



# FEBRUARY 2025

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|--|---|---|---|--|--|---|
| <p><i>Chambersburg</i></p> <p><b>CONNECTIONS</b> </p>  |   |   |   |  |  | <p>1</p> <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:30 Morning Meet Up:<br/>Daily Chronicle and Devotional<br/>10:00 Choose Your Own Exercise<br/>10:30 Mid-Morning Mind Crunch<br/>11:00 Discussing the Day Ahead<br/>11:30 Lunch<br/>1:30 Musical Memories with Bryan Herber<br/>2:30 Hydration Station<br/>3:00 Discussing and Describing: Your Chinese Zodiac Sign<br/>4:00 Dinner<br/>5:00 Cute and Cuddly Animals<br/>7:00 Evening Wind Down</p> |
| 2  | 3   | 4   | 5   | 6  | 7  | 8   |
| <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:30 Morning Meet Up:<br/>Daily Chronicle and Devotional<br/>10:00 Create Your Own Story<br/>10:30 Chair Yoga<br/>11:00 Discussing the Day Ahead<br/>11:30 Lunch<br/>1:30 Groundhog Day Science Experiment<br/>2:30 Mocktail Happy Hour:<br/>Nutter Butter Groundhog Snack<br/>3:00 Worship Service<br/>4:00 Dinner<br/>5:00 Cozy Conversations<br/>7:00 Evening Wind Down</p> | <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:30 Morning Meet Up:<br/>Daily Chronicle and Devotional<br/>10:00 Lots o' Leg Exercise<br/>10:30 Mid-Morning Mind Crunch<br/>11:00 Discussing the Day Ahead<br/>11:30 Lunch<br/>1:30 February Family Feud<br/>2:30 Memory Café<br/>3:00 Sunshine Club<br/>4:00 Dinner<br/>5:00 Classic TV<br/>7:00 Evening Wind Down</p> | <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:30 Morning Meet Up:<br/>Daily Chronicle and Devotional<br/>10:00 Ab-solutely Solid Core Workout<br/>10:30 Shake and Shimmy Music Therapy<br/>11:00 Morning March<br/>11:30 Lunch<br/>1:45 Crafts with Club:<br/>Love Bug Clay Pots<br/>2:30 Sip and Taste with Club<br/>3:00 Gent's Junction:<br/>D.I.Y Snowflake Peg Board<br/>3:00 Sunny Self Care<br/>4:00 Dinner<br/>5:00 International Adventures<br/>7:00 Evening Wind Down</p> | <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:30 Morning Meet Up:<br/>Daily Chronicle and Devotional<br/>10:00 Stretch Away the Stress<br/>10:30 Mid Morning Mind Crunch<br/>11:30 Lunch<br/>1:15 Day Excursion:<br/>Sundaes at McDonald's<br/>2:00 First to 25 with Club<br/>2:30 Refreshments with Friends<br/>3:00 Leading Ladies:<br/>Hymns and Bible Study with Patti<br/>4:00 Dinner<br/>5:00 Calming Nature Livestreams<br/>7:00 Evening Wind Down</p> | <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:30 Morning Meet Up:<br/>Daily Chronicle and Devotional<br/>10:00 Mobility in Motion<br/>10:30 Mid Morning Mind Crunch<br/>11:00 Morning March<br/>11:30 Lunch<br/>1:45 Kitchen Creations with Club:<br/>Fruity OJ Refresher<br/>2:30 Citrus Splash Soiree with Club<br/>3:00 Midweek Worship Service<br/>4:00 Dinner<br/>5:00 Retro Radio<br/>7:00 Evening Wind Down</p> | <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:30 Morning Meet Up:<br/>Daily Chronicle and Devotional<br/>10:00 Easy Arm Exercises<br/>10:30 Mid-Morning Mind Crunch<br/>11:00 Discussing the Day Ahead<br/>11:30 Lunch<br/>1:30 Celebrating Good News<br/>2:00 Violin Performance by Heidi from Grane Hospice<br/>2:30 Memory Café<br/>3:00 Balloon Volleyball League<br/>4:00 Dinner<br/>5:00 Relaxing Reading<br/>7:00 Evening Wind Down</p> | <p>6:00 Activities of Daily Living<br/>8:00 Breakfast<br/>9:30 Morning Meet Up:<br/>Daily Chronicle and Devotional<br/>10:00 Choose Your Own Exercise<br/>10:30 Mid-Morning Mind Crunch<br/>11:00 Discussing the Day Ahead<br/>11:30 Lunch<br/>1:30 Opposite Word Stickman<br/>2:30 Hydration Station<br/>3:00 Finish the Phrase: Candy Edition<br/>4:00 Dinner<br/>5:00 Cute and Cuddly Animals<br/>7:00 Evening Wind Down</p>   |

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|--|---|---|--|--|---|--|
| 9<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Create Your Own Story<br>10:30 Chair Yoga<br>11:00 Discussing the Day Ahead<br>11:30 Lunch<br>1:30 Gumdrop Tilting Towers<br>2:30 Mocktail Happy Hour:<br>White Hot Chocolate<br>3:00 Worship Service<br>4:00 Dinner<br>5:00 Cozy Conversations<br>7:00 Evening Wind Down                         | 10<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Lots o' Leg Exercise<br>10:30 Mid-Morning Mind Crunch<br>11:00 Discussing the Day Ahead<br>11:30 Lunch<br>1:30 February Stitch Up<br>2:00 Woodcrafts with Amber<br>2:30 Memory Café<br>3:00 Sunshine Club<br>4:00 Dinner<br>5:00 Classic TV<br>7:00 Evening Wind Down | 11<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Ab-solutely Solid Core Workout<br>10:30 Shake and Shimmy Music Therapy<br>11:00 Morning March<br>11:30 Lunch<br>1:45 Crafts with Club:<br>Bee Mine Valentine<br>2:30 Sweet as Honey Sugar Cookies<br>3:00 Gent's Junction:<br>Causal Conversations<br>3:00 Sunny Self Care<br>4:00 Dinner<br>5:00 International Adventures<br>7:00 Evening Wind Down    | 12<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Stretch Away the Stress<br>10:30 Mid Morning Mind Crunch<br>11:30 Lunch<br>1:15 Day Excursion:<br>Wednesday Windy Knoll's<br>2:00 Team Spelling Bee with Club<br>2:30 Refreshments with Friends<br>3:00 Leading Ladies:<br>Hymns and Bible Study with Patti<br>4:00 Dinner<br>5:00 Calming Nature Livestreams<br>6:00 Dementia Partner Support Group<br>7:00 Evening Wind Down | 13<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Mobility in Motion<br>10:30 Mid Morning Mind Crunch<br>11:00 Morning March<br>11:30 Lunch<br>1:45 Kitchen Creations:<br>Strawberries and Snickers Sticks<br>2:30 Cupid's Berry Bash with Club<br>3:00 Midweek Worship Service<br>4:00 Dinner<br>5:00 Retro Radio<br>7:00 Evening Wind Down                         | 14<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Easy Arm Exercises<br>10:30 Mid-Morning Mind Crunch<br>11:00 Discussing the Day Ahead<br>11:30 Lunch<br>1:30 Romances to Remember<br>2:00 Musical Memories with Tom Shultz<br>3:00 Balloon Volleyball League<br>4:00 Dinner<br>5:00 Relaxing Reading<br>7:00 Evening Wind Down<br><br>Valentine's Day               | 15<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Choose Your Own Exercise<br>10:30 Mid-Morning Mind Crunch<br>11:00 Discussing the Day Ahead<br>11:30 Lunch<br>1:30 Love Me Tender Sing-A-Long<br>2:30 Hydration Station<br>3:00 Around the Table Talk:<br>Valentine's Day<br>4:00 Dinner<br>5:00 Cute and Cuddly Animals<br>7:00 Evening Wind Down |
| 16<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Create Your Own Story<br>10:30 Chair Yoga<br>11:00 Discussing the Day Ahead<br>11:30 Lunch<br>1:30 Guess a Letter: President's Edition<br>2:30 Mocktail Happy Hour:<br>Sweet Cream Chai Tea<br>3:00 Worship Service<br>4:00 Dinner<br>5:00 Cozy Conversations<br>7:00 Evening Wind Down          | 17<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Lots o' Leg Exercise<br>10:30 Mid-Morning Mind Crunch<br>11:00 Discussing the Day Ahead<br>11:30 Lunch<br>1:30 Be Fit and Factual<br>2:30 Memory Café<br>3:00 Sunshine Club<br>4:00 Dinner<br>5:00 Classic TV<br>7:00 Evening Wind Down<br><br>President's Day        | 18<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Ab-solutely Solid Core Workout<br>10:30 Shake and Shimmy Music Therapy<br>11:00 Morning March<br>11:30 Lunch<br>1:15 Day Excursion: Country Bus Ride<br>2:00 Crafts with Club:<br>Snowbird Winter-scape Painting<br>3:00 Gent's Junction: Dart League<br>3:00 Sunny Self Care<br>4:00 Dinner<br>5:00 International Adventures<br>7:00 Evening Wind Down | 19<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Stretch Away the Stress<br>10:30 Mid Morning Mind Crunch<br>11:30 Lunch<br>1:45 D.I.Y Sugar Gumdrops<br>2:30 Refreshments with Friends<br>3:00 Leading Ladies:<br>Hymns and Bible Study with Patti<br>4:00 Dinner<br>5:00 Calming Nature Livestreams<br>7:00 Evening Wind Down   | 20<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Mobility in Motion<br>10:30 Mid Morning Mind Crunch<br>11:00 Morning March<br>11:30 Lunch<br>1:45 Kitchen Creations:<br>Banana Yogurt Pops<br>2:30 Frosty February Banana Bonanza with<br>Connections Club<br>3:00 Midweek Worship Service<br>4:00 Dinner<br>5:00 Retro Radio<br>7:00 Evening Wind Down            | 21<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Easy Arm Exercises<br>10:30 Mid-Morning Mind Crunch<br>11:00 Discussing the Day Ahead<br>11:30 Lunch<br>1:30 Who Sang It:<br>Tennessee Ernie Ford or Johnny Cash<br>2:30 Memory Café<br>3:00 Balloon Volleyball League<br>4:00 Dinner<br>5:00 Relaxing Reading<br>7:00 Evening Wind Down                            | 22<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Choose Your Own Exercise<br>10:30 Mid-Morning Mind Crunch<br>11:00 Discussing the Day Ahead<br>11:30 Lunch<br>1:30 Can You Picture This?<br>2:30 Hydration Station<br>3:00 Memory Magic<br>4:00 Dinner<br>5:00 Cute and Cuddly Animals<br>7:00 Evening Wind Down                                   |
| 23<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Create Your Own Story<br>10:30 Chair Yoga<br>11:00 Discussing the Day Ahead<br>11:30 Lunch<br>1:30 Around the Table Talk:<br>Going to the Movies<br>2:30 Mocktail Happy Hour:<br>Dirty Snowman Float<br>3:00 Worship Service<br>4:00 Dinner<br>5:00 Cozy Conversations<br>7:00 Evening Wind Down | 24<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Lots o' Leg Exercise<br>10:30 Mid-Morning Mind Crunch<br>11:00 Discussing the Day Ahead<br>11:30 Lunch<br>1:30 Easy Does It Random Trivia<br>2:30 Memory Café<br>3:00 Sunshine Club<br>4:00 Dinner<br>5:00 Classic TV<br>7:00 Evening Wind Down                       | 25<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Ab-solutely Solid Core Workout<br>10:30 Shake and Shimmy Music Therapy<br>11:00 Morning March<br>11:30 Lunch<br>1:45 Crafts with Club:<br>Fun and Furry Cross Stitch<br>2:30 Sip and Taste with Club<br>3:00 Gent's Junction: Beer Tastings<br>3:00 Sunny Self Care<br>4:00 Dinner<br>5:00 International Adventures<br>7:00 Evening Wind Down           | 26<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Stretch Away the Stress<br>10:30 Mid Morning Mind Crunch<br>11:30 Lunch<br>1:15 Day Excursion: Kenny's Ice Cream<br>2:00 Resident & Coworker Talent Show<br>with Community Life and Club<br>3:00 Talent Show After Party<br>4:00 Dinner<br>5:00 Calming Nature Livestreams<br>7:00 Evening Wind Down   | 27<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Mobility in Motion<br>10:30 Mid Morning Mind Crunch<br>11:00 Morning March<br>11:30 Lunch<br>1:45 Kitchen Creations:<br>Dirt Cup Pudding for Piggy Party<br>2:30 Snack and Hydration Hangout with<br>Connections Club<br>3:00 Midweek Worship Service<br>4:00 Dinner<br>5:00 Retro Radio<br>7:00 Evening Wind Down | 28<br>6:00 Activities of Daily Living<br>8:00 Breakfast<br>9:30 Morning Meet Up:<br>Daily Chronicle and Devotional<br>10:00 Easy Arm Exercises<br>10:30 Piggy Prep:<br>Sno Cute Pig Snack Cakes<br>11:00 Discussing the Day Ahead<br>11:30 Lunch<br>1:30 Balloon Volleyball League<br>2:00 Tree Family Piggies Visit<br>3:00 Piggy Pig Social with<br>Community Life and Club<br>4:00 Dinner<br>5:00 Relaxing Reading<br>7:00 Evening Wind Down | <p style="text-align: center;"><b>CONNECTIONS</b></p>  <p style="text-align: center;"><b>FEBRUARY 2025</b></p>  |