

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Chambersburg

CONNECTIONS



JULY 2023

1
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
10:00 Flexibility & Posture
10:30 iN2L:List It!
11:00 Brain Teasers
11:30 Lunch
12:00 Walking with Friends
1:15 Timeslips
2:30 Memory Café
3:00 Happy Independence Day (CW)
3:30 Yankee Doodle Boy
4:15 Dinner
5:30 Painting W/ Bob Ross
7:00 Evening Wind Down

2
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
10:00 Mindful Movement
10:30 iN2L: Mind Fitness
11:00 Explordle
11:30 Lunch
12:00 Walking with Friends
1:30 Piano Playing w/Bryan Herber
2:30 Sip and Dance
3:00 Worship Service
3:30 Hymns
4:15 Dinner
5:30 Safari Animals Webcam
7:00 Evening Wind Down

3
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
10:00 Morning Stretch
10:30 iN2L: Weekly Balloon Burst
11:00 Block Champ
11:30 Lunch
12:00 Walking with Friends
1:30 American Nation of Immigrants
Featuring Lester Hirsh
2:30 Sip and Mingle
3:00 Florida Bingo
3:30 Independence Day Message
4:15 Dinner
5:30 Inspirational Videos
7:00 Evening Wind Down

4
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
10:00 Star & Stripe
10:30 iN2L: Who sang That Song
11:00 Virtual Cooking
11:30 Lunch
12:00 Walking with Friends
1:30 Kitchen Creation:
4th of July Fruit Pizza (CC)
2:30 4th of July Social (CC)
3:00 Bible Study
4:15 Dinner
5:30 Surprise Videos
7:00 Evening Wind Down
Independence Day

5
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
10:00 Leg & Core 1
10:30 iN2L: Pay That Cashier
11:00 Have You Ever
11:30 Lunch
12:00 Walking with Friends
1:30 Crafty Creation: DIY
Firecracker Door Handler (CC)
2:30 Sip and Show (CC)
3:00 Brain Challenges
3:30 Fifty: Over Or Under
4:15 Dinner
5:30 Space Webcam
7:00 Evening Wind Down

6
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
10:00 Mid Week Worship Service (CC)
10:30 iN2L: Hymns (CC)
11:00 4,2,1 Class
11:30 Lunch
12:00 Walking with Friends
1:30 Entertainment Featuring
Robert Twine (CC)
2:30 Sip and Sing (CC)
3:00 Tell Your Story
3:30 Mountain Men Club
4:15 Dinner
5:30 SATN Radio Show
7:00 Evening Wind Down

7
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
10:00 Flow With Flexibility
10:30 iN2L: Piggy Banker
11:00 Travel: USA National Parks
11:30 Lunch
12:00 Walking with Friends
1:15 Gardening Club
2:30 Ice Tea Time
3:00 Wacky Wordies
3:30 July 4th Detective
4:15 Dinner
5:30 Lecture Series
7:00 Evening Wind Down

8
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
10:00 Stability Class
10:30 iN2L: Train Your Brain
11:00 Movie Discussion
11:30 Lunch
12:00 Walking with Friends
1:15 Shake Loose Memory
2:30 Sip and Share
3:00 Who is Ernest Hemingway?
3:30 Ez Music Trivia
4:15 Dinner
5:30 Ted ED Talks
7:00 Evening Wind Down

9
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
10:00 Aromatherapy
10:30 iN2L: Cranium Crunches
11:00 Sing w/ Susie Q
11:30 Lunch
12:00 Walking with Friends
1:15 Memory Magic
2:30 Root Beer Floats Time
3:00 Worship Service
3:30 Hymns
4:15 Dinner
5:30 Kitten Rescue
7:00 Evening Wind Down

10
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
10:00 Seated Core
10:30 iN2L: Weekly Crossword
11:00 Jig Saw Blast
11:30 Lunch
12:00 Walking with Friends
1:15 Drama Club Presents
Much Ado About Nothing
2:00 Kindly Canines
3:00 Sip and Mingle
3:30 Famous Duos
4:15 Dinner
5:30 The Carol Burnett Show
7:00 Evening Wind Down


11
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
10:00 Band Practice
10:30 iN2L: Finish the Lyric
11:00 Spiro Chair Belly Dance
11:30 Lunch
12:00 Walking with Friends
1:30 Kitchen Creation:
Banana Pudding Cupcake (CC)
2:30 Sip and Taste (CC)
3:00 Bible Study
4:15 Dinner
5:30 Broadway Musicals
7:00 Evening Wind Down

12
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
10:00 Light & Lively
10:30 iN2L: Pictionary
11:00 This or That
11:30 Lunch
12:00 Walking with Friends
1:30 Crafty Creation:
Remember Quilt (CC)
2:30 Celebrate Nada's B-Day (CC)
3:00 Dementia Support Group
3:00 Jessica Snyder Performing (CC)
4:15 Dinner
5:30 Venice Webcam
7:00 Evening Wind Down

13
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
9:45 Chair Yoga w/ Beth
10:15 Mid Week Worship Service (CC)
10:45 iN2L: Hymns (CC)
11:15 Tell A Joke
11:30 Lunch
12:00 Walking with Friends
1:15 Day Excursion:
Nelly Fox Bowling (CC)
2:30 Sip and Be Social (CC)
3:00 Cool Treat Crossword
3:30 Mountain Men Club
4:15 Dinner
5:30 Radio Garden
7:00 Evening Wind Down

14
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
10:00 Fit Xpress Simply Stretch 1
10:30 iN2L: Family Feud
11:00 Travel: United States
11:30 Lunch
12:00 Walking with Friends
1:15 Gardening Club
2:30 Snow Cone Station
3:00 Concentration Puzzles
3:30 Jeopardy Trivia
4:15 Dinner
5:30 Classic Movies
7:00 Evening Wind Down

15
6:00 Activities of Daily Living
8:00 Breakfast
9:00 Daily News and History
10:00 Sit & Be Fit
10:30 iN2L: For a Good Cause
11:00 Spotlight Inventors
11:30 Lunch
12:00 Walking with Friends
1:15 Memories in the Making
2:30 Sip and Share
3:00 Dice Bowling
3:30 July QI
4:15 Dinner
5:30 The Art of Woodworking
7:00 Evening Wind Down

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|--|---|
| <p>16</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Meditation Time 10:30 iN2L: Drag the Words 11:00 Karaoke 11:30 Lunch 12:00 Walking with Friends 1:15 Storymatice Rememory 2:30 Sip and Share 3:00 Worship Service 3:30 Hymns 4:15 Dinner 5:30 Puppies Webcam 7:00 Evening Wind Down</p> | <p>17</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Jodi Through the Decades 10:30 iN2L:Mahjongg Candy 11:00 Weekly Word Scrambled 11:30 Lunch 12:00 Walking with Friends 1:15 Book Club: The Rest Stop 2:30 Sip and Discuss 3:00 Teddy Bear Picnic Crossword 3:30 Ez Does It Trivia 4:15 Dinner 5:30 Babies Funny Video 7:00 Evening Wind Down</p> | <p>18</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice 10:30 iN2L: What's that Sound 11:00 Would Your Rather 11:30 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Pretzel Bites (CC) 2:30 Sip and Taste (CC) 3:00 Bible Study 4:15 Dinner 5:30 Classic TV Shows 7:00 Evening Wind Down</p> | <p>19</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Leg & Core 2 10:30 iN2L: Split Word 11:00 True Confession 11:30 Lunch 12:00 Walking with Friends 1:15 Scrapbooking Memories 2:30 Celebrate Chuck's B-Day 3:00 Song of Summer 3:30 Amazing Animals of the Florida Keys 4:15 Dinner 5:30 Japan Webcam 7:00 Evening Wind Down</p> | <p>20</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Mid Week Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Movement in Motion 2 11:30 Lunch 12:00 Walking with Friends 1:15 Backyard Horseshoes 2:30 Sip and Be Social 2:45 Celebration of Life 3:15 Mountain Men Club: Giant UNO Cards 4:15 Dinner 5:30 Classic Radio 7:00 Evening Wind Down</p> | <p>21</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Spiro Chair Dance 10:30 iN2L: Word Cross 11:00 Travel: Canada National Parks 11:30 Lunch 12:00 Walking with Friends 1:15 Gardening Club 2:30 Celebrate Diana's B-Day 3:00 Call and Response Songs 3:30 Key West Detective 4:15 Dinner 5:30 Arm Chair Travel 7:00 Evening Wind Down</p> | <p>22</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Loving Kindness 10:30 iN2L: Car Park 11:00 Picture Prompts 11:30 Lunch 12:00 Walking with Friends 1:15 Sharpen Your Senses 2:30 Celebrate Agnes's B-Day 3:00 Modern Jeopardy Trivia 3:30 Word Boggle 4:15 Dinner 5:30 Ted Talks 7:00 Evening Wind Down</p> |
| <p>23</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Aromatherapy 10:30 iN2L: Word Wipe 11:00 Around the World Guided Tours 11:30 Lunch 12:00 Walking with Friends 1:15 Toss N Talk Ball 2:30 Cocktail Time 3:00 Worship Service 3:30 Hymns 4:15 Dinner 5:30 Panda Webcam 7:00 Evening Wind Down</p> | <p>24</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Florida Keys Workout 10:30 iN2L: Wordle 11:00 Lumeno 11:30 Lunch 12:00 Walking with Friends 1:15 Drama Club Presents Learning Looks of Love 2:30 Sip and Discuss 3:00 Secret Barry Bonds Quote 3:30 The Keys Trivia 4:15 Dinner 5:30 Candid Camera 7:00 Evening Wind Down</p> | <p>25</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice 10:30 iN2L: Name That Tune 11:00 Rebus Puzzles 11:30 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Jell-O Poke Cake (CC) 2:30 Sip and Taste (CC) 3:00 Bible Study 4:15 Dinner 5:30 History Videos 7:00 Evening Wind Down</p> | <p>26</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Fit Xpress Simply Stretch 2 10:30 iN2L: Logic Trivia 11:00 Laugh Discussion Starter 11:30 Lunch 12:00 Walking with Friends 1:30 Crafty Creation: Mozart Sun Catchers (CC) 2:30 Celebrate Susan's B-Day (CC) 3:00 Friends Hosting Friends Water Balloon Relay (CL,CC) 4:15 Dinner 5:30 Santa Monica Webcam 7:00 Evening Wind Down</p> | <p>27</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Mid Week Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Movement in Motion 3 11:30 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Rita's in Shippensburg (CC) 2:30 Sip and Be Social (CC) 3:00 Indoor Bowling 3:30 Mountain Men Club 4:15 Dinner 5:30 Pastime Videos 7:00 Evening Wind Down</p> | <p>28</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Music in Motion 10:30 iN2L: What Did it Cost 11:00 Travel: Outer Countries 11:30 Lunch 12:00 Walking with Friends 1:15 Gardening Club 2:30 Cotton Candy Station 3:00 Charades 3:30 Idaho Crossword 4:15 Dinner 5:30 Art of Dancing 7:00 Evening Wind Down</p> | <p>29</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Balance Boogie 10:30 iN2L: Find Tom the Cat 11:00 Season Discussion Starter 11:30 Lunch 12:00 Walking with Friends 1:15 Remembering Jell-O 2:30 Sip and Share 3:00 Consequence Ad-Lib 3:30 More Jeopardy Trivia 4:15 Dinner 5:30 Virtual Museums 7:00 Evening Wind Down</p> |
| <p>30</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Tai Chi 10:30 iN2L: Name That Item 11:00 Sing w/ Mary Sue 11:30 Lunch 12:00 Walking with Friends 1:15 Movie Memories 2:30 Sip and Make a New Friend 3:00 Worship Service 3:30 Hymns 4:15 Dinner 5:30 Eagle's Nest Webcam 7:00 Evening Wind Down</p> | <p>31</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Move & Groove 10:30 iN2L: Wordscapes 11:00 Weekly Maze 11:30 Lunch 12:00 Walking with Friends 1:15 Introduction to Delsarte: Emotion Through Movement 2:30 Sip and Discuss 3:00 Bottle Ring Toss 3:30 Word Bingo 4:15 Dinner 5:30 Animal Funny Video 7:00 Evening Wind Down</p> | <p>CONNECTIONS  JULY 2023</p> | | | | |