


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Chambersburg</i> <b>CONNECTIONS</b></p>  <p><b>NOVEMBER 2023</b></p>			1	2	3	4
			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: Brain Aerobics 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Crafty Creations: Mason Jar Lid Pumpkins 2:30 Sip and Show 3:00 November IQ 3:30 Sing with Mary Sue 4:00 Dinner 5:30 Nature Relax 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Mid Week Worship Service 10:30 iN2L: Hymns 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Nellie Fox Bowling 2:30 Sip and Be Social 3:00 Picture It: Seeing the Bigger Picture 4:00 Dinner 5:30 Virtual Museum Tour 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Flexibility and Posture 10:30 iN2L: Monthly Highlights Exploration 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Who Am I? 2:30 Sip and Mingle 3:00 Helping Hands Club: Folding Towels 4:00 Dinner 5:30 TED EDU. Lecture 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Dancing 10:30 iN2L: Word Wheel 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Junk Drawer Detective: Game Night Detective 2:30 Sip and Share 3:00 Modern Jeopardy Trivia 4:00 Dinner 5:30 Travel with Rick Steves 7:00 Evening Wind Down
5	6	7	8	9	10	11
6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Aromatherapy 10:30 iN2L: Have You Ever? 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 Santa Monica Livestream 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Mindful Movement 10:30 iN2L: 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 One and Done Dice Game 2:00 Musical Memories with Tom Shultz 3:00 Cocktail Hour 3:30 Cranium Crunches 4:00 Dinner 5:30 Therapeutic Music 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice with Krystal 10:30 iN2L: Daily Crossword 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Kitchen Creations: Apple Yonanas 2:30 Sip and Taste 3:00 Bible Study 4:00 Dinner 5:30 Amazing Birds of Paradise 7:00 Evening Wind Down	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: Matching Games 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Crafty Creations: Veteran's Day Thank You Cards 2:30 Sip and Show 3:00 Ladies Night: Nail Care 3:30 Exploring November Monthly Highlights 4:00 Dinner 5:30 Earth Unplugged 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 9:45 Chair Yoga with Beth 10:15 Mid Week Worship Service 10:30 iN2L: Hymns 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Nature Ride 2:30 Sip and Be Social 3:00 Puzzles and Games Trivia 4:00 Dinner 5:30 Let's Make Art 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Dancing to the Classics With Morgan 10:30 iN2L: Deal or No Deal 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Name That Tune 2:30 Apple Cider Bar 3:00 Thanksgiving Bingo 4:00 Dinner 5:30 TED Talk Series 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Morning Stretch 10:30 iN2L: Brain Teasers 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 A Veteran's Day Discussion 2:30 Sip and Share 3:00 Write A Word Game: Veteran's Day Edition 4:00 Dinner 5:30 Explore State Parks 7:00 Evening Wind Down
Daylight Saving Ends						Veteran's Day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Meditation Time 10:30 iN2L: This or That? 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Men's Club: Would You Rather: Men's Edition 2:30 Sip and Reminisce 3:00 Worship Service 3:30 Hymns 4:00 Dinner 5:30 London Bus Webcam 7:00 Evening Wind Down	13 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Volleyball 10:30 iN2L: Total Recall 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Short Story: Unexpected Blessings 2:00 Kindly Canines Visit 3:00 Sip and Discuss 3:30 Famous Duos 4:00 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 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: Build Your Own Snack Mix 2:30 Sip and Taste 3:00 Bible Study 4:00 Dinner 5:30 Great Parks of Africa 7:00 Evening Wind Down	15 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: Weekly Word Scramble 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Crafty Creations: Painting with Patti 2:30 Sip and Show 3:00 Jeopardy Trivia 4:00 Dinner 5:30 Slow TV 7:00 Evening Wind Down	16 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Mid Week Worship Service 10:30 iN2L: Hymns 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Rita's in Shippensburg 2:30 Sip and Be Social 3:00 November Table Talk Tidbits 4:00 Dinner 5:30 Painting with Bob Ross 7:00 Evening Wind Down	17 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Seated Core 10:30 iN2L: Explordle 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Can You Picture This? 2:30 Sip and Mingle 3:00 Helping Hands Club: Pairing Socks 4:00 Dinner 5:30 TED EDU. Lecture 7:00 Evening Wind Down	18 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Flow with Flexibility 10:30 iN2L: 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 November Puzzles and Ponderings 2:30 Sip and Share 3:00 Mindscents 4:00 Dinner 5:30 Hummingbird Nest Cam 7:00 Evening Wind Down
19 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Aromatherapy 10:30 iN2L: Would You Rather? 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Dice Bowling 2:30 Sip and Reminisce 3:00 Worship Service 3:30 Hymns 4:00 Dinner 5:30 Folk 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 Chair Belly Dancing 10:30 iN2L: Word Challenges 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Drama Club: Henry and Jack 2:30 Sip and Discuss 3:00 Memory Magic 4:00 Dinner 5:30 Jukebox Songs 7:00 Evening Wind Down	21 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice with Krystal 10:30 iN2L: Finish the Lyrics 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Kitchen Creations: No Bake Mini Pumpkin Pies 2:30 Sip and Taste 3:00 Bible Study 4:00 Dinner 5:30 Rare and Exotic Animals- White Lions 7:00 Evening Wind Down	22 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: For a Good Cause 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Crafty Creations: Yarn Leaves 2:30 Reminisce and Recall 3:30 Armchair Turkey Trot Exercise 4:00 Dinner 5:30 Aquarium Stream 7:00 Evening Wind Down  Lee's Birthday	23 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Mid Week Worship Service 10:30 iN2L: Hymns 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 When You Wish Upon A Bone 2:30 Sip and Be Thankful 3:00 Thanksgiving Trivia 3:30 Thankful for Thanksgiving 4:00 Dinner 5:30 Wow! Art 7:00 Evening Wind Down  Thanksgiving	24 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Dancing to the Classics With Morgan 10:30 iN2L: Worldle 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Family (and Friends) Feud 2:30 Sip and Mingle 3:00 Thanksgiving Charades 4:00 Dinner 5:30 TED Talk Series 7:00 Evening Wind Down	25 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Balloon Ball 10:30 iN2L: 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Remembering Chores and Allowances 2:30 Sip and Share 3:00 Random Trivia 4:00 Dinner 5:30 San Diego Zoo Ape Cam 7:00 Evening Wind Down
26 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Meditation Time 10:30 iN2L: Picture Prompts 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Men's Club: Checkers 2:30 Sip and Reminisce 3:00 Worship Service 3:30 Hymns 4:00 Dinner 5:30 Classic Movie Moments 7:00 Evening Wind Down	27 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sittercise 10:30 iN2L: Categorization Games 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:15 Drama Club: Joy Ride 2:30 Sip and Discuss 3:00 More Jeopardy Trivia 4:00 Dinner 5:30 ShowTunes Singalong 7:00 Evening Wind Down	28 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice with Krystal 10:30 iN2L: Weekly Word Scramble 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Fun with Friends: Pumpkin Bowling 2:30 Sip and Taste 3:00 Bible Study 4:00 Dinner 5:30 Fascinating World of Insects 7:00 Evening Wind Down	29 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: Balloon Burst 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Crafty Creations: Christmas Door Hangers 2:30 Sip and Show 3:00 Junk Drawer Detective: Pass the Bread 4:00 Dinner 5:30 Blooming Flower Time Lapse 7:00 Evening Wind Down	30 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Mid Week Worship Service 10:30 iN2L: Hymns 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Big Oak Café 2:30 Sip and Be Social 3:00 Timeslips 4:00 Dinner 5:30 Google Art Project 7:00 Evening Wind Down	<h1>CONNECTIONS</h1>  <h1>NOVEMBER 2023</h1> <p>Events &amp; Programs are Subject to Change</p>	