

# Dover CONNECTIONS



# OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8:00 Breakfast & Cafe Espresso 9:30 Sunday Workout 10:00 Bingo & Bacon 11:30 Lunch 1:30 Sunday Service with Chaplain Shawn 2:00 Brownies A la mod 3:00 Pumpkin Paintings 4:30 Dinner 5:30 Tip Top Nail Spa 7:00 Relax & Unwind w/Music	8:00 Breakfast & Cafe Espresso 9:30 Monday News & Stories 10:00 iN2L Programming w/Club 11:30 Lunch 1:15 Baking Pumpkin Layer Cake 3:00 York Music Therapy 4:30 Dinner 5:30 Garden Stroll 7:00 Evening Calm Down	8:00 Breakfast & Cafe Espresso 9:30 Toned Tuesday Workout 10:00 Baking Nutella Krispie Treats 11:30 Lunch 1:15 Create & Design with Club & October Fun Facts & Trivia 2:30 NFL Trivia & Legends 3:00 Popsicle Stick Candy Corn Craft 4:30 Dinner 5:30 Tip Top Nail Spa 7:00 Dementia Documentary	8:00 Breakfast & Cafe Espresso 9:30 Weekday Workout 10:00 Salt Watercolor Fall Paintings 11:30 Lunch 1:15 Bible Study 2:00 Hot Chocolate Sippers 2:30 Tissue Paper Candy Corn Craft 3:30 Fall Fun Facts & Trivia 4:00 Senior Jokes 4:30 Dinner 5:30 Walker Decorations 7:00 Calming Music	8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:00 Baking Football Cookies 11:30 Lunch 1:15 Brain Aerobics w/Club 2:30 Devotions with Chaplain Shawn 3:00 Whiskey Maple Sundaes with Bacon 3:30 Penn State Football History 4:00 Evening Sing-Along 4:30 Dinner 5:30 Ludicrous Laws Trivia 7:00 Documentary: The Effects Of Aging	8:00 Breakfast & Cafe Espresso 9:30 Friday Fitness 10:00 Baking Pumpkin Bars 11:30 Lunch 1:15 Pom Pom Spider Craft 3:00 Let's Get Physical: Outside Ball 4:30 Dinner 5:30 Courtyard Stroll 7:00 Tip Top Nail Spa	8:00 Breakfast & Cafe Espresso 9:30 Weekend Workout 10:00 Scarecrow Popsicle Stick Craft 11:30 Lunch 1:30 Making Halloween Brownies 2:30 Soda Sippers 3:00 History of Rock & Roll 3:30 Bible Study 4:00 Fall Gardening Knowledge & Trivia 4:30 Dinner 5:30 Rock Paintings 7:00 Evening Wind-Down
8	9	10	11	12	13	14
8:00 Breakfast & Cafe Espresso 9:30 Weekend Workout 10:00 Bible Study 10:30 Morning Sing Along 11:00 Morning Joking Hout 11:30 Lunch 1:30 Sunday Service with Chaplain Shawn 2:00 Sunday Sundaes 2:30 All About Elvis 3:00 Spider Web Yarn Craft 4:30 Dinner 5:30 Teepa Snow Documentary 7:00 Relax & Unwind w/Music	8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:00 iN2L Programming w/Club 11:30 Lunch 1:15 Gettysburg Ghost Stories 2:00 Chocolate Milkshakes 3:00 Gardening Trivia 4:30 Dinner 5:30 Tip Top Nail Spa 7:00 Courtyard Stroll	8:00 Breakfast & Cafe Espresso 9:30 Toned Tuesday Workout 10:00 Halloween Ghost Craft 11:30 Lunch 1:15 Create & Design w/Club 2:00 Beer & Wine Social 2:30 Bible Study & Bible Trivia 3:30 Balloon Volleyball 4:30 Dinner 5:30 Charcuterie Board 7:00 Puzzle Hour	8:00 Breakfast & Cafe Espresso 9:30 Wednesday Workout 10:00 Bingo & Brownies 11:30 Lunch 1:15 Parachute Games 2:00 Lemonade Sippers 2:30 Evening Yoga 3:00 Afternoon Sing-Along 3:30 Drumming Circle 4:00 What Did It Cost? 4:30 Dinner 5:30 Hot Tea Sippers 7:00 Tip Top Nail Spa	8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:00 Football Highlights 10:30 Bible Study & Trivia 11:30 Lunch 1:15 Brain Aerobics with Club: Vermont 2:30 Devotions with Chaplain Shawn 3:00 Coffee Break 3:30 Spider Web Cotton Craft 4:30 Dinner 5:30 5 O'clock Somewhere: Beer & Wine Social 7:00 Relax & Unwind with Music	8:00 Breakfast & Cafe Espresso 9:30 Morning Exercise 10:00 Baking Pear Crisp 11:30 Lunch 1:15 Garden Hour 2:30 Pumpkin Spice Latte's 3:00 Let's Get Physical: Pumpkin Pass Balloon Toss 4:30 Dinner 5:30 Dementia Documentary: Forgetful Not Forgotten 7:00 Evening Calm Down	8:00 Breakfast & Cafe Espresso 9:30 Weekend Warrior Workout 10:00 Bingo & Bacon 11:30 Lunch 1:15 Armchair Travel: Transylvania 2:00 Dirt & Worms Snack 2:30 Best Halloween Costumes Slideshow 3:00 Today's Top Global Stories 3:30 Reminiscing the 60's 4:00 Flower Identification 4:30 Dinner 5:30 Courtyard Stroll 7:00 Tip Top Nail Spa

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 8:00 Breakfast & Cafe Espresso 9:30 Sunday Workout 10:00 Cork Pumpkin Craft 11:30 Lunch 1:30 Sunday Service with Chaplain Shawn 2:00 Sunday Sundaes 2:30 Beanbag Toss 3:00 Coffee Break 3:30 Evening Sing-Along 4:30 Dinner 5:30 Courtyard Stroll 7:00 Painting Hour	16 8:00 Breakfast & Cafe Espresso 9:30 Muscle Monday 10:00 iN2L Programming w/Club 11:30 Lunch 1:15 Blast To The Past: 70's 2:00 Evening Sing-Along 3:00 York Music Therapy 4:30 Dinner 5:30 Sudoku & Coloring 7:00 Relax & Unwind	17 8:00 Breakfast & Cafe Espresso 9:30 Toned Tuesday 10:00 Halloween Fun Facts 10:30 Pumpkin Growing 101 11:00 Flower Identification 11:30 Lunch 1:15 Create & Design w/Club 2:15 Apple Cider Sippers 3:15 Spiced Latte Sippers 4:30 Dinner 5:30 Baking Cinnamon Donuts 7:00 Tip Top Nail Spa	18 8:00 Breakfast & Cafe Espresso 9:30 Weekday Workout 10:00 Black Spider Tissue Paper Craft 11:30 Lunch 1:15 Beaded Halloween Spider Craft 2:30 Coffee Break 3:00 Dirt & Worms Snack 4:30 Dinner 5:30 Mini Golf 7:00 Relax & Unwind w/Music	19 8:00 Breakfast & Cafe Espresso 9:30 Morning Workout 10:00 Bingo In Gazebo 11:30 Lunch 1:15 Brain Aerobics w/Club 2:30 Devotions with Chaplain Shawn 3:00 Donuts & Coffee 3:30 Name That Tune 4:30 Dinner 5:30 Tip Top Nail Spa 7:00 Evening Wind Down	20 8:00 Breakfast & Cafe Espresso 9:30 Friday Fitness Club 11:30 Lunch 1:30 Beetlejuice Bash Halloween Party 3:00 Let's Get Physical: Monster Mash Mix It Up 4:30 Dinner 5:30 Garden Flower Identification 7:00 Calm Down w/Music	21 8:00 Breakfast & Cafe Espresso 9:30 Weekend Workout 10:00 Baking Pumpkin Pie 11:30 Lunch 1:15 Volleyball Taps 2:15 Fanta Floats 3:00 Dog Breed Trivia & Family Feud 4:30 Dinner 5:30 Puzzle Corner 7:00 Relax & Unwind w/Music
22 8:00 Breakfast & Cafe Espresso 9:30 Weekend Workout 11:30 Lunch 1:30 Sunday Service with Chaplain Shawn 2:00 Banana Split Sundaes 2:30 Mystery Bag 4:30 Dinner 5:30 Relax & Unwind w/Music 7:00 Teepa Snow: FAQ's	23 8:00 Breakfast & Cafe Espresso 9:30 Monday Exercise 10:00 iN2L Programming w/Club 11:30 Lunch 1:15 Charlie Brown Fun Facts 2:00 Indoor Bowling 3:00 Wine About It 3:30 Tree Identification 4:30 Dinner 5:30 Garden Relaxation 7:00 Calm Down w/ Music	24 8:00 Breakfast & Cafe Espresso 9:30 Toned Tuesday Workout 10:15 Minute to Win It 11:30 Lunch 1:15 Create & Design w/Club 2:30 Coffee Break 3:00 Garden Care 4:30 Dinner 5:30 Candy Identification 7:00 Evening Wind Down	25 8:00 Breakfast & Cafe Espresso 9:30 Wednesday Workout 10:15 Scarecrow Tube Craft 11:30 Lunch 1:15 Horror Movie History 2:00 Halloween Mask Decorations 3:00 Marshmallow Latte 4:30 Dinner 5:30 Painting Nails 7:00 Calm Evening Music	26 8:00 Breakfast & Cafe Espresso 9:30 Fit To The Core 10:00 Bible Study 10:30 Amazing News & Weather Report 11:00 Joking Around 11:30 Lunch 1:15 Ghost Party House Game with Club 2:30 Devotions with Chaplain Shawn 3:00 Vanilla Iced Coffee 3:45 Family Feud 4:30 Dinner 5:30 Courtyard Stroll	27 8:00 Breakfast & Cafe Espresso 9:30 Fabletic Friday 10:00 Bingo & Brownies 11:30 Lunch 1:15 Armchair Travel: Greece 2:00 Cinnamon Bun Iced Coffee 3:00 Let's Get Physical: Dance The Day Away with Club 4:30 Dinner 5:30 Tip Top Nail Spa 7:00 Relax & Unwind	28 8:00 Breakfast & Cafe Espresso 9:30 Saturday Squats 10:15 Paper Fox Craft 11:30 Lunch 1:15 Bible Study 2:00 Math Games 2:30 Locally Seen Ghosts 3:00 Basketball 4:30 Dinner 5:30 Tip Top Nail Spa 7:00 Evening Wind Down
29 8:00 Breakfast & Cafe Espresso 9:30 Sunday Morning Workout 10:00 Bingo & Brownies 11:30 Lunch 1:30 Sunday Service with Chaplain Shawn 2:00 I Scream 4 Ice Cream 2:30 Leaf blower Soccer 3:30 Root beer Floats 4:30 Dinner 5:30 Evening Drawings 7:00 Evening Wind Down	30 8:00 Breakfast & Cafe Espresso 9:30 Monday Muscle Club 10:00 iN2L Programming w/Club 11:30 Lunch 1:15 Garden Relaxation 2:30 Pumpkin Fun Facts 3:00 Candy Snacks 3:30 Witch Hat Craft 4:30 Dinner 5:30 Spooky Stories 7:00 Relax & Unwind	31 8:00 Breakfast & Cafe Espresso 9:30 Spooktacular Workout 10:00 Day of The Dead History 11:30 Lunch 1:15 Create & Design 2:30 Minute To Win It 3:30 Name That Monster 4:00 Reformation Day History 4:30 Dinner 6:30 Trick-or-Treat Event  Halloween	<h1>CONNECTIONS</h1>  <h1>OCTOBER 2023</h1>			