


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Chambersburg</i></p> <p><b>CONNECTIONS</b>  <b>NOVEMBER</b></p>					<p>1</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 November Short Story: The 16 Hour Train Trip 2:30 Memory Café 3:00 Taking It Easy: November Trivia 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down</p>	<p>2</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 Connection's Friends and Family Pumpkin Painting Party 2:30 Hydration Station 3:00 Calming Color 4:00 Dinner 5:00 iN2L: Earth Unplugged 7:00 Evening Wind Down</p>
<p>3</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 Musical Memories with Bryan Herber 2:30 Mocktail Happy Hour: Caramel Cold Brew 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down</p>	<p>4</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 Breaking Bread with Friends: Pumpkin Bread 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down</p>	<p>5</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: Pipe Cleaner Rainbow Corn 2:30 Snacks and Crafts 3:00 Gent's Junction: Wooden Crafts 4:00 Dinner 5:00 Exploring National Parks 7:00 Evening Wind Down</p>	<p>6</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: Wendy's Frosties 2:00 Family Feud with Friends 2:30 Refreshments with Friends 3:00 Leading Ladies: Felt Mums Part 1 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down</p>	<p>7</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: Fruit Yogurt Bowls with Club 2:30 Social with Spoonfuls 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>8</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 Helping Hands Club: Making Veteran's Day Cards 2:30 Memory Café 3:00 Mellow Music with Mary Sue 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down</p>	<p>9</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 Around the Table Talk: Watching American Bandstand 2:30 Hydration Station 3:00 Balloon Ball 4:00 Dinner 5:00 iN2L: Earth Unplugged 7:00 Evening Wind Down</p>
<p>10</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 Pickling Party 2:30 Mocktail Happy Hour: Apple Chai Smoothie 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down</p>	<p>11</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 Fall Scattergories 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down</p> <p>Veterans Day</p>	<p>12</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: Yarn Wrapped Cornucopia 2:30 Snacks and Crafts 3:00 Gent's Junction: Bottle Ring Toss 4:00 Dinner 5:00 Exploring National Parks 7:00 Evening Wind Down</p>	<p>13</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: Big Oak Café 2:00 Spot the Difference with Club 2:30 Refreshments with Friends 3:00 Musical Performance by Jessica Snyder 4:00 Dinner 5:00 Calming Nature Livestreams 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 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:30 Kitchen Creations: Cinnamon Delight Toast with 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>15</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 Poke-a-Pumpkin Game 2:30 Memory Café 3:00 Can You Picture This? 4:00 Dinner 5:00 Relaxing Reading 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 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Fall Door Décor 2:30 Hydration Station 3:00 Poke-a-Pumpkin 4:00 Dinner 5:00 iN2L: Earth Unplugged 7:00 Evening Wind Down</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 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 November Pondering Prompts 2:30 Mocktail Happy Hour: Spiced Pumpkin Eggnog 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Finish the Song Title 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:45 Crafty Creations: Stained Glass Autumn Leaves 2:30 Snacks and Crafts 3:00 Gent's Junction: Golf with the Guys 4:00 Dinner 5:00 Exploring National Parks 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 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 Sensory and Snacks: Pumpkin Snickerdoodle Cookies 2:30 Refreshments with Friends 3:00 Leading Ladies: Felt Mums Part 2 4:00 Dinner 5:00 Calming Nature Livestreams 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 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:45 Kitchen Creations: Cinnamon Orange Punch with Club 2:30 Fall Leaves and Harvest Please! 3:00 Midweek Worship Service 3:30 Bible Study with Hymns 4:00 Dinner 5:00 Retro Radio 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 Easy Arm Exercises 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Timeslips 2:30 Memory Café 3:00 Turkey Day Trivia 4:00 Dinner 5:00 Relaxing Reading 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 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Scented Doily Sachets 2:30 Hydration Station 3:00 Cranium Crunches: Concentration Puzzles 4:00 Dinner 5:00 iN2L: Earth Unplugged 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 Create Your Own Story 10:30 Chair Yoga 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Thanksgiving Taste Test 2:30 Mocktail Happy Hour: Hot Cocoa 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Gobble Gobble Game 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:45 Crafty Creations: Mini May-Flower Pots 2:30 Snacks and Crafts 3:00 Balloon Volleyball 4:00 Dinner 5:00 Exploring National Parks 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 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 Brush Upon a Time: Aqua Painting with Club 2:00 Hydration Station: Cranberry Punch 2:30 Refreshments with Friends 3:00 Leading Ladies: Textured Textiles 4:00 Dinner 5:00 Calming Nature Livestreams 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 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:45 Kitchen Creations: Pumpkin Pudding Pie with Club 2:30 Friendsgiving Feast 3:00 Midweek Worship Service 3:30 Bible Study with Hymns 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down  Thanksgiving Day	29 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 Interactive Indigenous Tribe Map 2:30 Memory Café 3:00 Indigenous People Secret Quote 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down  Native American Heritage Day	30 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 Gent's Junction: Indoor Deer Hunting 2:30 Hydration Station 3:00 Cranium Crunches: Wacky Wordies 4:00 Dinner 5:00 iN2L: Earth Unplugged 7:00 Evening Wind Down

# CONNECTIONS



# NOVEMBER 2024