


Chambersburg CONNECTIONS



JULY 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 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Helping Hands Club: Painting Lincoln Logs 2:30 Hydrate and Relax 3:00 Balloon Burst 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 Darlene 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:45 Kitchen Creations: Star and Stripes Rice Krispies with Connections Club 2:30 Americana Cream Soda with Connections Club 3:00 Bible Study 4:00 Dinner 5:00 Exploring National Parks: Badlands 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 11:30 Lunch 1:30 Walking with Friends 1:45 Uncle Sam Door Décor with Connections Club 2:30 Red, White, and Blue Jello Shapes 3:00 Exploring the Essence of July 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: Kenny's Grill and Ice Cream 2:00 Art Corner: Making a Pinch Pot 2:30 Sip and Mingle 3:00 Nails and Aromatherapy 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down Independence Day	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 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Outside Pass Times: Working on Raised Garden 2:30 Friday Refreshments: Homemade Lemonade 3:00 Junk Drawer Detective: Summer Edition 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 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Around the Table Talk: Talking on the Phone 2:30 Hydration Station 3:00 July Puzzles and Pondering 4:00 Dinner 5:00 iN2L: The Lucy Show 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 Meditation Time 10:30 Chair Yoga 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Musical Memories with Bryan Herber 2:30 Mocktail Happy Hour: Patriotic Punch 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 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Memory Magic 2:30 Hydrate and Relax 3:00 Color by Number 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 Darlene 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:45 D.I.Y Lava Lamps with Connections Club 2:30 Flower Garden Graham Cracker Snacks with Connections Club 3:00 Bible Study 4:00 Dinner 5:00 Exploring National Parks: Delaware 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 11:30 Lunch 1:30 Walking with Friends 1:45 Outdoor Exploration: Coke and Mentos Experiment 2:30 Cocktails in the Courtyard 3:00 Musical Entertainment with Jessica Snyder 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 10:30 Hymns 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 Day Excursion: Wendy's Frosties Pinch Pot 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 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Outside Pass Times: Water Balloon Bowling 2:30 Friday Refreshments: Peach Tea on the Porch 3:00 Finish the Song Lyric 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 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 July Book Club: Adventures of Speed Dating 2:30 Hydration Station 3:00 Making Yarn Balls 4:00 Dinner 5:00 iN2L: Panda Webcam 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 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Meditation Time 10:30 Chair Yoga 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 List It or Leave It 2:30 Mocktail Happy Hour: Soda Jerk Bar 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down</p>	<p>15</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 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Conversation Ball Pass-A-Long 2:30 Hydrate and Relax 3:00 Seeing the Bigger Picture 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down</p>	<p>16</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 Darlene 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:45 Sing-A-Long to the Classics with Connections Club 2:30 Homemade Strawberry Pink Drink With Connections Club 3:00 Bible Study 4:00 Dinner 5:00 Exploring National Parks: Montana 7:00 Evening Wind Down</p>	<p>17</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 Helping Hands Club: Afternoon Prep 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 Walking with Friends 1:45 Describing Yourself with Name Acronyms 2:30 Making (and Breaking) Bread 3:00 Weekly Crossword 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down</p>	<p>18</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: Mikie's Ice Cream 2:00 Art Corner: Finish the Drawing 2:30 Sip and Mingle 3:00 Nails and Aromatherapy 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down</p>	<p>19</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 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Outside Pass Times: Working on Raised Garden 2:30 Friday Refreshments: Popsicles on the Porch 3:00 Sharpen Your Senses 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down</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 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Afternoon Matinee: Our Oceans– Unlocking the Secrets 2:30 Movie Theater Popcorn 3:00 Helping Hands Club: Rolling/ Folding Towels 4:00 Dinner 5:00 iN2L: Earth Unplugged 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 Meditation Time 10:30 Chair Yoga 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Experimenting with AquaPaints 2:30 Mocktail Happy Hour: Ocean Water 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Helping Hands Club: Painting Lincoln Logs 2:30 Hydrate and Relax 3:00 Junk Drawer Detective: Laundry Room 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:45 Crafty Creations: Glue and Salt Seascape Painting with Club 2:30 Summertime Sipping 3:00 Bible Study 4:00 Dinner 5:00 Exploring National Parks: Nevada 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 One-on-One with Chaplain Rick 10:00 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 Walking with Friends 1:30 Amberlee's Planetarium: Show of the Sky and Beyond with Connections Club 2:30 Twilight Sprite: Edible Glitter Drink with Connections Club 3:00 Cranium Crunches: Wacky Wordies 4:00 Dinner 5:00 Calming Nature Livestreams 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 Midweek Worship Service 10:30 Hymns 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:30 Day Excursion: Nature Ride through Caledonia with Connections Club 2:00 Art Corner: Chalk Pastels 2:30 Sip and Mingle 3:00 Nails and Aromatherapy 4:00 Dinner 5:00 Retro Radio 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 Easy Arm Exercises 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Outside Pass Times: Water Balloon Tic Tac Toe Toss 2:30 Friday Refreshments: Your Choice Flavored Water 3:00 Shake A Memory Loose 4:00 Dinner 5:00 Relaxing Reading 0. 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 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Summer Days: What Is It? 2:30 Hydration Station 3:00 Balloon Ball 4:00 Dinner 5:00 iN2L: Therapeutic Music 7:00 Evening Wind Down</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 Meditation Time 10:30 Chair Yoga 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Around the Table Talk: Getting to Know You! 2:30 Mocktail Happy Hour: Shirley Temples 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Walking with Friends 1:30 Goodbye July: Completing Unfinished Projects 2:30 Hydrate and Relax 3:00 Easy Does it Category Trivia 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:30 Walking with Friends 1:45 Pickling Party with Connections Club 2:30 "Pickle" Juice with Connections Club 3:00 Bible Study 4:00 Dinner 5:00 Exploring National Parks: Yellowstone 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 One-on-One with Chaplain Rick 10:00 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 Walking with Friends 1:45 Braided Friendship Bracelets with Connections Club 2:30 Sweet Cinnamon Coated Pretzel Bites 3:00 Mini Table Top Cornhole 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down</p>	<p>CONNECTIONS</p>  <p>JULY 2024</p>		