

Chambersburg

CONNECTIONS



OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Mediation Time 10:30 iN2L: Hymns 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Piano Playing with Bryan Herber 2:30 Sip and Reminisce 3:00 Worship Service 3:30 Hymns 4:00 Dinner 5:30 Classic Radio 7:00 Evening Wind Down</p>	<p>2</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sit and Be Fit 10:30 iN2L: Weekly Balloon Burst 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Short Story: A Crafty Plan 2:30 Sip and Discuss 3:00 Jeopardy Trivia 4:00 Dinner 5:30 Classic TV Shows 7:00 Evening Wind Down</p>	<p>3</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice with Krystal 10:30 iN2L: Total Recall 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Kitchen Creations: Pumpkin Cheesecake Dip (CC) 2:30 Sip and Taste (CC) 3:00 Bible Study 4:00 Dinner 5:30 Tokyo Webcam 7:00 Evening Wind Down</p>	<p>4</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Life Chats with Chaplin Rick 10:30 iN2L: Picture Prompts 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Crafty Creations: Fall Wreath (CC) 2:30 Sip and Show (CC) 3:00 Ladies Night: Beauty Shop 4:00 Dinner 5:30 Rare & Exotic Animals– White Lions 7:00 Evening Wind Down</p>	<p>5</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Midweek Worship Service 10:30 iN2L: Hymns 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Apple Cider Slushies (CC) 2:30 Sip and Mingle (CC) 3:00 Fortunes and Facts: Astrology 4:00 Dinner 5:30 The Art of Woodworking 7:00 Evening Wind Down</p>	<p>6</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Volleyball 10:30 iN2L: Matching Games 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Decorating Smiley Face Cookies 2:30 Sip and Taste 3:00 Halloween Ha! Ha! Ha! 3:30 Helping Hands Club: Setting Dining Room 4:00 Dinner 5:30 TED Edu. Lecture 7:00 Evening Wind Down</p>	<p>7</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Dancing 10:30 iN2L: Family Feud 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 The Magic of Music 2:30 Sip and Discuss 3:00 Autumn Stories: Gourds and Gordons 4:00 Dinner 5:30 Breathing Exercises 7:00 Evening Wind Down</p>
<p>8</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Aromatherapy 10:30 iN2L: Hymns 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Can You Picture This? 2:30 Sip and Share 3:00 Worship Service 3:30 Hymns 4:00 Dinner 5:30 Radio Garden 7:00 Evening Wind Down</p>	<p>9</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Light and Lively 10:30 iN2L: Piggy Bankers 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 October Talking Tidbits 2:00 Kindly Canines Visit 3:00 Birthday Committee Meeting 3:30 Giant UNO 4:00 Dinner 5:30 Let's Make Art 7:00 Evening Wind Down</p>	<p>10</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice with Krystal 10:30 iN2L: Life Skills Trivia 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Kitchen Creations: Sweet Potato Cookies (CC) 2:30 Sip and Taste (CC) 3:00 Bible Study 4:00 Dinner 5:30 Live Venice Webcam 7:00 Evening Wind Down</p>	<p>11</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Life Chats with Chaplin Rick 10:30 iN2L: Would You Rather? 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Crafty Creations: Crate Pumpkins (CC) 2:30 Celebrating Nan's Birthday! 3:00 Musical Entertainment with Jessica Snyder 4:00 Dinner 5:30 Aquarium Livestream 7:00 Evening Wind Down</p>	<p>12</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 9:45 Chair Yoga with Beth 10:00 Midweek Worship Service 10:30 iN2L: Hymns 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Nature Ride (CC) 2:30 Sip and Mingle (CC) 3:00 October Random Trivia 4:00 Dinner 5:30 Virtual Museum Tour 7:00 Evening Wind Down</p>	<p>13</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Dancing to the Classics with Morgan 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Who am I Guessing Game 2:30 Sip and Share 3:00 Junk Drawer Detective: Flea Market 3:30 Men's Club: Self Care Time 4:00 Dinner 5:30 TED Talk Series 7:00 Evening Wind Down</p>	<p>14</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Simply Stretch 10:30 iN2L: Weekly Crossword 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Remembering Julie Andrews 2:30 Sip and Discuss 3:00 Autumn Stories: The Glories Of Fall 4:00 Dinner 5:30 Earth Unplugged 7:00 Evening Wind Down</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
15 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Meditation Time 10:30 iN2L: Hymns 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Talk n Toss Ball 2:30 Sip and Share 3:00 Worship Service 3:30 Hymns 4:00 Dinner 5:30 Therapeutic Music 7:00 Evening Wind Down	16 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 4,2,1 Class 10:30 iN2L: Categorization 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Drama Club: Rosebud and Vine 2:30 Sip and Discuss 3:00 Candy Bingo 4:00 Dinner 5:30 Google Art Project 7:00 Evening Wind Down	17 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice with Krystal 10:30 iN2L: Explordle 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Kitchen Creations: Pumpkin Honey Bun Cake (CC) 2:30 Sip and Taste (CC) 3:00 Bible Study 4:00 Dinner 5:30 National Parks: Arizona 7:00 Evening Wind Down	18 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Life Chats with Chaplin Rick 10:30 iN2L: This or That? 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Discuss and Recall: Cinderella Pumpkins 2:30 Pumpkin Painting 3:30 Cranium Crunches 4:00 Dinner 5:30 Plants: Earth's Silent Rulers 7:00 Evening Wind Down	19 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Midweek Worships Service 10:30 iN2L: Hymns 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Pumpkin Patch (CC) 2:30 Sip and Mingle (CC) 3:00 More Jeopardy Trivia 4:00 Dinner 5:30 Great Art Explained 7:00 Evening Wind Down	20 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Flexibility and Posture 10:30 iN2L: Brain Aerobics 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Helping Hands Club: Towel Folding 2:30 Celebrating Loretta's Birthday! 3:00 Musical Entertainment with Robert Twine 4:00 Dinner 5:30 TED Edu. Lecture 7:00 Evening Wind Down	21 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Mindful Movement 10:30 iN2L: Word Wheel 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Timeslips 2:00 Community Trick or Treat 3:30 What am I Guessing Game 4:00 Dinner 5:30 Nature Relax 7:00 Evening Wind Down	
22 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Aromatherapy 10:30 iN2L: Hymns 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Sharpen Your Senses 2:30 Sip and Share 3:00 Worship Service 3:30 Hymns 4:00 Dinner 5:30 Broadway Musicals 7:00 Evening Wind Down	23 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Music in Motion 10:30 iN2L: Word Challenges 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Book Club: Riding with Murphy 2:30 Celebrating Lois' Birthday! 3:00 Magic Trivia 4:00 Dinner 5:30 Folk Art, Explained 7:00 Evening Wind Down	24 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice with Krystal 10:30 iN2L: Name That Sound 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Kitchen Creations: Caramel Apple Bread (CC) 2:30 Sip and Taste (CC) 3:00 Bible Study 4:00 Dinner 5:30 San Diego Live Cam 7:00 Evening Wind Down	25 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Life Chats with Chaplin Rick 10:30 iN2L: Have You Ever? 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Crafty Creations: Cutting Board Scarecrows (CC) 2:30 Sip and Show (CC) 3:00 Halloween Charades 4:00 Dinner 5:30 Animals of the World 7:00 Evening Wind Down	26 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Midweek Worship Service 10:30 iN2L: Hymns 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Windy Knolls 2:30 Sip and Mingle (CC) 3:00 Halloween Bingo 4:00 Dinner 5:30 The Art of Watercolors 7:00 Evening Wind Down	27 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Dancing to the Classics with Morgan 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Shake Loose a Memory 2:00 Musical Entertainment with Heidi from Grane Hospice 3:00 What's on the Suitcase 4:00 Dinner 5:30 TED Talk Series 7:00 Evening Wind Down	28 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Morning Stretch 10:30 iN2L: Weekly Word Scramble 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 What's Wrong with this Picture 2:30 Sip and Reminisce 3:00 Modern Jeopardy Trivia 4:00 Dinner 5:30 Flower Time Lapse 7:00 Evening Wind Down	
29 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Meditation Time 10:30 iN2L: Hymns 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Remembering Apple Picking And Pumpkin Patches 2:30 Sip and Share 3:00 Worship Service 3:30 Hymns 4:00 Dinner 5:30 Jukebox Songs	30 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Seated Core 10:30 iN2L: True Confessions 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Pictionary 2:30 Sip and Discuss 3:00 June Drawer Detective: Halloween Edition 3:30 Yes, I Have... 4:00 Dinner 5:30 Wow! Art	31 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice with Krystal 10:30 iN2L: Spot the Difference 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Monster Mash Halloween Bash 2:30 Sip and Taste 3:00 Bible Study 4:00 Dinner 5:30 Hummingbird Webcam 7:00 Evening Wind Down Halloween	<h1>CONNECTIONS</h1>  <h1>OCTOBER 2023</h1>				