10:30 Exercise AR	10:00-10:30 Seated Exercise AR
11:00-12:00 One On One Room Visits GR	10:00-12:00 Bridge Club GR
2:00-3:00 Happy Hour music by "We Bring the Music" with Stephanie Nakasian, UVA Professor, Jazz Singer & Bassist Karl Kimmel 4L	2:00-3:00 Bingo GR
7:00-8:30 Friday Night Action Comedy: The Union with Mark Wahlberg & Halle Berry 4L	3:30-5:00 Inspiring Movie Matinee: Tysons Run TH
Diwali (Hindu)	7:00-8:30 Charming Movie: Happiness for Beginners TH

<p><i>Daylight Saving Time-Fall Back</i> 3</p> <p>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 S3 E17&18 TH 4:00-6:00 NFL Football Game 4L 7:00-8:30 Romantic Drama Movie: Holiday in the Wild with Rob Lowe TH</p> <p>Daylight Saving Time Ends</p>	<p>4</p> <p>10:00-10:45 Movement Video with Sheila AR 11:00-12:00 Music Therapy with Lindsay 4L 2:00-3:00 Menu Chat 4L 6:30-7:30 Documentary with Dave 4L</p>	<p>5</p> <p>10:00-11:00 Voting Outing 2:00-3:00 Bingo GR 3:30-4:30 Football Shirt Cocktail Social Seating Area 7:00-8:30 Heartfelt Emotional Movie: The Family Man with Nicolas Cage TH</p> <p>Election Day</p>	<p>6</p> <p>10:00-10:30 Exercise AR 11:00-12:00 Activity Meeting 4L 2:00-3:00 Birthday Party AR 3:00-4:00 Book Club 4L 6:30-7:30 Documentary with Dave 4L</p>	<p>7</p> <p>10:00-10:30 Exercise AR 10:30-11:00 Flower Arranging R 11:30-3:00 Lunch Outing: Guadalajara 4L 3:00-4:30 Hand & Nail Spa 7:00-8:30 Witty Feel Good Exciting Movie: The Adam Project with Ryan Reynolds & Jennifer Garner 4L</p>	<p>8</p> <p>10:00-10:30 Exercise AR 11:00-12:00 One On One Room Visits 4L 2:00-3:00 Community Project 4L 7:00-8:30 Friday Night Romantic Comedy Movie: Find Me Falling with Harry Connick, Jr. TH</p>	<p>9</p> <p>10:00-10:30 Seated Exercise AR 10:00-12:00 Bridge Club GR 2:00-3:00 Bingo GR 3:30-5:00 Edge of your seat thriller Movie Matinee: Lift with Kevin Hart TH 7:00-8:30 Goofy Comedy Movie: Identity Thief with Melissa McCarthy TH</p>
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<p>10</p> <p>10:00-10:30 Morning Stretch AR 11:00-11:30 Worship Service GR 1:00-3:00 NFL Football Game 4L 2:00-3:00 Monopoly Game GR 3:30-4:30 Heartland S4 E1&2 TH 7:00-8:30 Charming Romantic Comedy Movie: Two Weeks Notice with Sandra Bullock TH</p>	<p>11</p> <p>Thank a Veteran today 10:00-10:45 Movement Video with Sheila AR 11:00-12:00 Veteran's Ceremony 4L 12:00-1:00 Veteran's Lunch GR 2:00-3:00 Resident Council Drop In GR 6:30-7:30 Documentary with Dave 4L</p> <p>Veterans Day Remembrance Day (Canada)</p>	<p>12</p> <p>10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 10:45-11:45 Barracks Road Shopping 1:30-2:30 Presentation on Bladder Incontinence by Ashley Poe, PowerBack 4L 3:00-4:00 Bingo GR 7:00-8:30 Romantic Comedy Movie: A Castle for Christmas with Brooke Shields TH</p>	<p>13</p> <p>10:00-10:30 Exercise AR 10:00-12:00 League of Women's Voter's Meeting GR 10:45-11:15 Book Mobile L 10:45-11:45 Therapy Dog Lola Visits 1:00-2:00 Hearing at Home TH 2:00-3:00 Hymns with Hunter 4L 3:00-4:00 Book Club 4L 6:30-7:30 Documentary with Dave 4L</p>	<p>14</p> <p>10:00-10:30 Exercise AR 10:30-11:00 Flower Arranging R 11:30-3:30 Lunch & Movie Outing: Alamo Theater 7:00-8:00 Live Performance with "Lift the Spirits Choir" 4L</p>	<p>15</p> <p>10:00-10:30 Exercise AR 11:00-12:00 One On One Room Visits 4L 1:30-2:30 Happy Hour and Music with Mathew 4L 7:00-8:30 Friday Night Charming Heartfelt Comedy: A Family Affair with Nicole Kidman TH</p>	<p>16</p> <p>10:00-10:30 Seated Exercise AR 10:00-12:00 Bridge Club GR 2:00-3:00 Bingo GR 2:45-5:00 Symphony Orchestra Outing 3:30-5:00 Relaxing, Charming, Feel Good Movie Matinee: Falling for Christmas with Lindsay Lohan TH 7:00-8:30 Bittersweet Romantic Movie: First Daughter with Katie Homes TH</p>
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<p>17</p> <p>10:00-10:30 Morning Stretch AR 11:00-11:30 Worship Service GR 1:00-3:00 NFL Football Game 4L 2:00-3:00 Name That Tune AR 3:30-4:30 Heartland S4 E3&4 TH 7:00-8:30 Gritty Emotional Tearjerker Movie: Million Dollar Baby with Clint Eastwood, Hillary Swank & Morgan Freeman TH</p>	<p>18</p> <p>10:00-10:45 Movement with Sheila AR 11:00-12:00 Music Therapy with Lindsay 4L 2:00-3:00 Cards/Craft Project AR 3:30-4:30 Cooking Demo AR 6:30-7:30 Documentary with Dave 4L</p>	<p>19</p> <p>10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 10:45-11:45 Roses Shopping Center 2:00-3:00 Pantops Community Church Sing-a-long Performers 4L 3:30-4:30 Bingo GR 7:00-8:30 Understated Bittersweet Based on Real Life Movie: First Man with Ryan Gosling TH</p>	<p>20</p> <p>10:00-10:30 Exercise AR 11:00-12:00 Penny Pinchers AR 2:00-3:00 Meet & Greet in seating area 4L 3:00-4:00 Book Club 4L 6:30-7:30 Documentary with Dave 4L</p>	<p>21</p> <p>10:00-10:30 Exercise AR 10:30-11:00 Flower Arranging R 1:00-3:00 Wine Tasting Outing: 3:00-4:30 Hand & Nail Spa 4L 7:00-9:00 Jefferson Jazz 4L</p>	<p>22</p> <p>10:00-10:30 Exercise AR 11:00-12:00 One On One Room Visits 4L 1:30-2:30 Happy Hour and Music with Nashville Standard 4L 7:00-8:30 Friday Night Witty Comedy Movie: Always Be My Maybe TH</p>	<p>23</p> <p>10:00-10:30 Seated Exercise AR 10:00-12:00 Bridge Club GR 2:00-3:00 Bingo GR 3:30-5:00 Charming Feel Good Heartfelt Matinee: Holiday in the Vineyards TH 7:00-8:30 Suspense Thriller Movie: Hijack 93 TH</p>
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<p>24</p> <p>10:00-10:30 Morning Stretch AR 11:00-11:30 Worship Service GR 1:00-3:00 NFL Football Game 4L 2:00-3:00 Rolling Can Challenge R 3:30-4:30 Heartland S4 E5&6 TH 7:00-8:30 Charming Sentimental Romantic Movie: Mother of the Bride with Brooke Shields TH</p>	<p>25</p> <p>10:00-10:45 Movement with Sheila AR 11:00-12:00 Music Therapy with Lindsay 4L 2:00-3:00 Cards/Art Project AR 3:30-4:30 Hot Chocolate Bar GR 6:30-7:30 Documentary with Dave 4L</p>	<p>26</p> <p>10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 10:45-11:45 Wal-Mart Shopping 2:00-3:00 Bingo GR 3:30-4:30 Cocktail Social Seating Area 7:00-8:30 Inspiring Heartfelt Based on Real Life Movie: Journey to Grace-The Hansie Cronje Story TH</p>	<p>27</p> <p>10:00-10:30 Exercise AR 10:30-11:00 Flower Arranging R 10:45-11:15 Book Mobile L 2:00-3:00 Afternoon Tea PD 3:00-4:00 Book Club 4L 6:30-7:30 Documentary with Dave 4L</p>	<p>28</p> <p>Happy Thanksgiving 10:00-10:30 Exercise AR 11:00-11:30 American Heritage Trivia & Discussion AR 2:00-3:00 Thanksgiving Blessing AR 7:00-8:30 Classic Nostalgic Movie: The Great Waldo Pepper with Robert Redford TH</p> <p>Thanksgiving Day</p>	<p>29</p> <p>10:00-10:30 Exercise AR 11:00-12:00 One On One Room Visits 4L 2:00-3:00 Hot Apple Cider & Apple Pie Social GR 7:00-8:30 Friday Night Charming Quirky Comedy Movie: No Pressure TH</p>	<p>30</p> <p>10:00-10:30 Seated Exercise AR 10:00-12:00 Bridge Club GR 2:00-3:00 Bingo GR 3:30-5:00 Sentimental Bittersweet Emotional Movie Matinee: Legends of the Fall with Brad Pitt & Anthony Hopkins TH 7:00-8:30 Inspiring Music Movie: The Neon Highway with Beau Bridges TH</p>
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