

# Chambersburg

## CONNECTIONS



## SEPTEMBER 2023

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|--|---|--|--|--|--|--|
| <b>National Assisted Living Week Celebration</b><br><b>10<sup>th</sup> - 16<sup>th</sup></b> |   |  |  |  | <p>1</p> <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:00 Daily News and History<br/>10:00 Dancing to the Classics with Morgan<br/>11:00 iN2L: Word Wheel<br/>11:30 Lunch<br/>12:00 Walking with Friends<br/>1:00 Musical Entertainment by: Jay Smar with Coal 'n' Folk Music<br/>2:30 Sip and Sing<br/>3:00 Fashion Designer Detective<br/>4:00 Dinner<br/>5:30 TED Talk Series<br/>7:00 Evening Wind Down</p>    | <p>2</p> <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:00 Daily News and History<br/>10:00 Mindful Movement<br/>10:30 iN2L: Categorization Games<br/>11:00 Morning March<br/>11:30 Lunch<br/>12:00 Walking with Friends<br/>1:15 Musical Bingo<br/>2:30 Sip and Share<br/>3:00 Who Am I?<br/>3:30 Brain Challenges<br/>4:00 Dinner<br/>5:30 Great Art Explained<br/>7:00 Evening Wind Down</p>     |
|  | <p>3</p> <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:00 Daily News and History<br/>10:00 Aromatherapy<br/>10:30 iN2L: Word-A-Thon<br/>11:00 Conversations over Coffee<br/>11:30 Lunch<br/>12:00 Walking with Friends<br/>1:30 Piano Playing with Bryan Herber<br/>2:30 Sip and Dance<br/>3:00 Worship Service and Hymns<br/>4:00 Dinner<br/>5:30 Therapeutic Music<br/>7:00 Evening Wind Down</p> | <p>4</p> <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:00 Daily News and History<br/>10:00 Morning Stretch<br/>10:30 iN2L: Matching Games<br/>11:00 Morning March<br/>11:30 Lunch<br/>12:00 Walking with Friends<br/>1:15 Learning About Labor Day<br/>2:30 Write the Word: Labor Day Edition<br/>3:00 What's My Job Guessing Game<br/>4:00 Dinner<br/>5:30 Nature Relax<br/>7:00 Evening Wind Down</p> <p style="text-align: center;">Labor Day</p> | <p>5</p> <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:00 Daily News and History<br/>10:00 Band Practice with Krystal<br/>10:30 iN2L: Name That Tune<br/>11:00 Conversations over Coffee<br/>11:30 Lunch<br/>12:00 Walking with Friends<br/>1:15 Kitchen Creations: Apple Pie Cupcakes (CC)<br/>2:30 Sip and Taste (CC)<br/>3:00 Bible Study<br/>4:00 Dinner<br/>5:30 San Diego Zoo Ape Cam<br/>7:00 Evening Wind Down</p> | <p>6</p> <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:00 Daily News and History<br/>10:00 Life Chats with Chaplain Rick<br/>10:30 iN2L: Brain Aerobics<br/>11:00 Morning March<br/>11:30 Lunch<br/>12:00 Walking with Friends<br/>1:15 Craft Creations: Tye Dye Shirts (CC)<br/>2:00 Musical Memories with Tom Shultz (CC)<br/>3:00 Coffee Ice Cream Social (CC)<br/>4:00 Dinner<br/>5:30 Virtual Museum Tour</p> | <p>7</p> <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:00 Daily News and History<br/>10:00 Mid Week Worship Service<br/>10:30 iN2L: Hymns<br/>11:00 Conversations over Coffee<br/>11:30 Lunch<br/>12:00 Walking with Friends<br/>1:15 Day Excursion: Sunflower Fields (CC)<br/>2:30 Sip and Be Social (CC)<br/>3:00 Men's Club: Mini Cornhole<br/>4:00 Dinner<br/>5:30 Panda Webcam<br/>7:00 Evening Wind Down</p> | <p>8</p> <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:00 Daily News and History<br/>10:00 Chair Volleyball<br/>10:30 iN2L: Tic Tac Toe<br/>11:00 Morning March<br/>11:30 Lunch<br/>12:00 Walking with Friends<br/>1:15 Gardening Club<br/>2:30 Sip and Reminisce<br/>3:00 Concentration Puzzles<br/>3:30 Jeopardy Trivia<br/>4:00 Dinner<br/>5:30 TED Edu. Lecture<br/>7:00 Evening Wind Down</p> |

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|--|--|--|---|--|---|---|
| 10<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Grandparents Day Brunch<br>10:30 iN2L: Card Sharks<br>11:00 Morning March<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 History of Grandparents Day<br>2:30 Sip and Share<br>3:00 Worship Service and Hymns<br>4:00 Dinner<br>5:30 Funny Baby Videos<br>7:00 Evening Wind Down<br>Grandparent's Day | 11<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Flow with Flexibility<br>10:30 iN2L: Puzzles<br>11:00 Conversations over Coffee<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Book Club: Lucky Day<br>2:00 Kindly Canines Visit<br>3:00 Picture a Word<br>4:00 Dinner<br>5:30 Blooming Flower Time Lapse<br>7:00 Evening Wind Down<br>Patriot Day | 12<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Band Practice with Krystal<br>10:30 iN2L: Name That Sound<br>11:00 Conversations over Coffee<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Kitchen Creations: Homemade Applesauce (CC)<br>2:30 Celebrating John's Birthday!<br>3:00 Bible Study with Sharon<br>4:00 Dinner<br>5:30 Fall Gardening<br>7:00 Evening Wind Down | 13<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Life Chats with Chaplain Rick<br>10:30 iN2L: Bubble Popper<br>11:00 Morning March<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Craft Creations: Fall Fest Decoration Prep (CC)<br>2:30 Sip and Show (CC)<br>3:30 Sewing Trivia<br>4:00 Dinner<br>5:30 Slow TV<br>7:00 Evening Wind Down                                     | 14<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>9:45 Chair Yoga with Beth<br>10:15 Mid Week Worship Service<br>10:45 iN2L: Hymns<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Day Excursion: Backyard Horseshoes (CC)<br>2:30 Sip and Be Social (CC)<br>3:00 Pest Control Detective<br>4:00 Dinner<br>6:00 Goats in the Courtyard<br>7:00 Evening Wind Down  | 15<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Dancing to the Classics with Morgan<br>11:00 iN2L: Spot the Difference<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Gardening Club<br>2:30 Tea Time<br>3:00 Lady's Night: Nail Care<br>4:00 Dinner<br>5:30 TED Talk Series<br>7:00 Evening Wind Down<br>Rosh Hashanah                   | 16<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Music in Motion<br>10:30 iN2L: Weekly Crossword<br>11:00 Conversations over Coffee<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 All About Oktoberfest<br>2:30 Oktoberfest Social<br>3:00 "Keg" Bowling<br>3:30 German Trivia<br>4:00 Dinner<br>5:30 Painting with Bob Ross<br>7:00 Evening Wind Down      |
| 17<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Aromatherapy<br>10:30 iN2L: Word Search<br>11:00 Morning March<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Can You Picture This?<br>2:30 Root Beer Float Time<br>3:00 Worship Service<br>3:30 Hymns<br>4:00 Dinner<br>5:30 Live Venice Webcam<br>7:00 Evening Wind Down                           | 18<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Chair Dancing<br>10:30 iN2L: Family Feud<br>11:00 Conversations over Coffee<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Drama Club: The Ima Lyon Show<br>2:30 Sip and Discuss<br>3:00 Wacky Wordies<br>4:00 Dinner<br>5:30 Wow! Art<br>7:00 Evening Wind Down                                   | 19<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Band Practice with Krystal<br>10:30 iN2L: Finish The Lyric<br>11:00 Conversations over Coffee<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Kitchen Creations: Applesauce Cake<br>2:30 Sip and Taste<br>3:00 Bible Study<br>4:00 Dinner<br>5:30 Breathing Exercises<br>7:00 Evening Wind Down                               | 20<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Life Chats with Chaplain Rick<br>10:30 iN2L: Word Challenges<br>11:00 Morning March<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Crafty Creations: Ceramics<br>2:30 Sip and Show<br>3:00 Random Trivia<br>3:30 Men's Club: Self Care<br>4:00 Dinner<br>5:30 Classic Radio<br>7:00 Evening Wind Down                         | 21<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Mid Week Worship Service<br>10:30 iN2L: Hymns<br>11:00 Morning March<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Day Excursion: Nature Ride (CC)<br>2:30 Sip and Be Social (CC)<br>3:00 Opposites Search<br>4:00 Dinner<br>5:30 Aquarium Livestream<br>7:00 Evening Wind Down                         | 22<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Balloon Ball<br>10:30 iN2L: Let's Fish<br>11:00 Conversations over Coffee<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Remembering Marching Bands<br>2:30 Sip and Reminisce<br>3:00 Candy Bingo<br>4:00 Dinner<br>5:30 TED Edu Lecture<br>7:00 Evening Wind Down<br>Native American Day | 23<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Flexibility and Posture<br>10:30 iN2L: Total Recall<br>11:00 Morning March<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Indoor Fishing Tournament<br>2:30 Sip and Fish<br>3:00 Fishing for the Word Game<br>3:30 A-mazing Deer Maze<br>4:00 Dinner<br>5:30 Hummingbird Nest Cam<br>7:00 Evening Wind Down |
| 24<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Mediation Time<br>10:30 iN2L: Explordle<br>11:00 Morning March<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Shake a Memory Loose<br>2:30 Sip and Share<br>3:00 Worship Service and Hymns<br>4:00 Dinner<br>5:30 Radio Garden<br>7:00 Evening Wind Down<br>Yom Kippur                               | 25<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Seated Core<br>10:30 iN2L: Logic Games<br>11:00 Morning March<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Book Club: Make Room for Ryder<br>2:30 Sip and Discuss<br>3:00 Lady's Night: Beauty Bar<br>4:00 Dinner<br>5:30 The Art of Woodworking<br>7:00 Evening Wind Down                       | 26<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Band Practice with Krystal<br>10:30 iN2L: Guess The Instrument<br>11:00 Conversations over Coffee<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Kitchen Creations: Pumpkin Fluff (CC)<br>2:30 Sip and Taste (CC)<br>3:00 Bible Study<br>4:00 Dinner<br>5:30 Animals of the World<br>7:00 Evening Wind Down                  | 27<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Life Chats with Chaplain Rick<br>10:30 iN2L: Have Your Ever?<br>11:00 Morning March<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Craft Creations: Plastic Canvas Coasters (CC)<br>2:30 Sip and Show (CC)<br>3:00 Birthday Committee Meeting<br>4:00 Dinner<br>5:00 Providence Place Fall Festival<br>7:00 Evening Wind Down | 28<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Mid Week Worship Service<br>10:30 iN2L: Hymns<br>11:00 Conversations over Coffee<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Day Excursion: Nelly Fox Bowling (CC)<br>2:30 Sip and Be Social (CC)<br>3:00 Modern Jeopardy Trivia<br>4:00 Dinner<br>5:30 Santa Monica Webcam<br>7:00 Evening Wind Down | 29<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 Dancing to the Classics with Morgan<br>11:00 iN2L: Picture Prompts<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Classic Music with a Feeling<br>2:30 Snow Cone Station<br>3:00 Charades<br>4:00 Dinner<br>5:30 TED Talk Series<br>7:00 Evening Wind Down<br>Sukkot                      | 30<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:00 Daily News and History<br>10:00 4,2,1 Class<br>10:30 iN2L: Piggy Bankers<br>11:00 Morning March<br>11:30 Lunch<br>12:00 Walking with Friends<br>1:15 Drama Club: Murder of Crows<br>2:30 Sip and Share<br>3:00 More Jeopardy Trivia<br>4:00 Dinner<br>5:30 Jukebox Music<br>7:00 Evening Wind Down  |