

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

Linden House Assisted Living at Branchlands

1		2		3		4							
10:00-10:30 New Movement AR 11:00-12:00 New Year's Pictionary AR 2:00-3:00 New Year's Day Traditions & Resolutions AR 6:30-7:30 Documentary with Dave 4L		10:00-10:30 Exercise AR 10:30-11:00 Flower Arranging R 1:30-2:30 Nashville Standard 4L 3:00-4:30 Hand & Nail Spa 7:00-8:30 Inspiring Movie: Rez Ball 4L		10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 11:00-12:00 One On One Room Visits 2:00-3:00 Happy Hour music by "We Bring the Music" Uncle Henry's Favorites with Pete V. 4L 7:00-8:30 Friday Night Action Comedy: The Prince & Me 4L		10:00-10:30 Seated Exercise AR 10:00-12:00 Bridge Club GR 2:00-3:00 Bingo GR 3:30-5:00 Heartfelt Movie Matinee: Holiday Inn the Wind TH 7:00-8:30 Based on True Story Movie: Molly's Game TH							
New Year's Day													
5		6		7		8		9		10		11	
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 Drama Movie: Joy the Birth of IVF TH		10:00-10:45 Movement 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		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 7:00-8:30 Inspiring Movie: Cinderella Man TH		10:00-10:30 Exercise AR 10:45-11:15 Book Mobile L 11:30-12:00 Therapy Dog Lola Visits TH 1:00-2:00 Hearing at Home 1:00-3:00 League of Women's Voter's Meeting AR 2:00-3:00 Birthday Party AR 3:00-4:00 Book Club 4L 6:30-7:30 Documentary with Dave 4L		10:00-10:30 Exercise AR 10:30-11:00 Flower Arranging R 11:30-3:00 Lunch Outing: Bonefish 4L 3:30-4:30 Men's Sports Club 7:00-8:30 Heartfelt Movie: The Beautiful Game TH		10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 11:00-12:00 One On One Room Visits 2:00-3:00 Knitting, Crocheting & Quilting Circle 4L 7:00-8:30 Friday Night Comedy: The Great Seduction TH		10:00-10:30 Seated Exercise AR 10:00-12:00 Bridge Club GR 2:00-3:00 Bingo GR 3:30-5:00 Inspiring Movie Matinee: Whip Lash TH 7:00-8:30 Drama Movie: RACE TH	
12		13		14		15		16		17		18	
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 January Trivia & Celebrity Birthdays 4L 3:30-4:30 Heartland S4 E1&2 TH 7:00-8:30 Based on True Story Movie: Julia's Stepping Stone TH		10:00-10:45 Movement with Sheila AR 11:00-12:00 Music Therapy With Lindsay 4L 2:00-3:00 Resident Council Drop In GR 6:30-7:30 Documentary with Dave 4L		10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 10:30-11:45 Library Trip 1:30-2:30 Presentation on "Fit Healthy-Basics" by Ashley Poe, PowerBack 4L 3:00-4:00 Bingo GR 7:00-8:30 Inspiring Heartfelt Movie: Hustle TH		10:00-10:30 Exercise AR 11:00-12:00 Activity & Transportation Meeting 4L 2:00-3:00 Marsh mellow Snowball Game AR 3:00-4:00 Book Club 4L 6:30-7:30 Documentary with Dave 4L		10:00-10:30 Exercise AR 10:30-11:00 Flower Arranging R 1:30-3:30 Lazy Daisy Ceramics Outing 3:00-4:30 Hand & Nail Spa 7:00-9:00 Jefferson Jazz 4L		10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 11:00-12:00 One On One Room Visits 1:30:2:30 Happy Hour and Music with Mathew 4L 7:00-8:30 Friday Night Comedy Movie: Family Switch TH		10:00-10:30 Seated Exercise AR 10:00-12:00 Bridge Club GR 2:00-3:00 Bingo GR 3:30-4:30 Music with Dennis 4L 7:00-8:30 Based on a true story Movie: Martha TH	
19		20		21		22		23		24		25	
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 Popcorn Party AR 3:30-4:30 Heartland S4 E3&4 TH 7:00-8:30 Drama Movie: The Two Popes TH		10:00-10:45 Movement with Sheila AR 11:00-12:00 Music Therapy With Lindsay 4L 2:00-3:00 Winter Crafting AR 6:30-7:30 Documentary with Dave 4L		10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 2:00-3:00 Bingo 4L 3:30-4:30 Cocktail Social 7:00-8:30 Inspiring Movie: Million Dollar Baby TH		10:00-10:30 Exercise AR 10:45-11:15 Book Mobile L 2:00-3:00 Polka Dot Games AR 3:00-4:00 Book Club 4L 6:30-7:30 Documentary with Dave 4L		10:00-11:00 Exercise AR 10:30-11:00 Flower Arranging R 11:30-3:00 Lunch Outing: Blue Ridge Café 3:30-4:30 Table Tennis AR 7:00-8:30 Drama Movie: Megan Leavey TH		10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 11:00-12:00 One On One Room Visits 2:00-3:00 Knitting, Crocheting & Quilting Circle 4L 7:00-8:30 Friday Night Comedy Movie: Whitney TH		10:00-10:30 Seated Exercise AR 10:00-12:00 Bridge Club GR 2:00-3:00 Bingo GR 3:30-5:00 Heartfelt Matinee: Our Souls at Night TH 7:00-8:30 Drama Movie: Selma TH	
Activity Professionals Week		Martin Luther King Jr. Day											
26		27		28		29		30		31		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 Morning Stretch AR 11:00-11:30 Worship Service GR 1:00-3:00 NFL Football Game 4L 2:00-3:00 Mexican Train Dominoes AR 3:30-4:30 Heartland S4 E5&6 TH 7:00-8:30 Inspiring Movie: Self Made TH		10:00-10:45 Movement with Sheila AR 11:00-12:00 Music Therapy With Lindsay 4L 2:00-3:00 Wine & Design AR 6:30-7:30 Documentary with Dave 4L		10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 10:30-11:45 Walmart Shopping 2:00-3:00 Bingo GR 3:30-4:00 Ice Breaker AR 7:00-8:30 Based on a true story Movie: My Octopus Teacher TH		10:00-10:30 Exercise AR 11:00-12:00 Cooking Demo AR 2:00-3:00 Ladies Afternoon Tea 4L 3:00-4:00 Book Club 4L 6:30-7:30 Documentary with Dave 4L		10:00-10:30 Exercise AR 10:30-11:00 Flower Arranging AR 11:30-3:00 Movie Outing: Move and time will be announced once available 4L 3:00-4:30 Hand & Nail Spa 4L 7:00-8:30 Heartfelt Movie: Dog Gone TH		10:00-10:30 Exercise AR 10:30-11:00 Muscle Strengthening AR 11:00-12:00 One On One Room Visits R 2:00-3:00 Happy Hour 7:00-8:30 Friday Night Comedy Movie: Don't Look Up TH			
Australia Day (Observed)						Chinese New Year (Year of the Snake)							