


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Chambersburg CONNECTIONS JANUARY 2025</p>			1	2	3	4
			<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 1:45 New Year's Trivia with Club 2:30 Refreshments with Friends 3:00 Leading Ladies: Hymns and Bible Study with Patti 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down</p> <p>New Year's Day</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 Day Excursion: Wendy's Frosties 2:30 Kitchen Creations: Doughnut Snowmen 3:00 Midweek Worship Service 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down</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 Fill in the Blank Mab Libs 2:30 Memory Café 3:00 Balloon Volleyball League 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down</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 Musical Memories with Bryan Herber 2:30 Hydration Station 3:00 Junk Drawer Detective: Rock Around the Clock 4:00 Dinner 5:00 Cute and Cuddly Animals 7:00 Evening Wind Down</p>
5	6	7	8	9	10	11
<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 Cranium Crunches: Wacky Wordies 2:30 Mocktail Happy Hour: Sparkling Apple Juice 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down</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 Mini Game Madness: UNO 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down</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 Shake and Shimmy Music Therapy 11:00 Morning March 11:30 Lunch 1:45 Crafts with Club: Snowstorm Painting 2:30 Snowball Truffles with Club 3:00 Gent's Junction: Bottlecap Basket Toss 3:00 Sunny Self Care 4:00 Dinner 5:00 International Adventures 7:00 Evening Wind Down</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 Tabletop Game with Club: Candyland 2:30 Refreshments with Friends 3:00 Leading Ladies: Hymns and Bible Study with Patti 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down</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: Caramel Apple Nachos 2:30 Winter Orchard Soiree with Club 3:00 Midweek Worship Service 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down</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 Easy Listening: Etta James 2:30 Memory Café 3:00 Balloon Volleyball League 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down</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 Seeing the Bigger Picture 2:30 Hydration Station 3:00 January Pondering Prompts 4:00 Dinner 5:00 Cute and Cuddly Animals 7:00 Evening Wind Down</p>
12	13	14	15	16	17	18
<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 Snowball Toss 2:30 Mocktail Happy Hour: Nutella Hot Chocolate 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 7:00 Evening Wind Down</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 January Book Club: The Uninvited Guests 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down</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 Shake and Shimmy Music Therapy 11:00 Morning March 11:30 Lunch 1:15 Day Excursion: Country Ride 1:45 Crafts with Club: D.I.Y Crystals 2:30 Crunchy Cravings with Club 3:00 Gent's Junction: Recounting Nature 3:00 Sunny Self Care 4:00 Dinner 5:00 International Adventures 7:00 Evening Wind Down</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 Make No Bake Buckeye Bars 2:00 Memory Magic 2:30 Refreshments with Friends 3:00 Leading Ladies: Hymns and Bible Study with Patti 4:00 Dinner 5:00 Calming Nature Livestreams 7:00 Evening Wind Down</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 Create Your Own Custom Coasters 2:30 Tea and Crumpets with Your Coaster 3:00 Midweek Worship Service 4:00 Dinner 5:00 Retro Radio 7:00 Evening Wind Down</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 Mini Game Madness: Pictionary 2:30 Memory Café 3:00 Balloon Volleyball League 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down</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 Tabletop Chalk Art 2:30 Hydration Station 3:00 What Am I? Guessing Game 4:00 Dinner 5:00 Cute and Cuddly Animals 7:00 Evening Wind Down</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 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 Can You Picture This? 2:30 Mocktail Happy Hour: Jack Frost Winter Punch 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Virtual Tour of the Martin Luther King Jr. Museum 2:00 Fun Facts about MLK 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 7:00 Evening Wind Down Martin Luther King Jr. Day	21 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 Shake and Shimmy Music Therapy 11:00 Morning March 11:30 Lunch 1:45 Crafts with Club: Poinsettia Sponge Art 2:30 Poinsettias and Penguins Social 3:00 Gent's Junction: Planes, Trains, and Automobiles 3:00 Sunny Self Care 4:00 Dinner 5:00 International Adventures 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 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 Day Excursion: Wednesday Windy Knolls 2:00 Finish the Phrase with Club 2:30 Refreshments with Friends 3:00 Leading Ladies: Hymns and Bible Study with Patti 4:00 Dinner 5:00 Calming Nature Livestreams 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 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:45 Kitchen Creations: Winter Snack Mix 2:30 Winter Munch and Mingle with Club 3:00 Midweek Worship Service 4:00 Dinner 5:00 Retro Radio 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 Easy Arm Exercises 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 10 Clues or Less: Guess the Location 2:30 Memory Café 3:00 Balloon Volleyball League 4:00 Dinner 5:00 Relaxing Reading 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 Choose Your Own Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Wintery Color by Numbers 2:30 Hydration Station 3:00 Cranium Crunches: Concentration Puzzles 4:00 Dinner 5:00 Cute and Cuddly Animals 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 Create Your Own Story 10:30 Chair Yoga 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Around the Table Talk: Going Sledding 2:30 Mocktail Happy Hour: Shirley Temples 3:00 Worship Service 4:00 Dinner 5:00 Cozy Conversations 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 Lots o' Leg Exercise 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Easy Does It Category Trivia 2:30 Memory Café 3:00 Sunshine Club 4:00 Dinner 5:00 Classic TV 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 Ab-solutely Solid Core Workout 10:30 Shake and Shimmy Music Therapy 11:00 Morning March 11:30 Lunch 1:45 Crafts with Club: Spiral Spring Snake 2:30 Afternoon Snack with Club 3:00 Gent's Junction: Casual Conversations 3:00 Sunny Self Care 4:00 Dinner 5:00 International Adventures 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 Stretch Away the Stress 10:30 Mid Morning Mind Crunch 11:30 Lunch 1:30 Day Excursion: Caledonia Café 2:00 Guess a Letter: Winter Edition 2:30 Refreshments with Friends 3:00 Leading Ladies: Hymns and Bible Study with Patti 4:00 Dinner 5:00 Calming Nature Livestreams 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 Mobility in Motion 10:30 Mid Morning Mind Crunch 11:00 Morning March 11:30 Lunch 1:45 Kitchen Creations: Penguin Cupcakes 2:30 Penguin Palooza Party with Club 3:00 Midweek Worship Service 4:00 Dinner 5:00 Retro Radio 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 Easy Arm Exercises 10:30 Mid-Morning Mind Crunch 11:00 Discussing the Day Ahead 11:30 Lunch 1:30 Junk Drawer Detective: Winter Edition 2:30 Memory Café 3:00 Balloon Volleyball League 4:00 Dinner 5:00 Relaxing Reading 7:00 Evening Wind Down	

CONNECTIONS



JANUARY 2025