

Chambersburg CONNECTIONS



APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Cooking Creation: Faux Charcuterie Board 2:30 April Fool's Social: Giggles and Grub 3:00 A Fool's Dictionary Word Game 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down	2 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Ab-solutely Solid Core Workout 10:30 Band Practice with Krystal 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 Coffee Filter Butterflies with Connections Club 2:30 Flutter Around and Eat: Chocolate Swirl Meringue Cookies 3:00 Bible Study 4:00 Dinner 5:00 Exploring National Parks: The Dakotas 7:00 Evening Wind Down	3 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 One-on-One with Chaplain Rick 10:00 Stretch Away the Stress 10:30 Mid-Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 Indoor Bowling with Connections Club 2:30 Popcorn Bar 3:00 Random Trivia 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down	4 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Midweek Worship Service 10:30 Hymns 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 Day Excursion: Spring Bloom Nature Ride 2:30 Sip and Mingle 3:00 Nails and Aromatherapy 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down	5 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Easy Arm Exercises 10:30 Mid-Morning Mind Crunch 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Afternoon Matinee: Easter Parade 2:30 Friday Refreshments: Homemade Pink Drink 3:00 Cranium Crunches: Wacky Wordies 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down	6 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Around the Table Talk: Spring Cleaning 2:30 Hydration Station: Citrus Water 3:00 Junk Drawer Detective: Messy Mudroom 4:00 Dinner 5:00 iN2L: Panda Webcam 7:00 Evening Wind Down
7 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Aromatherapy 10:30 Chair Yoga 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Musical Memories with Bryan Herber 2:30 Mocktail Happy Hour: Berry Spritzer 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down	8 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Book Club: Scottish Folklore 2:00 Kindly Canines Visit 3:00 Exploring your Senses: Springtime Moss 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down	9 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Ab-solutely Solid Core Workout 10:30 Band Practice with Krystal 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 Crafty Creations: Felt Flowers with Connections Club 2:30 Make Your Own Fruit Pizza 3:00 Bible Study 4:00 Dinner 5:00 Exploring National Parks: North Carolina 7:00 Evening Wind Down	10 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 One-on-One with Chaplain Rick 10:00 Stretch Away the Stress 10:30 Mid-Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 Spa Day: Springing into a New You With Connections Club 2:30 Peaches and Cream Springtime Punch 3:00 Dementia Care Partner Support Group 3:00 Musical Performance by Jessica Synder 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down	11 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Midweek Worship Service 10:00 Dance Class with Leah with Community Life and Connections Club 10:30 Hymns 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 Day Excursion: Franklin County Old Jail Tour 2:30 Sip and Mingle 3:00 Nails and Aromatherapy 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down	12 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Easy Arm Exercises 10:30 Mid-Morning Mind Crunch 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Scottish Chair Dance 2:30 Friday Refreshments: Cranberry Limeade 3:00 Singing Scottish Songs 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down	13 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Can You Picture This? 2:30 Hydration Station: Citrus Water 3:00 EZ Does It Trivia 4:00 Dinner 5:00 iN2L: Captivating Dancing Videos 7:00 Evening Wind Down

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
14 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Meditation Time 10:30 Chair Yoga 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 What Am I? Guessing Game 2:30 Mocktail Happy Hour: Strawberry Ginger Faux-jito 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down	15 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Puzzles and Pondering 2:30 Hydrate and Relax 3:00 Spring Themed Pictionary 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down	16 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Ab-solutely Solid Core Workout 10:30 Band Practice with Krystal 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 Cooking Creation: Flatbread with Connections Club 2:30 Chef Demo: Hummus with Amberlee 3:00 Bible Study 4:00 Dinner 5:00 Exploring National Parks: Florida 7:00 Evening Wind Down	17 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 One-on-One with Chaplain Rick 10:00 Stretch Away the Stress 10:30 Mid-Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 April Showers Paper Umbrella Craft 2:30 Springtime Tea Time: Hot or Iced Tea and Biscotti 3:00 Shake a Memory Loose 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down	18 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Midweek Worship Service 10:30 Hymns 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 Day Excursion: Meadows Frozen Custard 2:30 Sip and Mingle 3:00 Nails and Aromatherapy 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down	19 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Easy Arm Exercises 10:30 Mid-Morning Mind Crunch 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Junk Drawer Detective: Lawn Care Detective 2:30 Friday Refreshments: Butterfly Berry Milkshake 3:00 Scotland Trivia 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down	20 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Cranium Crunches: Concentration Puzzles 2:30 Hydration Station: Citrus Water 3:00 ABCit: Let's Get Physical! 4:00 Dinner 5:00 iN2L: Flowers Blooming Timelapse 7:00 Evening Wind Down	
21 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Aromatherapy 10:30 Chair Yoga 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Helping Hands Club: Sorting Yarn 2:30 Mocktail Happy Hour: 2 Ingredient Cotton Candy Drink 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down	22 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Prepping Dandelion Tea 2:30 Earth Day Snacks: Dandelion Tea and Edible Dirt Cups 3:00 Bug Scavenger Hunt 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down Passover & Earth Day	23 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Ab-solutely Solid Core Workout 10:30 Band Practice with Krystal 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 Crafty Creations: Garden Stones 2:30 Garden Stones and Scones with Connections Club 3:00 Bible Study 4:00 Dinner 5:00 Exploring National Parks: Washington 7:00 Evening Wind Down	24 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 One-on-One with Chaplain Rick 10:00 Stretch Away the Stress 10:30 Mid-Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 Earth Day Sugar Cookies with Connections Club 2:30 Have Your Earth and Eat it Too Social 3:00 Jeopardy Trivia 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down	25 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Midweek Worship Service 10:30 Hymns 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 Day Excursion: Dunkin' Donuts 2:30 Sip and Mingle 3:00 Nails and Aromatherapy 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down	26 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Easy Arm Exercises 10:30 Mid-Morning Mind Crunch 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Timeslips 2:30 Friday Refreshments: Iced Coffee Bar 3:00 April Stickman Word Game 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down	27 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Afternoon Matinee: That Darn Cat! 2:30 Hydration Station: Citrus Water 3:00 Famous Duos Matching Game 4:00 Dinner 5:00 iN2L: SlowTV 7:00 Evening Wind Down	
28 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Meditation Time 10:30 Chair Yoga 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 April Pondering Prompts 2:30 Mocktail Happy Hour: Italian Cream Soda 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down	29 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Conversations over Coffee 11:30 Lunch 1:30 Walking with Friends 1:30 Reminiscing Scouting 2:30 Hydrate and Relax 3:00 Bottle Ring Toss 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down	30 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Ab-solutely Solid Core Workout 10:30 Band Practice with Krystal 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 Crafty Creation: Marbled Paper Monarchs with Connections Club 2:30 Marbled Cake Pops 3:00 Bible Study 4:00 Dinner 5:00 Exploring National Parks: Arizona 7:00 Evening Wind Down	<h1>CONNECTIONS</h1>  <h1>APRIL 2024</h1>				