


Chambersburg CONNECTIONS



JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Music in Motion 10:30 Catch Up with Current Events 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 January Pondering Prompts 2:30 Wintertime Warm Up with Hot Drinks 3:00 Helping Hands Club: Pairing Socks 4:00 Dinner 5:30 Classic TV 7:00 Evening Wind Down New Year's Day	2 6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Band Practice with Krystal 10:30 Name that Tune 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:30 Un-Deck The Halls (CC) 2:30 Hydrate and Relax (CC) 3:00 Bible Study 4:00 Dinner 5:30 Exploring National Parks 7:00 Evening Wind Down	3 6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Life Chats with Chaplin Rick 10:30 Logic Balls 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:30 Do You Wanna Build a Snowman Game (CC) 2:30 Frozen Hot Chocolate Social (CC) 3:00 Nail Care and Aromatherapy 4:00 Dinner 5:30 Penguin Paradise 7:00 Evening Wind Down	4 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Wordle and Mini Crossword 10:00 Midweek Worship Service 10:30 Hymns 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Big Oak Café (CC) 2:30 Sip and Mingle (CC) 3:00 Junk Drawer Detective: Paint and Sip 4:00 Dinner 5:30 Retro Radio 7:00 Evening Wind Down	5 6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Dancing to the Classics with Morgan 10:30 Catch Up with Current Events 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Can You Picture This? 2:30 Friday Refreshments 3:00 January Jeopardy Trivia 4:00 Dinner 5:30 Relaxing Reading 7:00 Evening Wind Down	6 6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Sit and Be Fit 10:30 Spot the Difference 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Remembering: Growing up and Siblings 2:30 Hydration Station 3:00 Chats by the Fireplace 4:00 Dinner 5:30 TED Talk Series 7:00 Evening Wind Down
7 6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Meditation Time 10:30 Have I Seen It or Not? 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Piano Playing with Bryan Herber 2:30 Mocktail Happy Hour 3:00 Worship Service 4:00 Dinner 5:30 Cozy Conversations 7:00 Evening Wind Down	8 6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Dancing through the Decades 10:30 Catch Up with Current Events 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Matching Baby Animals 2:30 Wintertime Warm Up with Hot Drinks 3:00 Oh Baby! Trivia 4:00 Dinner 5:30 Classic TV 7:00 Evening Wind Down	9 6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Band Practice with Krystal 10:30 Finish the Lyrics 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:30 Snowball Fight (CC) 2:30 Scoop your own Snow Cone (CC) 3:00 Bible Study 4:00 Dinner 5:30 Exploring National Parks 7:00 Evening Wind Down	10 6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Life Chats with Chaplin Rick 10:30 Word Combinator 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:30 Crafty Creation: Calming Sock Snowman (CC) 2:30 Table Talks And Refreshments (CC) 3:00 Musical Entertainment by Jessica Snyder (CC) 3:00 Dementia Partner Support Group 4:00 Dinner 5:30 Allen's Hummingbird Nest Cam 7:00 Evening Wind Down	11 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Wordle and Mini Crossword 10:00 Midweek Worship Service 10:30 Hymns 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Meadow's Frozen Custard (CC) 2:30 Sip and Mingle (CC) 3:00 Nails and Aromatherapy 4:00 Dinner 5:30 Retro Radio 7:00 Evening Wind Down	12 6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Mindful Movement 10:30 Catch Up with Current Events 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Book Club: A Tale of Two Dresses 2:30 Friday Refreshments 3:00 Helping Hands Club: Folding Towels 4:00 Dinner 5:30 Relaxing Reading 7:00 Evening Wind Down	13 6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Balloon Ball 10:30 Colorful Words 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Self Care and Shaving: Gentlemen's Spa Day 2:30 Men's Photo Shoot 3:00 Chats by the Fireplace 4:00 Dinner 5:30 TED EDU. Lecture 7:00 Evening Wind Down

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>14</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Aromatherapy 10:30 Word Hunt 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Ladies' Dry Beauty Bar: Hair and Makeup and Nails Oh My! 2:30 Women's Photo Shoot 3:00 Worship Service 4:00 Dinner 5:30 Cozy Conversations 7:00 Evening Wind Down</p>	<p>15</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Sit and Be Fit 10:30 Catch Up with Current Events 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Memory Magic 2:30 Wintertime Warm Up with Hot Drinks 3:00 Wacky Wordies 4:00 Dinner 5:30 Classic TV 7:00 Evening Wind Down</p>	<p>16</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Band Practice with Krystal 10:30 Memory Cards 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:30 Cooking Creation: Build Your Own Edible Snowman (CC) 2:30 Snowman Show Off (CC) 3:00 Bible Study 4:00 Dinner 5:30 Exploring National Parks 7:00 Evening Wind Down</p>	<p>17</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Life Chats with Chaplin Rick 10:30 On One Condition 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:30 Indoor Bowling 2:30 Sip and Share 3:00 Wintertime Add Up 4:00 Dinner 5:30 San Diego Zoo Ape Cam 7:00 Evening Wind Down</p>	<p>18</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Wordle and Mini Crossword 10:00 Midweek Worship Service 10:30 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 January Random Trivia 4:00 Dinner 5:30 Retro Radio 7:00 Evening Wind Down</p>	<p>19</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Dancing to the Classics with Morgan 10:30 Catch Up with Current Events 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Doughnut Bingo 2:30 Friday Refreshments 3:00 Junk Drawer Detective: Improve Your Groove 4:00 Dinner 5:30 Relaxing Reading 7:00 Evening Wind Down</p>	<p>20</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Mindful Movement 10:30 Find 10 Skills Game 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Hidden in Plain Sight 2:30 Hydration Station 3:00 Chats by the Fireplace 4:00 Dinner 5:30 TED Talk Series 7:00 Evening Wind Down</p>
<p>21</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Meditation Time 10:30 Synonym Antonym 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Hardware Shopping List 2:30 Mocktail Happy Hour 3:00 Worship Service 4:00 Dinner 5:30 Cozy Conversations 7:00 Evening Wind Down</p>	<p>22</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Imagery Fitness 10:30 Catch Up with Current Events 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Who Are We? Guessing Game 2:30 Wintertime Warm Up with Hot Drinks 3:00 Concentration Puzzles 4:00 Dinner 5:30 Classic TV 7:00 Evening Wind Down</p>	<p>23</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Band Practice with Krystal 10:30 Guess the Song 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:30 Drum Circle (CC) 2:30 Hydrate and Relax (CC) 3:00 Bible Study 4:00 Dinner 5:30 Exploring National Parks 7:00 Evening Wind Down</p>	<p>24</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Life Chats with Chaplin Rick 10:30 Messy Room Matchup 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:30 Helping Hands: Pet Blankets (CC) 2:30 Table Talks And Refreshments (CC) 3:00 Nails and Aromatherapy 4:00 Dinner 5:30 Rare and Exotic Animals 7:00 Evening Wind Down</p>	<p>25</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Wordle and Mini Crossword 10:00 Midweek Worship Service 10:30 Hymns 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:15 Community Outreach: Distributing Pet Blankets (CC) 2:30 Sip and Mingle (CC) 3:00 Puzzles and Ponderings 4:00 Dinner 5:30 Retro Radio 7:00 Evening Wind Down</p>	<p>26</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Morning Stretch 10:30 Catch Up with Current Events 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Sharpen Your Senses 2:30 Friday Refreshments 3:00 January Category Trivia 4:00 Dinner 5:30 Relaxing Reading 7:00 Evening Wind Down</p>	<p>27</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Seated Core Exercise 10:30 Chain Reaction 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Timeslips 2:30 Hydration Station 3:00 Chats by the Fireplace 4:00 Dinner 5:30 TED EDU. Lecture 7:00 Evening Wind Down</p>
<p>28</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Aromatherapy 10:30 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Pictionary 2:30 Mocktail Happy Hour 3:00 Worship Service 4:00 Dinner 5:30 Cozy Conversations 7:00 Evening Wind Down</p>	<p>29</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Sittercise 10:30 Catch Up with Current Events 11:00 Conversations over Coffee 11:30 Lunch 12:00 Walking with Friends 1:30 Shake a Memory Loose 2:30 Wintertime Warm Up with Hot Drinks 3:00 EZ Music Trivia 4:00 Dinner 5:30 Classic TV 7:00 Evening Wind Down</p>	<p>30</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Band Practice with Krystal 10:30 What's That Sound? 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:30 Crafty Creation: Valentine's Day Door Décor (CC) 2:30 Drink and Decorate (CC) 3:00 Bible Study 4:00 Dinner 5:30 Exploring National Parks 7:00 Evening Wind Down</p>	<p>31</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 AM Daily Devotional 10:00 Life Chats with Chaplin Rick 10:30 America Says...! 11:00 Morning March 11:30 Lunch 12:00 Walking with Friends 1:30 National Hot Chocolate Day Celebration (CC) 2:30 Sing and Sip-A-Long (CC) 3:00 Nails and Aromatherapy 4:00 Dinner 5:30 Amazing Birds of Paradise 7:00 Evening Wind Down</p>	<p>CONNECTIONS</p>  <p>JANUARY 2024</p>		