

# CONNECTIONS



# JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:15 Bingo, Bacon, & Brownies 11:30 Lunch 1:15 Brain Aerobics: Bridging with Club & Tip Top Nail Spa 2:30 Devotions with Chaplain Shawn 3:00 Fresh Squeezed Lemonade 3:30 Nerf Gun Target Practice 4:30 Dinner 5:30 Seated Yoga 6:00 A Happy Song Sing-Along 7:00 Sportscenter Night	8:00 Breakfast & Cafe Espresso 10:00 Large Group Activity by Powerback Rehabilitation 10:30 Bible Study & Trivia 11:30 Lunch 1:15 Tie-Dye Creations 3:00 Let's Get Physical: Bridging with Club 4:30 Dinner 7:00 Golden Girls Marathon	8:00 Breakfast & Cafe Espresso 9:30 Saturday Workout 10:15 Morning News & Stories 10:45 Ball Toss Discussion Starters 11:30 Lunch 1:15 Ludacris Laws 2:00 Minute To Win It Challenges 3:00 Ice Cream Social 4:30 Dinner 7:00 History Documentaries
4	5	6	7	8	9	10
8:00 Breakfast & Cafe Espresso 9:30 Sunday Morning Workout 10:15 Bible Study: Trinity Sunday 10:45 Hymn Sing-Along 11:30 Lunch 1:30 Sunday Service with Chaplain Shawn 2:00 Sunday Sundaes 3:00 Bingo On The Patio 4:30 Dinner 7:00 Relax & Unwind w/Music	8:00 Breakfast & Cafe Espresso 9:30 Monday Morning Workout 10:15 Social Synapses: Cognition Games w/Club 11:30 Lunch 1:00 Catholic Communion 1:15 Balloon Volleyball 2:15 York Music Therapy 3:15 Rita's Ice Snack 3:45 iN2L: Left Hand Right Hand 4:30 Dinner 7:00 Nature Documentaries	8:00 Breakfast & Cafe Espresso 9:30 Toned Tuesday Workout 10:15 Morning Sing-Along 10:45 Safari Animal Trivia 11:30 Lunch 1:15 Collaborating Craftsmanship: Bridging w/Club 1:15 Tip Top Nail Spa 2:30 June Fun Facts & Trivia 3:00 Soda & Chip Snack 3:30 Anatomy Trivia 4:30 Dinner 5:30 Afternoon Affirmations 6:00 Hot Cocoa Bar 7:00 Disney Originals	8:00 Breakfast & Cafe Espresso 9:30 Wednesday Workout 10:15 Bible Study 10:45 Local News & Weather Report 11:30 Lunch 1:15 Family Feud & Folding Laundry 2:30 Map Trivia & Lower Cognition Group Activity 3:00 Apple Cider Refreshments 3:30 Evening Workout 4:30 Dinner 5:30 Music & Refreshments on the Patio 7:00 Wednesday Westerns	8:00 Breakfast & Cafe Espresso 9:30 Weekday Workout 10:15 Bible Study: Corpus Christi 11:30 Lunch 1:15 Brain Aerobics: Bridging with Club & Tip Top Nail Spa 2:30 Devotions w/Chaplain Shawn 3:00 Coffee Break 3:30 Mini Golf 4:30 Dinner 5:30 Thera-Band Workout 6:00 Chamomile Tea Sippers 7:00 Sportscenter Night	8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:15 Chopping Up Fruit & Veggies 11:30 Lunch 1:15 Arm Chair Travel: Sweden 2:30 Swedish Snack 3:00 Let's Get Physical: Bridging with Club 4:30 Dinner 7:00 Stand Up Comedy Night	8:00 Breakfast & Cafe Espresso 9:30 Saturday Workout 10:15 Bingo & Bacon 11:30 Lunch 1:15 Patio Brain Games 2:30 Ice Tea Refreshments 3:00 60's Music Trivia 3:30 Idioms & Homonyms 4:30 Dinner 7:00 Musical Movie Night

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 8:00 Breakfast & Cafe Espresso 9:30 Sunday Morning Workout 10:15 Making Mini Pies 11:30 Lunch 1:30 Sunday Service with Chaplain Shawn 2:00 Sunday Sundaes 3:00 Bible Study & Bible Trivia 4:30 Dinner 7:00 I Love Lucy Marathon	12 8:00 Breakfast & Cafe Espresso 9:30 Monday Morning Workout 10:15 Social Synapses: Cognition Games with Club 11:30 Lunch 1:00 Catholic Communion 1:15 Giant Soccer 2:30 iN2L: Name That Sound 3:00 Wine About It 3:30 Fashion Trivia 4:30 Dinner 7:00 Game Show Night	13 8:00 Breakfast & Cafe Espresso 9:30 Toned Tuesday Workout 10:15 Baking a Cake 11:30 Lunch 1:15 Collaborating Craftsmanship: Bridging with Club 1:15 Tip Top Nail Spa 2:30 Farming & Animal Trivia 3:00 Chocolate Milk & Cookies 3:30 Hershey History 4:30 Dinner 5:30 Rock Paintings 6:00 Full Body Stretch 7:00 Comedy Movies	14 8:00 Breakfast & Cafe Espresso 9:30 Wednesday Workout 10:15 Today In History 10:45 Hymn Sing-Along 11:30 Lunch 1:15 Pictionary & Folding Laundry 2:30 Jokes & Lower Cognition Group Activity 3:00 Jellybean Taste Test 4:30 Dinner 5:30 Breathing Exercises 6:00 Popcorn Snack 7:00 Romance Matinee	15 8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:15 Amazing News & Stories 10:45 Math Mania Games 11:30 Lunch 1:15 Brain Aerobics: Bridging with Club & Tip Top Nail Spa 2:30 Flag Day Ceremony Presented by: Veteran Service Committee 2:30 Devotions w/Chaplain Shawn 3:00 Root Beer Floats & Giant Pong 4:30 Dinner 5:30 Large Group Meditation 6:00 Warm Milk & Brownie Snack	16 8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:15 Baking Cookies 11:30 Mens Club Luncheon 1:30 Famous Playwrights 2:00 Picture Prompts: Dover, PA with Club 3:00 Let's Get Physical: Bridging with Club 4:30 Dinner 7:00 Nature Documentaries	17 8:00 Breakfast & Cafe Espresso 9:30 Saturday Workout 10:15 Making Homemade Ice Cream 11:30 Lunch 1:15 Butterfly Study 2:00 Pina Colada Sippers 3:00 Funny Drinking Laws 4:30 Dinner 7:00 60's Movie Marathon
18 8:00 Breakfast & Cafe Espresso 9:30 Sunday Morning Workout 10:15 Memory Magic & Mimosas 11:30 Lunch 1:30 Sunday Service with Chaplain Shawn 2:00 Sunday Sundaes 3:00 Word Games & Vocab Trivia 4:30 Dinner 7:00 Western Movies	19 8:00 Breakfast & Cafe Espresso 9:30 Monday Morning Workout 10:15 Social Synapses: Cognition Games w/Club 11:30 Lunch 1:00 Catholic Communion 1:15 Brain Games On The Patio 3:00 Ice Cold Beer & Wine Social 3:30 Hunting & Fishing Trivia 4:30 Dinner 7:00 History Documentaries	20 8:00 Breakfast & Cafe Espresso 9:30 Toned Tuesday Workout 10:15 Bingo & Biscotti's 11:30 Lunch 1:15 Collaborating Craftsmanship: Bridging w/Club 1:15 Tip Top Nail Spa 2:30 Car Trivia 3:00 Mocktail Social 3:30 Picture Prompts: York City 4:30 Dinner 5:30 Making Homemade Ice Cream 7:00 Animal Documentaries	21 8:00 Breakfast & Cafe Espresso 9:30 Wednesday Workout 10:15 Amazing News & Stories 10:45 You Know You're Old When... 11:30 Lunch 1:15 Word Games & Folding Laundry 2:30 Flower Identification & Lower Cognition Group Activity 3:00 Mint Water Refreshments 3:30 Balloon Volleyball 4:30 Dinner 5:30 Seated Yoga 6:00 Hymn Sing-Along	22 8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:15 Golden Age Actor Trivia 10:45 Would You Rather... 11:30 Lunch 1:15 Brain Aerobics: Bridging with Club & Tip Top Nail Spa 2:30 Devotions w/Chaplain Shawn 3:00 Snow Cones 3:30 Ladder Toss 4:30 Dinner 5:30 Ball Toss Discussion Starters 6:00 Warm Milk & Brownie Snack	23 8:00 Breakfast & Cafe Espresso 10:00 Large Group Activity by Powerback Rehabilitation 10:30 Uplifting News Stories 11:30 Lunch 1:15 Popsicles & Games On Patio with Club 3:00 Let's Get Physical: Bridging with Club 4:30 Dinner 7:00 Pixar Movie Night	24 8:00 Breakfast & Cafe Espresso 9:30 Saturday Workout 10:15 Bible Study 10:45 Golf Trivia 11:30 Lunch 1:15 Famous Figures: Humphrey Bogart 2:00 Famous Cocktail History 2:30 Mocktail Social 3:15 Kickball 4:30 Dinner 7:00 Disney Originals
25 8:00 Breakfast & Cafe Espresso 9:30 Sunday Morning Workout 10:15 Bingo & Bacon 11:30 Lunch 1:30 Sunday Service with Chaplain Shawn 2:00 Sunday Sundaes 3:00 Weighted Workout 3:30 Freaky Stories: Gettysburg Ghosts 4:30 Dinner 7:00 Golden Age Flicks	26 8:00 Breakfast & Cafe Espresso 9:30 Monday Morning Workout 10:15 Social Synapses: Cognition Games w/Club 11:30 Lunch 1:00 Catholic Communion 1:15 Drumming Circle 1:30 Local News Stories & Refreshments 2:15 York Music Therapy 3:15 Minute To Win It Challenges 4:30 Dinner 7:00 America's Funniest Home Videos	27 8:00 Breakfast & Cafe Espresso 9:30 Toned Tuesday Workout 10:15 Baking Apple Pies 11:30 Lunch 1:15 Collaborating Craftsmanship: Bridging with Club 1:15 Tip Top Nail Spa 2:30 Summer Trivia 3:00 Kool-Aid Refreshments 3:30 All About Trap Shooting 4:30 Dinner 5:30 Yoga & Herbal Tea Refreshment	28 8:00 Breakfast & Cafe Espresso 9:30 Wednesday Workout 10:15 Uplifting News 10:45 Who Was Martin Luther? 11:30 Lunch 1:15 The Price Is Right & Folding Laundry 2:30 Dog Breed Trivia 3:00 Wine About it 3:30 Brain Games 4:30 Dinner 5:30 Making Homemade Ice Cream 7:00 Family Feud Marathon	29 8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:15 Bible Study: Peter & Paul 10:45 Today In History 11:30 Lunch 1:15 Brain Aerobics: Bridging with Club & Tip Top Nail Spa 2:00 Celebration of Life 2:30 Devotions w/Chaplain Shawn 3:00 Fanta Floats 3:30 Cornhole 4:30 Dinner 5:30 Seated Yoga 6:30 Warm Milk & Brownie Snack	30 8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:15 Bible Study 10:45 Famous Seniors 11:30 Lunch 1:15 Shucking Corn & Chopping Fruit & Veggies 3:00 Let's Get Physical: Bridging with Club 4:30 Dinner 7:00 National Geographic Night	<i>Dover</i> <b>CONNECTIONS</b> <b>JUNE 2023</b>