


# Chambersburg

# CONNECTIONS



# OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		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 Crafty Creation with Club Gourd-eous Pumpkins 2:30 Pumpkin Patch Punch with Club 3:00 Gent's Junction: Sharing Travel Stories 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: Wendy's Frosties 2:00 Rosh Hashanah History with Connections Club 2:30 Refreshments with Friends 3:00 Leading Ladies: Sing-a-Long with Snacks 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 Kitchen Creation: Whipped Pumpkin Dip with Club 2:30 Apple Cider Sipping Celebration with Connections Club 3:00 Midweek Worship Service 3:30 Bible Study with Hymns 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 Guess It in 10 2:30 Memory Café 3:00 Junk Drawer Detective: Untidy Crafter 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 Musical Baseball 2:00 Walk to End ALZ at Providence Place 2:30 Hydration Station 3:00 Helping Hands Club: Table Talk Tidbits 4:00 Dinner 5:00 iN2L: Earth Unplugged 7:00 Evening Wind Down
6	7	8	9	10	11	12
6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Create Your Own Story 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: Iced Pumpkin Spice Chai Tea 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 Seeing the Bigger Picture 2:30 Memory Café 3:00 Sunshine Club 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 Crafty Connections with Club: Tree Branch-ing Out 2:30 Ham and Cheese Pretzel Kabobs with Connections Club 3:00 Gent's Junction: Ladder Ball 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: Windy Knoll's 2:00 October Timeless Trivia with Connections Club 2:30 Refreshments with Friends 3:00 Leading Ladies: Prim and Polish Nailcare 4:00 Dinner 5:00 Calming Nature Livestreams 6:00 Dementia Care Partner Support Group 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 Kitchen Creation: Oreo Bat Treats with Connections Club 2:30 Oreos Dipped with Milk with Club 3:00 Midweek Worship Service 3:30 Bible Study with Hymns 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 Balloon Volleyball 2:30 Memory Café 3:00 October Puzzles and Ponderings 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 Helping Hands Club: Napkin Sorting and Folding 2:30 Hydration Station 3:00 Can You Picture This? 4:00 Dinner 5:00 iN2L: Funny Animal Compilation 7:00 Evening Wind Down

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>13</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:30 Morning Meet Up: Daily Chronicle and Devotional 10:00 Create Your Own Story 10:30 Chair Yoga 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 October Book Club: Trudy and the Bat House 2:30 Mocktail Happy Hour: Apple Cider Spritzer 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down</p>	<p>14</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 Batty for Baseball Trivia 2:00 Kindly Canines Visit 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:45 Crafty Creations with Club: Fall Monogram Shadow Box 2:30 Pumpkin Roll with Pals 3:00 Gent's Junction: An Afternoon on the Course 4:00 Dinner 5:00 Exploring National Parks 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 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 Pumpkin Painting 2:30 Refreshments with Friends 3:00 Leading Ladies: Movie Star Makeovers 4:00 Dinner 5:00 Calming Nature Livestreams 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 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:45 Kitchen Creation: Biscuits and Jam with Connections Club 2:30 Harvest Hoopla Jam Time with Club 3:00 Midweek Worship Service 3:30 Bible Study with Hymns 4:00 Dinner 5:00 Retro Radio 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 Easy Arm Exercises 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Aqua Painting 2:30 Memory Café 3:00 Cranium Crunches: Wacky Wordies 4:00 Dinner 5:00 Relaxing Reading 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 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Memory Magic 2:30 Hydration Station 3:00 Order Up 4:00 Dinner 5:00 iN2L: October Highlights Slideshow 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 Create Your Own Story 10:30 Chair Yoga 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Dot-to-Dot Yarn Art 2:30 Mocktail Happy Hour: Monster Mash Milkshake 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Bopping at the Ballgame 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:45 Crafty Creations with Club: Fall Leaf Golf Ball Painting 2:30 Frankenstein Fruit Cup 3:00 Gent's Junction: Cornhole 4:00 Dinner 5:00 Exploring National Parks 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 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:15 Day Excursion: Kenny's Grill and Ice Cream 2:00 Fun Facts about the States with Connections Club 2:30 Refreshments with Friends 3:00 Leading Ladies: Clothespin Bats Part 1 4:00 Dinner 5:00 Calming Nature Livestreams 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 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:15 Kitchen Creation: Fudgy, Chocolate Brownies with Club 1:30 Boots, Sweaters, and Hot Cocoa Bonanza with Connections Club 2:00 Musical Memories with Tom Shultz 3:00 Midweek Worship Service 3:30 Bible Study with Hymns 4:00 Dinner 5:00 Retro Radio 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 Easy Arm Exercises 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Around the Table Talk: Halloween Costumes 2:30 Memory Café 3:00 Balloon Toss with Tunes 4:00 Dinner 5:00 Relaxing Reading 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 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Who Am I? Guessing Game 2:30 Hydration Station 3:00 Believable or Batty? 4:00 Dinner 5:00 iN2L: Carol Burnett Best Episodes 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 Create Your Own Story 10:30 Chair Yoga 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Halloween Feud 2:30 Mocktail Happy Hour: Witches Potion Punch 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 October Random Trivia 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:45 Crafty Creations with Club: Spin a Web of Fun 2:30 No Tricks, All Treats with Club 3:00 Gent's Junction: Indoor Fishing 4:00 Dinner 5:00 Exploring National Parks 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 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 Day Excursion: Cruising with Coffee Caledonia Café 2:00 If You Dare... Sensory Exploration 2:30 Refreshments with Friends 3:00 Leading Ladies: Clothespin Bats Part 2 4:00 Dinner 5:00 Calming Nature Livestreams 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 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:45 Kitchen Creations: Banana Pudding Pie with Club 2:30 Pie and Chai Pie-esta with Connections Club 3:00 Midweek Worship Service 3:30 Bible Study with Hymns 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down</p>	<p><b>CONNECTIONS</b></p>  <p><b>OCTOBER 2024</b></p>	