

# Chambersburg CONNECTIONS



# AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:45 Sing-A-Long to the Classics with Connections Club 2:30 Cool Off with Watermelon Slices with Connections Club 3:00 Midweek Worship Service 3:30 Bible Study 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down	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 Outside Pass Times: Working on Raised Garden 2:30 Friday Refreshments: Going for the Gold Snack Pack 3:00 Junk Drawer Detective: Sweet Tooth 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down	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 Afternoon Movie Matinee: Chiddy Chiddy Bang Bang 2:30 Hydration Station 3:00 Where Am I? Guessing Game 4:00 Dinner 5:00 iN2L: Earth Unplugged 7:00 Evening Wind Down
4	5	6	7	8	9	10
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 Musical Memories with Bryan Herber 2:30 Mocktail Happy Hour: From Atlantic to Pacific Mocktail 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down	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 Who Sang It?: Gene Kelly or Louis Armstrong 2:30 Hydrate and Relax 3:00 Game Night: UNO 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down	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 1:45 May I Have S'mores, Please? with Connections Club 2:30 Sip and Taste with Connections Club 3:00 Men's Club: Woodworking 4:00 Dinner 5:00 Exploring National Parks: 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 Day Excursion: Caledonia 2:00 Art Corner: Button Tree Canvas with Connections Club 3:00 Hawaiian Style Seated Chair Dance 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:45 Make You Own Fruit Kabobs with Connections Club 2:30 Lemonade and Outdoor Games with Connections Club 3:00 Midweek Worship Service 3:30 Bible Study 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down	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 Outside Pass Times: Make Your Own Ice Cream 2:30 Friday Refreshments: Olympic Fruit Pizza 3:00 Picture A Word 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down	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 Can You Picture This? 2:30 Hydration Station 3:00 Busy Bees: Yarn Balls 4:00 Dinner 5:00 iN2L: Inspirational Kids 7:00 Evening Wind Down

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 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 Connections Closing Ceremony 2:30 Mocktail Happy Hour: Olympic Snacks and Drinks 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Around the Table Talk: Birthday Parties 2:30 Hydrate and Relax 3:00 Timeslips 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:45 Dot to Dot Puzzle Pictures with Connections Club 2:30 Sip and Taste with Connections Club 3:00 Helping Hands Club: Sock Sorting 4:00 Dinner 5:00 Exploring National Parks: 7:00 Evening Wind Down	14 6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 Day Excursion: Rita's 2:00 Art Corner: Water Color Painting with Connections Club 3:00 Nails and Aromatherapy 3:00 Dementia Care Partner Support Group 4:00 Dinner 5:00 Calming Nature Livestreams 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 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:30 Crafty Creations: Doily Fans with Connections Club 2:30 FAN-tastic Tea Time with Club 3:00 Midweek Worship Service 3:30 Bible Study 4:00 Dinner 5:00 Retro Radio 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 Easy Arm Exercises 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Outside Pass Times: Experimenting with Sidewalk Chalk 2:30 Friday Refreshments: Orange Dreamsicles 3:00 What Am I? Guessing Game 4:00 Dinner 5:00 Relaxing Reading 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 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Summertime Fun Stamping 2:30 Hydration Station 3:00 Cranium Crunches: Concentration Puzzles 4:00 Dinner 5:00 iN2L: The Carol Burnett Show 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 Meditation Time 10:30 Chair Yoga 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Roll with the Hawaiian Punches 2:30 Mocktail Happy Hour: Summertime Sunrise Mocktail 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Junk Drawer Detective: Veggie Garden 2:30 Hydrate and Relax 3:00 Helping Hands Club: Painting Lincoln Logs 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:45 Bake Me Happy: Banana Bread with Connections Club 2:30 Sip and Taste with Connections Club 3:00 Double Exposure 4:00 Dinner 5:00 Exploring National Parks: 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 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:45 Human Whack a Mole 2:30 Pizza Crackers 3:00 Sensory Experiment: Scratch and Sniff Fruit Flash Cards 4:00 Dinner 5:00 Calming Nature Livestreams 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 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:30 Squirt Gun Fun with Connections Club 2:30 Legen-DAIRY Milkshakes with Club 3:00 Midweek Worship Service 3:30 Bible Study 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down	23 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 Outside Pass Times: Trip to the Beach Sensory Exploration 2:30 Friday Refreshments: Tasting Tropical Flavors 3:00 Hawaiian Trivia 4:00 Dinner 5:00 Relaxing Reading 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 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Sun Exposure Photography 2:30 Hydration Station 3:00 Short Story: The Dog Days of Summer 4:00 Dinner 5:00 iN2L: The Mikey Rooney Show 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 Meditation Time 10:30 Chair Yoga 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 August Book Club: Like Riding A Bike 2:30 Mocktail Happy Hour: Shirley Temple Floats 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Table Top Air Hockey 2:30 Hydrate and Relax 3:00 Cranium Crunches: Wacky Wordies 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:45 Off to the Races with Connections Club 2:30 Sip and Taste with Connections Club 3:00 Adios August: Completing Unfinished Projects 4:00 Dinner 5:00 Exploring National Parks: 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 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:45 Day Excursion: Wendy's for Frosties 2:30 Fun with Friends: Pictionary with Connections Club 3:00 Nails and Aromatherapy 4:00 Dinner 5:00 Calming Nature Livestreams 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 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:30 D.I.Y Sensory Pouches with Connections Club 2:30 Sip and Share with Club 3:00 Midweek Worship Service 3:30 Bible Study 4:00 Dinner 5:00 Retro Radio 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 Easy Arm Exercises 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Outside Pass Times: Water Balloon Toss Across Sunflower Sundae 2:30 Friday Refreshments: 3:00 Shake A Memory Loose 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down	31 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 Move and Groove to the Hukilau Song 2:30 Hydration Station 3:00 Bottle Ring Toss 4:00 Dinner 5:00 iN2L: Therapeutic Music 7:00 Evening Wind Down