

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|---|
| <p><i>Chambersburg</i> CONNECTIONS</p>  <p>MAY 2024</p> | | | 1 | 2 | 3 | 4 |
| | | | <p>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 1:45 Minute to Win it May Day Fun with Connections Club 2:30 Hibiscus Iced Tea Sparklers and Fruit Salsa 3:00 Can You "C" It? 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down</p> | | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| <p>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: Horchata and Seven Layer Dip 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down Cinco de Mayo</p> | <p>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 Exploring the Essence of May 2:30 Hydrate and Relax 3:00 Beats of a Body: Musical Exercise 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down</p> | <p>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 1:45 Crafty Creations: Bath Bombs with Connections Club 2:30 Sip and Relax with Mocktails: Bubbling Cranberry Juice and Lime 3:00 Bible Study 4:00 Dinner 5:00 Exploring National Parks: U.S Territories 7:00 Evening Wind Down</p> | <p>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 1:45 Helping Hands Club: Mother's Day Tea Set-Up with Connections Club 2:30 Arnold Palmers with Connections Club 3:00 Crochet Outreach: Lap Robes 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down</p> | <p>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: Caledonia State Park Ride Thru 2:30 Sip and Mingle 3:00 Nails and Aromatherapy 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down</p> | <p>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 Outside Pass Times: Parachute Ball Roll 2:30 Friday Refreshments: Fanta Floats 3:00 Junk Drawer Detective: Brunch Detective 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down</p> | <p>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 Mother's Day Story: Rose of Sharon 2:30 Hydration Station: Citrus Water 3:00 Musical Entertainment with Robert Twine 4:00 Dinner 5:00 iN2L: Virtual Museum Tour 7:00 Evening Wind Down</p> |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| <p>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 "Momisms" Crossword Puzzle 2:30 Mocktail Happy Hour: Mother's Day Mimosas 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down Mother's Day</p> | <p>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 Crafty Creations: Tote Bags: Day 1 2:00 Kindly Canines Visit 3:00 Can You Picture This? 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down</p> | <p>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 1:45 Gardening with Connections Club 2:30 Soaking Up the Sun and Sipping Lemonade with Connections Club 3:00 Bible Study 4:00 Dinner 5:00 Exploring National Parks: Ohio 7:00 Evening Wind Down</p> | <p>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 Crafty Creations: Tote Bags: Day 2 2:30 Patti's Secret Citrus Punch 3:00 Concentration Puzzles 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down</p> | <p>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: Backyard Horseshoes with Connections Club 2:30 Sip and Mingle 3:00 Nails and Aromatherapy 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down</p> | <p>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 Outside Pass Times: I Hear... Outdoor Guessing Game 2:30 Friday Refreshments: Peach Iced Tea 3:00 Discussing the Trails of the Pacific Northwest 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down</p> | <p>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 Celebrating Armed Forces Day 2:30 Hydration Station: Citrus Water 3:00 Military Slang Trivia 4:00 Dinner 5:00 iN2L: Sing with Susie Q 7:00 Evening Wind Down Armed Forces Day</p> |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|--|--|
| <p>19</p> <p>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 Exploring Your Senses: Mystery Boxes 2:30 Mocktail Happy Hour: May Sunrise 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down</p> <p>Pentecost</p> | <p>20</p> <p>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 Around the Table Talk: Recess and Playing Outside 2:30 Hydrate and Relax 3:00 The Game of Things 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down</p> | <p>21</p> <p>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 1:45 Ribbon American Flag with Connections Club 2:30 Poppin' Pop Rocks Spritzers 3:00 Bible Study 4:00 Dinner 5:00 Exploring National Parks: Kentucky 7:00 Evening Wind Down</p> | <p>22</p> <p>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 Appreciation Club: Cards for Veterans 2:30 Homemade Frozen Strawberry Yogurt 3:00 Crochet Outreach: Lap Robes 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down</p> | <p>23</p> <p>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: Windy Knoll's Ice Cream 2:30 Sip and Mingle 3:00 Nails and Aromatherapy 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down</p> | <p>24</p> <p>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 Outside Pass Times: Conversation Ball 2:30 Friday Refreshments: Strawberry Lemonade 3:00 May Book Club: A Friendship to Treasure 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down</p> | <p>25</p> <p>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: Seven Brides for Seven Brothers 2:30 Hydration Station: Citrus Water 3:00 Helping Hands Club: Sorting Mail 4:00 Dinner 5:00 iN2L: Nature Relaxation 7:00 Evening Wind Down</p> |
| <p>26</p> <p>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 Cheery Cherry Lollipop Crafts 2:30 Mocktail Happy Hour: Cherry Cream Soda 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down</p> | <p>27</p> <p>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 Helping Hands Club: Patriotic No Bake Truffles 2:30 Red, White, and Blue Social 3:00 Memorial Day Bingo 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down</p> <p>Memorial Day</p> | <p>28</p> <p>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 Shaving Cream Fireworks with Connections Club 2:30 Frozen Red, White, and Blue Punch 3:00 Bible Study 4:00 Dinner 5:00 Exploring National Parks: Hawaii 7:00 Evening Wind Down</p> | <p>29</p> <p>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 Outdoor Conversation Ball with Connections Club 2:30 Snow Cones 3:00 Wacky Wordies 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down</p> | <p>30</p> <p>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: Rita's Italian Ice 2:30 Sip and Mingle 3:00 Nails and Aromatherapy 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down</p> | <p>31</p> <p>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 Helping Hands Club: Leaf/ Flower Picking 2:30 Friday Refreshments: Yonanas Frozen Sorbet 3:00 Ink Stamped Nature Prints 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down</p> | |

CONNECTIONS



MAY 2024