


Dover

CONNECTIONS



AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:00 Breakfast & Cafe Espresso 9:30 Toned Tuesday Workout 10:15 Memory Magic 11:30 Lunch 1:15 Create & Design w/Club: Bingo Bucks 3:00 Balloon Volleyball 3:45 Coffee Break 4:30 Dinner 5:30 Tip Top Nail Spa 6:00 Common Sayings 7:00 Game Show Marathon	2 8:00 Breakfast & Cafe Espresso 9:30 Wednesday Workout 10:15 Name That Tune 10:30 Local News & Weather Report & Bible Study 11:00 Senior Jokes 11:30 Lunch 1:15 Rock Paintings & Volleyball 2:00: Coffee Break 2:30 Connections Scavenger Hunt 3:00 Resident Led Reading Circle 3:30 Drumming Circle 4:00 Fierce & Gentle Safari Trivia 4:30 Lunch 5:30 iN2L: Today In History 6:00 Evening Sing-Along	3 8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:15 Kitchen Corner: Bread From Scratch 11:30 Lunch 1:15 Brain Aerobics: Fried Chicken Trivia 2:00 Bible Study 2:30 Learning Spanish 101 3:00 Cheeseball Snack 3:30 Indoor Soccer & Tip Top Nail Spa 4:30 Dinner 5:30 Helping Hands: Folding Laundry 7:00 Gilmore Girls Marathon	4 8:00 Breakfast & Cafe Espresso 9:30 Morning News & Stories 10:00 PowerBack Rehab Exercise 11:30 Lunch 1:15 Courtyard Stroll 1:45 Companionship Visits From House Side 3:00 Let's Get Physical: A-Z Workout 3:45 Famous Figures: Steve Irwin 4:30 Dinner 7:00 Game Show Marathons	5 8:00 Breakfast & Cafe Espresso 9:30 Weekend Workout 10:15 Bingo & Bacon 11:30 Lunch 1:15 Crafty Crew: Paper Hot Air Balloons 2:15 History Of Flight 3:00 Paper Airplane Test Flights 3:30 Coffee Break 4:00 August Trivia 4:30 Dinner 7:00 Western Movie Marathon
6 8:00 Breakfast & Cafe Espresso 9:30 Sunday Funday Workout 10:15 Baking Chocolate Chip Cookies 11:30 Lunch 1:30 Sunday Service w/ Chaplain Shawn 2:00 Sunday Sundaes 3:00 Hymn Sing-Along 3:30 Coffee Break 4:00 Spotlight In History: Elvis Presly 4:30 Dinner 7:00 Religious Flicks	7 8:00 Breakfast & Cafe Espresso 9:30 Muscle Mania Workout 10:00 Club Bridging: iN2L Light Houses 11:00 Summer Trivia 11:30 Lunch 1:00 Catholic Communion 1:15 Sign Language Lesson 2:15 York Music Therapy 3:00 Balloon Baseball 4:30 Dinner 7:00 Evening Wind Down	8 8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:15 Family Feud & Pictionary 11:30 Lunch 1:15 Create Food w/Club 2:00 Orange Creamsicle Floats 2:30 Afternoon Stretch 2:45 Bible Study & Bible Trivia 3:30 Milk Jug Knock-Down 4:00 iN2L: Always or Never 4:30 Dinner 5:30 Tip Top Nail Spa 7:00 Science Documentaries	9 8:00 Breakfast & Cafe Espresso 9:30 Weekday Workout 10:15 Bingo & Brownies 11:30 Lunch 1:15 Crafty Corner: Paper Plate Snails & Outdoor Stroll 2:00 Wine & Beer Social w/ Movie Trivia 3:00 iN2L: Armed Forces Trivia & Wordle 4:00 Brain Teasers: Math 4:30 Dinner 5:30 Evening Sing Along 6:00 Evening Stroll 7:00 SportsCenter Marathon	10 8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:15 Bible Study & News Stories 11:00 Would You Rather 11:30 Lunch 1:15 Brain Aerobics: Guess That Scent 2:00 Puzzle Corner & Table Games 3:00 Fresh Squeezed Lemonade Sippers 3:30 Drumming Circle & Music History 4:30 Dinner 5:30 Gardening Crew 7:00 Nature Documentaries	11 8:00 Breakfast & Cafe Espresso 9:30 Fit to The Core Club 10:15 Making Strawberry Pies 11:30 Lunch 1:15 Crafty Corner: Coffee Filter Butterflies 1:45 Companionship Visits From House Side 2:15 Coffee Bar & Sports Trivia 3:00 Let's Get Physical: Parachute Games w/Club 4:00 Outdoor Stroll 4:30 Dinner 7:00 Game Show Marathon	12 8:00 Breakfast & Cafe Espresso 9:30 Weekend Workout 10:15 Memory Magic 11:30 Lunch 1:15 Basketball Games 2:00 Root Beer Floats 3:00 Clay Pot Paintings 4:30 Dinner 7:00 Gilmore Girls Marathon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">13</p> 8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:15 Cross Pencil Toppers & Bible Study 11:30 Lunch 1:30 Sunday Service w/ Chaplain Shawn 2:00 Sunday Sundaes 3:00 Balloon Volleyball 4:30 Dinner 7:00 Relax & Unwind	<p style="text-align: right;">14</p> 8:00 Breakfast & Cafe Espresso 9:30 Monday Muscle Mania 10:00 iN2L Program: Flight Simulator 11:30 Lunch 1:15 Styrofoam Bowl Turtles 2:15 Snow Cone Social 3:30 Famous Figures: Betty White 4:00 Common Sayings Trivia 4:30 Dinner 7:00 Medical Documentaries	<p style="text-align: right;">15</p> 8:00 Breakfast & Cafe Espresso 9:30 Sweatin' Seniors Workout 10:15 iN2L: August Trivia & Bible Study 11:30 Lunch 1:15 Create & Design: Surf & Soar Birds & Outdoor Stroll 2:30 Simon Says & Tongue Twisters 3:00 Hot Chocolate Bar 3:30 Evening Stretch & Jokes 4:00 iN2L: Bubble Popper 4:30 Dinner 5:30 Tip Top Nail Spa 6:30 Courtyard Stroll 7:00 Netflix Binge	<p style="text-align: right;">16</p> 8:00 Breakfast & Cafe Espresso 9:30 Wednesday Workout 10:15 Bumblebee Fun Facts & Summer Trivia 11:00 Dog Breed Trivia 11:30 Lunch 1:15 Spotlight In History: JFK 2:00 Coffee Break & Cheese Ball Snack 2:30 Chinese History & Trivia 3:00 Giant Cup Pong 3:30 Tip Top Nail Spa 4:30 Dinner 5:30 Spaghetti & Marshmallow Tower Craft 7:00 Stand Up Comedy Specials	<p style="text-align: right;">18</p> 8:00 Breakfast & Cafe Espresso 9:30 Fit To The Core Club 10:00 Amazing News & Stories 10:30 Virtual Tour Of Siscily 11:30 Lunch 1:15 Learn A Little: A Little Birdie Told Me 2:30 Ice Pop Social 3:00 Jelly Bean Taste Test 4:00 Name That State Trivia 4:30 Dinner 5:30 iN2L: Ludicrous Laws Trivia 6:00 Courtyard Stroll 7:00 Nature Films	<p style="text-align: right;">19</p> 8:00 Breakfast & Cafe Espresso 9:30 Morning Sing-Along 10:00 PowerBack Rehab Exercise 10:30 Bird Identification Trivia 11:00 Name That Bird Call 11:30 Lunch 1:15 Decorating Walkers 1:45 Companionship Visit From House Side 3:00 Let's Get Physical: Outside Ball 4:00 Virtual Tour of York City 4:30 Dinner 7:00 Evening Wind-Down	<p style="text-align: right;">19</p> 8:00 Breakfast & Cafe Espresso 9:30 Weekend Workout 10:15 Making Latkes w/Lakyn 11:30 Lunch 1:15 The Price Is Right 2:00 Coffee Bar & Snacks 3:00 Musical Entertainment Memory Music w/ Tom & Randy 4:30 Dinner 7:00 Disney Flicks
<p style="text-align: right;">20</p> 8:00 Breakfast & Cafe Espresso 9:30 Senior Workout 10:15 Bingo, Bacon, & Brownies 11:30 Lunch 1:30 Sunday Service w/ Chaplain Shawn 2:00 Sunday Sundaes 3:00 Meditation Moment 3:30 Hot Tea Sippers 4:30 Dinner 7:00 I Love Lucy Marathon	<p style="text-align: right;">21</p> 8:00 Breakfast & Cafe Espresso 9:30 Monday Muscle Club 10:00 iN2L Program: Focus On History 11:00 Morning Sing-Along 11:30 Lunch 1:15 Bingo On The Patio 2:30 Root Beer Floats 3:00 Star Wars History & Trivia 3:30 How To Live To 100 4:30 Dinner 7:00 70's Game Show Night	<p style="text-align: right;">22</p> 8:00 Breakfast & Cafe Espresso 9:30 Morning Exercise 10:15 Planting Seeds 11:30 Lunch 1:15 Create & Design: Ladybug Door Cling Craft 2:30 Soda Sippers 3:00 Virtual Ocean Floor Tour 3:30 Sealife Trivia 4:00 Common Sayings 4:30 Dinner 5:30 Cornhole 7:00 Medical Documentaries	<p style="text-align: right;">23</p> 8:00 Breakfast & Cafe Espresso 9:30 Wednesday Workout 10:15 Today In History & News 11:00 iN2L: Reptile Trivia 11:30 Lunch 1:15 Pond Toss 2:00 Queen Elizabeth Craft 2:30 Decorating Walkers 3:30 iN2L: Sleight Of Hand 4:00 Grammer 101 Trivia 4:30 Dinner 5:30 Rock Paintings 7:00 Family Feud Marathon	<p style="text-align: right;">24</p> 8:00 Breakfast & Cafe Espresso 9:30 Wake Up & Work Out 10:15 Learning Lane: The Aging Brain 11:00 Flower Identification Trivia 11:30 Lunch 1:15 Homemade Pizza Creations 3:00 Ladder ball 3:30 Coffee Break 4:00 Summer Trivia 4:30 Dinner 5:30 Decorating Walkers 7:00 America's Funniest Home Videos Marathon	<p style="text-align: right;">25</p> 8:00 Breakfast & Cafe Espresso 9:30 Wake Up & Work Out 10:15 Decorating Walkers 11:30 Lunch 1:15 CN Scavenger Hunt 2:30 Coffee Break 3:00 Let's Get Physical: Mini Golf 4:30 Dinner 7:00 Featured Flicks: Bill Nye The Science Guy	<p style="text-align: right;">26</p> 8:00 Breakfast & Cafe Espresso 9:30 Saturday Workout 10:00 Bible Study 10:30 Dementia Education 11:30 Lunch 1:15 Tissue Paper Flower Art 2:30 Sparkling Cider Sippers 3:30 Nerf Gun Target Practice 4:30 Dinner 7:00 Pixar Movies
<p style="text-align: right;">27</p> 8:00 Breakfast & Cafe Espresso 9:30 Sunday Morning Workout 10:15 Bible Study 10:45 Hymn Sing-Along 11:30 Lunch 1:30 Sunday Service w/ Chaplain Shawn 2:30 Glitter Jar Craft 3:30 Coffee Break 4:00 iN2L: Bible Story Trivia 4:30 Dinner 7:00 Science Documentaries	<p style="text-align: right;">28</p> 8:00 Breakfast & Cafe Espresso 10:00 iN2L Program: National Bow Tie Day 11:30 Lunch 1:15 Metal Washer Coaster Art 2:15 York Music Therapy 3:30 Coffee Break 4:00 iN2L: Bubble Popper 4:30 Dinner 7:00 Medical Documentaries	<p style="text-align: right;">29</p> 8:00 Breakfast & Cafe Espresso 9:30 Toned Tuesday Workout 10:00 Bingo & Brownies 11:30 Lunch 1:15 Create & Design: Sand Bottle Art 2:30 Popcorn & Soda Snack 3:00 Courtyard Stroll & Garden Care 4:30 Dinner 5:30 Family Feud 7:00 Evening Wind-Down	<p style="text-align: right;">30</p> 8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:15 Memory Magic 11:30 Lunch 1:15 Bookmark Craft 2:00 Decorating Walkers 3:00 Panda Trivia 3:30 Candy Snack Break 4:00 iN2L: Car Trivia 4:30 Dinner 5:30 iN2L: Name That Sound 7:00 Relax & Unwind	<p style="text-align: right;">31</p> 8:00 Breakfast & Cafe Espresso 9:30 Wake Up & Work Out 10:15 Bible Study 10:45 Amazing News & Stories 11:30 Lunch 1:15 Door Hanger Craft 2:30 Coffee Break 3:00 Ladder Ball & Cornhole 4:30 Dinner 7:00 Evening Wind Down	<h1>CONNECTIONS</h1>  <h1>AUGUST 2023</h1>	