


Chambersburg CONNECTIONS



DECEMBER 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 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: White Peppermint Mocha Cocoa 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Holiday Pictionary 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:45 Crafts with Club: Build Your Own Gingerbread 2:30 Snacking on Snowballs with Club 3:00 Gent's Junction: Snowball Catapults 3:00 Sunny Selfcare 4:00 Dinner 5:00 Exploring National Parks 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 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 Day Excursion: Wendy's Frosties 2:00 Wildlife Conversation Trivia with Club 2:30 Refreshments with Friends 3:00 Leading Ladies: Build Your Own Bear Day 1 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down	5 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: Caramel Apple Grapes with Club 2:00 Musical Entertainment by the New Horizons Band 2:30 Red and White Holiday Stripe Social 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 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 Snowball Toss 2:30 Christmas Music Program with Jay Smar 3:00 Toy-ing with December 4:00 Dinner 5:00 Relaxing Reading 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 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Finish the Line: Holiday Edition 2:30 Hydration Station 3:00 Cranium Crunches: Concentration Puzzles 4:00 Dinner 5:00 Holiday Movie Night 7:00 Evening Wind Down Pearl Harbor Day
8 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 Jingle Bell Toss 2:30 Mocktail Happy Hour: Butterscotch Butter Beer 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 December Book Club: Test Day 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:45 Crafts with Club: Winter Window Art 2:30 <i>Wintery Mix</i> Snack Bags 3:00 Gent's Junction: Yeti Hunting 3:00 Sunny Self Care 4:00 Dinner 5:00 Exploring National Parks 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 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 Day Excursion: Windy Knolls 2:00 History of our Mountains with Club 2:30 Cookies and Chocolate Milk with Grane Hospice 3:00 Leading Ladies: Build Your Own Bear Day 2 4:00 Dinner 5:00 Calming Nature Livestreams 6:00 Dementia Partner Support Group 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 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:45 Kitchen Creations: Pickle and Ham Roll-Ups with Club 2:30 Fun Chats and Santa Hats 3:00 Midweek Worship Service 3:30 Bible Study with Hymns 4:00 Dinner 5:00 Retro Radio 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 Easy Arm Exercises 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Toy Timeline 2:30 Memory Café 3:00 Pack the Presents 4:00 Dinner 5:00 Relaxing Reading 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 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: Sears Wish Books 2:00 Family and Friends Hot Cocoa and Crafts Holiday Fun 3:00 Mindful Movements: <i>Elf</i> -ercise 4:00 Dinner 5:00 Holiday Movie Night 7:00 Evening Wind Down

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>15</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 Holiday Hershey Kisses Trivia 2:30 Mocktail Happy Hour: Santa Hat Shirley Temples 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Can You Picture This? 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:30 Day Excursion: Crumbl Cookies 1:45 Crafts with Club: Hand Print Holiday Wreathes 2:30 Santa Hat Brownies 3:00 Gent's Junction: Snowball Fight 3:00 Sunny Selfcare 4:00 Dinner 5:00 Exploring National Parks 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 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 Do it You-Elf Wrapping Paper 2:30 Simply Having a Wonderful Holiday Party 3:00 Leading Ladies: Relax and Recharge 4:00 Dinner 5:00 Calming Nature Livestreams 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 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:45 Kitchen Creation: Caribou Cookies with Club 2:30 Reindeer Games 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>20</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 Color Another Carol 2:00 Violin Performance by Heidi from Grane Hospice 2:30 Memory Café 3:00 Cranium Crunches: Wacky Wordies 4:00 Dinner 5:00 Relaxing Reading 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 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Balloon Ball with Festive Tunes 2:30 Hydration Station 3:00 What Am I? Guessing Game 4:00 Dinner 5:00 Holiday Movie Night 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 Create Your Own Story 10:30 Chair Yoga 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Gift Giving Detective 2:00 Family and Friends Hot Cocoa and Crafts Holiday Fun 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Holiday Music Trivia 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:45 Make, Bake, and Decorate Holiday Cookies with Club 2:30 Eat, Drink, and Be Merry Social 3:00 Gent's Junction: Build Your Own Snowman 3:00 Sunny Selfcare 4:00 Dinner 5:00 Exploring National Parks 7:00 Evening Wind Down</p> <p>Christmas Eve</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 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 History of Christmas and Trivia with Club 2:30 Refreshments with Friends 3:00 Leading Ladies: Holiday Movie Ranking List 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down</p> <p>Christmas Day</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 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:30 Day Excursion: Nature Ride 1:45 Kitchen Creations: Festive Sugar Cookie Dip with Club 2:30 Believe in Your Elf Holiday Gathering 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>Hanukkah and Kwanzaa</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 Easy Arm Exercises 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Double Exposure- Spot the Difference Game 2:30 Memory Café 3:00 Holiday Would You Rather with Club 5:00 Relaxing Reading 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 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 Tabletop Time: Candyland 4:00 Dinner 5:00 Holiday Movie Night 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 Create Your Own Story 10:30 Chair Yoga 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 2024 Look Back 2:30 Mocktail Happy Hour: Let It Snow Punch 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 First Time For Everything Trivia 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Band Practice with Darlene 11:00 Morning March 11:30 Lunch 1:45 Crafts with Club: New Year's Noise Makers 2:30 New Beginnings with Old Friends Holiday Hangout 3:00 Gent's Junction: Brews and Tattoos 3:00 Sunny Selfcare 4:00 Dinner 5:00 Exploring National Parks 7:00 Evening Wind Down</p> <p>New Year's Eve</p>	<h1>CONNECTIONS</h1>  <h1>DECEMBER 2024</h1>				